

THE EFFECTIVENESS OF TRAUMATIC COUNSELING FOR CHILDREN WHO ARE VICTIMS OF NATURAL DISASTERS

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Abstract

This study aims to discuss the effectiveness of traumatic counseling for children victims of natural disasters as a strategy to have a positive psychological impact on children victims of natural disasters. Traumatic counseling has an important role in providing assistance to victims of natural disasters, especially for children. Traumatic counseling helps clients who have experienced such trauma. This research uses a descriptive qualitative approach including, 1) compiling and managing research designs, 2) choosing research subjects, 3) collecting data and analyzing data, 4) presenting research data, and 5) research drawing conclusions. The results showed that traumatic counseling is needed for children affected by natural disasters so that there is no trauma effect for victims of natural disasters. This is because children are more prone to trauma because at a very young age they are more sensitive to imagine the events they experience.

Keywords: *Child victims of natural disasters, traumatic counseling.*

Introduction

In human life there are many events that approach, both happy and difficult events to accept. An event that is difficult to accept, considered a disaster, or a previously unpremeditated event that is at mental uncertainty, such as the death of a loved one, an accident, or a natural disaster. These kinds of events cause very deep wounds and can lead to the onset of psychological trauma, which if not obtained appropriate and appropriate treatment will have a bad impact on the sufferer. When traumatic occurs in an individual, he will overcome and respond with the healing process he has, so as not to cause negative impacts in the future (Mereduksi & Psikologis, 2022).

The psychic impact will leave a deep trauma for victims of natural disasters, especially children who are very vulnerable to trauma. Because children who are still in the process of early development will store all events in their memory and will affect behavior in the future. To help people with traumatic is to do counseling.

Traumatic counseling is very important for its role in providing assistance for victims of natural disasters, especially for children. Traumatic Counseling is intended for trauma conditions that are still within the limits of mild and moderate anxiety, such as excessive fear, phobia and some of them (Azzahra, 2019).

The concept of traumatic counseling uses various approaches tailored to the level of needs of victims of natural disasters, thus when traumatic counseling is used for children, the implementation is based on the level of development and psychological needs of children so that traumatic counseling will be right on target (Azzahra, 2019).

In dealing with the negative impacts caused by natural disasters is not an easy matter but it takes various parties who collaborate to deal with it. Likewise, disasters have a fairly fatal effect, namely psychological impacts. Psychological impact is influenced by the interaction of changes or physical disorders, psychology, social situations, and problems of a material nature (Hayatul & Alawiyah, 2020). As a result of the danger of this trauma, a solution is needed to reduce the psychological impact on disaster victims.

Trauma usually begins from a state of deep and continuing stress that cannot be overcome by the individual who experiences it. The extent to which the trauma develops, how the nature or type. If the state of trauma in the long term, then it is an accumulation of bad events or experiences that then the consequences become a very severe psychological free and complicate oneself in the process of self-adjustment, will inhibit the emotional and social development of individuals in various aspects of behavior and attitudes, such as in terms of the educational process and the fulfillment of other individual needs at large. Therefore we raised this writing because seeing the end of this end there are often natural disasters for us to make writing (Hayatul & Alawiyah, 2020).

The methods used by counselors in handling counseling are also different, this is natural because everyone is different in understanding others. In his approach, some use a persuasive approach and some also with an insetif approach. In growing post-traumatic counseling is not only with one technique or strategy, but must be globalized in order to face and respond to counseling appropriately as expected. Therefore, this study aims to discuss how effective traumatic counseling is for children victims of natural disasters as a strategy to have a positive psychological impact on children victims of natural disasters.

Method

The study used a qualitative descriptive approach. According to David Williams (Moleong, 2005) qualitative research seeks to collect data based on natural settings. Of course, the results of this research are also scientific. This data collection technique uses Interviews. Conduct interviews to find out the complete data and efforts to obtain accurate data and appropriate data sources. In this study, the author interviewed one of the clinical psychology lecturers and lecturers of the faculty of psychology UIN Syarif Hidayatullah Jakarta. A close relative who has been directly affected by one of the natural disasters, namely the Sunda Strait tsunami Choose the following respondents for this study; IA is a clinical psychologist and lecturer of the faculty of psychology at uin syarif hidayatullah Jakarta; RK is one of the close relatives of the author who was directly affected by the natural disaster, namely the Sunda Strait tsunami, but also RK witnessed directly and was at the location during the tsunami incident happened.

In qualitative data analysis, this study is sourced from interview data obtained through interviews with clinical psychologists and relatives regarding the effectiveness of traumatic counseling in children victims of natural disasters. These research steps include, 1) Compiling and managing research designs; 2) Selecting research subjects; 3)

Collecting data and analyzing data; 4) Presentation of research data; and 5) Draw research conclusions.

Result and Discussion

In the effectiveness of traumatic counseling activities for children victims of natural disasters have an important role in the development of convligray trauma activities. To achieve the success of an activity, planning, implementation, grouping and evaluation are needed.

