

The Effectiveness of Combination of Benson Relaxation Techniques and Kitaro Instrumental Music on Risk Behavior of Violent Patients

Mira Santika, Betie Febriana*, Wigyo Susanto

Psychiatric Nursing, Nursing Faculty, Universitas Islam Sultan Agung, Semarang

*Corresponding Author

Jalan Raya Kaligawe Km. 4 Po. Box 1054/SM Semarang 50112 – Indonesia
Email: betiefebriana@unissula.ac.id

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Abstract

Violent behavior problems are often mental health problems. The total number of mental patients in 2013-2019 was 3914, with 39.2% (1534) representing problems of violent behavior, and this number ranked second in the nursing problems experienced by patients. One of the treatments offered to patients with violent behavior is relaxation and music skills. Relaxation actions affect alternatives that give patients calm, comfort, and relaxation, and reduce emotion. This research is a Quasi Experiment study, in the control and treatment groups, using a total sampling technique with 30 respondents. Data collection using a questionnaire. Data analysis techniques used the Margin Homogeneous Paired Margin Test and the Non-Paired Mann Withney. Marginal Homogenotas Test Paired and Mann Withney Unpaired obtained results that the value of p is 0.02 ($p < 0.05$) Conclusions and Recommendations: It can be concluded that there is an effect between providing combination therapy of Benson relaxation techniques and Kitaro instrumental music on decreased level of risk of violent behavior.

Keywords: Risk of Violent Behavior; Benson Relaxation Technique; Kitaro Instrumental Music

INTRODUCTION

Mental disorder is a behavior that affects a person's behavior related to a person's inability to adapt to himself, other people, society and the environment in which he lives. In general, mental disorders are characterized by excessive deviations in thoughts, perceptions and effects that are unnatural and blunt (Maramis, 2010). Violent behavior is behavior shown by clients with mental disorders and is often found in psychiatric nursing practices. Violent behavior is a condition where a person commits an act that endangers himself and others and those around him, is done to express feelings and express the anger that someone feels (Keliat et al., 2011). Violent behavior can be caused by many factors, including frustration, agitation, acute psychosis, manipulation or intimidation which is a form of severe mental disorder resulting from impaired brain function that occurs due to an imbalance of dopamine, one of the brain's chemical cells.

In Indonesia, many nursing therapies have been developed to deal with the risk of violent behavior, one of which is the Benson relaxation technique. Benson's relaxation therapy is proven to be useful in the healing process because it can make clients feel more relaxed. This is because the Benson relaxation technique is different from the deep breathing relaxation technique. Benson relaxation is relaxation that combines relaxation with client confidence. Relaxation techniques

make it possible to reduce the activity of the sympathetic nerves, which reduces oxygen by the body and causes the muscles of the body to relax (Benson & Proch cited in Purwanto, 2010).

Benson relaxation is an alternative relaxation that can be used to deal with mental activity and make someone feel negative about the creator which can be achieved by focusing on thoughts. A study conducted by Inayati (2012) showed that using the Benson relaxation technique reduced levels of depression, hopelessness, and self-confidence compared to techniques that did not provide Benson relaxation therapy. Another study conducted by Mardiani (2014) provided the Benson relaxation technique and the results are more effective in improving psychological aspects compared to using deep breathing.

In addition to Benson's relaxation technique, Kitaro's instrumental music therapy is music that has healing properties because this music can make a person more relaxed and feel as if he is in a beautiful place. Music therapy is often used by therapists and psychiatrists to treat mental, psychological, and mental disorders. Music therapy is a therapy that is easily accepted by the hearing and passes through the auditory nerve to the limbic system, which processes brain emotions.

Gold et al. (2010) conducted a study on a musical kit called koi that lasted about 5 minutes in patients with schizophrenia. The results of the research conducted explained that the therapy provided helped improve the mental condition of schizophrenia sufferers. The study conducted by Ulrich et al. (2013) with other music therapies in the Schizophrenia group said that music therapy can reduce negative symptoms, increase interpersonal contact, and increase the customer's ability to adapt to the community environment. Schizophrenic sufferers often experience relapse after receiving therapy from the hospital. There are several factors that can cause recurrence in schizophrenia clients, namely the lack of availability of health services and medication adherence. Therefore, therapy is needed to suppress the recurrence of schizophrenia, music therapy and Benson therapy, one of the therapies that aims to provide a sense of calm, emotional control, spiritual development, and healing psychological disorders. Music therapy is also used by psychologists and psychiatrists to treat various mental and psychological disorders.

