

**PROGRAM STUDI PROFESI NERS
FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

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Asuhan Keperawatan Pada Klien Resiko Perilaku Kekerasan (Rpk) Dengan
Penerapan Terapi Musik Klasik Di Ruangan Kuatan Rsj Tampan Provinsi Riau”

Xii + 39 Halaman + 4 Tabel + 3 Lampiran

ABSTRAK

Risiko perilaku kekerasan merupakan kondisi di mana individu menunjukkan perubahan perilaku berupa ancaman, kegelisahan, agresivitas, nada suara tinggi, hingga perilaku yang membahayakan diri sendiri maupun orang lain. Salah satu upaya keperawatan yang dapat dilakukan untuk menurunkan tanda dan gejala tersebut adalah melalui terapi musik klasik. Terapi ini bermanfaat dalam memengaruhi sistem limbik dan saraf otonom, menciptakan suasana rileks, aman, dan nyaman, serta merangsang pelepasan zat kimia seperti Gamma Aminobutyric Acid (GABA), enkefalin, dan beta-endorfin. Zat-zat ini berperan dalam menurunkan aktivitas neurotransmitter penyebab stres, kecemasan, dan tekanan emosional, sehingga membantu menimbulkan ketenangan dan memperbaiki suasana hati pasien. Penerapan terapi ini bertujuan untuk mengetahui efektivitas terapi musik klasik dalam menurunkan tanda dan gejala risiko perilaku kekerasan di RSJ Tampan Provinsi Riau. Metode yang digunakan adalah asuhan keperawatan dengan pendekatan deskriptif dalam bentuk intervensi selama tiga hari, di mana setiap harinya dilakukan satu kali terapi musik. Intervensi dilaksanakan di Ruangan Kuatan RSJ Tampan Provinsi Riau dengan durasi 30 menit per sesi, termasuk 20 menit sesi mendengarkan musik klasik. Penilaian tanda dan gejala dilakukan menggunakan Standar Luaran Keperawatan Indonesia (SLKI) sebelum dan sesudah intervensi. Hasil intervensi yang diberikan kepada pasien dengan diagnosa risiko perilaku kekerasan pada tanggal 3–5 Januari 2025 menunjukkan adanya penurunan gejala pada hari ketiga, meliputi penurunan nada suara ketus, suara keras, ekspresi wajah tegang, serta perilaku melukai diri sendiri. Terapi musik klasik terbukti efektif sebagai salah satu alternatif intervensi keperawatan dalam menurunkan tanda dan gejala risiko perilaku kekerasan.

Kata Kunci : risiko perilaku kekerasan, terapi musik
Daftar Pustaka: 14 (2018-2024)

**NERS STUDY PROGRAM
NURSING FACULTY
INSTITUT OF HEALTH SCIENCES PAYUNG NEGERI PEKANBARU**

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“Nursing care for clients at risk of violent behavior (RPK) with the application of classical music therapy in the Kuantan room, Manja Hospital, Riau Province”

Xii + 39 Pages +4 Tables + 3 Attachments

ABSTRACT

The risk of violent behavior is a condition in which an individual exhibits behavioral changes such as threats, restlessness, aggression, a high-pitched tone of voice, and behavior that endangers themselves or others. One nursing intervention that can be applied to reduce these signs and symptoms is classical music therapy. This therapy is beneficial in influencing the limbic system and autonomic nerves, creating a relaxed, safe, and comfortable atmosphere, and stimulating the release of chemicals such as Gamma Aminobutyric Acid (GABA), enkephalin, and beta-endorphins. These substances play a role in reducing neurotransmitter activity responsible for stress, anxiety, and emotional tension, thereby helping to produce a calming effect and improve the patient's mood. The application of this therapy aims to determine the effectiveness of classical music therapy in reducing the signs and symptoms of the risk of violent behavior at RSJ Tampan, Riau Province. The method used was nursing care with a descriptive approach in the form of an intervention carried out over three days, with one music therapy session conducted each day. The intervention took place in the Kuantan Room of RSJ Tampan, Riau Province, with a duration of 30 minutes per session, including 20 minutes of listening to classical music. Assessment of signs and symptoms was conducted using the Indonesian Nursing Outcome Standards (SLKI) before and after the intervention. The results of the intervention provided to patients diagnosed with a risk of violent behavior from January 3–5, 2025, showed a decrease in symptoms by the third day, including reductions in harsh tone of voice, loud speech, tense facial expressions, and self-harming behavior. Classical music therapy proved effective as an alternative nursing intervention in reducing the signs and symptoms of the risk of violent behavior.

Keywords : Risk of violent, music therapy

Reference : 14 (2018-2024)