

# **Study of nursing care literature in patients with behavioral violence with the implementation of strategies to control anger**

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## **Abstract**

Violent behavior is a condition in which a person acts in a way that can physically endanger both himself and others. It is often also called an agitated rowdy or amok where someone angry responds to a stressor with uncontrolled motor movements. The purpose of writing this literature study is to identify the application of anger control implementation strategies that focus on SP 1 P to 6 interventions namely physical exercise 1: deep breathing exercises. in patients with violent behavior. The method used is the method of literature study by searching various written sources in the form of books, archives, magazines, articles and journals or documents that are updated with the problem being studied so that the information obtained from this literature study is used as a reference to strengthen the existing arguments. The results of the study are the effectiveness of the implementation strategy to control anger in violent behavior patients with a focus on deep breathing relaxation techniques. The conclusion in this study is that the patient is able to perform deep breathing relationship techniques to control anger. this research is expected to be a reference in increasing public knowledge about the strategy of implementing anger in violent behavior patients so that it can be a solution in an effort to control anger felt by patients in violent behavior

**Keywords— Literature Study, Behavior Violence, Anger Control**

## **I. INTRODUCTION**

Mental disorders are syndromes or psychological or behavioral patterns that occur clinically in a person and existing illness or disability increases the risk of painful death, pain, disability, or loss of freedom. Patients who experience violent behavior must be controlled and the strategies needed and strategies for implementing nursing actions (SPTK), such as controlling physically, controlling violent behavior spiritually, and spiritually violent behavior, and taking medication regularly.

According to WHO (2018), in general, schizophrenia and depression mental disorders, an estimated 7% who experience schizophrenia, and people aged > 15 years 6.1% experience depression, emotional mental disorders in people aged > 15 years 9.8%, Repasung schizophrenic souls were 3.1% in urban areas and 31.1% also in rural areas[1]. Data from Riskesdas (2018) shows the prevalence of mental emotional disturbance which is indicated by symptoms of depression and anxiety for those aged 15 years and over reaches around 6.1% of the total population of Indonesia. Meanwhile, the prevalence of serious mental disorders, such as schizophrenia, reaches around 400,000 people or 1.7 per 1,000 population[2]. Meanwhile, data from the profile of the South Sulawesi Provincial Health Office in 2018 recorded that there were 6,585 people suffering from mental disorders out of 8,432,169 total population, while in 2017 there were 7,625 people from the total population of 8,520,304 people. [3].

The Implementation Strategy (SP) is an instrument or guide for implementing mental nursing interventions that is used as a reference for nurses when interacting or communicating therapeutically with clients with mental disorders.

## **II. MATERIALL AND METHODS**

This type of research is a literature study. Literature study is a type of research by searching various written sources in the form of books, archives, magazines, articles and journals or documents that are relevant to the problems being studied so that the information obtained from this literature study is used as a reference to strengthen the arguments. the arguments that exist.

### III. RESULT AND DISCUSSION

Based on the results of the analysis of 3 journals obtained online related to nursing care on violent behavior with the implementation of anger control implementation strategies. seen in the following table: **ANALISIS JURNAL**

No	Researcher (year) and title	Research purposes	Research design	Data collection	Research result
1.	Saswati. N, Safitri, R dan Sutinah (2019) Breathing Relaxation Techniques in Influencing the Ability to Control Anger in Schizophrenic Clients [4]	Knowing the effect of deep breath relaxation techniques on controlling anger in schizophrenic clients "	The research design used a Pretest Posttest One Group Design	Data collection used in this study was obtained from 17 respondents who had been given a violent behavior questionnaire containing 6 questions with a score of 1-4	The results of research on 17 clients before doing deep breath relaxation techniques showed the value of the ability to control anger at the risk of violent behavior before doing deep breath relaxation techniques with a mean value of 13.0588 and after doing deep breathing relaxation techniques at the Regional Mental Hospital Jambi Province with an average value. -averaged 22.0588. There are differences in controlling anger before and after deep breathing relaxation which shows the sig value. 0,000.
2	Oktaviani Devi, Santosa E.M.I, Sumaryawati .M.N (2019) The effect of physical exercise I and II on the ability to control violent behavior in patients with violent behavior [5]	Knowing the effect of Physical Exercise I and II on the Ability to Control Violent Behavior	Research design using One Group Pretest-Posttest design	Data were collected using observation sheets and interviews involving 30 respondents who experienced violent behavior problems	The results showed that before giving physical exercise intervention I and II showed 20 respondents with a percentage of 67% did not control violent behavior, 10 respondents with a percentage of 33% were able to control violent behavior, after being given the intervention, 27 respondents with a percentage of 90% could control behavior. violence. in physical exercise I (deep breath relaxation) has an effect on controlling anger
3.	Livana dan Sujarwo (2018) Phemonologi cal Studies: Effective Execution Strategies To Control Violent Behavior [6]	Mengetahui gambaran tingkat ansietas pasien	Knowing the description of the patient's anxiety level	The data collection used in this study is to use 14 questions.	The results showed that 5 out of 6 informants said that the most effective way to control anger was deep breathing relaxation techniques.

The results of this study are in line with Sumirta's research (2013) with the title deep breath relaxation to control client anger with violent behavior which shows that after breathing relaxation in the moderate category there were 24 respondents (71%) and 10 respondents (29%) in the high category.[7]. This is in line with the theory that giving Physical Exercises I (deep breathing relaxation) and II (hitting the mattress & pillow) is effective for controlling violent behavior[8].

According to Zelianti (2011) about the effect of deep breath relaxation techniques on the emotional level of clients with violent behavior in Dr. Amino Gondohutomo, who stated that there was a significant influence between deep breath relaxation techniques on the emotional level of clients with violent behavior. In addition, other research states that there is an effect of giving deep breath relaxation techniques on the patient's ability to control violent behavior in the Bratasena Room at RSJ Bali Province[9].

### **Acknowledgment**

Thank you to the Head of the Human Resources Development and Empowerment Agency (PPSDM), the Director of the Makassar Health Ministry Polytechnic and his staff, the Chairperson of the Nursing Department, the Chair of the D.III Study Program from the Polytechnic Department of the Ministry of Health, the Makassar Ministry of Health

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