

## **Psychosocial Support for Earthquake Disaster Survivors in Cianjur District (Bbgp West Java, 4 December 2022 Post Earthquake, Implementation of Psychosocial Support in Mekarsari Regency at Cianjur Regency)**



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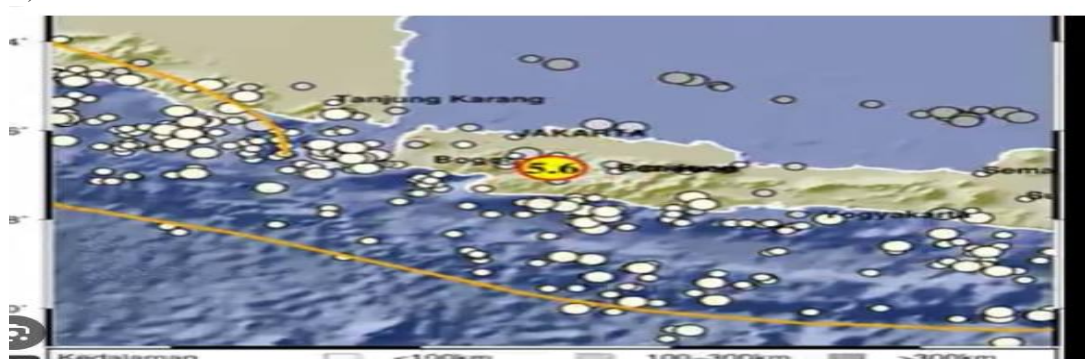
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**ABSTRACT:** BBGP West Java provides a post-disaster recovery program with psychosocial support in Mekarsari Regency. The descriptive qualitative technique uses in the research method to present a thorough picture of the planning, implementation, and assessment process after adopting Psychosocial Support in Mekarsari Regency Cianjur. Data collection methods include observation, interviews, and documentation studies. to learn about the design, implementation, and assessment stages of Psychosocial Support in Mekarsari Regency Cianjur. Researchers used triangulation techniques to assess the data's veracity before drawing findings and validating the data. Organizing Phase BBGP West Java was contacted by the chair of the Nurul Aathirah Education Foundation to offer psychosocial support in the Mekarsari Regency. Children are sorted into age-appropriate groups and placed inside the tent on Sunday, December 4<sup>th</sup>, 2022, at 8:00. Adult participants, the majority of whom are female where situated outside the tent. Play therapy, fairy tale treatment, movement and singing, psychosocial support, quirky science learning, and fun learning are all examples of psychosocial support techniques. The Psychosocial Support Process worked successfully, as seen by the residents' enthusiastic response and positive response during the evaluation stage, which participants expressed with delight and excitement. Good. The process of providing psychosocial support needs to be ongoing and sustainable so that the government can continue to do so, using a variety of approaches and with the assistance of volunteers and other government organizations.

**KEYWORDS:** post-disaster recovery program, psychosocial support, Implementation

### **INTRODUCTION**

Geographically, Indonesia is susceptible to several types of natural catastrophes, and both natural phenomena and human-made actions present a threat to Indonesian society. Earthquakes like the one that struck Cianjur Regency are one of the catastrophes that commonly happen in Indonesia. West Java's Cianjur region experienced a Mw 5.6 earthquake on Monday, November 21, 2022, at noon (13:21:10 WIB). According to BMKG data, 384 aftershocks with magnitudes ranging from 1.2 to 4.2 had been registered up until December 4<sup>th</sup>, 2022, with an average depth of about 10 km. On December 4<sup>th</sup>, 2022, an aftershock with a relatively strong magnitude—Mw 4.2—occurred at 05:01 WIB on Sunday. The earthquake occurred at a depth of 10 kilometers, 8 kilometers northwest of Cianjur Regency, at latitude 6.82 South and longitude 107.06 East. The Mw 5.6 mainshock had an impact and was felt in Cianjur, with an intensity scale of V-VI MMI (Modified Mercalli Insensity); Garut and Sukabumi; Cimahi, Lembang, Bandung City, Cikalong Wetan, Rangkasbitung, Bogor, and Bayah; and South Tangerang, Jakarta, and Depok with an intensity scale of II-III MMIs (Figure 1).



