

Literature Review: Implementation of Trauma Counseling Services for Natural Disaster Victims in Indonesia

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Abstract. This study aims to analyze the implementation of trauma counseling services for victims of natural disasters in Indonesia through a literature review with a qualitative approach in a Systematic Review. The study reviewed 10 research articles published between 2020-2024, using academic databases including Google Scholar and Publish or Perish with keywords related to trauma counseling and natural disasters. The results showed that traumatizing natural disasters include floods, landslides, earthquakes and volcanic eruptions, resulting in anxiety, stress, depression, fear and emotional instability in victims. Trauma counseling techniques applied include play therapy, art therapy, relaxation and desensitization techniques, trauma healing, SEFT therapy, cognitive-behavioral therapy, and psychosocial intervention. The study concluded that counselors must pay attention to several important aspects in the implementation of services, including the creation of a sense of safety and comfort, a deep understanding of trauma, the application of appropriate techniques, education and positive activities, as well as collaboration and ongoing support, which emphasizes the importance of a comprehensive approach in trauma counseling services for victims of natural disasters in Indonesia.

Keywords: Trauma Counseling, Natural Disasters, Disaster Victims, Psychological Recovery, Indonesia

Abstrak: Penelitian ini bertujuan untuk menganalisis pelaksanaan layanan konseling trauma bagi korban bencana alam di Indonesia melalui kajian literatur dengan pendekatan kualitatif dalam Systematic Review. Penelitian mengkaji 10 artikel penelitian yang diterbitkan antara tahun 2020-2024, menggunakan database akademik termasuk Google Scholar dan Publish or Perish dengan kata kunci terkait konseling trauma dan bencana alam. Hasil penelitian menunjukkan bahwa bencana alam yang menyebabkan trauma meliputi banjir, tanah longsor, gempa bumi, dan letusan gunung berapi, yang mengakibatkan kecemasan, stres, depresi, ketakutan, dan ketidakstabilan emosi pada korban. Teknik konseling trauma yang diterapkan mencakup terapi bermain, terapi seni, teknik relaksasi dan desensitisasi, trauma healing, terapi SEFT, terapi kognitif perilaku, dan intervensi psikososial. Penelitian menyimpulkan bahwa konselor harus memperhatikan beberapa aspek penting dalam pelaksanaan layanan, meliputi penciptaan rasa aman dan nyaman, pemahaman mendalam tentang trauma, penerapan teknik yang tepat, edukasi dan aktivitas positif, serta kolaborasi dan dukungan berkelanjutan, yang menekankan pentingnya pendekatan komprehensif dalam layanan konseling trauma bagi korban bencana alam di Indonesia

Kata Kunci: Konseling Trauma, Bencana Alam, Korban Bencana, Pemulihan Psikologis, Indonesia

INTRODUCTION

Indonesia, as one of the countries with a very high risk of natural disasters in the world. Because Indonesia is located between three large tectonic plates, namely the Eurasian Plate, the Indo-Australian Plate, and the Pacific Plate. In addition, the territory of Indonesia is located in the Pacific Ring of Fire which has a high risk of various natural disasters, such as earthquakes, tsunamis, volcanic eruptions, floods, and landslides. Indonesia's geographical conditions and tropical climate make this country vulnerable to natural disasters that can occur at any time (Assaad, Kamal, and Mustafa, 2024). Data shows that in 2023, Indonesia experienced 5,400 disasters, with hydrometeorological disasters being the most dominant. Among them are forest and land fires (2,051 incidents), extreme weather (1,261 incidents), floods (1,255 incidents), landslides (591 incidents), and drought (174 incidents). These disasters caused 275 fatalities, 5,795 injuries, and more than 8.4 million people were affected or displaced. In addition, 47,214 houses, 680 educational facilities, and a number of religious and health facilities were damaged (BNPB, 2024:2).

Until its latest on October 8, 2024, Indonesia was recorded to have experienced an additional 1,270 disasters. The impact was 391 fatalities, 54 people missing, and 674 people injured. A total of 3,545,359 people were affected or suffered, and 318,933 people were displaced. Damage to infrastructure included 38,900 housing units, 500 educational facilities, 37 health facilities, and 363 religious facilities. (BNPB, 2024).

