

Traumatic counseling: An alternative problem solving post traumatic stress disorder for natural disaster victims in Indonesia

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Abstract

Purpose - The purpose of this study is to explain traumatic counseling services as an alternative problem solving for Post Traumatic Stress Disorder (PTSD) in Natural Disaster Victims in Indonesia.

Method - This research method is a literature explaining the form of traumatic counseling services and psychological injuries for victims of natural disasters. Data sources are collected from previous research results, valid official government website sources and relevant to the focus of this research problem. Data analysis uses content analysis that focuses on text, images and audio in the context of traumatic counseling and PTSD for victims of natural disasters.

Result - The results of this study indicate that traumatic counseling is suitable for treating PTSD for victims of natural disasters in Indonesia. The psychological condition of victims of natural disasters has psychological wounds from events and experiences that leave a mark so that it has an impact on the psychological health of the victims. This impact affects the sustainability of the victim's life, so that healing psychological trauma with counseling services. The approach in counseling services can use two models, namely SEFT and CBT. The two models are suitable for reducing PTSD in victims of natural disasters.

Implication - The findings of this study are that there is a relevant meeting point between traumatic counseling and psychological injuries of natural disaster victims with PTSD disorders. With traumatic counseling, it is hoped that natural disaster victims will be able to determine the right direction to overcome PTSD of natural disaster victims in Indonesia in the future.

Originality/Value - This study is unique because it is able to position traumatic counseling as an appropriate preventive service for natural disaster victims in Indonesia.

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Kata kunci:

Konseling traumatis, post traumatic stress disorder, bencana alam.

Abstrak

Tujuan - Tujuan dari penelitian ini adalah untuk menjelaskan layanan konseling traumatik sebagai alternatif pemecahan masalah Post Traumatic Stress Disorder (PTSD) pada Korban Bencana Alam di Indonesia.

Metode - Metode penelitian ini adalah literatur yang menjelaskan bentuk layanan konseling traumatik dan luka psikologis bagi korban bencana alam. Sumber data dikumpulkan dari hasil penelitian terdahulu, sumber website resmi pemerintah yang valid dan relevan dengan fokus masalah penelitian ini. Analisis data menggunakan analisis isi yang berfokus pada teks, gambar dan audio dalam konteks konseling traumatik dan PTSD bagi korban bencana alam.

Hasil - Hasil dari penelitian ini menunjukkan bahwa konseling traumatik cocok digunakan untuk menangani PTSD bagi korban bencana alam di Indonesia. Kondisi psikologis korban bencana alam memiliki luka psikologis dari kejadian dan pengalaman yang membekas sehingga berdampak pada kesehatan psikologis korban. Dampak tersebut berpengaruh pada keberlangsungan hidup korban, sehingga penyembuhan trauma psikologis dengan layanan konseling. Pendekatan dalam layanan konseling dapat menggunakan dua model, yaitu SEFT dan CBT. Kedua model tersebut cocok digunakan untuk mengurangi PTSD pada korban bencana alam.

Implikasi - Temuan dari penelitian ini adalah adanya titik temu yang relevan antara konseling traumatik dengan luka psikologis korban bencana alam dengan gangguan PTSD. Dengan adanya konseling traumatik, diharapkan korban bencana alam dapat menentukan arah yang tepat untuk mengatasi PTSD korban bencana alam di Indonesia di masa yang akan datang.

Orisinalitas/Nilai - Penelitian ini memberikan kontribusi mengenai posisi, arah dan tujuan layanan konseling traumatik dalam mengatasi PTSD korban bencana alam di Indonesia. Penelitian ini memiliki keunikan karena mampu memposisikan konseling traumatik sebagai layanan preventif yang tepat bagi korban bencana alam di Indonesia.

