



THE RELATIONSHIP BETWEEN THE ROLE OF PARENTS WITH TRAUMA HEALING RECOVERY POST FLOOD DISASTER

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ABSTRACT

Disaster is an event that threatens and disrupts people's lives caused by natural or non-natural factors resulting in a sudden psychological impact. The action of parents to deal with trauma healing and trauma in each phase of recovery depends on their knowledge and resilience. Whether they avoid or escape trauma healings and trauma depends on the psychological assistance they receive. The purpose of this study was to determine the relationship between the role of parents and trauma healing after the flood disaster. This type of research uses descriptive analytic with a cross sectional approach. the sample in this study amounted to 35 respondents using random sampling technique. The research instrument was obtained by distributing questionnaires. Data analysis used Univariate and Bivariate with Kendall's tau test. The results of the study found 34 respondents (97.1%) with a positive parental role. Based on trauma healing, there were 28 respondents (80.0%) with mild trauma healing. Based on the relationship between the role of parents and post-flood trauma healing, there were 28 respondents (80.0%) who obtained a positive role of parents with mild trauma healing. The results of the analysis show that the p value is $0.015 < 0.05$. There is a relationship between the role of parents and trauma healing after the flood disaster. Based on the relationship between the role of parents and post-flood trauma healing, there were 28 respondents (80.0%) who obtained a positive role of parents with mild trauma healing. The results of the analysis show that the p value is $0.015 < 0.05$. There is a relationship between the role of parents and trauma healing after the flood disaster. Based on the relationship between the role of parents and post-flood trauma healing, there were 28 respondents (80.0%) who obtained a positive role of parents with mild trauma healing. The results of the analysis show that the p value is $0.015 < 0.05$. There is a relationship between the role of parents and trauma healing after the flood disaster.

Keywords: Role, Trauma Healing, Flood

INTRODUCTION

In early 2014 Indonesia was hit by flash floods in Manado, North Sulawesi, a total of 19 people died and many houses and property were swept away along with the flash floods. the eruption of Mount Sinabung in Tanah Karo, North Sumatra to Mount Sangeang in Bima, West Nusa Tenggara which claimed many lives. At the end of 2014, disaster again befell Indonesia in the Karangkoar district, Banjarnegara with its landslide disaster. it is estimated that 108 people were buried in the ground and 97 people died. This series of disasters is not a fairy tale, but is real and has really hit the people of Indonesia.

Natural disasters that occur large enough will usually take away a lot of property, lives and victims of physical and psychological injuries. The victims of the disaster need to get fast treatment for their safety in Republic of Indonesia Law No. 24 of 2007 article 26 explains that "everyone has



the right to social protection, and a sense of security, especially for disaster-prone groups. Disaster victims regardless of position, age or gender. Disaster victims can come from among children, adolescents, adults or the elderly.

As stated in article 26 that the priority in saving disaster victims is groups that are categorized as vulnerable, for example children, the elderly, disabled, patients, hospitals, and other weak people. especially children as the successor of the nation must take precedence because they are more susceptible to psychological disorders. Their innocence and spontaneous reactions of shock tend to result in trauma after they have been hit by a disaster

Children who experience severe mental emotional and anxiety disorders need special treatment by personnel who have special expertise, such as psychologists and social workers. therefore if a child gets the wrong treatment it can cause the trauma to deepen and it is difficult to heal, this is very concerning and can interfere with their further survival. Like the children who were victims of the earthquake in Aceh in 2004, they experienced extreme trauma. children generally do not have sufficient ability to overcome the physical and emotional suffering that befalls them.

This is what creates sympathy and empathy for some people and organizations in Indonesia, one of which is an institution under the auspices of an Islamic organization, namely MDMC, an institution engaged in the disaster management process, both pre-disaster, during a disaster, and post-disaster. The existence of this organization seems to be a positive form of protest against the first history of disasters experienced by mankind and an institution that cares about the condition of disaster management. Of course there won't be much that distinguishes disaster management institutions that are Islamic in nature from those that are not. Even though MDMC comes from an Islamic organization, they use two different perspectives, according to Islamic and western perspectives which are then integrated in carrying out the planned program.

