



## **Psychologycal Support Program**

### **“Rehabilitation And Stress Disorders” : A Literature Review**

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#### **ABSTRACT**

Introduction: A disaster is where a situation is most avoided, after a disaster everywhere it is, it must have a critical impact on the environment, one of which is a society that is affected by a disaster. Generally, after a disaster, the victims are exposed to stress and some of the mental disorders caused by the disaster, The government is aware of the effects of disasters, especially on the mental, umumnya after disasters, the government provides a special place for those with trauma and stress. in this study using a method of study of literature. In the results of the literature study, the government conducts first aid or (PFA) with the first aid of the community, with this policy, hopefully the community will be calmer and more comfortable after a disaster.

#### **KEYWORDS**

Impact; disaster; mental

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#### **INTRODUCTION**

Indonesia in recent years has faced various natural disasters such as earthquakes, landslides, erupting mountains, tsunamis, fires, and so on. Natural disasters like this are often unpredictable and can have a serious impact on the wider community. The post-disaster stress disorder rehabilitation process is an important process for reducing or overcoming psychological disorders commonly experienced by individuals experiencing traumatic events such as accidents, natural disasters, wars, or sexual violence (Rahmadian, 2016). After the disaster, the majority of the population of the disaster remains in normal psychological reactions, with about 15–20% experiencing mild or moderate mental



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disorders referring to the condition of the Post Traumatic Stress Disorder (PTSD) (Shalahuddin et al., 2022).

Post-Traumatic Stress Disorder (PTSD) is a form of psychological disorder commonly found in victims of disasters after a long disaster. Children and adolescents who are victims of natural disasters are known to be more vulnerable to post-traumatic stress disorder (Rahmadian, 2016). Victims of a natural disaster not only witnessed but also experienced firsthand the events of a disaster that were recorded strongly in their memories. Everything they saw at the time of the tragic event, the sound of screaming pain, panic and sadness, the smell they smelled for days and the feelings that came to life in their memories. Severe disasters make victims of disasters feel helpless, even some may feel guilty about surviving when family members or those closest to them cannot be helped or die. In this phase, disillusionment and anger are often the dominant symptoms that are felt and post-traumatic symptoms such as PTSD (Aryuni, 2023).

Rehabilitation is the process of improving and restoring all aspects of public or public services to an adequate level. It was conducted through improvements in the environment of disaster areas, improvements in public infrastructure and facilities, the provision of community home improvement assistance, social psychological recovery, and structured trauma recovery assistance (Rahmadian, 2016). In order to overcome the trauma of post-disaster children, they also need to recover by making entertainment such as main programs such as family center (home visit), which are places to share stories, study, play, and health services (Trijayanti, 2019).

In the post-disaster stage, disaster management planning activities, disaster risk reduction, prevention, compliance with planning, and nutrition monitoring of infants, toddlers, and the elderly are carried out. After the end of the emergency response period, services focused on promotional health services, such as monitoring the nutrition of infants, toddlers, and the elderly, monitoring the reproductive health conditions of women who were victims of the disaster, efforts to live clean lives and restoration of environmental sanitation (Fatoni & Widayatun, 2013).

This psychological treatment is not only carried out to reduce the psychological impact during disasters, but also carried out after or even long after disasters occur. Efforts are made to prevent disasters, mitigate disasters or mitigate the effects of disasters, emergency response, and reconstruction and rehabilitation activities covering all aspects of life (Rahmadian, 2016).

## MATERIALS AND METHODS

This study uses a literature review method conducted in 2024 to determine the process or stage of rehabilitation of stress disorders experienced by victims of natural disasters following natural disasters. The literature review method is a method used in descriptive research with the literature review methodology to collect, analyze, and discuss data relevant to the research topic. We did a systematic search of database reviews obtained from official and trusted web journals such as Google Scholar, Scopus, PubMed, Sci-Hub and so on. The following keywords were used to conduct literature searches: "Rehabilitation", "Stress Disorder", "Natural Disasters".

