



TRAUMA HEALING THROUGH ART THERAPY FOR CHILDREN POST EARTHQUAKE IN PASAMAN

Wira Solina*, Besti Nora Dwi Putri, Fuaddillah Putra

Universitas PGRI Sumatera Barat

Email: wirasolina.ws@gmail.com, bestinora2187@gmail.com, putraalyanifahmi@gmail.com

ABSTRACT

The problems that arise in the Pasaman area, especially Nagari Malampah, are that children are traumatized by the earthquake that hit the village, children feel deep fear when aftershocks occur. Children are afraid to go outside without their parents around. The purpose of this community service is to relieve post-earthquake trauma. The method of activity given is trauma healing through Art Therapy. The target of the service participants are children who are in the Malampah village that were affected by the earthquake. The results of the service provided where the children feel happy and happy with the traumatic healing through the art therapy provided, the reduced sense of trauma that exists in the children, where the children are willing to play and leave the evacuation without being accompanied by their parents anymore.

Keywords: Trauma, Healing, Art, Therapy

INTRODUCTION

Disaster is a power of God, which is a natural occurrence that can happen at any time. 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 the environment, lose property, and psychological impact. 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. Pasaman is one of the areas located at the foot of Mount Talamau, where the area under the foot of the mountain is an area that is prone to disasters, one of which is earthquakes.

The earthquake that occurred in Pasaman on February 25, 2022 at 08.39 WIB with a strength of 6.2 Mw that shook Pasaman Regency, West Sumatra, a depth of 10 km centered on the land slopes of Mount Talamau. The earthquake with a magnitude of 6.2 Mw caused many houses, buildings and other public facilities to collapse, such as mosques and elementary schools, where these buildings could no longer be occupied. In addition to the collapse of buildings, landslides also occurred from Mount Talamau and also piled up community settlements. The collapse of people's homes and not suitable for habitation due to earthquake damage forced people to live in refugee camps, 10 days after the earthquake made people living in refugee camps begin 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.

Trauma is an emotional response to bad events and unpleasant actions such as accidents, crimes or natural disasters. Trauma is related to a person's psychological state. Esther Giller, Sidran Institute (2018) describes "A traumatic event or situation creates psychological trauma when it overwhelms the individual's ability to cope, and leave that person fearing death, annihilation, mutilation, or psychosis". is being experienced, where the individual feels emotionally, cognitively, and physically overwhelmed so that the ability to cope with the

condition is impaired. 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. (Soehatman Ramli: 2014) It is important to emphasize that every earthquake victim who experiences trauma and emotional crisis often experiences spiritual disorientation. In a state of complete deprivation, many of the earthquake victims depend on people or institutions that provide material assistance for their lives. It should be in a spiritual phenomenon, earthquake victims must still depend on religion and God who has brought down the disaster. In order to make psychological recovery and post-earthquake trauma easier, it is very important for children to get trauma recovery services called trauma healing.

Trauma healing can be done by counselors to overcome the trauma that occurs in children. Psychological support after a natural disaster such as an earthquake is needed to reduce the level of trauma to the community affected by the disaster. Resa Karimah, 2015 (Masjudin, et al. 2019) Trauma healing is a healing method for psychological disorders experienced by a person due to weak mental function resilience. The trauma healing carried out offers Art Therapy activities as a form of therapy for children. According to the American Art Therapy Association, Padan 2013 (Aulia: 2019) art therapy is an intervention to support mental health that uses art media, creative processes and artwork produced to explore feelings, reconcile emotional conflicts, increase self-awareness, manage behavior and addictions. , develop social skills, improve reality orientation, reduce anxiety, and increase self-esteem in group settings. The purpose of this service activity is to relieve post-earthquake trauma.

METHODS

The method used in the service is traumatic healing assistance through art therapy to overcome the trauma experienced by children. This trauma healing activity asks children to freely describe what is on their mind and feelings for a few minutes in the picture book that has been provided, after that the child is asked to tell the picture they have made, so the team will be able to find out what the child has seen. are feeling. After that, invite the children to tell about what they have drawn. Based on stories about what is felt, various game therapies are carried out so that children can eliminate negative feelings that exist in themselves. The games given were carrying marbles with a spoon, dancing balloons and distributing prizes for children who had made pictures.

