

INTISARI

Latar Belakang: Tanah longsor menimpa kecamatan Purworejo pada 18 Juni 2016 lalu. Desa Donorati merupakan salah satu desa yang terkena dampak terparah dari tanah longsor. Kesehatan mental menjadi satu hal yang penting pasca bencana. Kecemasan pasca bencana dapat berdampak pada gangguan kecemasan jangka panjang dan penurunan kualitas hidup korban apabila tidak cepat ditangani.

Tujuan Penelitian: Mengetahui gambaran kecemasan pada masyarakat Desa Donorati Kecamatan Purworejo pasca bencana tanah longsor 18 Juni 2016.

Metode: Penelitian ini termasuk jenis penelitian deskriptif komparatif dengan pendekatan kuantitatif. Penelitian dilakukan dibulan September-Oktober 2017. Sebanyak 100 orang korban bencana tanah longsor berusia dewasa di Desa Donorati berpartisipasi dalam penelitian ini. *Zung Self-Rating Anxiety Scale* digunakan untuk mengukur tingkat kecemasan korban. Uji hipotesis menggunakan *Fisher Extract Test* untuk mengetahui adanya perbedaan antara kecemasan dan karakteristik responden.

Hasil: Sebanyak 5% responden masyarakat Desa Donorati mengalami kecemasan ringan hingga sedang. Tidak terdapat hubungan signifikan antara tingkat kecemasan dengan karakteristik responden yang meliputi jenis kelamin, usia, tingkat pendidikan, status pernikahan, alamat, serta riwayat terkait bencana yang dialami oleh responden.

Kesimpulan: Sebagian besar masyarakat Desa Donorati mengalami kecemasan yang normal, hanya sedikit (5%) responden yang mengalami kecemasan ringan hingga sedang pasca kejadian tanah longsor Juni 2016 lalu. Pada uji beda antara kecemasan terhadap karakteristik responden tidak ditemukan perbedaan yang signifikan.

Kata kunci: kecemasan, korban bencana, tanah longsor, psikososial

ABSTRACT

Background: Landslide hit Purworejo sub-district in June 2016. The Donorati village was one of the villages that was worst affected by landslides. Mental health becomes one important thing after a disaster. Post-disaster anxiety can be rooted in long-term anxiety disorders and a decrease in the quality of life of survivors if not handled quickly.

Objective: To knowing the description of anxiety in the community of Donorati Village, Purworejo after the landslide in June 2016.

Methods: This research was a type of comparative descriptive research with a quantitative approach. Data was collected from September 2017 to October 2017. A total of 100 survivors of adult in Donorati Village participated in this study. The Zung Self-Rating Anxiety Scale was used to measure the level of anxiety of survivors. Hypothesis testing using the Fisher Extract Test to determined the differences between anxiety and respondent characteristics.

Results: 5% of respondents in Donorari Village experienced mild to moderate anxiety. There was no significant relationship between the level of anxiety with the characteristics of respondents, including gender, age, level of education, marital status, address, and history related to the disaster experienced by respondents.

Conclusion: Most Donorati villagers experienced normal anxiety, only a few (5%) respondents experienced mild to moderate anxiety after the landslide event in June 2016. In the difference test between anxiety on the characteristics of respondents there were no significant differences.

Keywords: anxiety, disaster survivors, landslide, psychosocial