

Cultural Perspective and Approach to Rational Emotive Behavior Therapy in Counseling Post-Disaster Trauma

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Abstract. Disasters are sudden events that come from nature, non-nature, and social disasters. Natural disasters, non-natural disasters, and social disasters are very frightening events. Disasters cause damage, destruction, fear, anxiety both physically and psychologically. Disasters bring trauma that is temporary or permanent. This article is to describe disaster management solutions through the Rational Emotive Behavior Therapy (REBT) counseling approach and cultural perspective that will provide a very significant strength in managing post-disaster trauma. REBT invites individuals to always think rationally and reduce irrationality. The Rational Emotive Behavior Therapy (REBT) approach constructs ABC behavior: A (Activating event), B (Belief), and C (Emotional Consequence) change of behavior. REBT is an approach that sees individuals as part of culture. Individuals experience a process of change personally as the influence of culture in which the influence results in having irrational thoughts.

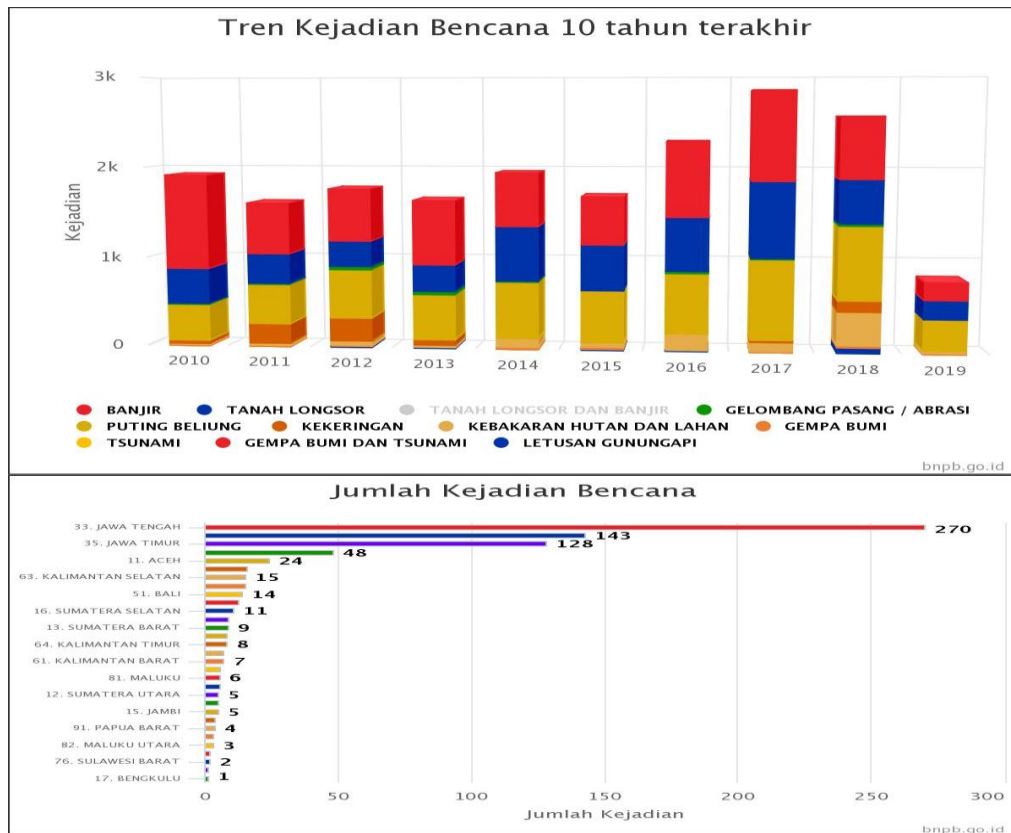
Keywords: culture, rational emotive behavior therapy, post-disaster trauma

1 Introduction

Based on Law Number 24 of 2007 concerning Disaster Management, it can be interpreted that disaster is an event that occurs which disrupts, threatens, damages people's lives and is caused by natural, non-natural factors (Bencana, 2012; Henky, 2012; Wardyanrum, 2014) and human factors resulting in the emergence of human casualties, environmental damage, property losses, and psychological impacts (Isa, 2016; Supriyono, Guntar, Edwar, Zairin, & Sugandi, 2018).

