

**GAMBARAN PENGALAMAN TRAUMA DAN MEKANISME KOPING
PSIKOLOGIS PADA KORBAN LETUSAN GUNUNG RUANG DI KELURAHAN
BAHOI, KECAMATAN TAGULANDANG**

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ABSTRAK

Penelitian ini bertujuan untuk menggambarkan secara mendalam gambaran pengalaman trauma dan strategi koping psikologis pada korban letusan Gunung Ruang di Kelurahan Baho, Kecamatan Tagulandang, Sulawesi Utara. Penelitian ini menggunakan pendekatan kualitatif dengan metode deskriptif, melalui wawancara mendalam dan observasi terhadap tiga orang informan yang merupakan korban langsung bencana.

Hasil penelitian menunjukkan bahwa pengalaman traumatis digambarkan dalam bentuk emosi intens seperti ketakutan, panik, kesedihan, serta munculnya memori traumatis baik secara verbal maupun dalam bentuk reaksi situasional. Ketiga informan mengalami dampak psikologis signifikan, namun mampu bertahan melalui strategi koping berbasis spiritualitas dan budaya lokal. Strategi koping yang dominan meliputi confrontive coping, planful problem solving, self-control, positive reappraisal, dan escape-avoidance. Pendekatan religius menjadi sumber utama kekuatan dan ketenangan bagi para korban.

Penelitian ini menyimpulkan bahwa trauma tidak hanya dihadapi secara individual tetapi juga dikonstruksi secara sosial dan spiritual, serta menekankan pentingnya pendekatan berbasis budaya dan agama dalam penanganan psikologis pascabencana.

Kata Kunci: Trauma, Koping Mekanisme Psikologis, Bencana Alam, Gunung Meletus, Gambaran

"A Depiction of Traumatic Experiences and Psychological Coping Mechanisms among Victims of the Mount Ruang Eruption in Baho Village, Tagulandang District"

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ABSTRACT

This study aims to provide an in-depth description of the traumatic experiences and psychological coping strategies among victims of the Ruang Mountain eruption in Baho Village, Tagulandang Subdistrict, North Sulawesi. The research employs a qualitative approach with a descriptive method, using in-depth interviews and observations with three informants who were direct victims of the disaster.

The results show that traumatic experiences are expressed through intense emotions such as fear, panic, sadness, and the emergence of traumatic memories, both verbally and through situational reactions. All three informants experienced significant psychological impacts but managed to cope through coping strategies rooted in spirituality and local cultural values. The dominant coping strategies include confrontive coping, planful problem solving, self-control, positive reappraisal, and escape-avoidance. Religious approaches became the primary source of strength and inner peace for the victims.

This study concludes that trauma is not only faced individually but is also constructed socially and spiritually. It highlights the importance of culturally and religiously based approaches in post-disaster psychological treatment.

Keywords: Trauma, Psychological Coping Mechanisms, Natural Disasters, Volcanic Eruption, Representation