

POLITEKNIK KESEHATAN KEMENTERIAN KESEHATAN  
TANJUNGPURUN  
JURUSAN KEPERAWATAN  
PROGRAM STUDI DIII KEPERAWATAN KOTABUMI

Karya Tulis Ilmiah, Mei 2024  
Anisa Karmila

PENERAPAN TEKNIK RELAKSASI NAPAS DALAM PADA PASIEN  
SKIZOFRENIA YANG MENGALAMI MASALAH KEPERAWATAN RESIKO  
PERILAKU KEKERASAN DI WILAYAH KERJA PUSKESMAS KOTABUMI  
I LAMPUNG UTARA

xvii + 81 halaman + 4 tabel + 3 gambar+ 4 lampiran

### **ABSTRAK**

Risiko perilaku kekerasan (RPK) merupakan respon marah, dampak yang dapat ditimbulkan dapat berupa mencederai diri sendiri, menyerang orang lain, dan juga merusak lingkungan sekitarnya. Penelitian ini bertujuan menilai tanda dan gejala serta kemampuan mengontrol marah pasien Resiko Perilaku kekerasan dengan pemberian teknik relaksasi napas dalam. Metode dalam penelitian menggunakan tindakan keperawatan berupa, teknik relaksasi napas dalam terhadap pasien dengan masalah keperawatan resiko perilaku kekerasan, dan juga analisis tanda dan gejala menggunakan lembar checklist untuk melihat perubahan sebelum dan sesudah dilakukan penerapan teknik relaksasi napas dalam. Hasil persentase rata-rata tanda dan gejala sebelum diberikan teknik relaksasi napas dalam yaitu 76%, dan hasil persentase rata-rata tanda dan gejala sesudah diberikan teknik relaksasi napas dalam 38%. Hasil penelitian menunjukkan bahwa setelah diberikan tindakan keperawatan berupa teknik relaksasi napas dalam pada pasien dengan masalah keperawatan resiko perilaku kekerasan terjadi penurunan tanda dan gejala serta peningkatan kemampuan mengontrol marah. Kesimpulan dari penelitian ini bahwa tindakan keperawatan teknik relaksasi napas dalam dapat menurunkan tanda dan gejala resiko perilaku kekerasan serta meningkatkan kemampuan mengontrol marah. Perawat diharapkan dapat memberikan tindakan keperawatan teknik relaksasi napas dalam kepada pasien resiko perilaku kekerasan.

Kata Kunci: Skizofrenia, Resiko perilaku kekerasan Teknik relaksasi napas dalam  
Daftar Bacaan: 21 (2016-2024)

*HEALTH POLYTECHNIC MINISTRY OF HEALTH TANJUNGPUR  
NURSING DEPARTMENT  
DIPLOMA NURSING PROGRAM KOTABUMI*

*Scientific Papers, May 2024*

*Anisa Karmila*

*APPLICATION OF DEEP BREATHING RELAXATION TECHNIQUES IN  
PATIENTS SCHIZOPHRENIC EXPERIENCED WITH NURSING PROBLEMS  
RISK OF VIOLENT BEHAVIOR IN THE WORKING AREA OF KOTABUMI I  
LAMPUNG UTARA PUSKESMAS*

*xi + 81 pages + 4 tables + 3 pictures + 4 appendices*

***ABSTRACT***

*The risk of violent behavior (RPK) is a response to anger, the impact of which can be in the form of self-injury, attacking other people, and also damaging the surrounding environment. This study aims to assess the signs and symptoms as well as the ability to control anger in patients at risk of violent behavior by providing deep breathing relaxation techniques. The research method uses nursing actions in the form of deep breathing relaxation techniques for patients with nursing problems at risk of violent behavior, and also analysis of signs and symptoms using a checklist sheet to see changes before and after applying the deep breathing relaxation technique. The average percentage result of signs and symptoms before being given the deep breathing relaxation technique was 76%, and the average percentage result of signs and symptoms after being given the deep breathing relaxation technique was 38%. The results of the study showed that after being given nursing action in the form of deep breathing relaxation techniques to patients with nursing problems, the risk of violent behavior decreased signs and symptoms and increased the ability to control anger. The conclusion of this research is that nursing actions using deep breathing relaxation techniques can reduce signs and symptoms of the risk of violent behavior and increase the ability to control anger. Nurses are expected to be able to provide deep breathing relaxation technique nursing actions to patients at risk of violent behavior.*

*Keywords: Schizophrenia, Risk of violent behavior, Deep breathing relaxation techniques*

*Referense: 21 (2016-2024)*