This natural disaster not only causes material losses and casualties, but also leaves a deep psychological or mental health impact on the victims who experience the natural disaster. We can see in the study of earthquake victims in Cianjur showing a significant psychological impact on the victims, where the results of this study found that 33% of victims experienced Post-Traumatic Stress Disorder (PTSD), while 79.6% experienced insomnia or sleep disorders. In addition, 85.2% of victims experienced anxiety, and 63% showed signs of depression. These results emphasize the importance of adequate mental health services for victims of natural disasters to support their complete recovery (Rohmah et al., 2023). So it often happens to victims of natural disasters, they experience very severe trauma due to the events that befell them. Therefore, efforts to handle trauma through counseling services are an important part of the post-disaster recovery program. The trauma experienced by victims of natural disasters can be in the form of emotional disorders, anxiety, depression, and even Post-Traumatic Stress Disorder (PTSD) (Assaad, Kamal, and Mustafa, 2024). Trauma occurs when a person or individual experiences a frightening or shocking event, where a person feels threatened, either physically or emotionally, which can also involve the safety of others around them. This trauma leaves deep emotional "wounds" that are difficult to forget. Trauma is defined as an experience that causes physical or psychological injury, either temporary or repeated, with long-lasting impacts according to Tuti Alawiyah in 2022. Trauma

often arises from events such as violence, natural disasters, or other traumatic events. Short-term reactions to trauma can be shock and denial, while long-term effects include anxiety, depression, social problems, and physical, which can interfere with daily life..

Trauma can be categorized based on its causes, namely internal factors (such as psychological conditions and personality) and external factors (such as physical violence or natural disasters). A deep understanding of trauma is essential to provide appropriate treatment for individuals who experience it, especially in the context of education and counseling guidance, to help them recover and return to normal life (Tuti Alawiyah, 2022). In order for victims of natural disasters to be able to live their daily lives well, it is necessary to provide assistance to each individual to recover from the trauma in themselves, one of which can be done by providing traumatic counseling services. Trauma counseling services for victims of natural disasters in Indonesia focus on restoring the mental health of victims with the aim of helping them face and overcome the psychological impact of the traumatic experiences they have experienced. This service includes various approaches, such as individual counseling, group therapy, trauma healing, and the use of techniques such as Critical Incident Stress Debriefing (CISD). CISD is one of the methods often used to help disaster victims overcome trauma by discussing their feelings and emotional reactions to the traumatic events they experienced, in order to prevent long-term impacts, such as PTSD (Fatmah K., & Ningsih, D. R., 2021: 6).

The need for trauma counseling services in Indonesia is increasingly urgent along with the high frequency of natural disasters that occur. Although there have been various initiatives from the government, such as the National Disaster Management Agency (BNPB), and various non-governmental organizations (NGOs), the coverage of these services is still limited and not evenly distributed across all disaster-affected areas. Several areas that experienced major disasters, such as the earthquake in Aceh in 2004, the earthquake and tsunami in Palu in 2018, and the flash floods in North Luwu in 2020, showed that disaster victims not only need physical and logistical assistance, but also deep psychological recovery (Kurniawan, Herlambang, & Anam, 2024).

The Participatory Action Research (PAR) approach, which involves active participation of local communities in disaster mitigation and response, has proven effective in rebuilding the spirit of disaster-affected communities. Through this method, community service teams work together with disaster victims to understand their needs and design solutions together. This includes training and education on disaster mitigation as well as counseling services that can help victims recover their mental health.

In the context of implementing trauma counseling services in Indonesia, there are several challenges that need to be overcome, such as the lack of professionals trained in dealing with trauma, minimal access to mental health services in remote areas prone to disasters, and the stigma that still sticks to mental health issues in the community. To overcome this, collaboration between

the government, NGOs, and local communities is essential in providing broader and more equitable counseling services for disaster victims throughout Indonesia (Assaad, Kamal, and Mustafa, 2024).

Trauma counseling services for victims of natural disasters in Indonesia are an important component of post-disaster recovery efforts. With a comprehensive approach, involving community participation, and supported by competent professionals, it is hoped that this counseling service can help disaster victims overcome their psychological trauma and return to their daily lives normally. With further research and development of community-based programs, it is hoped that the effectiveness of implementing trauma counseling for victims of natural disasters in Indonesia can be increased in the future.

METHODOLOGY

In this study, the method used is a literature review with a qualitative approach in a Systematic Review to synthesize research results related to the implementation of trauma counseling services for victims of natural disasters in Indonesia. This study uses academic database sources to search for and select scientific publications to find reliable and accurate references. The author uses Google Scholar and Publish or Perish with the keywords "trauma counseling", "natural disaster", "disaster victims", "trauma recovery", and "Indonesia" to search for relevant literature.