RESULTS AND DISCUSSION

Based on the service activities that have been carried out in Nagari Malampah Pasaman for post-earthquake children, traumatic healing assistance is provided with the Art Therapy method. The PKM team invites the children to gather in a tent, and make pictures, tell the pictures that have been made, invite the children to play games and give gifts. The games given to children are adjusted to the conditions of the children, namely the age, gender and emotions of the children at that time. Outbound activities are carried out outside the tent in the form of games. The games carried out are, carrying marbles with a spoon, playing and dancing using songs, drawing and coloring while pouring feelings into the picture. Games that are carried out with competition so that children are encouraged to explore themselves and raise self-confidence again. In playing, children learn to work together, to be generous, to be honest, to be sporty and to be liked by people. Through these games can create a fun atmosphere for trauma healing and because children can laugh together.

The expected target of partner change in this PKM is alleviating problems with changes that occur in children, namely the loss of trauma, fear, anxiety and hysterics that exist in children

after the earthquake. If the trauma to the children has disappeared, the children can return to their normal activities, and the children can achieve their developmental tasks well.

Trauma healing activity is one of a series of community service activities. The trauma healing program aims to relieve trauma and restore the emotional condition of children after the earthquake with various kinds of games that can be played individually or in groups. The world of children is a world that is almost entirely in the form of actions and activities. Play is a child's language, children will have a very broad imagination with their own world of play. Therefore, playing is one method that is quite good in overcoming anxiety in children. Several studies and research related to the role and function of games for the child's development process have been found.

Trauma basically according to the Psychology dictionary means pain, or shock which is often physical or structural as well as mental in the form of emotional shock which results in disturbances more or less about the resilience of mental functions (Drever, 1988). While healing in language means healing (Shadily, 1992). So it can be concluded that Trauma Healing is a process of providing assistance in the form of healing to overcome psychological disorders such as anxiety, panic, and other disorders due to the weak resilience of the mental functions of the individual victims of the natural disaster. Trauma Healing is one of the main needs, especially for disaster victims, with trauma healing therapy victims are expected to gradually recover from the trauma experienced in their lives. Because trauma is an emotional and physical event that can be said to be serious because it causes substantial physical and psychological damage to a person in a relatively long time span (Weaver, 2003). Trauma can cause emotional conditions that can develop due to an event that is unpleasant, sad, painful, frightening, worrying and upsetting.

Releasing the burden of emotions and reducing panic, through the four core activities of art therapy that have been carried out, positive things have been obtained, namely about releasing emotional burdens and anxiety as well as feelings of trauma that are still stored in the soul. According to Jennifer (2015), drawing and writing activities are closely related to mood. Zevon and Tellegen (in Ekkekakis, 2012) state that mood has a bipolar arousal dimension, individuals feel a pleasant state or an unpleasant state. Furthermore, according to Jennifer (2015) that drawing has a higher impact in improve mood than writing. This is also reinforced by research from Isna (2017), that through art therapy children are able to express their thoughts, feelings and various things that cannot be expressed directly. With the tapping technique, students are invited to relax independently anytime and anywhere when they feel uneasy. Under the guidance and direction of teachers, students will gradually be able to control their own anxiety. Tapping is a touch with one to three fingers of the index, middle and ring fingers at joint points that have an influence on anxiety such as the right and left shoulders, forehead, back of the neck, left and right heart points, wrists, joints - finger joints, and so on. The series of activities above are very important, considering the trauma experienced by earthquake victims can reappear under certain circumstances. (Endah Nawangsih: 2014).

Give Positive Support Support and enthusiasm are the things most needed for victims of natural disasters. They are certainly still afraid if an earthquake occurs at any time. The team raised the spirits of students, provided entertainment so that they would not be depressed by their current condition.

CONCLUSION

There are changes that occur in children, namely the loss of trauma, fear, anxiety and hysterics that exist in children after the earthquake. If the trauma to the children has disappeared, the children can return to their normal activities, and the children can achieve their developmental tasks well.

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