BIBLIOGRAPHY

Andersson, M., Nordin, A., Fredholm, A., & Engström, Å. (2023). The four domains of the person-centerd practice framework from the perspective of critical care nurses in intensive care units during a pandemic. *Intensive and Critical Care Nursing*, *78*, 103449. https://doi.org/10.1016/j.iccn.2023.103449

Ariska, M. U. R. (2024). *Application of progressive muscle relaxation to signs and symptoms in patients Risk of violent behavior in the Geranium Room of Dr. RM Soedjarwadi Klaten Hospital*.

Bandura, A. (1977). Social Learning Theory. General Learning Press.

Cahyo, F. D., & Rahmawati, A. N. (2026). The application of psychoreligious therapy to reduce the risk of violent behavior in schizophrenic patients. *Borneo Nursing Journal (BNJ), 8*(2), 1452-1458.

Centre for Clinical Interventions. (2018). *Progressive muscle relaxation* [Information sheet]. Government of Western Australia, Department of Health. https://www.cci.health.wa.gov.au/-/media/CCI/Mental-Health-Professionals/Panic/Panic---Information-Sheets/Panic-Information-Sheet---05---Progressive-Muscle-Relaxation.pdf

Cleveland Clinic. (2022). Benefits of progressive muscle relaxation. https://health.clevelandclinic.org/progressive-muscle-relaxation-pmr

Correll, C. U., & Schooler, N. R. (2020). Negative symptoms in schizophrenia: A review and clinical guide for recognition, assessment, and treatment. *NeuPMRsychiatric Disease and Treatment, 16*, 519–534. https://doi.org/10.2147/NDT.S225643

Destyany, N. M. M., Fitri, N. L., Hasanah, U., & Dharma, A. K. (2023). The application of progressive muscle relaxation to the signs and symptoms of patients at risk of violent behavior at the Regional Hospital of Lampung Province. *Health Discourse*.

Elyadini, B., Chakit, M., Elkhatir, A., Fitah, I., & Khadmaoui, A. (2024). Psychological assessment of violent behaviors in schizophrenic patients followed up in My EL Hassan health center of Kenitra, Morocco. *Middle East Current Psychiatry, 31*, 67. https://doi.org/10.1186/s43045-024-00456-z

Hany, M., Rehman, B., Azhar, Y., & Chapman, J. (2024). *Schizophrenia*. In StatPearls. StatPearls Publishing. https://www.ncbi.nlm.nih.gov/books/NBK539864/

Haryani, W., & Setyobroto, I. (2022). *RESEARCH ETHICS MODULE RESEARCH ETHICS RESEARCH ETHICS* (T. Purnama, Ed.). Department of Dental

Health, Jakarta Polytechnic I. http://keperawatan-gigi.poltekkesjakarta1.ac.id/

Hawari, D. (2021). *Management of stress, anxiety, and depression* (3rd Edition). FKUI Publishing House.

Herrera-Pino, J., Benedetti-Isaac, J., Ripoll-Córdoba, D., Camargo, L., Castillo-Tamara, E. E., Morales-Asencio, B., Perea-Castro, E., Torres Zambrano, M., Ducassou, A., Flórez, Y., Porto, M. F., Gargiulo, P. A., Zurita-Cueva, B., Caldichoury, N., Coronado, J. C., Castellanos, C., Ramírez-Penso, C., & López, N. (2024). The Modified Overt Aggression Scale. *BMC Pediatrics*, *24*(1), 487. https://doi.org/10.1186/s12887-024-04920-x

Hong, Y., Chen, Y., Bai, Y., & Tan, W. (2025). Cognitive-behavioral therapy for the improvement of negative symptoms and functioning in schizophrenia: A systematic review and meta-analysis of randomized controlled trials. *PLOS ONE*, *20*(5), e0324685. https://doi.org/10.1371/journal.pone.0324685

INDRIYA, V. S. J. (2023). *Psychiatric Nursing Care for Schizophrenic Patients with Nursing Problems at Risk of Violent Behavior* (Doctoral dissertation, University of Muhammadiyah Ponorogo).

