RESILIENCE TO NATURAL DISASTER SURVIVORS IN PALU

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RESUME
Natural disasters are events that are difficult to avoid and can be accurately predicted. In September 2018, one of Indonesia's regions, specifically Palu, Central Sulawesi, just experienced a natural disaster. Victims of natural disasters face very complex situations and conditions, both physically, psychologically and socially. Losing someone close to you can cause sadness, anger, regret, and strong emotional experiences. Human ability to be able to rise again and continue life after experiencing difficult situations or experiences is known as resilience. Resilience aspects increase the likelihood that disaster victims can recover from their past experiences, so that they become stronger individuals and find a better life. The purpose of this study was to determine the aspects of resilience in victims of natural disasters in Palu. This study used a qualitative research method with interviews as a data collection method. The results showed that four subjects had aspects of emotional regulation, impulse control, optimism, causal analysis, empathy, self-efficacy, and reaching out. Meanwhile, one other subject only has aspects of causal analysis, empathy, and reaching out. Based on the research results it is known that the five subjects have resilience in having resilience in facing difficult situations or pressures that occur in their lives due to natural disasters. Although the resilience of each subject is not entirely the same, overall they can be said to be resilient in carrying out life after a disaster.

Introduction
Indonesia is a disaster-prone region in the Southeast Asia region (Ariesta, 2018). This is related to geographical, geological and demographic conditions that allow disasters to occur, whether caused by natural factors such as volcanic eruptions, earthquakes, tsunamis, floods, landslides, as well as non-natural and human factors, such as terrorist attacks or technological failures. and so forth. Each region of Indonesia is prone to disasters, which is different for each region (Crisis Center, Ministry of Health RI, 2012).

Natural disasters are events that are difficult to avoid and can be accurately predicted. In Law Number 24 of 2007 (BNPB, 2017) disaster is defined as an event or series of events that threatens and disrupts the life and livelihoods of the community which is caused, either by natural factors and / or non-natural factors as well as human factors resulting in casualties, damage. environment, property loss, and psychological impact.
In September 2018, one of Indonesia's regions, specifically Palu, Central Sulawesi, just experienced a natural disaster. This disaster occurred in the city of Palu and killed 2,096 people who died, 1,373 people were missing, 4,438 people were seriously injured, 83,112 people suffered minor injuries, and 173,552 people were displaced (Health Crisis Center, Ministry of Health, 2018). Putri in the IDN Times (2018) explained that the disaster that hit the city of Palu started from an earthquake that occurred twice with great force, then a tsunami occurred, and there was also a liquefaction phenomenon where lands shifted resulting in residents' homes moving. The natural disasters that occurred in Palu caused many victims, both who died and suffered injuries, lost property, suffered damage to infrastructure, the social environment, and disrupted the life and livelihoods of the community that had previously been established.

Victims of natural disasters face very complex situations and conditions, both physically, psychologically and socially. Losing family members, especially the source of breadwinners for the family, often causes feelings of worry, fear and even prolonged trauma (Bonanno, 2014). Assistance from various sources in the form of material may be able to meet the physical needs of disaster victims, but it does not necessarily solve the psychological problems faced. Bonanno (2014) states that the loss of a loved one can lead to sadness, anger, regret and strong emotional experiences.

Life-threatening events such as disasters can have a greater impact. Ozer, Best, Lipsey, and Weiss (in Bonanno, 2014) state that most people will be exposed to at least one threatening event at some point in their life. Life threatening events are said to pose a risk of difficult experiences that are more varied and more severe than the loss due to death. Therefore, this study focuses more on survivors who have lost their families.

Based on research conducted by Rusmiyati and Hikmawati (2012), it is clear that disaster events have an impact on community members, especially those who are victims. The victims experienced socio-psychological trauma due to physical, economic and social powerlessness experienced by themselves and their close ones during the evacuation. The psychological problems experienced by refugees include feelings of sadness due to the loss of their loved ones, loss of property, homes, livelihoods, and feeling out of place in the refugee camp.