**Picture 1. Shock level chart of the primary shock, measuring Mw 5.6 at 13.21 WIB on November 21, 2022.**

## **Psychosocial Support for Earthquake Disaster Survivors in Cianjur District (Bbgp West Java, 4 December 2022 Post Earthquake, Implementation of Psychosocial Support in Mekarsari Regency at Cianjur Regency)**

334 persons had passed away on Sunday, December 4<sup>th</sup>, 2022, according to the BNPB website. 49 persons are still receiving hospital treatment after suffering serious injuries, reaching 593. The overall number of refugees is 114,683, which includes 41,166 families. There are 1640 expectant mothers, 7453 senior citizens, and 147 disabled refugees. It has been verified and certified that there has been an increase in material damage to severely damaged homes from 7,817 to 8,151. Then, between 10,589 and 11,210, houses suffered moderate damage. Light damage was increased from 18,469 to 17,195. The number of affected school buildings rose from 518 to 525, along with 269 houses of worship, 14 hospitals, and 17 office structures (BNPB ABDUL MUHARI 2022)

Disasters affect people physically, psychologically, and socially. Numerous people lost their lives, suffered injuries, and were left homeless. Natural disasters also result in harm and loss to infrastructure, property, livelihoods, and environmental resources. Natural catastrophes have an impact on the world's natural resources or productive assets, which in turn have an impact on society's socioeconomic elements. Not to mention the development of psychological issues, which are frequently ignored after a disaster because they essentially arise right away and last for a very long time. (Kulkarni, M., Pole, N., & Timko, 2013 Kaplow, J. B., Saxe, G. N., Putnam, F. W., Pynoos, R. S., & Lieberman, 2006; Baggerly & Exum, 2007 (Kurniati, Sari, and Nurhasanah 2021).

The Cianjur administration is collaborating with formal and informal institutions, with the assistance of volunteers, to conduct a gradual program with the goal of restoring normalcy to the lives of populations devastated by catastrophes. The Psychosocial Support Program is one of them. BBGP West Java provides the Psychosocial Support procedure in the Mekarsari Regency Complex. All people of Mekarsari Village, especially those in Mekarsari Regency, are given psychosocial help.

The trauma suffered by earthquake victims, particularly youngsters, will have far-reaching psychological consequences if not addressed promptly and appropriately. Children's joy will fade, and their fear will follow them. As a result, psychosocial implementation efforts in the form of enjoyable educational games are desperately needed to aid children's mental health recovery. Children must shift their paradigm from a terrible reality to one that provides hope, that their future is still bright, that life must carry on, and that everything will be great in the future. This must be understood to re-establish a sense of optimism while removing psychological effects that may impair children's lives in the future.

According to the findings of research on the trauma experienced by children after the Lombok earthquake, children's attitudes have changed, with children becoming more sensitive, irritable, panicking, and crying, and crying easily when they hear roaring sounds (Thoyibah, Dwidiyanti, and Mulianingsih 2019). Furthermore, youngsters are frequently afraid of entering the house; they were extremely cheerful at first, but after the earthquake, they grew silent and progressively alienated from their surroundings. (Siregar and Husmiati 2016). interviewed 60 children who were victims of the Sinabung eruption and expressed sadness, regret, and rage. Children should not be exposed to traumatic conditions for an extended period. The post-earthquake rehabilitation process includes physical recuperation, but it is equally crucial to repair the child's mental harm, because if this situation persists, the child's health may worsen, and life in the future may be very difficult. Based on the difficulties described above, RT 03 and the Nurul Aathirah Education Foundation in Mekarsari Regency cooperated with BBGP West Java to arrange "Psychosocial Support" activities for local inhabitants, with a primary focus on children in Mekarsari village and residents in the surrounding area.

The research problem is to learn about the process of Psychosocial Support following the earthquake disaster in Mekarsari regency, Cianjur sub-district, Cianjur Regency.

Meanwhile, the purpose of this study is to describe the process of Psychosocial Support in Mekarsari regency, Cianjur sub-district, following the seismic tragedy.

