



**PLAY THERAPY AS A TRAUMA HEALING EFFORT IN CHILDREN VICTIMS OF THE EARTHQUAKE
IN NAGARI NAGARI PASAMAN**

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ABSTRACT

The earthquake, which was followed by a landslide that occurred in Pasaman, especially in Nagari Malampah, Tigo Nagari District, had a tremendous impact on all aspects of the lives of the disaster victims, including physical, social and psychological aspects. 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. 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, about 15-20% of the population will experience mild or moderate mental disorders which refer to post-traumatic stress disorder (PTSD), while 3-4% will experience severe disorders such as psychosis, major depression and depression. high anxiety. Disasters have the greatest impact on the most vulnerable groups, especially children. 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. One solution that can be given is through traumatic healing in the form of play therapy. This PKM was held in 3 meetings with three stages, namely: (1) the planning phase, (2) the implementation phase, and (3) the evaluation phase. The planning stage has determined the following: the place/location of the activity is chosen in West Pasaman Regency in collaboration with the Nagari Wali. The type of activity is in the form of traumatic healing in the form of play therapy which is given to 35 children with the title Play Therapy as an Effort for Trauma Healing for Children Victims of the Earthquake Disaster in Nagari Malampah, Tigo Nagari District, Pasaman.

Keywords: Trauma Healing, Play Therapy

INTRODUCTION

An earthquake natural disaster occurred on Friday, February 25 in Pasaman with a magnitude of M.6.1, followed by several aftershocks with a lower magnitude. The impact of the earthquake in several areas suffered severe damage and claimed lives. The earthquake, which was centered at 0.14 degrees north latitude and 99.94 degrees east longitude at a depth of 10 kilometers, was also felt in the districts of Pasaman, Lima Puluh Kota, and Agam. Based on BNPB data as of February 26 at 20:56, in West Pasaman Regency, there were 4 fatalities recorded, 37 seriously injured, 310 people lightly injured and approximately 10,000 people displaced in 35 refugee points located in Talamau Subdistrict, Pasaman District and Sub-District Kinali.

Based on the data obtained also, in Pasaman there were 6 people died, 5 people were seriously injured, 36 people were lightly injured, 3 thousand people were displaced and there were 4 people buried by landslide material. In Lima Puluh Kota Regency, 53 people from 16 families were affected and 2 people were forced to flee to relatives' homes. Furthermore, in Agam Regency, it was reported that a baby was injured as a result of being affected by the earthquake. Overall, the impact of the earthquake caused 103 houses to be heavily damaged, approximately 1,307 houses were slightly damaged, 3 educational facilities were badly damaged, 2 houses of worship were damaged, 1 public facility building was also damaged, including several government buildings.

Earthquakes that often occur cause social problems such as damage to property, loss of life, and stress due to prolonged trauma. Stress due to trauma is caused by an event experienced by a person that occurs suddenly, unexpectedly, is fatal and is also rarely experienced by humans in general. Trauma comes from threatening events so that someone who experiences it can experience shock and lose self-control. Stress due to trauma has a negative impact on individuals such as: 1). The appearance of physical symptoms such as dizziness, headache, difficulty sleeping, stomach pain, palpitations, high blood pressure. 2). Behavioral disorders such as alcohol consumption, nervousness, carelessness, and aggression. 3). Emotional disturbances such as anxiety, sadness, anger, frustration and excessive fear. 4). Cognitive disorders such as difficulty concentrating, pessimistic thinking, loss of self-confidence, and difficulty making decisions (Hatta, 2016).

Trauma is a vulnerable psychological disorder that can damage the balance of an individual's life. In addition, trauma arises as a result of extraordinary events that leave wounds and feelings of pain in the individual either physically, psychologically or a combination of both. The important thing that can be given to victims in overcoming their trauma is social support. Through the provision of social support, it is hoped that it can reduce the impact of the dangers of stress and can eliminate the symptoms of stress that are often experienced by victims of natural disasters (Hatta, 2016). One form of psychological support that can be given to earthquake victims, especially children, is trauma healing. Considering that children who are victims of natural disasters are very vulnerable to psychological development, this service focuses on handling children. Children who are in disaster areas really need to be considered considering the psychological condition that still requires a companion to be able to develop psychologically. In these conditions children need attention in order to express feelings. The consequences if this is neglected will have an impact on the child's psychology such as the habit of being alone, sad, and having trouble sleeping.

Play therapy is one of the techniques that can be used in natural disaster situations and can heal prolonged trauma (Darmiany, Rosyidah, Karma, Witono, Husniati, Widiada, 2019). Through this technique, children are invited to overcome their trauma through playing media. Considering that playing is something that is very much needed in a child's growth and development, the play therapy technique is very feasible to apply. The purpose of play therapy is so that children can express themselves freely, empathize with other children, and children can find positive ways to solve a problem.