The efforts of a counselor or psychologist, to support and develop trauma counseling activities to realize the purpose of trauma counseling, namely building attitudes by providing innovations, so that children are brave, and the responsibility that the trauma counseling activities participated by the child have use value. However, a counselor must be able to coordinate in the implementation of trauma counseling activities in order to achieve the goals of effective and efficient activities. So, effectiveness is one of the important factors that can encourage trauma counseling activities. The needs analysis is done using interviews with several sources.

Data collection using interviews was conducted on 1 person of clinical psychology and 1 close relative who was directly affected by the natural disaster, namely the Sunda Strait tsunami, this aims to find out how effective traumatic counseling is for children of victims of natural disasters.

Based on the results of interviews conducted on a clinical psychologist stated that traumatic counseling for children directly affected by natural disasters is needed to improve the child's confidence. This helps to recover the child from the trauma. In the counseling process, clinical psychology seeks to provide conditions to clients so that they are able to meet their needs for meaning, love, the need for actualization so that clients can make solutions and dare to do so. Initially, children can be invited to share about the things that weigh on them. Here, children are left to express everything they feel to get their need for security.

Second, a clinical psychologist can help citizens and children to find solutions to what they fear. Finally, citizens and children are invited to dare to accept reality sincerely. That things have been arranged by the Almighty and this is not the end of everything, but to show how strongly we are able to rise again after a fall. Furthermore the needs analysis is supported by interviews with close relatives or friends of one author. The interview unearthed information about how effective and important post-disaster traumatic counseling is.

Regarding the results of an interview with a close relative of the author, he explained that traumatic counseling after the occurrence of natural disasters is needed for victims who are directly affected, especially children" moreover, I saw directly the incident so hard how to panic at that time" so he said when he was interviewed. He also explained that children will be more likely to be traumatized because children are very vulnerable to trauma. In addition to their psychological condition that is still in dire need of protection, children also urgently need comfortable and calm conditions to achieve their developmental tasks.

Difficulties and suffering in these children require immediate treatment for recovery towards a normal life, and efforts need to prevent psychological barriers due to psychosocial problems. The handling carried out by various parties has been felt

meaningful to restore their condition to be able to live normally and provide support to grow positively.

Through traumatic counseling can facilitate victims, especially children in applying so that the handling of post-disaster trauma in children can be handled appropriately. Therefore, the results of data collection on needs analysis and theoretical studies are used as a reference for conducting analysis in formulating the concept of initial development.

In this discussion, the author will explain the findings of the research results. The findings of this study are a description of the data obtained in data collection in the field through interviews. Furthermore, in the discussion will be conducted analysis of the results of research on how effective traumatic counseling is for children victims of natural disasters. The data that has been generated in this research process will be described first by a description of the general data. The general data that will be outlined include a general description of the research on the effectiveness of traumatic counseling for children victims of natural disasters which is a topic discussed in this journal. Continued the findings of research results and analysis of research data or discussions. The findings in this study are the result of an in-depth interview with an informant, a description of the results of the study in the form of an explanation of the results of the interview with the source presented succinctly by the author. In this discussion will be presented some of the findings of researchers as a result of research from data collection and data processing found in the field. All data obtained by researchers is certainly in accordance with the problems that are the focus of research. The results of research obtained from the field are described and analyzed as a basis for obtaining conclusions from the initial purpose of the study. As for the purpose of this study as outlined in the introduction, that this study aims to: (1) Explore and examine what motives are behind the provision of traumatic counseling for children victims of natural disasters, (2) Identify the process of traumatic counseling to children victims of natural disasters by counselors or clinical psychologists, (3) knowing how effective traumatic counseling is for children affected by natural disasters.

Effectiveness is a goal set, Garner defines effectiveness even more deeply, because effectiveness does not stop until the goal is achieved but arrives at qualitative results associated with the achievement of the vision (Asean Development Bank (ADB), 2005). According to (Wiyono, 2007) Effectiveness is defined as an activity that is carried out and has an impact and results in accordance with the expected.

The effectiveness referred to in this study is a change in children's behavior that is detrimental in carrying out daily activities. Children's behavior that is detrimental in carrying out daily activities is classified as disturbing behavior, especially in the psychological aspects of children after natural disasters. Such behaviors include anxiety, not confidence, worry, fear, anxiety, restlessness, worry, anxiety.