The following is the definition of a disaster as stated in Law Number 24 of 2007 Concerning Disaster Management: A disaster is an occurrence or a series of occurrences that endangers and disrupts people's lives and livelihoods and is brought on by either natural or non-natural causes or human action, leading to the development of human casualties, environmental harm, property loss, and psychological effects. According to this concept, disasters are brought on by natural, artificial, and human elements. Natural catastrophes, non-natural disasters, and social disasters are all defined by Law Number 24 of 2007.

- 1) Natural disasters, which include earthquakes, tsunamis, volcanic eruptions, floods, droughts, hurricanes, and landslides, are accidents brought on by one or more natural occurrences.
- 2) Disasters produced by non-natural occurrences or a chain of occurrences, such as technical failure, modernization failure, epidemics, and disease outbreaks, are known as non-natural disasters.
- 3) A social disaster is a disaster brought on by an act of terrorism, a social struggle between groups, or a succession of acts of terrorism.

Catastrophe events are disasters that happen and are documented based on the date of occurrence, location, type of catastrophe, victims, and/or damage. A disaster is one event if it happens on the same date and impacts more than one location. Earthquakes are vibrations or shocks that happen on the surface of the planet because of collisions between earth plates, active faults, volcanic activity, or rock collapse (BNPB 2022).

According to the National Disaster Management Agency (BNPB), 1,902 natural disasters struck Indonesia between January 1 and August 26 of 2022. BNPB recorded 737 disasters that dominated hydrometeorology due to flood events. This was followed by 687

## Psychosocial Support for Earthquake Disaster Survivors in Cianjur District (Bbgp West Java, 4 December 2022 Post Earthquake, Implementation of Psychosocial Support in Mekarsari Regency at Cianjur Regency)

extreme weather events, 364 landslides, 11 tidal waves and abrasions, and 12 earthquakes. BNPB also documented 90 forest and land fires (karhutla) and 1 drought incidence in 2020.

Meanwhile, the three provinces on the island of Java with the highest disaster incidences were West Java (482), Central Java (316), and East Java (240). As a result of the tragedy, about 4,290 houses were seriously destroyed, 4,819 buildings were moderately damaged, 16,035 houses were slightly damaged, and 432,483 houses were submerged. In addition, the disaster damaged 401 educational establishments, 178 worship facilities, and 66 health facilities, as well as 81 offices and 94 bridges (<https://nasional.okezone.com/> 2022).

The earthquake happened on November 21, 2022, at 13:21:10 WIB, according to the information center of the Ministry of Energy and Mineral Resources (Geological Agency). The Meteorology, Climatology and Geophysics Agency (BMKG) reported that the earthquake's epicenter, with a magnitude of M5.6 at a depth of 10 km, was on land at coordinates 107.05 East Longitude and 6.84 South Latitude, roughly 9.65 km southwest of Cianjur City or 16.8 km northeast of Sukabumi City. The United States Geological Survey (USGS) reports that the earthquake's epicenter, which had a magnitude of M5.6 and a depth of 10 km, was situated at coordinates 107,095 East Longitude and 6,853 South Latitude.

The epicenter of the earthquake was located at coordinates 107.05 East Longitude and 6.89 South Latitude, with a magnitude of M5.5 at a depth of 10 kilometers, according to data from GeoForschungsZentrum (GFZ), Germany. In terms of geological characteristics and earthquake causes, the earthquake's epicenter is located on territory in the Cianjur Regency area of West Java Province. The area's morphology is characterized by lowlands to undulating plains and wavy to steep hills in the southeastern part of the Gede volcano. This area is mostly made up of Quaternary deposits in the form of youthful volcanic debris (volcano breccia, lava, tuff) and river alluvial deposits. The weather has affected some of the rock debris from this young volcano.

These Quaternary sediments are often soft, loose, and not yet compacted (unconsolidated), rendering them prone to earthquakes. Aside from that, the morphology of wavy to steep hills made up of weathered rocks has the ability to cause ground movements that can be initiated by large earthquake shocks and heavy rains. This earthquake was caused by active fault activity, according to data from BMKG and GFZ Germany on the location of the earthquake's epicenter, depth, and source mechanism. This active fault's characteristics are still unknown.



