

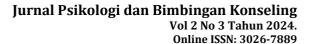
PTSD PADA ANAK-ANAK DAN REMAJA TERHADAP BENCANA ALAM DI INDONESIA

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Abstract Natural disasters are unexpected events that can cause severe material, physical, and psychological damage. Given the complexity of the impacts of natural disasters, careful preparation is key to reducing risks and improving community response capabilities. Factors such as extreme weather changes, community vulnerability and poor infrastructure resilience can exacerbate the impact of disasters. A solid understanding of disaster preparedness strategies such as evacuation planning, disaster simulations, and infrastructure hardening is critical to minimizing damage and protecting communities. In this context, the displacement of children and adolescents due to natural disasters is also a focus of concern. Separation from familiar surroundings, loss of social relationships, and changes in lifestyle can have lasting effects on the psychosocial well-being of children and adolescents. So there is a detailed introduction In order to design effective interventions, it is important to understand how displacement affects psychological, social and educational dimensions. The purpose of this study was to determine the prevalence of post-traumatic stress disorder among people in a region of Indonesia following natural disasters and to identify measures that could be taken to help victims of natural disasters. This study focuses on the literature research method and adopts the literature research method mainly based on magazine literature. Topic about victims of natural disasters in Indonesia. The results show that many children or young people in Indonesia still suffer from post-traumatic stress disorder after natural disasters. It can be concluded that different groups of natural disaster victims use different methods to describe the effects of PTSD. These studies span different time periods and locations, combine quantitative and qualitative methods, and examine the impact of post-traumatic stress disorder (PTSD) symptoms, resilience, social support and coping styles. These studies have used these diverse methodologies to provide insights into the complexity and diversity of the effects of PTSD on survivors of natural disasters. Some studies use statistical methods to analyze data, such as B. descriptive analysis, chi-square test, and structural equation modeling.

Keywords: Natural Disaster, PTSD, Children, Adolescents, Indonesia





Introduction

Natural disasters are unexpected events that can result in serious material, physical and psychological losses. This is in line with Amin's (2017) findings in his research, that natural disasters can cause PTSD. Recognizing the complexity of the impacts of natural disasters, careful preparation is key to reducing risk and Improve community responsiveness. As climate change changes and the frequency of natural disasters increases, the importance of disaster prevention and preparedness is increasingly valued. Factors such as extreme weather changes, community vulnerability and less resilient infrastructure can exacerbate the impact of disasters. With a solid understanding of disaster preparedness strategies such as evacuation planning, disaster simulations, and infrastructure hardening, minimizing damage and protecting communities becomes critical. In this context, the displacement of children and adolescents due to natural disasters is also a focus of concern. Separation from familiar surroundings, loss of social relationships, and changes in living patterns can have long-lasting impacts on the psychosocial well-being of children and adolescents. Therefore, an in-depth understanding of how displacement affects psychological, social, and educational aspects is important for designing effective interventions. This research fills a knowledge gap by detailing a robust contextual background, which is expected to provide a solid foundation for understanding the role of preparation and response to natural disasters, as well as displacement, in protecting and supporting children and adolescents in facing these challenges.

It focuses on two important aspects, namely the preparation for and response to natural disasters, and the displacement of children and adolescents in the context of such events. Natural disaster phenomena, such as earthquakes, floods, or storms, are serious threats that can have a major impact on communities. Therefore, a deep understanding of how communities can prepare for and respond to natural disasters is crucial for enhancing community resilience. Preparatory efforts before a natural disaster occurs play a central role in risk mitigation and community protection. These include the development of emergency plans, evacuation training, development of disaster-resistant infrastructure and community outreach. Through this research, it is expected to reveal effective preparation practices as well as barriers faced by communities in dealing with potential natural disasters. In addition, the displacement of children and youth as a result of natural disasters is also an aspect that requires special attention. The environmental changes, social loss and uncertainty associated with such displacement can have a significant impact on the psychosocial well-being of children and adolescents. This is also in line with the findings of Ulfa Rohmah, et al (2023) in their research showing that sleep disturbances and anxiety have an impact on psychosocial well-being. Therefore, this study will investigate the effects of relocation on the psychological, social and

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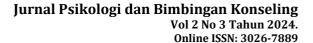
educational development of children and adolescents. By better understanding both aspects, it is hoped that this research can contribute to the development of more effective policies and intervention programs in responding to natural disasters and protecting children and adolescents from their negative impacts.

