

## ABSTRACT

Existential Approach to Spiritual Mindfulness Therapy  
In Raising Awareness of Br. A  
With Violent Behavior Disorder  
In the Bantur Community Health Center Area  
Yeni Fatika Oktaviani, Dr. Tri Anjaswarni S.Kp. M. Kep  
Nurses Professional Study Program, Poltekkes Kemenkes Malang

Violent behavior is a form of behavior that can hurt someone both physically and psychologically. Violent behavior can be carried out verbally, directed at oneself, other people and the environment. This research aims to analyze the application and results of implementing an existential approach with spiritual mindfulness therapy to increase awareness of clients with violent behavior disorders in the Bantur Community Health Center area. This research is descriptive with a case study in order to explore a nursing problem in patients at risk of violent behavior. The respondents in this research were clients of Mr. A in the Bantur Health Center area. The technique used is an existential approach with spiritual mindfulness therapy by means of istighfar and dhikr. The evaluation results showed that aggressive behavior decreased, attacking behavior decreased, and injuring oneself and others decreased. The conclusion is that the existential approach with spiritual mindfulness therapy can control and increase the client's awareness when they are angry.

**Keywords:** Violent behavior, existential approach, spiritual mindfulness therapy