**HOW FORGIVENESS THERAPY VERSUS EMOTION-FOCUSED THERAPY REDUCE VIOLENT BEHAVIOR SKIZOFRENIA POST RESTRAIN AT EAST JAVA, INDONESIA?**

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**ABSTRACT**

Based on the violent behavior, the data obtained in the last 6 months of psychiatric inpatients with violent behavior of 64 patients. The purpose of this study is to analyze the effect of forgiveness therapy that focuses on emotions of violent behavior in post restrain schizophrenia. This research method uses a Quasi-experimental design. The independent variable is forgiveness therapy that focuses on emotions. The dependent variable is violent behavior. The population was 52 patients with violent behavior using a simple random sampling technique. Collecting data using GAFR (General Adaptive Function Respone score) observation sheets with Wilcoxon and Mann Whitney statistical tests. Wilcoxon test showed (P-value 0.002 <0.05) after being given forgiveness therapy. The Wilcoxon test shows (P-value 0.513> 0.05) after being given therapy that focuses on emotions it can be concluded that there were differences in violent behavior before and after therapy of forgiveness and therapy that focuses on emotions. Mann Whitney test results obtained (P-value 0.016 <0.05) remission therapy is more effective in reducing the violent behavior of post restrain schizophrenia. Future studies are expected to use forgiveness interventions as psychotherapy in dealing with social problems both preventive and curative. It is also hoped that further research will further explore the physical condition and rearrangement of the subject.

Keywords: *Forgiveness Therapy. Emotion-Focused Therapy, violent behavior, schizophrenia*

1. **INTRODUCTION**

Violent behavior is a condition in which a person performs actions that can be carried out using good physically on others or others with uncontrolled amok and rowdy who are uncontrolled [1]. One response to stressors faced by someone. This response can be detrimental to yourself, other people also the environment. See the losses from losses that have caused. Then, the client handler with protection is needed to be done quickly and precisely by professional nurses. [2]

Mental health is still one of the significant health problems in the world, including in Indonesia. Based on *WHO* data [3]. It is estimated that around 35 million people died. 60 million people died of bipolar disorder, 21 million people use schizophrenia, and 47.5 million approved by dementia. In Indonesia with a variety and decline in human productivity for the long term. Based on Indonesian data, showing that the number of people with mental disorders increases. Where the prevalence of severe mental disorders reaches 1.7%. [4]. Based on data from the East Java social service, mental disorders sufferers in east java province in 2015 were 1,619 people and the biggest sufferers in the district of sambat ponorogo. Whereas in 2016 it is estimated to increase to 2,369 people. Schizophrenia [5]. Data of the last 6 months of patients with 60% of the previous patients were 78 patients [6]. Motivation factors are predisposing factors which consisting of psychological factors. Biological and social factors as well as factors that support the client and the environment [7], psychology, social, and spiritual for the victims and also affects the family and community system. Events that reflect acts of violence such as murder, unrest, combustion, beatings and torture. One solution to overcome the problem that can be done by providing pharmacological therapy and non-pharmacological therapy. Pharmacological therapy in patients with angry expressions is neuroleptics, for example, Clorpromaxine HCL, trifluoperazine. A useful tranquilizer to control psychomotor and non-pharmacology is to provide forgiveness therapy as a willingness to accept unpleasant things related to interpersonal relationships with others and fostering thought, feeling, and positive interpersonal relationships with others who engage in unfair negotiations [8]. [9].

1. **RESEARCH METHOD**

The research design used in this study was the Quasy Experiment using the pretest-posttest with the control group design. The population was 64 patients with violent behavior with 52 posts restrain schizophrenia. The Participants/clients One of the trial arms will be assigned to clients who meet the criteria for violent behavior. Therapy is offered at no charge. Participants must consent to the study conditions, including the audio/video recording of the sessions, for participation in the study using a simple random sampling technique. Forgiveness therapy uses four-phase procedures such as uncovering the anger phase; phase decides to forgive (deciding to forgive); phase forgiving (working on forgiveness); phase discovery and release from emotional prison (discovery and release from emotional prison). The EFT (Emotion-Focused Therapy), Participants must consent to the study conditions, including audio/video recording of sessions (later used for the secondary process, process-outcome, case study, and qualitative research) and attendance at pretherapy, post-therapy and 1-month follow-up evaluation sessions. The EFT model uses specific case conceptual frameworks that postulate rather than avoid emotional experiences or emotional processes (CBT), clients struggle to overcome perform specifically that require help, disordered, detailed information about them, such as sadness/reaction, shame, and fear / main violence. This cause is then activated by the client (one of the most worrying, by preventing emotions and behavior). The client seeks to overcome his feelings that need to be overcome through negative and self-care in the context of this trigger. The facts, contrary to the mainstream CBT theory, further argued that change will not be facilitated by the emotional habitude of difficult stimulation, necessary by restructuring and transforming difficult transitions through emotional processing stages. Collecting data Using GAFR (General Adaptive Function Respone score) observation sheets A Violent Behavior such as: thoughts, feelings, actions. With score Intensive Domain I (1 – 10), Intensive II (11 – 20), Intensive III (21 – 30) Accordingly, The sample size estimated in this study was 0.05 with a power of 0.80 and a small effect size of 0.25 with a sample size of 52 posts restrain schizophrenia. Inclusion Criteria: schizophrenia post-Restrain, violent behavior, sick more than 2 months, Families who live in a home environment, ages 17-65 years, Exclusion Criteria: Members who care for, suffer from severe mental disorders, with Wilcoxon and Mann Whitney statistical tests. It was ethical clearance at KEPK Stikes Ngudia Husada Madura

