

THE EFFECT OF PROGRESSIVE MUSCLE RELAXATION THERAPY (PMRT) ON SCHIZOPHRENIC PATIENTS WITH RISK OF VIOLENT BEHAVIOR (LITERATURE REVIEW)

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Abstract

Background: Schizophrenia is a group of psychotic disorders with typical distortion of thought processes. Schizophrenia can lead to violent behavior due to several causes, such as psychological pressure, feeling threatened, and seeing others as enemies. To reduce violent behavior progressive muscle relaxation therapy (PMRT) is one of the interventions that can be used in schizophrenic patients. Objective: To determine the effect of progressive muscle relaxation therapy (PMRT) on the risk of violent behavior in patients with schizophrenia. Methods: This study uses a Literature review with Google Scholar and PUBMED databases with the keywords "Schizophrenia", "Risk of violence behavior", and "Progressive Muscle Relaxation Therapy" for English searches, and "Schizophrenia", "Risk of violent behavior", and "Progressive muscle relaxation therapy" for Indonesian search. The search for articles was limited from 2015-2020, with the inclusion criteria of full-text articles and randomized control trials and 5 articles were found accordingly. Results: Progressive muscle relaxation therapy has an effect on reducing symptoms of violent behavior in schizophrenic patients who have a risk of violent behavior. Conclusion: Based on the analysis of several studies, it was found that the Progressive Muscle Relaxation Therapy intervention was effective in reducing the risk of violent behavior in schizophrenic patients.

Keyword: Progressive Muscle Relaxation Therapy, Schizophrenic, Violent Behavior

Introduction

Mental disorder is a condition in which a person is unable to assess reality properly, and cannot control himself anymore to prevent disturbing others and damaging or hurting himself (Videback, 2008; Rochmawati, 2015; Devi, et al. 2020). Schizophrenia is a disorder that is really confusing or keeps a lot of puzzles (Nolen & Hoekesma, 2001; Amelia & Anwar, 2013). At certain times they have awareness in carrying out daily activities and can communicate well in their environment, but sometimes the opposite (Amelia and Anwar, 2013). In addition, according to Zahnial & Sumekar (2016) schizophrenia is a group of psychotic disorders with typical distortions of thought processes, sometimes having a feeling that they are being controlled by forces from outside themselves, sometimes strange delusions, perceptual disturbances, integrated abnormal affect. with real or actual situations, and autism. The prognosis for schizophrenia is about 25% can recover from the initial

episode, about 25% will never recover, and about 50% are in between, characterized by periodic relapses and inability to function effectively except for a short time (Arif, 2006; Rubbyana, 2012). According to the World Health Organization (WHO) in 2017 there were around 450 million people with mental disorders including schizophrenia. Depressive disorders can be experienced by all age groups. However, it usually occurs in young adults between the ages of 18-21 years (WHO, 2009; Hodayati, 2012). The results of Riskesdas (Basic Health Research) in 2018 showed that depressive disorders began to occur in the adolescent age range (12-24 years), with a prevalence of 6.2%. The pattern of depression prevalence increases with increasing age, the highest at the age of over 75 years at 8.9%, 65-74 years at 8.0%, and 55-64 years at 6.5%. Then, based on the ranking of schizophrenia in 1990, it was ranked 4 and in 2017 it rose to rank 3 (Institute for Health Metrics and Evaluation, 2017). Riskesdas (2018) shows that the prevalence of schizophrenia in Indonesia is 6.7 per 1000 households. That is, from 1,000 households there are 6.7 households that have household members (ART) who suffer from schizophrenia. The highest prevalence distribution is in Bali and the Special Region of Yogyakarta (DIY) with 11.1 and 10.4 per 1,000 households having ART suffering from schizophrenia, respectively (Ministry of Health, 2018). In addition, the incidence rate in the world is 1/1000 people suffer from schizophrenia and almost 80% have repeated relapses (Rubbyana, 2012). Schizophrenia is a disorder that lasts for at least 6 months and includes at least 1 month of active phase symptoms (Hendarsyah, 2016). Schizophrenia disorder is characterized by positive symptoms, negative symptoms, and cognitive impairment. There are several types of schizophrenia (Paranoid, heberphrenic, catatonic, undifferentiated, and residual). Symptoms caused by schizophrenia include delusions or delusions, namely an irrational (unreasonable) belief, hallucinations, namely sensory experiences without any stimulation (stimulus), chaos in the nature of thought that can be seen from the contents of the conversation, noisy and restless indicated by pacing, aggressive, speaking with excessive enthusiasm and joy, feeling himself a "big person", a mind full of suspicion, harboring a sense of hostility, a "blunt" and "flat" feeling, social withdrawal or isolation, very emotional contact few, passive and apathetic, and difficult in abstract thinking (Ministry of Health, 2017).