METHODS

This PKM was held in 3 meetings with three stages, namely: (1) the planning phase, (2) the implementation phase, and (3) the evaluation phase. The planning stage has determined the following: the place/location of the activity is selected in Pasaman in collaboration with the Wali Nagari Malampah. The type of activity is in the form of traumatic healing in the form of play therapy which is given to 35 children with the title Play Therapy as a Trauma Healing Effort for Children Victims of the Earthquake Disaster in Nagari Malampah, Tigo Nagari District, Pasaman. The stages of implementing play therapy are in accordance with the following table:

Table 1. Achievements and Methods of Achievement

Achievements	Methods and Activities	Achievement Indicator
able child demonstrate progress in	Availability of adequate activity facilities for support the continuation of therapy. Trauma healing mentoring activities are carried out	Creating a pleasant atmosphere for trauma healing because children

various positive forms by showing minimal needs symbolically and verbally. using the storytelling method, followed by the game method, outbound, and giving gifts to children. The game model is adapted to the mental condition, gender, and age of the children. Outbound activities are carried out in strategic and fun places for children who are accompanied by their parents. Children express various feelings, either something experienced in the past or hopes for happiness in the future. Counselors and volunteers fully involve themselves with the child throughout the process. can laugh together

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

Table 2. Team Skills and Contribution to PKM

No	Name	Experience	Contribution to PKM
1	Rici Kardo, M.Pd., Kons	Masters Education Guidance and Counseling	Managerial implementation of the program and management of cooperation with the Malampah nagari guardian
2	Rila Rahma Mulyani, M.Psi., Psikolog	Psychology Masters Education	Contribution to play therapy
3	Dr. Weni Yulastri, M.Pd	Education doctor Education Administration	Contribution to play therapy

Based on table 2 above, it can be concluded that the PKM team will be a facilitator in the implementation of play therapy as well as the party responsible for implementing the PKM program. The method used in this PKM uses play therapy. This method will be applied to the implementation of activities that focus on increasing competition in children such as carrying marbles with a spoon, playing with body movements and coloring are also given in this therapy. Competition games are needed so that children are able to explore and master something and build trust by showing that children are doing work and showing progress. In addition, the games provided can also affect the development of the desired personality, namely from relationships with members of the peer group in playing, children learn to work together, be generous, honest, sporty and liked by people. With these various games, it can create a fun atmosphere for trauma healing because children can laugh together. This method will be applied in all stages of activities to achieve the objectives of this PKM.

RESULTS AND DISCUSSION

Trauma healing assistance activities are carried out using the play therapy method. The PKM team invited the children affected by the earthquake to tell stories, hold games, outbound, and give gifts to the children. The game model is adapted to the mental condition, gender, and age of the children. Outbound activities are carried out in strategic and fun places for children who are accompanied by their parents. Play therapy which is applied to the implementation of activities that focus on increasing competition in children such as carrying



marbles with a spoon, playing with body movements and coloring is also provided in this therapy. Competition games are needed so that children are able to explore and master things and build children's confidence. In addition, the games provided can also affect the development of the desired personality, namely from relationships with members of the peer group in playing, children learn to work together, be generous, honest, sporty and liked by people. With these various games, it can create a fun atmosphere for trauma healing because children can laugh together.

The solution offered to overcome this problem is to provide play therapy using an intervention approach/method based on psychological theory, both preventively and rehabilitatively, on the development of children's mental health, emotions, and behavior. Through play therapy, children are given opportunities in their natural world, in terms of their position as children. With this therapy, children will feel safe when they express and explore themselves, both in feelings, thoughts, experiences, and behavior. This is because children are not dealing directly with conditions that remind them of the trauma they experienced. The success of this play therapy activity can be seen from: (1) the child's ability to build connections or cooperation with others and the ability to socialize through group games (2) the child's ability to explore themselves in terms of feelings, thoughts, experiences, and behavior. behavior through drawing and coloring activities as well as through movement games following music or outbound

CONCLUSION

Earthquakes that often occur cause social problems such as damage to property, loss of life, and stress due to prolonged trauma. Stress due to trauma is caused by an event experienced by a person that occurs suddenly, unexpectedly, is fatal and is also rarely experienced by humans in general. Trauma comes from threatening events so that someone who experiences it can experience shock and lose self-control. Trauma is a vulnerable psychological disorder that can damage the balance of an individual's life. In addition, trauma arises as a result of extraordinary events that leave wounds and feelings of pain in the individual either physically, psychologically or a combination of both. The important thing that can be given to victims in overcoming their trauma is social support by providing play therapy. The games given can affect the desired personality development, namely from relationships with members of peer groups in playing, children learn to work together, be generous, honest, sporty and liked by people. With these various games can create a pleasant atmosphere for trauma healing in children.

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