

## ABSTRACT

*Tasya Iqrammullah (2023). Application of Assertive Exercise to Patients with Violent Behavior Problems at the Tampan Mental Hospital in Riau Province. Final Project Report, D-III Nursing Study Program, Nursing Department, Riau Ministry of Health Health Polytechnic, Supervisor (II) Husnan, S.Kp, MKM, (II) DR. Ibnu Rusdi, S.Kp., M.Kes.*

Violent behavior is a situation where a person performs an action that can be physically harmful, both to himself and to others (Martini et al., 2021). This case study aims to describe violent behavior after being given assertive training therapy. The method used in the case study was conducting interviews and observing 2 clients using observation sheets, workbooks and assertive exercise evaluation books. The implementation was carried out on April 5-18 for 14 meetings. As a result of AT, the subject experienced a decrease on the 7th & 11th day. It was concluded that after the assertive exercise therapy was carried out, the subject experienced a fairly good change in doing assertive exercise. The results of the evaluation after assertive exercise therapy were carried out, the signs and symptoms of RPK decreased. The suggestions from KTI are: For patients, families and communities Researchers can apply assertive exercises to reduce signs and symptoms of RPK, for the development of nursing science and technology Researchers hope that this will serve as a source of information for conducting research in the field of nursing regarding assertive exercise therapy measures for patients RPK in the future in order to increase nursing science and technology. For future researchers, it is hoped that the research results can be used as data to add insight to future researchers related to psychiatric nursing care by applying assertive training in patients with violent behavior problems.

**Keywords: Violent behavior, Application of Assertive Exercise Therapy**