A preliminary study that was carried out in July 2019 at RSJD dr. Amino Gondohutomo, Central Java province through interviews with nurses in the room. The results of the nurse interview said that there were several nursing actions given to patients with a risk of violent behavior, one of which was hitting a pillow and giving deep breathing therapy. The room nurse said that she had never practiced Benson's relaxation therapy and instrumental music as non-pharmacological medicine/therapy for patients at risk for violent behavior.

From the phenomenon described, the researcher is interested in conducting research on the effectiveness of the combination of Benson Relaxation Therapy and Kitaro Instrumental Music on Reducing the Risk of Violent Behavior in Clients with Mental Disorders at RSJD dr. Amino Ghondohuthomo, Central Java Province, Indonesia.

METHOD

This research is quasi-experimental research with a control group with a quantitative type. The test used in this study uses the Marginal Homogeneity Test and Mann Withney Test. Respondents in this study totaled 30 respondents who were divided into a control group and a treatment group with inclusion and exclusion criteria.

a. Included Criteria:

1. Clients with a nursing diagnosis of Risk for Violent Behavior in RSJD dr. Amino Gondohutomo, Central Java province.
2. Cooperative clients.

3. Clients who are hospitalized.
4. Clients who are willing to be respondents
5. Clients who are Muslim.

b. Excluded Criteria:

1. Clients who are not willing to be treated.

The research instrument used the Adaptive Function General Response Questionnaire (RUFA) which had 30 observations that were seen by respondents with YES or NO observations of the object under study were given a score of (1) if the answer YES was given a score (0) if the answer was NO. With the categories used as follows:

- - Intensive I Heavy (1-10)
- - Intensive II Moderate (11-20)
- - Intensive III Light (21-30)

RESULTS AND DISCUSSION

Respondents

Gender

Table 1
Respondents' Gender

Gender	Experimental Group		Control Group	
	Frequency	Percentage	Frequency	Percentage
Male	9	60	9	60
Female	6	40	6	40
Total	15	100	15	100

Distribusi frekuensi responden berdasarkan jenis kelamin pada pasien dengan risiko perilaku kekerasan didapatkan hasil bahwa pasien risiko perilaku kekerasan kelompok intervensi paling banyak adalah berjenis kelamin laki-laki sebanyak 9 pasien dengan presentase 60,0%, sedangkan pasien berjenis kelamin perempuan sebanyak 6 pasien dengan presentase 40,0%, sedangkan pada kelompok kontrol pasien dengan jenis kelamin laki-laki berjumlah 9 dengan presentase 60,0% dan pasien yang berjenis kelamin perempuan berjumlah 6 dengan presentase 40,0%.

Menurut sebuah studi oleh Heung-gu (2016), jenis kelamin secara biologis merupakan perbedaan antara pria dan wanita sejak kelahiran seseorang. Wanita umumnya lebih tahan lama daripada pria ketika berhadapan dengan stresor dengan sebuah fenomena yang lebih cenderung mengubur masalah yang dihadapi daripada pria. Ini menjelaskan prevalensi gangguan mental yang lebih tinggi pria daripada wanita karena konflik sebagai kepala keluarga.

Age

Table 2
Respondents' Age

Age	Experimental Group		Control Group	
	Frequency	Percentage	Frequency	Percentage
Early Teen			2	13.3
Late Teen	5	33.3	4	26.7
Early Adult	5	33.3	3	20.0
Late Adult	5	33.3	5	33.3
Old			1	6.7
Total	15	100.0	15	100.0

The distribution of the frequency of respondents based on the age of the patient with a risk of violent behavior in the intervention group showed that in the early adolescent stage there were 0 with a percentage of 0%, late adolescents numbered 5 with a percentage of 33.3%, early adults with a total of 5 with a percentage of 33.0%, late adults with a total of 5 with a percentage of 33.3% and the elderly numbered 0 with a percentage of 0%.

