

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

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 in-depth 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 from 2009 to 2023.

Results and Discussions

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 of Publication	Sample	Methodology	Destination	Results
1.	Mursid Zuhri (2009)	Communities and agencies in Karanganyar, Pati, Cilacap, Brebes, Klaten and Banjarnegara.	Survey	Learn to identify Post Traumatic Stress Disorder identification procedures, handling Post Traumatic Stress Disorder sufferers and efforts to prevent and overcome Post Traumatic Stress Disorder events in post-disaster areas in Central Java.	Although not integrated, there were efforts by government and non-government mental health-related institutions to identify the presence of mental disorders in victims.

No.	Author and Year of Publication	Sample	Methodology	Destination	Results
	Mulyadi (2012)	Victims of the flash flood disaster in Wasior, West Papua. 20 elementary school students in grades 4 to 6 were selected as respondents.	Psychosocial studies research	Aims to see the traumatic response of children victims of the Wasior flash flood disaster on (1) response to the experience of "fear"; (2) response to social environmental conditions in temporary shelter posts; (3) response to the learning process provided by volunteer facilitators/teachers; and (4) response to "memory" before the flood disaster occurred (normal conditions).	The results showed that the children of the Wasior flood victims began to be less afraid (traumatized) of the events they saw and experienced. they have dared to 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.

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

5.	Fatwa Tentama (2014)	The subjects of this study were 30 students of SMP Negeri I Turi Sleman Yogyakarta who were between 12-15 years old.	Post-Traumatic Stress Disorder Scale which is compiled based on aspects according to DSM-IV (1994) and Sidran Traumatic Stress Foundation (2003)	To empirically determine the relationship between social support and PTSD in adolescent survivors of the Mount Merapi disaster.	The results of data analysis showed a significant negative correlation between social support and post-traumatic stress disorder. This means that the higher the social support received by adolescents, the 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, Widy Subagyo, Wahyudi (2016)	The sample of this study was children of landslide victims aged 4-12 years who experienced post-disaster psychological disorders	Sampling method	This research aims to determine the symptoms of PTSD and the effect of play therapy on PTSD in children victims of the landslide disaster in	The results showed that there was a significant difference in the intervention group with PTSD scores before and after play therapy.

				Banjarnegara Regency.	
7.	Muhammad Khoirul Amin (2017)	Often experienced by victims of natural disasters	This review was carried out by conducting a literature review by searching several databases, such as EBSCO, Proquest and Scholar.	The purpose of this paper is to systematically summarize the findings on disaster- induced PTSD.	Natural disasters can cause PTSD and the type of disaster/severity can determine the extent of PTSD. People with PTSD respond to traumatic events with fear and despair, they will relive the event and always try to avoid things that can remind them of the event.
8.	Satriani Dian Pertiwi, Nur Endah Nuffida (2017)	Sidoarjo Mud Disaster Victims	Architecture behavior approach	Addressing the psychological 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)	The Nahdlatul Ulama Students' Association within the confines of the Babat CBP Branch Coordinating Council (DKC).	Qualitative method	To uncover the role of youth in handling traumatic cases experienced by victims of natural disasters.	It was found that CBP has a responsive attitude in dealing with natural disasters and handling victims after a disaster.
10.	RM. Reza Imaduddin A (2019)	Victims of landslide disaster in Jemblung Hamlet Banjarnegara Regency on 38 respondents.	A literature review study.	Search, 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, Mustikasari, Ria Utami Panjaitan (2020)	Adult population (20-60 years old) of 220 people who experienced the aftermath of the 2010 eruption of Merapi.	Case study	Knowing the description of PTSD in natural disaster victims after the eruption of Mount Merapi one decade.	The results showed that the children of Wasior flood victims began to be less afraid (traumatized) of the events they saw and experienced. they have dared to 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 Tasijawa, et al (2020)	PTSD victims after natural disasters	Systematic searches on ebSCO, science direct and google databases scholar in December 2018	Aims to evaluate the effectiveness of CBT as handling PTSD victims after natural disasters	705 research articles and 9 articles were selected for analysis. The natural disasters from this review varied, 4 earthquakes, 3 tsunamis, 1 hurricane and 1 flood with participants

					being 137 adults, 38 adolescents, 164 children and 91 adults and children combined.
13.	Fitry Erlin, Icu Yuanda Sari (2020)	Meranti Pandak Village, Rumbai Pesisir District with 45 respondents	This type of quantitative research and with a descriptive design, the number of samples is 45 heads of households	Aims to 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 (2021)	Individuals who have experienced a flood disaster of at least 1 meter and an age range of 18-50 years are 65 people.	Quantitative method	Knowing the effect of resilience on post-traumatic stress disorder (PTSD) in flood survivors.	The results of statistical calculations can be obtained that, individuals with good resilience are better able to deal with the pressure experienced and 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, Irma Rosalinda, Mauna (2021)	The subjects of this research are individuals who has experienced a flood disaster.	Quantitative research and descriptive statistical analysis	This study aims to look at the picture of post- traumatic stress disorder (PTSD) in flood survivors.	The results of the analysis found that subjects who experienced symptoms of post-traumatic stress disorder (PTSD)

