

# TRAUMATIC EXPERIENCE OF ADOLESCENT FEMALE IN FLOODS OF COLD LAVA AFTER THE ERUPTION OF MOUNT MERAPI IN THE PERSPECTIVE OF GROWTH AND DEVELOPMENT IN MAGELANG REGENCY SHELTER

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## Abstract

**Background.** Cold lava flood disaster is catastrophic eruption of Mount Merapi was in Yogyakarta. This disaster cause a traumatic experience for the community including adolescent female.

**Objective.** The Objective of this study was to explore the traumatic experience of adolescent female in floods of cold lava after the eruption of Mount Merapi in the persfective of growth and development in Magelang regency shelter.

**Methods.** Methodology in qualitative research is phenomenological. Subjects in the study were the six partisipans taken purposively with criteria had experienced traumatic.

**Outcome measured.** Impact of Event Scale (IES) for screening traumatic tools and in-depth interviews.

**Results.** Six themes of the picture obtained traumatic for adolescent female, the psychological response, cognitive responses, phychical responses, changes in social relationships, personal growth and rehabilitation of daily living.

**Conclusion.** Research on Adolescent Girls Traumatic Experiences Cold Lava Flood Post Mount Merapi eruption have been identified participants experienced minor trauma is trauma and trauma of the participants were there five participants and there are six major themes, in which the six themes are related to specific objectives.

**Keyword :** Traumatic experience, psychological responses, cognitive responses, physical responses, changes in social relations, achieving personal growth and rehabilitation of daily living

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## INTRODUCTION

Problem of prolonged natural disaster in Indonesia has its own impact to the community. One of the biggest natural disasters in 2010 was the eruption of Mount Merapi in Yogyakarta and the subsequent disaster that cold lava flood. This flood caused a variety of damage and trauma itself for the people who experienced it, including for girls. Adolescent girls is one of the most vulnerable groups experiencing traumatic events they experienced. Vulnerability of adolescent girls is not only the physical vulnerability but also emotional or psychological vulnerability and social development. Based on the above phenomenon in this study wanted to explore the traumatic experience of adolescent girls due to cold lava flooding after the eruption of Mount Merapi in the perspective of growth in temporary shelters Magelang regency. The Objective of this study was to explore the traumatic experience of adolescent female in floods of cold lava after the eruption of Mount Merapi in the perspective of growth and development in Magelang regency shelter.

## METHODS

This research is a qualitative, descriptive, exploratory using phenomenological methods. Election participants in this study used purposive sampling method. Study participants were selected based on the inclusion criteria of this study is that participants were adolescent girls aged 15-18 years, had mild to moderate traumatic disorder, living in temporary shelters  $\pm$  1 years, able to communicate well with the use of the Java language as well as Indonesian and able to express thoughts traumatic and adolescent growth and development for our shelter. Participant election results obtained in this study were 6 participants in accordance with the study inclusion criteria above.

Data collection of this research was conducted using face-to-face and in-depth interviews. The time in-depth interviews conducted for approximately 45-50 minutes using the tools of the recorder. Processing of data

that researchers are doing by using qualitative analysis. Analysis of the data used in this study based on the analysis phase by Colaizzi (1978, in Polit & Hungler, 2001).

## RESULTS

Theme analysis results generated by researchers that there are 6 themes. These themes are (1) psychological response (2) memory of the incident, (3) physical response, (4) changes in social relations, (5) the development of personal growth, (6) rehabilitation of everyday life.

## DISCUSSION

Specific Objective 1: Holistic Response to Traumatic Events Teenage Girls Holistic response is a response that includes response to overall physical, psychological, cognitive and social.

### Theme 1: Psychological Response

This psychological response is a response that experienced by the participants in which the emotional disturbance that includes the absence of fear, panic and a sense of sadness.

Psychological responses that appear on the participants in this study is one of the symptoms of Post Traumatic Stress Disorder in which the traumatic experience may lead to interference with the integrity of the individual and that individual experiencing fear, helplessness and trauma itself (Townsend, 2009; Varcarolis, 2010). The fear felt by the participants are part of the adaptive response to stress and cognition is a response to this will affect the physical condition of a person who can bring many diseases (Potter and Perry, 2005; Perry, 2003; Wade, 2007; Fuadi, 2011).

### Theme 2. Memory for Events

The memory of the events that led to the sub-themes of repetition of traumatic experiences due to cold lava flooding after the eruption of Mount Merapi in the presence of flashbacks and memories shadow of cold lava

flood event. Memory flashbacks experienced by the participants are part of a phenomenon that often occurs in Post Traumatic Stress Disorder (PTSD). Cognitive changes caused by this traumatic event will contribute to the development of an external locus of control (Fontaine, 2009). Negative cognition system that will make people have a negative thought patterns that lead to repeated belief that individuals have a negative effect on the physical condition then individuals and led to many diseases (Fuadi, 2011).

### **Theme 3: Physical Response**

Physical responses experienced by adolescent girls are complaints that they are natural and physical changes. Grievances felt by teenage girls is a sleep disorder and other pain. Changes in body weight and height was also experienced by the participants as expressed by the participants. Traumatic experiences can cause physical changes in the body's process of adaptation to stress. When there is stress, individuals using physiological and psychological energy to respond and adapt. The amount of energy required and the effectiveness of efforts to adapt depends on the intensity, scope and duration of the stressor and the amount of other stressors (Potter & Perry, 2005).

### **Theme 4: Changes in Social Relations**

Changes in social relationships that are formed from two categories: loss of social relationships and togetherness. The existence of strain on relationships with peers will cause interference with the social development. The presence of peers is very meaningful. The presence of peers to be a forum for learning social skills can take on roles in the group (Soetjiningasih, 2007).

### **Specific Objective 2: Meaning of Traumatic Experiences**

Theme 5: Development of Personal Growth This includes the development of personal growth and self-discovery motivation

in life. The development of personal growth is a good development consciously or unconsciously within the individual that consists of the development of the mind, physical, emotional, relationship spirit, creativity and interpersonal (Levine, 2006). The advent of personal growth development self motivation self where there is a desire to get up and change the desire for the happiness of the parents and study harder to get better performance.

### **Specific Objective 3: Teenage Girls Hope Post Traumatic**

### **Theme 6: Rehabilitation of Everyday Life**

Themes corresponding to the four specific objectives are the rehabilitation of everyday life. Where the theme is composed of a physical guard, hope in themselves and hope for the government. Physical custody is carried out by participants in meeting the growth and development tasks to undertake efforts to meet the physical needs of participants during their stay in temporary housing. In addition to the physical custody, rehabilitation everyday life by having participants hope given to her include the return to the beginning of life and the desire to grow healthy. It is delivered by five participants.

Participants wanting to grow healthy people eat during their stay at the shelter. The effects of trauma can affect the development of skills such as personality, perception of trauma disorders, cognitive development, psychosocial development, and spiritual development of adolescents (Anderson, 2005). Efforts to improve everyday life expressed by participants in this study in accordance with the theory that girls should have an understanding of self and disaster preparedness and cooperation (Ministry of Social Affairs, 2012).

### **CONCLUSION**

Results of this study identified six themes generated is associated with symptoms of traumatic and change and adaptation mechanisms that exist in the participants. The

resulting six themes is a psychological response, the memory of the events, physical responses, changes in social relationships, personal self development and rehabilitation of everyday life.

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