

ACCOMPANIMENT OF SPIRIT RECOVERY AND TRAUMA HEALING FOR CHILDREN AFFECTED BY THE 2022 CIANJUR EARTHQUAKE

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ABSTRACT

The aim of our community service program activity this time was to assist the community affected by a 5.6 magnitude earthquake hitting Cianjur, West Java, in November 21, 2022, in recovering the spirit and carrying out trauma healing of their children. Children who were target of our program were inhabitants of Liung Tutut and Legok Nangka village, which were located in Cibereum, Cugenang, Cianjur. Our team consisted of three lecturers and four students, and around one hundred children participated in our spirit recovery and trauma healing program, doing fun activity to ease their pain caused by the disaster and to avoid any mental breakdown. The program lasted three days, started from December 17, 2022 until December 19, 2022, implemented by teaching and learning school lessons, singing and playing music together, playing games and quizzes with small prizes, story telling for the small, and holding competition with bigger prizes. It could be concluded that the children had a very strong spirit to do school learning activities and longed to be able to go to school normally.

Keywords: Mental Breakdown, Spirit Recovery, Trauma Healing, Fun Activity, Earthquake

1. INTRODUCTION

On November 21, 2022, there was a 5.6 magnitude earthquake hitting Cianjur which caused physical damage as well as dead tolls. This quake damaged more than tens of thousands of homes, school buildings, office buildings, places of worship, and other constructions. According to the Disaster Mitigation Office, the quake damaged more than 53,000 homes, schools, offices and places of worship, 12,000 houses that were completely levelled to the ground or too badly damaged to be considered safe to live in. Victims of this disaster lost their residence, family members, friends, school place, social places, and had horrible experience such as being trapped in collapsed building, which led to a mental breakdown and trauma mental situation.

As mentioned above, beside physical damage and dead tolls, this disaster left trauma to the victim, especially to children. Loss of their homes or anticipation of further quakes, victims had to live in tents which were definitely far from comfort. This uncomfortable situation and boring life at the tents added stress to the children, and made the children sad. They were in need of psychological recovery and need to be convinced that everything would become good again. They needed trauma healing to ease their pain and forget their sadness and fear. They were in need of activities which could make them happy and regain their spirit. And because their school buildings were collapsed by the quake, the children missed their schools very much, while their learning spirit were very high. Based on the above mentioned situations, our team organized a spirit recovery and a trauma healing program in order divert sadness suffered by children.

Based on the above mentioned situations, our team organized a trauma healing program in order to ease the pain and sadness of the affected children. Trauma healing can be defined as a process to give assistance in the form of healing psychological disorder, such as worry, panic, fear, and other mental function resistance. Residents affected by a disaster are invited to do fun or pleasant activities so that they forget their sadness and divert their attention from excessive anxiety that another disaster will come. In our case, we invited children who lived in Kampung Legok Nangka and Liung Tutut, Cugenang, Cibereum, Cianjur, to join our spirit recovery and trauma healing activities. As we were told that children in this village longed to have school learning activities, our team delivered teaching and learning activities, beside playing games and quizzes, singing and playing music, story telling, and other fun activities.

Our partner from the village of Legok Nangka and Liung Tutut assisted us with data of children participating to our program, and they assisted us to gather children to join our program. They succeeded to arrange to gather around hundred children affected by the earthquake

2. METHOD

The activity on Spirit Recovery and Trauma Healing to the children affected by the 2022 Cianjur earthquake, was carried out by holding teaching and learning activities, singing and playing music together, playing games and quizzes, story telling for the small, and holding competition. In order to make the program more effective, children were divided into five age groups.

Steps of The Spirit Recovery and Trauma Healing Program

Ice Breaking

At the beginning of our activity, we introduced ourselves to the children by singing and playing music together. To make the atmosphere warmer, we gave quizzes and gave small prizes to those who were able to answer correctly

Teaching and Learning School Material

At this session, children were divided into 5 groups according to their age level (educational level) which were:

1. Playgroup & Kindergarten level, consisted of 25 children
2. First and Second Year Primary school level, consisted of 20 children
3. Third and Fourth Year Primary School level, consisted of 15 children
4. Fifth and Sixth Year Primary School level, consisted of children, and
5. Junior High School level (Sevent, Eighth, and Ninth Year), consisted of 9 children (teenagers). Materials given to each age group were adjusted to their level of education.

