



# NURSING CARE FOR PATIENTS AT RISK OF VIOLENT BEHAVIOR BY PROVIDING MODALITY THERAPY OF SPIRITUAL SNAKE AND LADDER GAME IN THE NAKULA PSYCHIATRIC INSTALLATION AT BANYUMAS REGIONAL HOSPITAL: CASE REPORT



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## ABSTRACT

**Introduction:** Violent behavior is a response to anger that is expressed by making threats, injuring oneself or others and can damage the surrounding environment. One way of treating patients at risk of violent behavior can be done using pharmacology or non-pharmacology. One of the non-pharmacological therapies used is the snakes and ladders game approach. This type of therapy considers the goals and benefits, including being able to stimulate the players' cognitive, language, emotional and socio-spiritual functions. The aim of this research is to find out whether spiritual snakes and ladders modality therapy can reduce signs and symptoms of risk of violent behavior. **Methods:** The type of method that has been used in the case study uses modality therapy through the medium of the snakes and ladders game which has been technically modified or the game method is carried out using a spiritual therapy approach. **Discussion:** Based on the research results, it shows that the signs and symptoms of the risk of violent behavior that previously appeared in patients no longer appear after the spiritual snakes and ladders modality therapy was given. **Conclusion:** Implementation of nursing care provided to patients Mr. S with modality therapy using spiritual snakes and ladders media is an effective way to reduce several signs and symptoms of the risk of violent behavior.

**Keywords:** risk of violent behavior, snakes and ladders game, spiritual.

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## INTRODUCTION

In this modern era, the tendency for mental disorders to increase is greater due to stressful life events such as the loss of loved ones, broken social relationships, difficulty getting a job, problems in marriage, inadequate economic conditions, pressure at work, and discrimination, thereby increasing risk of suffering from mental disorders (Amimi et al., 2020). Based on 2018 Basic Health Research (Riskesdas) data, more than 19 million Indonesians over the age of 15 experience emotional mental disorders, and more than 12 million experience depression (RI Ministry of Health, 2022). The prevalence of people with mental disorders in Central Java continues to increase from

year to year. In 2014, the number of people suffering from mental disorders in Central Java reached 260,247 people. This number increased to 317,504 people in 2015 (Central Java Health Office, 2023).

The number of visits for mental disorders in Central Java Province in 2013 reached 121,962 visits. As many as 67.29% of mental disorder visits were in hospitals, while the remaining 32.71% of visits were in community health centers and other health facilities. Most of the visits were patients with schizophrenia. The main problem that often arises as a result of patients experiencing schizophrenia is violent behavior. This condition must be treated immediately because violent behavior that

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occurs can endanger the patient, other people and the environment (Kandar and Iswanti, 2019).

Violent behavior is a response to anger that is expressed by making threats, injuring oneself or others and can damage the surrounding environment (Pardede, Siregar and Hulu, 2020). Based on the Indonesian Nursing Diagnosis Standards (SDKI), (2017) there are 2 signs and symptoms, namely major and minor in patients with violent behavior, major subjective: threatening, swearing with harsh words, loud voice, speaking curtly, objective: attacking other people, injuring yourself/others, destroying the environment, aggressive/raging behavior, while the minor ones are objective: bulging eyes or sharp gaze, clenched hands, clenched jaw, flushed face, stiff body posture. Based on 2017 Indonesian National data, the risk of violent behavior is around 0.8% or 10,000 people. This data shows that the incidence of risk of violent behavior in Indonesia is very high (Pardede, Siregar and Hulu, 2020).

Handling patients at risk of violent behavior can be carried out using pharmacology or non-pharmacology, implementation strategies for patients at risk of violent behavior, as well as nursing actions for patients at risk of violent behavior focused on positive, intellectual, emotional and socio-spiritual aspects (Wulandari, Sulisetyawati and Purnomo, 2024). Afnuhazi (Putri et al., 2018) revealed that violent behavior can be controlled by carrying out medical activities on patients such as family therapy, group therapy, pharmacology and through therapeutic modalities. One of the non-pharmacological therapies used in the treatment process for people with mental disorders is the snakes and ladders game approach.

