The Role Of Positive Thinking And Social Support On Post Traumatic Stress Disorders In Earthquake Instruments

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Abstract: This study aims to determine the role of positive thinking, social support for post traumatic stress disorder (ptsd) in high school students who are earthquake survivors in Lombok. This research is a quantitative research with the sampling technique using cluster random sampling. The research subjects were students of class XI at three SMANs in East Lombok district with a total of 103 students. Data collection in this study used a scale of post traumatic stress disorder, a scale of positive thinking and a scale of social support. Hypothesis testing is done using regression analysis techniques. The results of this study indicate that there is a very significant role between positive thinking, social support for post traumatic stress disorder, indicated by the correlation number F = 26.093 with p = 0.000 (p <0.01). post traumatic stress disorder is indicated by the number t = -4.104 with p = 0,000 (p <0.01). There is a very significant role between social support for post traumatic stress disorder as indicated by the number t = -3.223 with p = 0.002 (p <0.01).

Keywords: Positive Thinking, Social Support, Post Traumatic Stress Disorder, Earthquake

1. Introduction

The earthquake that occurred on 29 July 2018 on the island of Lombok killed hundreds of people, destroyed 83,392 residential units, destroyed several public facilities and left several other losses at this time. All that remains of the incident is the victims who have lost their families, relatives, loved relatives, their place of residence, and their belongings which caused quite heavy trauma, the impact felt by the victims of the earthquake that occurred starting from being overly alert when doing activities in the house, school, mosque and even feeling fear when they saw it, cracked buildings and heard a roar from the collapse of the mountain around the earthquake site. In accordance with the results of research conducted by Kadri, Berrada, Douab, Tazi, and Moussaoui (2006)[9] that earthquakes that occur in other cities can have an impact on victims who 40 years ago were hit by an earthquake in Agadir (Morocco) in 1960 such as resulting in excessive and persistent alertness which maintains and can exacerbate the state of PTSD symptoms.

The National Institute of Mental Health (NIMH) PTSD is a disorder in the form of anxiety that arises after a person experiences an event that threatens his or her life or physical safety. These traumatic events can take the form of violent attacks, natural disasters, accidents, medical treatment, sexual abuse, grief and war, which can leave the impact of trauma such as difficulty sleeping at night, confusion, sadness, anxiety, fear and loss (Nevid, 2005)[13].

In the psychological factors of PTSD, there is a family history of anxiety related to the negative impact of post traumatic stress disorder as described by Ray and Vanstone (2009)[15] who found that the negative effects of PTSD experienced by veterans' families are emotional feelings, numbness and anger continuously. PTSD is also influenced by social factors, in which there is social support that can reduce PTSD. This is confirmed by the results of research conducted by Tentama (2014)[20]. This study found a significant negative relationship between social support and PTSD. A similar study was also conducted by Urbayatun (2008)[21], this study found that social support can overcome the problem of post-traumatic stress. Research conducted by Rahayu, Haryanti and Hartini (2018)[15] found a negative relationship between respondent characteristics and social support for PTSD in adolescents.

Positive thinking is very important for students to be able to think positively about the events that occur, so that they can reduce anxiety which can lead to stress or even experience ptsd. According to Albrecth (1999)[11] positive thinking is a person's ability to focus attention on the positive side of
something and use positive language to form and express thoughts.

Social support is needed for high school students when experiencing unwanted events such as stress and PTSD because high school students at this age really need the closest people who support them to continue to be able to overcome these disorders. According to Sarafino and Smith (2014), social support is a way to show care, affection and appreciation for others. Individuals who receive social support feel valued and loved and appreciated. Adolescents who experience PTSD are expected to have social support from parents, teachers, siblings, peers, and the community and be able to think positively so that students are expected to have self-confidence, feel accepted, cared for, recognized, able to think positively and be able to return to life in a positive way.

2. Methodology

PTSD is a disorder experienced by students after becoming victims of an earthquake accompanied by symptoms of re-experiencing repeated trauma events, avoiding things related to the source of trauma, and being overly alert to the cause of trauma, the PTSD variable will be measured using a PTSD scale consisting of three symptoms namely re-experience, avoidance and hyperarousal. Positive thinking is the ability of students to believe that they are able to accept problems and try to face them by seeing themselves as valuable without judging others negatively. Will be measured using a positive thinking scale consisting of positive expectations, self-affirmations, statements that do not assess and adjustments to reality. Social support is the support that students get in the form of support to keep going, getting help to alleviate problems such as money, being helped to do assignments, being listened to in complaints, getting advice and feedback from the social environment. Will be measured using a social support scale consisting of emotional support, reward support, instrumental support, and information support. The research was conducted at SMAN 1 Sembalun, SMAN 1 Peringgabaya and SMAN 2 Aikmel. The research subjects were 103 students. The selection of research subjects is based on the following characteristics: a. Male and female, b. Experience first-hand earthquakes. c. Residing in an area that is directly affected by the earthquake. Data analysis used regression correlation technique to determine the role of positive thinking and social support for PTSD in earthquake survivors of high school students.

