

CONTRIBUTION OF EMOTION FOCUSED COPING AGAINST READINESS FOR NATURAL DISASTERS

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Abstract

Natural phenomena that hit parts of Aceh Province became a serious concern, fears of post-traumatic stress disorders experienced by children. Therefore, readiness to deal with natural disasters is considered important to be studied. Emotion focused coping is a cognitive process that focuses on reducing emotional stress and includes strategies such as, minimizing, avoiding, selective attention, positive comparisons, and taking positive and negative values from an event. This study aims to describe the *emotion focused coping* of Darul Abrar orphanage students in the readiness to deal with natural disasters. This study uses a quantitative approach. The study population was 595 orphanage students. The orphanage students sampled in this study were 240 people, selected by proportional random sampling technique. The instrument used is the *Likert* scale. The first, second and third research objectives were analyzed by percentage techniques, the fourth and fifth research objectives were analyzed by linear regression.

Keywords: Emotion Focused Coping, Natural Disaster Preparedness, Orphanage

INTRODUCTION

Indonesia is a country that has very diverse natural resources. Ranging from vast territorial waters, fertile soil,

volcanoes and other natural beauty. The natural wealth of the Indonesian people if managed properly can meet the needs of human survival. But behind Indonesia's natural wealth is a natural phenomenon which is capable of damaging various joints of human life.

The great tsunami that occurred in Nanggroe Aceh Darussalam (NAD) on December 26, 2004 was a national disaster that claimed many lives and damaged various joints of life both physical and non-physical. The damage aspects that occur in this case are psychological, social, cultural, economic, and infrastructure aspects. The victims of the tsunami disaster felt the profound impact of post-tsunami traumatic, psychological disorders in the form of stress, excessive anxiety and depression. Every individual who feels disastrous and loses family has a tendency for psychological disorders¹. Psychological disorders that can occur in disaster victims are severe stress, acute stress and post-traumatic stress disorders. According to² states that;

“psychological and psychiatric disorders are the third most common diagnosis in consultations in primary care, closely following respiratory disorders (15 per cent) and cardiovascular disorders (11 per cent). As long ago as 1966, Shepherd and colleagues demonstrated that 14 per cent of consultations in general practice had an identified psychological component, and that most of this morbidity is depression and anxiety.”

¹ J. M. Davidson, G.C., and Neale, *Abnormal Psychology* (New York: John Wiley and Sons. Inc New York., 1996).

² Roslyn Corney and Rachel Jenkins, *Counselling In General Practice*, 1 Editon. (London: Routledge, 1995).

80% of individuals with post-traumatic stress disorders will experience psychological disorders such as depression, insomnia, anxiety, substance abuse and others³. "Post-traumatic stress disorders usually do not appear immediately at the time of the event, but have a long post-traumatic range of one year to ten years after the disaster"⁴. After the disaster experienced 14 years ago in NAD became a serious concern, fears of post-traumatic stress disorders experienced by NAD children. As stated by Seto problems in childhood must be resolved immediately because experience at that time has an influence on patterns of life and development in adulthood⁵." Children affected by the tsunami in Aceh should get the right intervention for their psychological problems so that they don't experience behavioral disorders in adulthood.

Based on data shared by the BBC " the data from other major disasters, between 50% to 90% of the population affected by the disaster will most likely experience post-traumatic stress and depression"⁶. It is clear that the impacts of natural disasters such as tsunamis and earthquakes have serious impacts. As explained by the Post-Tsunami Social Economic Aspect Study in Kusumo, 2009 explained in the form of "data on symptoms of stress and trauma disorders after a disaster. As

³ REX B.G. Jennifer Travis Lange, Christopher L. Lange, "Primary Care Treatment of Post-Traumatic Stress Disorder," *Am Fam Physician* 1, no. 5 (2000): 1035–1040, <https://www.aafp.org/afp/2000/0901/p1035.html#>.

⁴ Nurul Hartini, "Remaja Nangroe Aceh Darussalam Pasca Tsunami," *Jurnal Masyarakat, Kebudayaan dan Politik* 24, no. 1998 (2011): 45–51.

⁵ Nurul Hartini, "Remaja Nangroe Aceh Darussalam Pasca Tsunami" 24, no. December (2016): 45–51.