Introduction

PTSD is a problem that can hinder the psychological development of victims of natural disasters. By looking at the symptoms caused by PTSD, including social, psychological and even disturbed biological reactions. The treatment model is carried out with pharmacotherapy and physiotherapy. Thus, the use of drugs or not will depend on the level of PTSD symptoms experienced by the sufferer. Natural disaster events in the world based on the category of the most at-risk region are the American continent. Then the Asian continent is in second place, after that the African continent, and then Oceania and Europe occupy the continents with the lowest risk of natural disasters (Meyunda Alfriyani, 2024). Meanwhile, in the territory of the Indonesian archipelago, it is a region prone to natural disasters. The forms of natural disasters that often occur are earthquakes and tsunamis. This is because the territory of Indonesia is where three world plates meet. The meeting of the three plates is the Eurasian plate, then the Indo-Australian plate, and finally the Pacific Ocean plate which is commonly called the ring of fire. (Buan Anshari, Ni NyomanKencanawati, Ngudiyono, Hariyadi, 2022). Natural disasters that occur not only cause death, injury, and loss of home. Natural disasters also cause direct or indirect economic losses. The types of natural disasters include droughts, earthquakes, epidemics, extreme temperatures, landslides, floods, storms, volcanic activity and forest fires. Natural disasters can be a serious threat to human health, then food security, and a threat to marine and terrestrial ecosystems. Thus, countries that depend on natural resources for economic growth will be depressed if they experience serious natural disasters (Fang et al., 2019).

Meanwhile, natural disasters occurred in Indonesia during March 2024, as many as 167 disasters consisting of 11 types of disasters. The disaster that often occurs in Indonesia is floods (WHO, 2024). This is due to the geographical location of Indonesia which is often referred to as the ring of fire or the Pacific ring of fire that surrounds Indonesia. The ring of fire is the meeting point of three tectonic plates in the world, namely the Indo-Australian plate, the Eurasian plate and the Pacific plate. With such geographical conditions, Indonesia is one of the countries that often experiences natural disasters such as earthquakes, volcanic eruptions and tsunamis. Data released by the Indonesian Disaster Data and Information (DIBI) states that in the period from 2010 to 2020, 24,969 disasters were recorded in Indonesia. The death toll from natural disasters reached 5,060,778 people. Other victims such as homes as many as 4,400,809 units. Meanwhile, other victims such as damage to public facilities amounted to 19,169 units (Azizah et al., 2021). The most frequent natural disasters are floods with a prevalence of 45%, volcanoes 17.6%, and earthquakes 16% (Beaulac et al., 2022).

Meanwhile, the latest DIBI (Indonesian Disaster Information Data) data shows that in 2024 the region that experienced the most natural disasters was West Java province with 150 natural disaster events, then Central Java and Central Sulawesi provinces with 99 natural disaster events each. Meanwhile, South Sulawesi province experienced 96 natural disaster events (Indonesian Disaster Information Data). These natural disaster events are in line with BNPB (National Disaster Management Agency) in the 2020-2024 national disaster management plan book, which states in the 2019 provincial disaster risk index table that West Java province has a high risk class with a score of 150.46, then Central Java province has a high risk class with a score of 144.91 and Central

Sulawesi province has the same risk class as Central Java province, namely 144.91. Meanwhile, South Sulawesi province has a high risk class with a score of 159.49 (BNBP, 2022).

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The impact of natural disasters that often occur in Indonesia causes victims to experience various problems that disrupt the psychological health of the victims. One of the impacts that often occurs is trauma or commonly called PTSD, namely Post-Traumatic Stress Disorder, a psychological disorder that appears after the victim experiences or witnesses a traumatic event such as a natural disaster. If classified, the prevalence or level of PTSD in men and women is more common in women. Previous research results showed that the level of PTSD in men was 5-6%, while in women it was 10-12%. This means that the prevalence of PTSD in women is twice that of PTSD experienced by men. The prevalence of PTSD in women is higher because women are susceptible to changes in hormone levels in their bodies (Amini & Arsy, 2022). Research results show that the high prevalence of full and partial PTSD is accompanied by several factors such as young age, female gender. PTSD survivors have maladaptive behaviors such as suicidal tendencies, eating disorders and somatic symptoms (Carmassi et al., 2020).