On February 6, 2024, a mental nursing assessment was carried out on Mr. S in the soul installation in the Nakula room at Banyumas Regional Hospital. Mr. S is 26 years old and has been treated in a mental ward since January 29 2024 and was diagnosed with schizophrenia. The patient was transferred from the Sadewa room to the Nakula room, in the Sadewa room he was treated for 9 days, transferred from the emergency room because the patient had a history of relapse with a punk kid at the Cilacap terminal. The patient said he felt

angry because he was provoked by the punks, so the patient fought with the punks and hit each other, the patient's head was slightly injured. The patient complained of being bored and wanted to go home quickly. The patient insisted that he had recovered from his illness. The patient is Muslim. Patients consider worship to be important. The patient prays 5 times a day as usual, sometimes asking the nurse to fetch the Koran.

Based on the description above, the author is interested in carrying out nursing care in the form of a case study by providing spiritual snakes and ladders modality therapy intervention in reducing signs and symptoms of risk of violent behavior in Mr. S in the Nakula room at Banyumas Regional Hospital.

## METHOD

The type of method used in this research is a case study using modality therapy through the medium of the snakes and ladders game which has been technically modified or the game method is carried out using a spiritual therapy approach. The research location is in the mental installation in the Nakula room at the Banyumas Regional General Hospital. For the time being, the research was carried out for 3 meetings, namely from 7-9 February 2024. The subjects in this study were patients who had signs and symptoms of problems with the risk of violent behavior.

The assessment was carried out on February 6 2024 on Mr. S in the Nakula room at Banyumas Regional Hospital. Mr. S is 26 years old and has been treated in a mental institution since January 29 2024 and was diagnosed with schizophrenia. The client's general condition is good and composmentis awareness. The face looks tense and slightly red. Red eyes/sharp eyesight. The patient is Muslim. Patients consider worship to be important. The patient prays 5 times a day as usual, sometimes asking the nurse to fetch the Al Quran.

The patient came with complaints 10 days before admission to the hospital, he was noisy, restless (+), couldn't sleep, didn't speak coherently, went to and from the house, beat local residents. The patient was transferred from the Sadewa room on January 6, in Sadewa was treated for 9 days, transferred from the emergency room because the patient had a history of relapse with a punk kid at the Cilacap terminal, the patient had

previously been treated. The patient complained of being bored and wanted to go home quickly. The patient insisted that he had recovered from his illness. The patient said he felt angry because he was provoked by the punks, so the patient fought with the punks and hit each other, the patient's head was slightly injured. The patient said that he was someone who was easily offended by other people's words and actions towards him.

The patient said that his relationship with his wife was no longer good because the patient was currently separated from his wife. The patient also complained that he did not have a good relationship with his in-laws because the patient said his in-laws were too involved in household matters. 1 year ago the patient locked himself in his room for 2 months (cause unknown). The patient is able to answer questions asked and speak quickly, but the patient often changes the topic of conversation inappropriately. The patient speaks curtly. The patient often seems to frown when invited to chat. The patient is able to control his motor skills. However, he is often seen pacing back and forth, when asked what he is feeling the patient answers "bored and wants to go home quickly". The patient answered questions flatly, occasionally expressing himself. Based on the results of the assessment, a nursing diagnosis was obtained, namely the risk of violent behavior characterized by a history or threat of violence against oneself or others. The intervention adopted to overcome this is the spiritual snakes and ladders modality therapy.

## RESULT

One of the interventions to prevent violent behavior given to patients is spiritual snakes and ladders modality therapy. Based on observations before and after administering spiritual snakes and ladders modality therapy regarding signs and symptoms of risk of violent behavior in patients, evaluation results were obtained, including:

Berdasarkan tabel dapat dilihat hasil observasi related signs and symptoms in patients at risk of violent behavior. The results of this study indicate that the signs and symptoms of risk of violent behavior that previously appeared in patients no longer appeared after administering the spiritual snakes and ladders modality therapy. In the cognitive aspect, several signs and symptoms of violence appear, such as always blaming others and being easily irritated. Then, in the behavioral and social aspects, signs and symptoms of the risk of violent behavior emerge, namely liking to argue and having a high pitched

voice. Based on research by Amimi et al., (2020), patients with signs and symptoms of risk of violent behavior tend to speak harshly and have a raised voice. Apart from that, patients sometimes also blame, mock, refuse to have contact, and violate boundaries when interacting with other people. Verbal violence towards other people in the form of harsh words, high pitched and hostile voices is a form of violent behavior.