## RESULTS

Presentation of the results from examining each literature used, the information presented in tabulated form. The tabulation created will include effective methods for post-disaster mental health rehabilitation that have been obtained from previous literature searches. The table contains the author of the article and the year of publication of the article, the type of research, research methods and research results.





| <b>Author<br/>(year),<br/>country</b> | <b>Design</b>                | <b>Purpose</b>   | <b>Result</b>  |
|---------------------------------------|------------------------------|--|--|
| Cohen et al. (2019), Amerika Serikat  | Experimental and Observation | To test social services case management (SSCM) which is similar to Psychological First Aid on PTSD recovery, measured based on prevalence and persistence. | The order of prevalence and persistence of PTSD from low outcome is staged treatment with SSCM, staged treatment without SSCM, usual care with SSCM, lastly staged treatment without SSCM.   |
| Cohen et al. (2017), Amerika Serikat  | Longitudinal                 | To compare the effectiveness of Stepped Care (SC) with Usual Care (UC) to reduce the prevalence of PTSD  | SC for early treatment of PTSD after a disaster is more effective than UC  |
| Fadlunnida et.al (2019), Indonesia    | Quasi Experimental           | To investigate the correlation between self disclosure and stress among teenager who survived the earthquake in Palu                                       | From the results of the Pearson Product Moment correlation test using SPSS 21, it shows that there is a negative relationship between the variables of self-disclosure and stress as seen from the results of the correlation coefficient (r). The significance value obtained is 0.005 (< 0.01), where if the significance value is less than 0.01 then the two variables have a significant relationship |
| (Fitriyani & Anjaly, 2023) Indonesia  | Library Research             | To describe usage Psychological First Aid (PFA) as an effort first aid to victims of natural disasters   | Psychological first aid reduces the negative impact of traumatic experiences, strengthens survivors' short-term and long-term adaptive functions, and accelerates survivors' recovery processes.   |
| Shalahuddin et.al (2022), Indonesia   | Literatur Riview             | To conduct a study regarding effective anxiety management therapy methods used to reduce stress disorders in victims affected by earthquake disasters      | Interventions such as effective anxiety management therapy methods used to reduce stress disorders in victims affected by earthquake disasters include religious activities, Cognitive Behavior Therapy (CBT), healing therapy, emotional support, art therapy, and play therapy.  |

## DISCUSSION





## **Culturally Appropriate Psychological First Aid Sessionsc**

Just as there is first aid for physical conditions, there is also first aid for mental or psychological conditions. Psychological First Aid is a series of actions designed to strengthen the mental state of a person in crisis menurut WHO, 2009 dalam (cpmh, 2020). The crisis itself can be interpreted differently by each individual, because it is an event that creates pressure and trauma for those who experience it. The definition of crisis is subjective and is based on how the individual judges an event, so it cannot be equaled. The PFA may not always be appropriate for everyone facing a crisis (cpmh, 2020) This is because each individual has their own unique way of responding to the crisis they face. Some may react to extremes, while others may have calmer reactions. As a person who provides help, it is essential to understand and appreciate the needs of each individual, and not try to impose what we think they need. Typically, individuals who have extreme reactions and need PFAs exhibit very strong emotional symptoms, suffer serious injuries, or may not even be able to take care of themselves. Culture has an important connection with Psychological First Aid (PFA) associated with PTSD. PTSD is a syndrome experienced by a person after a traumatic event (press, 2011).

These conditions can cause psychological effects such as behavioral disorders, including excessive anxiety, irritability, sleeplessness, tension, and other reactions. Post-traumatic stress disorder (PTSD) can last for months, years, or even decades. Sometimes, symptoms of PTSD do not appear until a few months or years after experiencing traumatic events. This is a serious condition and affects the daily lives of individuals who experience it according to the article Durand & Barlow, 2006 (dalam press, 2011).

