

Research Article

Applications Post-Disaster Counseling in Indonesia: Issues and Challenges

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Abstract

The high frequency of natural disasters occurring in Indonesia has caused specific psychological impacts to the victims like depression, anxiety, stress, trauma-if these are not reduced—and may cause more severe effects like post-traumatic stress disorders (PTSD). Counselors need to be involved in overcoming these problems, and post-disaster counseling is a new focus in the counseling world. To conduct this counseling, counselors need to have unique competencies. Thus, this paper will explain to the counselor basic concepts, knowledge, competences, skills in doing post-natural disaster counseling services, problems, and challenges involved during the post-natural disaster services.

Keywords: counseling; natural disaster; depression; anxiety; stress; trauma; PTSD

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Introduction

Indonesia is one of the countries in the world, which is prone to natural disasters. Some frequent natural disasters which often occur in Indonesia are an earthquake, tsunami, flood, landslide, volcanic eruptions, drought, whirling wind, typhoon, storms, diseases, and others. Within 2005-2010, there were 4,408 natural disasters had occurred in Indonesia (Ventura & Bonfini, 2017).

Due to the high frequency of such disasters has led to anxiety, fear, destructions, and caused loss of material and non-material as well. The natural disaster has resulted in the victim feeling anxious, injury of position, shock, depression, psychological stress (stress) and trauma, and the accident have affected the psychosocial situation, especially in children/students (Zagumny, McPeak, & Burton, 2014).

It requires special attention to handle the problems of psychological/mental health after such a natural disaster ("Disaster Mental Health, Post 9-11: Disaster Mental Health Teams in Action," 2010). Otherwise, this situation would leave a severe impact on the overall well-being aspects of community life. Members of the community might lose their life, loss of morals, the children will lose the passion, despair, and in the end, they will be the generation of a burden on society. This is in line with the opinion by Lauzon, which is stated that the health and the welfare may increase the joy, satisfaction, and enhance the spirit of life continuously. This condition is necessary so that the settlement does not become protracted and difficult to handle; the opinions support it by Steinglass & Gerrity, who stated that the psychological effects of natural disasters could be prolonged so that the necessary services to reduce the impression. This is also supported and in line with a report BPP (2008) mentioning that as a result of natural disasters, it needs such activities to restraint mental health before and after the accident (Bemak & Chung, 2017).

Based on the results of some studies have demonstrated that post-disaster psychological problems are very much the case. They are stated that 6-7% of the US population has experienced disaster or trauma each year. Reported by the earthquake and tsunami in 2004 in Calang Aceh, Nangroe Aceh Darussalam (NAD) Province, have displaced more than 20,000 people, or about 80% died, and they consisted of teachers and students, this condition causes anxiety and indecision, stress, and trauma for the victims. Data from the World Mental Health Survey (2000) mentioned that light and small post-disaster mental health disorders (depression and anxiety disruption, including PTSD) are about 10% on average across the world. This number will increase by up to 20% post-trauma.

The counselors can make the recovery efforts of post-disaster mental health problems. This effort is one of the new focuses and the responsibility of the counselor in handling the issues. (Roysircar, 2014) suggests that counseling services that deal with post-disaster problems are one of the new focuses; counselors are required to have at least necessary skills in counseling specialized in dealing with post-disaster issues.

Therefore, counselors should have the insight, knowledge, skills, values, and attitudes in the provision of post-disaster counseling services so that people can be helped to create and realize better life and social order.

Objectives

This article describes the direction of the implementation of post-disaster counseling services. Services were conducted post-disaster counseling to deal with post-disaster psychological stress, depression, anxiety, trauma, and post-traumatic stress disorder (PTSD).

Psychological Effects After Natural Disaster

After the disaster, many mental health problems that arise. The extent of the problem varies widely, depending on the form and type of accidents that happen, here are some mental health issues based on the results of research conducted by previous researchers at home and abroad, among others.

Kuoa, H. W., Wua, S. J., Mab, T. C., Chiuc, M.-C., & Choub, S.-Y. (2004) Reported that 16.5% had symptoms post-traumatic, and 57% of the victims were once identified by using the Chinese Health Questionnaire (CHQ) experienced severe psychological problems. Symptoms related to post-traumatic and mental problems more often are found among women (22.2% and 64%) compared with men (9.2% and 47.9%). Symptoms post-traumatic and serious psychological problem score the highest are in the age range of 25-44 years old and the lowest age range of more than 60 years.

In addition to the study reported the prevalence of post-traumatic stress in the United States, the pre-school children aged 4-5 years is about 1.3%, in children aged 9-17 years about 0.5-4%, and the adults are about 1.3-8%. Women are also predicted to have a high risk of experiencing post-traumatic stress. In general, it can be concluded that the groups at high risk for post-traumatic stress are children, women, and the elderly.

In Indonesia, from the data post-disaster psychological impact is very many joints, reported data on post-traumatic stress disorder (PTSD) is specific trauma, which is due to the natural disasters (3.7% men, 5.4% women), victims of murdered (1.8% men, 21.8% men), war (38% men, 18% women). In general, 10-20% of people exposed to trauma may develop become PTSD.

Trauma Center 2005 reported the number of clients with post-traumatic stress in Lhokseumawe, which was reaching 473 people, with the number of clients each month as follows. January as many as 63 people, in February 72 people, March 55 people, April 35 people, in May 25 people, in June 26 people, in July 47 people, in August 28 people, in September 42 people, in October 42 people, in November 18 people, and in December as many as 20 people, in what client

which did not visit in 2005 as many as 175 person (37%) (Report of Trauma Center Lhokseumawe, 2005).

