

ABSTRAK

Ahmad Ali Rahmadian. (2016). Analisis Gangguan Stres Pascatrauma pada Anak dan Remaja Korban Bencana Alam. Survey tentang Prevalensi, Intensitas, dan Frekuensi Gangguan Stres Pascatrauma (PTSD) pada Anak dan Remaja Korban Tsunami Pangandaran - Cimerak Jawa Barat dan Korban Gempa Bumi Kota Padang – Padang Pariaman Sumatra barat.

Penelitian ini dilatarbelakangi oleh kurang memadainya data tentang gangguan stres pascatrauma (PTSD) pada anak dan remaja korban bencana alam di Indonesia. Penelitian ini bertujuan untuk mengetahui dan menganalisis prevalensi PTSD serta memahami karakteristik gejala-gejala PTSD berdasarkan variabel kelompok usia, gender, latar belakang etnis, dan rentang waktu antara peristiwa bencana dengan waktu pengambilan data. Rancangan penelitian survey digunakan pada penelitian ini. Terdapat 859 anak dan remaja berusia antara 8 sampai dengan 17 tahun yang menjadi sampel penelitian dengan 485 partisipan berasal dari Jawa Barat (56,5%) dan 374 partisipan berasal dari Sumatra Barat (43,5%). Penelitian ini menggunakan instrumen *Downs Posttraumatic Stress Scale*. Hasil penelitian menunjukkan terdapat 171 orang (19,9%) memenuhi kriteria diagnosis PTSD. Temuan penelitian menunjukkan bahwa rentang waktu peristiwa bencana dan latar belakang etnis tidak berkaitan secara signifikan terhadap perbedaan prevalensi PTSD. Kelompok usia remaja dan kelompok perempuan remaja diketahui lebih beresiko mengalami PTSD. Kelompok usia, gender, dan latar belakang etnis diketahui memberikan variasi terhadap prevalensi, intensitas, dan frekuensi gejala-gejala PTSD. Terjadinya respon kronis atau respon tertunda pada gejala PTSD, adanya perbedaan karakteristik gejala-gejala stres pascatrauma berdasarkan kelompok usia, gender, dan latar belakang etnis, masih tersimpannya memori trauma, terjadinya masalah sosial-emosi, adanya distorsi kognitif dan bentuk *coping* kognitif maladaptif, serta pentingnya memahami intensitas dan frekuensi gejala PTSD saat melakukan *assessment*, merupakan kesimpulan yang diperoleh melalui penelitian ini.

Kata Kunci: PTSD, prevalensi, intensitas, frekuensi, karakteristik

ABSTRACT

Ahmad Ali Rahmadian. (2016). *Analysis of Posttraumatic Stress Disorder in Children and Adolescents Victims of Natural Disasters. Survey on Prevalence, Intensity, and Frequency of Posttraumatic Stress Disorder (PTSD) in Children and Adolescents Victims of Pangandaran - Cimerak Tsunami in West Java and Kota Padang – Padang Pariaman Earthquake in West Sumatra.*

This research is motivated by insufficient data about post-traumatic stress disorder (PTSD) in children and adolescents victims of natural disasters in Indonesia. Determining and analyzing the prevalence of PTSD and examining characteristics of PTSD symptoms based on age category, gender, ethnicity, and the time span between the catastrophic events and the time of data collection were the objectives of this study. Survey research design has been used in this study. There were 859 children and adolescents in the research samples with 485 participants from West Java (56.5%) and 374 participants from West Sumatra (43.5%). Downs Posttraumatic Stress Scale has been used as the research instrument. There were 171 participants (19.9%) met the criteria of PTSD diagnosis. The research findings indicated that the time span of catastrophic events and ethnicity were not significantly related to the differences in the prevalence of PTSD. Adolescents and female-adolescents were known had more risk of having PTSD. Age category, gender, and ethnicity were known providing variation in the prevalence, intensity, and frequency of PTSD symptoms. Chronic or delayed response of PTSD symptoms, the differences in characteristics of post-traumatic stress symptoms by age category, gender, and ethnicity, the existence of traumatic memories, social-emotional problems, cognitive distortion dan maladaptif cognitive coping, and the importance of understanding intensity and frequency of PTSD symptoms when conducting assessment, were the conclusions of this research.

Keywords: PTSD, prevalence, intensity, frequency, characteristic