PFA is designed to provide sensitive and appropriate support to the culture of individuals in crisis. In the context of PTSD, cultural factors such as beliefs, norms, values, and practices of communities can affect the way individuals experience and respond to trauma. In providing PFA, it is important to consider the cultural context of the individuals involved. This involves an understanding of the beliefs, values, and practices that exist within the culture. Aligning the PFA approach to individual cultures can help create a safe and supportive environment for PTSD survivors. Many international relief organizations, such as the IASC (Inter-Agency Standing Committee) and the Sphere Project, have used the PFA in a sensitive cultural framework. PFAs can be tailored to individual cultural needs and provide support that fits their cultural context.

The PFA guidelines developed in this study aim to improve the core response and abilities of mental health professionals in disaster situations. The guidelines consist of five stages, namely good relationship formation and safety verification, psychological stabilization, information collection, problem resolution, and recovery. Each stage has specific goals and activities to help individuals in crisis. In the first stage, disaster psychologists recognize their expertise, stabilize the individuals they help, and ensure physical and psychological safety. In previous studies, it was found that the majority of PFA providers considered contact and participation with survivors to be the most useful core behavior. This suggests that the formation of a relationship of mutual trust in the first stage is very important. When a disaster occurs, many people come to the location without being aware of their status, so survivors may feel uncomfortable or react negatively. Therefore, it is very important for PFA providers to ensure physical security and provide psychological support to survivors. In the second stage, mental health professionals who work in disaster situations remind individuals of a safe place, help them manage unwanted memories, and strengthen their values by exploring positive statements. Stabilization techniques are used to develop a positive crisis response strategy in self-management. In previous studies, psychological stability was identified as one of the core areas of activity in interventions. In the third stage, mental health professionals involved in disaster management conducted exploratory questions to understand more deeply about the problem (Eun-Young Kim 1 dan Seung-Woo Han 2, 2021).





Events that occur, identify any loss or guilt that may be felt as a result of the disaster experience, and verify information about currently available resources. The main principle of the PFA is flexibility in interventions, where the approach can be tailored to the needs of individuals experiencing a crisis in the fourth phase, the PFA is a challenge. Mental health professionals involved in disaster management make specific action plans and use the social support system through connection with community counseling centers. Survivors often lose hope in catastrophic crisis situations. In helping survivors, it is important to give them what they need, not only to give hope for the future, but also to increase their resilience. In crisis situations, survivors often face difficulties in solving problems logically. Therefore, PFA providers must help them reveal what they need. At the last stage, individuals begin to think about the recovery process and plan for a happier future. When survivors have reached a better level of stability and are close to resolving the problems faced, it is important for PFA providers to help them determine the steps that need to be taken for their personal recovery in the future. In addition, PFA providers can also provide information about further assistance that is important for their psychological recovery.

Follow-up post-assignment monitoring in disasters in rehabilitation psychology in stress disorders is essential to help individuals who experience PTSD after a disaster. In the context of the research we are looking for, a survey was conducted on victims of landslide disasters in Jemblung Hamlet, Banjarnegara Regency. Research results showed that most respondents experienced symptoms of PTSD, including negative alteration in mood and cognition, re-experiencing, avoidance, and hyperarousal. In post-disaster management, appropriate psychosocial interventions should be applied immediately after a disaster occurs. This approach is based on the principle of psychological first aid. The World Health Organization (WHO) recently published guidance on PTSD for field workers, which can be a reference in providing assistance to individuals with post-traumatic stress disorder. It is important to understand that PTSD is a syndrome experienced by a person after a traumatic event. Symptoms of PTSD may last for months, years, or even decades. In the case of landslide disasters in Jemblung Hamlet, factors such as new environment, loss of property, and constant exposure to stimulation reminiscent of traumatic events can worsen the psychological burden experienced by victims. In post-assignment monitoring, it is important to provide continuous psychological support and ensure that individuals gain access to appropriate rehabilitation services. Efforts to reduce PTSD symptoms and improve the quality of life of victims are important in the psychological rehabilitation process. With a better understanding of this condition, it is expected to provide effective support for those with post-traumatic stress disorder.

