

**PKK EMPOWERMENT IN PADALUYU VILLAGE IN
PSYCHOSOCIAL AND SPIRITUAL ASSISTANCE FOR
EARTHQUAKE SURVIVORS, CUGENANG DISTRICT, CIANJUR
REGENCY**

**Maemunah Sadiyah^{1*}, Imas Kania Rahman², Santi Lisnawati³, Ira Wahdani⁴,
Nabil Aulia Ramadhan⁵, Naura Shabirrania Darmawan⁶**

Universitas Ibn Khaldun, Bogor.

^{1*} maemunah@uika-bogor.ac.id, ² imas.kania@uika-bogor.ac.id, ³ santilisnawati@uika-bogor.ac.id,
⁴ irawahdani77@gmail.com, ⁵ nn7046685@gmail.com, ⁶ aurashabirrania@gmail.com

Abstract

Disasters have long-term psychological impacts, both visible ones such as depression and psychosomatic as well as invisible ones such as family conflicts to divorce. On November 22, 2022, an earthquake occurred in Cianjur Regency, the worst condition was in Cugenang District. The disaster that occurred affected the stability of residents' lives due to the loss of family members, residences, closed access roads, loss of business land as well as other properties. Apart from that, the survivors witnessed their houses collapse without remains, and the people closest to them died or were injured, the frightening earthquake incidents have affected their mental health so that they become afraid, withdraw from their environment, have difficulty managing their emotions, are not calm, and worry all the time. There need to be psychological assistance services in the form of assistance for survivors of severe, moderate, and mild trauma. Intensive assistance can only be carried out by trained personnel who are ready to live close to survivors. The Padaluyu PKK mobilizing group has the potential to be trained (TOT). 35 representatives from each RT were selected to be trained in healing and art therapy materials. Then the 10 best participants were selected accompanied by 10 BKPI students to implement their abilities to assist survivors in RW 07 RT 03 Kampung Barujamas Padaluyu in three categories of survivors children, youth, and adults. Testimonials from 10 PKK activists and Barujamas residents stated that the mentoring program was very useful.

Keywords: Assistance, Earthquake Survivors, Psychosocial, and Spiritual

INTRODUCTION

Law No. 24 of 2007 explains that a disaster is a series of events that can disrupt and threaten the lives of the surrounding community caused by natural, non-natural, or human factors that can claim human lives, damage the environment, cause loss of property, and impact psychologically. As one of the countries with active mountain paths or rings of fire, Indonesia is prone to disasters. Some of the tragedies are prone to occur in countries with active volcanoes paths are earthquakes, volcanic eruptions, and tsunamis. In addition, Indonesia is also vulnerable to non-natural disasters or damage caused by humans, such as landslides, flash floods, droughts, fires, etc. (Salamor, et al. 2020).

Not long ago, Indonesia experienced an earthquake disaster centered in Cianjur on November 22, 2022. The earthquake that occurred at M 5.6 caused damage to 35,601 houses, and 635 people died. The number of refugees recorded on December 2, 2022, reached 114,683 people. One of the areas affected by the earthquake was Padaluyu Village, Cugenang District, Cianjur, West Java, where the area is a fault area or Cugenang fault. The fault area is approximately 9 square kilometers which are declared a dangerous zone to live in because it is prone to earthquakes.

In general, donations that flowed more were in the form of physical assistance, such as food, shelter, clothing, and other assistance that was considered important. Meanwhile, the victims also really need attention and care on the psychological aspect. This psychological aspect generally occurs in disaster victims who still remember the traumatic events when the disaster occurred. Psychologically, disaster victims find it difficult to let go of the memories that are recorded in their minds and even carry them into their subconscious (Muhammad, 2019).

Every earthquake victim who experiences trauma always experiences spiritual disorientation. The condition of a person depends on people who assist in the form of material. According to their religious beliefs, earthquake victims should still hang on something solid, the Creator, respectively. Post-earthquake trauma psychological recovery (trauma healing) aims to gradually recover the worries and fears that plagued the victims and acceptance of destiny emerge and a new optimism grows in readiness to face the future.