⁶ Budiarto Eko Kusumo, "Kesehatan Mental Di Aceh Paska Tsunami," *Jurnal Sosiologi: Dilema* 21, no. 2 (2010): 5.

follows: (1) feel very upset when reminded of 94%, (2) recurring horrible memory 66%, (3) difficulty sleeping 62%, (4) Be careful and very anxious 46%⁷. From these data it can be concluded that the tendency of post-disaster psychological disorders gives a bad impact on individuals, especially in children. Likewise with children in orphanages, various life problems experienced. Living conditions without the assistance of biological parents, the living conditions will be different from children who have complete fathers and mothers. The absence of biological parents has an impact on the attitude of orphanage children in dealing with turmoil problems such as natural disasters. Minnis et. al. state that "what is usually experienced by children with behavioral and emotional problems"⁸.

Based on field data obtained by researchers at Darul Abrar orphanage on 9 September 2018, the orphanage children came from various regions of the Aceh province. Several factors are influence that children are left in the orphanage of Darul Abrar are children who do not have parents due to the effects of disasters, street children, and children who are abandoned by parents. Various problems experienced by special orphanage children who have been abandoned by parents due to natural disasters both earthquake and tsunami. The impact they still feel is that there are still worries about themselves and excessive anxiety when recalling the difficult time. Some children often appear to be lonely and under mild

⁷ Ibid.

⁸ Helen Minnis et al., "Children in Foster Care: Mental Health, Service Use and Costs," *European Child and Adolescent Psychiatry* 15, no. 2 (2006): 63–70.

stress, which raises new problems due to the effects of a bad past. Psychological disorders and misbehavior caused by a variety of factors such as self esteem, self efficacy, the past, and problem solving strategies or coping strategies. "Stress involves low control of unpleasant stimulation", ⁹.

"Stress as a biological process of defense offers an interesting analogy to the psychological process we shall" later call "coping 'in which a person struggles to manage psychological stress", ¹⁰. Stress as a biological defense that provides an analogy in a psychological process called coping in which an individual struggles to manage psychological pressure. "Setting more ambitious goals, such as seeking integration through having children attend local schools, entails more stress, stress which requires more coping", ¹¹. Children who experience stress due to various psychological stress factors, thus requiring better coping. One form of coping strategies is emotion focused coping¹².

"Emotion focused coping is a cognitive process that focuses on reducing emotional stress and includes strategies such as avoiding, minimizing, avoiding, selective attention, positive comparisons, and taking positive and negative values

⁹ Syaiful Indra, A. Muri Yusuf, and Jamaris Jamna, "Efektivitas Team Assisted Individualization Untuk Mengurangi Prokrastinasi Akademik" 1, no. July 2015 (2015): 175–189.

¹⁰ Richard S. Lazarus & Susan Folkman, *Stress, Appraisal, and Coping* (New York: Springer Publishing Company, Inc., 1984).

¹¹ Mary Hour-Knipe, *Moving Families (Expatriation, Stress and Coping)*, *Moving Families (Expatriation, Stress, and Coping)* (London and New York: Routledge, 2001).

¹² Richard S. Lazarus & Susan Folkman, *Stress, Appraisal, and Coping*.

from an event", ¹³. Emotion focused coping is the focus of individuals in removing emotional tension related to stressful states, even though the condition has not changed¹⁴. In emotion focused coping the individual tries to control the emotional impression that arises in him due to of an event.

Emotion focused coping is used to reduce excessive emotional stresses originating in individuals due to various problems and perceptions of events by using cognitive coping. The use of emotion focused coping is able to control his control of problems that have occurred before. Based on this phenomenon, the researcher is interested in seeing the emotion focused coping strategy of the orphanage children in readiness to deal with natural disasters. Therefore, the orphanage children are colored by complicated past experiences and are abandoned by parents due to natural disasters that have occurred in Aceh very much related to emotion focused coping. Problems arising from the impact of past disasters are still felt by the orphanage children. The inability of orphans to use emotion focused coping will result in wrong attitudes and behaviors. If this is ignored, the problems experienced by orphanage children will not be resolved properly.