### **Grit motivates them to endure challenges and become successful over time**

In this phase, some individuals may experience an acute stress reaction called acute stress disorder (ASD) if their experience is severe and interferes with normal function. During the initial examination, people with this disorder may experience symptoms similar to those of difficulty on one side, and symptoms experienced by individuals with future PTSD on the other. Therefore, it is important to be careful in distinguishing between individuals under temporary pressure from those with ASD and then developing PTSD after one month. One reliable factor is how well individuals recover over time. Individuals who experience pressure but remain strong can recover quickly, although they may experience quite devastating experiences for a while. However, individuals with ASD tend to recover more slowly. Progressive reduction or disturbing memory loss about disasters distinguishes individuals from PTSD from those who do not experience them. The definition of PTSD caused the diagnosis to be delayed until one month after the event. This finding led the National Institute for Health and Care Excellence (NICE) in the UK to recommend a vigilant waiting attitude for about four weeks after the incident before PTSD treatment began. During this period, the victims should be given support based on the principle of psychological first aid and then further assessment. Therefore, one of the main goals





in this phase is to filter out the population and conduct assessments of individuals with specific risks in the future. However, initial treatment should be provided if the individual's suffering is unusual or very severe.

In the initial rescue and recovery phase, it ideally uses local health care providers whenever possible, as they are part of an affected, trustworthy, and understanding community of local culture and conditions. In this phase, it is also important to develop a training program for general doctors that is likely to be a point of contact for individuals who need long-term service. Although they may not have specialized mental health skills today, they are people who tend to be consulted by victims after a disaster. They have a good position to distinguish between individuals who need psychosocial care and those who need specialist mental health care.

### **Government policies related to trauma healing**

In medium and large-scale emergency response, it is important to integrate mental health services well with humanitarian, welfare, and psychosocial care assistance in disaster response plans. This requires learning through research and experience that are translated integrated into policies at four levels:

1. **Government Regulations:** Government policies are necessary to establish the goals and goals of psychosocial and mental health responses. They must define the service requirements to be designed, developed, and provided, which offer mental health services integrated into all disaster response plans. The authorities responsible should gather evidence from research with the consensus of experts, their knowledge of the country, society, and culture, and risk profile to service design. They should also plan programs to manage service performance in order to achieve identified goals.
2. **Strategic policy for service design:** Strategic policy should be designed to integrate mental health services into disaster response plans. This involves identifying needs, developing appropriate service models, and organizing necessary resources. This policy should be based on existing evidence and involve collaboration with related experts and practitioners.
3. **Service delivery policy:** This policy deals with how mental health services are provided in disaster response situations. These include team organization, resource distribution, staff training, and coordination with relevant parties. This policy should ensure that mental health services are available in a timely and effective manner.
4. **Policy for good clinical practice:** This policy deals with the standard of clinical practice that professionals must follow in providing mental health services in disaster response situations. It involves the development of clear guidelines, protocols, and procedures to ensure that good clinical practice is followed and that cultural ethics and values are respected.

Practitioners skilled in mental health care and experienced in disaster management play an important role in advising authorities on the development of policies and operations in the face of disasters. Principles developed by Williams et al. covers all four levels of this policy. Cultural and ethical values should also be taken into account at every level of policy and planning.

### **CONCLUSIONS**

Rehabilitation of post-natural disaster stress disorder is an important stage in the recovery of individuals affected by natural disasters. Various methods have been studied to help reduce the





psychological effects that occur after a disaster, including psychological first aid (PFA), social case management, cognitive behavioral therapy, emotional support, and art therapy. It is important to pay attention to the cultural aspects of providing assistance because people's beliefs, norms, and values can affect the response to trauma. In addition, government policies that integrate and focus on mental health services in disaster response plans are also key factors in facilitating the rehabilitation process. In this context post-disaster monitoring follow-up is essential to ensure that individuals receive appropriate support and access to appropriate rehabilitation services. Thus a holistic approach that includes psychosocial intervention, mental health care, and effective government policies is needed to support optimal recovery for individuals affected by natural disasters.

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### **Conflict of Interest**

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