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Review Article

The Use of Trauma Healing in Treating PTSD in Post-Disaster Victims: A Narrative Review

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Abstract

Aims: Natural disasters can have an impact on the material (physical), psychological and social aspects. The traumatic experience is a psychological impact on victims that are often found. traumatic experience or traumatic stress if it lasts for 6 months will result in PTSD (*Post Traumatic Stress Disorder*). There are various interventions to treat PTSD, this intervention is known as trauma healing. Trauma healing can be one of the appropriate rehabilitation tools for disaster victims, especially to heal post-disaster trauma. The purpose of the study is to find out what trauma healing interventions are in handling PTSD in post-disaster victims.

Method: The method used is a narrative review with PRISMA 2009 guidelines. The search is based on Garuda, EBSCO, Proquest, and PubMed. The studies reviewed were RCT research, quasi-experiment, and qualitative research in English and Indonesian with full text, as well as intervention studies within the last 7 years of publication from 2015 to 2021.

Result: Trauma healing that can be given and proven effective to treat or reduce PTSD symptoms is CBT (Cognitive Behavioral Therapy), remembrance therapy, dhikr and play therapy. The results of the search used turned out to be for CBT therapy and play therapy were more effective in reducing PTSD in children, while dhikr was effective in adults, and remembrance therapy was very suitable for adults who experienced PTSD with other physical problems such as hypertension.

Conclusions: Therapy as post-disaster trauma healing to overcome PTSD is divided into two, namely therapy for children and adults. Therapy for children is playing therapy and CBT, while for adults there is dhikr, and remembrance therapy is used for adults who experience physical disorders such as hypertension.

Keywords:

Disasters, Post-traumatic Stress Disorder, Stress, Trauma Healing, Victims

INTRODUCTION

A disaster is an event or series of events that threaten and disrupt people's lives and livelihoods caused, both by natural factors and/or non-natural factors as well as human/social factors, resulting in human casualties, environmental damage, property losses, and psychological impact. The law in article 1 states that natural disasters are events or series of events caused by nature, including earthquakes, tsunamis, volcanic eruptions, floods, droughts, hurricanes, and landslides (1). Natural disasters are an inseparable part of human life, history has recorded various kinds of natural disasters in all corners of the world including Indonesia. One of the natural disasters that often occur in Indonesia is the tsunami. Indonesia is a disaster-prone country because of its geographical location. Some parts of Indonesia are located in earthquake-fault areas. Many areas also have active volcanoes (2).

Natural disasters can cause various material and i-material problems. Problems caused by natural disasters can also be physical, psychological, social, or spiritual problems, all aspects of life can be problematic. This condition has an impact on the physical and psychological aspects of the community. Deep sadness because of the loss of family members, relatives, friends, and loved ones, loss of property, shelter, valuables, livelihoods, and even loss of hope in life. As a result of the tsunami disaster, many people experienced psychological disorders such as depression, moodiness, and trauma. Natural disaster events cause the balance of a person's psychological condition to be disturbed (3). Psychological problems found due to natural disasters are the physical, coping, and support system, sex being one of the primary needs, and the need to reduce psychosocial stress (3). These psychosocial problems can trigger PTSD.

PTSD is a collection of symptoms from an individual's experience of a traumatic event, where the individual is traumatized by an

event and cannot erase his memory, and can occur in any individual and is prone to occur in children. These characteristics are characterized by depression, anxiety, behavioral problems, sleep disturbances, nightmares, impaired concentration, and altered perceptions of a safe and comfortable world. Traumatic experiences cause physical, psychological, and social development that will have an impact on mental, emotional, social skills, personality, and self-esteem disorders (4). This condition has very specific symptoms that are part of a definite psychiatric disorder.

A person with PTSD feels difficulties and disturbances in daily life. Diagnostic criteria identify PTSD triggers as threatened with death or threatened with serious injury and sexual harassment. Exposure must result from one or more of the following scenarios, in which the individual directly experienced the traumatic event, witnessed the traumatic event firsthand, knew that the traumatic event occurred to a close family member or close friend (with actual or threatened death due to violence or unintentional harm)); or experiencing direct exposure to a traumatic event (not through media, pictures, television or film unless it is work-related) and not caused by the use of drugs and alcohol. Disasters are traumatic events that can lead to various mental and physical health consequences. Victims of natural disasters experience both physical and psychological stress, and previous research has shown that post-traumatic stress disorder (PTSD), depression, and other mental health problems may increase after a disaster.

