

ABSTRACT

Mimi Hariyani (2023). Application of Deep Breathing Relaxation Techniques for Anger Control in Clients of Violent Behavior at the Tampan Mental Hospital, Riau Province. Case Study Scientific Writing, Nursing DIII Study Program, Nursing Department, Riau Ministry of Health Health Polytechnic, Supervisor (I) Hj. Ns. Ruserina, S.Pd, S.Kep. M. Kes, (II) Ns. Usraleli, S.Kep, M.Kep.

Violent behavior is an angry response that is expressed by making threats, injuring oneself or others and can damage the surrounding environment. Violent behavior can have effects such as psychological disorders, feeling insecure, closed off, lack of confidence, risk of suicide, depression, low self-esteem, helplessness, social isolation. Observations and interviews regarding violent behavior include red and tense faces, sharp looks, clenching jaws tightly, clenching fists, walking back and forth, speaking harshly, high pitched, shouting or yelling, threatening verbally or physically, throwing or hitting objects/people others, damages goods or objects, does not have the ability to prevent/control violent behavior. The purpose of this study is to describe the Application of Deep Breathing Relaxation Techniques for Anger Control in Clients of Violent Behavior at the Tampan Mental Hospital, Riau Province. This research is descriptive in nature with two research subjects conducted on April 10-16 2023. The subjects of this study were two clients of violent behavior with cooperative criteria. The results of applying breathing relaxation techniques have an effect on reducing signs and symptoms in violent behavior clients. Suggestions from this case study for further research are that hospital nurses can perform deep breathing relaxation techniques routinely and on a scheduled basis.

Keywords: Violent Behavior, Deep Breathing Technique