

# Keberlanjutan adaptasi masyarakat terhadap bencana banjir pesisir (studi Kecamatan Cilincing, Jakarta Utara) = Sustainability of community adaptation against coastal flood disasters (study of study of Cilincing District, North Jakarta)

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## Abstrak

**ABSTRAK** Peningkatan banjir pesisir akibat perubahan iklim yang terjadi di kawasan Cilincing, Jakarta Utara, telah memaksa masyarakat untuk mengambil beberapa strategi adaptasi. Selama ini, strategi adaptasi berfokus pada ekonomi dan fisik, sementara aspek psikologi dan sosial juga memainkan peran penting dalam menentukan strategi yang tepat terhadap masalah. Tujuan dari penelitian ini adalah untuk mengidentifikasi luas kerentanan wilayah terdampak banjir pesisir di Kecamatan Cilincing, mengidentifikasi hubungan faktor adaptasi psikososial-kultural masyarakat (psikologis, sosiologis, kultural), serta menganalisis pengaruh faktor kapasitas (sosial, ekonomi, lingkungan) terhadap adaptasi psikososial-kultural masyarakat. Penelitian menggunakan pendekatan kuantitatif, dengan menggunakan gabungan metode kuantitatif-kualitatif, dan analisis korelasi Spearman. Luas kerentanan wilayah terhadap bencana banjir pesisir di Kecamatan Cilincing tersebar hampir di seluruh wilayah, yaitu seluas 12,22 Km<sup>2</sup> atau 37,16% wilayah. Berdasarkan hasil penelitian, dapat disimpulkan bahwa hanya dua dari tiga hubungan antar variabel yang memiliki hubungan, yakni psikologis-sosiologis dan sosiologis-kultural. Adaptasi psikologis-sosiologis memiliki nilai korelasi -0,298. Adaptasi sosiologis-kultural memiliki nilai korelasi 0,474, yang berarti semakin tinggi adaptasi masyarakat dari sisi psikologisnya, maka semakin rendah tingkat adaptasi dari sisi sosiologisnya. Sementara, semakin tinggi adaptasi masyarakat dari sisi sosiologisnya, maka semakin tinggi pula tingkat adaptasi dari sisi kultural. Selain itu, untuk kapasitas masyarakat, hanya kapasitas sosial yang berpengaruh signifikan terhadap adaptasi psikososial-kultural. Hal ini dikarenakan perubahan lingkungan yang diakibatkan oleh bencana memunculkan keterkaitan antara sosial dan psikologis individu yang memberikan dampak terhadap kesehatan mental, strategi penanganan, serta upaya adaptasi mereka terhadap bencana tersebut.

**ABSTRACT**

The rising of coastal flood due to the climate change that occurred in Cilincing area, North Jakarta, has forced the community to take some adaptation strategies. However, the current adaptation strategy only emphasizes on the economic and physical, while ignoring the psychology and the social aspects that also play a vital role in deciding a proper strategy towards the problem. The purpose of this study was to identify the extent of vulnerability of coastal flood affected areas in Cilincing Subdistrict, identify the relationship of psychosocial adaptation factors of society (psychological, sociological, cultural), and analyze the influence of capacity (social, economic, environmental) factors on community psychosocial adaptation. The study uses a quantitative approach, using a combination of quantitative-qualitative methods, and Spearman correlation analysis. The area of vulnerability of the area to coastal floods in the District of Cilincing is spread in almost all regions, covering an area of 12,22 Km<sup>2</sup> or 37,16% of the area. Based on the results, it can be inferred that psychological adaptation determines society's sociological and anthropological adaptation. Psychological adaptation has a negative relationship to sociological adaptation with a correlation

coefficient (R) = -0,298 with significant value 0,00. Indicating the higher the psychological adaptation, the lower the sociological adaptation of society. Sociological adaptation has a positive relationship to cultural adaptation with correlation coefficient (R) = 0,474 with significant value 0,00. Indicating the higher the sociological adaptation, the higher the anthropological adaptation. In addition, for community capacity, only social capacity has a significant effect on psychosocial adaptation. This is because the environmental changes caused by the disaster give rise to interrelationships between the social and psychological individuals that have an impact on mental health, coping strategies, and their adaptation efforts to the disaster.