Based on the phenomena that researchers have pointed out at the top regarding dealing with psychological stresses due to historical of natural disasters in the past, the topic of emotion focused coping is an effort to reduce and minimize the psychological pressure that arises in orphanage students. Some experts argue that the orphanage students who incidentally are

¹³ Ibid.

¹⁴ Richadrs C Atkinson Rita L Atkinson, *Pengantar Psikologi* (Batam: Interaksara, 1987).

on the task of developing children and adolescents who are very vulnerable to psychological stress caused by bad events. A problem is experienced by orphanage students who cannot be solved and managed properly. "Some students feel confused and unable to solve clear problems (*planful problem solving*), seek information support (informational support), and plan problems through positive actions (cognitive coping)"¹⁵. The inability of orphanage students to implement the emotion focused coping strategy will have an impact on wrong behavior. Historical natural disasters that arose in the past, still made an impression in the orphanage students. Furthermore, the readiness to deal with natural disasters is considered quite important to be examined, in order to describe the emotional condition of the orphanage students.

Method

This research uses a quantitative approach with descriptive methods. According to Lehmann in ¹⁶ "descriptive research is research that describes systematically, actual and accurate about the facts and the nature of a particular population, or tries to describe the phenomenon in detail". This research will describe *emotion focused coping* and readiness in dealing with natural disasters.

This study also uses the correlation method (Correlation Research). Conceptually the relationship between variables in

¹⁵ Eko Sujadi, A Muri Yusuf, and Marjohan Marjohan, "Hubungan Antara Locus Of Control Dan Efektivitas Komunikasi Antar Pribadi Dengan Problem Focused Coping," *Konselor* 5, no. 1 (2016): 24.

¹⁶ Ahmad Muri Yusuf, *Metode Kuantitatif, Kualitatif Dan Penelitian Gabungan* (Padang: UNP Press, 2013).

this study is asymmetrical, the researchers will see the effect of *emotion focused coping* (X) on the readiness to deal with natural disasters (Y).

The population of this study were all students of Darul Abrar orphanage. Gampong Baro, Aceh Jaya Regency as many as 595 people. While the sampling method in this study is *proportional random sampling* where each cluster is collected in each unit. From the calculation of determining the number of samples, 240 respondents were obtained.

The next step is to collect the data through the following steps; a) prepare an *emotion focused coping* instrument and readiness to deal with natural disasters consisting of items that have been written in full, b) determine the source and meet the research sample, c) provide an explanation of the instrument and how to fill it in, d) administer the instrument and invite students fill it in, e) systematically collect instruments in accordance with what was planned before, f) scoring and analyzing them.

Analysis of the data used was linear regression analysis techniques. The regression equation is $\hat{Y} = a + bX$. The output of the analysis is used to explain the level of significance and linearity of correlations between independent variables and the dependent variable. To interpret the significant test results, the criteria used are the data declared significant if the price $F_{count} > F_{table}$. Instead the data is declared insignificant if the price $F_{count} < F_{table}$ in the regression.

Results And Discussion

This section will describe the results of research that have been obtained based on statistical calculations and discussion of research results.

Data Description

Data description of Emotion Focused Coping

Table 1. Frequency Distribution and Percentage of Emotion Focused Coping (n = 140)

Score Interval	Category	F	%
≥ 151	Very high	4	2.8571
150 – 121	High	56	40
120 – 91	Medium	74	52.8571
90-61	Low	6	4.28571
≤ 60	Very low	0	0
Total		140	100%

Table 1 shows that the total sample of 140 students, the majority of *emotion focused coping* was in the high and medium category with a frequency of 56 with a percentage of 40% and a frequency of 74 with a percentage of 52.5871%. Furthermore, in the low category with a frequency of 6 students and a percentage value of 4.2857%. While the category is very high with a frequency of 4 students and a percentage value of 2.8571% of all respondents.

Description of Data on Preparing for Natural Disasters

Data on natural disaster preparedness can be seen in the following Table 2.