This research method is carried out systematically by following the right steps and procedures. Mobile phones, laptops, and internet connections are the tools used in this investigation. These tools are used to search for content (literature), especially research journals related to the research subject. The focus of literature published in the last four years (2020-2024) to ensure the relevance and openness of information. The sources of this research formulate several important aspects, namely: (a) Types of natural disasters that cause trauma for victims of natural disasters in Indonesia, (b) Impact of natural disasters on victims of natural disasters in Indonesia, (c) Trauma counseling techniques applied to help recovery of victims of natural disasters in Indonesia, (d) Things that counselors need to pay attention to in implementing trauma counseling services for victims of natural disasters in Indonesia.

The data obtained will be collected using various methods, such as systematic reviews and relevant literature searches. The final report will be written after the data collection and research synthesis process, as well as the assessment of qualitative results and critical analysis of the evidence that has been collected. All important information regarding trauma counseling services for victims of natural disasters in Indonesia will be presented to provide a deeper understanding.

The readings found in this study will be used as material and displayed in the form of a table below:

Table: List of Research Materials

No	Article/Thesis Title	Tahun	Writer
1	Mental Health Improvement Efforts Through Counseling for Flood Victims in Cawang Village, East Jakarta	2020	Ratnasartika, Abdi Rianda, dan Siti Hilmah
2	Local Government Capacity in Handling Landslide Disasters in Sumedang Regency, West Java	2020	Ai Nunung
3	Flood Disaster Mitigation Training, Self-Healing Efforts, and Post-Disaster Trauma Healing Counseling in Pekauman Ulu Village, Banjar Regency, South Kalimantan	2021	Muhammad Ikhwan Rizki, Fadillaturrahmah, Anna dan Khumaira Sari
4	Implementation of Trauma Healing to Overcome Post-Flood Anxiety	2022	Akhmad Sugianto, Sri Alvie Maulidiyawati, Syarifah, Syarwani Hadi, dan Yuda
5	PKM Trauma Healing After the Eruption of Mount Semeru in Lumajang Regency	2023	Prima Souldoni Akbar
6	Community Empowerment of GEPID (Triage and Rapid Treatment) Training for Evacuation Preparedness for Earthquake Victims	2023	Aulia Asman, Alimuddin Alimuddin, Mike Asmaria
7	SEFT Therapy for Elderly Earthquake Victims in Simpang Timbo Abu Pasaman Village	2023	Fatma Nofriza, Fitniwilis, Dony Darma Sagita
8	Trauma Healing for Earthquake Victims in Cirumput Village Through Creative Boards	2024	Aldila Dwi Putra, Gina Purnama Insany, Muhammad Ikhbar Hadian, dan Syifa Ananda Gusar
9	Psychosocial Assistance and Post-Earthquake Trauma Healing in Sarpad Village, Cugenang District, Cianjur Regency	2024	Anggun Fergina, Alyanissa Putri Iskandarn Yanuar Faturrahman, Riko Pebrian
10	Implementation of Psychosocial Support Services Through Play Therapy and PHBS for Children After the Disaster of Mount Semeru Eruption in Sumber Mujur Village, Lumajang Regency, East Java	2024	Nur'Aini, Mari Esterilita, Uut Hanafi Rochman

From the table above, the number of articles that will be reviewed to determine the implementation of trauma counseling services for victims of natural disasters in Indonesia is 10 articles in the form of research journals.

RESULTS AND DISCUSSION

Types of Natural Disasters That Cause Trauma for Victims of Natural Disasters in Indonesia

Trauma is a condition that arises due to a very difficult or painful experience for an individual. The impact of this trauma can disrupt a person's physical and mental health. Trauma can come from various sources, including natural disasters, violence, and events that are experienced or witnessed directly.

From this incident, a person experiences a traumatic experience that can have long-term impacts and affect a person's mental health, including one of which causes post-traumatic stress

disorder (PTSD) and other mental health problems (Hendrayadi, Kenedi, Afnibar, & Ulfatmi, 2024).