In the physiological aspect, there are signs and symptoms of the patient before implementing the spiritual snakes and ladders modality therapy, namely the face is tense and slightly red, and the eyes are sharp. Physiological responses in the form of red faces and tense faces in patients are at risk of violent behavior because the patient is unable to control his emotions. A tense face is a response when someone feels unhappy where they are or with the conditions they are experiencing. A sharp gaze is an expression of anger and surprise from someone who experiences bulging eyes, and indicates that they are thinking about or imagining their feelings (Amimi et al., 2020).

**Table 1. Sign and Symptoms**

Aspects of Assessment	Result	
	Before	After
<b>Cognitive</b>		
<b>Subjective</b>		
Saying hate or annoyance with someone	√	-
Always blaming others	√	-
Feeling like failing to achieve goals	√	-
<b>Objective</b>		
Easily offended	√	-
<b>Affective</b>		
Worried/ anxious	√	-
Labile affect	√	-
<b>Physiological</b>		
Tense and slightly red face	√	-
Red eyes sharp gaze	√	-
<b>Behavior</b>		
Like arguing	√	-
<b>Social</b>		
High/loud tone of voice	√	-

## DISCUSSION

Mental disorders are still one of Indonesia's main health problems. Every year the number of mental disorders in the world increases very significantly and continues to increase to this day. Mental disorders can be categorized into two, namely emotional mental disorders and serious mental disorders. Severe mental disorders or also called psychosis, one example of

psychosis is schizophrenia (Amimi et al., 2020). Schizophrenia comes from two words, namely "schizo" meaning crack or rupture and "frenia" meaning soul. Therefore, a person who experiences schizophrenia is someone who has a splitting of personality. Schizophrenia is a group of psychotic reactions that affect a person's functioning, including the way they think, communicate, feel and express emotions, a brain disorder characterized by chaotic thinking, delusions, hallucinations and strange behavior (Putri and Maharani, 2022). The main problem that often arises as a result of patients experiencing schizophrenia is violent behavior (Kandar and Iswanti, 2019).

Violent behavior can be interpreted as a condition of loss of control over one's own behavior, other people, or the environment. Although the signs of violence vary, the following symptoms are commonly seen in violent behavior, such as red face, depressed eyes, clenched jaw, clenched hands, loud talking, shouting or screaming, making verbal and physical threats, throwing or scream. Hitting objects or other people, destroying things or objects, and not preventing or controlling violent behavior (Prayogi and Rahmawati, 2023).

Providing appropriate and accurate psychopharmacological and nursing therapy alone is not enough for patients with mental disorders, but must be followed or even accompanied by continuous and regular therapy modalities until normative behavior functions again until it is stable or in nursing terms the behavior becomes adaptive (Yusuf et al., 2017). Modality therapy is one of the main therapies in mental nursing which seeks to change patient behavior from maladaptive behavior to adaptive behavior. The main goal of modality therapy is so that behavioral or personality patterns such as coping skills, communication styles, and levels of self-esteem can develop gradually, remembering that patients with mental disorders require close supervision and a safe environment that supports patients from maladaptive behavior to adaptive (Widhiastuti et al., 2021).

One form of therapeutic modality that can be used in the treatment process for people with mental disorders or schizophrenia is to use the snakes and ladders game approach. The snakes and ladders game is a game that prioritizes the tenacity of the players. This type of therapy takes into account the goals and benefits, including the ability to stimulate the players' cognitive, language, social, spiritual and emotional functions (Mane et al., 2022).

The article used as a reference in providing intervention is research with the title "Using Smart Snakes and Ladders as a Media to Improve Signs and Symptoms of the Risk of Violent Behavior in ODGJ at the Grhasia Mental Hospital, Special Region of Yogyakarta" compiled by (Rahman, Irawati and Prianto, 2019) and published in Health Dynamics, Journal of Midwifery and Nursing. This research generally aims to determine the use of smart snakes and ladders media to improve signs and symptoms of the risk of violent behavior in people with mental disorders. Researchers found that adding and modifying spiritual therapy into the game of snakes and ladders is worth trying in overcoming various aspects of signs and symptoms of risk of violent behavior.

