

Differences in the Effectiveness of Autogenic and Supportive Therapy for Post Traumatic Stress Disorder (PTSD) in the Elderly Post-Flood in Kanorejo Village, Rengel District, Tuban Regency

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ABSTRACT

PTSD (Post Traumatic Syndrome Disorder) is a syndrome of anxiety, autonomic lability, and experiencing flashbacks of very sad experiences after physical and emotional stress that exceeds the endurance limits of ordinary people. In addition, PTSD can also be defined as an extreme physically and mentally debilitating condition that occurs after a person sees, hears, or experiences a severe traumatic event and or an event that threatens his life. This research belongs to the type of experimental analytical research with a quasi-experimental design with a prospective approach. This study used probability sampling technique and tested with Wilcoxon test and logistic regression. Wilcoxon test results obtained p value $0.000 < 0.05$ and regression test. which means that there is a difference in the effectiveness of autogenic and supportive therapy for post-traumatic stress disorder in the elderly after the flood (in Kanorejo village, Rengel sub-district, Tuban district). The conclusion of this study is that the difference in the effectiveness of autogenic and supportive therapy for post-traumatic stress disorder in the elderly after the flood (in Kanorejo village, Rengel district, Tuban district) was conducted to determine the difference between effectiveness so that one therapy can be chosen to eliminate post-flood trauma.

Keywords: autogenic and supportive therapy; post-traumatic stress disorder; elderly

INTRODUCTION

Post Traumatic Stress Disorder (PTSD) is a syndrome of anxiety, autonomic lability, and experiencing flashbacks of very sad experiences after physical or emotional stress that exceeds the limits of ordinary people's endurance. In addition, PTSD can also be defined as an extreme physically and mentally debilitating condition that arises after a person has seen, heard, or experienced a severe traumatic event and or an event that threatens his life (Sadock, 2007). Because many people experience anxiety and stress after the occurrence of floods that continue to occur in Indonesia, many efforts have been made to determine PTSD rates, especially in the elderly.

It is estimated that around 50% of the population in disaster areas experience significant psychological stress. As many as 10-30% of those who experience a traumatic event will suffer from PTSD (PERSI, 2008). The prevalence of post-traumatic stress disorder (PTSD) increases after natural disasters such as floods, landslides, earthquakes, volcanic eruptions or others (Sandra et al., 2005). According to the WHO report (2005), the number of PTSD sufferers reaches 3,230,000 people.

Based on a preliminary study conducted by researchers on February 10, 2018 through interviews with the community in Kanorejo village, Rengel district, Tuban district, out of 10 (100%) Kanorejo people, 3 (30%) people said they were anxious, feeling sad, having trouble sleeping. and are afraid that another flood will come, 5 (50%) of the community said it was difficult to concentrate, it was difficult to trust information, felt that the incident would happen again and often felt surprised, while 2 (20%) of the community said they were no longer afraid if the flood came again. This shows that although there have been floods every year, the problem of psychological disorders is still experienced by the people in Kanorejo Village, Rengel District, Tuban Regency.

There are several factors of post traumatic stress disorder (PTSD), namely biological factors, psychological factors. Social factors, and risk factors (Kaplan & Sadock, 2007). Of the four factors, which are the main causes of the development of PTSD in society, psychological factors are the emergence of negative emotions, for example feeling excessive anxiety as a result of traumatic experiences in the past, fear means showing fear of something that is sometimes illogical, feeling sad, easy surprised and in terms of behavior that is often raised is lazy to do daily activities.

The elderly as disaster victims who are prone to PTSD need to get serious treatment so that the consequences are not prolonged. The elderly have unique characteristics, so they require forms of intervention that are in accordance with their characteristics and stages.

One form of intervention that can overcome the psychological factors that cause PTSD in the elderly is supportive and autogenic therapy. Autogenic therapy is relaxation to change negative thoughts that have an impact on positive behavior. Supportive therapy is a condition in which a person feels mentally and physically free from tension and stress. Relaxation techniques aim for individuals to be able to control themselves when there is a sense of tension and stress that makes individuals feel in uncomfortable conditions (Potter & Perry, 2005). Autogenic therapy as a technique or deliberate effort directed at the individual's life both psychologically and somatically causes changes in consciousness through autogestion so that relaxation is achieved (Luthe, 1969 in Kang et al, 2009).