16.	Helia Rachma, Thresya Febrianti (2021)	Students after the Banten tsunami with a sample size of 125	Quantitative type using cross sectional design	. This study aims to determine the risk of PTSD and the relationship between the support of family, friends, volunteers, and religious leaders with the risk of PTSD in students of SMP Negeri 2 Labuan.	Prevalence of adolescents at risk of PTSD after the Sunda Strait tsunami disaster. Family support and friend support are protective factors for the risk of PTSD in students at SMPN 2. There is no relationship between the support of volunteers and 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.
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17.	Rani Septiawantari, Mustikasari (2021)	Natural disaster survivors	Literature search method with a systematic review approach.	Provides an overview of the search for the meaning of life as a driver of post-traumatic growth.	Many individuals turn to their religious or spiritual beliefs to help them cope with traumatic events such as natural disasters. The high level of spirituality in individuals becomes a necessity in the process of finding new meaning in life.
18.	Andre Ferdiansyah, et al (2022)	Children displaced by the eruption of Mount Semeru	Participation action Research.	Understanding the phenomenon of what is experienced by the research subject by means of description in the form of words and language.	They can release traumatic feelings through play so that they can assimilate those negative emotions
19.	Ida Yuliana, et al (2022)	Parents/guardians of some children 50 representative s of PAUD schools and POSYAND	PCL C PTSD checklist questionnaire instrument adapted to Indonesian language	PTSD symptoms in children can be recognized by the family and treated immediately according to the severity.	Training activities are able to make participants improve knowledge and skills and awareness of parents about the 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)	Learners aged 10-12 years with a total of 36 people	Quantitative approach and descriptive analysis	To analyze Post Traumatic Stress Disorder (PTSD) anxiety in students aged 10- 12 years with a total of 36 people.	Revealed that genetic factors has an influence on PTSD
21.	Sony T. Suryanto, M. Syamsul Maarif, Lukman M. Baga (2022)	Rescue workers at PT Freeport Indonesia	Descriptive analysis, bivariate analysis using the Chi Square test, and Structural Equation Model (SEM) analysis using the Partial Least Squares (PLS) program.	To analyze the relationship between mental workload and Post-Traumatic Stress Disorder (PTSD) symptoms on the performance of PTFI rescue officers.	The results of the questionnaire data calculation show that rescue officers PTFI has a perception of high mental workload. The results of SEM- PLS analysis show that mental workload has a significant effect on performance and PTSD symptoms have no effect on performance but have an influence

					on performance. significant to mental workload.
22.	Indra Maulana, et al (2023)	Disaster-affected victims who experience PTSD	literature review by searching for articles in three databases, namely Pubmed, Sciencedirect, and EBSCOhost	To illustrate the variety of therapeutic methods and interventions that have been implemented so far as a post- disaster recovery effort to develop nurses' competence in delivering psychological treatment after a disaster.	The results of the study showed that the group that got complete treatment and diagnosed PTSD showed a decrease in significant in total symptoms in below dangerous levels.

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

		Andalas University Hospital		have been hospitalized at Andalas University Hospital.	<p>Respondents with potential PTSD were dominated by 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.</p>
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25.	Ulfa nur Rohmah, Sarah geltri Harahap, yarwin Yuri, DKK (2023)	The population of citizens (17-60 years old) who have experienced post-disaster natural disasters	Quantitative research with descriptive design.	To evaluate PTSD, sleep disturbance, anxiety, and depressive symptoms of earthquake victims in Cianjur.	The results that the majority of respondents did not experience PTSD after natural disasters, almost more than half of the respondents experienced sleep problems, many respondents also experienced anxiety and anxiety. post-earthquake depression in Cianjur, West Java.
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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). Aprilly, Insani, and Merlina (2022): Examining the hereditary factors that influence PTSD anxiety in students between the Ages 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 post-traumatic 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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