The data is in line with research results in America which state that men after experiencing a traumatic event are 14-43%, while women are 15-43%. Furthermore, the research states that natural disasters cause PTSD in all age groups, from children, adolescents, and adults. This is because victims of natural disasters are in a new environment such as evacuation which causes anxiety, worry and is faced with crisis conditions (Safitri & Khairat, 2017). Other research results show that after an area experiences a natural disaster, around 15-20% of the population experiences mild or moderate psychological disorders which can then have an impact on trauma. These data illustrate that natural disasters consistently have an impact on psychosocial conditions such as stress disorders, trauma and depression (Salsabila Arsih et al., 2022). The results of subsequent research show that in general, victims of natural disasters will experience PTSD in the first and second years after the disaster occurs (Fandro Armando Tasijawa et al., 2021). The results of this research are supported by other research that natural disaster victims have three characteristics of psychological disorders including PTSD characterized by disturbed memory, self-isolation, and experiencing physical disorders. The condition of natural disaster victims in this way needs psychosocial support to strengthen each other as an alternative problem solving for the physical and psychological healing process of victims (Rimayati, 2019). Thus, post-traumatic stress symptoms need to be cured quickly to avoid prolonged suffering. Delayed healing will have negative consequences for society (Marthoenis et al., 2019).

One alternative problem solving for psychological healing of natural disaster victims can be done with a traumatic counseling service model. Traumatic counseling services have a central position in overcoming the psychological trauma of natural disaster victims. Trauma caused by natural disasters will have an impact on the psychological health of natural disaster victims. This is because natural disasters can occur suddenly at an unexpected time so that victims can experience shock. Usually natural disasters will cause victims, such as property victims and even fatalities. Psychological conditions such as stress, anxiety, worry and even depression can be indicators of deep psychological trauma. Psychological trauma will be difficult to heal for a long time, even for life. For victims of natural disasters who have traumatic experiences, they tend to withdraw from their social environment. The aim of traumatic counseling is to provide behavioral changes to clients

so that they can adapt to the post-traumatic environment (Hayatul Khairul Rahmat, 2020). This condition is in line with the characteristics of individuals who experience trauma, including physical symptoms such as lethargy and weakness, cognitive symptoms of confusion and lack of concentration, symptoms of restless emotions and feelings of loss and will withdraw from the social environment (Rahmat & Budiarto, 2021). Based on the reality in the field, not much is known about the best way to treat PTSD and other mental health needs in disaster-prone areas, especially in rural areas that lack resources (Rafiey et al., 2019).

The data above shows that victims of natural disasters experience loss of property and loss of family members who died. For survivors, of course, they will never forget the natural disaster they experienced. Thus, it can be said that natural disasters will not be separated from human life. This is because almost every day there are natural disasters, both large and small (Nirwana, 2016). Furthermore, victims of natural disasters with prolonged psychological trauma will cause victims to experience PTSD. PTSD itself is a form of mental disorder caused by traumatic events that are very unexpected or very unpleasant for the victim. Mental disorders in the form of PTSD are the most common disorders experienced by victims of natural disasters. Previous research results stated that PTSD disorders in victims of natural disasters in Southeast Asia range from 8.6% to 57.3% (Maulana et al., 2023). Data from the United States Department of Veterans Affairs provides data that around 60% of men and 50% of women experience trauma at some point in life. While 7-8% of the population also experience PTSD (Gluff et al., 2017).

The explanation of the data above shows the importance of traumatic counseling services as a real form of contribution to counseling science in providing alternative solutions for victims of natural disasters. Given that during the two seasons in Indonesia, such as the dry season and the rainy season, each has its own natural disaster character. Traumatic counseling services are carried out by professional staff, namely counselors and natural disaster volunteers. In the traumatic counseling service, it can be categorized as disaster counseling, which is an alternative problem solving carried out for victims of natural disasters in order to alleviate or eliminate psychological disorders to adapt to the environment. The purpose of counseling for survivors of natural disasters according to IKI (Indonesian Counselor Association) states that "providing counseling services to survivors who experience crises, trauma, or acute psychological disorders due to natural disasters, Helping to restore the acute psychological mental condition of victims of natural disasters so that they can return to normal activities " (Safitri, 2018).