1. **RESULTS AND DISCUSSION**

**3.1** Demographic data

Step 1 Explorative data as demographic data, abusive behavior of patients post-schizophrenic restrain

|  |  |
| --- | --- |
| Table 1. Participant socio-demographic characteristics (n = 52) | |
| Family Characteristics | N =% |
| Gender- |  |
| Male | 38 (73) |
| Female | 14 (27) |
| Smoker |  |
| Male | 38 (73) |
| Female | 14 (27) |
| Age (M) |  |
| Caregiver | 33.20 years |
| Living in one house | 25.40 years |
| Marital status |  |
| Divorced / never-married / widowed | 21 (40) |
| Married | 31 (60) |
| Illness length (M) | of 1.2 years of |
| Work |  |
| Full time / part-time | 19 (37) |
| Unemployed / retired / student | 33 (63) |
| Education |  |
| Elementary school | 27 (52) |
| Middle school | 14 (27) |
| High school | 11 (21) |
| Residences |  |
| Urban | 16 (30) |
| Rural | 36 (70) |
| Patient relationships |  |
| Couples | 12 (23) |
| Parents | 22 (42) |
| Children | 11 (21) |
| Sibling | 7 (14) |

Demographic data from the sample: Most of them are male (n = 38; 73%). The average age guard is 33.2 years and lives in one house 25.4 years. Most marital statuses were married (n = 31; 60%). The average duration of 1.5 years. Majority of Unemployed (n = 33; 63%). Mostly their education were elementary school (n = 27; 52%). The majority of residences are rural (n = 36; 70%). Most relationships were old (n = 2; 24%) respectively and it was shown in

**3.2** Effects of Amnesty therapy and Emotion-focused therapy

Table 2. Analysis of the Effect of Amnesty therapy and Emotion-focused therapeutic

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Group** | **Observation (Mean ± SD)** | **Positive Ranks** | **Negative Ranks** | **Bond** | **P-value** |
| Pre-Forgiveness therapy | ± 15.655,507 | 4 | 15 | 4 | 0,002a |
| Post-Forgiveness | ± 4,800 10.70 |
| Pre-Emotion-focused therapy | ± 5.287 14.96 | 5 | 3 | 16 | 0.513b |
| Post-Emotion-focused | 15.17 ± 5.297 |
|  | Means Delta (Δ) | 0.016b | | | |
| Forgiveness | 4.96 |
| Emotion-focused therapy | -0.22 |

a = Wilcoxon Test, b = Independent T test

Source: Primary Data 2019

Based on table 4.5 there are 23 respondents who were given forgiveness therapy obtained an average value ± standard deviation of safety training Pre Test 15.65 ± 5.507 and Post Test 10.70 ± 4.800. The results of statistical tests using the Wilcoxon test with ρ-value (0.002) were not successful. Based on the group table given emotion-focused therapy obtained from the average value needed before the Test 14.96 ± 5.287 and Post Test 15.17 ± 5.297. Statistical test results using the Wilcoxon test with ρ-value (0.513), so it did not show fundamental differences before and after therapy that focused on emotions. Effects of Forgiveness Therapy on Violence Therapy in Patients based on table 4.7, the mean score after giving forgiveness therapy in the training group consisted of 4.96 whereas it meant in the group given therapy that focused on Emotion. Independent t-test results obtained a P-value of 0.016 using post restrain schizophrenia violent behavior therapy compared to therapies that focus on emotions.

