

ABSTRACT

OPTIMIZATION OF *BINAURAL BEATS MUSIK* THERAPY NURSING INTERVENTION TO CONTROL VIOLENT BEHAVIOR IN SCHIZOPHRENIA PATIENTS AT RSJD Dr. ARIF ZAINUDDIN SURAKARTA

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Background: Violent behavior is behavior that attacks or threatens others, hurts oneself or damages the environment caused by several factors including the process of severe mental illness (Wuryaningsih et al., 2020). Binaural Beats is music that stimulates brain waves so that the brain can work to balance the production of serotonin hormones, norepinephrine hormones and dopamine hormones by providing a stimulus to the right ear and left ear with different frequencies which later the brain will process the received frequency again. (Dewi & Educate, 2017). **Objective:** To determine violent behavior before and after being given binaural beats music therapy in schizophrenic patients. **Method:** This method of application is descriptive in nature with a case study research design with 2 research subjects, the observation sheet research instrument is Self-Aggression Control. **Results:** Before being given music therapy to Nn.N, a score of Aggression was 41 and Self-Control was 74, while Nn.G was given a score of Aggression 65 and Self-Control 50. After being given music therapy to Nn.N, a score of Aggression was 36 and Self-Control was 79, Nn.G score of Aggression 57 and Self-Control 58. **Conclusion:** From the results of the application, it was found that there was an influence of Binaural Beats music therapy, namely Yanni's New Age music, in controlling violent behavior in schizophrenic patients.

Keywords: *Binaural Beats Music Therapy, Controlling Violent Behavior*