Spiritual therapy is a therapy carried out by getting closer to one's beliefs (Sari, Fitri and Hasanah, 2024). When spiritual actions or activities are carried out, it increases dopamine levels and serotonin levels which can influence feelings of euphoria or happiness in the body at the time, thereby minimizing aggressive behavior. Based on this, it is the basis that spiritual therapy can control violent behavior (Yuliana and Pratiwi, 2021).

Therapeutic activities through the smart snakes and ladders game have proven to be an effective way to reduce and reduce signs and symptoms of the risk of violence in patients with mental disorders (Azhari and Ridfah, 2023). This is in line with research conducted by Putri and Cahyanti (2022) where the results of the pretest and posttest measurement scores also showed a decrease in scores, indicating that play therapy using snakes and ladders as a medium is a form of treatment that can reduce aggressive behavior. The implementation of snakes and ladders game therapy can improve the quality of life of people who experience depression while undergoing treatment and can also calm anxious individuals and/or remind passive individuals with cognitive disorders who usually show disruptive behavior. This type of therapy also has effectiveness in reducing aggression in aggressive individuals, reducing behavioral disorders in adolescents, reducing externalizing behavior and weak social skills, increasing attention and focus, reducing impulsive symptoms, improving skills in interpersonal and intrapersonal relationships, increasing self-confidence and externalizing positive and negative emotions (Rahman, Irawati and Prianto, 2019).

Providing violent behavior therapy can improve cognitive response abilities, behavioral responses

and social responses so that clients have the understanding and ability to overcome violent behavior. Spiritual therapy has been proven to be effective in improving cognitive abilities in schizophrenia patients who have nursing problems at risk of violent behavior, hallucinations and social isolation. Spiritual therapy (dhikr and murottal) can influence a person's mood and emotional status, where changes will occur in the immune and hormonal systems. In a relaxed state, blood pressure, pulse and muscle tension decrease. Signs of increased blood pressure, pulse and muscle tension are signs of physiological symptoms in clients with violent behavior (Sasongko and Hidayati, 2020). According to Wahyudi (2017), spiritual therapy is able to calm, raise self-confidence, strength, feelings of security, peace, and provide feelings of happiness. Medically, it is also known that people who are used to remembering Allah remember that their brain will automatically respond to the release of endorphins which can cause feelings of happiness and comfort. Spiritual therapy such as ablution is beneficial for the patient's physical and psychological well-being so that in this process there will be a feeling of comfort, peace, serenity, happiness because it can be awake and avoid negative things, avoid excessive anger, a feeling of calm because it is easy to worship at any time. This calm takes the form of calm in the patient's cognitive, affective and spiritual aspects (Wardhani, Prabowo and Brilianti, 2020).

Overall, the implementation of the spiritual snakes and ladders modality therapy intervention proceeded as expected. Signs and symptoms of the risk of violent behavior that previously existed in patients became reduced after being given intervention. The challenge experienced by the author during the research was that the researcher had to be able to adapt to patients who sometimes experienced changes in their emotional states. Researchers must also build a relationship of mutual trust with patients so that when conducting research, patients become more open with researchers.

## CONCLUSION

Implementation of nursing care provided to patients Mr. S with modality therapy using spiritual snakes and ladders media is an effective way to reduce several signs and symptoms of the risk of violent behavior. A reduction in signs and symptoms of risk of violent behavior in patients can be seen

based on the condition before and after the intervention. The results of this study indicate that the signs and symptoms of risk of violent behavior that previously appeared in patients no longer appeared after administering the spiritual snakes and ladders modality therapy. Non-pharmacological nursing intervention in the form of spiritual snakes and ladders modality therapy can be applied by nurses in mental wards routinely to significantly reduce signs and symptoms of the risk of violent behavior. This is good and effective to do because it does not cause dangerous side effects and is easy to do. The researcher realized that in implementing the research process there were several limitations that the researcher could not overcome, such as the research time being too short.

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