Every human being has a unique way to deal with difficult experiences, even some of them can continue to live positively without any disturbance in their life functions (Bonanno, 2014). Human ability to be able to rise again and continue life after experiencing difficult situations or experiences is known as resilience. Grotberg (in Utami and Helmi, 2017) states that resilience is the ability of individuals to assess, overcome, and improve or change themselves from situations that make individuals experience misery in life.

Resilience leads to positive adaptation patterns during or after facing difficulties or risks. Suwarjo (in Satria and Sari, 2017) explains that resilience is the individual's capacity to face and cope with and respond positively to unpleasant conditions. Furthermore, using these unpleasant conditions to strengthen oneself so as to be able to change the conditions that are felt as something that is normal to overcome.

Based on the phenomenon, the results of interviews and previous research, it is clear the importance of resilience for survivors of natural disasters. The purpose of this

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The study was to describe the resilience of natural disaster survivors in Palu. The benefit of this paper is to enrich the results of research related to the resilience of survivors of natural disasters. The method used is qualitative, observation and direct interviews at the post-disaster location.

Qualitative research can be an adequate and efficient way to obtain the types of information needed, and can move flexibly to face difficulties in empirical situations in the field (Poerwandari, 2011). The type of research in this research is phenomenological, that is, studying and trying to explain in detail the perspectives of subjects from their own world, as well as to understand the qualitative diversity of their own experiences. Phenomenologists are interested in what humans experience in certain contexts and at certain times (Willig, 2013).

Resilience

Reivich and Shatté (in Dewanti and Suprapti, 2014) state that resilience is the ability to respond healthily and productively when facing obstacles or trauma. According to Grotberg (1999) resilience is the human ability to face, overcome, be strong when facing obstacles and obstacles. Resilience is not a miracle, it is not only found in some humans and is not something that comes from an unclear source. Every human being has the ability to be resilience (resilient) and everyone is able to learn how to deal with obstacles and obstacles in his life. Bonanno (2014) explains that resilience is the human ability to be able to rise again and continue life after experiencing difficult situations or experiences. Luthar, Masten & Reed (in Dipayanti & Chairani, 2012) explain that resilience is the ability to positively adapt to situations or conditions that are less favorable and full of stress in life.

Based on some of the above definitions, it can be concluded that resilience is a person's ability to endure and not give up on difficult situations or pressures that occur in his life, and continue to try, learn and adapt to these conditions so that he can rise from this difficult situation and become better.

Resilience Aspects

According to Reivich and Shatté (in Nasution, 2011) there are seven aspects of resilience found in a person, namely emotional regulation, impulse control, optimism, causal analysis, empathy, self-efficacy, and reaching out. Reivich and Shatté (2002), describes the seven abilities that make up resilience, namely as follows:

1. Emotional Regulation
   Emotional regulation is the ability to remain calm under stressful conditions (Reivich and Shatté, 2002). The results showed that people who lacked the ability to regulate emotions had difficulty building and maintaining relationships with other people. Individuals who have the ability to regulate emotions can control themselves when they are upset and can overcome anxiety, sadness, or anger so as to speed up solving a problem.

2. Impulse Control
   Reivich and Shatté (in Dewanti and Suprapti, 2014) define impulse control as the ability to control the desires, urges, likes, and pressures that arise from within a person.
Individuals with low impulse control often lose patience, become irritable, impulsive, and act aggressively in small situations that are not really important, so that the social environment around them feels uncomfortable which results in problems in social relationships.

3. Optimism
Optimism is the ability to see that the future is bright (Reivich and Shatté, 2002). Optimism indicates that the individual believes that he has the ability to cope with adversities that may occur in the future. This reflects a person's self-efficacy, namely the individual's belief that he is able to solve existing problems and control his life. Optimism is useful when accompanied by self-efficacy because with optimism an individual is continuously encouraged to find solutions and problems and continue to work hard for better conditions.

4. Causal Analysis
Causal analysis according to Reivich and Shatté (2002) refers to the ability of individuals to accurately identify the causes of the problems they face. They are able to identify all the causes of the misfortunes that befall them. Resilient individuals will not blame others for the mistakes they have made. They are less focused on factors that are out of their control, instead they focus on problems and make full control on problem solving.

