

COUNSELING GUIDE TO PARENT INTERVENTION IN CHILDREN EARTHQUAKE DISASTER VICTIMS

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Abstract

A disaster is a natural or man-made event of severity and magnitude that normally results in death, injury, and property damage that cannot be managed through the routine procedures and resources of government (Pataki, 2000). It can not be denied that these disasters will have psychological or non psychological impact. This psychological impact is also traumatic in early childhood. When faced with an overwhelming situation, such as a disaster, children in 1-5 years often feel helpless and experience an intense fear and insecurity because of their inability to protect themselves. Many children lack the verbal skills and conceptual skills needed to cope effectively with sudden stress. The reactions of their parents and families often strongly affect them. In this case its presence is very important, because one type of reaction from them is clinging to parents. In this case parents need guidance to deal with trauma in children aged 1-5 years. Through guidance with information services provided by counselors to parents about intervention in earthquake disaster children. It is important for parents and educators to be informed and ready to help if a stress reaction starts.

Keywords: disaster children, parent and guidance.

Introduction

Indonesia is a country located between tectonic plates, namely in the Northwest of the Eurasian Plate, to the south of the IndoAustralian Plate, and to the east of the Pacific Plate. This caused Indonesia to become a country prone to natural disasters, including one of them was an earthquake. An earthquake is a sudden release of seismic wave energy. This release of energy is caused by the deformation of the tectonic plates that occur in the earth's crust. In Indonesia, the earthquake reaches 3 to 5 times a year. Some earthquakes caused considerable damage between the 2004 Aceh Aceh earthquake (M = 9.2), Nias 2005 earthquake (M = 8.7), 2006 Yogya earthquake (M = 6.3) and Padang earthquake in 2009 (M = 7.6) (Halim & Wododo, 2017, p. 188). Earthquakes that often occur in Indonesia are tectonic and volcanic earthquakes. Tectonic earthquakes are earthquakes that occur because of collisions in the layers of the earth's lithosphere by tectonic forces. Whereas volcanic earthquakes are earthquakes that occur due to volcanoes that can only be felt with a volcano when it will erupt, when it erupts, and after an eruption.

There are several factors that cause a disaster that occurs for victims who feel the disaster. Suhendra (2017) explained that victims of earthquake victims are not only problems such as disasters, conditions, physical conditions, but also

mental health problems (Dwidiyanti, et al, 2018, p. 2). Where mental health is related to the psychological condition of earthquake victims. The latest psychological trauma by victims who have been damaged. People who conduct interviews directly using direct contact or who can be reused in the situation and in the context of post earthquake, phobias Usually speaking in a loud or thunderous voice, and examples of earthquake shocks that may occur (Farouqi, 2017, p. 7)

One symptom that often occurs in victims is post-traumatic disorders or PTSD. This movement is not only experienced by adults but also children. Children as victims of poverty who are vulnerable to PTSD need to take serious action so that the effects are not prolonged and hamper their development. Children who are victims of disasters have distinctive characteristics, habitual forms that are compatible with the characteristics and abilities that drive posttraumatic stress that can decrease (Mukhadiono, 2016, p. 24). One characteristic of the characteristics of children from its development stage is the attachment of children to parents. Santrock (2002) explains attachment is a strong bond between children and caregivers (Aryanti, 2015, p. 248). Stickiness that means close relationships between parents and children. There is a sense of calm and calm.

Based on research conducted by Ellis et al. (2009), Gathering parents' families specifically, is one of the important factors that help the process of stress recovery in children (Rahmadian, Furqon, Yusuf, & Rusmana, 2016, 7-9). Besides Blaustein & Kinniburgh (2010), explained that the poor interpersonal relationship between children and parents and the absence of role models in overcoming psychological stresses, impacts, and impacts on children (Rahmadian, Furqon, Yusuf, & Rusmana, 2016, 7-9). Therefore, parents and children after natural disasters, including earthquake disasters, are needed to restore children from stress to recover from stress.

Existing conditions, it will be specially trained for parents to deal with child stress after the earthquake. That is information guidance services from counselors to parents about how to give intervention to children after the earthquake disaster. Writing a book entitled the Counseling Guide for Intervention of Parents in Children of Earthquake Disaster Victims.

Key Concept Earthquake

Earthquakes are original vibrations from within the earth, sourced inside the earth which then propagate to the surface of the earth due to fractures of the earth broken and shifting violently (Nur, 2010). The cause of the earthquake can be in the form of dynamics of the earth (tectonics), volcanic activity, due to falling meteors, avalanches (below the sea level), nuclear explosions below the surface. Tectonic earthquakes are the most common earthquakes that are vibrations resulting from rock breaking due to the collision of two plates that accumulate energy that exceeds the strength of rocks, then rocks below the surface. Earthquakes have unique characteristics, namely:

1. Can not be prevented.
2. The event was very sudden and shocking.

3. When it occurs, its central location and strength cannot be predicted (estimated) accurately or accurately by anyone, including earthquake experts.

