



TRAUMA HEALING PSYCHOLOGICAL RECOVERY OF CHILDREN POST DISASTER THROUGH POSITIVE EMOTIONAL THERAPY APPROACH

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ABSTRACT

Earthquake is one of the natural disasters that threaten the people of Indonesia. The earthquake that occurred in Pasaman on February 25, 2022 at 08.39 WIB with a magnitude of 6.2 Mw, shook West Pasaman Regency, West Sumatra, a depth of 10 km centered on the land slopes of Mount Talamau. After the earthquake, problems emerged and were very complex, such as evacuating survivors, evacuating dead victims, fulfilling logistics for survivors, other problems such as damage to infrastructure, procurement of heavy equipment for evacuation and difficulty in transportation. Earthquakes also cause mental health problems whose effects can last for months or even years afterward. The 6.2 Mw earthquake caused many houses, buildings and other public facilities to collapse, such as mosques and elementary schools, where these buildings could no longer be occupied. 10 days after the earthquake, the people living in the refugee camps began to feel uncomfortable and traumatized. Trauma due to the occurrence of aftershocks even though they are of low magnitude. The trauma felt by the community, especially children, causes them to be unable to move and play like children's world. Many problems were found in the Pasaman area, especially Nagari Malampah, namely that children were traumatized by the earthquake that hit the village, the community felt deep fear when aftershocks occurred. And many children are afraid to go outside without their parents around.

Keywords: Trauma Healing, Child Psychology, Positive emotion therapy

INTRODUCTION

Indonesia is located on a continental plate which is lined by very active volcanoes called the circle of fire. Latif, K. (2020) This natural condition is very vulnerable to various disasters, but it can be minimized from the bad impacts that it will cause. Law No. 24 of 2007 explains that a disaster is a series of events that can disrupt and threaten the livelihoods and lives of the surrounding community caused by natural, non-natural or human factors that can cost human lives, damage to the environment, loss of property, and environmental impacts. on psychology. Indonesia is one of the countries most vulnerable to disasters. Be it natural disasters, non-natural or damage done by humans. Some of the disasters that often occur are earthquakes, volcanic eruptions, tsunamis, landslides, flash floods, droughts, fires, hurricanes, storms, and so on.

The Meteorology, Climatology and Geophysics Agency (BMKG) of Pasaman Station noted that the earthquake continued to rock Pasaman and West Pasaman Regencies, and aftershocks occurred. As a result of the earthquake, 38 people died and hundreds were injured. In addition to casualties, the earthquake also caused damage to people's homes, schools, houses of worship, offices and other public facilities. Amriana, A., & Munir, M. (2018) stated Post traumatic stress disorder (PTSD) is a disorder that occurs in post-disaster people. However, if it has not been detected and left for a long time without any special treatment, it will result in serious medical or psychological complications that are permanent which will eventually lead to disruption of social and work life (Widha, L., & Aulia, A. R. 2019). Psychological disturbances



caused by disasters that occur in children will have an impact on the next child's development (Mashar, R. 2015).

So with the above conditions, it is necessary to get serious attention to deal with and restore the trauma conditions that occurred to children who were victims of the earthquake that occurred in Pasaman Regency. Trauma experienced can be in the form of fear, anxiety, and other psychological disorders. Trauma is an emotional response to bad events and unpleasant actions such as accidents, crimes or natural disasters. According to Arthur S. Reber and Emily Reber (2011) in *The Penguin Dictionary of Psychology Third Edition*, heal is to become healthy again and to make whole to free from impairment. That heal should be reserved for relatively less severe cases of injury or trauma. Some use heal in the context of providing assistance in the restorative process. In the language of healing means to heal, in the context of trauma healing here can be interpreted as an attempt to heal someone from trauma. Trauma healing is closely related to reconciliation efforts, it is about building or improving human relationships related to reducing feelings of loneliness, improving mental conditions, understanding the meaning of peace, reducing feelings of isolation, hatred, and dangers that occur in interpersonal relationships. Based on some of the opinions above, trauma healing can be interpreted as an effort to heal and reconcile someone who is experiencing mental shock caused by certain causes such as natural disasters, accidents, and other life problems carried out by certain individuals or groups.

