

**Analysis of Mental Nursing Care in Ny.D with Violent Behavior  
Given Evidence Based Practice Autogenic Relaxation Therapy  
To Control Violent Behavior In The Melati Room  
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*Violent behavior varies in each country, the highest being reported in Sweden with 42.90%, Indonesia in 2020, the prevalence of patients with violent behavior is reported at around 0.8% per 10,000 population or around 2 million people (Dinkes, 2020). There are many ways that can be done to control violent behavior in people with mental disorders, one of which is Autogenic Relaxation Therapy. The purpose of writing this scientific paper is to present an overview of death care for people with a diagnosis of violent behavior death using the case study method and provide death care using the death process approach. Based on the results of the study, the diagnosis was made, namely violent behavior with standard SP 1-4 interventions. Implementation of Autogenic Relaxation Therapy was carried out for five days with a duration of 20 minutes per day, with 1 meeting a day. The end result of the treatment given is that patients can control violent behavior by using Autogenic Relaxation therapy. It is hoped that RSJ can apply autogenic relaxation therapy to violent behavior patients to control their violent behavior. Suggestions for room nurses to optimize the application of autogenic relaxation therapy to control emotions in patients' Violent Behavior.*

**Keywords:** Violent Behavior, Autogenic Relaxation Therapy  
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