

**THE APPLICATION OF BENSON RELAXATION THERAPY TO
REDUCE VIOLENT BEHAVIOR IN PATIENTS AT RISK OF
VIOLENT BEHAVIOR AT THE REGIONAL MENTAL
HOSPITAL Dr. RM. SOEDJARWADI
PROVINCE CENTRAL JAVA**

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ABSTRACT

Background: Violent behavior is one of the angry responses expressed by making threats, injuring oneself or others and can damage the surrounding environment. Nurses have an important role in controlling anger which can be done in several ways, namely, controlling anger with physical, social or verbal exercises, relaxation, spiritually, and taking medication regularly. Benson relaxation therapy is a combination of relaxation models with beliefs. **Research Objective:** Knowing the results of the application of benson relaxation therapy on reducing violent behavior in patients at risk of violent behavior in RSJD. **Methods:** Descriptive research with a case study approach and measurement with pretest-posttest RUFA observation sheet. **Results:** After being given the implementation of benson relaxation therapy for 7 consecutive days, the respondents experienced a change in intensive RUFA score 1 (mild) where respondent 1 got a score of 1 and respondent 2 scored 4. **Conclusion:** there is a significant decrease in RUFA scores before and after benson relaxation therapy in patients with violent behavior.

Keywords: Violent Behavior, Decrease, Benson Relaxation Therapy