

**IMPLEMENTATION OF EXPRESSIVE WRITING THERAPY AS
A DE-ESCALATION STRATEGY IN FULFILLING SAFETY AND
PROTECTION NEEDS: RISK OF VIOLENT BEHAVIOR
IN RSJ GHRASIA**

ABSTRACT

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Background: Patients with schizophrenia often have difficulty managing their emotions, which can trigger violent behavior. This risk poses a serious challenge in meeting the needs for safety and protection in psychiatric hospitals. De-escalation strategies are an important approach in managing violent behavior. One form of psychosocial de-escalation intervention is Expressive Writing Therapy (EWT), which encourages patients to constructively channel negative emotions through writing.

Objective: To apply Expressive Writing Therapy (EWT) as a de-escalation strategy in meeting the safety and protection needs of schizophrenia patients at risk of violent behavior at Ghrasia Psychiatric Hospital.

Method: Providing evidence-based nursing (EBN) care using EWT intervention on two patients diagnosed with paranoid and residual schizophrenia. The intervention was conducted over four consecutive sessions, each lasting 30 minutes over four days. Each session included the stages of Recognition, Examination, Feedback, and Application to the Self. Evaluation was conducted through pre- and post-measurements using the Risk of Violent Behavior (RVP) instrument, with scores ranging from 30 to 120, high ≤ 84.43 and low > 84.43 .

Results: After the intervention, both patients showed a decrease in violent behavior risk. Patient I's RPK score increased from 67 to 112, and Patient II's score increased from 70 to 120, indicating improved self-control and a reduction in psychotic symptoms such as delusions and hallucinations.

Conclusion: Expressive Writing Therapy is effective as a de-escalation strategy to reduce the risk of violent behavior and meet the safety needs of schizophrenia patients.

Keywords: Schizophrenia, Risk of Violent Behavior, Expressive Writing Therapy, De-escalation, Mental Health Nursing

**PENERAPAN *EXPRESSIVE WRITING THERAPY* SEBAGAI STRATEGI
DE-ESKALASI DALAM PEMENUHAN KEBUTUHAN KEAMANAN
DAN PROTEKSI : RISIKO PERILAKU KEKERASAN
DI RSJ GHRASIA**

INTISARI

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Latar Belakang : Pasien dengan skizofrenia sering kali mengalami kesulitan dalam mengelola emosi, yang dapat memicu perilaku kekerasan. Risiko ini menjadi tantangan serius dalam pemenuhan kebutuhan keamanan dan proteksi di rumah sakit jiwa. Strategi de-eskalasi menjadi pendekatan penting dalam manajemen perilaku kekerasan. Salah satu bentuk intervensi de-eskalasi yang bersifat psikososial adalah *Expressive Writing Therapy* (EWT), yang mendorong pasien menyalurkan emosi negatif secara konstruktif melalui tulisan.

Tujuan : Menerapkan *Expressive Writing Therapy* (EWT) sebagai strategi de-eskalasi dalam pemenuhan kebutuhan keamanan dan proteksi pada pasien skizofrenia dengan risiko perilaku kekerasan di RSJ Ghrasia.

Metode : Pemberian asuhan keperawatan berbasis *evidence-based nursing* (EBN) menggunakan intervensi EWT pada dua pasien dengan diagnosis skizofrenia paranoid dan residual. Intervensi dilakukan selama empat sesi berturut-turut, masing-masing berdurasi 30 menit dalam empat hari. Setiap sesi meliputi tahap Recognition, Examination, Feedback, dan Application to the Self. Evaluasi dilakukan melalui pengukuran pre dan post menggunakan instrumen Risiko Perilaku Kekerasan (RPK), skor berkisar antara 30-120, tinggi $\leq 84,43$ dan rendah $> 84,43$.

Hasil : Setelah intervensi, kedua pasien menunjukkan penurunan risiko perilaku kekerasan. Skor RPK pasien I meningkat dari 67 menjadi 112, dan pasien II dari 70 menjadi 120, menunjukkan peningkatan kontrol diri dan penurunan gejala psikotik seperti waham dan halusinasi.

Kesimpulan : *Expressive Writing Therapy* efektif sebagai strategi de-eskalasi untuk menurunkan risiko perilaku kekerasan dan memenuhi kebutuhan keamanan pada pasien skizofrenia.

Kata kunci: Skizofrenia, Risiko Perilaku Kekerasan, *Expressive Writing Therapy*, De-eskalasi, Keperawatan Jiwa