Table2. Frequency Distribution and Percentage of Natural Disaster Preparedness by Category (n = 140)

Score Interval	Category	F	%
≥139	Very high	5	3.5714
138 – 126	High	99	70.7142
79 – 102	Medium	30	21.4285
55 – 78	Low	6	4.2857
≤ 54	Very low	0	0
Total		140	100%

Table 2 shows that from the total sample of 140 students, the majority of preparedness in facing natural disasters is in the high category with a frequency of 99 students and a percentage of 70.7142%. Furthermore in the medium category with a frequency of 30 students and a percentage value of 21.4285%. Low category with a total frequency of 4 students and a percentage value of 4.2857%. The category is very high with a frequency of 5 students and a percentage value of 3.5714%. While the category is very low with a frequency of 0 students and a percentage value of 0% of all respondents.

Testing Requirements Analysis

Test requirements analysis is performed on research data as a basis for consideration for selecting and determining the type of data analysis techniques that will be used in testing research hypotheses. Hypothesis testing in this study is planned to be carried out with parametric statistical formulas namely, multiple regression data analysis techniques. Therefore, the requirements analysis test conducted on this research data is the normality test, linearity test.

Normality Test

The purpose of testing sample normality is to test the assumption that sample distribution approaches or follows population normality. The normal state of the sample is important because it is a requirement to use statistics for hypothesis testing.

The data normality test uses the Kolmogorov-Smirnov test, by comparing the Asymp coefficient. Sig. or P-value with a significance level of 0.05. If Asymp. Sig. or P-value \geq 0.05, then the data comes from populations that are normally distributed. Data were analyzed using SPSS version 17.00 variable calculation results.

Normality test calculation results, variables that have Asymp scores. Sig. with a score of $0.83 > 0.05$ greater than the level of significance that has been set at 0.05. That is, data from these variables are normally distributed. This shows that one of the requirements for regression analysis has been fulfilled.

Linearity Test

Linearity test of this regression line is carried out to ensure that the distribution of each data variable emotion focused coping to the readiness to face natural disasters, tends to form a linear line with the distribution of variables responding in learning activities. This linearity test uses the F test with the help of the SPSS program. Linearity test in this study, by looking at the deviation from linearity of the F test. If the value of sig. deviation from linearity $0.542 > 0.05$, then the data is declared linear. Linearity test results.

Hypothesis Testing

Test requirements analysis that has been done is obtained all the scores of each research variable meet the requirements for further statistical testing then the next step is carried out testing of the research hypothesis. The hypothesis in this study is the contribution of *emotion focused coping* to the readiness to deal with natural disasters orphanage students of Darul Abrar foundation in Aceh Jaya District.

The hypothesis was tested by using a simple regression analysis between *emotion focused coping* with activities responding in learning that produces a regression coefficient, as can be seen in the Table below.

Table 3. Simple *Emotion Focused Coping* (X) Regression Coefficient Test Results for Natural Disaster Preparedness (Y)

Variable	R	R Square
X-Y	0.152	0.023

Table 3 above shows that the R value is 0.152, which shows the *emotion focused coping* regression coefficient on natural disaster preparedness. The value of R Square (R²) is 0.023, meaning 2.3% of the contribution of emotion focused coping to natural disaster preparedness. After knowing the regression coefficient and the contribution of emotion focused coping to natural disaster preparedness, the next step is to do a significance test aimed at explaining whether variations in the value of the independent variables can explain variations in the dependent value using the magnitude of the F value, as can be seen in Table 6 below.

Table 4. Results of Emotion Focused Coping (X) Significance Tests on Natural Disaster Preparedness (Y)

Variable	Fcount	Sig.
X-Y	17,638	0,000

The table above shows the Fcount value is 17,638, with a significance level of 0,000 that is smaller than 0.05. This can predict the emotion focused coping means the formation of preparedness to face natural disasters.

Table 4. Results of Simple *Emotion Focused Coping* (X) Regression Analysis of Natural Disaster Preparedness (Y)

Variable	Unstandardized	T	Sig.
	Coefficients		
	B		
(Constant)	139,795	10,133	0,000
X	0.207	1,810	0,000

Simple regression results in the table above shows that the t count is 139,795, while t table is 1,977, that mean t arithmetic > t table. This means that confidence contributes significantly to natural disaster preparedness. Based on the above table, the regression equation can be described as follows:

$$\tilde{Y} = a + bX$$

$$\tilde{Y} = 139,795 + 0.207X$$

It can be concluded that there is a contribution of the *emotion focused coping* variable to the readiness to face natural disasters.