PTSD (post-traumatic stress disorder) caused by natural disasters requires an indepth understanding of the psychological effects experienced by those who experience or are victims of natural disasters. Natural disasters such as earthquakes, floods or storms often trigger traumatic situations that affect a person's mental health. Research shows that many people involved in or directly affected by natural disasters experience symptoms of post-traumatic stress disorder (PTSD), including flashbacks, anxiety and difficulty sleeping. This context also includes risk factors, such as the severity of the disaster, loss of property or loved ones, and lack of social support, which may increase the risk of developing PTSD. Another supporting inquire about was conducted by Kousky (2016), the subject of this consider was children of calamity survivors, from the comes about of this think about it was found that they too appeared the mental affect of the calamity experienced, indications experienced post-traumatic push clutter (PTSD), intense stretch, discouragement and uneasiness. In expansion, the part of adapting components and social bolster in decreasing the hazard of PTSD is additionally an critical portion of this background. In spite of the fact that there have been numerous thinks about that talk about the affect and ways of taking care of and recuperating PTSD casualties in different age ranges from children to the elderly, there are still numerous individuals who are still new with PTSD and consider the indications of PTSD that they involvement as ordinary and don't got to be taken truly, indeed in spite of the fact that from the comes about of inquire about conducted by Rohmah, et al (2023) in the event that not taken care of appropriately, casualties of normal catastrophes can involvement rest clutters, uneasiness to misery. Understanding the instruments of person adjustment to common catastrophe injury can open the entryway to more compelling intercession methodologies. By detailing this foundation, investigate on PTSD from normal calamities is anticipated to supply way better knowledge into the complexity of mental impacts, give a premise for the advancement of fitting intercessions, and move forward mental wellbeing bolster for those influenced.

The reason of this consider is to decide the portrayal of PTSD after characteristic calamities experienced by individuals in an region in Indonesia, as well as to supply endeavors that can be made to assist casualties of characteristic catastrophes.

Method

In this study, researchers used a literature study method with journal literature by focusing on the literature study method. The literature study method is a data





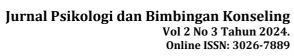
collection method directed at finding data and information through documents, both written documents, photographs, images, and electronic documents that can support the writing process. literature study is a theoretical study, references and other scientific literature related to culture, values and norms that develop in the social situation under study (Sugiono 2012). In this case the researcher uses the literature study method with journal literature so here the researcher collects data through existing journal journals that are related to the big title that the researcher is looking for, namely preparation and response to natural disasters and moving domiciles from children and adolescents with PTSD. here the researcher collected 25 journals

Results and Discussions

from 2009 to 2023.

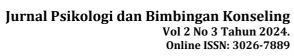
Research on preparation for and response to natural disasters and displacement of children and adolescents has many studies. The research materials are presented in table 1 below:

No.	Author and Year	Sample	Methodolog	Destination	Results
	of Publication		y		
1.	Mursid Zuhri	Communitie	Survey	Learn to	Although not
	(2009)	s and		identify Post	integrated, there
		agencies in		Traumatic	were efforts by
		Karanganya		Stress Disorder	government and
		r, Pati,		identification	non-government
		Cilacap,		procedures,	mental health-
		Brebes,		handling Post	related
		Klaten and		Traumatic	institutions to
		Banjarnegar		Stress Disorder	identify the
		a.		sufferers and	presence of
				efforts to	mental disorders
				prevent and	in victims.
				overcome Post	
				Traumatic	
				Stress Disorder	
				events in post-	
				disaster areas	
				in Central	
				Java.	



