

Traumatic Response Of Children Flood Victims In Jayapura District, Papua

¹Korinus Suweni, Yunita Kristina, Zeth Robert Felle, Frengki Apay, Demianus Tafor

Abstract--- *Floods are one of the natural disasters that often occur in Indonesia. Floods can occur due to high rainfall. victims from groups of children are the most vulnerable groups who are victims and suffer the most from adults. The National Disaster Management Agency (BNPB) noted, during 2018 there were 1,999 disaster events in Indonesia. In terms of the number of disasters in 2018, the number of disasters in 2016 was 2,392 and 2017 were 2,392. Knowing the traumatic response of children victims of banjir bandang in JAYAPURA district of Papua. Qualitative method with phenomenology approach. The number of participants in this study were six participants. In data analysis using inductive thinking methods. The results of the study concluded four themes about the traumatic response of children victims of banjir bandang. The themes identified were: psychological responses, cognitive responses, physical responses, changes in social relations.*

Keywords--- *Flood rises, Traumatic Response, Children*

I. INTRODUCTION

Flooding is one of the natural disasters that often occurs in Indonesia. Flooding can occur due to high rainfall, the absence of irrigation, and irrigation channels that are not working properly. Flash floods and landslides occurred on Saturday, March 16, 2019. At 17.00 East Indonesian Time, heavy rains flushed the Sentani area of Jayapura. The rain fell very heavy. At 18:00 CEST the rain experienced a fluctuation with heavy rainfall reaching 50.5mm / hour. At 22.00-00.00 East Indonesian Time when it rains heavily on the mountain, the riverbed around Sentani is unable to accommodate, possibly an indication that there had been landslides before which then blocked the river basins upstream [1].

Mulyadi, [2] states that victims from groups of children are the most vulnerable groups who are victims and suffer the most from adults. In 2010, flash floods in Wasior, West Papua, resulted in 144 people died, lightly and seriously injured totaling 879 people and 103 people were declared missing. Flash floods also hit North Sumatra in October 2018 with 17 dead, 2 missing and refugees reaching 534 [3]. The National Disaster Management Agency (BNPB) noted, during 2018 there were 1,999 disasters in Indonesia. According to BNPB predictions, that number will continue to increase until the end of 2018. Compared to previous years, the number of victims who died and lost due to disasters in 2018 is the largest since 2007. In terms of the number of disasters in 2018, it is not much different from the number of catastrophic events in 2016 namely 2,392 events and 2017 as many as 2,392 events. But the impact caused by the disaster in 2018 is very large [4].

Based on the background described above, the researcher is interested in researching "Traumatic Response of Children to Flood Victims in JAYAPURA Regency, Papua"

¹Korinus Suweni, Yunita Kristina, Zeth Robert Felle, Frengki Apay, Demianus Tafor, Nursing School, Health Polytechnic Ministry of Health Jayapura, Papua, Street Padang Bulan 2, Hedam, Districk Heram, Jayapura City, Papua, Indonesia
Nursing Study Program at the Faculty of Medicine Cenderawasih University
E-Mail :gunkozas@gmail.com

II. RESEARCH METHODS

In this study using qualitative methods with a phenomenological approach. Research illustrates social and humanitarian problems through an exploration process and understanding the meaning of individual and group behavior.

Research Subject

Subjects in this study were children of victims of flash floods in Jayapura Papua Regency.

Place And Time Of Research

The location of the study was conducted at the flood rises SKB Command Post Jayapura Regency Papua. The study was conducted in March-June 2019.

Method

The process of data analysis starts with the data obtained from the results of research with techniques such as in-depth interviews (in-depth interview) observation and documentation.

Data Collection Tool

In qualitative research, the instrument or research tool is the researcher himself (human instrument) so the researcher must be "validated". Validation of researchers, including an understanding of qualitative research methods, mastery of insight into the field under study, the readiness of researchers to enter the object of research both academically and logically.

III. RESULT

Participant Characteristics

The sample participants in this study were participants who had met the criteria and were willing to be interviewed. The following are the results obtained from all participants based on interview guidelines: 1) The age of the six participants ranged from 9 to 13 years. 2) the six participants were Protestant Christians. 3) education participants, two participants in grade 4 elementary school, three participants in grade 5 elementary school, while one participant in grade 1 junior high school.

ANALYSIS

Traumatic Response Of Children Affected By Flash Floods

Based on the results of research conducted on six participants found a series of traumatic response themes Children of victims of flash floods. The following themes were identified: Psychological responses, Cognitive responses, Physical responses, Changes in social relationships.