As a result of disasters that often occur, the community experiences prolonged trauma, several trauma factors are caused by such depression, anxiety, fear, dizziness, nausea, (Amin, 2017; Mardiyati, 2015; Mashar, 2011; MERAPI & ISLAM, nd; Morison, 2004; Tentama, 2015; Foundation, 2009). According to the research results, the most vulnerable to trauma from natural disasters, non-traumatic trauma and social trauma are children and adults as the results of research conducted by researchers (Margareth, 2016; Nawangsih, 2014; Rahman, 2018; Satria & Sari, 2017; Yuliyanto, 2016).

Data on the last ten years of disasters in Indonesia are very worrying, large disaster areas such as tsunami in Aceh, earthquakes in Yogyakarta, Lombok, Palu, and several other areas as listed in the following graph.



Referring to the data above, it is necessary to have an act that is truly capable of providing effective counseling services, namely REBT counseling approach in managing post-disaster clients; (Alhamuddin, Chaer, &Hasim, 2015; Hayati, Fatimah, &Mardhiyah, 2018; Ifdil&Ghani, 2017; Rizkiyani, 2017; Susanti, nd) so that REBT approach works well then a counselor certainly has the concept of a cultural perspective (Amalia, 2016; Gumilang, 2015; Lestari, 2012; Mufrihah, 2014; Rahmi, 2016) which is good so that the goals and direction of the counseling can be achieved as expected.

2 Discussion

Disasters are divided into several factors including; 1) natural disasters; 2) non-natural disasters; 3) social disasters (Bahagia, Satria, &Ahmadian, 2017; Maarif, Rudy, Rilus, &Euis, 2012; Natawidjaja, 2007; Paramesti, 2011; Pratiwi&Nugraha, 2016). Natural disasters are caused by the occurrence of natural factors itself includes; earthquakes, floods, volcanic eruptions, droughts, landslides, tornadoes, liquefaction, hurricanes. Whereas non-natural disasters are a series of events caused by technological failures among others; airplane accidents (Kodoatie&Sjarief, 2010; Rijanta, Hizbaron, &Baiquini, 2018; Central, 2009; Yayasan, 2009; Yunita&Dirdjo, 2018), epidemics, traffic accidents, workplace accidents and



social disasters namely events that occur in society which is caused by individuals and groups as a result of unconformed social interaction, among others; fight between students, fight among villages, terror, domestic violence, mass demonstrations, strikes, layoffs, rape, persecution, corruption.

Disasters always carry very deep wounds both physically and psychologically called trauma (Mashar, 2011; Nawangsih, 2014; Nirwana, 2016; Uyun, 2015; Wardhani& Lestari, 2007). The types of trauma that arise when a post-earthquake needs to be understood by a counselor in post-earthquake trauma management to facilitate the post-earthquake recovery process; (EkoHartini&Kes, nd); (Husna, 2018); (Putri, 2012); (Aryani , 2016); (Fajar, 2017); (Djelantik, Andayani, &Widiana, 2010). To deal with the types of trauma caused by natural disasters, a counselor needs a counseling approach, known as Rational Emotive Behavior Therapy (REBT) approach, a pioneering counseling approach by Ellis. This approach resolves problems of clients who experience emotional and behavioral disorders, and leads individuals to be happy and life is more meaningful. REBT approach turns individuals into rational; (Harahap, 2018; Putu, 2019; Silvianetri, 2018; Tyas, 2015). The highly relevant REBT theory is used in post-disaster counseling services because this theory develops ABC theory and is updated into ABCDEF theory to be more effective in changing behavior and thoughts. The irrational becomes rational. According to Ellis irrational beliefs can cause problems.

Rational Emotive Behavior Therapy (REBT) looks at the structure of personality, there are three pillars that build human behavior, namely; Activating event (A) Belief (B) emotional consequence; (Fauziah, 2017; Hartati& Rahman, 2018; Hirmaningsih&Minauli, 2016; Ikbal&Nurjannah, 2016; Khaira, Firman, &Neviyarni, 2017; Puspito, nd; Sari , 2016; Wicaksono, 2015). The purpose of the REBT counseling approach is to help individuals realize that they can live rationally and productively, while the main goal is to provide counselor services so as not to overreact themselves to avoid mistakes. The characteristics of Rational Emotive Behavior Therapy counseling model are; 1) Active-directive in counseling relationships, more active counselors help direct clients; 2) Cognitive-experiential handling of increasingly complex issues focused on cognitive effects; 3) Expressional-emotions focuses on emotional aspects, 4) Behavioristic provides motivation and changes in behavior.