In the same year, conducted a study in post-traumatic stress disorder (PTSD), and the data were obtained that about 10-20% of the have interference mental serious such as interference pressure post-trauma, disruption depression, impaired panic, and various interference anxiety related.

After that, Nandang Rusmana (2008) conducted a study using the diagnostic criteria for PTSD instruments 77.1% of students obtained the traumatic events still overshadowed a description of MI; 46.7% negative thinking, 33.3% powerless, 34.8% had problems emotional, and 22.9% aloof character or attitude, and another 16.7% in despair. The traumatic events still overshadowed 22.4% of students MTs, 18.1% negative thinking, 14.3% feel helpless, 10.5% had emotional problems, 9% self-withdrew, and another 8.6% were in despair.

Reported on the results of an examination of 50 refugees in Padang Pariaman District, West Sumatra, about 15% (30 people) were experiencing acute stress. Indeed, the results of these tests might not represent the victim's mental state as a whole. Still, the number could indicate such unfortunate mental situation due to earthquake striking that area previously.

Based on some researches and reports illustrate that a variety of psychological post-disaster problems occur. Moreover, the most widely discussed is stress, trauma, post-traumatic stress disorder (PTSD), as well as depression, and anxiety (Sahar, Fadhillah, & Pratiwi, 2018).

The Involvement of Counselor Into Post-Natural Disaster

With the rise of various natural disasters in the world and the many psychological effects arising makes counselors and social workers participated in the handling.

They are reported that the ACA and the American Institute in cooperation with the counselor of Red Cross America to invite almost 4,600 licensed counselors and professionals in mental health to participate in post-disaster counseling service in New Orleans and the Gulf Coast. Moreover, also the ACA has appointed 20% of mental health counselors who were deployed to Beach Bay and Hurricane Katrina.

In the same year, Bocanegra, H. T. d., Moskalenko, S., & Kramer, E. J. (2006) in their study on 148 Chinese workers who were randomly selected, were affected by the WTC attacks on the Mac 2003. More the respondents have increased Post Traumatic Syndrome Disorder and high depression scores, only slightly (4.4%) who had done counseling with a counselor. However, nearly all (86%) had treated themselves by seeing any doctors at least once since September 11, 2001. They also received drug and prescription, and show an interest in counseling sessions.

Norris, F. H., Hamblen, e. L., & Rosen, CS (2009) conducted a study on the effects of the worst hurricane season. The results showed that increased counseling services in the city began to intensity, familiarity, and frequency of service.

Issues and Directions of Counseling Services After Natural Disaster

Post-disaster counseling services can be done in dealing with mental health issues after such natural disasters. The problems related to post-disaster mental health refer to the ability to the right thing, which is rational thought and the ability to alleviate the issues. World Health Organization (WHO) states that mentally-healthy individuals include the efforts to think and act positively, and being able to get along healthily to curb the problems and pressures consciously towards everyday life (Ventura & Bonfini, 2017).

Mentions the general stages of post-disaster counseling services include the following activities. (1) to identify the variety and intensity of the problems that (can) lead to trauma and may disrupt KES (Effective Daily Living) to become KES-T (Effective Daily Living - Disrupted) experienced by students, teachers, staff, parents, and citizens in general. (2) provide counseling services to address trauma and conditions of KES-T on the number (1), following the requirements and issues related to each of the parties. (3) to re-condition the conducive learning process and life by involving students, teachers, and staff with the support from the parents stated on the numbers (1) and (2), as well as public institutions and related social units (Rujito, 2018).

In particular, the problems that may interfere with the effectiveness of the daily life of post-disaster mental health problems among them are stress, depression, anxiety, trauma, and post-traumatic stress disorder (PTSD).

Towards the implementation of post-disaster counseling services includes the alleviation of post-disaster mental health problems, namely depression, anxiety, and post-traumatic stress disorder (PTSD). Counseling is done on the reduction of post-disaster mental health problems; various approaches can be made. The selection of counseling approaches should be suited to the type of disasters and the issues (Roysircar, 2014).

Challenges for Counselor on Post-Disaster Counseling Services

Post-disaster counseling services become new trends in counseling. Suggest that counseling, which deals with post-disaster conditions, is one of the latest focuses; the counselors are required to have at least necessary skills in counseling to deal with various post-disaster problems.

In Indonesia, besides the fact that counseling skills come from the West, counselors also need to master and integrate cultural values into the counseling session. This is supported by opinions from the experts who state that counseling should be run based on the local culture and also added with religious values, especially Islamic values, which should also be one focus in counseling treatment. This is based on the majority of the Indonesian population are Muslim; this condition requires that counselors in Indonesia master those skills (Shah & Cardozo, 2014).

Conclusion

Natural disasters cannot be controlled, but the problems that arise due to natural disasters can be minimized, including mental health problems after an accident. It requires thorough attention to handling post-disaster mental health problems. Counselors may participate in alleviation, post-disaster mental health problems. Therefore, to carry out the services, the counselors should at least have a basic competence in counseling services to deal with post-disaster mental health problems, including depression, anxiety, stress, trauma, and post-traumatic stress disorder (PTSD).

The role and skills of counselors in dealing with post-disaster mental health problems in Indonesia need to be improved.

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