

PENERAPAN RELAKSASI OTOT PROGRESIF TERHADAP TANDA DAN GEJALA PASIEN SKIZOFRENIA DENGAN RESIKO PERILAKU KEKERASAN DI RSJD DR. RM. SOEDJARWADI KLATEN

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INTISARI

Latar Belakang: Skizofrenia adalah gangguan mental yang disertai dengan gangguan otak, seperti halusinasi dan perubahan emosi. Prevalensi skizofrenia meningkat di Indonesia, terutama di Jawa Tengah. Resiko perilaku kekerasan (RPK) mencakup perilaku yang berpotensi menyakiti diri sendiri atau orang lain, dipengaruhi oleh faktor predisposisi dan presipitasi. Relaksasi otot progresif (ROP) dapat membantu mengurangi stres dan tidur susah pada pasien RPK. ROP salah satu teknik relaksasi yang efektif mengurangi tanda dan gejala RPK pada pasien skizofrenia.

Tujuan Penelitian: Tujuan dari penelitian ini adalah mampu menganalisis asuhan keperawatan dengan memberikan terapi relaksasi otot progresif terhadap tanda dan gejala pasien skizofrenia dengan resiko perilaku kekerasan di RSJD Dr. RM. Soedjarwadi Klaten.

Metode Penelitian: Penelitian ini menggunakan metode deskriptif kualitatif yang menggambarkan studi kasus.

Hasil: Hasil penelitian menunjukkan penerapan terapi relaksasi otot progresif pada pasien skizofrenia dengan resiko perilaku kekerasan mendapatkan hasil positif. Berdasarkan lembar observasi selama 3 hari, terjadi penurunan tanda dan gejala RPK, yaitu: hari pertama 72,7%, hari kedua 50%, dan hari ketiga 36,3%.

Kesimpulan: Relaksasi otot progresif memberikan dampak positif dalam mengurangi atau menurunkan tanda dan gejala resiko perilaku kekerasan.

Kata Kunci: Skizofrenia, Resiko Perilaku Kekerasan, Relaksasi Otot Progresif

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**THE APPLICATION OF PROGRESSIVE MUSCLE RELAXATION TO
THE SIGNS AND SYMPTOMS OF SCHIZOPHRENIA PATIENTS WITH
THE RISK OF VIOLENT BEHAVIOR AT RSJD DR. RM.
SOEDJARWADI KLATEN**

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ABSTRACT

Background: Schizophrenia is a mental disorder accompanied by brain disorders, such as hallucinations and emotional changes. The prevalence of schizophrenia is increasing in Indonesia, especially in Central Java. The risk of violent behavior includes behavior that has the potential to harm oneself or others, influenced by predisposing and precipitating factors. Progressive muscle relaxation can help reduce stress and difficulty sleeping in RPK patients. Progressive muscle relaxation is an effective relaxation technique for reducing the signs and symptoms of violent behavior risk in patients with schizophrenia.

Research purposes: The aim of this research is to be able to analyze nursing care by providing progressive muscle relaxation therapy for the signs and symptoms of schizophrenic patients with a risk of violent behavior at RSJD Dr. RM. Soedjarwadi Klaten.

Research methods: This research uses a qualitative descriptive method that describes a case study.

Results: The results of the study showed that the application of progressive muscle relaxation therapy to schizophrenic patients with a risk of violent behavior obtained positive results. Based on the observation sheet for 3 days, there was a decrease in signs and symptoms of RVB, namely: the first day 72.7%, the second day 50%, and the third day 36.3%.

Conclusion: Progressive muscle relaxation has a positive impact in reducing or reducing signs and symptoms of risk of violent behavior.

Keywords: Schizophrenia, Risk of Violent Behavior, Progressive Muscle Relaxation

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