The impact of schizophrenia is not only on the client himself, but also on the country. WHO (2009) said that mental disorders contributed 13% of the burden globally. The average loss of productive days in clients with severe mental disorders is 31.12 days. The number of people with mental disorders and the loss of productive days have an impact on increasing the burden that must be borne by the state. Economic losses due to mental health problems reached Rp. 20 trillion compared to the total loss due to tuberculosis which only reached Rp. 6.2 trillion (Maslim, 2012). Schizophrenia has an impact on the family, namely the emergence of economic burdens, emotional stress and creates feelings of uncertainty / uncertainty (Fontaine, 2009). The effects of schizophrenia on clients and family needs proper treatment so that clients can be productive and and reduce the burden on the family and even the burden on the state.

Violent behavior in patients with schizophrenia has several causes, patients usually commit violent behavior due to psychological pressure, feel themselves threatened, and perceive others as enemies (Witojo & Widodo, 2008). In addition, violent behavior is usually at risk in male patients, low socioeconomic, has a history of crime, antisocial, drug abuse, problems with family and emotional problems such as depression (Rogers & Fahy, 2008).

The Physical Activity Program was successfully implemented in schizophrenic patients in Portugal who received home care (Zahara, et al, 2015). One form of behavioral therapy is relaxation techniques. Relaxation technique that is often used to reduce muscle tension is progressive relaxation (Sheridan and Radmacher, 1992). Progressive relaxation exercises as a muscle relaxation technique have been proven in therapeutic programs for muscle tension to be able to overcome complaints of anxiety, insomnia, fatigue, muscle cramps, neck and back pain, high blood pressure, mild phobias and stuttering (Davis, 1995). According to Black and Mantasarin (1998) that progressive relaxation techniques can be used for the implementation of psychological problems. The relaxation produced by this method can be beneficial for reducing anxiety, muscle contraction and facilitating sleep.

Progressive relaxation techniques are deep muscle relaxation techniques that do not require imagination, fear/suggestion. Based on the belief that the human body responds to anxiety and mind-stimulating events with muscle tension (Davis, 1998). While Townsend (1999), states that the progressive relaxation technique is to focus on a muscle activity, by identifying tense muscles and then decreasing tension by doing relaxation techniques, to get a feeling of relaxation. The benefits of progressive relaxation therapy are reducing muscle tension, reducing anxiety levels, stress-related problems such as hypertension, headaches and insomnia (Utami, 2002). The purpose of this literature review is to determine the effect of progressive muscle relaxation therapy (PMRT) on the risk of violent behavior in patients with schizophrenia.

Method

The method used in this research is Literature review which begins with topic selection. Furthermore, formulating keywords namely "Schizophrenia", "Risk of violence behavior", and "Progressive Muscle Relaxation Therapy" to search English-language journals, while to search Indonesian language literature using keywords "Schizophrenia", "Risk for violent behavior", and "Progressive muscle relaxation therapy". Each of these questions has followed the PICO criteria that have been set. The articles used were obtained from the Google Scholar and PUBMED databases. The search for this article is limited by the year of publication, which is from 2015 to 2020. The number of articles that appear is 19 findings. Then it was narrowed down by applying the inclusion criteria, namely full-text articles and randomized control trial articles to become 9 articles. After that, the writer reviews the selected articles through the article abstracts according to their needs. Articles that meet all the criteria are taken as literature review material, namely a total of 5 articles

Result

Table 1. Result of the review

ARTICLE	METHODE	RESULT
Symptoms of the risk of violent behavior decrease after being given progressive muscle relaxation therapy in schizophrenic patients	quasi eksperimental pre- post test design	The results showed that there was an effect of PMRT on changes in symptoms of risk of violent behavior before and after PMRT was carried out
Effect of Progressive Muscle Relaxation on Ability to Control Anger in Patients at Risk for Violent Behavior at RSjd Dr. Amino Gondohutomo, Central Java Province	Quasi Experiment with One Group Pre Post test design research method	The results showed that there was an effect of progressive muscle relaxation on the ability to control anger in RPK patients with 0.000 while the t count was 10.90 and the t table was 1.67 (t count > t table).
The effect of progressive muscle relaxation therapy on patients at risk of violent behavior at RSJD Dr Amin Gondohutomo, Central Java Province	quasi experiment with one group pre test and post design	with the research results obtained p value 0.000 (<0.05) (can be it can be concluded that there is an effect of progressive muscle relaxation on reducing angry emotions in patients at risk of violent behavior in RSJD Dr. Amino Gondohutomo, Central Java Province
The Effect of Progressive Relaxation on Reducing Violent Behavior in Schizophrenic Patients at the Klaten Mental Hospital	quasi experiment One Group Pre and Post test Design	The results of the study on the effect of progressive relaxation carried out at RSJD Klaten, after being analyzed by bivariate showed that there was a decrease in the mean between before and after being given progressive

		relaxation measures from 2.07 before action to 1.63 after action (t count 0.44) and P value 0.000
Progressive muscle relaxation for patients with chronic schizophrenia: A randomized controlled study	A randomized controlled study	The results suggest that progressive muscle relaxation (PMR) may have short-term effects on reducing anxiety, psychotic syndrome, and quality of life among patients with chronic schizophrenia. However, the effectiveness of PMR at 3-month follow-up was not proven.