Figure 2: Map of the center of the Earthquake in Cianjur Regency, 11/21/2022(PVMBG - Badan Geologi 2022)

The earthquake's impact, according to internet media reports, the earthquake has caused a calamity in the Cianjur Regency area. According to BMKG data, earthquake shocks on the V-VI MMI (Modified Mercalli Intensity) scale were felt in the area surrounding the earthquake epicenter in Cianjur Regency. The distribution of residential areas affected by seismic shocks is in high earthquake disaster-prone zones (KRB), according to data from the Geological Agency. Because the epicenter of the earthquake was on land, this earthquake did not result in a tsunami (PVMBG - Badan Geologi 2022).

Law Number 24 of 2007 about Disaster Management was enacted by the Indonesian government. Government regulations, presidential regulations, agency head regulations, and regional regulations are only a few examples of the legal items covered by this. Both a formal and informal perspective can be used to understand Law No. 24 of 2007 regulating institutions for handling disasters. At the central level of government, the National Disaster Management Agency (BNPB) serves as the focal point. Regional Disaster Management Agency (BPBD) is the main organization in charge of disaster management at the province and district/city levels.

On the non-formal side, forums at both the national and local levels were developed to strengthen disaster management implementation in Indonesia. A National Platform (Planas) was developed at the national level, consisting of elements from civil



## **Psychosocial Support for Earthquake Disaster Survivors in Cianjur District (Bbgp West Java, 4 December 2022 Post Earthquake, Implementation of Psychosocial Support in Mekarsari Regency at Cianjur Regency)**

society, business, universities, media, and foreign institutions. We are familiar with the Yogyakarta PRB Forum and the East Nusa Tenggara PRB Forum on a local level. Handling the negative consequences of natural catastrophes is a difficult endeavor that requires the collaboration of all stakeholders. Similarly, calamities can have lethal consequences, notably psychological effects. Physical, psychological changes or disruptions, social conditions, and material problems all combine to influence psychological effects (Khairul Rahmat and Alawiyah 2020).

### **Psychosocial Support**

Solutions to lessen the psychological impact on catastrophe victims are required due to stressful risks. Trauma is derived from the Greek word for wound. The term trauma refers to experiences or conditions that victims have gone through. Because traumatic events or experiences change from person to person, each person reacts differently to traumatic situations. Trauma is distinguished by the following characteristics: (b) the incident has passed; (c) the presence of a psychophysical mechanism implying that if I do not fight, I would perish; and (d) sensitivity to stimuli like the original event (Khairul Rahmat and Alawiyah 2020).

Traumatic incidents frequently begin with a condition of profound and persistent stress that the one who has experienced it cannot overcome. How far the trauma has proceeded and what kind of trauma it is. Long-term trauma is an accumulation of devastating unpleasant events or experiences, the repercussions of which can be a very heavy psychological load, making adaptation difficult and impeding the individual's emotional and social behaviour and personality development. diverse attitudes, such as overall satisfaction with the school experience and other unique requirements.

Given this condition, there is a need for counselling for those who have undergone trauma and psychological effects so that they do not become burdened, such as stress and sadness, making it impossible to carry out everyday activities. Early detection of concepts is critical in trauma counselling for the comprehension and attention of aid providers, which can explain the many features or types of traumas experienced by victims, such as mild, moderate, and severe trauma. However, not all human events result in trauma. Events and experiences that are terrible, terrifying, frightening, or existentially threatening to the people involved are more likely to cause trauma (Khairul Rahmat and Alawiyah 2020).

When someone goes through a traumatic event, they utilize their recovery mechanisms to overcome it so that it does not have a bad impact in the future, but for some people, if it is not entirely resolved, it can produce psychological trauma in the long run, which then impacts their behaviour. People who suffer this are believed to have Post Traumatic Stress Disorder, which is characterized by mental health conditions such as phobias, panic attacks, sadness, bewilderment, anxiety, and OCD (Ibrahim et al. 2021).

