



## Case Study: Nursing Implementation of Deep Breathing Exercises in Cases of Violent Behavior

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### ABSTRACT

Violent behavior is a response to stressors faced by a person, by carrying out acts of violent behavior, either towards oneself, other people or the environment, verbally or non-verbally. Acts of violent behavior aim to injure other people physically or psychologically, as seen in the behavior. actually committing violence. Clients need to receive treatment, namely implementation in the form of one implementation strategy for clients in the Cempaka room. This research uses a descriptive method in the form of a case study to explore the implementation of nursing deep breathing exercises in schizophrenic patients with violent behavior problems at the Ernaldi Bahar Hospital, South Sumatra Province. The subjects of this research were two patients, namely schizophrenic patients with violent behavior problems. Carried out for seven days on April 8-15 2021. The results of this study show that deep breathing exercises are effective in controlling violent behavior in schizophrenia patients..

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## 1. INTRODUCTION

Mental disorders are disorders in thinking, will, emotions and actions. A collection of abnormal behavioral states, both physical and mental[1]. People with mental problems are people who experience disturbances in thoughts, behavior and feelings in the form of a set of symptoms or changes in behavior, and can cause suffering and obstacles in carrying out their functions as human beings.

Schizophrenia is a group of psychotic disorders with typical distortions of thought processes, sometimes having the feeling that one is being controlled by forces from outside oneself, sometimes strange delusions, perceptual disturbances, abnormal affects that are integrated with real or actual situations, and autism [2].

The positive symptoms of schizophrenia consist of delusions or delusions, hallucinations, confusion of thoughts, noise, restlessness, unable to remain still, feeling like a big person, thoughts full of suspicion and harboring feelings of hostility, while negative symptoms consist of feelings, withdrawing or isolating oneself. , emotional contact, passivity and apathy, difficulty in abstract thinking, stereotyped thinking patterns and absence or loss of volitional drive[3].

According to WHO there are around 264 million people affected by depression, 45 million people affected by bipolar disorder, 20 million people affected by schizophrenia, and 50 million people affected by dementia.

Based on the results[4]found that the prevalence of households with family members experiencing serious mental disorders, such as schizophrenia, in Indonesia is 6.7 per 1000 households with schizophrenia. The highest prevalence distribution was in Bali and DI Yogyakarta with 11.1 and 10.4 per 1,000 households with schizophrenia respectively and the lowest prevalence was in the Riau Islands Province with 2.8 per 1,000 households with schizophrenia.

Violent behavior is a situation that expresses feelings of anger, fear or helplessness towards a situation. Cognitive symptoms of violent behavior are often found to be confusion, thought suppression, inability to solve problems and impaired judgment[3]. A way to control anger in patients at risk of violent behavior can be done with

deep breathing exercises. Deep breathing exercises can regulate emotions and maintain emotional balance, so that angry emotions are not excessive[5].

As a normal individual response, anger occurs as a result of not fulfilling expectations for an event or because a need is not being met. However, anger or violent behavior that appears has the risk of endangering oneself and the environment, so assistance is needed to be handled by health workers, including nurses. . Nursing care needs to be given to patients who begin to display violent behavior, so that patients can control their behavior and return to carrying out their daily life functions optimally .[6].

## 2. RESEARCH METHOD

This research is descriptive in the form of a case study. This method uses a nursing process approach including assessment, diagnosis, planning, implementation and nursing evaluation. The research subjects that will be studied are two clients, namely schizophrenic clients with violent behavior problems in the Cempaka Room, Ernaldi Bahar Hospital, Palembang, South Sumatra Province. This research was carried out for seven days from 08 -15 April 2021.

Before conducting research, researchers apply for research permission by sending ethical review documents to the Ethics Committee of the Palembang Health Polytechnic with number 825//KEPK/Adm2/II/2021 and the Ethics Committee of Ernaldi Bahar Hospital, South Sumatra Province with number 460/KEPK/RS.ERBA/ 06623/2021.

## 3. RESULTS AND DISCUSSION

### 3.1. Result

#### Case Overview

The first client is called Mrs. D, 40 years old, female, Mrs. The client was taken to the hospital because the client did not want to take medication. The client did not want to shower, the client was often angry, could not control his emotions, if he was angry the client often hit his mother and slammed the door.