One of the healing of trauma due to the disaster in Banjarnegara is using the trauma healing method. Usually this method is carried out with a psychological approach that will support increased prosperity and independence. In this world there are many tools that can detect signs of an impending natural disaster. even after the disaster is over, there are many machines and materials that can rebuild damaged buildings and houses, but in this world there are no tools or machines that can heal trauma in the heart, because the heart will heal if it is approached again by heart, namely human beings as beings who have a heart.

Similar to what MDMC did in carrying out trauma healing for child victims of the disaster, the agency recruits people who are interested in becoming volunteers who are then trained to provide assistance to children through a psychological approach by way of fun games or collective dhikr.

RESEARCH METHODS

Descriptive correlation research with a cross-sectional approach. The population in this study amounted to 35 residents of the Cibungbulang community, Bogor Regency. The sampling technique used is total sampling. The tool used is a questionnaire. Univariate and bivariate data analysis (Kendall tau).

RESEARCH RESULT

Table 1. Frequency Distribution of Parental Roles

No	The role of parents	Frequency	Percentage
1	Positive	34	97.1%
2	Negative	1	2.9%
	Total	35	100%

Based on table 1 above, it is known that out of 35 respondents, there were 34 respondents (97.1%) with a positive parental role.

Table 2. Distribution of the frequency of trauma healing recovery

No.	Category	Frequency	Percentage (%)
1.	Mild	28	80.0%
2.	Moderate	6	17.1%
3.	Weight	1	2.9%
	Total :	35	100%

Based on the 2 frequency distribution of trauma healing, the results obtained from 35 respondents, there were 28 respondents (80.0%) with mild trauma healing.

Table 3. The Relationship between Parental Role and Children's Trauma Healing Recovery after a Flood Disaster

Pemulihan <i>Trauma Healing</i> Pasca Bencana								
Peran Orangtua	<i>Ringan</i>		<i>Sedang</i>		<i>Berat</i>		Total	P Value
	F	%	F	%	F	%		
Positif	28	80,0%	6	17,1%	0	0,0%	34	97,1%
Negatif	0	0,0%	0	0,0%	1	2,9%	1	2,9%
Total	28	80,0%	6	17,1%	1	2,9%	35	100%

The results of the analysis of the relationship between the role of parents and the post-flood trauma healing recovery from 35 respondents, there were 28 respondents (80.0%), it was found that the role of parents was positive with mild trauma healing.

DISCUSSION

1 The Role of Parents

Based on the results of research from 35 respondents, it was stated that the role of parents was mostly positive, namely 34 respondents (97.1%).

The results of this study are comparable to Asnayanti's study entitled *The Relationship between Coping Mechanisms and Trauma Healing Events After Natural Disasters in the Tubo Village Community, Ternate City.*

Based on the theory and results of research that has been done by researchers with a total of 35 respondents, that most of the role of parents is in the positive category, namely as many as 34 (97.1%). This was reinforced by the results of the questionnaire items that the researchers gave to the respondents through *Google Forms*.

According to the researcher's assumption that the good role Parenting done to oneself can shape character and develop a positive psychological impact to be used as a guide in everyday life.

b. Trauma Healing

Based on the results of research from 35 respondents, it was stated that most of the trauma healing was in the light range after the flood disaster as many as 28 respondents (80.0%).

Trauma healing is the body's reaction (response) to the environment that can protect us, which is also part of the defense system that keeps us alive. Trauma healing is an unpleasant condition where humans see demands in a situation as a burden or beyond their ability to meet these demands. Trauma healing is a certain reaction that appears in the body which can be caused by various demands, for example when humans face important challenges, when faced with threats, or when they have to try to overcome unrealistic expectations from their environment. . Thus, it can be interpreted that trauma healing is a body's defense system where something disturbs one's integrity, thus disturbing the peace which is interpreted as a demand that must be resolved. Besides that, a state of trauma healing will arise if there are extraordinary demands that threaten the safety or integrity of a person

Trauma healing are the factors in human life that result in the trauma healing response. Trauma healing can come from various sources. Both physical, psychological and social conditions and also appear in work situations, at home, in social and other outside life

Physical environment. Conditions or events related to the individual's surroundings can trigger trauma healing. This can be in the form of natural disasters (disaster syndrome), such as earthquakes, floods, typhoons, storms and so on. Other things that can become a trauma healing or are weather conditions (too hot/cold), overcrowded environmental conditions (over crowded), traffic jams, dirty work environments and so on.