The form of traumatic counseling services can be done by providing emotional support such as providing entertainment, listening to complaints and finding solutions to problems faced by victims of natural disasters. In addition, to help ease the psychological burden of victims of natural disasters, namely by providing material assistance in the form of daily necessities. With psychological and environmental conditions that have changed due to natural disasters, it will also change lifestyles. Lifestyle patterns that were originally carried out normally, but due to disasters victims must change and adapt to new lifestyles. Such as eating patterns, sleeping patterns, and patterns of interaction with the environment carried out in evacuation. In conditions like this, victims of natural disasters will experience culture shock, namely cultural shock from previously living normally to a new lifestyle. Selain itu, bencana alam dapat berdampak pada kerugian fisik dan mental. Truma yang dialami memiliki perbedaan mulai dari jangka pendek dan jangka panjang (Arsih & Karneli, 2022).

Therefore, victims of natural disasters need to get their rights that have been regulated by the government in Law Number 24 of 2007 paragraph 3 which states that "The rights of disaster victims guaranteed by the state in the recovery of conditions can include physical, psychological and other material conditions. Such as getting credit write-offs, and re-applying for lost authentic documents" (Warih Anjari, Wagiman, Yanuar Rahmadan, Yohana Tri Oktaviani, Natasya Alfitri, 2023).

Based on the facts and data above, it can be seen that the systematic framework of thinking that natural disasters in Indonesia have serious material and immaterial impacts on victims such as loss of housing, public facilities and loss of family, relatives and friends. After experiencing such a great loss, victims of natural disasters will experience PTSD. This is in line with the theory that PTSD is caused by natural disasters so that it has an impact on disturbed psychological conditions such as traumatic disorders (Erlin & Sari, 2020). In the first and second years after a natural disaster occurs, victims will experience PTSD which disrupts the psychological health of victims ranging from children, adolescents, and adults. The presence of PTSD requires alternative problem solving so that victims of natural disasters do not continue to feel the trauma, namely through traumatic counseling. Traumatic counseling is provided to clients (victims of natural disasters) to provide psychological support, strengthen each other and find solutions to the trauma experienced by victims. With this traumatic counseling service, it is hoped that victims of natural disasters in Indonesia will be able to rise from adversity so that they are able to live their next lives with full meaning for the disaster they experienced. This is in line with research which states that traumatic experiences will result in weakened survival defenses and will have an impact on the challenges of facing future life (Nurhafiza et al., 2022). Other research shows that victims who experience PTSD need attention, care, motivation and moral support to be able to recover from this traumatic condition.

Research Methods

This type of research is qualitative with a literature model. The focus of this study is traumatic counseling for victims of natural disasters who experience PTSD or Post-Traumatic Stress Disorder. Data collection techniques are carried out by collecting reliable sources such as previous research results, official government websites to ensure the validity of the data obtained. Data analysis techniques use a content analysis model. Content analysis is carried out by collecting content and symbols from primary data. This analysis is used to determine the characteristics of the content in a message.

Results and Discussion

Traumatic Counseling for Natural Disaster Victims in Indonesia

The results of this study are presented by describing the results of the research findings and analyzing the data findings. The results of the research findings can be seen starting from the fact that victims of natural disasters really experience PTSD and how to cure it using SEFT and CBT. Traumatic counseling is a professional service in the form of psychological assistance for clients who are experiencing trauma (Hayatul Khairul Rahmat, 2020). Traumatic counseling services are usually needed by all victims of natural disasters who experience severe stress and depression (Nirwana, 2016). Basically, trauma can occur at any time and in any form. Trauma can occur

physically and psychologically to the victim. The causes of trauma are categorized into three types, namely, trauma due to human intent such as malicious intent, unintentional such as accidents, and natural factors such as natural disasters (Masril, 2012). In conditions of trauma, all parts of the brain have a very important role, especially the limbic system. In the brain's nervous system, the limbic system is a sensor that is responsible for storing memories of traumatic events (Sulistiyanti, 2017). The limbic system is located in the middle of the brain. This system plays a role in playing emotions, motivation and decision making (N. Sari et al., 2024). The limbic system stores distress related to natural disasters and such conditions will last long after the natural disaster occurs. Continuous distress will worsen the psychological condition of the victim (Dwidiyanti et al., 2018).

