ASUHAN KEPERAWATAN PADA PASIEN SKIZOFRENIA DENGAN RISIKO PERILAKU KEKERASAN MENGGUNAKAN TERAPI RELAKSASI OTOT PROGRESIF DI RSJ ISLAM KLENDER JAKARTA TIMUR

PEBRI SETIAWAN
231FK08010

ABSTRAK

Skizofrenia merupakan gangguan jiwa yang sering disertai risiko perilaku kekerasan (RPK), yaitu perilaku agresif yang dapat membahayakan diri sendiri, orang lain, maupun lingkungan. Risiko perilaku kekerasan masih menjadi masalah keperawatan di RSJ Islam Klender Jakarta Timur. Data rumah sakit menunjukkan terdapat 224 kasus pada tahun 2024, meningkat menjadi 383 kasus pada tahun 2025, dan hingga 19 Mei 2026 tercatat 91 kasus. Penelitian ini bertujuan mendeskripsikan asuhan keperawatan pada responden skizofrenia dengan risiko perilaku kekerasan menggunakan terapi relaksasi otot progresif. Penelitian menggunakan metode deskriptif dengan pendekatan studi kasus pada dua responden yang dipilih secara purposive sampling. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dokumentasi, serta menggunakan instrumen SDKI, SLKI, SIKI, *Overt Aggression Scale* (OAS), dan lembar observasi terapi relaksasi otot progresif. Terapi relaksasi otot progresif diberikan selama tujuh hari selama 25-30 menit/hari. Hasil penelitian menunjukkan kedua responden mengalami penurunan tanda dan gejala risiko perilaku kekerasan, lebih mampu mengendalikan emosi, merasa lebih rileks, serta skor OAS menurun hingga kategori risiko rendah dengan skor kedua responden 0. Kontraksi dan relaksasi otot secara bertahap membantu menurunkan aktivitas sistem saraf simpatis sehingga mengurangi respons stres, seperti peningkatan denyut jantung, tekanan darah, frekuensi napas, dan ketegangan otot (Simangunsong et al., 2023). Disimpulkan bahwa terapi relaksasi otot progresif efektif sebagai intervensi keperawatan nonfarmakologis dalam membantu mengendalikan risiko perilaku kekerasan pada responden skizofrenia.

Kata kunci: Skizofrenia, Risiko perilaku kekerasan, Terapi relaksasi otot progresif, Asuhan keperawatan

NURSING CARE FOR PATIENTS WITH SCHIZOPHRENIA AT RISK OF EXHIBITING VIOLENT BEHAVIOUR USING PROGRESSIVE MUSCLE RELAXATION THERAPY AT THE ISLAMIC PSYCHIATRIC HOSPITAL KLENDER, EAST JAKARTA

PEBRI SETIAWAN
231FK08010

ABSTRACT

Schizophrenia is a mental disorder often associated with the risk of violent behavior (RVB) that is, aggressive behavior that can endanger oneself, others, or the environment. The risk of violent behavior remains a nursing issue at the Klender Islamic Psychiatric Hospital in East Jakarta. Hospital data show that there were 224 cases in 2024, increasing to 383 cases in 2025, and as of May 19, 2026, 91 cases have been recorded. This study aims to describe nursing care for respondents with schizophrenia who are at risk of violent behavior using progressive muscle relaxation therapy. The study employed a descriptive method with a case study approach involving two respondents selected through purposive sampling. Data collection was conducted through interviews, observations, physical examinations, documentation, and the use of the SDKI, SLKI, and SIKI instruments, the Overt Aggression Scale (OAS), and a progressive muscle relaxation therapy observation sheet. Progressive muscle relaxation therapy was administered for seven days, 25–30 minutes per day. The results of the study show that both respondents experienced a reduction in signs and symptoms of violent behavior, were better able to control their emotions, felt more relaxed, and their OAS scores decreased to the low-risk category, with both respondents scoring 0. Gradual muscle contraction and relaxation help reduce the activity of the sympathetic nervous system, thereby reducing stress responses such as increased heart rate, blood pressure, respiratory rate, and muscle tension (Simangunsong et al., 2023). It was concluded that progressive muscle relaxation therapy is effective as a nonpharmacological nursing intervention in helping to manage the risk of violent behavior among respondents with schizophrenia.

Keywords: Schizophrenia, Risk of violent behavior, Progressive muscle relaxation therapy, Nursing care