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Hubungan kecerdasan emosi dengan resiliensi penyintas banjir

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Abstrak

Paska terjadinya bencana, penyintas mengalami beberapa fase bencana yang dapat mengarah pada masalah psikologis akibat peristiwa traumatik. Kemampuan resiliensi yang dihasilkan berdasarkan kecerdasan emosi penyintas diperlukan dalam fase pemulihan bencana. Penelitian ini bertujuan untuk mengetahui hubungan karakteristik dan kecerdasan emosi dengan resiliensi pada penyintas banjir. Penelitian deskriptif analitik ini dilakukan di Desa Cemara Kulon dengan stratified random sampling pada 122 penyintas bencana banjir Indramayu dengan menggunakan instrumen Schutte Self-Report Emotional Intelligence Test dan Connor-Davidson Resilience Scale. Hasil analisis menunjukkan terdapat hubungan antara pendidikan (p= 0,033) dan kecerdasan emosi (p= 0,000) dengan resiliensi. Penyintas dengan ke-cerdasan emosi tinggi memiliki peluang lebih besar untuk beresiliensi dengan baik. Oleh karena itu asuhan keperawatan jiwa dengan mengacu pada kecerdasan emosi penyintas diharapkan dapat membuat penyintas dalam kondisi yang resilien di fase pemulihan bencana. Kesegeraan asuhan keperawatan jiwa dan edukasi kesehatan jiwa paska bencana juga diharapkan dapat menurunkan angka kejadian dampak psikologis paska bencana.Post-occurrence of disaster makes survivors experienced several phases of disaster that could lead to mental health problems because as a result of traumatic event. Resilience with the role of emotional intelligence is needed in post-disaster recovery phase. This study aims to determine the relationship between the characteristics of the flood survivors and their emotional intelligence with resilience. Analytic descriptive study was conducted in Cemara Kulon with stratified random sampling on 122 flood Indramayu survivors. The instruments used in this study were Schutte Self-Report Emotional Intelligence Test and

mental health problems because as a result of traumatic event. Resilience with the role of emotional intelligence is needed in post-disaster recovery phase. This study aims to determine the relationship between the characteristics of the flood survivors and their emotional intelligence with resilience. Analytic descriptive study was conducted in Cemara Kulon with stratified random sampling on 122 flood Indramayu survivors. The instruments used in this study were Schutte Self-Report Emotional Intelligence Test and Connor-Davidson Resilience Scale. The result showed there were bound relationship between education (p= 0.033) and emotional intelligence (p= 0.000) with resilience. Survivors with high emotional intelligence have greater opportunities to resilience well. Therefore the mental health nursing care shall refer to the survivors emotional intelligence so that survivors will be resilient in the recovery phase of disaster. The urgency of mental health nursing care and education on post-disaster is expected to reduce the incidence of post-disaster psychological impact.