5. Empathy
Empathy is closely related to an individual's ability to read signs of other people's emotional and psychological conditions (Reivich and Shatté, 2002). Someone who has the ability to empathize tends to have positive social relationships (Reivich and Shatté, 2002). Individuals who do not develop the ability to be sensitive to these nonverbal cues cannot put themselves in the shoes of others, feel what others feel and predict the intentions of others.

6. Self-efficacy
Self-efficacy is success in problem solving. Self-efficacy according to Reivich and Shatté (2002) represents a belief that we are able to solve the problems we experience and achieve success. With high self-efficacy, individuals will make various efforts to solve a problem. With confidence in the ability to solve problems, individuals will be able to find solutions to existing problems, and not easily give up on various difficulties.

7. Reaching Out
The individual's ability to get out and reach the positive aspects of life after adversity that befalls him. According to Reivich and Shatté (2002) reaching out is the ability to increase the positive aspects of life and dare to take new opportunities and challenges. Resilience is not only important for dealing with negative life experiences such as overcoming severe problems or recovering from trauma but also enriching lives, deepening relationships and seeking new experiences. The research results are divided into several conclusions. The results of the research and discussion were not separated, but combined. Flow based on conclusions.

Resilience Function
The resilience function according to Reivich and Shatté (in Dewanti and Suprapti, 2014) is as follows:

a. Overcoming

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In life, humans are sometimes faced with a problem that causes stress that they cannot avoid. Therefore humans need resilience to avoid the losses that result from these unpleasant things. This can be done by analyzing and changing the perspective to be more positive and increasing the ability to control one's own life, so that they can remain motivated, productive, and happy even though they are faced with various pressures in life.

b. Steering through

Every human being needs resilience to face the problems, pressures and conflicts that occur in life. Resilient individuals will use their internal sources to overcome any problems that exist. Resilient individuals guide and control themselves in dealing with problems throughout their life journey. Research shows that the essential element of straining through in stress is self-efficacy, namely the belief in themselves that they can control the environment effectively and can solve various problems that arise.

c. Bounce back

Incidents are traumatic and cause high stress, so that higher resilience is needed in dealing with and relying on oneself. Resilient individuals usually face a pressure with three characteristics to heal themselves. They exhibit a task-oriented coping style in which they perform actions aimed at overcoming adversity. They know how to relate to other people as a way of coping with the experiences they are having.

d. Reaching out

Apart from being useful for dealing with negative experiences and stress, resilience is also useful for gaining more meaningful life experiences and being committed to pursuing new learning and experiences. Individuals with such characteristics do three things well, namely: be precise in estimating the risks that occur, knowing themselves, and finding meaning and purpose in their lives.

Factors Affecting Resilience

Resilience is influenced by several factors. Everall, et al., (In Ifdil and Taufik, 2012) describe three factors that affect resilience, namely:

a. Individual factors

Individual factors that affect resilience include individual cognitive abilities, self-concept, self-esteem, and individual social competence. According to Holaday (in Ifdil and Taufik, 2012) cognitive skills have an important effect on individual resilience. Through cognitive abilities, individuals can think that the cause of a disaster is not only due to negligence but also by the will of God Almighty.

For individuals to develop resilience is closely related to the ability to understand and convey something through appropriate language. Resilience is also associated with the individual's ability to release thoughts from trauma. Individuals with high intelligence have higher resilience than individuals with low intelligence.

b. Family Factor

Family factors include parental support, namely how parents treat and serve their children. The emotional and inner connection between family members is needed in supporting the recovery of individuals who have experienced stress and trauma.

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The bondage of family members is very influential in providing support for family members who experience disaster to be able to recover and view the incident objectively. Likewise in order to grow and increase resilience.

c. Community Factors

Community factors include poverty and limited employment opportunities. Delgado (in Ifdil and Taufik, 2012) added two things related to community factors, namely gender and attachment to culture.