PTSD can be treated pharmacologically and non-pharmacologically. One of the non-pharmacological treatments is trauma healing or trauma handling methods. trauma healing is a process of assisting in the form of healing to overcome psychological disorders, one of which is PTSD (5). Trauma healing is more about how to heal or repair someone's traumatic experience, where the trauma is caused by natural disasters. The provision of trauma

healing to post-disaster victims is expected to help in overcoming the trauma experienced. Where trauma healing can be done with various methods according to the needs of the victim. In this literature study, we collected several types of trauma healing methods that can be used in overcoming trauma, especially PTSD in post-disaster victims.

The purpose of the study was to determine the effectiveness of using trauma healing as a treatment for PTSD in post-disaster victims.

METHODS

Narrative reviews have no predefined research questions or defined search strategies, only topics of interest (6). It is not systematic and does not follow a prescribed protocol. There is no standard or protocol that guides reviews, excludes gray or commercially unpublished articles or literature, in the literature search process uses boundaries such as year and language, and the results of the reviews are descriptive summaries. The method used in this literature review is a literature review by conducting a systematic search in accordance with the 2009 PRISMA guidelines. The search is based on the

Garuda and Researchgate databases. The studies reviewed are quantitative studies in English and Indonesian with full text, as well as intervention studies in the last 7 years of publication from 2015 – 2021 on disaster victims with post-traumatic stress disorder (PTSD).

The total search for journal articles from the two databases was 130 articles. Identified based on combining keywords with the application of the PICO approach with Population: Disaster victim patients, Intervention: Interventions to reduce trauma, Comparison: -, Outcome: Reducing trauma. The inclusion criteria in this literature review are full-text articles published in the last seven years (2015 - 2021) with a Randomized Control Trial and Quasy Experiment research design, and published in both English and Indonesian. The keywords used in the search were: 'PTSD' OR 'Stress disorder' OR 'Post-traumatic Stress Disorder' AND 'Natural Disaster' OR 'Disaster' AND 'Trauma Healing'. 30 articles on Garuda, and 100 articles on Researchgate. The PRISMA diagram in Figure 1 illustrates the article selection process according to the title and content of the research article as well as the research inclusion criteria, so 7 eligible articles were obtained.

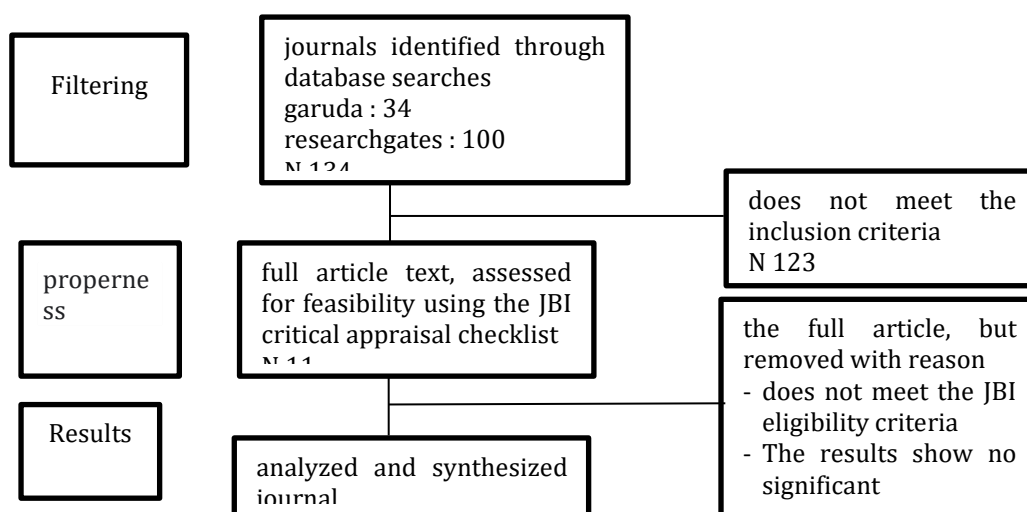


Figure 1. Feasibility Assessment Flowchart

Systematic search according to the 2009 PRISMA flowchart and journal criticism using The Joanna Briggs Institute Critical Appraisal. JBI Critical Appraisal is used to assess the feasibility of the selected journal. There are 13 assessment items for Randomized Controlled Trials and nine assessment items for Quasi-Experimental Studies. The synthesis of the data results is shown in table 1. Journals are declared eligible if they meet more than 70% of the assessment.

