

**THE APPLICATION OF PROGRESSIVE MUSCLE RELAXATION THERAPY
TO REDUCE THE SIGNS AND SYMPTOMS OF PATIENTS AT RISK OF
VIOLENT BEHAVIOR AT THE REGIONAL MENTAL HOSPITAL
DR. RM. SOEJARWADI CENTRAL JAVA PROVINCE**

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ABSTRACT

Background: Risk of Violent Behavior (RPK) is an aggressive act of harm. It is triggered by failure, failure to achieve desires, and managing stress. One of the non-pharmacological therapies that can be taught is the progressive muscle relaxation technique. **Objective:** Knowing the results of the application of Progressive Muscle Relaxation therapy on reducing signs and symptoms of violent behavior in patients with violent behavior at the Dr. RM Regional Mental Hospital. Soedjarwadi Central Java. **Methods:** This type of research with a case study that uses descriptive research methods pre-test and post-test RUFAs observation sheet of violent behavior. **Results :** The score of changes in violent behavior in 2 respondents before progressive muscle relaxation therapy was intensive stage II (moderate) with respondent 1 scoring 11 and respondent 2 scoring 14. After three days of therapy, the respondents changed to intensive stage I (mild) with respondent 1 scoring 8 and respondent 2 scoring 9. **Conclusion:** There are differences in changes in violent behavior before and after Progressive Muscle Relaxation Therapy in patients at risk of violent behavior.

Keywords: Risk of Violent Behavior, Decline, Progressive Relaxation