Theme 1. Psychological Response

The formation of the first theme of this study was formed from keywords and then formed categories of fear, anxiety, and sadness.

Fear

The fear experienced by the participants caused by flash floods was conveyed in this study. This feeling of fear was conveyed by 3 participants namely P1, P3, and P6. The transcript results of the three participants are as follows:

"Fear exists, only now it's not too much" (P1)

"Afraid yes, very scared ..." (P3)

"I could not speak I was afraid I was trembling once" (P6)

Worried

Emotional disorders besides fear experienced, feelings of anxiety also experienced by participants in this study. This is as expressed by the participants below:

"When I hear the sound of heavy rain I have thought already" (P3)

Sadness

Another perception related to emotional disturbances expressed by participants is the feeling of sadness they experience. The transcript results of the expression of sadness experienced by participants are as follows:

"It can no longer be occupied by that house (Eyes filled with tears)" (P1)

"(Bowing head) House is gone, the house is destroyed, nothing is left" (P4)

"The house was destroyed, seriously damaged ... (Eyes filled with tears)" (P5)

Theme 2. Cognitive Response

The second theme of this study is the cognitive response that is formed from two categories, namely memories and intrusive experiences due to flash floods.

The Memory Of The Past

Repeated experiences of this trauma were experienced by the participants with the recollections of the flash floods where the events occurred during heavy rains accompanied by flooding from the mountains in the form of sand and large logs. This is as stated by the participants below. Participants reveal what they experienced can be seen in the transcript below:

"... when I want to go to the big stone doyo from the mountain, it hits directly in front of the road" (P1)

"I'm afraid, I'm afraid if it rains, comes back again" (P4).

Intrusive Experience

In addition to memories, intrusive experiences also always overshadow the lives of the participants. Intrusive experiences that are always experienced by participants are illustrated in the following transcript results: "I'm trembling, because I remember my family who passed away" (P5)

Theme 3. Physical Response

The physical response experienced by children is the complaints they experience and the physical changes along with their growth and development during the temporary shelter.

Physical Complaints

Complaints felt by children are sleep disorders. Sleep disturbance felt by children during their stay in temporary shelter. This was stated by participant P5. The transcript results of the participants are as follows:

"I can't sleep here" (P5)

Physical Change

While the physical changes experienced by children during the temporary shelter is a change in body weight. This change in body weight was experienced by the six participants as follows:

"... now I am lazy to eat so I am already thin body" (P1)

"I eat a lot here, so I'm getting fatter" (P2)

"Yes, even more fat here" (P3)

"My body is getting thinner" (P4)

"Thin now I have a body ..." (P5)

"... day by day my body weight" (P6)

Theme 4. Change in Social Relations

The fourth theme of this research is social change. This theme is formed from two categories namely estrangement with peers and togetherness with peers.

Estrangement

This estrangement is a form of estrangement with peers who are in the temporary shelter post. This estrangement was as revealed by one participant. The transcript results disclosed by the participants are as follows:

"I rarely play with friends here" (P4).

Togetherness

Other changes in social relationships that occur due to flash floods are the togetherness that occurs between children and peers around them. This was stated by the four participants as follows:

"It's good here, lots of good friends, playing together (P1)

"Gratitude lives in this refuge ..." (P2)

"Here I am very happy a lot of friends" (P3)

"It's nice to be able to play with friends in a refugee area here well" (P6)

IV. DISCUSSION

Psychological Response

Based on the results of the study, psychological responses consist of three categories, namely fear, anxiety, and sadness. This is consistent with the theory put forward by [5], which states that this psychological response is a change in feelings or behavior that is a direct result of the state of feeling that exists in individuals experiencing traumatic events. Traumatized individuals try to eliminate bad experiences from the subconscious but these experiences are still present and ongoing. This, of course, will have an impact on the psychological response of individuals who have experienced trauma. Psychological responses that arise include fear, anxiety, and sadness.

Fear of children according to Zakariya [6] cannot just disappear or be temporary during the process of shifting conditions and attention takes place. Because the process of forgetting runs vaguely until finally forgetting the original event. Victims only remember events that stand out from the events they have experienced.