Discussion

Emotion Focused Coping Darul Abrar Orphanage Students

The results of the analysis of research data indicate that on average emotion focused coping is in the medium and high

categories with a percentage of 52.8571% and 40%. This means that emotion focused coping is in good condition. Antonovsky *convincingly argued that people with a strong sense of coherence will tend to seek to impose structure on and to accept the challenge of a situation, are more likely to confront stress with appropriate coping responses, and, in the end, will remain in good health in the face of stress*¹⁷. Based on this opinion that individuals who have a strong sense of tend to strive to make *problem solving* efforts and are better prepared to deal with stress appropriately.

Emotion focused coping is a form of coping that is focused on structuring a cognitive response and behavior. Carver explained that through turning to religion the individual can determine in calming his spiritual mind to ask for help from God in solving problems in religion. Orphanage children who have been equipped with beliefs in religion, the tendency to suppress and fortify various problems and stress by drawing closer to God. So with the results that have been obtained tend to be *emotion focused coping* average children medium and high.

¹⁷ Hour-Knipe, *Moving Families (Expatriation, Stress and Coping)*.

Preparedness in Facing Natural Disasters of Darul Abrar Orphanage Students

The results of the analysis of research data indicate that on average *emotion focused coping* is in the high category with a percentage of 70.7142%. This indicates that the Darul Abrar Orphanage students have prepared from various aspects. Readiness is an individual condition in directing to be ready to respond in a certain way to the situation¹⁸. In the law of readiness of an organism that gets a change in behavior, then the implementation of behavior will bring individual satisfaction so that the association tends to be strengthened¹⁹. The potential that can trigger natural disasters does not make students of the Darul Abrar Foundation orphanage stressful. This is also caused by a shift in the paradigm of disaster management towards disaster management that is proactive preparedness,²⁰. Therefore, the percentage results indicate a

¹⁸ Slameto, *Belajar Dan Faktor Yang Mempengaruhinya* (Jakarta: Rineka Cipta, 2013).

¹⁹ Heri Rahyubi, *Teori-Teori Belajar Dan Aplikasi Pembelajaran Mototrik* (Bandung: Nusa Media, 2012).

²⁰ Khoirul Anam et al., "Kesiapan Institusi Lokal Dalam Menghadapi Bencana Tsunami: Studi Kasus Kelurahan Air Manis Dan Kelurahan Purus, Kota Padang," *Jurnal Wilayah dan Lingkungan* 6, no. 1 (2018): 15.

high category in Orphanage Foundation students of Darul Abrar..

Contribution of Emotion Focused Coping Towards Natural Disaster Preparedness

The results of the study stated that the contribution of emotion focused coping to the readiness to face natural disasters. This finding was obtained based on data analysis that showed the contribution of emotion focused coping to natural disaster preparedness by 2.3%. That is, emotion focused coping is one of the factors that contribute to the readiness to face natural disasters. Natural disaster preparedness is an attitude that shows the response will do something with a measured mechanism.

Therefore, when the *emotion focused coping* of the Darul Abrar Orphanage students showed high results, this indicated that the Darul Abrar Orphanage students had prepared in facing natural disasters. In the legal readiness, when individuals have a tendency to act and do so, the individual will feel happy²¹. Emotion focused coping is an ability to reduce unpleasant conditions²². That matter shows that the ability of *emotion focused coping* has the potential to associate cognitive and behavioral ones in preparing natural disasters.

Acknowledgements

²¹ Rahyubi, *Teori-Teori Belajar Dan Aplikasi Pembelajaran Mototrik*.

²² Richard S. Lazarus & Susan Folkman, *Stress, Appraisal, and Coping*.

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Conclusion

Based on the findings and discussion of the results of the study, the following conclusions can be made:

1. On average, *emotion focused coping* Darul Abrar Orphanage Students are in the medium category.
2. On average, the readiness to face natural disasters Darul Abrar Orphanage Students are in the high category.
3. *Emotion focused coping* contributes to the preparedness in facing natural disasters Darul Abrar Orphanage Students by 2.3% ($R = 0.152$, $R^2 = 0.023$, and significance of 0.000). That is, emotion focused coping is increased to be higher, then the readiness to face natural disasters will increase to be higher, or vice versa if emotion focused coping is low, it will result in readiness to face natural disasters also to be low.

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