

INTISARI

Latar Belakang: Bencana erupsi Gunung Merapi tidak hanya memberikan dampak fisik, tetapi juga dampak psikologis jangka panjang bagi para penyintas. Meskipun trauma dapat memicu gangguan mental, terdapat potensi bagi individu untuk mengalami perubahan psikologis positif yang disebut *post-traumatic growth*. Salah satu faktor internal yang diduga mendukung proses pemulihan dan pertumbuhan ini adalah *self-efficacy*, yaitu keyakinan individu atas kemampuannya dalam menghadapi tantangan hidup. Penelitian yang meneliti hubungan *post-traumatic growth* dengan *self-efficacy* belum banyak dilakukan.

Tujuan Penelitian: Mengetahui hubungan antara *post-traumatic growth* dan *self-efficacy* pada penyintas bencana erupsi Gunung Merapi di Donokerto.

Metode: Penelitian ini merupakan penelitian kuantitatif dengan desain penelitian *cross-sectional*. Sampel penelitian berjumlah 110 responden berusia 22-27 tahun yang dipilih menggunakan teknik *purposive stratified sampling*. Instrumen yang digunakan adalah kuesioner *Post-Traumatic Growth Inventory-Expanded* (PTGI-X) dan *General Self-Efficacy Scale* (GSES) konteks bencana versi Bahasa Indonesia. Analisis data menggunakan uji korelasi *pearson*.

Hasil: Mayoritas penyintas bencana memiliki nilai rata-rata PTG ($91,85 \pm SD 14,77$) dan skor rata-rata *self-efficacy* ($31,93 \pm SD 2,46$). Analisis uji korelasi antara PTG dan *self-efficacy* menunjukkan koefisien korelasi (r) 0,109 dengan nilai signifikansi (p)=0,256.

Kesimpulan: Tidak terdapat hubungan yang signifikan antara *post-traumatic growth* dan *self-efficacy* pada penyintas bencana akibat erupsi Gunung Merapi di Donokerto.

Kata kunci: penyintas bencana erupsi, *post-traumatic growth*, *self-efficacy*

ABSTRACT

Background: The eruption of Mount Merapi has resulted in not only physical impacts but also long-term psychological consequences for survivors. Although trauma can trigger mental health disorders, there is potential for individuals to experience positive psychological changes known as post-traumatic growth. One internal factor presumed to support this recovery and growth process is self-efficacy, an individual's belief in their ability to cope with life's challenges. Research examining the relationship between post-traumatic growth and self-efficacy remains limited.

Objective: To determine the relationship between post-traumatic growth and self-efficacy among survivors of the Mount Merapi eruption in Donokerto.

Method: This study is a quantitative research employing a cross-sectional design. The research sample consists of 110 respondents aged 22–27 years, selected using a purposive stratified sampling technique. The instruments utilized are the Indonesian versions of the Post-Traumatic Growth Inventory-Expanded (PTGI-X) and the General Self-Efficacy Scale (GSES) adapted for disaster contexts. Data analysis was conducted using the Pearson Correlation test.

Results: Most disaster survivors had an average PTG score of $91,85 \pm SD 14,77$ and an average self-efficacy score of $31,93 \pm SD 2,46$. The correlation analysis between PTG and self-efficacy showed a correlation coefficient (r) of 0,109 with a significance value (p) of 0,256.

Conclusion: There is no significant relationship between *post-traumatic growth* and *self-efficacy* among survivors of the Mount Merapi eruption in Donokerto.

Keywords: *eruption survivors, post-traumatic growth, self-efficacy*