

**APPLICATION OF BENSON RELAXATION THERAPY TO REDUCE THE RISK OF
VIOLENT BEHAVIOR IN THE SRIKANDI ROOM RSJD Dr. ARIF ZAINUDIN
SURAKARTA**

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ABSTRACT

Background: According the Central Java Riskesdas in 2023, the prevalence of households experiencing schizophrenia mental disorders per mile in Central Java (5.1%). Violent behavior is a loss of control over one's behavior which is directed at oneself, other people or the environment. The nursing management provided is physical control exercises, how to use medication regularly and using spiritual methods, namely Benson relaxation therapy, therapeutic communication with patients and psychoreligious therapy and group activity therapy. **Objective:** To find out the results of implementing Benson relaxation therapy to reduce the risk of violent behavior RSJD Dr. Arif Zainudin Surakarta. **Method:** This research method is a case study conducted on two respondents at risk of violent behavior for 7 days. **Results:** Based on the implementation carried out, there was a reduction in the risk of violent behavior before and after Benson relaxation therapy. **Conclusion:** There is a decrease in the risk of violent behavior before and after Benson relaxation therapy.

Keywords: Schizophrenia, Risk of Violent Behavior, Benson Relaxation