3. Result

Table 1. Hasil uji hipotesis mayor

<table>
<thead>
<tr>
<th>Model</th>
<th>R</th>
<th>R Square</th>
<th>Adjusted R Square</th>
<th>Std. Error of the Estimate</th>
<th>R Square Change</th>
<th>F Change</th>
<th>df1</th>
<th>df2</th>
<th>Sig. F Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>.586</td>
<td>.343</td>
<td>.330</td>
<td>5.66424</td>
<td>.343</td>
<td>26.093</td>
<td>2</td>
<td>100</td>
<td>.000</td>
</tr>
</tbody>
</table>

Hypothesis testing is done using regression analysis techniques. The results of this study indicate that there is a very significant role between positive thinking, social support for PTSD, indicated by the correlation number $F = 26.093$ with $p = 0.000$ ($p < 0.01$).

Table 2. Hasil uji hipotesis minor

<table>
<thead>
<tr>
<th>Model</th>
<th>Unstandardized Coefficients</th>
<th>Standardized Coefficients</th>
<th>T</th>
<th>Sig.</th>
<th>Correlations</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>B</td>
<td>Std. Error</td>
<td>Beta</td>
<td></td>
<td>Zero-order</td>
</tr>
<tr>
<td>1 (Constant)</td>
<td>71.260</td>
<td>4.624</td>
<td></td>
<td>15.410</td>
<td>.000</td>
</tr>
<tr>
<td>bp</td>
<td>-363</td>
<td>.088</td>
<td>-.380</td>
<td>-4.104</td>
<td>.000</td>
</tr>
<tr>
<td>ds</td>
<td>-.205</td>
<td>.064</td>
<td>-.298</td>
<td>-3.223</td>
<td>.002</td>
</tr>
</tbody>
</table>

There is a very significant negative role between positive thinking towards PTSD, indicated by the number $t = -4.104$ with $p = 0.000$ ($p < 0.01$). That is, the higher the positive thinking, the lower the PTSD and vice versa, the lower the positive thinking, the higher the PTSD. This is in accordance with research conducted by Kholidah and Alsa (2012) which shows that positive thinking can reduce psychological stress. Likewise with research conducted by Nugroho (2012) who found
that the role of the brain gym and local wisdom in dealing with PTSD can have a positive impact on survivors of natural disasters in Central Java. Albrecht (1999) positive thinking is a person's ability to focus attention on the positive side of something and use positive language to give and express thoughts. There is a very significant negative role between social support for PTSD as indicated by the number $t = -3.223$ with $p = 0.002$ ($p < 0.01$). This means that the higher the social support, the lower the PTSD experienced; and conversely, the lower the social support, the higher the PTSD. This study is in accordance with research conducted by Andrew et al. (2003) which shows that gender and social support can reduce PTSD in victims of crimes in violence. Likewise with research conducted by Laurance and Fauerbach (2003) that personnel, coping, chronic stress and social support can reduce PTSD symptoms in adults who experience burns. Research similar to the research above was also stated by Urbayatun (2008) that social support can reduce PTSD. The next research that is in accordance with the above research was stated by Tentama (2014) that social support can influence PTSD in adolescent survivors of Mount Merapi. Similar research was also stated by Rahayu (2018) that the characteristics of respondents and social support can affect PTSD in adolescents 7 years after the eruption of Mount Merapi. Sarafino and Smith (2014) social support is a way to show care, affection and appreciation for others, where individuals who receive social support will feel that they are valued and loved and appreciated.

4. Conclusion
Based on the results of data analysis, it can be concluded that there is a significant negative relationship between positive thinking and social support for PTSD earthquake survivors in East Lombok district. The higher positive thinking and social support, the lower the PTSD and vice versa, the lower positive thinking and social support, the higher the PTSD.

5. Recommendation
The limitations / weaknesses of the research carried out are the small number of research samples, carried out during the Covid-19 pandemic resulting in a lack of accuracy in filling in the research scale, a lot of wasted time to fill in the scale, not accompanied when filling the scale, some subjects who are not returns the scale.

References


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