

# Mengurangi gejala PTSD dengan resources development and installation dan integrated group treatment protocol = Reducing symptoms of PTSD using resources development and installation (RDI) and integrated group treatment protocol (IGTP) / Anita Tresiana

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## Abstrak

Penelitian ini bertujuan mengeksplorasi pengurangan gejala Posttraumatic Stress Disorder PTSD, berupa intrusion, avoidance dan hyperarousal, perubahan kognisi dan mood, serta keluhan somatis dan perilaku agresif pasca trauma yang dialami seorang anak perempuan berusia 7 tahun akibat tindak kekerasan seksual berulang. Gejala PTSD dikurangi dengan Resource Development and Installation RDI yang menumbuh-kembangkan sumber daya positif anak tanpa pemaparan pada traumanya, dan Integrated Group Treatment Protocol IGTP yang secara langsung memroses-ulang trauma. RDI dapat mengurangi gejala avoidance dan hyperarousal, sedangkan gejala intrusi perlu ditangani dengan IGTP yang memroses-ulang ingatan traumatik agar menjadi adaptif. Dilakukan tiga kali pengukuran gejala PTSD, keluhan somatis dan perilaku agresif: pra intervensi, pasca intervensi dan tiga minggu setelah intervensi terakhir, dengan menggunakan The Children's Impact of Event Scale-13 CRIES-13 yang mengukur gejala PTSD dan Child Behavior Checklist CBCL yang mengukur berbagai gangguan perilaku anak termasuk keluhan somatis dan perilaku agresif. Skor CRIES-13 pasca intervensi menurun pada gejala avoidance dan hyperarousal. Intrusi masih terjadi meski dalam frekuensi yang berkurang, namun mimpi buruk tidak lagi pernah terjadi. Perubahan negatif pada mood dan kognisi mengalami penurunan yang ditunjukkan oleh subskala anxiety/depression CBCL. Skor CBCL pasca intervensi juga menurun pada area masalah kecemasan, depresi, keluhan somatis dan perilaku agresif. Dampak intervensi masih menetap tiga minggu pasca intervensi, bahkan gejala intrusi semakin menurun. Intrusi ingatan traumatik dan mimpi buruk tidak lagi dialami anak, ia tidak lagi menghindari pembicaraan tentang tindak kekerasan seksual yang dialaminya, meski masih menghindari sosok yang mengingatkannya pada pelaku. Anak menjadi lebih mampu mengendalikan pikiran dan emosinya. Rasa harga dirinya mulai tumbuh dan perlu terus diperkuat agar dapat mengatasi masalah dalam interaksi sosial yang masih dialaminya.

*This study was conducted to explore decreases in the symptoms of intrusion, avoidance, negative alterations of cognition and mood, and hyperarousal of Posttraumatic Stress Disorder PTSD, somatic complaints and aggressive behavior showed by a seven years old girl, a survivor of repeated sexual molestation. The intervention involved Resource Development and Installation RDI that was originally designed to develop positive resources without trauma exposure and Integrated Group Treatment Protocol IGTP that directly reprocess the trauma. RDI was known to decrease the symptoms of avoidance and hyperarousal, whereas intrusion was needed to be dealt with IGTP that reprocesses traumatic memory become adaptive. Three times measurement of PTSD symptoms, somatic complaints and aggressive behavior were conducted pre intervention, post intervention and three weeks after post intervention measurement using The Children's Impact of Event Scale 13 CRIES 13 that measures PTSD symptoms and Child Behavior Checklist CBCL that measures various child problems including somatic complaints and aggressive behavior. Post intervention scores of CRIES 13 showed decrease in avoidance*

and hyperarousal. Eventhough intrusion was still experienced in lower frequency, nightmares have disappeared. The negative alterations of cognition and mood were decreased showed by the CBCL anxiety depression sub scale scores. There were also decreases in CBCL scores on the area of anxiety, depression, somatic complaints and aggressive behavior. Measurement at three week after intervention showed the maintenance of post intervention measures. Interestingly intrusion was apparently keep decreasing. Intrusive traumatic memories and nightmares ceased. The child showed no avoidance to talk about the sexual molestation she experienced, although she still avoids person that reminds her of the perpetrator. She had better ability to regulate her thoughts and emotions. Her self worth began to grow albeit needed reinforcement to better cope with difficulties in social peer interaction.</i>