

**PENERAPAN TERAPI RELAKSASI AUTOGENIK DALAM ASUHAN
KEPERAWATAN JIWA PADAPASIENT SKIZOFRENIA DENGAN
MASALAH RISIKO PERILAKU KEKERASAN DI WILAYAH
KERJA PUSKESMAS CIBATU KABUPATEN
GARUT TAHUN 2025**

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ABSTRAK

Latar Belakang: Skizofrenia merupakan sekelompok reaksi psikotik yang mempengaruhi berbagai area fungsi individu, termasuk menunjukkan emosi serta gangguan otak yang ditandai dengan pikiran kacau dan perilaku yang aneh. Puskesmas Cibatu menduduki peringkat kedua dari 67 Puskesmas di Kabupaten Garut dengan jumlah klien sebanyak 119 orang. Risiko perilaku kekerasan yang tidak diobati akan muncul gejala seperti mata melotot, dan mengumpat dengan kata-kata kasar, bicara ketus, serta bisa menyerang orang lain, diri sendiri dan juga merusak lingkungan. Salah satu intervensi untuk menurunkan risiko perilaku kekerasan yaitu dengan terapi relaksasi autogenik. **Tujuan Penelitian:** Untuk melakukan asuhan keperawatan pada klien risiko perilaku kekerasan dengan penerapan terapi relaksasi autogenik di Wilayah Kerja Puskesmas Cibatu Kabupaten Garut. **Metode:** Penelitian dilakukan dengan desain deskriptif kualitatif dengan pendekatan metode studi kasus melalui proses asuhan keperawatan meliputi pengkajian, diagnosa keperawatan, intervensi, implementasi dan evaluasi. Penelitian diambil di Wilayah Kerja Puskesmas Cibatu Kabupaten Garut dengan jumlah responden sebanyak 2 klien. Instrumen yang digunakan adalah format asuhan keperawatan jiwa, leaflete, SOP, SAP, alat tulis, dan form penilaian RUFA. **Hasil Penelitian:** setelah dilakukan 3 kali intervensi keperawatan dengan penerapan terapi relaksasi autogenik menunjukkan bahwa adanya penurunan risiko perilaku kekerasan pada kedua klien, yang ditandai dengan klien tampak tenang, sudah jarang mengumpat dengan kata-kata kasar. Dapat disimpulkan bahwa masalah risiko perilaku kekerasan teratasi sebagian. **Saran:** Untuk klien jika perilaku agresif muncul bisa kembali menerapkan terapi relaksasi autogenik.

Kata Kunci: Asuhan Keperawatan Jiwa, Risiko Perilaku Kekerasan, Skizofrenia, Terapi Relaksasi Autogenik

Referensi: 7 Buku (2009–2024), 9 Jurnal, 3 Artikel

**IMPLEMENTATION OF AUTOGENIK RELAXATION THERAPY IN
MENAL NURSING CARE FOR SCHIZOPHRENIA PATIENTS
WITH RISK PROBLEMS OF VIOLENT BEHAVIOR IN THE
WORKING AREA OF THE CIBATU PUBLIC HEALTH
CENTER, GARUT REGENCY, 2025**

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ABSTRACT

Background: Schizophrenia is a group of psychotic reactions that affect various areas of an individual's functioning, including feeling and showing emotions, as well as brain disorders characterized by chaotic thoughts and strange behavior. Cibatu Community Health Center ranks second out of 67 Community Health Centers in Garut Regency with a total of 119 clients. The risk of untreated violent behavior will appear symptoms such as glaring eyes, threats, swearing with harsh words, sharp speech, and can attack others, themselves and also damage the environment. One intervention to reduce the risk of violent behavior is autogenic relaxation therapy. **Research Objective:** To provide nursing care to clients at risk of violent behavior by implementing autogenic relaxation therapy in the Cibatu Community Health Center Work Area, Garut Regency. **Method:** The study was conducted with a qualitative descriptive design with a case study method approach through the nursing care process including assessment, nursing diagnosis, strange behavior. Community Health Center Work Area, Garut Regency with 2 clients as respondents. The instruments used were mental health nursing care formats, leaflets, SOPS, SAPS, stationery, and RUFA assessment forms. **Research Results:** After 3 nursing interventions with the application of autogenic relaxation therapy, it showed that there was a decrease in the risk of violent behavior in both clients, which was indicated by the client appearing calm, rarely swearing with harsh words. It can be concluded that the problem of the risk of violent behavior was partially resolved. **Suggestion:** For clients who experience aggressive behavior, autogenic relaxation therapy can be re-applied.

Keywords: Mental Health Nursing Care, Risk of Violent Behavior, Schizophrenia, Autogenic Relaxation Therapy

References: 7 books (2009-2024), 9 journal, 3 article