According to Agus & Samuri [7], fear in children is a natural state and is limited to specific things in order to help the individual, protect himself from danger while providing new experiences. Forms of expression of fear through crying, screaming, hiding or do not want to be separated from their parents. Therefore, for children victims of natural disasters during

the shelter, special treatment is needed differently from adults. According to Benseller [8], post-traumatic stress disorder appears after a month or a year after a disaster by showing traits that are always hunted down by fears related to the disasters they experience such as fear of being separated from parents forever and often experiencing disturbances in sleep with nightmares screaming and wet the bed.

Fear, anxiety, and sadness are one of the symptoms of Post Traumatic Stress Disorder (PTSD). PTSD experienced by each individual is sometimes unstable and different [9]. This was also experienced in this study. The results showed that the trauma levels of the six participants differed, one had experienced minor trauma (IES 12) and five others had experienced moderate trauma (IES 13-30). This trauma difference is caused by different individual adaptation mechanisms as well as the support of the closest people who can be a support system of the individual's self-defense mechanism. In the third participant, the participant's adaptation mechanism is better proven by the participant's self-acceptance of the calamity that he experienced was a life trial for himself and his parents, so the participant must try hard to deal with it. In addition, family and friends' support is always available for the third participant.

Cognitive Response

Based on the results of the cognitive response research consists of two categories, namely intrusive experience, memory. Cognitive response is an individual adaptation response in the thought process. Cognitive responses that appear in this study are flashback memories of traumatic experiences experienced by individuals. Flashback memories experienced by participants are part of the symptoms that often occur in Post Traumatic Stress Disorder (PTSD). Some individuals have persistent memory memories about the trauma of an event that has been experienced. Memories of this traumatic event will be able to interfere in the lives of individuals who experience it. Individuals will live in anxiety, fear of the shadows of events they experience that can cause disturbances in their daily lives including sleep disturbance due to nightmares, distraction to concentration, learning disorders and disturbances to memory.

This is by Yuniasanti & Abas [10] that children will experience disturbing memories, increased avoidance of behavior and increased awareness / alertness when children recall the trauma events they experienced. Cognitive changes due to traumatic events will contribute to the development of the locus of external control [11]. Whereas according to another theory states that the memory of traumatic events will affect feelings and actions, feelings and actions will affect one's physical condition.

Negative cognitive systems will make individuals have negative thought patterns that are repeated. Repetition of negative thought patterns is what causes individuals to have negative beliefs. The existence of negative beliefs is then locked and frozen into the cognitive system which then affects the physical condition of the individual and raises many diseases [12]. Changes in cognitive are also experienced by participants, namely by the existence of similar memories that occur in everyday life such as when heavy rain falls. Participants in this study revealed that when it rained it felt that participants would be afraid if a flash flood would be experienced again. Also, the shadows of events are still natural participants. The memories of this event were not experienced by the second, third and sixth participants in this study. This is supported by the results of the trauma assessment that the second, third, and sixth participants experienced only mild traumatic.

Changes in Physical Conditions

Based on the results of research changes in physical conditions are divided into two sub-themes, namely physical complaints, physical changes. The first subthema is physical complaints consisting of one category, namely sleep disorders. The second subtheme is physical change which consists of two categories, namely fat and thin.

Changes in physical conditions found in this study are changes related to complaints and physical changes experienced by participants. Complaints raised by participants include complaints about sleep disturbance, sleep disturbance experienced due to disturbance in the environment, which is a busy situation at the location of temporary shelter, temporary shelter and due to the memory of events that always overshadow participants. In addition to the complaints above, participants also experienced changes in their physical growth and development in children. Physical changes that occur are changes in body weight. According to Nasution [13], where physical changes that occur rapidly followed by changes in behavior and attitudes that also take place rapidly.

Traumatic experiences can cause changes in the physical as a process of body adaptation to stress. When stress occurs, individuals use physiological and psychological energy to respond and adapt. The amount of energy needed and the effectiveness of the effort to adapt depends on the intensity, scope and duration of the stressor and the magnitude of other stressors [14]

The mechanism of adaptation carried out by children in this study is different, namely where the response of participants who experience trauma is coping with stress by eating a lot while in participants with mild trauma levels when stressed participants do not want to eat, participants prefer to deal with stress themselves tell stories with friends-her friend.

Changes in Social Relations

Based on the results of research changes in social relations consists of two categories, namely estrangement and togetherness. Sutirna [15], argues that social development is "the process of acquiring the ability to behave by the desires that come from within a person and by the guidance and social expectations,

V. CONCLUSIONS

Based on the results of the study concluded four themes about the traumatic response of children affected by flash floods. The following themes were identified: psychological responses, cognitive responses, physical responses, changes in social relations.

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