Based on this, the authors are interested in conducting research on "The Differences in the Effectiveness of Supportive Therapy and Autogenic Therapy for Post Traumatic Stress Disorder (PTSD) in the Elderly Post-Flood in Kanorejo Village, Rengel District, Tuban Regency".

METHODS

This research belongs to the type of experimental analytical research with a quasi-experimental design. This design attempts to reveal a causal relationship by involving the control group in addition to the experimental group.

The independent variables in this study were autogenic and supportive therapy. The dependent variable in this study was post-traumatic stress disorder in the elderly after the flood.

The population in the study is the subject (eg humans; clients) who meet predetermined criteria (Nursalam, 2016). The population in this study was the elderly Kanorejo Village who experienced PTSD totaling 40 people. The sample in this study were some of the elderly in Kanorejo Village, Rengel Tuban District. The criteria that will be used as research are inclusion criteria and exclusion criteria. This study uses a probability sampling technique with the type of simple random sampling.

Instruments are tools that are selected and used by researchers in their activities of collecting data so that these activities become systematic and easier (Nursalam, 2016). The instrument used in this study for the independent variable of autogenic and supportive therapy is the Standard Operating Procedure (SOP) regarding the administration of autogenic and supportive therapy. For the dependent variable Post Traumatic Stress Disorder in the elderly after the flood using PTSD Screening, namely PCL. This questionnaire has been tested by a previous researcher, namely Frida Nov Kristina Gulo (2014) with a valid CVI value of 0.96 and reliability with a Cronbach Alpha value of 0.757. In determining the scoring, the answer choices are given: Always: 5, Often: 4, Sometimes: 3, Rarely: 2, Never: 1.

This research was conducted in Kanorejo Village, Rengel District, Tuban Regency. The time of the research is in June-July 2019.

Data collection carried out by researchers on respondents, in June to July 2019 researchers received information from 38 respondents.

RESULTS

Post Traumatic Stress Disorder Level Before Autogenic Therapy

Table 1. Distribution of post traumatic stress disorder levels of respondents before being given autogenic therapy, in Kanorejo Village, Rengel District, Tuban Regency in 2019

No.	Category	Frequency	Percentage
1.	Mild	4	21,1
2.	Moderate	13	68,4
3.	Severe	2	10,5

From table 1 it can be seen that of the 19 respondents, most (68.4%) of respondents experienced PTSD in the moderate category.

Post Traumatic Stress Disorder Level After Autogenic Therapy

Table 2. Distribution of post traumatic stress disorder levels of respondents after being given autogenic therapy, in Kanorejo Village, Rengel District, Tuban Regency in 2019

No.	Category	Frequency	Percentage
1.	Mild	14	73,7
2.	Moderate	5	26,3
3.	Severe	0	0

From table 2 it can be seen that of the 19 respondents, most (73.7%) of respondents experienced PTSD in the mild category.

Analysis of the Effect of Autogenic Therapy on Post Traumatic Stress Disorder in the Elderly Flood Victims

Table 3. Cross table of the effect of autogenic therapy on post traumatic stress disorder in elderly flood victims, in Kanorejo Village, Rengel District, Tuban Regency in 2019

Category of PTSD before autogenic therapy	Category of PTSD after autogenic therapy			
	Mild	Moderate	Severe	Total
Mild	4	0	0	4 (21,1%)
Moderate	10	3	0	13 (68,4%)
Severe	0	2	0	2 (10,5%)
Total	14	5	0	19 (100%)

From table 3, it can be seen that before the application of autogenic therapy, there were scores of moderate PTSD levels in the elderly as many as 13 (68.4%) and 4 (21.1%) which were classified as mild PTSD and a small portion was at the severe PTSD level 2 (10.5 %). Meanwhile, after the application of autogenic therapy, the score of mild PTSD in the elderly was 14 (73.7%), the elderly belonging to mild PTSD were higher than those classified as moderate PTSD, namely 5 (26.3%) and none of them were at the severe PTSD level. 0 (0%).