The results presented that sensing therapy was more effective in reducing the violent behavior of post restrain schizophrenia compared to therapies that focused on emotions. In phase 4 this phase is the next, decided phase, the work phase and the inland phase. Researchers decided, therapy reduces the effects of aggression, restoring disputes, and reducing heartache and low self-esteem [10]. Forgiveness therapy can support individuals to change negative relationships into positive ones. Individuals who have forgiveness can also change negative thoughts that are changed into better thoughts as well as individuals who can establish good relationships with others because that person has been injured. While therapy that focuses on Emotion requires strong trust between therapist and client, this is usual therapy’ concern because the therapist must build trust in relationships as an important prerequisite for improving self-reflection and feelings intended to the client, and related to Emotional changes are focused therapy, therapists need to pay attention on different client preferences and utilize the potential when shifting to change motivation and overcome difficulties in post restrain schizophrenia, who smoke can also reduce violent behavior because it has a relaxing effect [11].[35]. These results are also consistent emotionally oriented counseling, which shows that emotions are an important aspect of self-development, and are central to self-determination [12]. Emotion focused therapy aims to improve emotional coping by promoting awareness, acceptance, and a sense of people's emotional experiences [13]. The fact shown that emotional forgiveness give effect on attribution thus supports the idea that emotions are the root of increased behavior, awareness, and feelings in care and therapy. Provided emotions are a type of adaptive readiness for processing information and actions that encourage people to their environment and improve their well-being [14]. The theory of evolution shows that forgiveness, after suffering interpersonal damage, serves to restore a beneficial relationship. It seems to be adaptive in being able to restore positive relations with principals, and change one's attitude towards them [15]. The injured people seem to make attributions of blame for the violation. For example, when people placed in victim circumstance are more likely to describe the crime as negative, intentional, and evil [16]. However, it does not seem necessary to hold offenders solely responsible for violations while trying to restore a successful partnership. Although forgiveness has been shown in various programs and treatments to dramatically improve well-being [17]. The relationship between forgiveness and EF (executive function) is less well known and needs to be explored further. Similar to previous studies in undergraduate students [18], our results presented that forgiveness is very important to explain variations in EF. Evolutionary studies have shown that the prefrontal cortex, which is an area of ​​the brain that holds EF, correlates with more caring and less punitive behavior that may be caused by improved mind theory [19].

Forgiveness is one of the therapeutic choices that can heal conflicts, both personal and in groups or communities [20]. This can be done by making the patient calm and relaxed. This can occur when forgiving the surrounding conditions and it requires experience and practice in self [21]. From this study that forgiveness training conducted on adolescents succeeded in increasing happiness and life experiences [22]. Negative experiences felt by patients become stressful which discusses the challenges around them [23]. It is emphasized that forgiveness therapy can reduce liver pain because forgiveness therapy can reduce the negative effects that make the heart hurt to recover which requires stimulation that can improve conditions such as mania [24]. Strengthened by other researchers that found forgiveness therapy can also be in this finding, then shows that forgiveness is very important in reducing the effects of depression that leads to you and others [25], other studies found that forgiveness therapy can improve the psychological well-being violence victims of families in the household [26]. [27] Strengthen other research that Forgiving Ranking interpersonal real-life violations can be a significant determinant of psychological well-being, especially among religious/interested communities and spiritual population [28]

Meanwhile forgiveness has been shown significantly can improve health and well-being in many interventions and therapies [17]. Besides, the positive effects of forgiveness on attribution can pave the way for further steps in engagement relationships, some authors have questioned the benefits of forgiveness by revealing what is meant by increased forgiveness and reinforcement [29]. In other cases reporting about women living in shelters of domestic violence is more likely to form an intention to return their compilation partners more forgiveness and thus reporting forgiveness can help which increases in this case between forgiveness and negative outcomes moderated by contextual variables that are urgent. Specifically, find out forgiveness is only associated with less relationship satisfaction and more serious problems with more negative partners, forgiveness is associated with greater relationship satisfaction and fewer problems in less difficult relationships [29]. [30]. Following other results, forgiveness results in negative relationship with your partner's self-esteem, unpleasant, or does not make amends, but forgiveness is related to better yourself, self-support, or making improvements. [31]. Thus, while this research shows that forgiveness has a positive impact on individual attributions to offenders, the question of whether forgiveness provides positive discussion results is highly dependent on the severity and the context in which what happened is proven. In line with contextual considerations and discussions with severity stalled, this study enhances the effects of emotional forgiveness and decisions on individual changes in attribution. Found forgiveness can reduce negative feelings, reduce depression, and improve physiological health status. Emotional Forgiveness can replace positive emotions with negative emotions. Emotional forgiveness can also change psych physiologists more positively about people's health and well-being [32]. [33]. another study explained that the positive association revealed the empathic performance and metacognitive self-reflectivity, across emotions [34]. Realistic forgiveness in such environment does have beneficial interests for the individual. [30]

1. **CONCLUSION**

Most sensing therapies are more effective in reducing the violent behavior of schizophrenia after therapy than therapies that focus on Emotion. Forgiveness therapy can support individuals to change logistics to be positive in post-restrain schizophrenia patients in East Java, Indonesia.

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