Furthermore, the purpose of traumatic counseling has several goals to be achieved, namely, eliminating memories or images of events that traumatize victims, then increasing rationality of thought, and restoring self-confidence lost due to trauma, and finally restoring emotional care and restoring the meaning of the purpose of life for victims of natural disasters (Imaniyatul Fithriyah, Maghfirotul Lathifah, 2020). Another goal of trauma counseling is to identify and assess the level of trauma and its impact on the victim's life. In identifying this, it involves evaluating the causes of trauma in the victim (Kurnia & Rahmawati, 2024). The next goal of traumatic counseling is to restore the victim's psychological condition to before experiencing trauma and to be able to adapt to the new environment (Karnia, 2018). The next goal is that traumatic counseling is carried out so that victims are able to understand and accept the reality that occurs, so that victims are able to start a new life independently. In addition, traumatic counseling also aims to change behavior to become productive individuals again (Nihayah et al., 2022).

Crisis, disasters, and trauma are inevitable realities of life, preventable but sometimes completely avoidable, as they occur with or without warning. The psychological trauma that follows these events can be devastating to the individual who directly or indirectly experiences them. As professional counselors, we will all encounter clients who are experiencing crisis or trauma at some point in our careers. Therefore, counselors must have a basic knowledge of crisis theory and intervention and must be able to recognize and assess the symptoms of trauma (Pau & Tang, 2020).

Based on the explanation above, it can be concluded that traumatic counseling has an important role in healing traumatic victims of natural disasters who experience PTSD. With the traumatic counseling process, it is hoped that victims of natural disasters can live their next lives without experiencing mental stress due to traumatic events. Thus, traumatic counseling has a central position in the healing process of victims of natural disasters who experience trauma and show PTSD behavior. In an effort to understand effectively to find out the ins and outs of PTSD, by playing an important role to be applied in therapeutic traumatic counseling (Chen, 2023).

Traumatic Counseling Approach Techniques for Natural Disaster Victims

Spiritual Emotional Freedom Technique (SEFT)

SEFT is one of the traumatic counseling techniques to overcome emotional disorders by utilizing the energy system in the victim's body. SEFT is also a technique to cut off intervention or pressure from trauma problems experienced by victims (Ifazatul Nurlatifah, 2016). This mentoring technique with the SEFT model can be developed by adjusting to the beliefs or beliefs held by each victim. SEFT emphasizes the victim's surrender and hopes for help from God Almighty (Astuti &

Ediyono, 2021). In other words, SEFT is a technique that combines spiritual strength with psychological strength. This means that spiritual strength is through prayer, sincerity and surrender to God Almighty. While psychological strength is the soul's resilience in facing problems (Heri Fadli Wahyudi, 2023).

Basically, SEFT is a development of EFT, namely Emotional Freedom Technique. This EFT was developed by Gary Craig from Callahan, namely Thought Field Therapy (TFT). TFT is a technique used to neutralize negative energy in the victim's body. EFT itself is a technique to overcome the victim's emotions by lightly tapping the victim's fingertips. The tapping on the fingertips aims to stimulate certain meridian points while feeling the problems faced (Ulfa, 2013). Stimulating certain points is called tapping. The results of previous research conducted at Harvard Medical School showed that when the victim is in a state of fear and then tapping is done on the acupoint, there will be a decrease in the level of amygdala activity. Amygdala activity is a decrease in brain wave activity so that it has an impact on the reflection effect that can neutralize all emotional tension in the victim's body. When this tapping is given to an anxious victim, it will function to relax the stiff nerves (Firda Ikhsan Nurrohmah, 2022).

