

**ASUHAN KEPERAWATAN JIWA PADA Ny. M DENGAN MASALAH
RISIKO PERILAKU KEKERASAN MELALUI PENERAPAN
RELAKSASI NAPAS DALAM UNTUK MENGONTROL EMOSI
PADA PASIEN SKIZOFRENIA PARANOID DI YAYASAN
REHABILITASI SOSIAL ALFATEH BATAM**

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INTISARI

Skizofrenia paranoid merupakan gangguan jiwa yang dapat menyebabkan perubahan perilaku, salah satunya risiko perilaku kekerasan yang membahayakan diri sendiri, orang lain, maupun lingkungan. Tujuan karya tulis ilmiah ini adalah mendeskripsikan asuhan keperawatan jiwa pada pasien dengan masalah utama risiko perilaku kekerasan di Yayasan Rehabilitasi Sosial Alfateh Batam. Metode yang digunakan adalah studi kasus dengan pendekatan proses keperawatan selama empat hari, meliputi pengkajian, diagnosis, perencanaan, implementasi, dan evaluasi. Diagnosis keperawatan yang ditegakkan yaitu risiko perilaku kekerasan, gangguan persepsi sensori: halusinasi pendengaran, dan harga diri rendah. Intervensi diberikan berdasarkan SDKI, SLKI, SIKI, serta Strategi Pelaksanaan (SP) keperawatan jiwa. Hasil menunjukkan pasien mampu mengendalikan kemarahan dengan teknik relaksasi napas dalam, komunikasi asertif, pendekatan spiritual, dan patuh minum obat, serta mampu mengontrol halusinasi melalui teknik menghardik, bercakap-cakap, dan melakukan aktivitas terjadwal. Pasien juga menunjukkan peningkatan rasa percaya diri dengan mengenali dan melakukan kegiatan sesuai kemampuan yang dimiliki. Meskipun ketiga diagnosis masih teratasi sebagian, pasien menunjukkan perkembangan yang baik selama proses perawatan. Asuhan keperawatan yang diberikan membantu meningkatkan kemampuan pasien dalam mengontrol perilaku kekerasan, mengendalikan halusinasi, dan meningkatkan harga diri.

***Psychiatric Nursing Care for Mrs. M (At Risk for Violent Behavior):
Implementing Deep Breathing Relaxation to Control Emotions in a Patient
with Paranoid Schizophrenia at the Alfateh Social Rehabilitation
Foundation, Batam***

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ABSTRACT

*Paranoid schizophrenia is a mental disorder that can lead to behavioral changes, including a risk of violent behavior that endangers the self, others, and the surrounding environment. This scientific paper aims to describe psychiatric nursing care for a patient whose primary issue is the risk of violent behavior at the Alfateh Social Rehabilitation Foundation in Batam. A case study method utilizing the nursing process approach was employed over a four-day period, encompassing assessment, diagnosis, planning, implementation, and evaluation. The established nursing diagnoses were risk for violent behavior, disturbed sensory perception (auditory hallucinations), and low self-esteem. Interventions were administered based on Indonesian nursing standards (SDKI, SIKI, SLKI) and psychiatric nursing Implementation Strategies (SP). The results indicated that the patient was able to manage anger through deep-breathing relaxation techniques, assertive communication, spiritual approaches, and medication adherence, as well as control hallucinations using techniques such as "shouting down" the voices (*menghardik*), engaging in conversation, and participating in scheduled activities. The patient also demonstrated increased self-confidence by recognizing and performing activities suited to their capabilities. Although the three diagnoses were only partially resolved, the patient showed positive progress throughout the care process. The nursing care provided helped improve the patient's ability to control violent behavior, manage hallucinations, and boost self-esteem.*