Where the results of research related to the types of natural disasters that cause trauma to victims in Indonesia show several disasters, such as floods (Ratnasartika, Rianda, & Hilmah, 2020, Rizki, Fadlilaturrahmah, & Khumaira Sari, 2021, Sugianto, Maulidiyawati, Syarifah, Hadi, & Yuda, 2022), landslides (Nunung, 2020), earthquakes (Asman, Alimuddin, & Asmaria, 2023, Nofriza, Fitniwilis, & Sagita, 2023, Putra, Insany, Hadian, & Gusar, 2024, Fergina, Iskandar, Faturrahman, & Pebrian, 2024), and volcanic eruptions (Akbar, 2023, Nur'Aini, Esterilita, & Rochman, 2024). Which have a serious impact on the mental health of the victims. These results are summarized from 10 articles that discuss various disaster events in various regions, including East Jakarta, Sumedang, South Kalimantan, West Pasaman, and Cianjur. Thus, these findings emphasize the need for psychosocial support and counseling services for victims to support their recovery process effectively.

The Impact of Natural Disasters on Victims of Natural Disasters in Indonesia

The results of the study summarized from 10 articles show that the impact of natural disasters on victims is very diverse, including anxiety, stress, depression (Ratnasartika, Rianda, & Hilmah, 2020, Nofriza, Fitniwilis, & Sagita, 2023) fear and anxiety (Nunung, 2020), the emergence of feelings of trauma, both short-term trauma and more chronic trauma (Rizki, Fadlilaturrahmah, & Khumaira Sari, 2021), the occurrence of psychosocial crisis, physical damage to loss of life (Sugianto, Maulidiyawati, Syarifah, Hadi, & Yuda, 2022), feelings of insecurity, feelings of worry, and fear (Akbar, 2023, Nur'Aini, Esterilita, & Rochman, 2024), physical and moral aspects, feelings of unhappiness and threat (Asman, Alimuddin, & Asmaria, 2023), sadness, nightmares, difficulty sleeping and excessive fear (Putra, Insany, Hadian, & Gusar, 2024), young people become angry and emotionally unstable (Fergina, Iskandar, Faturrahman, & Pebrian, 2024).

Trauma Counseling Techniques Applied to Help Recover Victims of Natural Disasters in Indonesia

The results of the study summarized from 10 articles show that trauma counseling techniques applied to help recover victims of natural disasters in Indonesia include various approaches. These techniques include:

Play Therapy

Play therapy is an approach that uses play as a means for children to express emotions and feelings. Children often find it difficult to convey feelings verbally, so play provides a natural way to communicate their thoughts and experiences. By playing, therapists can help children, reduce stress and anxiety, improve social and emotional skills, face trauma in a fun and non-scary way (Ratnasartika, Rianda, & Hilmah, 2020., Nur'Aini, Esterilita, & Rochman, 2024).

Art Therapy

This art therapy is similar to play therapy, but uses art as the main medium. Through creative activities such as drawing and painting, children can express themselves and express feelings that are difficult to express in words. The benefits of art therapy include channeling negative emotions into positive works of art, allowing for safe reflection of traumatic experiences, reducing stress through calming creative activities (Ratnasartika, Rianda, & Hilmah, 2020., Putra, Insany, Hadian, & Gusar, 2024).

Relaxation and Desensitization Techniques

This technique aims to help individuals reduce anxiety and process trauma in a healthy way. Relaxation through deep breathing and meditation, as well as desensitization through gradual exposure to anxiety triggers in a safe environment, can strengthen mental resilience, and reduce emotional reactions to trauma triggers (Ratnasartika, Rianda, & Hilmah, 2020).

Trauma Healing

Trauma healing is a recovery process that aims to help individuals overcome the emotional and psychological impacts of traumatic experiences, such as natural disasters, violence, or other traumatic events. The main goal is to reduce trauma symptoms such as anxiety, depression, stress, and post-traumatic stress disorder (PTSD), and help individuals return to normal life (Rizki, Fadlilaturrahmah, & Khumaira Sari, 2021., Sugianto, Maulidiyawati, Syarifah, Hadi, & Yuda, 2022).

SEFT (Spiritual Emotional Freedom Technique) Therapy

SEFT is an approach that combines spiritual aspects with emotional processing. This therapy helps individuals change negative thought patterns associated with trauma and balance emotions. The focus of SEFT is to help individuals overcome painful emotions, and create emotional balance and spiritual healing (Nofriza, Fitniwilis, & Sagita, 2023).

Cognitive Behavioral Therapy (CBT)

CBT is a psychological therapy that emphasizes the relationship between thoughts, emotions, and behavior. In the context of trauma, CBT helps individuals identify and change negative thought patterns, develop healthier coping strategies, and understand the impact of trauma on everyday life (Akbar, 2023).

Psychosocial Interventions

These interventions include various activities such as singing, storytelling, and playing to build social support between individuals. These social and group activities aim to build a sense of togetherness, encourage empathy and mutual understanding among victims who have experienced trauma (Fergina, Iskandar, Faturrahman, & Pebrian, 2024).