Trauma comes from the Greek word for wound. The word trauma is used to describe the event or situation experienced by the victim. Traumatic events or experiences will be lived differently between individuals and each other so that each person will experience different reactions when facing a traumatic event. The characteristics of trauma are a) Caused by a devastating event that shakes beyond our plans and wills; (b) The incident has passed; (c) There is a psychophysiology mechanism that if I do not resist then I will perish; d) Sensitive to stimuli that resemble the original event (Triantoro, S., & Saputra, 2009). Trauma usually begins from a state of deep and

continuing stress that cannot be overcome by the individual who experiences it. The extent to which the trauma develops, how it is nature or type. If the state of trauma in the long term, then it is an accumulation of bad events or experiences that then the consequences become a very severe psychological condition and make it difficult for a person in the process of adjustment, will inhibit the emotional and social development of the individual in various aspects of behavior and attitudes, such as in terms of the educational process and the fulfillment of other individual needs at large. Seeing such conditions, a counseling service is needed for individuals who experience traumas and psychological impacts so as not to excess such as stress and depression that impact they cannot carry out daily activities as usual. In conducting traumatic counseling, the existence of the concept of early detection will be important to be understood and considered by the aid provider so that various traits or types of trauma suffered by victims such as mild, moderate, and severe trauma. However, not all human events boil down to trauma. Usually events and experiences that are bad, terrible, frightening, or threatening to the existence of the individual concerned, then this condition will risk causing trauma.

Counseling is a practice that is carried out in accordance with a set of rules or guidelines compiled by professional counseling institutions and in accordance with the code of ethics, values, experiences, views, feelings, and ability of clients in determining their own destiny (Geldard, K., & Geldard, 2004). Counseling is a process of providing assistance (give helping) that is the latest directed to change the attitude and behavior of the consultative, which is carried out person to person, namely between the counselor and the counselor using interview techniques so that it is expected to alleviate the problems experienced by the researcher.

According to Corney (Pickett, 1998) trauma comes from the Greek word for wounds. The word trauma is used to describe the event or situation experienced by the victim. Traumatic events or experiences will be lived differently by each individual, so that everyone will have a different reaction in dealing with each traumatic event. Therefore, it becomes a natural thing when a person experiences fear both physically and emotionally as a stress reaction to the traumatic event. Sometimes this effect only occurs after a few hours, days, or even weeks. Individual responses in general that occur are feelings of fear, helplessness, or horror. Similarly, the way an individual deals with such crises will depend on his or her past experiences and history. The indicators of a person experiencing trauma are overshadowed by traumatic events, negative thinking, feeling helpless, emotional, isolating themselves, feeling low future expectations (Afnibar, 2012).

According to (Prawirohardjo, 2010) see trauma as a sudden, shocking experience, and leave a deep mark or impression on the soul of a person who experiences it. According to (Pickett, 1998), there are two symptoms experienced by individuals, namely (a) the presence of persistent memories of the event or event, and (2) experiencing numbness or reduced individual response to the environment. This condition will further affect the adaptive functioning of the individual with the environment. This makes a person traumatized that arises because of an event that causes shaken one's soul so that it is difficult to control himself

Traumatic counseling is a counselor's effort to help a traumatized client through the process of personal relationships so that the client can understand himself with respect to the trauma problem he is experiencing and strive to cope with it as best as

possible. The purpose of traumatic counseling is to make behavioral changes in the client so that it allows his life to be more productive and fulfilling, emphasizes more on the client's recovery in the pre-traumatic state and is able to adjust to new environmental circumstances (Afnibar, 2012). More specifically, Murro and Kottman in (Nurihsan, 2005) explain the goal of traumatic counseling is (a) thinking realistically, that trauma is part of life; (b) gain experience of traumatizing events and situations; (c) understand and accept trauma-related feelings and learn new skills overcoming trauma. Traumatic counseling is very different from the usual counseling done by counselors, this difference lies in the time, focus, activity, and purpose. As for traumatic counseling takes longer than regular counseling, focus on the trauma felt now, involve more people in helping the community and the most actively play a role is the counselor (Tambusai, 2008). The traumatic counseling process is an ongoing process and gives meaning to the client who has experienced trauma and gives meaning to the counselor who helps overcome the trauma of his client. Judging from the results of interviews with sources, it can be concluded that the traumatic counseling meetingode is very effective to be used as one way or media to recover a child who is Traumatized by being directly affected by natural disaster events.

Conclusion

Counseling is a practice that is taught in accordance with a set of rules or guidelines compiled by professional counseling institutions and in accordance with the Code of Ethics, values, experiences, views, feelings, and the client's ability to determine his own destiny. Related to the theme "Effectiveness of Traumatic Counseling in Children Victims of Natural Disasters" the authors tried to conclude that this traumatic counseling is needed for children affected by natural disasters so that there is no trauma effect for victims of natural disasters. Moreover, at the age of children it is more susceptible to trauma because at a very young age it is more sensitive to imagine the shadow in the events experienced. Therefore, the importance of a counselor provides psychological healing to children who are victims of natural disasters so that children who experience victims of natural disasters can go about their daily activities without any burdens being thought of.

Indeed, in practice the child can not immediately recover his trauma but at least little by little can eliminate the sense of trauma experienced in the event of a natural disaster. Traumatic counseling is also very much needed for those who have lost relatives and relatives maybe for them counselors can also be a place to tell what has been experienced and this is where the core role of counselors is to provide psychological healing and provide solutions to carry out daily life as it should be.

For further researchers, the advice that can be given related to this study is expected to the next researcher to add sources, data and observations directly to the scene and conduct better research in order to obtain more accurate results and maximum.

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