

## ABSTRAK

### STUDI KASUS PENERAPAN TERAPI SPIRITUAL PADA PASIEN DENGAN RISIKO PERILAKU KEKERASAN

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**Latar Belakang :** Risiko perilaku kekerasan yaitu perilaku seseorang yang dapat membahayakan diri sendiri, orang lain dan lingkungan sekitar baik secara fisik, emosional, seksual maupun verbal. Tanda dan gejala perilaku kekerasan yaitu perubahan pada fungsi kognitif, afektif, fisiologis, perilaku dan sosial. Perilaku yang sering muncul yaitu pasien mudah marah, mudah tersinggung, tekanan darah meningkat, mengamuk. Terapi spiritual berupa melafazkan dzikir dan wudhu dapat membantu pasien menjadi lebih tenang dan rileks.

**Tujuan :** Menganalisis penatalaksanaan terapi spiritual pada pasien dengan risiko perilaku kekerasan.

**Metode :** Studi kasus pada pasien risiko perilaku kekerasan dengan menerapkan *evidence based practice* terapi spiritual berupa melafazkan dzikir dan wudhu. Instrumen yang digunakan yaitu *emotional guidance scale*.

**Hasil :** Penerapan strategi pelaksanaan spiritual dengan terapi spiritual berupa melafazkan dzikir dan wudhu terbukti menurunkan tanda gejala pasien dengan risiko perilaku kekerasan.

**Kesimpulan :** Terapi spiritual menurunkan emosi pada pasien dan memberikan ketenangan dalam diri pasien. Terapi spiritual mengontrol emosi yang awalnya berada dalam kategori “*anger*” menjadi “*hopefulness*”.

**Kata Kunci :** dzikir, risiko perilaku kekerasan, terapi spiritual, wudhu.

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## ABSTRACT

### CASE STUDY OF THE APPLICATION OF SPIRITUAL THERAPY IN PATIENTS WITH THE RISK OF VIOLENT BEHAVIOR

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**Background:** The risk of violent behavior is someone's behavior that can endanger themselves, others and the surrounding environment both physically, emotionally, sexually and verbally. Signs and symptoms of violent behavior are changes in cognitive, affective, physiological, behavioral and social functions. Behaviors that often arise are irritable patients, irritability, increased blood pressure, tantrums. Spiritual therapy in the form of reciting dhikr and ablution can help patients become more calm and relaxed.

**Objective :** Analyzing the management of spiritual healing in patients with a risk of violent behavior.

**Methods:** Case studies on patients at risk for violent behavior by applying evidence-based practice of spiritual healing in the form of reciting dhikr and ablution. The instrument used is the emotional guidance scale.

**Results:** The implementation of spiritual implementation strategies with spiritual healing in the form of reciting dhikr and ablution has been proven to reduce the symptoms of patients with a risk of violent behavior.

**Conclusion:** Spiritual therapy reduces emotions in patients and provides peace in patients. Spiritual therapy controls emotions that were originally in the "anger" category to become "hopefulness".

**Keywords:** dhikr, risk of violent behavior, spiritual healing, ablution.

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