

Psychological First Aid Training for KSR-Unisba

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Abstract—KSR-Unisba members who are under the guidance and supervision of PMI Bandung, are always involved in social activities as a volunteer, such as in a natural disaster. Catastrophic situation is a situation that makes the state of the survivors are in a state of crisis, as the survivors (victims) it is possible to showing emotional reactions in various ways. Actually, the reaction is very normal, when in the abnormal condition. So, that is should be understood by the volunteer. One of the skills that can be used by the members of KSR-Unisba as a volunteer is Psychological First Aid (PFA). The PFA training was arranged into 3 sessions: 1) Understanding about Disaster as a Crisis situation 2) PFA, 3) Simulation ‘helping survivors in disasters’. Evaluation will be conducted in 2 stages, before conducting training (pre-test) and after training (post-test). The purpose of this measurement is to see the increasing in the knowledge and skills of participants in applying PFA. The knowledge of these participants can be measured through initial measurements (pre-test) and final measurements (post-test) of knowledge about Disaster and PFA. Then a statistical analysis of the results of the two tests is carried out, to determine whether there is a significant difference between before and after the training is given and tested using the t test. There were 22 members of KSR-Unisba attended in Psychological First Aid training. For the result, as many as 22 people showed a significant change.

Keywords: *Psychological First Aid, crisis, PFA*

I. INTRODUCTION

At present Indonesia, including West Java, is facing a massive disaster situation, the people affected by the disaster are very many in number while the availability of mental health workers in the region is also not necessarily sufficient. KSR-Unisba members were involved several times when a disaster occurred, but not all experienced it. Thus it is necessary to provide briefing about disaster, in which it is necessary to provide knowledge and skills when later acting as volunteers. Considering the condition of the survivors (disaster victims) is not only a physical problem, but also a psychological impact, then the PFA will become a skill that complements the skills of KSR-Unisba members in helping the survivors. The area of West Java is inseparable from the possibility of disasters. In the Public Daily Mind, it was conveyed that, the vigilance of the

citizens of the city of Bandung (in particular) facing the earthquake must continue to be trained.

Then, the Fire and Disaster Management Agency in Bandung said that various collaborations with agencies and communities had been carried out to increase mitigation awareness. So, it is important for Bandung Islamic University, to be involved in these activities related to - disaster mitigation -, especially for Natural Disasters.

The involvement of volunteers in disasters becomes important in disaster conditions, which are needed a lot when disaster occurs. Based on the results of research conducted by Anam et al., who conducted research on volunteers involved in the eradication of Mount Kelud eruption in Blitar District, it was found that as many as 50%, 25 of the 30 volunteers involved were considered important. From these results, in disaster conditions in Indonesia, it becomes important for volunteers to improve their skills in providing help, which is also psychological help [1].

When discussing disasters, not only those related to natural disasters. There are also things that can trigger stress such as the loss of someone close to you, chronic pain or feeling too much pressure in life and social disasters such as crime also enter into it. KSR-UNISBA, or Korps Suka Rela it is an organization engaged in the field of humanity. They are focused to help physically in the medical way.

In the KSR-UNISBA there are classifications of members, young members, ordinary members, and special members. Young members are UNISBA students who joined the KSR-UNISBA but have not yet carried out the inauguration. Regular members are designations for UNISBA students who have served in management, have attended basic education and training at the KSR and have carried out inaugurations. Special members are ordinary members who have high loyalty and dedication, but have finished their lecture activities at UNISBA [2]. KSR-UNISBA was first established by one of the representatives of the Faculty of Psychology in the 1990s. However, in 1999 there was no regeneration so in 2000 the KSR-UNISBA was vacuum. KSR-Unisba is currently supported by universities and PMI (Palang Merah Indonesia) Bandung. With the approval and endorsement of the PMI Bandung, the Rectorate, and the new members of the KSR-

UNISBA, the date of re-establishment of the KSR-UNISBA coincided on September 15, 2006. Since then the KSR UNISBA has resumed and started to become active again as a UKM [2].

The benefit for the KSR-UNISBA board is that participants understand the principles and steps in implementing Psychological First Aid, so that members will have basic Psychological First Aid skills and have confidence to provide support and helping for the survivor who affected by natural disasters or other traumatic experiences.