Earthquake Disaster Victims

The nature of disasters may intensify reactions of persons impacted by the event. The scope of the event, personal loss or injuries, and traumatic stimuli, all serve to impact reactions. Author did not find the data on the number of refugee children in several earthquake disasters that occurred in Indonesia. But based on the results of a literature review conducted by researchers, we can be sure there are always child victims in every disaster that occurs, including the earthquake disaster which is the subject of this paper.

Children need to get more attention when a disaster occurs. Pataki (2000) explained that children who are victims of disasters in general will experience night terrors, bed-wetting, contipation, speech difficulties. In this case parents are very important, because one type of reaction is clinging to parents. In this case parents need to deal with trauma in children aged 1-5 years.

Information Service

Information services, namely guidance and counseling services that enable counselees to receive and understand a variety of information that can be used as material for consideration of decisions (Tohirin, 2009). Information service is an attempt to meet individual shortcomings of the information they need (Prayitno, 2010). In this service, information for counselees or the community is increasingly important considering as a reference to behaving and behaving daily, as a consideration for the direction of self-development, and as a basis for decision making. The main purpose of information services is to get new understanding from counselees or the community about various things, such as academic, personal, social, and career. Good information service in problem solving (Suprpto (2009: 61) , namely through analysis of 5W 1H where the right way to act in communication is to answer these questions: "who, says what (to say), to whom (to whom), with what effect? (with what effect?)".

Discussion and Implication

If a disaster occurs, it is important to recognize the children's normal reactions to the event. The reactions of children are generally age-related and specific. This section provides an overview of normal reactions within the age group and useful instructions for enabling children to cope with stress triggered by disasters. Also includes a list of symptoms that may be a referral warrant to a mental health professional.

Disasters can attack quickly and without warning. These events can be frightening for adults, but they are traumatic for children. During a disaster, your family may have to leave your home and daily routine. Children can become anxious, confused or afraid. As a parent, you have to deal with disasters in a way that will help children avoid developing a permanent sense of loss. It is important to give guidance to children who will help them reduce their fears. In the end, parents must decide what is best for children.

Children experience a variety of reactions and feelings in response to a disaster and need special attention to meet their needs. The two most common indicators of distress in children are changes in their behavior and behavior regression (Pattaki, 2000). A change in behavior is any behavior the child exhibits that is not typical for them. For example, an outgoing child may become very shy and withdrawn. Regression is where past behaviors occur, such as thumb sucking or baby-talk. Children may experience a variety of reactions and feelings based on their age.

In this case counseling contributes to information services to parents by understanding that children have a strong emotional bond between the child and the caregiver (Aryanti, 2015, p. 248). This is done on the basis of when faced with an overwhelming situation, such as a disaster, children in this age range often feel helpless and experience an intense fear and insecurity because of their inability to protect themselves (Pattaki, 2000). Many children lack the verbal skills and conceptual skills needed to cope effectively with sudden stress. High attachment between children and parents at this time is a best opportunity for parents to be able to provide psychological help to children when a disaster occurs. This must be done by parents, because at this time, child just trusts his parents as the person who protects him (Santrock, 2000). So that parents need to be given guidance and counseling information about disasters so parents can more effectively deal with stress and PTSD for their children aged 1-5 years. Through the guidance and counseling information service, the material delivered :

1. Encourage expression through play reenactment
2. Provide verbal reassurance and physical comfort
3. Give frequent attention
4. Encourage expression regarding loss of pets or toys
5. Provide comfort bedtime routines
6. Allow to sleep in same room with parents until the child can return to their own room without the post-disaster fear.

Conclusions

Location of Indonesia which located between the tektonik plate causes Indonesia become one of the countries prone to earthquakes. The earthquake that often hit Indonesia has caused many casualties and stress for survivors. In this case, one group of victims who must be of particular concern are children. This is because children cannot communicate like adults. In addition, the level of attachment of children in this growth phase is a stimulus for volunteers who will take care directly. So there has been enormous potential in accompanying in danger so that children do not feel stressed and traumatized. It is necessary from trauma to resolve trauma in children 0-5 years. Some of the knowledge put forward is: Encouraging expressions about losing pets or toys, providing comfort in sleeping routines, Allow to sleep in the same room as parents etc.

Providing knowledge to deal with trauma in 0-5 year children's days is an important thing to do so that children are more quickly overcome when experiencing post-disaster stress.

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