Discussion

Schizophrenia is a group of psychotic reactions that affect various areas of individual functioning, including ways of thinking, communicating, accepting, interpreting reality, feeling and showing emotions that are characterized by chaotic thoughts, delusions, hallucinations, and strange behavior (Pardede, et al, 2015). According to WHO Schizophrenia is a severe and chronic mental disorder that affects 20 million people worldwide. Another definition Schizophrenia is a clinical syndrome or disease process that affects cognition, perception, emotion, behavior, and social functioning, but schizophrenia affects every individual.

individuals in different ways (Suryati & Ariani, 2018). Schizophrenia causes distortion of thoughts, distortions of perception, emotions, and behavior so that patients with schizophrenia have a higher risk of aggressive behavior where dramatic changes in behavior occur within days or weeks (Pardede, Simanjuntak, & Laia, 2020).

Patients with schizophrenia are often associated with violent behavior that can harm themselves and others or risk the surrounding environment, both physically, emotionally, sexually and verbally (Pardede, Simanjuntak, & Laia, 2020). Violent behavior is a condition in which a person performs actions that can physically harm himself, others, and the environment. Violent behavior is considered as an extreme result of anger or mal-adaptive fear (panic). Aggressive behavior and violent behavior itself are often seen as verbal aggression on the one hand and violent behavior (violence) on the other (Suryati & Ariani, 2018). Management or handling of violent behavior is very necessary and can be done in three ways, namely: prevention, anticipation and containment programs.

One of the preventive strategies to prevent violent behavior is relaxation techniques. Relaxation is a technique in behavioral therapy to reduce tension and anxiety. This technique can be used by patients without the help of a therapist and they can use it to reduce tension and anxiety that are experienced daily at home. One of the relaxation techniques that is widely used to relieve stress is Progressive Muscle Relaxation Therapy (PMRT) (Pardede, Simanjuntak, & Laia, 2020). Progressive muscle relaxation is relaxation therapy by tightening and relaxing the muscles in one part of the body at one time to give a feeling of physical relaxation in muscle groups that are carried out successively (Synder, 2002) (Fhadilah, Adi, & Shobirun, 2017).). PMRT is easy to learn and unlimited, its impact is able to reduce anxiety and depression, increase feelings of self-control and increase coping skills in stressful situations (Pardede, Simanjuntak, & Laia, 2020).

In the article entitled The Effect of Progressive Relaxation on Reducing Violent Behavior in Schizophrenic Patients at the Klaten Regional Mental Hospital who used music and generalist therapy, the results of violent behavior in the Surakarta General Hospital before the intervention were carried out in the group received generalist therapy and music therapy with a group that only received

generalist therapy and music therapy. received generalist therapy, there was an equivalence. Violent behavior in RSJD Surakarta before and after the intervention in the group that received generalist therapy and music therapy with the group that only received generalist therapy, both experienced a lower decrease in

meaning. Behavior difference difference Violence at the RSJD Surakarta before and after the intervention was carried out in the group receiving generalist therapy and music therapy with the group receiving only generalist therapy there was a significantly greater decrease (Suryati & Ariani, 2018).

In another study entitled Risk Symptoms of Violent Behavior Decreased After Giving Progressive Muscle Relaxation Therapy to Schizophrenic Patients, it was found that there was a change in symptoms of risk of violent behavior after PMRT which could be seen from each response value from the respondents. Most of the respondents said that when they are angry, their activities are rarely disturbed, do not immediately reply to those who make them angry, try to see positive things in themselves when they are angry and try to relax when they are angry. From this statement, it can be concluded that the respondents were able to control their violent behavior independently after PMRT was carried out (Pardede, Simanjuntak, & Laia, 2020). Researchers also found progressive muscle relaxation therapy can reduce muscle tension, anxiety, fatigue, anger control so that it will affect the mental status of clients, especially in patients at risk of violent behavior. By focusing attention on tense muscles and then reducing tension by doing relaxation techniques, to get a feeling of relaxation, providing comfort to the patient so that it affects the patient's mental status (Fhadilah, Adi, & Shobirun, 2017).

Conclusions

Schizophrenic patients are often associated with violent behavior that can harm themselves, others and the environment around them. One of the efforts to prevent violent behavior in schizophrenic patients is by using relaxation techniques. The relaxation technique that is widely used to relieve stress is Progressive Muscle Relaxation Therapy (PMRT). Based on the analysis of several studies, it was found that the Progressive Muscle Relaxation Therapy intervention was effective in reducing the risk of violent behavior in schizophrenic patients.

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