



## THE EFFECT OF CLASSICAL MUSIC THERAPY ON THE RISK OF VIOLENT BEHAVIOR IN RPK PATIENTS AT DR. ARIF ZAINUDIN RSJD

### PENGARUH TAK TERAPI MUSIK KLASIKAL TERHADAP RISIKO PERILAKU KEKERASAN PASIEN RPK RSJD DR. ARIF ZAINUDIN

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#### Abstract

Background: Risk of Violent Behavior (RVB) is a common mental health nursing problem among patients with severe mental disorders and may endanger both patients and others. One non-pharmacological intervention to reduce RVB is Group Activity Therapy using classical music. Objective: This study aimed to analyze the effect of classical music group activity therapy on the risk of violent behavior in RVB patients. Methods: This study employed a pre-experimental design with a one group pretest–posttest approach. The subjects consisted of four RVB patients hospitalized in the Gatotkaca Ward of RSJD dr. Arif Zainuddin, Central Java Province. The intervention involved playing instrumental classical music with a slow tempo for approximately 10–20 minutes. The risk of violent behavior was measured before and after the intervention using the RUFA instrument through behavioral observation. Results: The results showed behavioral improvements in all patients, indicated by enhanced emotional control, reduced agitation, and increased social interaction. Three patients showed improvement in RUFA category, while one patient demonstrated an increased score within the same category. Conclusion: Classical music group activity therapy is effective in reducing the risk of violent behavior and can be recommended as a complementary intervention in mental health nursing care.

**Keywords :** mental health nursing, classical music, risk of violent behavior, group activity therapy.

#### Abstrak

Latar Belakang: Risiko Perilaku Kekerasan (RPK) adalah masalah keperawatan kesehatan mental yang umum terjadi pada pasien dengan gangguan mental berat dan dapat membahayakan pasien maupun



orang lain. Salah satu intervensi non-farmakologis untuk mengurangi RVB adalah Terapi Aktivitas Kelompok menggunakan musik klasik. Tujuan: Penelitian ini bertujuan untuk menganalisis pengaruh terapi aktivitas kelompok musik klasik terhadap risiko perilaku kekerasan pada pasien RVB. Metode: Studi ini menggunakan desain pra-eksperimen dengan pendekatan satu kelompok pretest–posttest. Subjek terdiri dari empat pasien RVB yang dirawat di Ruang Gatotkaca RSJD dr. Arif Zainuddin, Provinsi Jawa Tengah. Intervensi tersebut melibatkan pemutaran musik klasik instrumental dengan tempo lambat selama kurang lebih 10–20 menit. Risiko perilaku kekerasan diukur sebelum dan sesudah intervensi menggunakan instrumen RUFA melalui observasi perilaku. Hasil: Hasil menunjukkan perbaikan perilaku pada semua pasien, ditandai dengan peningkatan kontrol emosi, pengurangan agitasi, dan peningkatan interaksi sosial. Tiga pasien menunjukkan perbaikan dalam kategori RUFA, sementara satu pasien menunjukkan peningkatan skor dalam kategori yang sama. Kesimpulan: Terapi aktivitas kelompok musik klasik efektif dalam mengurangi risiko perilaku kekerasan dan dapat direkomendasikan sebagai intervensi komplementer dalam perawatan keperawatan kesehatan mental..

**Kata Kunci :** keperawatan kesehatan mental, musik klasik, risiko perilaku kekerasan, terapi aktivitas kelompok.

## 1. INTRODUCTION

Mental disorders are conditions characterized by maladaptive behavioral and psychological patterns that cause distress, dysfunction, and a decline in an individual's quality of life. These conditions are often accompanied by various psychiatric nursing problems resulting from disturbances in cognitive, affective, and behavioral functions, which may lead to risky behaviors, one of which is the Risk of Violent Behavior (RVB). RVB is a psychiatric nursing problem commonly found in patients with schizophrenia and other severe mental disorders and may endanger the individual, others, and the surrounding environment (Madhani, 2021).

The World Health Organization (WHO) reported that in 2019 approximately 40 million people worldwide were living with bipolar disorder, which may be accompanied by aggressive behavior due to impaired emotional control, psychological stress, and the presence of hallucinations or delusions (Rachmawati, 2024). In Indonesia, data from the 2018 Basic Health Research (Riskesdas) showed that the prevalence of schizophrenia was 1.7 per 1,000 households, equivalent to approximately 450,000 people with severe mental disorders (Ministry of Health of the Republic of Indonesia, 2019).