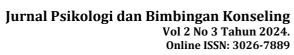


No.	Author and Year	Sample	Methodolog	Destination	Results
	of Publication		y		
	Mulyadi (2012)	Victims of	Psychosocial	Aims to see the	The results
		the flash	studies	traumatic	showed that the
		flood	research	response of	children of the
		disaster in		children	Wasior flood
		Wasior,		victims of the	victims began to
		West Papua.		Wasior flash	be less afraid
		20		flood disaster	(traumatized) of
		elementary		on (1) response	the events they
		school		to the	saw and
		students in		experience of	experienced. they
		grades 4 to 6		"fear"; (2)	have dared to
		were		response to	play outside the
		selected as		social	tent and can
		respondents.		environmental	sleep well. this is
				conditions in	supported by
				temporary	environmental
				shelter posts;	conditions in the
				(3) response to	shelter post,
				the learning	creative and fun
				process	learning methods
				provided by	from volunteers.
				volunteer	Therefore, they
				facilitators/teac	are "ready" to be
				he rs; and (4)	returned to the
				response to	temporary
				"memory"	shelter in Wasior.
				before the	
				flood disaster	
				occurred	
				(normal	
				conditions).	



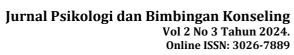


3.	Elyusra Ulfah	22	Action	To test the	Showing that the
	(2013)	adolescent	research		intervention of
		survivors of	approach	Spiritual	spiritual
		the volcanic		Emotional	emotional
		eruption		Freedom	freedom
		disaster that		technique	techniques can
		occurred in		to reduce	reduce PTSD
		2010 in		PTSD in	adolescent
		Yogyakarta		adolescent	survivors of
		and Central		survivors of	volcanic eruption
		Java.		volcanic	
				eruptions.	
4.	Endah Nawangsih	Children	Play	To help	When the child
	(2014)	affected by	Therapy	children in	has shown
		natural		in order to	behavioral
		disasters		prevent and	changes in a
				overcome	positive
				1 0	direction, the
				problems and	counselor can
				_	end the game
				achievement of	and if needed the
				O	counselor can
				1	make an
					appointment for
					the next
				_ -	counseling
				developmental	session.
				tasks.	



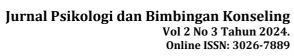


5.	Fatwa Tentama	The subjects	Post-	To empirically	The results of
	(2014)	of this study		determine the	data analysis
	(===1)	_	Stress	relationship	showed a
			Disorder	between social	
		SMP Negeri		support and	negative
			is compiled	PTSD in	correlation
			based on	adolescent	between social
		Yogyakarta	aspects	survivors of	support and
			according to	the Mount	post-traumatic
		between 12-		Merapi	stress disorder.
		15 years old.	(1994) and	disaster.	This means that
			Sidran		the higher the
			Traumatic		social support
			Stress		received by
			Foundation		adolescents, the
			(2003)		lower the post-
					traumatic stress
					disorder
					experienced; and
					conversely, the
					lower the social
					support received
					by adolescents,
					the higher the
					post- traumatic
					stress disorder
					experienced.
6.	Mukhadiono,	The sample	Sampling	This research	The results
	Widyo Subagyo,	of this study	method	aims to	showed that
	Wahyudi (2016)	was children		determine the	there was a
		children of		symptoms of	significant
		landslide		PTSD and the	difference in the
		victims		effect of play	intervention
		aged4-12		therapy on	group with PTSD
		years who		PTSD in	scores before and
		experienced		children	after play
		post-disaster		victims of the	therapy.
		psychologic		landslide	
		al disorders		disaster in	



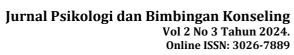


				Banjarnegara Regency.	
7.	Muhammad Khoirul Amin (2017)	disasters	out by conducting a literature review by	this paper is to systematically summarize the findings on disaster- induced PTSD.	disaster/severity can determine the extent of
8.	Satriani Dian Pertiwi, Nur Endah Nuffida (2017)		behavior approach	impact experienced by victims of natural disasters.	The solution to the problem of Post Traumatic Stress Disorder (PTSD) or post-traumatic stress in Sidoarjo mud disaster victims in this journal is in the form of a Mental Health Center using an architecture behavior approach.