SEFT is still a new technique but is also very easy to practice. SEFT has similarities with the acupuncture and acupressure models. Both techniques stimulate key points on the 12 energy pathways or meridians. SFET uses a safer method than acupuncture and acupressure which use needles. However, SEFT only taps the meridian points on the index finger and middle finger. By involving God's presence in energy psychology, the SEFT amplifying effect technique that has an impact on the spectrum of problems can be reduced quickly (Cintami Farmawati, 2019). One of the unique things about this SEFT technique lies in the focus point on the body's energy system disorders. These emotional body disorders function to cleanse negative emotions and without having to remember the trauma that occurred. Or in other words, this SEFT technique is an emotional liberation technique (Nila Fatmah, 2022). In SEFT practice, victims are taught to be able to manage their thoughts and emotions and raise hope and self-confidence (Merida et al., 2021).

Based on the explanation above, it can be concluded that SEFT is a combination of spirituality and psychology to reduce trauma in victims. The SEFT technique is suitable for use in traumatic counseling services because of the combination of two aspects, namely spirituality and psychology. With this SEFT model, it will provide accurate emotional support by involving God's presence in all events that occur. Meanwhile, SEFT is a development of the EFT model, namely "Emotional Freedom Techniques or "Tapping" is a body/mind self-help method. It combines a gentle touch together with mindful and vocal attention to thoughts and feelings. EFT involves tapping with our fingertips on acupuncture points on the hands, face and body while focusing (temporarily) on an issue we wish to resolve" (Hafter et al., 2023).

Cognitive Behaviour Therapy (CBT)

Severe traumatic conditions will cause victims to show signs of psychological disorders in the form of trauma called Post Traumatic Stress Disorder or PTSD. PTSD disorders that appear after a severe or prolonged traumatic event. One of the models used to cure PTSD is by using the Cognitive Behavioral Therapy (CBT) model (Moza & Yudianto, 2023). CBT for treating PTSD has short-term and long-term impacts and is considered an effective service model. CBT is expected to change the victim's mindset from excessive anxiety. CBT combines ways of thinking and behaving with three

things, namely thoughts, feelings and behavior. The CBT model also provides victims with an understanding of behavior and new ways to deal with disturbing situations by involving certain skills (Utama & Ambarini, 2023).

CBT is a psychosocial therapy model by changing negative thought patterns to positive ones. Negative thought patterns will have an impact on maladaptive behavior. Conversely, positive thought patterns will have an impact on adaptive behavior. In cognitive therapy, it is stated that an event cannot cause anxiety and maladaptive responses, but rather assessments, expectations and interpretations that are not in accordance with the victim's wishes. Thus, maladaptive behavior can be changed directly by the victim's thoughts and beliefs. In more depth, it is explained that cognitive therapy argues that maladaptive responses arise due to cognitive distortion. These cognitive distortions can be in the form of logical errors, reasoning errors, and errors in views that describe positive or negative distorted realities (Sari, 2021).

In line with the opinion above, CBT aims to improve assumptions, mindsets, attitudes and imaginations about a particular event. CPT also teaches victims to respond to everything in a healthy and productive manner. Thus, CBT is suitable for responding to trauma in victims of natural disasters. The stages of CBT therapy are carried out in several stages, including initial evaluation, identification of negative thought patterns, making change plans, implementing change plans, and evaluating results (Inayati & Harahap, 2022).

Based on the explanation above, it can be concluded that CBT therapy is very appropriate and suitable for use in reducing trauma for victims of natural disasters in Indonesia. In CBT therapy, it emphasizes a positive response to a problem. With a positive response, victims will be able to align their mindset, feelings and respond to natural disasters positively so as not to trigger trauma. The targets of CBT therapy are cognitive, behavioral, and emotional aspects in reducing a traumatic event in the form of a natural disaster (Salsabila Arsih et al., 2022). In addition, the aim of CBT therapy is to improve psychosocial function, restore thinking skills, and reduce the impact of trauma experienced. CBT therapy has been shown to reduce levels of anxiety, discomfort, depression, helplessness and maladaptive behavioral problems in victims of natural disasters (Del Fatma Wati, 2018).

