

**THE APPLICATION OF BANK TO THE EMOTIONAL REGULATION OF  
PATIENTS WITH THE RISK OF VIOLENT BEHAVIOR  
AT RSJD Dr. ARIF ZAINUDIN**

Ragil Lutfhiana Nursakinah<sup>1</sup>, Norman Wijaya Gati<sup>2</sup>, Wahyu Yuniati<sup>3</sup>  
[nur.luthfiana20@gmail.com](mailto:nur.luthfiana20@gmail.com)  
Universitas 'Aisyiyah Surakarta

**ABSTRACT**

**Background;** Violent behavior is the main problem that often occurs in schizophrenic patients. Risk of Violent Behavior is a type of behavior shown by someone who threatens others in the form of physical, emotional, or sexual threats. To improve emotional regulation in patients prone to this behavior, non-pharmacological treatments include using sunbathing. It was found that the vitamin D that we get from sunbathing helps regulate neuro-serotonergic transmission and metabolism. One of the most important neurotransmitters for regulating emotions is serotonin. **Objective;** Knowing the results of applying sunbathing to the emotional regulation of patients with the risk of violent behavior **Method;** The application was carried out using a case study descriptive method to 2 respondents in patients at risk of violent behavior for 10 days for 10-15 minutes. **Results;** Based on the results of the application that has been carried out, there is a development of hallucination control before and after the application of sunbathing. **Conclusion;** Sunbathing can be used as a non-pharmacological technique or independent intervention in behavioral risk patients to control emotional regulation.  
**Keywords:** Regulation of emotions, Risk of Violent Behavior, Sunbathing