Table 1.
Assessment of the Quality of the Literature Reviewed

author, year	<i>JBI Critical Appraisal Checklist (The Joanna Briggs Institute 2017) %</i>	Literature Quality Assessment
Pityaratstian et al., 2015)	92% (12/13)	Very good quality
Sarimin & Tololiu, 2017)	100% (9/9)	Very good quality
Mukhadiono et al., 2018)	88% (8/9)	good quality
Muslaini & Sofia, 2020)	88% (8/9)	good quality
Triasari et al., 2020)	100% (9/9)	Very good quality
Pramardika et al., 2020)	88% (8/9)	good quality
Hayati et al., 2018)	88% (8/9)	good quality

RESULTS AND DISCUSSION

Various studies have conduct to determine interventions that can reduce trauma to victims of natural disasters. From the 7 articles analyzed, the intervention grouping obtained 3 intervention groups that used for trauma healing in disaster victims who experience PTSD, namely, 1) Play therapy, 2) Cognitive Behavior Therapy (CBT), and 3) remembrance therapy.

The three research articles analyzed showed the effect of before and after being given a play therapy intervention. Play therapy is an approach to providing assistance to overcome the problem by using media such as toys, art media, games, and prioritizing communication, play therapy as trauma healing had a significant effect on PTSD in children, as shown by the p-value is 0.000 < 0.05 (12).

This research is in line with (11), that play therapy is effective for reducing traumatic stress in post-disaster children, with the results showing that the P-value is smaller than alfa 0.05, so it was stated that there is a difference in traumatic stress between the treatment group and the control group after being given the intervention. The difference in the scores of the two groups after being

given the intervention shows the effect of play therapy in reducing traumatic stress in children affected by the earthquake.

Another study also showed that Play therapy had a significant effect on PTSD in children affected by landslides in Banjarnegara Regency, as evidenced by the difference in PTSD scores before and after Play therapy in the intervention and control groups with a p-value of 0.003 (9). Play therapy is an alternative treatment that is quite effective help overcome PTSD symptoms in disaster victims. This therapy is carried out with various types of games according to the conditions of the target group (children who are victims of disasters and their environment) (14).

The next therapy is dhikr, where this therapy is very necessary to overcome and eliminate trauma conditions due to disasters (15). Research on the effectiveness of remembrance therapy has an effect on reducing PTSD in Palu 2018 tsunami survivors, as evidenced by the results of hypothesis testing using ANOVA mixed design, with a significance value of .046 (P<.05) which is significant. Partial eta squared analysis shows that remembrance training contributes effectively by 31.9%. In this study, it was found that there were

differences in PTSD levels between the control group and the experimental group, namely the experimental group (who received training in remembrance) experienced a decrease in PTSD levels compared to the control group (who received education on natural disasters). Remembrance can be done when the survivors will or are experiencing flashbacks, so as not to trigger (10).

Cognitive Behavioral Therapy (CBT) is one of the actions that can be taken to succeed in PTSD problems and can be given to adolescents who suffer from PTSD. Based on research Sarimin & Tololiu (2017) as many as 59 respondents the average PTSD score in the group after being given CBT was 44.67 while the average PTSD score in the group given CBT Plus was 31.55, this means there is a difference mean PTSD scores decreased significantly. CBT plus therapy is an effective play therapy applied to school children who experience PTSD in reducing PTSD symptoms in children due to disasters. Research Pityaratstian et al. (2015) with 36 respondents given CBT intervention and after giving CBT to the treatment group and compared with the results of the comparison group, it is known that PTSD experienced by the treatment group has significant improvement results with an average score between before and after treatment = 1.94.95% (-4.19 -8.08) $p > 0.05$.

Study another study was also carried out by Hayati et al (2018) it was found that there was a significant difference between PTSD scores before and after the 5-session and 12-session CBT intervention so it could be concluded that there was a decrease in PTSD scores. For 5 sessions and 12 sessions, there was no difference in effectiveness between the two sessions. So it can be concluded that CBT is one of the interventions that can be applied in overcoming PTSD symptoms in children who experience trauma healing due to disaster events.

CONCLUSION

Based on a review of the results of research that has been done above, healing therapy that can be done to reduce PTSD are CBT, remembrance therapy, dhikr, and play therapy. Therapy for PTSD is divided into two parts, namely for children and adults. Therapy to reduce PTSD in adults can use dhikr therapy and CBT, while in children play therapy is the most widely used.

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