



Effectiveness Against Knowledge, Concepts And Decisions Of Detection In Cancer Services With Pap Smear Tests In The Way Of Connected Work

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Abstract	Article Information
<p>Purpose: Earthquakes that have occurred consecutively in Lombok since December, 2021 have had a tremendous impact on all aspects of the lives of disaster victims, both physical, social and psychological aspects. Various children's reactions to disasters according to the American Academy of Child and Adolescent Psychiatry (AACAP) depend on the damage suffered during the disaster. Methods: The methods associated with this service are training on the volunteers of the child's best friend as well as training before descending to the disaster area. The team gave training to the volunteers Friends of the Child who were divided into groups of 6-12 people who were sent down in villages sumberwuluh in east java district. Results: Therefore, efforts to implement recreational therapy in the form of fun-based games and games education is needed to help mental recovery of children, so as to prevent continuing trauma. Conclusion: After doing recreational therapy in 20 villages, it shows positive changes for the children to be more cheerful and require continuous therapy, especially those that support children's education and visual motor skills.</p>	<p>Keywords: Traumatic; earthquakes; recreational therapy</p>
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INTRODUCTION

The earthquake that struck Lumajang left losses, both physical and non-physical. Non-physical losses include trauma to victims, especially children. This trauma cannot be allowed to last too long as it will have a negative impact on the victim's life. Earthquakes consistently proved to be related to psychosocial conditions such as

depression and post-traumatic stress disorder, a survey showed that, after a disaster event, approximately 15-20% of the population will experience mild or moderate mental disorders referring to the condition of post-traumatic stress disorder (PTSD), while 3-4% will experience severe disturbances such as psychosis, severe depression, and high anxiety. (Surendra et al, 2018).

According to the observations carried out by the Children's Volunteers, the direct impact of this earthquake forced the people to build emergency tents to survive, the houses of the citizens can no longer be occupied, simple tents built can only protect the people from the heat of the sun, but not from the heavy rain. Besides, strong winds blowing at the same time destroyed the built emergency tents. The trauma after the earthquake disaster that came many times has not disappeared from the victims, but the series of events continues to happen and adds to the trauma of the citizens. Generally speaking, an earthquake disaster causes damage, both physical and non-physical. The government has taken swift action to remedy physical damage, but often in conditions like this, repairs are focused only on physical means, while non-physical damage such as the trauma the victims have suffered has not been much done. The above-mentioned series of problems are causing a profound trauma to society, especially to children and women. The trauma experienced by refugees, especially these children, will leave a rather worrying psychological impact if not addressed properly immediately. Children's greed will disappear and fear will continue to haunt them.

Disasters have the greatest impact on the most vulnerable groups, especially children. (Nakamura, 2005). It's because children are experiencing, feeling, and witnessing the impact of age factors that are still immature in psychological growth. The age range for children in early childhood is 0-8 years, according to the NAEYC (National Association for the Education of Young Children). From 0 to 8 years is the golden age in which the child's brain is able to develop up to 80% years. The child's brain is composed of billions of neurons interconnected to produce one that arises as a result of the synapses of the stimuli of the environment captured by the sensory panels. Some connected neurons are removed and some are saved. Those that were discarded were those that came from the rare synapses. It can be a very effective event for the child, stored and remembered strongly in the child's mind so that things related to it (Taliningtyas, 2017).

According to the American Academy of Child and Adolescent Psychiatry (AACAP, 1998) children's reactions to disasters depend on the damage they suffer during the disaster. The death of a family member or friend becomes a very traumatic thing, followed by the loss of a home, a family, a school, a pet, and damage to the community proposed by Speier. (2000). Because children are unique individuals different from adults, a common psychological reaction that occurs in children victims of disasters such as children become more sensitive, vulnerable to anger, panic and crying, and they are very likely to cry when they hear something noisy. Besides, children are also often worried to enter their home, those who are initially cheerful but after the earthquake become more quiet and tend to withdraw from the angry environment, deep sadness, anxiety, loss of interest in eating and drinking / activity etc. Children victims of natural disasters have characteristic characteristics, so they need forms of

intervention that match their characteristics and stage of development to reduce the post-traumatic stress disorder they experience.

Child trauma can be dealt with through four techniques, namely relaxation techniques, emotional expression techniques, recreational techniques, expressive techniques. This recreational therapy effort relieves the mental burden experienced by the trauma (person), reduces tension, reduces fear, removes the memories that make trauma associated with disaster, wipes out the child's memory of the fears that have been felt, and makes the day's routine more relaxed, as well as better restores the mental state of the child. Eventually, a child's life can return to normal within a few days or weeks after such a terrible event. These recreational therapies can be games and games based on fun-education are needed to help the child's mental recovery so as to prevent the occurrence of sustained trauma. The children need to change their paradigm from that frightening reality to a reality that gives hope, that their future is still long, that life must go on and that someday everything will be fine. In addition, recreational therapy can help reduce the physical stress caused by the limited activity of children in refugees. This dedication to the community is expected to address the trauma faced by children after the earthquake, so that the children victims of the quake can live a better life later on.

