



IMPLEMENTATION OF TRAUMA HEALING TO MANAGE THE ANXIETY OF CHILDREN VICTIMS OF EARTHQUAKE THROUGH GROUP GUIDANCE SERVICES IN PASAMAN

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ABSTRACT

An earthquake on Friday, February 25, 2022, in the morning devastated the Pasaman Regency, West Sumatra Province. The 6.2 magnitude earthquake destroyed buildings in Nagari Malampah. A few minutes earlier, the Pasaman area had also been shaken by an earthquake and destroyed Pasaman with a magnitude of 5.2, and after that, during the following days, there were repeated aftershocks. The worst affected village was Nagari Malampah. Earthquake victims not only experience emergency problems such as physical damage due to the earthquake, but also mental and psychological health problems, such as; anxiety problems (anxiety). The expected goals in this PKM are 1) Reduce/minimize or it can also reduce psychological impacts, especially anxiety (anxiety) for children who are victims of the earthquake. 2) Establish good cooperation with various parties, including cooperation between guidance and counseling/counselors and psychology. 3) One of the services in guidance and counseling is group guidance services in the context of implementing trauma healing to overcome the anxiety of earthquake victims. The method used is the implementation of trauma healing to overcome the anxiety of children affected by the earthquake through group guidance services in Nagari Malampah, Pasaman Regency. The result of this PKM is the loss of anxiety for children who are victims of the earthquake and children can be happy again, erasing fear and anxiety.

Keywords: Trauma Healing, Anxiety, Group Guidance

INTRODUCTION

The worst affected village was Nagari Malampah. From videos and photos circulating on social media, it can be seen that mosques, schools and houses have collapsed. Earthquake victims not only experience emergency problems such as physical damage due to the earthquake, but also mental and psychological health problems, such as; problems of anxiety (anxiety), stress (pressure), depression (mood), and trauma (Ramirez & Peek-Asa, 2005). Earthquakes have consistently been shown to be associated with mental health problems such as depression and post-traumatic stress disorder, a survey shows that, after a disaster event, approximately 15-20% of the population will experience mild or moderate mental disorders which refer to post-traumatic stress disorder conditions. (PTSD), while 3-4% will experience severe disorders such as psychosis, major depression and high anxiety (Surendra et al, 2015). Disasters have the greatest impact on the most vulnerable groups, especially children (Nakamura, 2005). This is because children directly experience, feel, and witness the impact caused by the age factor which is still immature in terms of psychological growth.

Many disaster victims in the age group of children show some type of psychological reaction after the disaster, clinical research shows that these symptoms also depend on age. In the school age group empirically, school-age children show more comprehensive psychological distress (Purnamasari, 2016). The psychological impact felt by the victims, especially on the majority of the child population, is related to very serious mental trauma conditions. Children show behavioral symptoms such as; insomnia, excessive fear, fear of entering the house, not wanting to sleep in the house, filled with anxiety and withdrawing (Astuti, 2006). In particular, post-disaster problems and discontinuity of living conditions cause problems in the academic environment of schools. Children are not interested in school

activities due to somatic problems such as illness that can affect school attendance, so that disaster-affected children will experience a decline in skills and academic learning achievement at school (Gurwitch, Kee, Becker, & Schreiber, 2015). In general, psychological problems in post-disaster children show that every time a disaster occurs, it is always followed by post-disaster trauma conditions (PTSD). At least PTSD that occurs is a series of symptoms from problems at the intermediate level to the severe level (Purnamasari, 2016).

Overall, school-age children who survive natural disasters, especially earthquakes, often show symptoms of high levels of fear, broad somatic symptoms, cognitive problems, behavioral changes and social problems. Cognitive problems include lack of concentration, problems with learning activities, to the behavior of refusing to come to school. Children's behavior becomes inconsistent such as irritability, disrespect and emotionally sensitive. Therefore, a post-disaster health service action is needed to deal with psychological problems that often arise in the group of children. Psychological problems at the age of children such as; Anxiety problems related to natural disasters will last long after the disaster incident (Ando et al., 2011; Fergusson, Horwood, Boden, & Mulder, 2014). This condition will get worse if it is not handled properly and detected early by identifying problems for victims of natural disasters.

The implementation of trauma healing to overcome the anxiety of earthquake victims in Nagari Malampah, Pasaman Regency, was carried out through one of the services in guidance and counseling, namely group guidance services. Trauma healing activities through group guidance services are the right solution at this time in order to overcome the anxiety of earthquake victims in Nagari Malampah, Pasaman Regency. Trauma healing aims to help children overcome psychological trauma after the earthquake that was followed by landslides and ground movements. Through trauma healing through group guidance services, the children shared the disaster events that they had recently experienced. Children are invited to have fun removing fear and anxiety. The trauma healing activity also aims to eliminate the boredom of children while in refugee camps.