According to Masjudin, et al. (2019:23) Trauma is an emotional response to a horrific event such as an accident, rape, or natural disaster. One way of treatment, namely by trauma healing. After experiencing one of these events, a person may tend to be full of shock and rejection. While long-term reactions may include, unexpected emotions, flashbacks, strained relationships and even physical symptoms such as headaches or nausea. Although this condition is fairly normal because trauma can happen to anyone, some people can have difficulty moving on with their lives. If so, they need to receive psychological treatment. Psychologists can help these people find constructive ways to manage their emotions. The trauma healing process can make you feel various emotional reactions, such as sad, motivational, upsetting, or uplifting.

According to Thoyibah, Z., Dwidianti, M., Mulianingsih, M., Nurmayani, W., & Wiguna, R. I. (2019) research in Taiwan was found after six weeks after the earthquake that hit the country, the results were 21.7%. of 323 students showed the problem of post-disaster trauma stress, the main cause of PTSD problems was a factor due to physical injury to children and the loss or death of family members due to the earthquake. This is as the servant conducted an interview with one of the community leaders where the informant stated that: I personally feel traumatized and afraid related to the recent earthquake disaster that has hit some areas in Pasaman. The thing that is most felt is the trauma for the children such as being shocked, shaking, crying, screaming when the earthquake occurs, this can be seen on their faces when they feel the earthquake when it occurs. However, we are grateful for the assistance in the form of objects such as food and clothing but there has been no psychological assistance such as trauma treatment provided by the agency so that the trauma experienced by our children is slightly reduced by various methods such as; singing, drawing, telling stories, playing games, coloring, and so on. From the results of the interviews that have been submitted, it is necessary to have psychological assistance as one of the methods of healing trauma due to earthquakes and landslides with trauma healing activities carried out for children with Art Therapy methods such



as drawing, singing and playing games and telling stories. . Given the importance of these activities, it is necessary to have a service team for Trauma Healing activities to reduce the trauma felt by children affected by the earthquake in Pasaman Regency.

Problems that occur in children are psychological mental health problems, such as; problems of anxiety (anxiety), stress (pressure), depression (mood), and trauma (Thoyibah, Z., Dwidiyanti, M., Mulianingsih, M., Nurmayani, W., & Wiguna, R. I. 2019). children affected by the earthquake stated that they were afraid to enter the house due to the earthquake, experienced sleep disturbances such as; dream. Furthermore, the problems that were found in child victims after the earthquake were the first to change in attitude such as children becoming more sensitive, crying easily, getting angry easily, when they heard something rumbling, they immediately panicked and cried, often worried about entering the house, which was initially cheerful. and intelligent after the earthquake more silent and withdrawn. Clinical anxiety symptoms experienced by children can lead to PTSD symptoms.

The solution offered to the problems that occurred in Nagari Malampah Pasaman is to provide Post-Disaster Trauma Healing through a Positive Emotion Therapy Approach to overcome the trauma experienced by the community. Art therapy in this activity is storytelling, singing and playing games that aim to help children affected by the earthquake and tell stories for the elderly and others in releasing the trauma they have experienced.

METHODS

Based on the solution previously made, this trauma healing activity asks children to freely draw something that is on their mind for a few minutes, so the team will be able to know what the child is feeling. After that, ask the children to tell about what they have drawn. Based on a story about what is felt, various Healing with Positive Emotion Therapy is carried out so that people can eliminate negative feelings that exist in themselves.

Table 1. Achievements and Methods of Achievement

Achievements	Methods and Activities	Achievement Indicator
The creation of Human Resources, namely the loss of trauma, fear, anxiety and hysterics experienced by the community	The loss of the sense of trauma, fear, anxiety and hysterical that he experienced in society.	Society can eliminate the trauma, fear, anxiety and hysterical experienced.

Table 1 on the achievements and methods of achieving this PKM refers to the basic problems of Partner problems. In an effort to achieve this, the PKM team is supported by human resources and experience in Empowerment and research related to this field. The following is the PKM team that will contribute directly.