Post Traumatic Stress Disorder Level Before Supportive Therapy

Table 4. Distribution of post traumatic stress disorder levels of respondents before being given supportive therapy, in Kanorejo Village, Rengel District, Tuban Regency in 2019

No.	Category	Frequency	Percentage
1.	Mild	8	42,1
2.	Moderate	9	47,4
3.	Severe	2	10,5

From table 4 it can be seen that of the 19 respondents, most (47.4%) of respondents experienced PTSD in the moderate category.

Post Traumatic Stress Disorder Level After Supportive Therapy

Table 5. Distribution of post traumatic stress disorder levels of respondents after being given supportive therapy, in Kanorejo Village, Rengel District, Tuban Regency in 2019

No.	Category	Frequency	Percentage
1.	Mild	16	84,2
2.	Moderate	2	10,5
3.	Severe	1	5,3

From table 5 it can be seen that of the 19 respondents, most (84.2%) of respondents experienced PTSD in the mild category.

Analysis of the Effect of Supportive Therapy on Post Traumatic Stress Disorder in the Elderly Flood Victims

Table 6. Cross table of the effect of supportive therapy on post traumatic stress disorder in elderly flood victims, in Kanorejo Village, Rengel District, Tuban Regency in 2019

Category of PTSD before autogenic therapy	Category of PTSD after autogenic therapy			
	Mild	Moderate	Severe	Total
Mild	8	0	0	8 (42,1%)
Moderate	8	1	0	9 (47,4%)
Severe	0	1	1	2 (10,5%)
Total	16	2	1	19 (100%)

Table 6 shows that before the application of supportive therapy, there were scores of moderate PTSD levels in the elderly as many as 9 (47.4%) and 8 (42.1%) which were classified as mild PTSD and a small percentage was at the level of Severe PTSD 2 (10.5%). Meanwhile, after the application of supportive therapy, the score of mild PTSD in the elderly was 16 (84.2%), the elderly belonging to mild PTSD were higher than those classified as moderate PTSD, namely 2 (10.5%) and a small proportion were still at the severe PTSD level, namely 1 (5.3%).

Based on the analysis using the Wilcoxon test and logistic regression with a degree of significance = 0.05, the Wilcoxon test results in the autogenic therapy group obtained p value = 0.001 (p value < 0.05) and in the supportive therapy group obtained p value = 0.003 (p value < 0.05); it is concluded that H0 is rejected, meaning that there is a difference in the level of PTSD between before and after giving autogenic therapy and supportive therapy in the elderly after the flood in Kanorejo Village, Rengel District, Tuban Regency.

DISCUSSION

The Level of Post Traumatic Stress Disorder Before Giving Autogenic and Supportive Therapeutic Interventions to Elderly Flood Victims in Kanorejo Village, Rengel District, Tuban Regency in June-July 2019

Based on the results of the study, it was found that before being given autogenic and supportive care for post-traumatic stress disorder in elderly flood victims in Kanorejo Village, Rengel District, Tuban Regency with a total of 38 respondents, it showed that most of the respondents had moderate PTSD.

Post Traumatic Stress Disorder (PTSD) is a syndrome of anxiety, autonomic lability, and experiencing flashbacks of very painful experiences after physical and emotional stress that exceeds the limits of ordinary people's endurance (Kaplan & Sadock, 2007). In addition, PTSD can also be defined as a state of extreme physical and mental debilitating that arises after a person sees, hears, or experiences life (Sadock, 2007).

Based on research that has been carried out by researchers in Kanorejo Village, Rengel District, Tuban Regency, psychological disorders that stand out in elderly flood victims are experiencing repeated trauma experiences, indicated by frequent memories of sad events that have been experienced, excessive anxiety and fear. Some of the respondents also experienced increased tension such as difficulty sleeping at night, avoiding certain places that they thought were dangerous and also trying to avoid activities that respondents usually do to reduce the trauma caused by flooding. Most of the respondents belong to moderate PTSD, although floods often occur every year in Kanorejo Village. PTSD experienced by the elderly is often not identified and has not received good treatment because the environment where they live also considers it normal. If this is not handled, it will hamper the health of the elderly.

