

Screening of Psychological Problems in Survivor Disaster of Semeru Mount

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ABSTRACT

Mount Semeru is one of the active volcanoes in Indonesia, the eruption of Mount Semeru which occurred at the end of 2021 had a big impact on the people who were still surviving. Non-material losses can be in the form of psychological disturbances such as changes in sleep patterns, changes in eating patterns, difficulty concentrating, easy to feel afraid, feel unhappy, easily tired, often cry and unable to enjoy daily activities. This research is a descriptive research using random sampling technique. This study involved 132 survivors with a survivor age range of 19-80 years. The instruments used in this study were compiled by the Directorate of Mental Health, Ministry of Health of the Republic of Indonesia, which are contained in the book PPDGJ III. The personal self-report questionnaire consists of 29 questions consisting of anxiety and depression disorders (numbers 1-20), psychoactive substance use disorders (number 21), psychotic disorders (numbers 22-24), PTSD disorders (numbers 25-29). The results of this study indicate that the majority of problems found in survivors of the Mount Semeru natural disaster eruption in Lumajang Regency are anxiety and depression as much as 39% of survivors with the highest being easily anxious, tense or worried, easily scared, and prone to headaches, PTSD disorder 35 % of survivors with symptoms feel disturbed when in situations reminiscent of disasters, dreaming of disasters, and difficulty expressing feelings, 9% of survivors of psychotic disorders and addiction disorders as much as 0% of survivors experience increased alcohol consumption.

Keywords: screening psychology, srq 29, survivor

Introduction

Indonesia is a country with diverse natural and human potentials, but this diversity of potentials is followed by various types of potential disasters. Indonesia has various kinds of disasters caused by nature and disasters caused by human activities (Ministry of Health, 2017). One such natural disaster was the eruption of Mount Semeru. Mount Semeru is one of the active volcanoes in Indonesia, the eruption of Mount Semeru which occurred at the end of 2021 had a big impact on residents around Mount Semeru.

As a result of this incident, survivors experienced impacts in various fields, both biologically, psychologically, economically, socially and culturally which triggered psychological impacts and influenced psychological vulnerability (Warsini et al, 2014). The psychological impact felt by the survivors is one of the long-term impacts for children, adolescents and adults. The psychological impact that occurs on children is fear and interpreting eruption events as something terrible. Children and adolescents show changes in behavior after a semeru eruption such as being easily worried and afraid when they hear thunder or cloudy skies, becoming more sensitive, crying easily, and getting angry easily. In adult survivors, the psychological problems they face include experiencing increased emotions from before, there are still feelings of anxiety about losing family

members, property, sleep disturbances and panic after aftershocks. The adult survivors also felt unable to carry out their usual productive activities and felt bored being in the evacuation conditions which made their condition even worse. Apart from that, adult survivors have also lost their livelihoods, so survivors are worried about the stability of their economic conditions and are still dependent on aid supplies coming from other parties. This is because most of the residents work as sand mining workers whose location is around Mount Semeru. Residents cannot work because the mine site is closed and there is no certainty when it will resume operations.

Some of these impacts are prone to causing psychological disorders. Some research results also reveal that natural disaster survivors will experience psychological disorders which are manifested in the form of depression, anxiety, alcohol addiction, and stress disorders (Sarah Lock, 2012). Survivors experience psychological vulnerability such as post-eruption distress which results in survivors becoming individuals who have different perspectives in post-eruption social and personal relationships (Subandi et al, 2014). In addition, loss of family, anxiety about death, loss of housing, property, jobs, aftershocks, loneliness, boredom in evacuation makes survivors even more worried and can cause trauma which can lead to mental disorders to psychosocial conditions (Siregar & Husmiati, 2016, Eca, 2021; Iqbal, 2021).

