



**REDUCE CHILDREN'S ANXIETY LEVEL THROUGH TRAUMA HEALING WITH ART THERAPY METHOD IN
NAGARI MALAMPAH PASAMAN**

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ABSTRACT

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. Psychological disturbances caused by disasters that occur in children will have an impact on the next child's development. So this condition needs serious attention to deal with and restore the trauma condition that occurred to children victims of the earthquake that occurred in Pasaman Regency. Trauma experienced can be in the form of fear, anxiety, and other psychological disorders. Based on the results of initial observations that the researchers conducted in Nagari Malampah, Pasaman Regency, where the service staff saw that there were many buildings (houses) in ruins that occurred in several places in Nagari Malampah, in addition to being related to trauma, it was felt especially in school-age children. Problems that occur in children are psychological mental health problems, such as; problems of anxiety (anxiety), stress (pressure), depression (mood), and trauma. 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 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 and intelligent after the earthquake more silent and withdrawn.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 implementation of PKM in Nagari Malampah, Pasaman Regency is carried out with participatory and collaborative principles. First, provide an explanation with the lecture method through storytelling using simple language that is easy to understand.

Keywords: *Trauma Healing, Anxiety, Art Therapy*

INTRODUCTION

The country of Indonesia is located on the equator at a cross position between two continents and two oceans, in an area that has geographical, geological, hydrological and demographic conditions that are prone to disasters with a fairly high frequency Andayani, H., & Ishak, S. (2020). Indonesia is located on a continental plate lined with a row of very active volcanoes called the ring of fire. Latif, K. (2020). Natural conditions that are vulnerable to various disasters cannot be avoided, but can be minimized from the bad impacts they 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. Based on the results of initial observations that the researchers conducted in Nagari Malampah, Pasaman Regency, where the service staff saw that there were many buildings (houses) in ruins that occurred in several places in Nagari Malampah, besides that it was related to trauma, it was felt especially in school-age children. According to Thoyibah, Z., Dwidiyanti, M., Mulianingsih, M., Nurmayani, W., & Wiguna, R. I. (2019) disasters have the greatest impact on the most vulnerable groups, especially the children age group. 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.

According to Thoyibah, Z., Dwidiyanti, 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 hit some areas in Pasaman, especially what happened in Nagari Malampah, where it was not only me but the ones who felt the most, namely the children at school because now the school process was still closed and the children were still in tents provided by the Indonesian Ministry of Social Affairs and the Pasaman Regency Government through the Regional National Disaster Management Agency (BNPB). 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 clothing and food 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, there is a need for psychological assistance as one of the methods of healing trauma due to earthquakes and



landslides with trauma healing activities carried out for children using 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 Nagari Malampah, 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 solutions offered to overcome this partner's problems are, first; provide explanations to children about the actual conditions that occur. Explain the actual disaster that is being experienced so that children understand it and know the conditions that occur. By providing explanations in simple language children can understand and understand. Second; carry out activities in the form of art therapy as an effort to recover trauma (Trauma Healing) in children. Art therapy activities carried out for children such as drawing, singing and playing games and telling stories. So that trauma healing activities with the art therapy method are expected to reduce the anxiety that occurs in children. An important part of this step is to change the psychological condition of children experiencing trauma to feel happy not to feel afraid of the condition that occurs. In the end, with this trauma healing service activity, children will be able to minimize problems that arise such as anxiety (anxiety), stress (pressure), depression (mood), and trauma.

METHODS

The implementation of PKM in Nagari Malampah, Pasaman Regency is carried out with participatory and collaborative principles. First, provide an explanation with the lecture method through storytelling using simple language that is easy to understand. Giving Art Therapy (coloring and singing) to children in Nagari Malampah, Pasaman Regency. Giving Art Therapy in 2 sessions or 2 stages. the first session is coloring and session 2 is singing. The service was carried out in March involving about 45 children in Nagari Malampah, Pasaman Regency

Table 1. Achievements and Methods of Achievement

Achievements	Methods and Activities	Achievement Indicator
Children understand and understand the conditions that happened	Give an explanation to the child with using the lecture method through storytelling in simple language that is easily understood by children.	The child accepts 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



Less anxiety experienced by children	Giving Art Therapy (coloring and singing) to children in Nagari Malampah Regency Pasaman. Art Award Therapy in 2 sessions or 2 Step. the first session is coloring and session 2 is sing.	Reduced level the anxiety experienced by child with indicator Children feel happy, happy in following activities done with Art therapy. Based on the implementation of Art Therapy activities, children feel happy and happy, and enthusiastic in participating in activities.
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Table 1 on the achievements and methods of achieving this PKM refers to the basic problems that stem from 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 are the PKM teams that will contribute directly. 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 location/location of the selected activity and conducting an initial study of the problems or needs in Nagari Malampah Pasaman. Implementation of PKM with Trauma Healing activities with Art Therapy (Drawing and Singing). The evaluation stage is carried out by observing the child's behavior after the activity is carried out. This method will be applied in all stages of activities to achieve the goals of PKM.

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 art therapy activities 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	Provide Art Therapy (coloring and singing) to children in Nagari Malampah, Pasaman Regency. Giving Art Therapy in 2 sessions or 2 stages. the first session is coloring and session 2 is singing.	Reduced level of anxiety experienced by children with indicators Children feel happy, happy in participating in activities carried out with Art Therapy. Based on the implementation of Art Therapy activities, 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 trauma healing activities using art therapy methods can reduce the anxiety of earthquake victims. According to Dewi, G. A. N. T., & Meiyutariningsih, T. (2021) Art therapy is used here to reduce anxiety.

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 art therapy 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 psychological impact. Reduced level of anxiety experienced by children with indicators Children feel happy, happy in participating in activities carried out with Art Therapy. Based on the implementation of Art Therapy activities, children feel happy and happy, and enthusiastic in participating in activities.

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