Data from RSJD dr. Arif Zainudin Surakarta during the period of July–September 2024 indicated that the risk of violent behavior remains a psychiatric nursing problem with a high number of cases, totaling 2,543 cases, thus requiring special attention in psychiatric nursing practice (Flo et al., 2024). Violent behavior is influenced by psychological, sociocultural, and bioneurological predisposing factors, as well as precipitating factors originating from both the client and the environment (Pertiwi et al., 2023).

The management of RVB includes both pharmacological and non-pharmacological therapies. Non-pharmacological interventions, such as Group Activity Therapy (GAT), play an important role in helping patients develop adaptive coping mechanisms and improve emotional regulation skills. One widely developed form of GAT is classical music therapy. Classical



music with a slow tempo and harmonious rhythm has been proven to reduce anxiety, emotional tension, and sympathetic nervous system activity, which contribute to the emergence of aggressive behavior (Auliya & Yudianto, 2023).

Several studies have shown that classical music therapy is effective in reducing the signs and symptoms of RVB in patients with schizophrenia, as indicated by decreased agitation and anger, as well as improved self-control (Sukma et al., 2023; Syah, 2024). However, the implementation of this therapy in the form of Group Activity Therapy in psychiatric inpatient settings still needs further investigation to strengthen scientific evidence. Therefore, this study aims to analyze the effectiveness of Group Activity Therapy using classical music therapy in reducing the risk of violent behavior in patients with RVB.

## 2. RESEARCH METHOD

This study used a pre-experimental design with a one-group pretest-posttest approach (Amelia et al., 2023). The subjects were four patients diagnosed with Risk of Violence (RPK) who were being treated in the Gatotkaca Ward of Dr. Arif Zainuddin Mental Hospital, Central Java Province. The sample was selected using purposive sampling based on the inclusion criteria of cooperative and medically stable RPK patients.

The intervention consisted of Group Activity Therapy (TAK) and classical music therapy. Slow-tempo classical instrumental music (60–80 bpm) was played for approximately 10–20 minutes in a quiet room. During therapy, patients were instructed to sit relaxed, focus on the music, perform simple breathing techniques, and participate in a group discussion after the session.

Risk of violent behavior was measured before and after the intervention using the RUFA (Risk of Violence Assessment) instrument through observation of patient behavior and emotional responses. Data were analyzed descriptively by comparing pretest and posttest scores to assess changes in the risk of violent behavior.

## 3. RESULTS AND DISCUSSION

The results of the study showed that all patients experienced positive behavioral changes after receiving TAK classical music therapy. Before the intervention, patients showed signs of RPK, including irritability, anxiety, verbal aggression, and difficulty following instructions. All patients' RUFA scores were in the intensive category.

**Table 1. RUFA score results in patients before and after being given classical music therapy**

Patient name	Pre-test		Post-test	
	Score	Category	Score	Category
Tn. E	15	Intensif 2	22	Intensif 3
Tn. P	9	Intensif 2	17	Intensif 2
Tn. S	10	Intensif 1	17	Intensif 2
Tn. W	12	Intensif 2	19	Intensif 2

**Source: Primary Data, 2025**



### a. Discussion

The results of this study indicate that Group Activity Therapy (GTA) and classical music therapy are effective in reducing the risk of violent behavior in CPR patients. Classical music acts as a calming auditory stimulus and can distract patients from negative internal stimuli, such as hallucinations or aggressive thoughts. This condition supports affective stabilization and improves patients' emotional regulation abilities (Syafitri et al., 2025).

These findings align with research by Sukma et al. (2023), which found that classical music therapy significantly reduced signs and symptoms of CPR in schizophrenia patients. In addition to physiological effects, group dynamics in CTA provide therapeutic benefits in the form of social support, increased feelings of security, and opportunities for patients to express emotions adaptively. Group interaction also strengthens therapeutic factors such as cohesiveness and interpersonal learning (Yalom and Leszcz, 2020).

Thus, CTA and classical music therapy not only function as a relaxation tool but also as a means of psychosocial rehabilitation that supports the holistic recovery process of mental health patients.

## 4. CONCLUSION

Group Activity Therapy: Classical music therapy has been shown to be effective in reducing the risk of violent behavior in CPD patients. This intervention can improve relaxation, emotional control, and social interaction. Classical music therapy can be recommended as a complementary non-pharmacological intervention in psychiatric nursing care, particularly for patients at risk of violent behavior.

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