

# Model Intervensi Keperawatan Jiwa untuk Membangun Ketangguhan Keluarga dalam Mengatasi Trauma Pasca Letusan Gunung Berapi = Intervention Model on Psychiatric Nursing to Build Family Resilience in Overcoming Post-Volcanic Eruption Trauma

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## Abstrak

Latar Belakang: Bencana letusan gunung berapi berdampak pada fisik, psikologis dan sosial budaya.

Tujuan: Menganalisis efektivitas model intervensi keperawatan jiwa untuk membangun ketangguhan keluarga dalam mengatasi trauma pasca letusan gunung berapi. Metode: Operational research dengan desain quasi experimental pre-posttest with control group design. Penelitian dilakukan di Kabupaten Magelang pada bulan Mei-Juni 2023, terhadap 9 perawat, 40 kader kesehatan jiwa dan 82 keluarga, dipilih secara purposive, menggunakan instrumen Post Traumatic Growth Inventory. Analisis statistik meliputi univariat, bivariat dengan uji independent t-test, dependent t test, chi square, dan General Linear Model Repeated Measure. Hasil: tahap 1 didapatkan 5 tema yaitu respons emosional, kebutuhan perlindungan bagi kelompok rentan, kebutuhan dukungan terkait sumber penghasilan yang hilang, kebutuhan konseling untuk trauma, dan rasa nyaman membantu. Tahap 2 model, modul dan buku kerja hasil dari konsultasi pakar, dan tahap 3 didapatkan model intervensi keperawatan jiwa untuk meningkatkan ketangguhan keluarga dalam mengatasi trauma pasca bencana letusan gunung berapi efektif menurunkan trauma pada keluarga. Simpulan: Model intervensi keperawatan jiwa untuk meningkatkan ketangguhan keluarga dalam mengatasi trauma pasca bencana letusan gunung berapi efektif menurunkan trauma pada keluarga. Saran: Model ini dapat diterapkan untuk meningkatkan kapasitas perawat puskesmas, kader kesehatan dan keluarga dalam penanganan trauma pasca bencana pada keluarga.

.....Background: Volcanic eruption disasters have physical, psychological and socio-cultural impacts.

Objective: Analyze the effectiveness of the psychiatric nursing intervention model to build family resilience in overcoming trauma after volcanic eruptions. Method: Operational research with a quasi experimental pre-posttest design with control group design. The research was conducted in Magelang Regency in May-June 2023, on 9 nurses, 40 mental health cadres and 82 families, selected purposively, using the Post Traumatic Growth Inventory instrument. Statistical analysis includes univariate, bivariate with independent t-test, dependent t test, chi square, and General Linear Model Repeated Measure. Results: stage 1 found 5 themes, namely emotional responses, protection needs for vulnerable groups, support needs related to lost sources of income, need for counseling for trauma, and comfort in helping. Stage 2 models, modules and workbooks are the results of expert consultations, and stage 3 provides a mental nursing intervention model to increase family resilience in dealing with post-volcanic eruption disaster trauma that is effective in reducing trauma in families. Conclusion: The mental nursing intervention model to increase family resilience in dealing with post-volcanic eruption trauma is effective in reducing family trauma. Suggestion: This model can be applied to increase the capacity of community health center nurses, health cadres and families in handling post-disaster trauma in families.