

## Resiliensi remaja aceh yang mengalami bencana Tsunami = Resilience of acehnese adolescence victims of Tsunami disaster

Dina Oktaviani, author

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### Abstrak

[<b>ABSTRAK</b><br>

Penelitian ini dilakukan untuk mendapatkan gambaran resiliensi pada remaja penyintas gempa bumi dan tsunami. Pengertian resiliensi yang dipakai merujuk pada lima karakteristik resiliensi dari Wagnild (2010), yaitu meaningfulness, perseverance, equanimity, self-reliance, dan existential aloneness. Gambaran resiliensi diperoleh dengan menggunakan alat ukur CD-RISC 10 (Connor & Davidson, 2003) serta wawancara mendalam. Penelitian ini dilakukan di Banda Aceh yang merupakan kota yang mengalami kerusakan paling parah akibat tsunami 2004. Partisipan penelitian terdiri dari 25 orang yang berusia 21-24 tahun dan yang diwawancara mendalam adalah 3 orang yang berasal dari kelompok usia yang sama. Hasil penelitian menunjukkan bahwa sebagian besar partisipan berusia 21-45 tahun sebagian besar memiliki skor resiliensi sedang, bahkan ada yang memiliki skor tinggi. Adapun budaya Aceh yang terkait dengan kemampuan resiliensi penyintas tsunami adalah iman, akhlaq, sikap berjuang dan pantang menyerah meski keadaan sulit, ibadah, dukungan komunitas masyarakat dan komunitas keagamaan, serta luntarnya nilai-nilai tradisional Aceh. Sejumlah saran untuk menindaklanjuti penelitian ini, termasuk mengatasi keterbatasannya, disertakan.

<b>ABSTRAK</b><br>

This study was conducted to gain picture of resilience among Aceh earthquake and tsunami survivors. The concept of resiliency refers to the five characteristic of resiliency from Wagnild (2010), which are meaningfulness, perseverance, equanimity, self-reliance, and existential aloneness. Picture of resilience was obtained using the CD-RISC 10 (Connor & Davidson, 2003) and through interviews. Data were collected at Banda Aceh, which suffered most damage from tsunami. Altogether 25 participants of 21-24 years old took the questionnaire and four people of the same age were interviewed. The results indicate that most participants get middle score of resilience. The Acehnese cultural aspects associated with resiliency ability among eruption survivors are iman, akhlaq, to struggle and overcome difficulties, religious activity, community support, and fading of Aceh traditional values. Recommendations for further research are included.;This study was conducted to gain picture of resilience among Aceh earthquake and tsunami survivors. The concept of resiliency refers to the five characteristic of resiliency from Wagnild (2010), which are meaningfulness, perseverance, equanimity, self-reliance, and existential aloneness. Picture of resilience was

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