



Psychosocial Support According to Islamic Teachings on Volcano Disaster Victims

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ABSTRACT: *Volcanic disasters make survivors feel helpless. They experience a variety of psychological disorders such as deep grief, depression, anxiety, or strong guilt. Some other people experience, have difficulty controlling anger and are easily suspicious and a lot has been done by psychologists and psychiatrists and cope with it, but there are still many survivors who do not get the therapy. Disaster is a trial for human on the earth: Islam teaches humanity through the Qur'an to provide guidance to us especially in addressing this life, by imitating the attitude and behavior of the Prophet, so that we can overcome various problems calmly. Therefore, in anticipating and overcoming stressful behavior that afflicts the servants of Allah, it will always be guided by the guidance of the Prophet without coming out of the lines of him. The concepts that are within the Islamic corridor include solutions including religious tourism, worship (prayer, meditation, relaxation, etc.) Psychosocial support efforts or support carried out by individual, groups or communities outside of someone in a social interaction in daily life that is full of love and protection, helps adjust to problems or difficult situations faced (Yayasan Pulih, 2011), good and positive psychosocial support in accordance with that is taught by religion will help the survivors or victims become better and be able to add a self-approach to God*

KEYWORDS: *Psychosocial Support, Islamic Teachings, Volcanic Disasters*

I. INTRODUCTION

The National Disaster Management Agency (BNPB) noted an increased in the number of disasters in Indonesia from 2009 to 2018 there are 1,999 disasters, with the biggest disaster are floods, landslides, volcanos and causing a lot of losses caused by other assets, facilities and infrastructure as well as psychological losses for disaster victims (BNPB, 2018).

And you see the mountains that you think they remain in their place, even though the mountains move as where the clouds move. That is the deeds of Allah who make firmly everything, Allah knows what you do (QS, Al- Naml (27): 88)

Indonesia is the largest and the country which has most active volcanos. North Sumatra is one of the provinces that have active volcanos, one of them is Sibayak Mountain, (Profile of North Sumatra 2019).

One of the impacts on victims or survivors of volcano disaster victims is a psychological disorder that sometimes rarely gets attention if not handled properly and correctly can have a negative impact on growth and development for humans such as deep grief, depression, anxiety, or guilt strong, suspicious, angry, and having nightmares and can occur by anyone and can be overcome by psychological intervention.

The form of intervention that can be done in overcoming the psychological impact of disasters is the provision of psychological support is an effort or support carried out by individual, groups or communities outside of someone in a social interaction in daily life protection, helping to adjust to problems or difficult situations faced. (Pulih Foundation, 2011).

In the teachings of Islamic religion it has been taught how if someone experiences a psychological disorder in general so as not to go into a negative action that is invoked by the



religion of Islam "do not you be weak and do not (also) you saddened, even though you are the highest (degree), if you are believers "(Q, S, Ali'Imron: 139)

Identification of problems

Problem that arise due to disasters can be in the form of loss of property, physical, psychological and life, in this case the article only addresses the field of psychological loss for survivors or victims of disasters.

General purpose

The general purpose of this article is to provide psychosocial support to survivors of volcanic eruptions in accordance with the teachings of Islam.

II. LITERATURE REVIEW

2.1 Psychosocial Support

2.2.1 Definitions

Based on the description above it can be concluded that social support is the support that received by individual from other people in their lives so that the individual feels that other people pay attention to him and, appreciate, and love him.

2.2.2 Objectives of Psychosocial Support

Recovering individual, families, communities after the occurrence of a disaster it can be jointly strong, function optimally and have the resilience to deal with problems so that they become productive and efficient (KEMENSOS, 2014)

Improving psychosocial welfare by being present in the community, building skills and knowledge that existed before in the community, including rebuilding the habits of the local community (Kharismawan, 2010)

2.2.3 Forms of Psychosocial Support

Forms of psychosocial support according to (Salfino, 2011), namely:

- 1) Emotional support and appreciation: Emotional support can be in the form of expressions, individual attention to the others.
- 2) Instrumental support: This support can be in the form of assistance or money in the form of daily work.
- 3) Information support: Support in the form of advice, appreciation, feedback or advice on what the individual is doing.
- 4) Support of friendship: Support in the form of togetherness, willingness and the same social activities

III. RESEARCH METHODS

The methodology implemented psychosocial support activities is qualitative exploration, with victims of volcano eruption, involving all of society and environmental resources around the disaster areas, and utilizing social systems that have been running before the disaster are returned after the disaster in order to increase survivors' resilience towards their selves own and surrounding environment. (Surachmad 1972)

IV. RESULT AND DISCUSSION

From the results of a study conducted by Thoha (2012) "the psychological impact of volcano natural disasters was obtained, among others, worries, anxiety, panic, stress, post-trauma and depression and efforts or efforts from these impacts on victims of volcano eruption by doing good therapy or psychological intervention activities, and religious aspects.



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From the results of the research, it can be concluded that religious aspects, especially Islam, can help the survivors of the volcano disaster survivors recover as usual after the eruption of volcano in accordance with the teachings of the Islam religion.

V. DISCUSSION

Research conducted by Hidayat in the community groups affected by the eruption of Mount Merapi in 2010, showed the existence of psychosocial problems faced by victims groups, threatened groups and displaced groups. Data from 971 respondents indicated that post traumatic stress disorder was only about 3.3 percent of the total respondents. While psychological disorders or unpleasant emotions obtained from the results of the study include: anxiety, depression or depression, psychosomatic and adjustment problems. The purpose of psychosocial support is to return individual or families or groups after certain events (natural disasters or social disasters) so that they become strong individually or collectively; function optimally, have toughness in dealing with problems; and being empowered and productive in their lives (Djoko Legono, Darmanto, Joko Sujono, Dkk 2011) Religious teachings in increasing resilience and reducing anxiety and stress include: Facing trials with sincerity, Prayers, Remembrance, Praying, Judgment, Keeping hospitality, Good deeds, Always prejudiced, Repentance.

VI. CONCLUSIONS AND SUGGESTIONS

Psychosocial support according to the teachings of Islam is very good and effective in helping people and survivors to recover from the situation and psychological disturbances due to the effects of volcanic eruptions to carry out activities and lead daily life as before. Psychosocial support should be carried out simultaneously and side by side with other physical and material programs of disaster relief.

VII. REFERENCE

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