

NURSING CARE FOR CLIENTS AT RISK OF VIOLENT BEHAVIOR WITH THE APPLICATION OF PROGRESSIVE MUSCLE RELAXATION THERAPY AT THE TAMPAN MENTAL HOSPITAL IN PEKANBARU

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Abstract

Mental disorders are conditions characterized by disturbances in psychological, behavioral, and biological functions that cause distress and dysfunction in individuals. One of the psychiatric disorders that often leads to a risk of violent behavior is schizophrenia. The risk of violent behavior refers to a condition in which an individual has the potential to harm themselves, others, or the environment. Interventions to address this condition can be conducted through pharmacological and non-pharmacological approaches. One effective non-pharmacological intervention is Progressive Muscle Relaxation (PMR), a technique that involves tensing and relaxing muscle groups progressively to reduce tension and negative emotions. This study employed an Evidence-Based Nursing Practice approach using an experimental design involving two patients with schizophrenia who exhibited a risk of violent behavior. The intervention was carried out over three days, preceded by a pre-test and followed by a post-test using the Indonesian Nursing Outcome Standard (SLKI) observation sheet. The results showed a significant improvement in outcome scores after the application of progressive muscle relaxation therapy. Indicators of aggressive behavior such as attacking, harsh speech, and environmental destruction decreased markedly. These findings indicate that progressive muscle relaxation therapy is effective in reducing the intensity of violent behavior risk among patients with schizophrenia. This therapy can serve as an evidence-based and practical psychiatric nursing intervention to help patients control emotions and manage aggressive behavior.

Keyword: Risk of violent behavior ; skizofrenia ; progressive muscle relaxation

INTRODUCTION

Mental disorders are syndromes of human behavior patterns associated with distress in one or more important human functions, namely psychological, behavioral, and biological. They are generally characterized by fundamental deviations, distinctive characteristics, and distorted perceptions, as well as abnormal or blunted affect (Klaten, 2025). The primary issue frequently encountered in patients with mental disorders is schizophrenia. Schizophrenia is a chronic mental disorder characterized by a series of symptoms including delusions, hallucinations, disorganized speech or behavior, violent behavior, and impaired cognitive function, as well as negative and positive psychopathological symptoms of schizophrenia (Dwiningrum et al., 2020).

The risk of violent behavior is a condition or state in which a person has the potential or tendency to commit acts that can harm themselves or others physically, emotionally, sexually, or verbally (Lucya et al., 2019). The risk of violent behavior that arises in schizophrenic clients begins with feelings of worthlessness from others, fear, and fear of rejection by the surrounding environment, causing the individual to withdraw from interpersonal relationships with others (Permani et al., 2023). The risk of violent behavior can be addressed in two ways: pharmacologically and non-pharmacologically. Pharmacological treatment can use antipsychotics known as neuroleptics, while non-pharmacological therapy includes nursing therapy consisting of general therapy (implementation strategies), specialist

therapy, and complementary therapy (Issue et al., 2025). One non-pharmacological technique that can be used to overcome the risk of violent behavior is progressive muscle relaxation therapy (Julieta, 2023).

Progressive muscle relaxation is a relaxation therapy involving the tensing and relaxing of muscles in one part of the body at a time to provide a feeling of physical relaxation (Chen et al., 2009). The progressive tensing and relaxing of muscle groups is done sequentially. During PMR, the patient's attention is directed toward distinguishing the sensations experienced when the muscle group is relaxed and comparing them to when the muscles are tense (Toğluk & Gül, 2025). Progressive muscle relaxation yields satisfactory results in therapy programs for muscle tension, reducing anxiety, facilitating sleep, depression, reducing fatigue, muscle cramps, neck and back pain, lowering high blood pressure, mild phobias, and improving concentration (Tri Daniantoro, 2021).

RESEARCH METHODS

The Evidence-Based Practice Nursing (EBN) intervention to be implemented involves administering progressive muscle relaxation therapy (PMR) to reduce muscle tension and negative emotions in patients at risk of violent behavior. The method used is an experimental technique on patients experiencing RPK. The success of the intervention will be measured by assessing the patient's condition before and after the progressive muscle relaxation therapy. The evaluation aims to determine the extent to which the progressive muscle relaxation therapy can reduce the signs of violent behavior risk experienced by the patient, thereby making this therapy an effective and applicable component of evidence-based psychiatric nursing interventions.