9.	Muhammad (2019)	Ulama Students' Association within the confines of the Babat CBP Branch Coordinatin g Council	Qualitative method	role of youth in handling traumatic cases experienced by victims of	
10.	RM. Reza Imaduddin A (2019)		A literature review study.	combine the essence and analyze facts from several accurate and valid scientific sources.	Research results showed that depression and PTSD were prevalent among earthquake survivors large, tsunamis, and accidents from nuclear power plants. However, the results also show that some survivors manage to withstand traumatic events relatively well, and resilience is a significant protective factor inhandle such events.

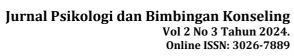




1.	Dwi Ernawati,	Adult	Case study	Knowing the	The results
	•	population		_	showed that the
	Utami Panjaitan	(20-60 years		PTSD in	children of
	(2020)	old) of 220		natural	Wasior flood
	(====)	people who			victims began to
		experienced			be less afraid
		the			(traumatized) of
		aftermath of		_	the events they
		the 2010		_	saw and
		eruption of			experienced. they
		Merapi.			have dared to
		iviciupi.			play outside the
					tent and can
					sleep well. this is
					supported by
					environmental
					conditions in the
					shelter post,
					creative and fun
					learning methods
					from volunteers.
					Therefore, they
					are "ready" to be
					returned to the
					temporary
					shelter in Wasior.
12.	Fandro Armando	PTSD	Systematic	Aims to	705 research
	Tasijawa, et al	victims after	-	evaluate the	articles and
	(2020)	natural	ebsco,	effectiveness of	9 articles were
	,	disasters	science	CBT as	selected for
			direct and	handling PTSD	analysis. The
			google	_	natural disasters
			databases	natural	from this review
			scholar in	disasters	varied, 4
			December		earthquakes, 3
			2018		tsunamis, 1
					hurricane and 1
					flood with
					participants



					being 137 adults, 38 adolescents, 164 children and 91 adults and children combined.
13.	Yuanda Sari (2020)	Village, Rumbai Pesisir District with 45 respondents	research and with a descriptive design, the number of samples is 45	determine the description of PTSD (Post Traumatic Stress Disorder) symptoms in the community due to flood disasters in Meranti Pandak RT 02 RW 012 Subdistrict Rumbai Pesisir Pekanbaru.	Based on the results of research conducted in RW 012 RT 02 Meranti Pandak Village, Rumbai Pesisir Subdistrict, it was found that the majority did not experience the four symptoms of PTSD as many as 42 people while those who experienced the four symptoms of PTSD were 3 people.

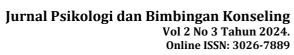




14.	Ernita Zakiah	Individuals	Quantitative	Knowing the	The results of
	(2021)		method	- C	statistical
	,	experienced		resilience on	calculations can
		a flood		post-traumatic	be obtained that,
		disaster of at		r e	individuals with
		least 1 meter			good resilience
		and an age		1	are better able to
		range of 18-		survivors.	deal with the
		50 years			pressure
		are 65			experienced and
		people.			avoid
					psychological
					barriers, in
					contrast to
					individuals who
					have low
					resilience are
					more vulnerable
					to experiencing
					psychological
					barriers such as
					post- traumatic
					stress disorder.
15.	Ernita Zakiah,		Quantitative	-	The results of the
	Irma Rosalinda,	of this	research and	aims to look at	_
	Mauna (2021)	research are	<u> </u>	=	that subjects who
			statistical	post- traumatic	-
		who	analysis	stress disorder	•
		has		` '	post-traumatic
		experienced		flood	stress disorder
		a flood		survivors.	(PTSD)
		disaster.			

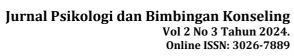


16.	Helia Rachma,	Students	Quantitative	. This study	Prevalence of
	Thresya Febrianti	after the	type using	aims to	adolescents at
	(2021)	Banten	cross	determine the	risk of PTSD after
		tsunami	sectional	risk of PTSD	the Sunda Strait
		with a	design	and the	tsunami disaster.
		sample size		relationship	Family support
		of 125		between the	and friend
				support of	support are
				family, friends,	protective factors
				volunteers,	for the risk of
				and religious	PTSD in students
				leaders with	at SMPN 2. There
				the risk of	is no relationship
				PTSD in	between the
				students of	support of
				SMP Negeri 2	volunteers and
				Labuan.	religious leaders
					with the risk of
					PTSD in students
					at SMPN 2. It is
					necessary to
					provide
					education to
					parents
					regarding post-
					disaster trauma
					management and
					the establishment
					of peer
					counseling
					programs related
					to post-disaster
					mental health
					management.