Iuso, S., Severo, M., Trotta, N., Ventriglio, A., Fiore, P., Bellomo, A., & Petito, A. (2023). Improvements in treatment adherence after family psychoeducation in patients affected by psychosis: Preliminary findings. *Journal of Personalized Medicine, 13*(10), 1437. https://doi.org/10.3390/jpm13101437

Kay, S. R., Wolkenfeld, F., & Murrill, L. M. (1988). Profiles of aggression among psychiatric patients: I. Nature and prevalence. *The Journal of Nervous and Mental Disease*, *176*(9), 539–546. https://doi.org/10.1097/00005053-198809000-00007

Keliat, B.A., Akemat, Helena, N., & Nurhaeni, H. (2019). *Community mental health nursing: CMHN (basic courses)* (2nd edition). EG.

Keliat, B.A., Hamid, A.Y., Putri, Y.S., & Widhyastuti, N. (2022). *Death of the Soul* . EG.

Ministry of Health of the Republic of Indonesia. (2024). *The 2023 Indonesian Health Survey (SKI) in numbers*. Health Development Policy Agency of the Ministry of Health of the Republic of Indonesia.

Kirkpatrick, B., Fenton, W. S., Carpenter, W. T., & Marder, S. R. (2006). The NIMH-MATRICS consensus statement on negative symptoms. *Schizophrenia Bulletin, 32*(2), 214–219.

Khoirunnisa, S., Susanti, R. N., & Wulandari, T. S. (2025). THE EFFECTIVENESS OF PROGRESSIVE MUSCLE RELAXATION THERAPY AGAINST REDUCING THE RISK OF VIOLENT BEHAVIOR IN

SCHIZOPHRENIA. *Medic Nutricia: Journal of Health Sciences*, *18*(2), 1-10.

Kumboyono, K., & Alfianto, A. G. (2023). Caregiver understanding of accessing health services in the community in people with schizophrenia who are at risk of violent behavior. *Journal of Health and Medicine Servants (JAKK), 2*(1), 64–73. https://doi.org/10.55018/jakk.v2i1.18

Liliana, G. (2023). *Psychiatric nursing care in Mr. N with a focus on progressive muscle relaxation interventions to control anger in patients at risk of violent behavior*.

Lestari, S. (2025). Nursing Care for Schizophrenia Patients with Sensory Perception Disorders: Auditory Hallucinations in the Perkutut Room of the West Java Provincial Hospital (Doctoral dissertation, Bhakti Kencana University).

Maryam, R. S. (2017). Strategi coping: Teori dan sumberdayanya. *Jurnal Konseling Andi Matappa, 1*(2), 101–107

Mashudi, S. (2021). *Buku ajar asuhan keperawatan skizofrenia*.

Masturoh, I., & Anggita, N. (2018). *Metodologi penelitian kesehatan*. Kementerian Kesehatan Republik Indonesia, Badan Pengembangan dan Pemberdayaan Sumber Daya Manusia Kesehatan.

Ma'sum, I., Hasanah, U., & Utami, I. T. (2026). Implementation of progressive muscle relaxation against angry behavior in patients at risk of violent behavior. *Journal of Young Scholars*.

Marder, S. R., & Galderisi, S. (2017). The current conceptualization of negative symptoms in schizophrenia. *World Psychiatry, 16*(1), 14–24. https://doi.org/10.1002/wps.20385

McCance, T., & McCormack, B. (2025). The Person-centerd Nursing Framework: A mid-range theory for nursing practice. *Journal of Research in Nursing*, *30*(1), 47–60. https://doi.org/10.1177/17449871241281428

McCormack, B., & McCance, T. (2017). *Person-centerd practice in nursing and health care: Theory and practice* (2nd ed.). Wiley Blackwell.

