



Management of Progressive Autogenic Relaxation Therapy in Patients at Risk of Violent Behavior at the Maluku Provincial Mental Hospital

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ABSTRACT

To reduce the risk of violent behavior in patients with mental disorders, several methods can be employed, one of which is progressive muscle relaxation therapy. This study used a pre-post design, starting with an assessment of data obtained from patients and their families through interviews, as well as reviewing patients' medical records during their hospital stay. The sample included patients with a risk of violent behavior who exhibited active responses during interviews. By administering progressive muscle relaxation therapy, patients were able to remain calm and relaxed. The application of progressive muscle relaxation was effective in controlling signs and symptoms in patients at risk of violent behavior.

INTRODUCTION

Schizophrenia is one of several mental disorders that can cause a person to be at risk of violent behavior, which is behavior that accompanies anger and is a drive to act in a destructive but still controlled manner. The risk of violent behavior is that a person is prone to doing something that can harm themselves, others, and the environment, as well as threaten a person's mental and physical well-being (Setiawan 2021).

According to the World Health Organization (WHO) in 2022, the prevalence of mental disorders is around 970 million people worldwide who live with schizophrenia, with female sufferers outnumbering males by around 52.4% to 47.6%. The Basic Health Research (Riskesdas) in 2018 showed that the prevalence of schizophrenia psychosis in Indonesia was 1.8%.

LITERATURE REVIEW

The method used in this study was pre- and post-assessment, which began with the collection of data from patients and their families through interviews, as well as data from patients' medical records during their stay in the hospital. The criteria for the sample used were patients with a risk of violent behavior who responded actively during the interview. The patient assessment was conducted starting on the 13th, and on June 14-16, 2025, the intervention and evaluation stages were carried out based on the results of the nursing actions that had been taken. Data collection techniques used two methods, namely interviews and observation using 5 stages, including assessment, diagnosis, intervention, implementation, and evaluation. The evaluation form used in the study (Anisa Fitri 2023 in Satrio 2015) contained nine signs and symptoms. The signs and symptoms present in the patient were marked with a check (√) if they were found and with a zero (0) if they were not found.

METODOLOGY

This study used a pre-posttest design to assess the effectiveness of progressive muscle relaxation therapy in patients at risk of violent behavior. The research subjects were inpatients at the Maluku Provincial Mental Hospital who met the inclusion criteria, namely patients diagnosed with violent behavior risk and who responded actively during interviews. Initial data were obtained through interviews with patients and their families, as well as through medical record reviews.

The data collection stage was carried out using two main methods, namely interviews and observation. The instrument used was an observation sheet with nine indicators of signs and symptoms of violent behavior risk. Each indicator was marked with a checklist (√) if it appeared, or a zero (0) if it was not found. The nursing process stages included five components, namely assessment, diagnosis, intervention, implementation, and evaluation.

The intervention was carried out in the form of progressive muscle relaxation therapy for three consecutive days, namely June 14-16, 2025. Each session lasted 30 minutes from 10:00 to 10:30 WIT. Patients were trained to perform 12 progressive muscle relaxation movements, starting from tensing to

repeatedly relaxing certain muscles. Prior to the intervention, a time contract and explanation were provided to patients to ensure their cooperation.

Evaluations were conducted daily after each therapy session by recording changes in the signs and symptoms experienced by patients. Observed changes included a reduction in tense facial expressions, decreased sharpness of gaze, decreased use of harsh words, and an increase in patients' ability to relax and calm down. The observational data were then compared between the conditions before and after the intervention.

This entire methodology was designed to ensure that the effects of progressive muscle relaxation therapy could be measured systematically. Using a pre-posttest approach and direct observation, this study showed significant changes in patients. This confirms that the method used is valid for evaluating the effectiveness of progressive muscle relaxation therapy in controlling the risk of violent behavior.

