

## ABSTRAK

Judul : Pengaruh Trauma Healing Terhadap Kondisi Psikososial Kelompok Rentan (Anak-Anak) Pasca Bencana Banjir: Kajian Literatur.

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Program Studi : Ilmu Keperawatan

Kejadian bencana yang terjadi di suatu tempat pasti menyisakan luka mendalam bagi mereka korban yang terdampak khususnya anak-anak, dampak tersebut salah satunya adalah trauma. Trauma pada anak-anak karena peristiwa bencana tidak boleh dibiarkan berlarut-larut agar mereka dapat melanjutkan kembali kehidupan sehari-harinya secara normal, oleh karena itu *trauma healing* sangat diperlukan untuk memulihkan kembali trauma yang dirasakan oleh anak-anak akibat bencana. Penelitian ini bertujuan untuk mengetahui pengaruh pemberian trauma healing terhadap kondisi psikososial anak-anak pasca terjadinya bencana banjir. Metode penelitian yang digunakan adalah pendekatan *literature review* dengan *review article* dengan kriteria artikel yang digunakan adalah artikel yang diterbitkan dari tahun 2010-2020. Hasil yang didapatkan adalah bahwa *trauma healing* pada anak dengan menggunakan beberapa metode seperti terapi bermain, *self motivation*, permainan tradisional, terapi relaksasi dan terapi kebahagiaan, konseling berpengaruh terhadap perubahan kondisi psikososial anak-anak yang mengalami masalah trauma akibat bencana, namun pemberian *trauma healing* ini juga membutuhkan waktu yang lama dan berkesinambungan. Sehingga diharapkan dengan pemberian *trauma healing* ini masalah-masalah psikososial yang dialami anak karena bencana tersebut dapat perlahan teratasi agar tidak mengganggu pertumbuhan dan perkembangan anak di kehidupan selanjutnya.

Kata kunci : trauma healing, anak-anak, bencana banjir.

**ABSTRACT**

Title : The Effectivity Of Trauma Healing On Children Psychosocials Conditions Due To Post Flood Disaster: Literature Review.

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The incident of disaster that had occurred in some region can be causing a deep wounds or sadness for those who affected including children victims. There is many impacts from that incident as we can name it one for example is trauma. The trauma that had affected children due to incident of disaster should not be allowed to dissolves them so that they can continue their daily lives as normal as they had to be. This shows that the children as the victims of the incident of disaster they need a treatment that called trauma healing. The trauma healing is a treatment that can be used for children to recover from trauma that caused of disaster. This study purposed is to knowing how effectively of trauma healing to psychosocial conditions of children due to post flood disaster incident, this study using the methods of literature review which the article criteria is using the articles who had been published since year of 2010 to 2020. The result is that trauma healing using the methods such as play therapy, self motivation, traditional games, relaxation therapy and happiness therapy, counseling for children due to post flood disaster it shows that there are the effectivity using those such as treatment for psychosocial conditions such as trauma, but using trauma healing as a treatment we need long-term and continuously to make the trauma of children gets better as we hoping using trauma healing as a treatment can overcome the psychosocial issues experienced by children due to disaster incident so that it can not interfere with children's growth and development in their next life.

Keywords : trauma healing, children, flood disaster.