The Level of Post Traumatic Stress Disorder After Giving Autogenic and Supportive Therapeutic Interventions to Elderly Flood Victims in Kanorejo Village, Rengel District, Tuban Regency in June-July 2019

Interventions for PTSD in the Elderly Given Autogenic Therapy

Based on the results of the study, it was found that after being given therapy to the elderly flood victims in Kanorejo Village, Rengel District, Tuban Regency, most or almost all of the respondents were at mild PTSD levels and a small portion were still in moderate and severe PTSD.

The results of data analysis and data interpretation carried out on elderly flood victims who experienced PTSD were 19 respondents, after being given autogenic therapy in Kanorejo Village, Rengel District, Tuban Regency based on the data obtained showed that most of the elderly with mild PTSD levels were 14 people, almost half of them had PTSD. moderate number of 5 people, none had severe PTSD. This shows that there is a decrease in the level of PTSD in respondents who are given autogenic therapy. Changes in PTSD levels are influenced by several things, including participation, effectiveness in carrying out activities in understanding the goals of autogenic therapy. Typically, extreme stressors that arise gradually decrease so that the negative consequences that are often caused, such as feelings of sadness, fear, excessive anxiety are also not often experienced by respondents. Autogenic therapy is a non-pharmacological treatment that has a relaxing function and is an effective healer to reduce the symptoms of post-traumatic stress disorder.

Autogenic relaxation is used as a technique or effort that is intentionally directed to cause changes in consciousness through autogestion so as to achieve a relaxed state (Kusyati, 2006).

Autogenic therapy is an example of a relaxation technique based on passive concentration using body perceptions (eg, warm and heavy hands) facilitated by self-suggestion (Kanji et al, 2006; Saunders, 2007).

In autogenic relaxation, patients no longer depend on the therapist but through self-suggestion techniques, a person can make changes in himself, can also regulate the appearance of his emotions (Saunders, 2007). Widiyastuti (2004) adds that autogenic relationships help individuals to be able to control several body functions such as blood pressure, heart rate and body flow.

Autogenic therapy was carried out for 3 meetings in 1 month. Each meeting lasted for 20-30 minutes in the first session meeting until the second session on average was good enough, so they were able to move on to the next session. The last session of the meeting showed good results, they were able to tell about unpleasant experiences and some of them were able to carry out exercises to deal with difficult situations, and the activities went well because none of the respondents were sick and they were still able to follow the activities according to the stages of the session. In addition, the results of the evaluation of the session also showed an increase in accordance with the objectives of the session, they understood how to prevent recurrence and most of them were also able to mention the benefits of all the activities that had been carried out. After the activities have been carried out for three days, a final assessment (post test) will be carried out. Based on the research that has been done, there is a significant decrease in PTSD levels, these changes can be seen starting from each session that is run.

From the results of research that has been carried out by researchers on autogenic therapy for PTSD in the elderly after a flood, it is proven to show a decrease in PTSD levels after being given an intervention. This therapy is expected to be one of the health programs and activities, especially for the elderly who experience PTSD.

Interventions for PTSD in the Elderly Given Supportive Therapy

Based on the results of the study, after being given supportive therapy for post-traumatic stress disorder in the elderly in Kanorejo Village, Rengel District, Tuban Regency, most of the elderly had mild PTSD levels of 16 people, a small portion of moderate PTSD of 2 people, a small proportion of severe PTSD of 1 person.

The results of data analysis and data interpretation carried out on elderly flood victims who experienced PTSD were 19 respondents, after being given autogenic therapy in Kanorejo Village, Rengel District, Tuban Regency based on the data obtained showed that most of the elderly with mild PTSD levels were 14 people, almost half of them had PTSD. moderate number of 5 people, none had severe PTSD. This shows that there is a decrease in the level of PTSD in respondents who are given autogenic therapy. Changes in PTSD levels are influenced by several things, including participation, effectiveness in carrying out activities in understanding the goals of autogenic therapy. Typically, extreme stressors that arise gradually decrease so that the negative consequences that are often caused, such as feelings of sadness, fear, excessive anxiety are also not often experienced by respondents. Autogenic therapy is a non-pharmacological treatment that has a relaxing function and is an effective healer to reduce the symptoms of post-traumatic stress disorder.