Research subject

There were 5 subjects in this study, namely F (male, 57 years old), R (female, 40 years old), I (male, 54 years old), M (female, 50 years old), and E (female, 32 years old). The five subjects were survivors (survivors) of the natural disaster that occurred in Palu on September 28, 2018.

F lost 6 (six) family members when the disaster in Palu occurred. The F family died from being buried in the rubble and on fire. This incident made F feel very, very deep sadness. He regretted himself for not being able to save his family from the fire.

R lost a child when the disaster in Palu occurred. His son died from the earthquake and liquefaction. This incident made R feel a deep sadness. Even so, R tried to accept the situation and was grateful because he was still given the opportunity to improve himself.

I lost a wife whose body has not been found. The disaster that occurred caused I to experience emotional distress which affected his activities. He felt deep sorrow and longing for his wife. However, now I have started to rise again for the sake of her two children.

M lost two grandchildren whose bodies have not been found when the disaster in Palu occurred. The two grandchildren of the subject who were playing in front of the house when the earthquake suddenly separated from M while trying to save themselves. The disaster that befell M felt very sad because he could not find the body of his grandson. However, now M has begun to rise and is trying to accept the situation that has befallen. M gave all that was a burden in his life to God.

E lost her husband during the disaster in Palu. E, who was currently pregnant, felt very depressed and helpless. She feels that she cannot struggle to take care of her children without help from her husband. E had chosen to just give up. However, after she gave birth to her second child, she became motivated to keep fighting and give her best for her two children. The E family also gave support to E in order to rise.

Research result

Based on the results of interviews and analyzes that have been carried out, it is known that R, I, M, E fulfill all aspects of resilience, while F fulfills three aspects of resilience. In subjects R, I, M, E they fulfill the aspects of emotional regulation, impulse control, optimism, causal analysis, empathy, self-efficacy, and reaching out. Meanwhile, on subject F, it only fulfills the aspects of causal analysis, empathy, and reaching out. The resilience possessed by each subject is influenced by several different factors, namely social support factors, spirituality factors, individual factors, family
factors and inner motivation. Meanwhile, the impact of resilience itself is that with a resilient attitude they can easily face difficult situations and be able to solve problems that befall them. With resilience, the five subjects can become their daily lives without being filled with sadness, and also not getting worse.

In the aspect of emotional regulation, subjects R, I, M and E showed resilience when responding to and dealing with disaster-related events that befell them. These four subjects have the ability to control themselves in order to remain calm even though they are under stressful conditions. As explained by Reivich and Shatté (2002) that individuals who have the ability to regulate emotions are individuals who can maintain themselves to remain calm under stressful conditions. In contrast to subjects R, I, M, E, who showed resilience in the aspect of emotional regulation, subject F actually seemed not resilient. This is because subject F is less able to control themselves in stressful situations.

In the aspect of impulse control, subjects R, I, M, and E show resilience when responding to and dealing with disaster-related events that befell them. These four subjects can control the pressure that comes from within themselves. They can manage their emotions well and can control their behavior in everyday life. As explained by Reivich and Shatté (2002) impulse control is defined as the ability to control the desires, urges, preferences, and pressures that arise from within a person. In contrast to subjects R, I, M, and E who showed resilience in the aspect of impulse control, subject F seemed not resilient. This is because subject F is less able to manage the emotions that arise from within him. In addition, subject F was less able to control his aggressive behavior.

On the optimism aspect, subjects R, I, M, and E show resilience when responding to and dealing with events related to disasters that befell them. They are able to deal with adversities that may occur in the future. They believe that they can solve existing problems and can take control of their own lives. They choose to continue working hard so that they can be successful in the future. As explained by Reivich and Shatté (2002) individuals are said to have an optimistic attitude if the individual believes that he has the ability to overcome adversities that may occur in the future. In contrast to subjects R, I, M, and E who showed resilience in the optimism aspect, subject F seemed less resilient. This is because subject F has not thought about his future. Subject F feels that he is currently useless.