Whereas in the control group at the early adolescent stage there were 2 with a percentage of 13.3%, late adolescents numbered 4 with a percentage of 26.7%, early adults numbered 3 with a percentage of 20.0%, late adults met 5 with a percentage of 33.3% and the elderly totaled 1 with a percentage of 6.7%. According to Yosep (2016), when people in adulthood become more complex and difficult to communicate at home, something is more likely to cause violence in solving problems or conflicts. Young patients can easily experience anger control disorders related to work problems, marital problems, finances, and other problems (Safari, 2015).

Accupation

Table 3

Respondents' Occupation

Occupation	Experimental Group		Control Group	
	Frequency	Percentage	Frequency	Percentage
High School Student	2	13,3	2	13,3
Univ. Student	1	6,7	2	13,3
Employee	4	26,7	7	46,7
Unemployee	8	53,3	4	26,7
Total	15	100,0	15	100,0

Frequency distribution of respondents based on the occupation of patients at risk of violent behavior in the intervention group of students totaling 2 with a percentage of 13.3%, student 1 with a percentage of 6.7%, working 4 with a percentage of 26.7% and not working totaling 8 with a percentage of 53.3% in the intervention group, there were more patients who did not work than the patients who worked. Whereas in the control group there were 2 students with a percentage of 13.3%, students 2 with a percentage of 13.3%, 7 working with a percentage of 46.7% and not working 4 with a percentage of 26.7% in the control group of patients who worked more much compared to patients who do not work.

Research that has been conducted by Keliat (1999) in Admin (2015) work is a problem that greatly influences self-concept. Someone without a job can tend to influence self-concept and ideal self. Violent behavior can be caused by low self-esteem. Low self-esteem assesses a person's self-performance by analyzing the extent to which that behavior conforms to an ideal ego, whereby impaired self-esteem is described as negative feelings about oneself, which makes it more likely that one will fail in self-competition.

Data Analysis

Bivariat Analysis

Bivariate analysis was used to determine the effect of giving combination therapy with Benson's relaxation technique and Kitaro's instrumental music on reducing the level of violent behavior:

- a. The difference in the level of risk of violent behavior before and after being given combination therapy of Benson relaxation and Kitaro instrumental music in the control group at RSJD dr. Amino Gondohutomo, Central Java Province.

Table 4

Results of analysis of Marginal Homogeneity Test Before and After Given combination therapy with Benson relaxation techniques and Kitaro instrumental music in the Control Group

		Level of RPK Pre-Post Therapy			Total	p-value
		Light	Medium	Heavy		
Level of RPK Pre-Post Therapy	Light	1	0	0	1	.317
	Medium	0	12	0	12	
	Heavy	0	1	1	2	
Total		1	13	1	15	

Based on Table 4, it was found that the level of risk of violent behavior in respondents after therapy was 13 respondents in the moderate category, before therapy there were 12 respondents in the moderate category. As for the results of the marginal homogeneity test, the p-value is 0.317 which means that H_0 is rejected so that there is no difference in the level of risk of violent behavior before and after giving cognitive therapy to the control group.

- b. Differences in Risk Levels for pre and post violent behavior were given combination therapy of Benson relaxation and Kitaro instrumental music in the intervention group at RSJD dr. Amino Gondohutomo Central Java Province.

Table 5

Results of Marginal Homogeneity Test Analysis Before and After Given Combination Therapy of Benson Relaxation Technique and Kitaro Instrumental Music in the Experimental Group

		Level of RPK Pre-Post Therapy			Total	p-value
		Light	Medium	Heavy		
Level of RPK Pre-Post Therapy	Light	0	1	0	1	.004
	Medium	9	3	0	12	
	Heavy	1	1	0	2	
Total		10	5	0	15	

Based on Table 5, it was found that the risk level of violent behavior in respondents after therapy was 10 respondents in the mild category, before therapy, 1 respondent was in the mild category. As for the results of the marginal homogeneity test, the p-value is .004 which means that H_0 is accepted so that there are differences in the level of risk of violent behavior before and after giving cognitive therapy in the intervention group.