Light trauma healing is trauma healing that does not damage the physiological aspects of a person. Mild healing trauma is generally felt and faced by everyone on a regular basis such as forgetting, sleeping too much, traffic jams, being criticized. Situations like these usually last a few minutes or a few hours and usually do not cause illness unless they are endured. The level of trauma healing is said to be mild if the trauma healing or that everyone faces regularly. This situation occurs within a few minutes or a matter of hours. Mild healing trauma does not cause a risk of

disease, but if the number of trauma healers is large in a short time it can increase the risk of disease.

The results of this study are comparable to Asnayanti's study entitled *The Relationship between Coping Mechanisms and Trauma Healing Events After Natural Disasters in the Tubo Village Community, Ternate City*. The results of the research showed that the people of the Tubo sub-district were in the mild trauma healing category, 33 respondents (66%).

Based on the theory and results with a total of 35 respondents, the majority of respondents had a level of trauma healing in the mild category, namely 28 (80.0%). This was reinforced by the results of the Google Form questionnaire items that the researchers gave to the respondents.

According to the researcher's assumption that the good level of trauma healing in the community can have an impact on the social life of the community itself and can train patience so that an attitude of wanting to be patient with everything can be developed.

c. The relationship between the role of parents and the level of post-flood trauma healing

Bivariate analysis results obtained from 35 respondents, there were 34 (97.1%) respondents who had a positive parental role with a value $p\text{-value } 0.015 \leq 0.05$. Which means there is a relationship between Coping Mechanisms and Levels of Post-Flood Trauma Healings.

The positive parental role is a role that has an integrative function of growth, learning and achieving goals. Individuals in the face of threats or demands are able to solve problems in an effective way, can be open with others about their problems, perform relaxation techniques and carry out activities constructively.

Light trauma healing is *trauma healing* which does not damage the physiological aspects of a person. Mild healing trauma is generally felt and faced by everyone on a regular basis such as forgetting, sleeping too much, traffic jams, being criticized. Situations like these usually last a few minutes or a few hours and usually do not cause illness unless they are endured. The level of trauma healing is said to be light if everyone faces trauma healing regularly. This situation occurs within a few minutes or a matter of hours. Mild healing trauma does not cause a risk of disease, but if the amount of trauma healing is large in a short time can increase the risk of disease.

The results of this study are comparable to Asnayanti's study entitled *The Relationship between Coping Mechanisms and Trauma Healing Events After Natural Disasters in the Tubo Village Community, Ternate City*. The results of the research showed that the people of the Tubo village with the light trauma healing category were 33 respondents (66%) with the adaptive coping mechanism category 39 respondents (78%) statistical test results showed a value = 0.01. This shows that the value is smaller than alpha (≤ 0.05) thus H_0 is rejected and it can be concluded that there is a relationship between coping mechanisms and trauma healing events after natural disasters.

Based on the results of the research and theory above, the researchers concluded that there was harmony between the theory and the research results, namely that coping mechanisms affect the level of trauma healing. This is evidenced from the results of the research that the researchers conducted that 34 respondents (97.1%) had Adaptive coping mechanisms in dealing with trauma healing levels. According to the researcher's analysis, it was concluded that the adaptive coping



response is a positive response from trauma healing or where trauma healing can improve or produce good things.

CONCLUSION

1. It is known from the results of the frequency distribution of parental roles that there are 34 ((97.1%)) respondents with positive parental roles.
2. It is known from the results of the frequency distribution of post-flood trauma healing recovery that there were 28 (80.0%) respondents with mild trauma healing.
3. It is known that there is a relationship between the role of parents and trauma healing after the flood disaster in Bogor, there are 28 (80.0%) respondents who have a parental role in dealing with mild trauma healing in the positive category. Based on the results of bivariate analysis using the Kendall Tau analysis test, a p value of $0.015 \leq 0.05$ (alpha) was obtained so that H_a was accepted. Shows that there is a significant relationship between the role of parents and trauma healing.

SUGGESTION

1. For Research Sites
Can provide useful information and input. It can also be used as a guideline for the role of parents in trauma healing after the flood disaster in the community in Bogor.
2. For Educational Institutions
It can be used as a reference material to find out the relationship between the role of parents and trauma healing after natural disasters in the community.
3. For Researchers
Can increase knowledge about the relationship between the role of parents and trauma healing after natural disasters in the community.

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