

**POST TRAUMATIC STRESS DISORDER (PTSD) PADA MASYARAKAT
TERDAMPAK BENCANA ALAM GEMPA BUMI DI DESA BULLA'AN
KECAMATAN BATUPUTIH KABUPATEN SUMENEP**

Oleh : Lia Triana Febriyanti

ABSTRAK

Bencana alam yang terjadi di Indonesia terus meningkat salah satunya adalah gempa bumi yang terjadi di Desa Bulla'an yang menyebabkan sejumlah rumah masyarakat mengalami rusak parah. Akibat kejadian tersebut menyebabkan masyarakat mengalami PTSD dan dampak kognitif. Tujuan penelitian ini untuk mengidentifikasi kejadian PTSD yang diderita oleh masyarakat yang terdampak gempa bumi dan mengidentifikasi dampak-dampak yang disebabkan dari PTSD.

Penelitian ini menggunakan desain deskriptif kuantitatif, yaitu untuk mengetahui gambaran Post Traumatic Stress Disorder (PTSD) pada masyarakat yang terdampak gempa bumi. Populasi sebanyak 525 Kepala Keluarga (KK) dengan pengambilan sampel sebanyak 81 responden dilakukan dengan metode *Simple Random Sampling*.

Hasil penelitian menunjukkan bahwa responden yang menderita PTSD ringan sebanyak 58 orang (71,6 %), sedangkan responden dengan PTSD sedang sebanyak 20 orang (24,7 %) dan responden dengan PTSD berat sebanyak 3 orang (3,7 %). Responden yang mengalami gangguan kognitif ringan sebanyak 46 orang (56,8 %), sedangkan responden dengan gangguan kognitif sedang sebanyak 31 orang (38,3 %) dan responden dengan gangguan kognitif berat sebanyak 4 orang (4,9 %).

Tidak ada perbedaan kejadian PTSD dengan jenis kelamin, tingkat pendidikan, usia dan jenis pekerjaan responden, karena hampir seluruhnya responden menderita PTSD ringan. Responden dengan gangguan kognitif hampir seluruhnya mengalami gangguan kognitif ringan, namun ada sebagian responden yang menderita gangguan kognitif berat sebanyak 4 orang.

Berdasarkan penelitian ini, bahwa kejadian gempa bumi sangat berpengaruh terhadap psikologis individu salah satunya adalah banyak korban yang menderita PTSD. Diantara responden lebih banyak yang menderita PTSD ringan serta gangguan kognitif ringan sebagai dampak dari PTSD, namun ada sebagian responden yang juga menderita PTSD berat dan gangguan kognitif berat

Kata Kunci : Post Traumatic Stress Disorder (PTSD), Gempa Bumi

**POST TRAUMATIC STRESS DISORDER (PTSD) IN IMPACTED
COMMUNITIES OF EARTHQUAKE NATURAL DISASTERS
IN BULLA'AN VILLAGE, BATUPUTIH DISTRICT,
SUMENEP DISTRICT
By: Lia Triana Febriyanti**

ABSTRACT

Natural disasters that occurred in Indonesia continued to increase, one of which was the earthquake that occurred in the village of Bulla'an which caused a number of people's homes to be severely damaged. As a result of these events caused people to experience PTSD and cognitive effects. The purpose of this study was to identify the incidence of PTSD suffered by people affected by the earthquake and identify the effects caused by PTSD.

This study uses a quantitative descriptive design, which is to determine the description of Post Traumatic Stress Disorder (PTSD) in people affected by earthquakes. The population of 525 heads of households with a sample of 81 respondents was conducted using the Simple Random Sampling method .

The results showed that respondents who suffered from mild PTSD were 58 people (71.6%), while respondents with moderate PTSD were 20 people (24.7%) and respondents with severe PTSD were 3 people (3.7%). Respondents who experienced mild cognitive impairment were 46 people (56.8%), while respondents with moderate cognitive impairment were 31 people (38, 3%) and respondents with severe cognitive impairment were 4 people (4.9%).

There were no differences in the incidence of PTSD with gender, education level, age and type of work of the respondent, because almost all respondents suffered from mild PTSD. Respondents with cognitive impairment almost all experienced mild cognitive impairment, but there were some respondents who suffered severe cognitive impairment by 4 people.

Based on this study, that the occurrence of earthquakes greatly affects individual psychology, one of which is that many victims suffer from PTSD. Among the more respondents who suffered from mild PTSD and mild cognitive impairment as a result of PTSD, there were some who also suffered from severe PTSD and severe cognitive impairment.

Keywords: Post Traumatic Stress Disorder (PTSD), Earthquakes