The second client is Mrs. W, 33 years old, the client is female, unmarried, Mrs. restless, likes to destroy things at home, throws clothes in the trash, is often naked, often wanders around, and the patient often bangs on neighbors' doors.

Implementation was carried out on April 9 2021, namely by maintaining therapeutic communication techniques, identifying the causes, signs and symptoms of violent behavior, asking clients about what things had been taught while in the hospital.

Furthermore, the implementation was carried out on April 12 2021, asking the client whether the client's feelings of anger still often occur, evaluating the client on how to control anger with deep breathing exercises, explaining to the client how to control anger, as well as the benefits of controlling anger with deep breathing exercises, so that the client can Remembering that it was carried out by both patients, the author carried out this implementation in 4 meetings, namely April 12-15 2021.

At the implementation stage, the results were that Mrs. D was able to do it well, in contrast to Mrs. deep breathing as taught, and the client practices it quite well.

After evaluating the two clients, the results showed that the deep breathing relaxation technique was able to overcome anger in both clients. The client said that after carrying out the deep breathing relaxation technique the client felt calmer. According to[7]The deep breathing relaxation technique not only causes a physically calming effect but also calms the mind. Therefore, several relaxation techniques such as deep breathing can help to improve the ability to concentrate, the ability to control oneself, reduce emotions and depression.

### 3.2. Discussion

Based on the results of the study after implementing Deep Breathing Nursing Exercises on Schizophrenic clients with violent behavior problems at the Ernaldi Bahar Mental Hospital in Palembang. According to [8]Deep breathing relaxation techniques can regulate emotions and maintain emotional balance, so that angry emotions are not excessive. Meanwhile, according [8]Relaxation techniques can reduce pain by relaxing muscle tension that supports pain. The relaxation technique consists of abdominal breathing with a slow, rhythmic frequency. The patient can close his eyes and breathe slowly and comfortably. Apart from that, the author also discusses inhibiting and supporting factors when the research was carried out.

The client's condition when the assessment was carried out showed that the client's eyes looked empty, the client looked away when speaking, the client looked anxious, tense, the client answered questions curtly, the client's emotions seemed unstable. Research results[9]proves that relaxation techniques are effective in reducing physical complaints experienced by clients with violent behavior. Deep breathing relaxation can increase alveolar



ventilation, maintain gas exchange, prevent lung atelectasis, provide a feeling of calm, reduce stress, both physical stress and also calm the mind.

Signs and symptoms of violent behavior can be reduced by providing nursing action according to the established nursing care plan. According to [10] Relaxation techniques aim to provide a feeling of comfort and relaxation to the patient, can reduce the intensity of pain, and can increase lung ventilation and increase blood oxygen.

The deep breathing relaxation technique not only causes a physically calming effect but also calms the mind. Therefore, several relaxation techniques such as deep breathing can help to improve the ability to concentrate, the ability to control oneself, reduce emotions and depression [7].

Emotions are complex reactions and contain a high degree of activity, giving rise to changes in behavior, because basically emotions are an urge to act [11]. According to [12] Emotional regulation is the ability to regulate feelings, physiological reactions, cognition related to emotional reactions.

Another obstacle is that the client still cannot control his anger, which can be seen when he is spoken to, the client's tone of voice is curt. According to [13] Clients at risk of violent behavior do not know how to control their anger, the impact that often results from not being able to control their anger is throwing tantrums, breaking things, hitting, therefore clients need deep breathing exercise therapy.

Another obstacle factor is that the client is anxious, anxious, when interacting and being invited to communicate, the client's eyes lack focus. Communication anxiety is a feeling of anxiety that arises in a person when communicating either interpersonally, in group discussions, or when speaking in public. This feeling makes it difficult for someone to speak or express their opinion [14].

#### 4. CONCLUSION

Nursing implementation implementation strategy 1 controls violent behavior with deep breathing relaxation techniques in accordance with the intervention. Clients who have been given intervention in accordance with the research results can be proven that before being taught the deep breathing relaxation technique the client shows the effect of being angry. After relaxing for three days the client feels he was relieved and calm. It can be seen that this technique is able to bring about change in the client and when the client's anger is unstable. However, this treatment and deep breathing techniques need to be taught to the client's family, not only to the client, so that the client's family is able to continue the treatment and deep breathing techniques while the client is at home.

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