

INTISARI

Latar Belakang: Bencana alam seperti erupsi Gunung Merapi dapat menyebabkan gangguan psikis salah satunya *Post Traumatic Stress Disorder* (PTSD). PTSD merupakan suatu gangguan kecemasan yang dialami oleh seseorang setelah mengalami kejadian traumatis. Remaja merupakan kelompok yang rentan mengalami PTSD. Karakteristik responden seperti jenis kelamin, usia, kehilangan orang yang dicintai, dan kerusakan rumah serta dukungan sosial diketahui memiliki hubungan dengan PTSD pada remaja pasca terjadinya bencana alam.

Tujuan Penelitian: Mengetahui hubungan antara karakteristik responden dan dukungan sosial dengan PTSD serta gambaran PTSD pada remaja 7 tahun pasca erupsi Gunung Merapi di hunian tetap Desa Wukirsari.

Metode: Penelitian ini adalah penelitian deskriptif kuantitatif dengan rancangan *cross sectional*. Penelitian ini dilakukan pada Januari 2018. Sampel yang digunakan yaitu 50 remaja di hantap Desa Wukirsari. Pengambilan data dilakukan menggunakan kuesioner *The Child Post Traumatic Stress Disorder-Reaction Index*, kuesioner karakteristik responden, dan *The Multidimensional Scale of Perceived Social Support*. Analisis bivariat dilakukan menggunakan uji *fisher*.

Hasil: Persentase remaja yang memiliki risiko PTSD sebanyak 12% dan 88% remaja tidak PTSD. Gejala PTSD yang paling umum muncul pada remaja adalah: mengidentifikasi kejadian sebagai *stressor*, gambaran kejadian yang berulang, penghindaran emosional, mudah kaget, gangguan tidur, dan *regression*. Hubungan antara karakteristik responden (jenis kelamin, usia, kehilangan orang yang dicintai, dan kerusakan rumah) dengan PTSD memiliki nilai signifikansi *p* secara berturut-turut yaitu 1,000; 0,293; 0,643; 1,000. Hubungan antara dukungan sosial dengan PTSD memiliki nilai signifikansi 1,000.

Kesimpulan: Persentase remaja yang memiliki risiko PTSD sebanyak 12%. Tidak terdapat hubungan yang signifikan antara karakteristik responden dan dukungan sosial dengan PTSD.

ABSTRAK

Background: Natural disasters such as Mount Merapi volcano eruption can cause psychological disorders, for example Post Traumatic Stress Disorder (PTSD). PTSD is an anxiety disorder experienced by a person after experiencing a traumatic event. Adolescents are vulnerable population. Personal characteristics (gender, age, loss of loved ones, house damage) and social support are known to be associated with PTSD in adolescents following natural disasters.

Objective: Understand the relation between personal characteristic and social support with Post Traumatic Stress Disorder (PTSD) and to describe PTSD suffered by adolescents victims 7 years after the Merapi's eruption in 2010.

Methods: This research was descriptive quantitative research with cross sectional design method. This study was conducted on January 2018. Sample in this research consisted 50 adolescents in permanent shelter of Wukirsari village. Sampling was performed by using The Child Post Traumatic Stress Disorder-Reaction Index, personal characteristics, and The Multidimensional Scale of Perceived Social Support. Bivariate analysis was performed using fisher test.

Results: The percentage of adolescents who had risk for PTSD (12%) and 88% of adolescents are not PTSD. The most common symptoms of PTSD among these adolescents were: Identifies events as stressor, repetitive images, emotional numbing, easily startled, sleep disturbances, and regression. This research found that relation between personal characteristics (gender, age, loss of loved ones, and house damage) and PTSD had significant value of p 1,000; 0,293; 0,643; 1,000. Relation between social support and PTSD had significant value of p 1,000.

Conclusion: The percentage of adolescents who had risk for PTSD (12%). There was no significant relation between personal characteristics and social support with PTSD among adolescents 7 years after the mount merapi volcano eruption.