

# Hubungan pemahaman tentang kesiapsiagaan psikologis (psychological preparedness) dengan tingkat ansietas yang dipersepsikan dalam menghadapi gempa bumi pada siswa sma di banten = Relationship the understanding of psychological preparedness with the level of anxiety perceived in the face of earthquakes in high school students in banten.

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## Abstrak

Kesiapsiagaan psikologis diperlukan untuk meningkatkan kemampuan seseorang dalam mengelola respon emosional dan psikologis ketika bencana alam. Tujuan penelitian melihat pengaruh pemahaman kesiapsiagaan psikologis (psychological preparedness) terhadap tingkat ansietas yang dipersepsikan pada pelajar SMA dalam menghadapi gempa bumi. Desain penelitian menggunakan pendekatan cross sectional. Responden dipilih dengan metode stratified random sampling dengan jumlah 204 responden dengan kriteria inklusi siswa kelas 10, 11, 12 yang aktif bersekolah di tempat penelitian dan bersedia menjadi responden. Penelitian ini telah lolos uji etik dengan nomor surat: SK-61/UN2.F12.D1.2.1/ETIK 2020. Hasil penelitian didapatkan tidak ada hubungan yang signifikan antara pemahaman tentang kesiapsiagaan psikologis (dua dimensi yaitu 1) knowledge and management of the external situasional environmental dan 2) anticipation, awareness and management of one's psychological response) dengan tingkat ansietas dalam menghadapi gempa bumi pada siswa SMA di Banten (p value 0,05). Hasil univariat penelitian didapatkan karakteristik responden diantaranya, rata-rata usia responden adalah 16,44 tahun, dengan rentang usia antara 14-18 tahun, jenis kelamin terbanyak yaitu perempuan dengan presentase 59,3%, pernah mengalami bencana gempa bumi sebesar 98% dan tidak pernah mengikuti pelatihan kesiapsiagaan psikologis sebesar 66,7%. Pada hasil univariat juga ditemukan pemahaman responden tentang kesiapsiagaan psikologis sebesar 68,4%, untuk pemahaman tentang knowledge and management of the external situasional environmental sebesar 67,26% dan untuk pemahaman tentang anticipation, awareness and management of one's psychological response sebesar 69,53%. Hasil dari tingkat ansietas didapatkan sebanyak 44,1% mengalami tingkat ansietas normal dan 0,5% mengalami tingkat ansietas berat. Kesimpulan penelitian ini menjadi masukan kepada pemerintah dan lembaga kebencanaan untuk mengembangkan wawasan dan pengetahuan tentang kesiapsiagaan psikologis (psychological preparedness) kepada masyarakat Indonesia khususnya daerah rawan bencana.

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Psychological preparedness is needed to improve one's ability to manage emotional and psychological responses when natural disasters. The purpose of this study is to look at the effect of understanding psychological preparedness (psychological preparedness) on the level of anxiety perceived by high school students in dealing with mental illness, the design of the study uses a cross sectional approach. Respondents were selected by the stratified random sampling method with a total of 204 respondents with the inclusion criteria of 10th, 11th, 12th grade students who actively attend the study site and become respondents. This study has passed the ethical test with a letter number: SK-61/UN2 F12D1.2.1/ETIK 2020. The results of the study found no significant relationship between understanders about psychological preparedness (two dimensions namely 1) knowledge and management of the external situasional environment and 2) anticipation, awareness and management of one's psychological response) with the level of anxiety in

dealing with earthquakes in Banten high school students ( $p$  value  $> 0.05$ ). Univariate results showed that the characteristics of the respondents were delivered, the average age of respondents was 16.44 years, with an age range between 14-18 years, the most sex was women with a percentage of 59.3%, had experienced an earthquake disaster of 98% and had never followed psychological preparedness training is 66.7%. On the univariate results also found respondents' understanding of psychological preparedness by 68.4%, for an understanding of the external situational knowledge and management of 67.26% and for an understanding of anticipation, awareness and management of one's psychological response of 69.53% . The result of anxiety level was 44.1% experienced normal anxiety level and 0.5% experienced severe anxiety level. The conclusion of this study was an input to the government and disaster agencies to develop insight and knowledge about psychological preparedness (psychological preparedness) to the people of Indonesia specifically disaster-prone areas.