According to Widyastuti et al., the traumatic circumstance may recur if something triggers memories of an experience, such as the setting, colour, sound, or background of a comparable occurrence. People with post-traumatic disorders are frequently under a lot of stress all the time, which can lead to mental decline, emotional disorders, and even social issues. In addition, psychosocial support therapy is one method that can be used to help children or adults recover their psychological health after trauma. This is because it prevents the traumatizing event from resurfacing in the victims' memories.

Natural catastrophes not only result in physical harm and fatalities, but they also have very negative psychosocial effects on those who experience them directly and indirectly. When a natural disaster occurs, it may change some or all areas of their existence. People who lost their houses, for instance, were forced to seek sanctuary in refugee camps; those who lost family members felt profound anguish; and those who lost their jobs or other sources of support have been unable to find new employment since the circumstances do not yet permit it.

Children afflicted by calamities may also go through psychological effects like stress, just like adults. Children cannot continue their studies owing to damage to school facilities, and their rights to access education and knowledge are not met. Children who lose their parents feel insecure since they have lost a protective figure. The uncomfortable feelings that come from being in an unknown position also have a detrimental effect on emotional growth. Furthermore, children who are separated from their families are exposed to adult exploitative behaviour. Children, for example, are forced to assist people seeking assistance (money, food) on the side of the road, putting them at risk of being victims of human trafficking. According to Law Number 24 of 2007, the government, both federal and regional, is the primary person responsible for disaster protection and management, including providing protection to vulnerable groups such as children, pregnant and breastfeeding mothers, and the elderly.

Articles 59 and 59A of Law No. 35 of 2014, which amends Law No. 23 of 2002 regarding child protection, further support this. According to these articles, the government is required to offer special protection for children, including those who are catastrophe victims. One of the safeguards in question entails efforts in psychosocial aid, from treatment to recovery, to stop children from suffering severe effects and avoid violence.

### **METHOD**

To give readers a thorough picture of the psychosocial support process following the earthquake disaster in Mekarsari Regency, Cianjur District, this research employs qualitative and descriptive approaches. Techniques for gathering data include observation,

## Psychosocial Support for Earthquake Disaster Survivors in Cianjur District (Bbgp West Java, 4 December 2022 Post Earthquake, Implementation of Psychosocial Support in Mekarsari Regency at Cianjur Regency)

interviews, and documentation studies. To gather information about the psychosocial support procedure in Mekarsari regency, observations were made during the psychosocial support event that was taking place at the site.

In parallel, interviews were conducted using unstructured interviewing methods with respondents, including psychosocial support participants, representatives of the West Java BBGP Team and RT 03 Mekarsari Village, as well as the Chair of the Nurul Aathirah Education Foundation, to learn how psychosocial support should be planned, carried out, and its outcomes assessed. Photographs taken during psychosocial support services are used in documentation studies. The following is a description of the data validity test.

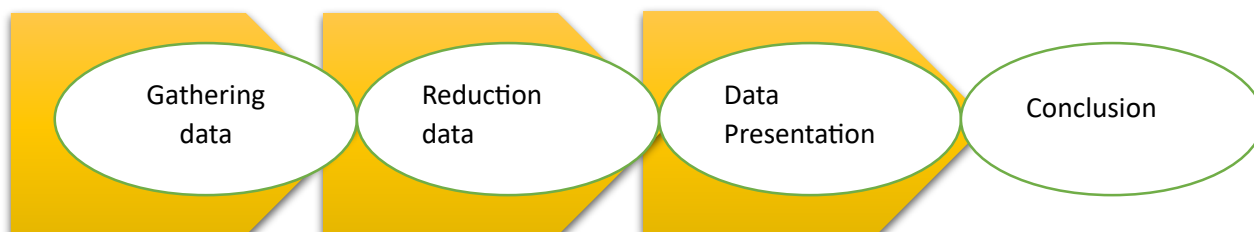


Figure 2. Data source triangulation analysis technique

Based on the illustration, the researcher performed a data wetness test. After the data was obtained, data analysis was done through data reduction, where the collected data was chosen and simplified once more in accordance with the required data. Researchers conduct research by providing data in the form of reports to comprehend and analyze the gathered data in line with the desired research objectives. Drawing conclusions and validating an answer to the question formulation that has existed since the start of the research is the next step. The question formula is made from reliable and consistent data.