17.	Rani	Natural	Literature	Provides an	Many
1,.	Septiawantari,	disaster	search		individuals turn
	Mustikasari (2021)				to their religious
	(2021)			the meaning of	Ŭ
			review	life as a driver	-
			approach.		them cope with
			approuer.		traumatic events
				F	such as natural
				grown.	disasters. The
					high level of
					spirituality in
					individuals
					becomes a
					necessity in the
					process of
					finding new
					meaning in life.
18.	Andre	Children	Participation		They can release
10.		displaced by		the	traumatic
	(2022)	the eruption			feelings through
	(-)	of Mount		F	play so that they
		Semeru		experienced by	r ,
					those negative
					emotions
				means of	
				description in	
				the form of	
				words and	
				language.	
19.	Ida Yuliana, et al	Parents/guar	PCL C PTSD	U U	Training
	(2022)	di ans of	checklist		activities are able
		some	questionnair	children can be	to make
		children	e instrument	recognized by	participants
		50	adapted to	the family and	improve
		representati	Indonesian	treated	knowledge and
		ve s of	language		skills and
		PAUD		according to	awareness of
		schools and		_	parents about the
		POSYAND			importance of





		U cadres in the Martapura Barat area.			maintaining mental health in their families due to post- flood trauma in South Kalimantan.
20.	Nuraly Masum Aprily, Sofi Mutiara Insani, Anggit Merliana (2022)	years with a	Quantitative approach and descriptive analysis	Post Traumatic	has an influence
21.	Sony T. Suryanto, M. Syamsul Maarif, Lukman M. Baga (2022)	Indonesia	Descriptive analysis, bivariate analysis using the Chi Square test, and Structural Equation Model (SEM) analysis using the Partial Least Squares (PLS) program.	relationship between mental workload and Post-Traumatic Stress Disorder (PTSD) symptoms on the performance of PTFI rescue officers.	perception of high mental workload. The results of SEM-



					on performance. significant to mental workload.
22.	Indra Maulana, et al (2023)	affected victims who experience PTSD	searching for articles in three databases, namely Pubmed, Sciencedirect , and EBSCOhost	therapeutic methods and interventions that have been implemented so far as a post- disaster recovery effort to develop nurses'	diagnosed PTSD showed a decrease in



23.	Muthia Aryuni	Sampling	Interpretive	This research	The results
	(2023)		phenomenol	aims to found	showed that six
		people, age	og y	PTSD	male and five
		18-45 years		symptoms and	female
		old		psychological	participants
				impacts that	experienced
				emerged in	PTSD symptoms,
				survivors who	while one person
				experienced	experienced
				three different	PTSD symptoms.
				disasters,	women do not
				namely:	show the
				_	symptoms of the
					condition.
				_	re-experience
24.	Sri Wahyuni, et al	75	Descriptive	This study was	From a total of 75
	(2023)	respondents	study		respondents, 7
		on COVID-		determine the	*
		19		risk of PTSD in	were found to be
		survivors		COVID-19	potentially or at
		who have		survivors who	risk of PTSD.
		been			
		hospitalized			
		at			

Andalas	have been	Respondents
University	hospitalized at	with potential
Hospital	Andalas	PTSD were
_	University	dominated by
	Hospital.	women and all
	_	experienced all
		four symptoms
		of PTSD
		(intrusion/re-
		experiencing,
		avoidance,
		negative
		alterations in
		cognition and
		mood, and
		hyperarousal).
		The most
		common trigger
		that causes the
		onset of PTSD in
		respondents is
		the experience of
		life- threatening
		traumatic events
		that have been
		passed before.
		Meanwhile, the
		most common
		clinical
		symptoms of
		COVID-19 in the
		PTSD risk group
		are severe clinical
		symptoms.