Therefore, survivors also need psychosocial support to reduce the psychological impact that is prolonged and can interfere with survivors in living their daily lives (Mulyasih & Putri, 2019; Murdiono et al, 2020). Psychosocial support for survivors can be in the form of various activities such as providing play therapy activities for children, increasing self-motivation, bibliotherapy and so on (Mulyasih & Putri, 2019; Murdiono et al, 2020; Rahmat & Budiarto, 2021). However, before planning psychosocial support activities, it is necessary to identify the vulnerability of psychological conditions in survivors of the Semeru eruption. So that it is hoped that it can provide appropriate treatment and can help survivors live life with power. Accuracy in identifying will make the right diagnosis and treatment of survivors according to survivor needs.

Method

This research is a descriptive research using random sampling technique. This research involved 132 survivors of the 2021 Semeru eruption with an age range of 19-80 years. The instrument used in this study was the Self Reporting Questionnaire 29 (SRQ 29) compiled by the Directorate of Mental Health, Ministry of Health of the Republic of Indonesia, which is contained in the book PPDGJ III. Self-reporting Questionnaire 29 (SRQ 29) is a questionnaire that can identify mental disorders. The Self Report Questionnaire contains 29 questions consisting of anxiety and depression disorders (numbers 1-20), psychoactive substance use disorders (number 21), psychotic disorders (numbers 22-24), PTSD disorders (numbers 25-29).

Results

Table.1
Results of Identification of Psychological Problems

Classification	Present
Anxiety and Depression	39%
Post Traumatic Stress Disorder	35%
Psychotic Disorders	9%
Use of psychoactive substances	0%

Based on the results of the analysis of Self Reporting Questionnaire 29 (SRQ 29) from the survivors of the 2021 Mount Semeru eruption, the following data was obtained:

Discussion

The results of the study in table 1 show that the highest psychosocial problems experienced by survivors of the Semeru eruption were a tendency towards anxiety and depression, as many as 39%. Individuals who live in areas that frequently experience disasters will have a tendency to experience complex psychological suffering, one of the psychological disorders that are often experienced by survivors is anxiety disorders. Anxiety is an excessive feeling of fear, disturbance of individual behavior, feelings of fear, excessive worry, depression, feelings of anxiety and having irrelevant thoughts that are not related (Christonto et al, 2021; Cestari, et al, 2017). This feeling of anxiety is accompanied by a racing heartbeat, chest pain, or shortness of breath. Anxiety disorders in post-disaster individuals if not handled properly will cause disabilities which can significantly affect aspects of education, work and social relations which trigger a higher risk of depression and alcohol addiction (Lee, 2018). Anxiety can be a symptom of trauma that is felt immediately after the incident, several days, up to several months after the critical incident. This situation is certainly one of the obstacles for individuals to live their daily lives, work, continue their education and so on. The survivors of the Semeru eruption experienced not only material losses but also non-material losses which caused the survivors to experience a sudden sense of loss which was felt in different forms by each victim (Ernawati Dalami, et al, 2011). Losing family and friends will cause survivors to feel anxious and sad. Survivors who are unable to process loss will result in severe feelings of sadness that can last a long time which will result in depressive disorders. Losing loved ones, losing jobs, losing property due to natural disasters will trigger depressive disorders (Ana & Karnasih, 2011). Some of the conditions of survivors who experience depression include lack of sleep, decreased appetite, self-isolation, moody, anxious, annoyed, angry, and alone (Zulfan Saam, 2013; Ermawati Dalami, 2010). Based on the results of survivor identification, it can be seen that anxiety and depression disorders are the highest psychological disorders experienced by survivors of the Mount Semeru eruption. Anxiety and depression disorders experienced by survivors such as worry and feeling tense, easily scared, feeling unhappy, not sleeping well and easily feeling tired.