- c. Differences in the level of risk of violent behavior after being given a combination therapy of Benson relaxation and Kitaro instrumental music in the intervention and control groups at RSJD dr. Amino Gondohutomo Central Java Province

Table 6

Results of the Mann Whitney Test Differences in Risk Levels for Violent Behavior After Being Given Combination Therapy of Benson Relaxation Techniques and Kitaro Instrumental Music in the Intervention and Control Groups

	Risk of Violent Behavior						Total	p-value
	Light		Medium		Heavy			
	n	%	n	%	n	%		
Control Group	1	6.7	13	86.7	1	6.7	15	0.02
Experimental Group	10	66.7	5	33.3	0	0	15	

Based on the Mann Whitney test in table 6, it was found that the p value was 0.02 ($p < 0.05$), which means that there is a difference in the level of risk of violent behavior after being given therapy in the control and intervention groups. Therefore it can be concluded that combination therapy with Benson's relaxation techniques and Kitaro's instrumental music is effective in reducing the risk of violent behavior.

The results of the test data were p-value or sign 0.02 (< 0.05) H_0 was rejected meaning that the combination therapy of Benson relaxation and Kitaro instrumental music was effective in reducing the level of violent behavior in mental disorders with the risk of violent behavior. This is in line with research conducted by Wiley & Sons (2017) explaining that instrumental music therapy as an adjunct to standard care can improve the global state, mental state (including negative and general symptoms), social functioning, and quality of life for people with schizophrenia disorders.

Geretsegger et al. (2017) stated, "Music therapy for people with schizophrenia and schizophrenia-like" disorders "Music therapy is a therapeutic approach that uses musical interaction as a means of communication and expression. In the area of serious mental disorders, the goal of therapy is to help people increase their emotional and relational competence, and overcome problems they may not be able to use words alone. The aim is to review the effects of music therapy treatment for people with serious mental disorders such as schizophrenia.

Ulrich et al. (2014) claimed, "Effect of adjunctive therapy of group music therapy for patients with schizophrenia" explained the significant effect of instrumental music therapy on self-assessment of psychosocial direction and negative symptoms in patients. No difference was found in reducing negative symptoms and improving interpersonal relationships in quality of life. The positive effects of music therapy and also this can improve the patient's ability to adapt to the social environment.

According to a study by Heri Setiawan (2016), music therapy entitled "Symptoms and Signs of Music Therapy, Ability to Control Violent Behavior" can control violent behavior and change negative thinking, irrational beliefs and negative behavior. It has been shown to be effective in increasing negative thinking skills and abilities. Gold (2009) by Mossler (2013) explains that aspects of schizophrenia associated with loss are important for restoring creative emotional expression, social relationships, and motivation related to music therapy. Music therapy is a form of psychotherapy. Psychotherapy is a systematic interaction between the customer and the therapist, applying principles that help the customer when there are changes in behavior, emotions and thoughts. The technology used to provide music therapy allows customers to control violent behavior (Stuart, 2013).

Wen-Chun Chen (2009) stated, "Efficacy of Benson's Relaxation Training for Reducing Anxiety in Patients with Acute Schizophrenia" This study shows that Benson's Relaxation Training is effective in reducing distress symptoms associated with Schizophrenia symptoms. In

a study conducted by Armelia, "The effect of Benson relaxation therapy on the ability to control anger in patients who are at risk of violent behavior": Benson relaxation therapy explains that patients can control anger in patients who are at risk of violent behavior. According to Purwanto (2013), Benson's relaxation can improve anger control. Deep breathing has many benefits, including anger control and the ability to deal with stress. Research conducted by Resti (2015) shows that Benson's relaxation therapy has a psychological effect on clients who can calm their minds and regulate their anger and breathing, making clients relax and their minds relax. In addition, emotional symptoms such as anger and hypersensitivity can be reduced after being given Benson's relaxation.

The results of the research and discussion described above show that there is a level of effectiveness of the combination of the Benson relaxation technique and Kitaro instrumental music on the level of risk of violent behavior in patients with mental disorders. It is effective in reducing the level of risk of violent behavior in patients with mental disorders at RSJD dr. Amino Gondohutomo, Central Java Province.

CONCLUSION

From the results of research conducted at RSJD dr. Amino Gondohutomo, it can be concluded that the combination therapy of Benson's relaxation technique and Kitaro's instrumental music is effective in reducing the level of risk of violent behavior.

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