Mosolov, S. N., & Yaltonskaya, A. V. (2022). Primary and secondary negative symptoms in schizophrenia. *Frontiers in Psychiatry, 12*, 766692. https://doi.org/10.3389/fpsyt.2021.766692

Muhammad Khir, S., Wan Mohd Yunus, W. M. A., Mahmud, N., Wang, R., Panatik, S. A., Mohd Sukor, M. S., & Nordin, N. A. (2024). Efficacy of progressive muscle relaxation in adults for stress, anxiety, and depression: A systematic review. *Psychology Research and Behavior Management*, *17*, 345–365. https://doi.org/10.2147/PRBM.S437277

Malang Regency Government. (2024). *Summary of the 2023 Malang Regency Regional Government Implementation Report*. Malang Regency Government.

Nopiandri, A. (2025). ANALISIS PENERAPAN TERAPI PSIKORELIGIUS: MEMBACA AL-QURAN TERHADAP TANDA DAN GEJALA HALUSINASI PADA Tn. H DENGAN SKIZOFRENIA DI RUMAH SAKIT JIWA PROVINSI KALIMANTAN BARAT. *(KIA) Thesis, Stikes Yarsi Pontianak*.

Pardede, J. A., & Siregar, H. S. (2022). Psychiatric nursing care management with problems Risk of violent behavior in schizophrenic patients. *Journal of Psychiatric Nursing*, 10(2), 245-254.

Pentariputri, D. N., Pribowo, P., & Muharam, A. (2021). Resiliensi keluarga pasien pasca rawatan di Rumah Sakit Jiwa Provinsi Jawa Barat. *Jurnal Ilmiah Rehabilitasi Sosial*, *3*(1), 58-70.

Pertiwi, S., Fitri, N. L., & Hasanah, U. (2023). The application of deep breath relaxation to the signs and symptoms of patients at risk of violent behavior at the Regional Hospital of Lampung Province. *Journal of Young Scholars*, *3*(4), 594-602.

Pongdatu, M., Suzanna, S., Yati, M., Armayani, A., Antari, I., Novia, K., Florensa, F., Mulyanti, M., Dekawaty, A., & Fauziah, S. (2023). *Nursing care 2*. CV Eureka Media Aksara.

Pratama, A. A., Wardana, K. E. L., Arsami, P. S., & Wijaya, I. G. A. S. (2024). The effect of progressive muscle relaxation on anger control ability in patients at risk of violent behavior at the Bali Provincial Psychiatric Hospital. *Bali Health Published Journal, 6*(2), 108–118. doi:10.47859/bhpj.v6i2.570

Purwasih, R., Keliat, B.A., & Wardani, I.Y. (2023). Progressive muscle relaxation and its cumulative effect on autonomic nervous system reactivity in schizophrenic patients: A community nursing study. *Indonesian Journal of Nursing, 26* (2), 88–97. https://doi.org/10.7454/jki.v26i2.1234

Ramadita, C., & Putra, R. S. (2025). The effect *of progressive muscle relaxation therapy* (PMRT) on violent behavior in schizophrenic patients. *Journal of Community Service and Educational Research, 4*(1), 5358–5365.

Rodolico, A., Bighelli, I., Avanzato, C., Concerto, C., Cutrufelli, P., Mineo, L., Schneider-Thoma, J., Siafis, S., Signorelli, M. S., Wu, H., Wang, D., Furukawa, T. A., Pitschel-Walz, G., Aguglia, E., & Leucht, S. (2022). Family interventions for relapse prevention in schizophrenia: a systematic review and network meta-analysis. *The Lancet Psychiatry, 9*(3), 211–221. https://doi.org/10.1016/S2215-0366(21)00437-5

Rosnawanty, R. (2022). Reducing the burden on families in treating schizophrenic clients through triangle therapy during the COVID-19 pandemic. *Journal of Psychiatric Nursing, 10*(1).