REBT views humans as two personalities: healthy and unhealthy or problematic individuals (Faiz, Dharmayanti, &Nofrita, 2018; Habsy, 2018; Hartati& Rahman, 2018; fulfill assignments in Theory, Counseling, Aisa, Eryanti, &Saputra, 2013; OCTORA, nd; Rafael, 2014; Rahma, 2014). Thus, in handling irrational clients, counselors equip themselves with various approaches and techniques to assist clients in formulating the objectives of the REBT counseling session. In the application of REBT, counselors need techniques because irrational problems in individuals are also diverse so we need techniques in Rational Emotive Behavioral Therapy approach (Arif, 2013; Erlina&Fitri, 2016; Fauziah, 2017; KHOTIMAH, 2013; Marpaung, 2016; OKTORA , nd; Sulistyoningrum, 2018; Thahir&Rizkiyani, 2016). In addition to the techniques that need to be acquired in REBT approach, of course, those who will respond to the ease of counseling in the field are very much needed to understand the cultural perspective.

Culture deals with values, language, art, customs that are different in social life (Kusumastuti, 2004; Liliweri, 2003; Nurdin, 2009) because culture has a very strong influence on communication and mutual understanding between individuals. Culture is born from a long



civilization transition from a group or more people who inhabit a place as a barrier that becomes a benchmark for a civilization that has been created. From civilization gave birth to values that become rules in the social relations that will be traversed while vulnerable to human life, so that good values are set to become a culture that needs to be preserved as a rule or guideline in social interaction. Culture is a set of norms obtained from good values or something that is considered special prevailing rules in a particular society; (Siregar, 2002); (Kosasih& Ag, 2015); (Liliweri, 2003); (Arman , 2015); (Ardiyani, 2013).

In civilization a culture has a form that becomes the value of a culture. Cultural values consist of cultural systems, social systems and culture are physical manifestations of human (Moeljono, 2003; National, 2003; Sartini, 2004; Setiadi, 2017; Sutrisno&Putranto , 2005; Syamsudin, 2012; Tumanggor, KholisRidlo, Si, & H Nurochim, 2017; Waluya, 2007) which characterize them in terms of culture, both counselor culture and the culture of the client itself. Each culture is unique in its own.

4 Conclusion

Based on the previous description, it can be concluded that counseling services provided by counselors who have an understanding of cultural perspectives for disaster victims through approaches in counseling such as the Rational Emotive Behavior Therapy (REBT) approach are intended for victims of natural disasters to generate independent personal abilities to deal with disasters that afflict themselves and are able to control themselves from negative things that can harm them, and be able to think rationally to organize and plan actions to face the consequences of disasters for a better future after a crisis or disaster. For this reason, the ability to BMB3 (think, feel, behave, act and be responsible) needs to be given continuously, for the life of KES of direct disasters and conditions after disaster. By the ability to think rationally, they are also expected to be able to think with TJS (Three in One): Scientific, Islamic and Amaliah. Counselors who have a good cultural outlook and understand the counseling approach used in post-disaster counseling services are expected to help disaster victims understand and accept self and environmental conditions objectively, positively and dynamically, make decisions in accordance with existing conditions, and carry out activities according with decisions that have been taken and that realize themselves according to their potential. By always thinking rationally, of course irrational thinking is reduced so that individuals affected by the disaster will find the meaning of life and will foster previously owned thoughts, feelings, and happiness back to normal. With the reduction of irrational thinking, certainly grows self-concept to be higher and meaningful. As a counselor understanding the value of art, they can foster a new spirit for victims of disaster trauma especially if they have personal ability like general and special counseling techniques and are able to play games such as singing, games, poetry, storytelling etc. Games are entertaining and mild as a form of trauma are also painful.

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