PFA training becomes very important as stated in the results of research by Asih et al., who have conducted PFAs in Corrections Correctional Assistance (BAPAS Class 1) in Semarang, resulting in an average score of 6.72, which means an increase knowledge and understanding of PFA [3].

Unisba as measured by pre-test and post-test obtained the following results:

TABLE I. PRE AND POST TEST SCORE

No.	Pre Test	Post Test	No.	Pre Test	Post Test
1	34	42	12	32	37
2	39	48	13	43	43
3	42	46	14	39	46
4	41	40	15	33	43
5	33	36	16	35	45
6	29	40	17	41	47
7	40	42	18	50	56
8	34	47	19	36	37
9	35	43	20	34	41
10	34	35	21	36	44
11	43	49	22	41	51

II. METHOD

The method of implementing the intervention in the Unisba KSR Board is carried out through: 1) preparation of PFA training modules for Unisba KSR Members; 2) continued PFA training for Unisba KSR Members, followed by 3) Training evaluation. The training was conducted in 4 (three) sessions, namely: 1) Review of the development of the crisis situation (natural & social disasters, as well as other crisis phenomena) and their impacts; 2) Submission of material about PFA; 3) simulation and role playing regarding various PFAs to survivors; 4) review and discussion sessions. Researchers adapt Psychological First Aid: Guide for field workers [4].

The training will be guided by 3 facilitators and assisted by 4 co-facilitators. The facilitator and co-facilitator will accompany and guide participants to be able to appreciate the PFA process and techniques. The facilitator and co-facilitator are people who have participated in the PFA Training of Trainer and have applied PFA in the field. Co-facilitators are needed so that the guiding process in the practicum can take place properly and feedback can be given appropriately.

III. RESULTS AND DISCUSSION

Based on the results of the training Psychological First Aid (PFA) in KSR members

TABLE II. TEST WILCOXON

	N	Mean Rank	Sum Of Ranks
Post_Test - Negative Ranks	1 ^a	2.00	2.00
Pre_Test Positive Ranks	20 ^b	11.45	229.00
Ties	1 ^c		

^a. Post_Test <Pre_Test
^b. Post_Test > Pre_Test
^c. Post_Test = Pre_Test

From the output above can be seen that there is one person who declined a score or negative ranks (value before larger than the value after treatment). There are 20 people who experienced a positive increase in score or ranks (value before less than the value after treatment), and there is one person who score test fixed, not experiencing the increase or decrease in score before being treated and after being treated.

A total of 22 members, who are volunteers from KSR Unisba have attended training on Psychological First Aid (PFA). Changes that occur before and after the training given is given training showed significant results. This means that there is an increasing knowledge of KSR Unisba volunteers, it is derived from the provision of material is then implemented when the role play and simulation then sharpened when discussions. KSR Unisba volunteers from the first gain knowledge, then try out the various examples of cases as those experienced in daily life which was accompanied by a facilitator, so getting direct referrals. volunteers from KSR Unisba can also share their experiences and knowledge either from the group itself or from other groups and from the team of researchers through discussions held at the end of the simulation. From this series of activities, proven to improve the understanding of KSR Unisba volunteers, especially in the knowledge of the PFA may be applied when faced with survivors exist in a crisis situation, so that not only handles medically but also psychologically.

The participants get information about the trauma conditions that are likely to arise if the crisis conditions after the disaster are not quickly handled. Dealing with survivors with PFA will enable them to reduce initial post-trauma and will provide support for survivors so that they will be able to adapt to life after a disaster [5].

Participants stated that through the practice of volunteering in training, they became aware that they could help by involving empathy for survivors. Through first aid after a disaster occurs, PFA will be able to assist volunteers in showing reactions with empathy, which will help survivors in helping themselves (coping strategies), so that survivors get access to help [6].

Based on the results of data processing was also found that there are two people who fell score. It based on the observation that seemed both less serious training, and played a couple of

times a cell phone when the provision of material relating to the Psychological First Aid (PFA).

The limitation of this training is, there is no evaluation after training to find out the extent of the influence of PFA training on their involvement as volunteers.

IV. CONCLUSION

Psychological training delivery First Aid (PFA) has an influence on the ability and skill of Members KSR Unisba in the face when the survivors are in a crisis situation.

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