25.	Ulfa nur Rohmah,	The	Quantitative	To evaluate	The results that
	Sarah geltri	population	research	PTSD, sleep	the majority of
	Harahap, yarwin	of citizens	with	disturbance,	respondents did
	Yuri, DKK (2023)	(17-60 years	descriptive	anxiety, and	not experience
		old) who	design.	depressive	PTSD after
		have		symptoms of	natural disasters,
		experienced		earthquake	almost more than
		post-disaster		victims in	half of the
		natural		Cianjur.	respondents
		disasters			experienced
					sleep problems,
					many
					respondents also
					experienced
					anxiety and
					anxiety.
					post-earthquake
					depression in
					Cianjur, West
					Java.

Several research employing various groups of natural disaster victims explain the effects of PTSD (Post Traumatic Stress Disorder) in different ways. These research, which examine PTSD symptoms, the impact of resilience, social support, and coping, use both quantitative and qualitative approaches and are conducted in various time periods and places. In a 2020 study by Sari Erlin, the majority of responders to a PTSD examination in Meranti Pandak Village, Rumbai Pesisir District, did not exhibit all four symptoms. Zakiah, Rosalinda, and Mauna (2021): The study focused on individuals who had been flooded, and the findings indicated that some of the participants exhibited indications of post-traumatic stress disorder. Zuhri (2009): Involved conducting surveys in a number of Central Javan communities to determine protocols for diagnosing and treating PTSD following a disaster.

Analysis of the impact of mental workload and PTSD symptoms on rescue personnel performance at PT Freeport Indonesia by T. Suryanto, Maarif, and M. Baga (2022). Aprily, Insani, and Merlina (2022): Examining the hereditary factors that influence PTSD enxiety in students between the Eges of 10 and 12. Mukhadiono, Subagyo, and Wahyudi (2016): Stressing play therapy's ability to lower PTSD scores and the symptoms of post-traumatic stress disorder in kids affected by landslides. 75 responders who had recovered from COVID-19 and had been admitted to Andalas University Hospital were included in Wahyuni et al.'s (2023) study, which revealed that some of the participants had PTSD risk. Yuliana et al. (2022): A study focusing on mental health knowledge and awareness following the South Kalimantan flood disaster, this study was conducted among parents/guardians of children in the West

Martapura area. Muhammad (2018): Studying how Nahdlatul Ulama Students' Association youngsters deal with the painful situations of natural catastrophe victims. Understanding the nature of the PTSD risk and the correlation between social support and the risk of PTSD in students at SMP Negeri 2 Labuan following the Sunda Strait tsunami, according to Rachma and Febrianti (2021). Mulyadi (2012): Positive effects following the intervention were demonstrated in a psychosocial study of children impacted by the Wasior flash flood tragedy in West Papua. Aryuni (2023): A phenomenological interpretation of survivors of three distinct disasters—a liquefaction, a tsunami, and an earthquake.

A case study on the adult population affected by the 2010 Merapi eruption was conducted in Ernawati, Mustikasari, and Panjaitan (2020). Ferdiansyah et al. (2022): Using participatory action research to comprehend the perspectives of children who are refugees and were impacted by Mount Semeru's eruption. Tentama (2014) investigated the link between teenage survivors of the Mount Merapi tragedy and social assistance in terms of PTSD. Amin (2017): Examining the research on PTSD brought on by natural disasters, with a focus on the nature and intensity of the event as determining factors. Maulana et al. (2023): Review of the literature on therapeutic approaches and interventions for PTSD victims' post-disaster recovery. Tasijawa, et al. (2020): Examining CBT's efficacy in treating PTSD in individuals affected by a range of natural catastrophes. In Septiawantari and Mustikasari's (2021) systematic review, the role of life's purpose in promoting post-traumatic growth in natural catastrophe survivors is examined. Pertiwi, Nuffida (2017): Designing a Mental Health Center for Sidoarjo Mudflow Victims through the application of Behavioral Architecture. Imaduddin A. (2019): Review of the literature on PTSD in Jemblung Hamlet, Banjarnegara Regency, landslide victims. Nawangsih (2014): Play therapy is used to assist children who have experienced natural catastrophes in overcoming psychological issues. Ernita Zakiah (2021): Investigating how resilience affects post-traumatic stress disorder (PTSD) in flood survivors by demonstrating that resilience can be a protective factor. Ulfah (2013): Researched the effectiveness of the Spiritual Emotional Freedom technique in lowering post-traumatic stress disorder (PTSD) in teenagers who had survived volcanic eruptions. Rohmah, Harahap, Yuri, DKK (2023): Assessing the prevalence of anxiety, depression, insomnia, and PTSD in victims of the Cianjur earthquake tragedy.