## RESULTS AND DISCUSSIONS

### Research sites

Implementation of psychosocial support in Mekarsari Regency by BBGP West Java, 4 December 2022 Mekarsari Village, Cianjur District, Mekarsari Regency RT 03 RW 07 Post-quake, November 21, 2022.



Picture 3. First Gathering



Picture 4. Second Gathering

The following are the stages of implementing activities:

- 1) In the planning stage, the Nurul Aathirah Education Foundation works with RT 03 Mrs. Elin Herlina to provide psychosocial support for the neighborhood of Mekarsari Regency and the community of Mekarsari Village in general, with children as the primary target but also offering services for adult participants. The site chosen for the implementation was the Mekarsari regency public facilities field, block A 10 across from Paud Nurul, where since the earthquake struck on November 21, 2022, evacuation tents with a platoon size capacity of 90 people have been set up. The West Java BBGP team, which is currently in Cianjur to help the Cianjur district government with post-disaster handling, was contacted by the chairman of the Nurul Aathirah Foundation, Hedi Holidin, S.P., Msi. One of the team's tasks is to provide psychosocial support in affected schools.

The psychosocial support event will take place on December 4th, 2022, at 8:00 WIB. The BBGP West Java team performed a survey the day prior to evaluate the area's location and state. Through the Whatsup group Mekarsari regency, RT 03 Mrs Elin Herlina sent invites to locals.



Figure 5. Invitation to attend the psychosocial support event via Whatsapp Group Mekarsari regency.

- 2) The Psychosocial Support Implementation Phase begins at 8:00 WIB, however most of the locals—both adults and children—arrived at 7:00 WIB. Children who participated in the psychological support program were split up into a number of groups based on their developmental stages and housed in tents. Mothers made up most of the adult participants and were positioned outside the tent. The Psychosocial support services offered by BBGP West Java include play therapy, fairy tale, dance and song therapy, psychosocial help, eccentric science learning, and "joyful learning," among others. (BBGP 2022) are;
  - a. The play therapy offered includes, among other things, inviting pupils to create body parts by having one child lie down on paper and then be "made into a body pattern" with a marker by a friend. The participants then collaborate to finalize the drawing before continuing to color it in using their preferred hues. The aim is to enable kids to communicate their emotions. Children in the early years of life and in the lower grades of elementary school are unable to comprehend and name their emotions. Children can communicate more effectively by describing their bodies. West Java BBGP also employs the following gaming device called Papan Gembira (Pagem). The game is similar to a game of snakes and ladders, with each box containing educational writing and images. Each page features a unique information theme, such as the theme of love for the nation, transportation, etc.
  - b. The social narrative approach is storytelling therapy, and the moral of the fairy tale is to have patience and resilience when dealing with the world as it is. Additionally, participants are encouraged to have fun by moving and singing. The advantage of movement and song therapy is that it combines stimulation of the physical, motoric, cognitive, linguistic, social, and emotional components. Play therapy uses movement and song as a technique to let emotions out.
  - c. The "quirky" science service involves learning about science (science) in a way that makes it seem like a fun game. For instance, the creation of CO<sub>2</sub> involves balloon experiments, the use of baking soda and vinegar, magic writing that can emerge because of chemical reactions, the production of syrup, the use of family medicinal plants to treat wounds, and many other techniques.
  - d.



Picture 6. Quirky Learning



## Psychosocial Support for Earthquake Disaster Survivors in Cianjur District (Bbgp West Java, 4 December 2022 Post Earthquake, Implementation of Psychosocial Support in Mekarsari Regency at Cianjur Regency)

- e. 'Joyful learning' or 'fun learning' also adds a new dimension to the 'Psychosocial Support' service provided by BBGP West Java. Fun learning is created so that people learn in enjoyable ways. Clown Candy (a flat-building game), Make-a-Match Flash Cards, Coloring with Augmented Reality, Guessing Numbers in Sudoku, Singing and Watching Movies, Dream Boards, Little Karaoke, and Expression Posters are media used.