Trauma healing providing an assistance to overcome psychological disorders due to weak mental function resilience possessed by victims of natural disasters. trauma healing is also one of the most overriding needs for disaster victims, with trauma healing the victims are expected to reduce the trauma they experience. According to child and family psychologist Ratih Zulhaqqi, Trauma healing aims to anticipate Post-Traumatic Syndrome Disorder (PTSD), namely post-traumatic stress disorder (Azis, Ansar. 2019).

In theory, Trauma healing is applied to children by building groups that invite children who are victims of natural disasters to carry out activities such as learning, training activities, and activities that can restore traumatic elements to children. Trauma healing aims to rebuild the victim's mental and psyche so that they can forget what happened to them so that they will be ready if a disaster occurs again (Indrawadi, 2007).

Based on the explanation above, Bogor Ibn Khaldun University (UIKA Bogor) held a Psychosocial and Spiritual Assistance Program for earthquake survivors in Padaluyu Village, Cugenang District, Cianjur Regency. This assistance aims to identify trauma with the classification of mild, moderate, and severe trauma; building coping so that they can escape from trauma so that they can grow optimistic in facing the future, as well as directing survivors to improve their spirituality to build self-strength to face various challenges in life.

IMPLEMENTATION METHOD

The empowerment of PKK in Padaluyu Village in psychosocial and spiritual assistance for survivors is carried out in six stages, as follows:

1. Mapping of disaster victims in 27 RTs of Padaluyu Village, in coordination with local officials, namely the Head of Padaluyu Village and the Head of PKK Mobilizer to obtain a concrete map of disaster victims who are traumatized.

2. Categorizing victim survivors based on mild, moderate, and high trauma through questionnaires that have been filled in by earthquake victim survivors.
3. Take inventory of the names of PKK and Youth activists who can be empowered to receive psychosocial and spiritual training for 1 month. Coordinating with the Chairperson of the PKK in Padaluyu Village, Cugenang District, so that 35 names of survivors were obtained who were ready to be trained.
4. Develop a schedule of training activities.
5. Implementation of the Training, the Assistance Team carried out Training Of Trainer (TOT) activities for 35 selected participants representing each RT in Padaluyu Village. The training material provided is about emotional stability, which is followed by art therapy as a medium for dealing with trauma.
6. Implementation of assistance by the 10 best TOT participants accompanied by BKPI Semester V students (counselor candidates) for the people of Kampung Barujamas RT 03 RW 07 Padaluyu Cugenang, Cianjur Regency in 3 categories, survivors of children, youth, and adults.

RESULTS AND DISCUSSION

The Padaluyu Village PKK empowerment activities in psychosocial and spiritual assistance to survivors in the village can be explained in detail as follows:

Observation and Mapping of Survivors

The first activity carried out by the UIKA PKM Team, the psychosocial and spiritual assistance group, began with observing the Cugenang District. Observations were made in collaboration with other PKM groups from UIKA Bogor. Observation to obtain data regarding the situation, as well as the needs of survivors in Cugenang District.

Observation is the first stage of a site visit. Observation activities were carried out simultaneously with the delivery of basic food assistance from the UIKA Bogor extended family. The observation was carried out on December 4, 2022.



Figure 1. UIKA Chancellor Symbolically Submitted a Donation to the UIKA Team Towards Cugenang District, Cianjur Regency



Figure 2 The UIKA Health Team and Trauma Healing Team Assisted Survivors on the First Visit (Observation) Observation

results obtained data that Padaluyu Village was a the most populous village, after the disaster occurred the data showed that there were 75 posts with a total of 9013 refugees. Padaluyu Village consists of 8 RWs with the worst survivors being in RW 07, to be precise RT 03 Kampung Baruzaman with a total of 89 families. The survivors in Barujamas Village need intensive assistance, apart from all the houses the residents collapsed and are uninhabitable, there are also survivors with burns and broken bones.