RESEARCH RESULTS

Interpretation of SLKI Outcome Observation Sheets Based on observations of two patients with violent behavior risk disorders, namely Mr. M and Mr. J, who received the intervention from June 13, 2025, to June 18, 2025, a 1-day pre-test and 3 days of progressive muscle relaxation therapy implementation, and a 1-day post-test were conducted to assess the patients' condition using the Indonesian Nursing Outcome Standards (SLKI) observation sheet before (pre-test) and after (post-test) receiving PMR therapy for 3 days.

During the pre-test, both patients exhibited signs and symptoms characteristic of a high risk of violent behavior. Mr. M and Mr. J frequently displayed aggressive behavior, spoke loudly, used profanity, spoke harshly, and engaged in destructive behavior. Based on the SLKI scoring results, nearly all indicators for both patients fell within the 1-2 score range, indicating that the patients' conditions had significantly deteriorated or declined.

After being given progressive muscle relaxation therapy intervention for 3 days, the post-test results showed significant positive changes in both patients. Patient Mr. M's aggressive/violent behavior indicator increased from a score of 1 to 4, indicating a decrease in the intensity of violent behavior risk. Verbal abuse increased from a score of 2 to 4, attacking behavior increased from a score of 2 to 4, self-harming behavior increased from a score of 2 to 4, destructive behavior increased from a score of 2 to 4, and loud voices and rude speech increased from a score of 1 to 4. This illustrates that the patient was able to control the risks of violent behavior.

Meanwhile, patient Mr. J also experienced a similar improvement. Aggressive/violent behavior indicators increased from a score of 1 to 4, indicating a decrease in the intensity of violent behavior risks. Verbal abuse increased from a score of 1 to 4, attacking behavior increased from a score of 2 to 4, self-harming behavior increased from a score of 2 to 4, destructive behavior

increased from a score of 1 to 4, loud voices and harsh speech increased from a score of 1 to 5. This illustrates that the patient is now able to control the risks of violent behavior.

DISCUSSION

Schizophrenia causes distortions in thoughts, perceptions, emotions, and behavior, so patients with schizophrenia have a higher risk of aggressive behavior, with dramatic changes in behavior occurring within a few days or weeks. Patients with schizophrenia are often associated with violent behavior that can harm themselves and others or pose a risk to their surroundings, whether physically, emotionally, sexually, or verbally (Pardede, J. A., Simanjuntak, G. V., & Laia, 2020). The risk of violent behavior can be addressed with pharmacological and non-pharmacological therapies, including nursing therapy consisting of general therapy (implementation strategies), specialist therapy, and complementary therapy. One form of non-pharmacological therapy that can be taught to clients to control violent behavior is progressive muscle relaxation therapy (Ocky et al., 2024).

Research by Salfiana et al (2022) shows that progressive muscle relaxation therapy provides a sense of comfort, peace, relaxation, and clarity of mind, even to the point where patients do not feel irritated or angry. Observations show that the frequency of patients' anger has decreased and their tone of voice has become lower, and they appear calmer and more relaxed. Patients also reported that progressive muscle relaxation can reduce feelings of anger. (Ramadana, 2024).

Research by Syazwina Khir et al (2024) show that PMR has been demonstrated to be beneficial in reducing stress, anxiety, and depression in adults. When PMR is combined with other interventions, the combined techniques have also consistently exhibited enhanced efficacy, particularly for stress (n=10) and anxiety (n=9). There are a total of 24 studies that support PMR's efficacy in reducing stress, 21 studies in reducing anxiety, and 11 studies in reducing depression, either on its own or in combination with other interventions. (Khir et al., 2024)

Based on the research results by Cholila et al (2025), it is known that the mean value of the level of violent behavior in schizophrenia patients after being given Progressive Muscle Relaxation Therapy (PMRT) intervention (PMRT) (post-test) was 15.30, which is lower than the mean value of violent behavior in schizophrenia patients before the Progressive Muscle Relaxation Therapy (PMRT) (pre-test) of 17.77, indicating that PMRT intervention is effective in reducing the level of violent behavior in schizophrenia patients (Ramadita & Putra, 2025).

CONCLUSION

The assessment was conducted on both patients, including patient identification, with the results of the data analysis showing that both patients were diagnosed with a risk of violent behavior. The intervention was carried out in accordance with the Indonesian nursing intervention standard, namely violent behavior risk management. The implementation was carried out through the application of Evidence-Based Nursing Practice, namely progressive muscle relaxation therapy. The results of the evaluation conducted over 3 consecutive days showed that progressive muscle relaxation therapy was effective because it could reduce aggressive behavior in patients at risk of violent behavior.

The effect of progressive muscle relaxation therapy carried out on schizophrenic patients with violent behavior has a positive impact because it can control the anger and violent behavior experienced by the patient (Klaten et al, 2024).

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