According to Paterson and Zderad (1976) there are three aspects of the approach in supportive therapy, namely congruence, unconditioned positive appreciation, and empathy.

Supportive therapy is carried out for 3 meetings in 1 month. Each meeting lasted for 20-30 minutes in the first session meeting until the second session on average was good enough, so they were able to move on to the next session. The last session of the meeting showed good results, they were able to tell about unpleasant experiences and some of them were able to carry out exercises to deal with difficult situations, and the activities went well because none of the respondents were sick and they were still able to follow the activities according to the stages of the session. In addition, the results of the evaluation of the session also showed an increase in accordance with the objectives of the session, they understood how to prevent recurrence and most of them were also able to mention the benefits of all the activities that had been carried out. After the activities have been carried out for three days, a final assessment (post test) will be carried out. Based on the research that has been done, there is a significant decrease in PTSD levels, these changes can be seen starting from each session that is run.

From the results of research that has been carried out by researchers on supportive therapy for PTSD in the elderly after a flood, it is proven to show a decrease in PTSD levels after being given an intervention. This therapy is expected to be one of the health programs and activities, especially for the elderly who experience PTSD.

Analysis of Differences in Autogenic and Supportive Effectiveness on Post Traumatic Stress Disorder in the Elderly in Kanorejo Village, Rengel District, Tuban Regency

The results of data analysis showed that before the application of autogenic and supportive, most of the elderly flood victims in Kanorejo village, Rengel sub-district, Tuban district were at moderate PTSD levels and a small proportion of respondents with severe PTSD. Meanwhile, after the application of autogenic and supportive, it was found that the level of PTSD in the elderly flood victims was classified as mild PTSD and a small proportion were still at the level of severe PTSD.

The results of data analysis using the Wilcoxon test in both therapeutic groups showed the effectiveness of both methods in reducing post-flood PTSD levels in the elderly in Kanorejo Village, Rengel District, Tuban Regency.

According to (Potter & Perry, 2005) autogenic relaxation is a condition in which a person feels mentally and physically free from tension and stress. Relaxation techniques aim for individuals to be able to control themselves when they are uncomfortable.

Autogenic relaxation is used as a technique or effort that is intentionally directed to cause changes in consciousness through autogestion so as to achieve a relaxed state (Kusyati, 2006).

Supportive therapy is a common type of psychotherapy and exists in an orientation centered on delivery and understanding (Rockland, 1993) and (Basford, 2006).

The results of this study support previous research such as research conducted by Rizal Darmawan about autogenic therapy for stress that can reduce stress. Because autogenic therapy provides relaxation, overcoming insomnia and stress.

The results of this study support Raesya A. Puspitasari's previous research on supportive therapy for stress that can reduce stress. Because supportive therapy provides restoration and strengthening of defenses and integrates impaired capacities.

From the results above, it is known that between autogenic and supportive therapy, there is an effect to overcome PTSD but have differences in effectiveness, autogenic therapy in this study is more effective in treating PTSD because the p value of autogenic therapy is smaller than the p value of supportive therapy.

CONCLUSION

From the results of the research that has been done, it can be concluded as follows:

1. Most of the post-traumatic stress disorder respondents were flood victims before being given autogenic and supportive therapy in Kanorejo Village, Rengel District, Tuban Regency, namely moderate PTSD.
2. Almost all of the post-traumatic stress disorder respondents were flood victims after being given autogenic and supportive therapy in Kanorejo Village, Rengel District, Tuban Regency, namely mild PTSD.
3. Provision of effective autogenic and supportive therapy to reduce post-traumatic stress disorder in elderly flood victims in Kanorejo Village, Rengel District, Tuban Regency.

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