Picture 7. Joyful Learning

- f. West Java BBGP offers psychosocial support services to adults who have endured trauma. To gradually remove trauma, participants are encouraged to unwind. Additionally, this therapy aids patients in accepting their current circumstances. Many parents go through severe emotional traumas, and as a result, they cry throughout counseling. It is believed that the services offered by BBGP West Java will be the first step in helping sufferers. (BBGP 2022)



Picture 8a and 8b. Psychosocial support for adults who have suffered trauma at Cianjur West of Java (BBGP)

- 3) Following the implementation of psychosocial support by BBGP West Java in the Mekarsari regency, evaluation stage. After putting psychosocial support into practice, the researcher inquired about participants' feelings in relation to the psychosocial support activities carried out by the Team from BBGP West Java. This is a part of a series of in-depth studies to thoroughly examine data. Research methodologies are connected to this technique, which in one How to find information Using unstructured interview approaches, researchers asked participants in the psychosocial support study questions. Unexpectedly, the children expressed their satisfaction and joy at the implementation of Psychosocial Support, showing how much they valued it. They also requested that the Psychosocial Support event not only be held once, but that it might be repeated numerous times. According to the researcher's observations, the kids were excited to take part in the assortment of games and activities offered by BBGP West Java. Despite the panic and anxiety that followed the earthquake, the children's hopes for continuing to learn

## Psychosocial Support for Earthquake Disaster Survivors in Cianjur District (Bbgp West Java, 4 December 2022 Post Earthquake, Implementation of Psychosocial Support in Mekarsari Regency at Cianjur Regency)

and attend school cheerfully and happily demonstrate how even under adverse circumstances—such as those described above—children remain enthusiastic about doing both. Because they are still developing their abilities to express their emotions, these kids require additional care. Children's psychological effects may be loneliness, depression, and sleeplessness if left unchecked. One method of psychological support that can be utilized to protect kids from ongoing trauma is playing.

- 4) Psychotherapy that uses play as a therapeutic tool is known as play therapy. Playing is an innate urge in children. Children can release tension when playing, and in addition to satiating needs and desires that cannot be met in real life, children can also fulfill demands and urges from inside themselves. Playing is beneficial for the development of emotional or personality elements (Ardini et al. 2021). Psychiatric/Social Support researcher believed that this event would rekindle residents' interest in participating in daily activities for adults who traumatized by the West Java BBGP. Now is the time for society to awaken and start planning for a better life in the future.

### CONCLUSION

The post-disaster Psychosocial Support Process in Mekarsari Regency, Cianjur sub-district, which was held on December 4 2022 with materials from BBGP West Java, had a very positive impact on the residents of Mekarsari Regency and its surroundings, especially for the children participating in Psychosocial Support who eagerly and eagerly participated in all stages of a series of activities and games provided by the West Java BBGP team.

The West Java BBGP team uses a variety of techniques to implement psychosocial support, including play therapy, fairy tale, movement and song therapy, psychosocial assistance services, eccentric science learning, and fun learning (also known as "joyful learning"). These techniques leave a positive impression on the child participants while the adult participants receive psychosocial assistance, and most of the mother participants responded favorably to the program.

### ACKNOWLEDGEMENT

The government must continuously and sustainably implement this psychosocial support process to be able to offer psychosocial support on an ongoing basis, using a variety of methods, with the assistance of volunteers and other pertinent government agencies. Only in this way will citizens feel taken care of and aware of the government's presence, particularly in the aftermath of the earthquake calamity, especially for the Cianjur residents who have suffered trauma.

We would like to congratulate the BBGP West Java team for providing the Psychosocial Support event in the Mekarsari regency with highly appropriate approaches. Both children and adult participants, particularly moms, were very appreciative of their efforts.

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**Psychosocial Support for Earthquake Disaster Survivors in Cianjur District (Bbgp West Java, 4 December 2022 Post Earthquake, Implementation of Psychosocial Support in Mekarsari Regency at Cianjur Regency)**

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