

Intervensi Model Koping dan Pengaruhnya Terhadap Tingkat Self Efficacy dan Ansietas pada Remaja di Daerah Rawan Bencana Banjir = Coping Model Interventions and Their Effect on The Level of Self Efficacy and Anxiety in Adolescents in Flood-prone Areas

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Abstrak

Banjir musiman menjadi stressor yang dialami oleh remaja yang tinggal di daerah rawan bencana banjir. Remaja merasakan ansietas sebagai dampak psikologis akibat banjir. Self efficacy dibutuhkan oleh remaja dalam menghadapi banjir musiman. Disertasi ini membahas pengembangan model koping untuk meningkatkan self efficacy dan mengatasi ansietas yang selanjutnya diimplementasikan pada remaja usia 13 – 18 tahun di daerah rawan bencana banjir Kabupaten Bandung Jawa Barat. Tujuan penelitian menganalisis model koping untuk meningkatkan Self efficacy dan mengatasi ansietas pada remaja di daerah rawan bencana banjir. Metode penelitian exploratory sequential mixed methods dengan dua tahap. Tahap 1 penelitian kualitatif dengan desain fenomenologi dan pengembangan model. Partisipan pada penelitian kualitatif berjumlah 15 remaja usia 13-18 tahun. Kriteria sampel tinggal di daerah rawan banjir dengan kriteria sedang-tinggi dan pernah mengalami banjir. Tahap 2 penelitian kuantitatif dengan desain kuasi eksperimen pre and post test control group design. Sampel penelitian masing – masing kelompok 104 responden yang dipilih secara purposive sampling. Kriteria inklusi usia 13-18 tahun, tinggal di daerah rawan banjir dengan kriteria sedang-tinggi, mengikuti kegiatan ekstrakurikuler PMR/Pramuka, bersedia mengikuti kegiatan secara lengkap. Kegiatan penelitian dilaksanakan selama 1 bulan dan alat ukur yang digunakan menggunakan instrumen coping self efficacy dan Screen for Children Anxiety Related Emotion Disorder. Analisa data dilakukan menggunakan uji bivariat dan multivariat. Hasil penelitian tahap 1 didapatkan 5 tema utama dan hasil tahap 2 terdapat perubahan self efficacy dan ansietas pada kelompok yang mendapatkan intervensi model koping dukungan remaja. Penelitian menyarankan bahwa model koping dukungan remaja dapat diaplikasikan oleh dinas kesehatan, badan penanggulangan bencana daerah, perawat puskesmas, guru bimbingan konseling, orang tua dan remaja; Penelitian lanjutan dibutuhkan untuk menguji model dukungan remaja pada kondisi bencana alam yang lain.

.....Seasonal floods are a stressor experienced by adolescents who live in flood-prone areas. Adolescents feel anxiety as a psychological impact due to flooding. Adolescents need self-efficacy in dealing with seasonal floods. This dissertation discusses the development of coping models to increase self-efficacy and overcome anxiety which will then be implemented in adolescents aged 13-18 years in flood-prone areas, Bandung Regency, West Java. The research objective is to analyze coping models to increase self-efficacy and overcome anxiety in adolescents in flood-prone areas. The exploratory sequential mixed methods research method with two stages. Phase 1 qualitative research with phenomenological design and model development. The participants in the qualitative study were 15 adolescents aged 13-18 years. The criteria for the sample live in flood-prone areas with medium-high criteria and have experienced flooding. Phase 2 is a quantitative study with a quasi-experimental design with pre and post-test control group design. The research sample for each group is 104 respondents selected by purposive sampling. Inclusion criteria are 13-18 years old, living in a flood-prone area with medium-high criteria, participating in PMR/Scout

extracurricular activities, and being willing to participate in the full activity. The research activity was carried out for one month, and the measurement tools used were coping self-efficacy instruments and the Screen for Children Anxiety Related Emotion Disorder. Data analysis was performed using bivariate and multivariate tests. The results of the first phase of the research found five main themes. The results of the second stage showed changes in self-efficacy and anxiety in the group that received the intervention of the adolescent support coping model. Research suggests that health offices can apply the coping model for youth support, regional disaster management agencies, primary health nurses, guidance and counselling teachers, parents and adolescents; Further research is needed to test the model of youth support in other natural disaster conditions.