METHOD

The methods associated with this service activities are training on the volunteers of the child's best friend as well as clearance before descending to the disaster area. It's followed by play therapy, and self-motivation. The stages of implementation of the activities are as follows: First, the team provides training to the volunteers Friends of Children who are divided into groups of 6-12 people who are descended in villages Sumberwuluh in the Lumajang district East Java . Second, the implementation. Where this stage is implemented in real form through play therapy and self motivation. This devotional activity focuses more on games that are charged with educational loads. The game activities are carried out in groups. Playing becomes the right method for children because through play therapy, it's the same as inviting children to play. It means influencing the child to get involved in the games offered. So the kids can enjoy the situation even if it's not as pleasant as it used to be before the earthquake disaster occurred. Next, the method used is self-motivation. (self- motivation).

RESULTS AND DISCUSSION

Table 1. Demographic Characteristics of Studied Participants (N=30)

Characteristic		N (%) or M±SD	p
Age	6-19	50 (100)	.070
Education	Secondary	15 (30)	.875
	Junior	20 (40)	
	Senior	15(30)	

M=mean;SD=standar deviation

Table 1 above shows that the majority of respondents are aged 6-19 or 50 (100%), based on education, the highest number are Junior 12 person(40%), Junior High School 15(30%) ad secondary 15 person (30%).

Table 2. Distribution of Knowledge Value between Before and After Intervention (n=30)

Variable		Mean	SD	SE	p
Anxiety of children	Before Intervention	85,17	8,98	2,17	.000
	After Intervention	97,63	7,19	1,98	

Note: SD = Standard Deviation; SE = Standard Error Mean; p-value was calculated using the Pair T. Test test.

Table 2 shows that the average value of Anxiety of children before intervention was 85,17, with standard deviation 8,98, and standard error 2,17. However, after intervention, its average value was 97,63, with standard deviation 7,19, and the standard error 1.98. The Anxiety statistical test result is 0,000 which means there is a significant difference in thw of children before intervention and after intervention

This recreational therapy activity is one of a series of community service activities held on Thursday, November 18, 2023. Located in the post-disaster district of villages in Lumajang district involving children in the disaster area, Child Volunteers, as well as the dedication team of STIKES Abdi Nusantara and the LL dikti III Of Jakarta City. The training was given by Devi, M.Psi, Psychologist., Psychologists.Recreational therapy is aimed at reducing the level of anxiety and restoring the emotional state of children after the earthquake disaster with a variety of games performed individually and in groups. This activity was welcomed well by the children at the psycho who followed this devotional activity. Recreational therapy is carried out at the refugee post office. The activities continued with various kinds of game therapy delivered by volunteers who have already received training. There are several methods of trauma recovery, including medication and psychotherapy. (Todahl dkk., 2018). Psychotherapy is different for children and adults. The form of therapy for adults is counselling.

While psychotherapy for children is play therapy, using media games like mining ropes, air balloons, plastic balls, hulahop, picture books, color pencils and speakers. Where play therapies serve to express children's emotions. The world of children is a world almost entirely of action and activity. Play is a child's language, children have a very broad imagination with their own world of play. That's why playing is one of the best ways to deal with anxiety in a child. Several studies and research related to the roles and functions of the game for the child's development processes have been found. It can be concluded that recreational therapy is a process of giving help in the form of healing to cope with psychological disorders such as anxiety, panic, and other disturbances due to the weakness of the mental functions of the individual victims of natural disasters. Recreational therapy is one of the primary needs especially for disaster victims, with trauma therapy healing victims expected to gradually recover from trauma experienced

in their lives. Because trauma is an emotional and physical event that can be called serious because it results in substantial damage to a person's physical and psychological within a relatively long period of time. (Weaver, 2013). Trauma can lead to an emotional state that can develop as a result of an unpleasant, sad, painful, frightening, anxious and annoying event. Here's an example of a dedication picture.

CONCLUSION

Recreational therapy after an earthquake requires special treatment to eliminate trauma and fear as psychological effects after a disaster especially on children. Although these activities are carried out in limited time, the messages delivered are well accepted by the children so that they can restore their smile in the face of their ideal life ahead. We hope that these activities can be advanced by the relevant parties such as lecturers in the implementation of dedication to the community, the health personnel in the puskesmas or health services as well as early detection of psychosocial problems, education and therapy for the victims of natural disasters carried out by the Volunteer Team and health workers.

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