

Hubungan Pengetahuan Kesiapsiagaan Bencana Banjir dengan Tingkat Kecemasan: Studi Literatur = The Relation Between Knowledge of Flood Preparedness and Anxiety Level: Literature Review

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Abstrak

Bencana banjir merupakan bencana alam dengan frekuensi kejadian paling banyak terjadi di Indonesia. Dampak bencana banjir tidak hanya berupa materi tetapi juga berdampak bagi kondisi psikologis yaitu kecemasan. Memiliki pengetahuan kesiapsiagaan yang baik dapat mengurangi tingkat kecemasan. Studi literatur ini bertujuan untuk menganalisis dari studi-studi terdahulu tentang hubungan pengetahuan kesiapsiagaan bencana banjir dengan tingkat kecemasan. Desain penelitian ini yaitu studi literatur. Jurnal penelitian diambil dengan mengakses layanan publikasi yaitu proquest, scopus, dan google scholar. Pencarian jurnal diambil dari tahun 2015-2021 agar data yang diperoleh masih berkaitan dengan masa kini. Metode yang digunakan yaitu PRISMA (preferred reporting items for systematic reviews and meta-analysis). Terdapat tiga jurnal yang memenuhi syarat berdasarkan form JBI checklist analytical cross sectional studies dengan skor minimal 50%. Studi dilakukan di Indonesia. Hasil studi literatur menunjukkan bahwa memiliki pengetahuan yang baik mengenai kesiapsiagaan bencana banjir dapat mengurangi tingkat kecemasan. Saran yang dapat diambil yaitu meningkatkan tingkat pengetahuan dengan mengadakan penyuluhan dan simulasi.

.....Flood disaster is a natural disaster with the highest frequency of occurrence in Indonesia. The impact of the flood disaster is not only material but also has an impact on psychological conditions, namely anxiety. Having good preparedness knowledge can reduce anxiety levels. This literature review aims to analyze the previous studies regarding the relations between knowledge of flood preparedness and anxiety level. The design of this research is a literature review. Research journals are taken by accessing publication services, such as Proquest, Scopus, and Google Scholar. The journal search was taken from 2015-2021 so that the data obtained is still related to the present. The method used is PRISMA (preferred reporting items for systematic reviews and meta-analysis). There are three journals that meet the requirements based on the JBI checklist form of analytical cross sectional studies with a minimum score of 50%. The study was conducted in Indonesia. The results of the literature study show that having a good knowledge of flood disaster preparedness can reduce the level of anxiety. Suggestions that can be taken are to increase the level of knowledge by conducting counseling and simulations.