

Nama : Sucipto, S.Kep
NIM : 1035241285
Program Studi : Profesi Ners
Judul : Asuhan Keperawatan Pada Pasien Skizofrenia Dengan Resiko Perilaku Kekerasan Melalui Teknik Relaksasi Nafas Dalam Di Ruang Dahlia

ABSTRAK

Latar Belakang : Skizofrenia merupakan gangguan jiwa berat yang ditandai dengan delusi, halusinasi, dan perubahan perilaku. Salah satu manifestasi yang sering muncul adalah risiko perilaku kekerasan (RPK) yang dapat membahayakan diri sendiri maupun orang lain. Penatalaksanaannya tidak hanya dengan obat, tetapi juga memerlukan terapi nonfarmakologis seperti teknik relaksasi napas dalam untuk membantu mengendalikan emosi.

Tujuan : Memberikan gambaran asuhan keperawatan pada pasien skizofrenia dengan RPK melalui penerapan teknik relaksasi napas dalam di Ruang Dahlia RS Bhayangkara Tk I Puskokkes Polri.

Metode : Menggunakan metode studi kasus pada satu pasien dengan diagnosis RPK. Asuhan keperawatan dilaksanakan selama lima hari meliputi pengkajian, diagnosa, intervensi, implementasi, dan evaluasi berdasarkan SDKI, SLKI, dan SIKI.

Hasil : Setelah lima hari intervensi, pasien menunjukkan penurunan intensitas marah dan perilaku agresif, serta peningkatan kemampuan mengontrol emosi dan mekanisme koping.

Kesimpulan : Teknik relaksasi napas dalam efektif membantu menurunkan risiko perilaku kekerasan pada pasien skizofrenia melalui peningkatan kontrol emosi dan koping adaptif.

Kata Kunci : Asuhan Keperawatan, Relaksasi Nafas Dalam, Resiko Perilaku Kekerasan, Skizofrenia

Name : Sucipto, S.Kep
Student IDE : 1035241285
Study Program : Professional Nurse Program
Title : Nursing Care for Patients with Schizophrenia at Risk of Violent Behavior Through Deep Breathing Relaxation Techniques in Dahlia

ABSTRACT

Background: Schizophrenia is a chronic mental disorder characterized by delusions, hallucinations, and behavioral disturbances that may lead to a risk of violent behavior. Managing this condition requires not only pharmacological but also non-pharmacological interventions, such as deep breathing relaxation techniques, to help control emotions and reduce aggression.

Objective: To describe nursing care for a patient with schizophrenia experiencing a risk of violent behavior through the application of deep breathing relaxation techniques.

Method: This study used a descriptive case study approach involving one patient diagnosed with schizophrenia and a nursing diagnosis of Risk for Violent Behavior. Nursing care was provided for five days, following the Indonesian Nursing Diagnosis Standards (SDKI), Nursing Outcomes Classification (SLKI), and Nursing Interventions Classification (SIKI).

Results: After five days of intervention, the patient showed reduced anger intensity, improved emotional regulation, and enhanced adaptive coping skills.

Conclusion: Deep breathing relaxation techniques proved effective as a non-pharmacological intervention to help manage the risk of violent behavior in schizophrenic patients by improving emotional control and supporting pharmacological treatment.

Keywords: Deep Breathing Relaxation Technique, Mental Health, Nursing Care, Risk of Violent Behavior, Schizophrenia