

# ASUHAN KEPERAWATAN PADA PASIEN NY. R DENGAN RISIKO PERILAKU KEKERASAN MELALUI LATIHAN ASERTIF DI WISMA SRIKANDI RUMAH SAKIT JIWA GRHASIA DIY

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## INTISARI

**Latar belakang** : Risiko perilaku kekerasan merupakan ancaman serius bagi diri sendiri, orang lain dan lingkungan. Gejala awal meliputi agresi verbal, ekspresi wajah tegang dan tindakan desktruktif. Latihan asertif efektif sebagai terapi non-farmakologi untuk mengelola emosi dan mengurangi risiko kekerasan. Dengan demikian, penting mengidentifikasi faktor risiko dan menerapkan intervensi tepat waktu.

**Tujuan** : Melakukan analisa terhadap kasus kelolaan yang diberikan intervensi latihan asertif pada pasien dengan masalah risiko perilaku kekerasan di Wisma Srikandi Rumah Sakit Jiwa Grhasia

**Metode** : Penelitian ini menggunakan studi kasus asuhan keperawatan dengan teknik observasi-partisipatif dengan pendekatan pengkajian, diagnosa keperawatan, intervensi, implementasi dan evaluasi

**Hasil** : Berdasarkan hasil evaluasi sebelum dan sesudah latihan asertif, tanda dan gejala risiko perilaku kekerasan yang muncul pada pasien mengalami penurunan dan membaik yaitu untuk hari pertama tanda dan gejala yang muncul 27% menjadi 18%, hari ke dua yang muncul 27% menjadi 10%, hari ke tiga yang muncul 14% menjadi 1%

**Kesimpulan** : Latihan asertif sangat efektif untuk diterapkan menurunkan tanda dan gejala risiko perilaku kekerasan selama masa pemulihan di wisma dan bisa diterapkan setiap harinya dengan orang sekitar/orang tua

**Kata kunci** : Risiko Perilaku Kekerasan, Latihan Asertif.

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**THE NURSING CARE OF MRS. R A PATIENT WITH VIOLENCE  
BEHAVIOUR RISK THROUGH ASSERTIVE PRACTICE AT WISMA  
SRIKANDI RUMAH SAKIT JIWA GRHASIA DIY**

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**ABSTRACT**

**Background:** The risk of violent behaviour is a serious threat to self, other people, and the environment. The early symptoms include verbal aggression, tense facial expressions, and destructive actions. Assertive practice is effective as a non-pharmacological therapy to manage emotions and reduce violence risk. Thus, it is important to identify the risk factors and apply the intervention at the right time.

**Objective:** To analyse the case treated with assertive practice intervention in patients with violent behaviour risks at Wisma Srikandi Rumah Sakit Jiwa (Psychiatric Hospital) Grhasia.

**Method:** The research used a nursing care study case with a participative observation technique with a study approach, nursing diagnosis, intervention, implementation, and evaluation.

**Result:** Based on the evaluation results before and after the assertive practice, the signs and symptoms of violent behaviour that emerged decreased and improved. On the first day, the signs and symptoms that emerged decreased from 27% to 18%, on the second day it went to 10% from 27%, on the third day it went to 1% from 14%.

**Conclusion:** Assertive practice is very effective to apply and it decreases the signs and symptoms of violent behaviour risks during a recovery period at the institution. This can also be conducted daily by the parents or people around the patient.

**Keywords:** Violent Behaviour Risk, Assertive Practice.

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