Post Trauma Stress Disorder (PTSD) Conditions of Natural Disaster Victims in Indonesia

PTSD is a psychological disorder that most often occurs after victims experience traumatic events such as seeing, feeling, and experiencing natural disasters. PTSD can affect anyone as a result of a traumatic experience. In general, PTSD is a syndrome of anxiety, autonomic lability, emotional vulnerability, and flashbacks of a very sad experience. PTSD can occur due to physical and psychological stress that exceeds the limits of the resilience of victims of natural disasters. Meanwhile, trauma is a wound or injury, tissue damage, and shock. Thus, trauma is a severe and sudden psychological anxiety due to events in the environment that exceed the victim's ability to survive, avoid and overcome it (Pratiwi, 2017).

PTSD is a type of stress disorder that is specifically related to certain traumatic events. At the highest level, PTSD can cause personal, academic, social and career dysfunction. Initially, PTSD was classified as an anxiety disorder. However, currently, PTSD has its own group space called trauma and stressor-related disorder with the scope of posttraumatic stress disorder (PTSD), acute stress

disorder (ASD), adjustment disorder (AD), and childhood reactive attachment disorder. PTSD includes 4 groups of symptoms including memory intrusion, avoidance symptoms, negative changes in thoughts and mood, and symptoms of distraction and excessive reactivity. When classified based on age categories, PTSD symptoms in children are much greater than in adolescents. Meanwhile, gender factors also influence PTSD symptoms, where women are at higher risk of experiencing PTSD than men (Rahmadian et al., 2016).

Natural disaster victims who experience PTSD will always try to avoid things that can remind them of the event that caused the trauma. The symptoms that are already severe in PTSD can be seen in alcohol abuse, always being angry, aggressive or violent, even to the point of hurting themselves. Other symptoms of PTSD include personality changes, avoiding social life and experiencing insomnia (Aprily et al., 2022). Furthermore, the research results state that victims who experience PTSD seem to relive the traumatic event that they have experienced. After experiencing this, the victim will try to avoid stimuli related to the traumatic event. Such conditions will limit the victim and will result in a decrease in emotional responses in PTSD survivors. Clinically, PTSD survivors will feel over-aroused, easily shocked, and experience unstable emotions (Muslaini & Sofia, 2020).

Based on the explanation above, it can be concluded that PTSD in victims of natural disasters is the most common condition for anyone who experiences it. This condition does not look at age and gender. Basically, victims of natural disasters who experience PTSD physically survive the disaster, but psychologically they are still haunted and depressed by the traumatic event. PTSD survivors will always experience anxiety and always remember through memories, dreams, or reactions to internal stimuli about the traumatic event (Gulo, 2014). PTSD can have serious consequences if it does not receive proper healing. These impacts can be in the form of physical and psychological disorders that interfere with social and work life. The need for assistance for PTSD survivors can be done through traumatic counseling, so that PTSD survivors can live their lives as before (Mukhadiono, Widyo Subagyo, 2019).

Traumatic Counseling for PTSD Survivors of Natural Disasters in Indonesia

Traumatic counseling is a form of counseling service specifically intended for clients who have experienced trauma in their lives. The difference between traumatic counseling and other types of counseling services lies in the time, focus, activities, and goals of counseling. In the context of research, traumatic counseling requires a service process with a long duration. Then, in terms of problem focus, traumatic counseling only focuses on one problem, namely traumatic healing. One of the characteristics of traumatic counseling is the presence of assistance from other people such as family and friends as well as more active professional counselors. The goals of traumatic counseling consist of helping mental recovery and helping to provide an understanding of the events that occurred (Hendrayadi et al., 2024). In traumatic counseling services, religious values can be instilled, so that trauma victims can get closer to God. In addition, in this context, support from family and friends has a major influence on healing the trauma of victims of natural disasters (Imaniyatul Fithriyah, Maghfirotul Lathifah, 2020). Furthermore, in implementing traumatic counseling services, detection of trauma problems is determined from the start to be understood by the counselor. With early trauma detection, the counselor can determine the type of trauma suffered by the victim. Traumatic counseling is a form of counseling with a therapeutic nature, namely

directing the client to change attitudes and behavior in a more positive direction (Etty Setiawati, 2016).

