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Defazil Akrammufid Zamhari

Pengaruh Teknik Deep Breathing Exercise Terhadap Tingkat Agresivitas Pada Pasien Gaduh Gelisah Dengan Perilaku Kekerasan di Yayasan Bagus Mandiri Insani Palembang Tahun 2026

Xvi+ 71 Halaman + 9 Tabel + 10 Lampiran

ABSTRAK

Latar Belakang: Perilaku kekerasan merupakan masalah kesehatan jiwa yang dapat disertai kegelisahan, agitasi, kemarahan, dan perilaku agresif. *Deep Breathing Exercise* merupakan intervensi nonfarmakologis yang dapat membantu pasien mencapai relaksasi dan mengontrol respons emosional. **Tujuan:** Penelitian ini bertujuan untuk mengetahui pengaruh *Deep Breathing Exercise* terhadap tingkat agresivitas pada pasien gaduh gelisah dengan perilaku kekerasan di Yayasan Bagus Mandiri Insani Kota Palembang Tahun 2026. **Metode:** Penelitian ini menggunakan desain kuantitatif dengan pendekatan pre-eksperimental one-group pretest-posttest. Sampel berjumlah 15 pasien dengan teknik purposive sampling. Tingkat agresivitas diukur menggunakan *Modified Overt Aggression Scale* (MOAS) dan data dianalisis menggunakan Paired Samples t-test. **Hasil:** Rata-rata skor agresivitas sebelum intervensi sebesar 31,40 dan menurun menjadi 19,13 setelah intervensi, dengan selisih rata-rata 12,27 poin. Hasil uji menunjukkan $t = 7,215$, $df = 14$, dan $p = 0,000$ ($p < 0,05$), sehingga terdapat perbedaan yang signifikan sebelum dan sesudah pemberian *Deep Breathing Exercise*. **Saran:** Perawat dan tenaga kesehatan disarankan menerapkan *Deep Breathing Exercise* sebagai intervensi keperawatan nonfarmakologis. Penelitian selanjutnya disarankan menggunakan sampel yang lebih besar dan kelompok kontrol untuk memperkuat bukti efektivitas intervensi.

Kata Kunci: Perilaku Kekerasan, Agresivitas, *Deep Breathing Exercise*, Agitasi, Intervensi Keperawatan

Daftar Pustaka: 19 (2014-2025)

**FACULTY OF HEALTH AND TECHNOLOGY
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Defazil Akrammufid Zamhari

The Effect of Deep Breathing Exercise Technique on Aggressiveness

Levels in Restless and Agitated Patients with Violent Behavior at

Bagus Mandiri Insani Foundation Palembang in 2026

xiii + 71 Pages + 9 Tables + 10 Appendices

ABSTRAK

Background: Violent behavior is a serious mental health problem that may involve restlessness, agitation, anger, and aggressive behavior. Deep Breathing Exercise is a non-pharmacological intervention that can help patients relax and control emotional responses. **Objective:** This study aimed to determine the effect of Deep Breathing Exercise on aggressiveness levels in restless and agitated patients with violent behavior at Bagus Mandiri Insani Foundation Palembang in 2026. **Methods:** This quantitative study used a pre-experimental one-group pretest-posttest design. The sample consisted of 15 patients selected using purposive sampling. Aggressiveness was measured using the Modified Overt Aggression Scale (MOAS), and data were analyzed using the Paired Samples *t*-test. **Results:** The mean aggressiveness score decreased from 31.40 before the intervention to 19.13 after the intervention, with a mean difference of 12.27 points. The results showed $t = 7.215$, $df = 14$, and $p = 0.000$ ($p < 0.05$), indicating a significant difference before and after the intervention. **Conclusion:** Deep Breathing Exercise is effective in reducing aggressiveness levels in restless and agitated patients with violent behavior. **Suggestion:** Nurses and healthcare providers are recommended to apply Deep Breathing Exercise as a non-pharmacological nursing intervention. Further studies should involve larger samples and a control group to strengthen evidence of its effectiveness.

Keywords: Violent Behavior, Aggressiveness, Deep Breathing Exercise, Agitation, Nursing Intervention

References: 19 (2014-2025)