These studies offer a comprehensive understanding of the complexity and variability of PTSD's effects on victims of natural disasters because of their varied methodologies. Based on the variety of studies that were provided, the following broad conclusions about PTSD (Post Traumatic Stress Disorder) in survivors of natural disasters can be made: Variation in Research: Research methods come in different forms, such as quantitative, descriptive, and qualitative. A few research included statistical methods for data analysis, including the Chi Square test, structural equation model (SEM), and descriptive analysis. Research Subjects: The general public, rescue personnel, students, children of disaster victims, COVID-19 survivors, and victims of particular natural disasters such floods, landslides,

tsunamis, earthquakes, volcanic eruptions, and Sidoarjo mudflow were among the groups that participated in the study. Research Findings: Most studies indicated that some participants had PTSD symptoms. PTSD symptoms have been linked in several studies to a number of variables, including resilience, social support, mental burden, and genetics. Prevention and Treatment: A number of research focused on strategies for preventing and treating post-traumatic stress disorder (PTSD), including play therapy, spiritual emotional freedom practices, and mental health facilities. Encouraging and Hindering variables: Resilience and support from friends, family, and volunteers were found to be enabling variables in overcoming the risk of posttraumatic stress disorder (PTSD). In addressing traumatic experiences, resilience or sustainability aspects were also found to be significant. Variations in Research Outcomes: The prevalence of PTSD symptoms, risk factors, and the efficacy of therapies were all shown to differ in the study outcomes. Variations in the population, geography, study variables, and research methodologies could be the cause of this. Effects on Various Age Groups: A broad spectrum of age groups, including children, adolescents, and adults, are covered by the research. Specialized treatments for children and play therapy are widely acknowledged as efficacious ways.

The Role of Communities and Youth: Studies indicate that communities and youth can be crucial in helping victims of natural disasters deal with their traumatic experiences. Stress on Spirituality and Resilience: A number of research highlight the significance of both spirituality and resilience in overcoming PTSD. Need for Education and Counseling Programs: There is a need for education related to post-disaster trauma management and the establishment of counseling programs as an effort to manage post-disaster mental health. Importance of Social Support: Social support, whether from family, friends, volunteers or the community, was identified as an important factor in reducing the risk of PTSD. It should be noted that these studies cover a wide range of natural disaster contexts and population groups, and results may vary according to the specific conditions of each study. These conclusions can serve as a basis for understanding different aspects of PTSD and efforts that can be made to help victims of natural disasters.

Conclusions

Numerous studies employing various groups of natural disaster victims use a range of methods to describe the effects of PTSD. These research, which employ both quantitative and qualitative methodologies and span many time periods and locales, examine PTSD symptoms, the impact of resilience, social support, and coping mechanisms. These studies offer profound insights into the complexity and variety of the impact of PTSD in survivors of natural disasters because to their varied methodologies. In certain research, data was analyzed using statistical techniques such structural equation modeling, Chi Square testing, and descriptive analysis.

PTSD symptoms have been linked in several studies to a number of variables, including resilience, social support, mental burden, and genetics. In reaction to

stressful situations, resilience or sustainability elements were also found to be significant. Variations in the population, geography, study variables, and research methodologies could be the cause of this. Play therapy and child-specific approaches are widely acknowledged as efficacious techniques. It should be noted that the population groupings and natural catastrophe scenarios covered by these research are diverse, and the individual conditions of each study may affect the outcomes. These findings can be used as a foundation for comprehending different facets of PTSD and initiatives that can be taken to assist those affected by natural disasters.

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