Saidin, & Jailani, M. S. (2023). *Understand+Ethics+In+Research+Scientific*. *1*(1). http://ejournal.yayasanpendidikandzurriyatulquran.id/index.php/qosim

Sapra, A., Malik, A., & Bhandari, P. (2023). *Vital sign assessment*. In StatPearls. StatPearls Publishing. https://www.ncbi.nlm.nih.gov/books/NBK553213/

SDKI DPP PPNI Working Group Team. (2017). *Indonesian Nursing Diagnosis Standards: Diagnostic Definitions and Indicators* (1st Edition). Board of Directors of the National Association of Nurses of Indonesia.

Sovianti, V., Jona, R. N., Juwariyah, S., & Septianingtyas, M. C. A. (2024). *Progressive muscle relaxation therapy in patients at risk of violent behavior: A case study*. *Jurnal Keperawatan Jiwa, 12*(2), 429–436.

Stahl, S. M. (2021). Stahl's essential psychopharmacology: Neuroscientific basis and practical applications (5th ed.). Cambridge University Press.

Strauss, G. P., Bartolomeo, L. A., & Harvey, P. D. (2021). Avolition as the core negative symptom in schizophrenia: Relevance to pharmacological treatment development. *npj Schizophrenia, 7*(1), 16. https://doi.org/10.1038/s41537-021-00145-4

Stuerz, K., Hartmann, S., Holzner, B., Bichler, C. S., Niedermeier, M., Kopp, M., & Guenther, V. (2022). Effects of a two-step cognitive and relaxation training program in care home residents with mild cognitive impairment. *International Journal of Environmental Research and Public Health*, *19*(14), 8316. https://doi.org/10.3390/ijerph19148316

Sugiyono. (2017). *Metode penelitian kuantitatif, kualitatif, dan R&D*. Alfabeta.

Sutejo. (2019). *Keperawatan jiwa: Konsep dan praktik asuhan keperawatan kesehatan jiwa*. Pustaka Baru Press.

Sutini, T., Emaliyawati, E., Hidayati, N. O., Widiasih, R., & Ermiati, E. (2024). Causal factors of violent behavior in patients with schizophrenia: Literatur review. *Indonesian Journal of Global Health Research, 6*(2), 751–758. https://doi.org/10.37287/ijghr.v6i2.301

Tanriverdi, O. (2022). *Effects of progressive muscle relaxation on psychological symptoms and mental well-being in patients with schizophrenia* [Clinical trial protocol/study record]. ClinicalTrials.gov. https://clinicaltrials.gov/study/NCT05324865

Tandon, R., Gaebel, W., Barch, D. M., Bustillo, J., Gur, R. E., Heckers, S., ... & Carpenter, W. (2021). Definition and description of schizophrenia in the DSM-5. *Schizophrenia Research*, 234, 3-7.

Townsend, MC, & Morgan, KI (2018). *Psychiatric mental health nursing: The concept of care in evidence-based practice* (9th edition). FA Davis.

University of Wisconsin Integrative Health. (2016). *Progressive muscle relaxation* [Patient handout]. https://www.fammed.wisc.edu/files/webfm-uploads/documents/outreach/im/handout-progressive-muscle-relaxation.pdf

Varcarolis, E.M. (2017). *The Essence of Psychiatric Mental Health Nursing: A communication approach to evidence-based care* (3rd edition). Elsevier.

Videbeck, S. L. (2020). *Psychiatric-mental health nursing* (8th ed.). Wolters Kluwer.

Windarwati, H. D., Supriati, L., & Kurniawan, A. (2023). Community as the main pillar: Effectiveness of non-pharmacological therapeutic modality in outpatient schizophrenia patients at the Health Center. *Indonesian Nursing Scientific Journal*, 14(1), 45-56.

World Health Organization. (2022). *Schizophrenia: Key facts and global health burden*. World Health Organization Geneva.

World Health Organization. (2025). *Schizophrenia*. World Health Organization.