Assessment to Children Knowledge on Materials Delivered

In order to evaluate the effectiveness of the teaching and learning activities, assessments were carried out, and mostly got good results

Competition

Competition were carried out in order to uplift the children's spirit further. This was also divided into each age group as the teaching and learning activity. Prizes are given to the first, runner up, third winner and contenders

Farewell At the end of the trauma healing program, there was a farewell singing together, where closing speeches were given by our team as well as our partner. Packages were distributed to all children who participated the program

3. RESULTS AND DISCUSSION

The activity on Trauma Healing to Victims of the 2022's Cianjur Earthquake (UMKM) in West Java was implemented in three days, started December 17, 2022 and finished December 19, 2022

Day One, December 17, 2022

On the first day of our activity to the TKP, we made a visit to the tents to introduce ourselves and made arrangements with local inhabitants for the next day's activity. On return from our visits to the tents, we made preparations such as learning materials to be addressed, goody bags to distributed, equipments to bring with the next day



Figure 1. First Visit to the tents, meeting the elders at the Prayer's tent (musholla)



Figure 2 Part of our team with our contact person, mrs Rita and her daughter



Figure 3 Preparation for the next day's activity

Day Two, December 2022

On the second day, the real trauma healing activities begun. Activities on that day was started by an introduction of our team to the community, which were the village head, the children and the parents, then followed by an ice breaking activity. Our team and the children were singing and playing music instruments together, playing games and quizzes with small prizes

Ice Breaking



Figure 4 & 5: Ice breaking by Rabbani Qoriansyah & Raden Galen BK



Figure 6: All team together with all children

After we got to know each other, we delivered the learning session. They were divided into four age group as follows:

1. Group of Playgoup and Kindergarten level

Children at this age level were the most. There were 29 children aged three until 5 years old. They were taught by Rabbani Qoriansyah. Activities at this level were singing, playing music instruments, and story telling



Figure 7. After a quiz given by Yuherman, the class of playgroup and kindergarten was being taken care of by Rabbani Qoriansyah

2. Group of Elementary School, 1st and 2nd Class

There were 24 children at this age level. They were taught by Fani Syaifillah, who taught them reading, writing, mathematics, and drawing



Figure 8: Group of 1st and 2nd Year of Elementary School taken care of by Fani Syaifillah

3. Group of Elementary School, 3rd and 4th Class

They were 16 children at this age level. They were taught by Fina Syaifillah who taught them reading, writing, mathematics, drawing



Figure 9: Group of 3rd and 4th year of Elementary School taken care of by Fina Syaifillah

4. Group of Elementary School, 5th

There were 16 children at this age level. They were taught by Nurul Haniza who taught the, history, general knowledge, and English vocabulary



Figure 10: Class of 5th and 6th year of Elementary School by Nurul Haniza

5. Group of Junior High School level (7th, 8th, and 9th Class)

There were 10 children at this age level. They were taught by Herta Armianti Soemardjo who taught them Basic English, English Vocabulary and Conversation

At our surprise, all children were very eager to learn school lessons, and this activity went very well and was fun.



Figure 11. English class for junior high school students being taken care of by Herta Armianti Soemardjo

Day 3, December 19, 2022

On the third day, there were five activities being carried out, which were teaching and learning activities, assessments on the children's knowledge about lessons delivered, competition, winners announcements, farewell and gifts distribution. As on the second day, for most activities, children were divided into the same age group level, except for the farewell and package distribution, when children were gathered together. We started in the morning with lessons delivery, then followed by assessments on children's knowledge about what had been delivered. Then after a short break, competition was held according to each age group.

Playgroup and Kindergarten level

On this day, activities for this age group was, again, being taken care of by Fina Syaifillah Activities being carried out were

1. Material delivery about reading, writing, mathematics, and drawing
2. Assessments
3. Coloring and Drawing competition

Figure 12: Assessment of the playgroup and kindergarten group by Rabbani Qoriansyah

Elementary School, 1st and 2nd Class

On this day, activities for this age group was, again, being taken care of by Fina Syaifillah Activities being carried out were

1. Material delivery about reading, writing, mathematics, and drawing
2. Assessments

3. Coloring and Drawing competition



Figure 13: Fani Syaifillah took assessments

Elementary School, 3rd and 4th Class

On this day, activities for this age group was, again, being taken care of by Fina Syaifillah Activities being carried out were

1. Material delivery about reading, writing, mathematics, and drawing
2. Assessments
3. Drawing competition

Elementary School, 5th and 6th Class

On this day, activities for this age group was being taken care of by Raden Galen Bagja Kusuma. Activities being carried out were

1. material delivery about history and general knowledge
2. Assessments
3. Writing Competition



Figure 14: Assessment for Group of 5th and 6th Year Elementary School by Raden Galen BK

Junior High School level (7th, 8th, and 9th Class)

On this day, activities for this age group was, again, being taken care of by Herta Armianti Soemardjo. Activities carried out were

1. material delivery on English Conversation
2. Assessments
3. Writing Competition

Farewell



Figure 15: Assessments of the Junior High School group by Herta AS

After the competition for each age group, all children were gathered as the winners of each competition was announced, followed by a farewell singing together. Before saying good bye, closing remarks were given by our team as well as our partner



Figure 16
Before saying good bye : class of junior high school



Figure 17: Before saying goodbye

Packages for all Children

All children received packages which consists of a schoolbag, books, stationaries, other school equipment



Figure 18 Part of students outside the tents



Figure 19. Part of the students in front of wreckage

4. CONCLUSION

It can be concluded that the children affected by the 2022 Cianjur earthquake who lived in kampung Legok Nangka and Liung Tutut had a strong spirit of school lessons activities and were very happy receiving trauma healing and spirit recovery in the form of doing school activities.

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