METHODS

The implementation of PKM in Nagari Malampah, Pasaman Regency is carried out with participatory and collaborative principles. The activity consists of 3 stages of activities that are carried out continuously and scheduled according to a plan that has been determined with partners. Various strategies that appear to achieve these goals are through activities that provide direct understanding and practice. There are three achievements to be achieved in this Partnership Program as follows;

Table 1. Achievements and Methods of Achievement

Achievements	Methods and Activities	Achievement Indicator
Reducing/minimizing or alleviating psychological impacts, especially anxiety (anxiety)	Conducted on a scheduled basis, monitored and evaluated	Children affected by the earthquake in Nagari Malampah, Pasaman Regency, have been relieved of the psychological impact, especially anxiety.
Establish good cooperation by sharing parties	Cooperation carried out with lecturers or teaching staff from guidance and	The establishment of cooperation between guidance and counseling/counselors and psychology



Implementation of group guidance services	counseling/counselors with psychology One of the services in guidance and counseling is group guidance services in the context of implementing trauma healing to overcome the anxiety of earthquake victims in Nagari Malampah, Pasaman Regency.	Children affected by the earthquake in Nagari Malampah, Pasaman Regency can actively participate in group guidance services and can apply all problem solving from these services.
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Table 1 on the achievements and methods of achieving this PKM refers to the basic problems that underlie the problems of the Partners. 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

RESULTS AND DISCUSSION

The problems that arise for children affected by the earthquake in Nagari Malampah, Pasaman Regency are: First: Children who are victims of the earthquake do not only experience emergency problems such as physical damage due to the earthquake, but also mental and psychological health problems, such as; anxiety problems (anxiety). Second: Lack of counselors/psychologists to deal with the anxiety of earthquake victims in Nagari Malampah, Pasaman Regency. This requires cooperation between guidance and counseling/counselors and psychology. Third: The lack of appropriate services to overcome the anxiety of earthquake victims in Nagari Malampah, Pasaman Regency.

The solutions offered to overcome this problem are First; Reduce/minimize or reduce psychological impacts, especially anxiety (anxiety) for children affected by the earthquake in Nagari Malampah, Pasaman Regency. Second; Establish good cooperation with various parties, including cooperation between guidance and counseling staff/counselors and psychology. Cooperation is carried out with lecturers or teaching staff from guidance and counseling/counselors with psychology. Third: One of the services in guidance and counseling is group guidance services in the context of implementing trauma healing to overcome the anxiety of earthquake victims in Nagari Malampah, Pasaman Regency.

The PKM activity with the title Implementation of Trauma Healing to Overcome the Anxiety of Children Victims of Earthquake Through Group Guidance Services in Nagari Malampah, Pasaman Regency, was carried out through one of the services in guidance and counseling, namely group guidance services. Trauma healing activities through group guidance services are the right solution at this time in order to overcome the anxiety of earthquake victims in Nagari Malampah, Pasaman Regency. Trauma healing aims to assist children in overcoming psychological trauma after the earthquake that was followed by landslides and ground movements. Through trauma healing through group guidance services, the children shared the disaster events that they had recently experienced. Children are invited to have fun removing fear and anxiety. The trauma healing activity also aims to eliminate the boredom of children while in refugee camps.

After the entire series of activities were carried out, it was seen that there were changes in partners, namely First; the reduction and reduction of psychological impacts, especially anxiety (anxiety) for children affected by the earthquake in Nagari Malampah, Pasaman



Regency. Second; the establishment of good cooperation with various parties, including cooperation between guidance and counseling staff/counselors and psychology. Cooperation is carried out with lecturers or teaching staff from guidance and counseling/counselors with psychology. Third: the implementation of services in guidance and counseling, namely group guidance services in the context of implementing trauma healing to overcome the anxiety of earthquake victims in Nagari Malampah, Pasaman Regency, has been carried out properly and according to the plan.

CONCLUSION

The target of changing partners which is the most important part to be expected in this PKM is First; Reduce/minimize or reduce psychological impacts, especially anxiety (anxiety) for children affected by the earthquake in Nagari Malampah, Pasaman Regency. Second; Establish good cooperation with various parties, including cooperation between guidance and counseling staff/counselors and psychology. Cooperation is carried out with lecturers or teaching staff from guidance and counseling/counselors with psychology. Third: One of the services in guidance and counseling is group guidance services in the context of implementing trauma healing to overcome the anxiety of earthquake victims in Nagari Malampah, Pasaman Regency.

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