Things That Counselors Need to Consider in Implementing Trauma Counseling Services for Victims of Natural Disasters in Indonesia.

Things that counselors need to consider in implementing trauma counseling services for victims of natural disasters in Indonesia include several important aspects. In creating a sense of safety and comfort, counselors must build a supportive environment because disaster victims often feel unsafe and threatened. Client confidentiality and comfort must be maintained, especially when adequate counseling space is not available. The creation of a supportive environment aims to make clients feel protected and not alone in facing their problems (Ratnasartika, Rianda, & Hilmah, 2020; Akbar, 2023; Asman, Alimuddin, & Asmaria, 2023; Nofriza, Fitniwilis, & Sagita, 2023; Putra, Insany, Hadian, & Gusar, 2024; Fergina, Iskandar, Faturrahman, & Pebrian, 2024; Nur'Aini, Esterilita, & Rochman, 2024). The aspect of understanding and identifying trauma is also very crucial, where counselors need to understand in depth the type of trauma experienced by the client. The process of identifying symptoms of trauma or PTSD is carried out through consultation and an open approach, accompanied by a comprehensive understanding of the psychological impact of trauma (Rizki, Fadlilaturrahmah, & Khumaira Sari, 2021; Akbar, 2023; Asman, Alimuddin, & Asmaria, 2023).

In terms of counseling approaches and techniques, counselors need to apply various methods such as Play Therapy and relaxation techniques. Systematic desensitization techniques are used to help reduce anxiety gradually. Counseling services can be carried out in an individual format for cases with high levels of stress, or in groups for lower levels of stress. It is important to maintain the flexibility of the approach and adjust it to individual needs (Ratnasartika, Rianda, & Hilmah, 2020; Rizki, Fadlilaturrahmah, & Khumaira Sari, 2021; Nofriza, Fitniwilis, & Sagita, 2023; Putra, Insany, Hadian, & Gusar, 2024).

Education and positive activities are important components in the counseling process, where counselors provide an understanding of PTSD symptoms and treatment methods to reduce stigma. Clients are involved in various positive activities to divert attention from trauma and are given skills to build a new, independent life (Akbar, 2023; Asman, Alimuddin, & Asmaria, 2023; Nofriza, Fitniwilis, & Sagita, 2023; Fergina, Iskandar, Faturrahman, & Pebrian, 2024).

Collaboration and ongoing support are equally important aspects, where counselors need to involve support from the community and family. The monitoring and evaluation process is carried out to measure the effectiveness of services, as well as provide ongoing support during the recovery period. Collaboration with various parties in the community is also needed to maximize counseling results (Rizki, Fadlilaturrahmah, & Khumaira Sari, 2021; Sugianto, Maulidiyawati, Syarifah, Hadi, & Yuda, 2022; Akbar, 2023). Especially for handling children, counselors need to form strong emotional connections through a warm approach. Children are involved in interactive activities and

educational games, with activity planning based on a deep understanding of their condition (Sugianto, Maulidiyawati, Syarifah, Hadi, & Yuda, 2022).

CONCLUSION

Based on the results of this study, it can be concluded that Indonesia, as a country that is vulnerable to various types of natural disasters, faces serious challenges in dealing with the psychological impacts experienced by victims. Common types of disasters such as floods, landslides, earthquakes, and volcanic eruptions not only cause physical damage but also deep emotional impacts. Victims often experience significant trauma, which is reflected in increased levels of anxiety, stress, and mental disorders. Some individuals may even experience post-traumatic stress disorder (PTSD), which can persist if not treated properly.

The implications of the results of this study indicate that psychosocial support and counseling services are essential to help victims recover from trauma. Through appropriate interventions, individuals can learn to manage symptoms and regain control of their lives. In addition, community involvement in providing support is also essential. Collaboration between counselors, government agencies, and non-governmental organizations can increase access to mental health services and create an environment that supports psychological recovery.

Furthermore, this study recommends that the government invest in education and training for counselors in disaster-prone areas. This will ensure that counseling services are not only available but also effective, in meeting the unique needs of victims. Future research is also recommended to develop and evaluate various counseling methods, as well as community-based programs that can be more effective in assisting the psychological recovery process for natural disaster survivors.

Overall, this study emphasizes the importance of serious attention to the mental health of natural disaster victims in Indonesia. With better understanding and adequate support, victims can find a way to overcome trauma and rebuild their lives.

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