Then the second highest psychological problem is a survivor with a tendency to post traumatic distress syndrome (PTSD), which is as much as 35%. Post-traumatic stress disorder is a mental disorder that occurs after individuals experience threatening events and individuals with PTSD feel traumatized by remembering these events so that they experience difficulties and are disturbed in living their daily lives (Jonathan, 2015; Laville, 2017; Shalev, Liberzon, & Marmar, 2017). PTSD sufferers will respond intensely physically and emotionally to thoughts that are reminiscent of traumatic events over a long period of time. PTSD symptoms consist of three types, namely reliving, avoiding and increasing arousal (Greenberg, Brooks, & Dunn, 2015). Awakening symptoms will be experienced by individuals such as remembering traumatic events with extreme emotional and physical responses and nightmares. Emotional responses can be in the form of feelings of guilt and excessive fear while physical reactions can be in the form of racing feelings, cold sweats and headaches (Mahan & Ressler, 2012). Symptoms of reliving will be experienced by PTSD sufferers such as avoiding activities, places, thoughts, or feelings that are reminiscent of traumatic events (Wu et al, 2013). Symptoms of increased arousal will cause PTSD sufferers to experience feelings of excessive alertness, difficulty sleeping, difficulty concentrating and irritability (ACPMH, 2013). PTSD disorders need to be treated immediately because they do not cause physical disturbances that can interfere with individual survival such as somatoform, cardiorespiratory, musculoskeletal, gastrointestinal, and immunological disorders (Mahan & Ressler, 2012). Based on data collection on survivors of the Semeru eruption, the tendency for PTSD is experienced by survivors with PTSD symptoms with the highest indications of feeling very disturbed when in a situation reminiscent of

a disaster or when thinking about a disaster, having difficulty understanding or expressing feelings, losing interest in friends and usual activities, have disturbing dreams about the disaster/disaster or seem to be re-experiencing the disaster, activities, places, people or thoughts reminiscent of the disaster.

Survivors with a tendency to psychotic disorders are 9%. Psychotic disorders are disorders that cause sufferers to have difficulty distinguishing reality or not. Psychotic disorders fall under the DSM 5 spectrum of schizophrenia and other psychotic disorders, with symptoms of delusions, hallucinations, disorganized thoughts, motor abnormalities, and abnormal states associated with schizophrenia. The causes of psychotic disorders do not only come from within the individual but come from various factors that influence each other. Several factors can lead to individual susceptibility to experiencing psychotic disorders including genetics, cognitive, poor social dysfunction, events that cause trauma, traumatic stress, environmental factors, economic difficulties (Subandi 2014; Taftazani, 2017). Psychotic disorders are characterized by decreased ability to concentrate, decreased motivation, depression, anxiety, disturbed sleep patterns and social life (Agustin et al, 2022). Psychotic disorders need to be treated immediately so as not to cause worse problems due to the effects of psychosis such as large financial needs, psychological burdens and even social stigma which will make psychotic sufferers take a long time to recover (Subandi, 2014). Based on the process of identifying survivors of the 2021 Semeru eruption, data were obtained on Semeru survivors who were identified as experiencing psychotic disorders such as feeling something disturbing their minds and hearing voices of unknown origin.

Psychoactive Substances or better known as Narcotics are substances that can cause dependence or dependency for its users. Some of the characteristics and symptoms of using psychoactive substances include overdose, intoxication as a trigger for changes in memory, emotional state and awareness of changes in individual thoughts and behavior, and withdrawal syndrome (Yusuf, 2015). Continuous use of addictive substances will trigger depression, decreased bodily functions, hallucinations, delusions and emotional disturbances (Gregorio, 2016; Joewana, 2015). Based on the results of previous studies, it was found that in survivors of natural disasters there were indications of increased use of addictive substances while survivors lived in refugee camps (Mubeen, Nigah-E-Mumtaz, & Gul, 2013). However, in victims who survived the Semeru eruption, there was no indication of increased use of alcohol or drugs.

Conclusion

The eruption of Mount Semeru in 2021 will not only have a material impact but also a non-material impact on society. The results of this study indicate that survivors of the Semeru eruption experienced a psychological impact after the Semeru eruption in 2021 with the highest psychological impact on anxiety and depression of 39%. PTSD disorders by 35% and psychotic disorders by 9% and Semeru eruption survivors did not experience an increase in the use of addictive substances. Future research is expected to further explore the psychological impact of survivors based on every aspect contained in the self-report questionnaire scale and expand the scope of the subject.

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