RESULT AND DISCUSSION

In the assessment conducted, Mrs. L, aged 64, female, Protestant Christian, married, residing in Kusu village – Kusu, was brought to the Maluku Provincial General Hospital by her family with complaints of agitation, unexplained anger towards people passing by her house, wandering around naked, and having stopped taking her medication for 2-3 weeks. During the interview, the patient appeared tense, with a sharp gaze, speaking rudely and occasionally using profanity. Mrs. L also said that she had been admitted to the hospital several times. Physical examination and vital signs showed blood pressure of 130/90 mmHg, temperature of 37.5°C, and respiration of 22 breaths per minute. Weight was 57 kg with a height of 150 cm.

Past medical history: the patient has a history of mental illness and has been repeatedly hospitalized at the Maluku Provincial Psychiatric Hospital. Based on the data obtained from the assessment, the patient's complaint is a risk of violent behavior (D.0146).

The management that can be done as an independent nursing action to overcome the risk of violent behavior is by applying progressive muscle relaxation therapy starting on July 14-16, 2025, with the following outcome criteria:

- decrease in the use of harsh words
- decrease in facial tension
- decrease in sharp glances
- decrease in harsh speech

The results of progressive muscle relaxation therapy performed on Ms. L on the first to third days showed significant changes. Progressive muscle relaxation therapy was administered to patients at risk of violent behavior and helped them to become calm and relaxed.

On June 13, an assessment was conducted on the patient and a contract was made with the patient to perform progressive muscle relaxation therapy. On June 14, nursing interventions were carried out from 10:00 to 10:30 a.m. with 12 progressive muscle relaxation therapy movements, and Mrs. L was able to

perform them. relax her fists and repeat the movement 4-5 times. While performing the movement, Ms. L appeared calm and relaxed.

On June 15, nursing care was provided from 10:00 to 10:30 a.m., beginning with an evaluation of the previous movements, then continuing with the movements that she had not yet remembered. The result was that Ms. L was able to perform the movements to relax the facial muscles and relax her fists 3-4 times. From the observations obtained, the patient appeared relaxed and calm.

On June 16, nursing care continued at the same time, beginning with an evaluation and review of previous actions, then continuing with movements that the patient was unable to perform. The patient was only able to remember movements to relax the fists and facial muscles. From observation, the patient appeared relaxed and calm and was easy to talk to, with sharp eyes and less harsh speech.

Sign and symptom	Before	After
Objective data		
1. Profane expression	√
2. Threatening expression	√
3. Expression of wanting to hit/i injure	√
Subjectiive data		
4. Red tense face	√
5. Sharp gaze	√
6. Clenching jaw	√
7. Rude speech	√

Figure Table 1, observation sheet from June 13-16, 2025

Nursing diagnosis Risk of Violent Behavior (RVP) is a state of loss of behavioral control that can harm oneself, others, or the environment. Signs of RVP include behavioral changes such as aggression, restlessness, and tense expressions. Patients with RVP may also experience cognitive decline and disorientation. Violent behavior can be the result of uncontrolled negative emotions. Progressive muscle relaxation is a technique to reduce tension and increase relaxation by tensing and relaxing the muscles of the body. This technique can help reduce stress and increase comfort. Based on research (Vramudzi 2023). It explains that progressive muscle relaxation therapy can and is able to control the risk of violent behavior. Similarly, research from (Selfiana 2024) explains that progressive muscle relaxation therapy applied to patients at risk of violent behavior shows behavioral changes before and after the therapy is administered, so the results obtained by the researcher are in line with previous research.

CONCLUSION AND RECOMMENDATION

From the results of the study, the application of progressive muscle relaxation was able to control the signs and symptoms in patients at risk of violent behavior in the RSKD Room of Maluku Province.

FURTHER STUDY

This study still has limitations, so further research on this topic is needed "Management of Progressive Autogenic Relaxation Therapy in Patients at Risk of Violent Behavior at the Maluku Provincial Mental Hospital".

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