**THE APPLICATION OF SPIRITUAL THERAPY TECHNIQUES FOR ADOLESCENT SUICIDE RISK PATIENTS AT THE REGIONAL MENTAL HOSPITAL IN JAMBI PROVINCE**

**Mutiara Putri Ardiani\* Asmeriyani\*\* Erwinsyah\*\*\***

**D-III Nursing study Program**

**Garuda Putih Jambi College of Health Sciences in 2024**

Email: putrimutiara093@gmail.com

# ABSTRAK

**Introduction** : Adolescence is a transition to adulthood, experiencing physical and emotional growth as well as unstable mood. Adolescents perceive those around them as indifferent or unwilling to help them, leading to suicidal thoughts. The suicide rate for the adolescent age group increased by 52.2% in 2000-2001, making suicide the second leading cause of death, accounting for 7,126 deaths.

**Objective :**  The aim of this study is to describe the implementation of spiritual therapy for adolescents at risk of suicide at the Provincial Mental Hospital in Jambi.

**Method:** his study uses descriptive research designed in the form of a case study aimed at describing a condition within the environment to illustrate important events that occur in the present, with one adolescent client identified as at risk of suicide at the Provincial Mental Hospital in Jambi using spiritual therapy techniques.

**Results :** Before the implementation of spiritual therapy techniques, Ms. R had a self-harming or self-injurious score of 4 points. After implementing spiritual therapy approaches and self-approach activities to the one true God such as prayer, ablution, recitation, sending blessings, and seeking forgiveness, the risk of suicide and self-harm score in the client decreased to 0 points, so in the final meeting, the client was discharged and able to continue outpatient treatment and medication from home.

**Conclusion :** It can be concluded from the research results from May 8 to 11, 2024, in the srikandi room, with a focus on providing nursing care in the first meeting which is introduction and building trusting relationships and identifying hazardous items. The second meeting is understanding the client's condition with the risk of suicide and identifying a series of spiritual activities. In the third and fourth meetings, the client improved and was declared cured.

**Recommendation**: It is hoped that this research can be used as an alternative to reduce indications of suicide risk in patients.

**Keywords :** Implementation, Spiritual, Suicide Risk.

**References :** Books: 8 (1897-2015) Journals: 17 (1998-2023).