Table 2. Team Skills and Contribution to PKM

No	Name	Experience	Contribution to PKM
1	Mori Dianto, M.Pd	Guidance and Counseling Masters Education focuses on Guidance and Counseling Management and Psychological Assessment of Non-Test BK. Facilitating Cross-Cultural Counseling. Capable of Guidance and Counseling Management courses, Student	Contribution of the chief executive of PKM activities and the implementer of Trauma Healing with Positive Emotion

2	Rahma Wira Nita. M.Pd, Kons	Development. Masters Education Guidance and Counseling Focus on BK Services in Pre-School (SD, TK and PAUD) And student development, the subjects taught are BK Services in Pre-School (SD, TK and PAUD And student development	Therapy Contribution as a companion for Trauma Healing with Positive Emotion Therapy
3	Joni Adison, M.Pd	Masters Education Guidance and Counseling Focus on Educational Philosophy, Mental Health, Diagnosis of Learning Difficulties, Educational Psychology and Student Development.	Contribution as a companion for Trauma Healing with Positive Emotion Therapy
4	Hesti Sefriyani	Have Passed in the Course 1. Child Development Psychology 2. Traumatic Counseling 3. Counseling Services in Pre-School (SD, Kindergarten and PAUD	Contribution as lecturer assistance in carrying out Trauma Healing with Positive Emotion Therapy
5	Dela Oktavia Hariani	Have Passed in the Course 1. Child Development Psychology 2. Traumatic Counseling 3. Counseling Services in Pre-School (SD, Kindergarten and PAUD	Contribution as lecturer assistance in carrying out Trauma Healing with Positive Emotion Therapy

Based on table 2 above, it can be concluded that the PKM team will be the facilitator in implementing the program as well as the party responsible for implementing the PKM program. This PKM activity is carried out in three stages, namely: (1) planning stage, (2) implementation stage, (3) evaluation stage. The planning stage is carried out as follows: determining the place/location of the selected activity and conducting a survey of problems or needs in Nagari Malampah Pasaman. The implementation of PKM activities is carried out through Trauma Healing with positive emotion therapy

RESULTS AND DISCUSSION

Based on the results of the evaluation of the activities carried out, it can be said that the PKM activities were successful and running smoothly. The success of PKM is based on indicators of the level of enthusiasm of children in participating in Trauma Healing activities with positive emotional therapy from the beginning to the end of the activity. The following are the activities carried out by the PkM team:

Table 1. Methods and Outcomes and Indicators of Achievements

No	Methods and Achievements	Achievement Indicator
1	Provide explanations to children using the lecture method through storytelling in simple language that is easily understood by children.	The child has accepted and is grateful for the conditions experienced, the child has understood and accepted the situation, but not fully, because the child is still adjusting to the situation.
2	Providing Trauma Healing with positive	Reduced levels of anxiety experienced by



emotional therapy to children in Nagari Malampah, Pasaman Regency. Giving Trauma Healing with positive emotion therapy in 2 sessions or 2 stages. the first session is coloring and session 2 is singing.

children with indicators Children feel happy, happy in participating in activities carried out with Trauma Healing with positive emotional therapy. Based on the implementation of Trauma Healing activities with positive emotion therapy, children feel happy and happy, and enthusiastic in participating in activities.

Based on these results, TIM believes that the PKM implemented is a breakthrough that can be carried out at the next PKM stage. An important part of this step is the change in the psychological condition of children affected by the earthquake from feeling sad, traumatized, and uncomfortable to a condition that makes them happy. So that children feel happy and can adjust to existing conditions. This means that the Trauma Healing activity with the positive emotion therapy method that is carried out can reduce the psychological trauma of children to earthquake victims. According to Dewi, G. A. N. T., & Meiyutariningsih, T. (2021) Trauma Healing with positive emotion therapy is used here to reduce the psychological trauma of children to earthquake victims.

Disaster according to the United Nations Development Program (UNDP) is an extreme event in the natural or human environment that results in harm and affects human life, property or activities to a level that causes a disaster. So that psychological recovery and post-earthquake trauma become easier to do. (Muhammad Yofian: 2008). So in this case, the trauma healing team will place an emphasis on Trauma Healing with positive emotion therapy methods such as drawing, dancing and singing as well as fun games.

CONCLUSION

The target of changing partners which is the most important part to be expected in this PKM is First; Reduce/minimize or reduce the psychological impact of children on earthquake victims. Reduced level of trauma experienced by children with indicators Children feel happy, happy in participating in activities carried out with Trauma Healing with positive emotion therapy methods. Based on the implementation of Trauma Healing activities with the positive emotion therapy method, children feel happy and happy, and enthusiastic in participating in these activities how to teach individuals to breathe in order to manage anxiety and stress, educate individuals about normal reactions to trauma, exposure therapy, and how to identify and evaluate negative, false, and irrational thoughts and replace them with more accurate and less negative thoughts

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