Counselors' efforts to provide assistance to traumatized disaster victims are carried out with many people. Counselors provide direction to family and friends to help provide emotional support. In traumatic counseling services, counselors are required to have several skills including realistic perspective skills, holistic orientation skills, and skills between empathy and assertiveness (Etty Setiawati, 2016). Traumatic counseling wants to create a sense of security for victims. This is because trauma victims feel they do not have a sense of security when trauma attacks (Harahap, 2019). The existence of traumatic counseling services is expected to make victims feel optimistic about living their lives even though they have gone through a series of tragedies in their lives. Frankl argues that optimistic individuals are strong individuals in facing "a series of tragedies in their lives". The term series of tragedies in question is survival, guilt and loss or death (Engel, 2017).

A series of lives experienced by victims cause victims to suffer from PTSD. PTSD is defined as an anxiety disorder after an individual witnesses and/or experiences a traumatic event. There are forms of traumatic events such as violence, abuse, accidents and natural disasters (Fadilah et al., 2024). The theory of PTSD emotional processing states that the development of PTSD is due to the presence of a pathological fear structure. PTSD consists of pathological stimuli, responses that include cognitive, behavioral, emotional, and meaning to certain stimuli. In individuals who experience traumatic events, they will create a fear structure in memory to avoid danger. Individuals with PTSD have characteristics of negative assessments of traumatic events. This traumatic assessment is a thought to develop PTSD conditions to produce feelings of threat accompanied by intrusion, anxiety, anger and sadness (Tantomo & Zamralita, 2024).

Based on the explanation above, trauma really has a negative impact on the lives of PTSD survivors. This is what then makes trauma rank third as a cause of death and disability worldwide. Especially in the fourth decade which often occurs in developing countries. Basically, trauma is a time-sensitive condition, and healing trauma is currently a major challenge for health services today (Salim, 2015). Trauma survivors will experience several problems, namely physical and psychological problems, physical problems will be indicated by sleep disorders, respiratory disorders, and heart rhythm disorders. While psychological disorders are indicated by feelings of anxiety, fear, worry and guilt (Fitriani, 2018). These physical and psychological disorders are the impacts caused by PTSD survivors. According to the National Institute of Mental Health (NIMH) in America, PTSD is an anxiety disorder due to threatening experiences, in other words, trauma is a form of psychological injury (Masril, 2012). This means that psychological injuries need trauma healing. Trauma healing is needed for the safety of victims from prolonged stress due to life-threatening events. Trauma healing can be done, namely group therapy which aims to align the perception that they have a sense of togetherness in the same fate and struggle to face the disaster (Soebahar & Ghoni, 2019).

Conclusion

Natural disasters can cause various problems ranging from material and immaterial problems. Material problems in the form of damage or loss of property. Immaterial problems in the form of psychological injuries that occur most often are Post Trauma Stress Disorder (PTSD). The form of PTSD itself is in the form of pathological anxiety, weakness and helplessness in dealing with events that remind you of the traumatic event. Efforts to heal PTSD can be done with traumatic counseling using the Spiritual Emotional Freedom Theology (SEFT) model or using Cognitive Behavior Therapy (CBT). The use of these two techniques is suitable for traumatic counseling services. Thus, traumatic counseling to be an alternative problem solving for PTSD for victims of natural disasters can help trauma victims heal the trauma. By knowing that victims of natural disasters are at risk of PTSD, the science of traumatic counseling can be an alternative to be applied to victims of natural disasters in Indonesia.

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