In the aspect of causal analysis, the five subjects (F, R, I, M, and E) show resilience when responding to and dealing with disaster-related events that befell them. The five subjects can accurately describe the causes of the problems they face. They can identify the causes of their misfortunes and do not blame others for their disasters. As explained by Reivich and Shatté (2002) causal analysis refers to the ability of individuals to accurately identify the causes of the problems they face. Resilient individuals will not blame others for what happened to them.

In the empathy aspect, the five subjects (F, R, I, M, and E) showed resilience when responding to and dealing with disaster-related events that befell them. The five subjects can show concern for fellow disaster victims. They show a caring attitude and help each other. As explained by Reivich and Shatté (2002) empathy is the ability to perceive what other people think and feel. Individuals who have an empathetic attitude
understand the current condition of the victim and care about the situation of those around him. Individuals who empathize will try to help when someone is in need.

In the self-efficacy aspect, subjects R, I, M, and E show resilience when responding to and dealing with disaster-related events that befell them. The four subjects believed they were able to solve problems experienced and achieve success. In addition, they do not give in easily to the difficulties experienced after a disaster. As explained by Reivich and Shatté (2002) self-efficacy is defined as the belief that we are able to solve the problems we experience and achieve success. With this belief, individuals can find solutions to existing problems, and do not easily give up on various difficulties. In contrast to subjects R, I, M, and E who showed resilience in the self-efficacy aspect, subject F seemed not resilient. This is because subject F felt he could not solve the problem he was experiencing. Subject F considered that he could no longer achieve success in the future. Subject F feels less enthusiastic and less enthusiastic in living life.

In the aspect of reaching out, the five subjects (F, R, I, M, and E) show resilience when responding to and facing events related to the disaster that befell them. The five subjects can achieve positive aspects of life after the disaster that befell. The disaster that befell them is used as an opportunity to learn to be a better and stronger person. They try to take the opportunities and challenges that arise. In addition, the five subjects learned how to deal with intractable problems and recover from the trauma they felt. As explained by Reivich and Shatté (2002) reaching out is the ability to increase the positive aspects of life and dare to take new opportunities and challenges.

Resilience plays an important role in individuals who are experiencing disasters and are under the pressure of the problems they feel every day. When a person experiences an excessive problem, there will be many negative impacts that will affect both physical and psychological health. This is where resilience is needed in order to provide positive motivation, whether it is done by the people closest to the individual who has been a victim of a disaster or done by himself.

In avoiding problems caused by the disaster, the five subjects tried to analyze the problems faced and change their perspective to be more positive. Thus, the five subjects can be motivated to remain strong even though they are faced with various pressures in life. As explained by Reivich and Shatté (2002) about the resilience function where the ability to analyze and change a more positive perspective and increase the ability to control one's own life, so that it can remain motivated, productive, and happy even though faced with various pressures in life, it is called overcoming. The five subjects can face problems and pressures caused by disasters without feeling helpless and having a negative attitude. They try to sincerely live the life after a disaster and learn to improve themselves to be better. This is similar to Reivich and Shatté’s (2002) explanation of steering through, namely the ability of individuals to overcome any existing problems, without having to feel overwhelmed and have a negative attitude towards the incident.

In facing a pressure, the five subjects tried to find something that could help them to get a comfortable situation. They have the ability to control themselves and want to return to normal life right away. As Reivich and Shatté (2002) explain about bounce back where resilient individuals take actions that aim to overcome the adversity, they
are able to return to normal lives and relate to other people as a way to strengthen each other. This is similar to Reivich and Shatté's (2002) explanation of the function of resilience, namely reaching out where individuals get a more meaningful life experience and are committed to pursuing new learning and experiences.

Conclusion

Based on the results of the analysis conducted, it is known that the five subjects have resilience in facing difficult situations or pressures that occur in their lives due to natural disasters. Although the resilience of each subject is not entirely the same, overall they can be said to be resilient in carrying out life after a disaster. Researchers concluded that there are several factors that influence their resilience, including social support factors, spirituality factors, individual factors, family factors and inner motivation. Meanwhile, the impact of resilience itself is that with a resilient attitude they can easily face difficult situations and be able to solve problems that befall them. With resilience, the five subjects can become their daily lives without being filled with sadness, and also not getting worse.

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