This observation data became the basis for establishing PKK empowerment steps in Padaluyu Village to help survivors of Baruzamas Village, RT 03 RW 07. Coordination with the Head of Village, Mrs. Neng Susilawati, SIP, and the Chairperson of the PKK, Mrs. Lia Restiati, on 5 and 6 December 2022 via Whatsapp it was agreed that 2 would be selected. representatives from each RT and 4 people from the worst RT who has the potential to be trained, a total of 35 people are ready to take part in the training trainers (TOT) in psychosocial and spiritual assistance. The following is a map of the developmental phases of the survivors who will be trained:

Table 1 Developmental Phases of 35 TOT Participants The



the table above illustrates that TOT participants represent all RTs in Padaluyu Village and are also represented from all age ranges, making it easier to carry out needs and category analysis.

Implementation of Training of Trainers (TOT) for PKK Activists in Padaluyu Village

Implementation of Training of Trainers (TOT) for PKK Activists in Padaluyu Village on December 11, 2022, at the Villa next to the Padaluyu Village Hall. The training material provided is about emotional stability, which is followed by art therapy as a medium for handling trauma for survivors. The training process was guided by a Psychologist from Rumah Cinta Bogor, Ms. Retno Lelyani Dewi, S.Psi, M.Pd., Psychologist. The following activities were carried out:



Figure 3. TOT Implementation of 35 Potential Survivors



Figure 4. Results of Art Therapy 35 Potential Survivors

Training of Trainers (TOT) 35 survivors from the Padaluyu Village PKK activists were then selected 10 best participants who would be empowered to implement their abilities in spiritual psychosocial assistance to residents of Barujamas Village RT 03 RW 07.

Implementation of Intensive Assistance for Survivors in Barujamas Village RT 03 RW 07.

The core program for empowering PKK Activists in Padaluyu Village in assisting survivors in Barujamas Village RT 03 RW 07 Padaluyu Village was implemented on December 20, 2022. The PKM team together with 10 BKPI students prepared all the necessary equipment, including 4 x 16 size tents, prayer tools for 89 families, 10 complete healing therapy tools for the children, youth and adult phases.

In the first step, the 10 best TOT participants and 10 BKPI students collaborated in a solid group by bringing all the necessary tools according to the developmental phase of the survivors to be assisted (children, adolescents, or adults). Building inter- and inter-group communication and agreeing on how the joint work will be carried out. This step was carried out in the morning at the Padaluyu Village Mosque.



Figure 5. Coordination of the 10 Best TOT Participants with 10 BKPI UIKA Bogor

The student's approach and development phase are chosen by each group. Psychosocial and spiritual assistance activities in Kampung Barujamas are carried out by conducting group counseling, small groups, and art therapy as a medium for dealing with trauma for earthquake survivors at that location.



Figure 6. Psychosocial and Spiritual Assistance for Adult Phase Barujamas Village Survivors



Figure 7. Psychosocial and Spiritual Assistance for Youth Phase Barujamas Village Survivors



Figure 8. Psychosocial and Spiritual Assistance for Children's Phase Barujamas Village Survivors



Figure 9. Provision of prayer tents, prayer equipment for 89 families, packages of Healing Therapy for the Head of RW 07 and Head of RT 03 Barujamas Village, Padaluyu Village, Cugenang District, Cianjur



Figure 10. The prayer room tent has stood firm for residents of Barujamas Village, Padaluyu Village, Cugenang District, Cianjur Regency

CONCLUSION

Empowerment of PKK Movers in Padaluyu Village, Cugenang District Cianjur has been going well according to plan. All stages of activities run according to the target. Padaluyu Village is facing challenges after natural disasters. The PKK Activator Empowerment was carried out by the UIKA Bogor psychosocial and spiritual companion team in collaboration with Rumah Cinta Bogor with PKM Kemenristek DIKTI funds. Activities started in early December and finished on December 20. This program consists of 6 stages, namely observation and determination of program activities, mapping the depression level of survivors and selecting potential survivors, training (TOT) for 35 potential survivors

representing each RT, selecting the 10 best TOT participants in collaboration with 10 BKPI students to carry out intensive assistance on all residents of RT 03 RW 07 the worst affected place by the Cianjur earthquake in Padaluyu Village.

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