

## ABSTRAK

### **PENGARUH *HEALTH COACHING: PSYCHOLOGICAL FIRST AID*: TERHADAP POST TRAUMATIC STRESS DISORDER PADA PENYINTAS BENCANA ALAM GEMPA BUMI DI LOMBOK UTARA**

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**Pendahuluan:** Gempa bumi Lombok 26 Juli 2018 merupakan salah satu gempa besar di Indonesia yang menimbulkan dampak trauma psikologis seperti ketakutan, cemas, stress, dan depresi. Dampak trauma psikologi dari penyintas bencana alam gempa bumi adalah terjadinya *Post Traumatic Stress Disorder* (PTSD). Upaya rehabilitasi yang dapat dilakukan adalah *Health Coaching: Psychological First Aid* (PFA). Tujuan penelitian ini adalah untuk menjelaskan pengaruh *Health Coaching: PFA* terhadap PTSD pada penyintas bencana alam gempa bumi.

**Metode:** Penelitian ini menggunakan *pra experiment: Static-group comparison design*. Teknik sampling menggunakan purposive sampling. Sampel penelitian berjumlah 50 responden, pelaksanaan dilakukan dalam 5 tahap selama 5 minggu dengan durasi waktu 45-60 menit pada setiap sesi. Variabel independen dalam penelitian ini adalah *Health Coaching: PFA* dan variabel dependennya adalah aspek PTSD yaitu *intrusion symptom, avoidance symptom, cognitions and mood symptom dan arousal and reactivity symptom*. Uji statistik yang digunakan adalah Paired T-Test dan MANOVA.

**Hasil dan analisis:** Terdapat perbedaan yang bermakna antara pre dan post kelompok intervensi setelah dilakukan *Health Coaching: PFA* dan nilai signifikansi  $p= 0,000$  menunjukkan ada pengaruh *Health Coaching: PFA* terhadap PTSD. Tahapan *Health Coaching: PFA* mempengaruhi terjadinya penurunan trauma penyintas.

**Kesimpulan:** Intervensi *Health Coaching: PFA* dapat menurunkan PTSD pada penyintas bencana alam gempa bumi.

Kata Kunci : *Health Coaching, Psychological First Aid, PFA, Post Traumatic Stress Disorder, PTSD, penyintas, bencana alam, gempa bumi*

## ABSTRACT

### **THE EFFECT OF *HEALTH COACHING: PSYCHOLOGICAL FIRST AID* AGAINST POST TRAUMATIC STRESS DISORDER IN EARTHQUAKE NATURAL DISASTER COMBINATION IN NORTH LOMBOK**

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**Introduction:** The Lombok earthquake on July 26, 2018 was one of the major earthquakes in Indonesia that caused psychological trauma such as fear, anxiety, stress, and depression. The impact of psychological trauma from survivors of earthquake natural disasters is the occurrence of Post Traumatic Stress Disorder (PTSD). The rehabilitation effort that can be done is Health Coaching: Psychological First Aid (PFA). The purpose of this study was to explain the effect of Health Coaching: PFA on PTSD on survivors of earthquake natural disasters.

**Method:** This study uses a pre-experiment: Static-group comparison design and use purposive sampling. The sample was 50 respondents, the implementation was carried out in 5 session for 5 weeks with a duration of 45-60 minutes in each session. The independent variables were Health Coaching: PFA and the dependent variables were aspects of PTSD, namely intrusion symptoms, avoidance symptoms, cognitions and mood symptoms and arousal and reactivity symptoms. The statistical test used is Paired T-Test and MANOVA.

**Results and analysis:** There were significant differences between the pre and post intervention groups after Health Coaching: PFA and the significance value  $p = 0,000$  showed that there was an effect of Health Coaching: PFA on PTSD. Stages of Health Coaching: PFA affects can decrease trauma survivors.

**Conclusion:** Health Coaching Interventions: PFA can reduce PTSD for survivors of earthquake natural disasters.

Keywords: Health Coaching, Psychological First Aid, PFA, Post Traumatic Stress Disorder, PTSD, survivors, natural disasters, earthquakes