

# The effectiveness of BESC (Brief Ego State Cognitive Behavior) counseling to reduce PTSD Symptoms in Victims of Natural Disasters in Sigi and Donggala, Palu, Central Sulawesi

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**Submission date:** 19-Jun-2020 01:59PM (UTC+0700)

**Submission ID:** 1346411151

**File name:** Artikel\_Mochamad\_Nursalim-IEEE.pdf (326.5K)

**Word count:** 2352

**Character count:** 13287

# The effectiveness of BESCBB (Brief Ego State Cognitive Behavior) counseling to reduce PTSD Symptoms in Victims of Natural Disasters in Sigi and Donggala, Palu, Central Sulawesi

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**Abstract**— Natural disasters in Sigi and Donggala, Palu, Central Sulawesi in 2018, have caused Post Traumatic Stress Disorder (PTSD) in disaster victims. People who experience PTSD respond to traumatic events experienced with fear and despair, they will continue to remember the event and always try to avoid things that can remind them of that event. Starting from the problem was initiated a counseling that comprehensively is able to construct past events more positively and arouses the courage of the counselee to face the present and future reality more adaptively, the counseling called BESCBB. The objective of this research is to study the efficacy of counseling of BESCBB to reduce PTSD in victims of natural disasters in Sigi and Donggala, Palu, Central Sulawesi. In this study used an experimental research design with pretest-posttest control group design. The subjects of this study were 45 victims of disasters in Palu and Donggala. The instrument used was Modified PTSD Symptom Scale (MPSS-SR) and Scaling Question. Techniques used to analyze the data is t-test. Based on the analysis and discussion of this research findings was concluded as BESCBB Counseling Effective to reduce PTSD Symptoms and the existence of realistic changes in mind, calm feelings and low anxiety, and more adaptive in dealing with natural disasters.

**Keywords**— effectiveness, PTSD, BESCBB, counseling, natural disaster.

## INTRODUCTION

Reports from the National Disaster Management Agency (NDMA) mention the earthquake, tsunami and liquefaction that hit 4 areas in Central Sulawesi, namely Palu City, Donggala, Sigi and Parigi Moutong Regencies. The impact of the disaster until Sunday (10/21/2018) at 13:00 West Indonesia Time, 2,256 people have died. Distribution in the city of Palu 1,703 people died, 171 people Donggala, 366 people Sigi, 15 people Parigi Moutong and 1 person Pasangkayu. All victims have been buried. A total of 1,309 people were missing, 4,612 people were injured and 223,751 people were displaced at 122 points. The number of refugees according to the Ministry of Health's report dated November 7, 2017 is 16,224 people. Among the survivors, many of them experienced Post Traumatic Stress Disorder (PTSD), which is a psychological

disorder caused by the experience of witnessing or experiencing firsthand a terrible event [1].

Although the natural disasters in Sigi and Donggala, Palu, Central Sulawesi has occurred the past 1 year, the symptoms on PTSD are found in the society. The victims are still feeling the effects of the earthquake until the present study [2]. The results of previous studies on earthquake victims in Wenchuan, China showed that 15.8% of participants reported clinical symptoms of PTSD [3]. PTSD post earthquake occurred due to failure of the memory process characterized by the improper dominance and continue from specific episodic memory against seismic events [4].

Based on the results of the literature review on effective and effective interventions in dealing with the problem of victims of natural disasters, and through heuristic research concerning the integration of personal life travel, testimonials (recognition) and analysis, an intervention was developed counseling on triggered by trauma, by combining two interventions namely ego state counseling and cognitive behavioral counseling. Hereinafter referred to as BESCBB Counseling which stands for Ego State Brief and Cognitive Behavioral [5]. BESCBB counseling is an activity of giving assistance carried out by a counselor to person who experience school strike problems triggered by traumatic events, so that he is able to reconstruct past events more positively and generate courage in facing more current and future realities.

The integration of these two types of interventions has been carried out by previous experts including integrative psychodynamic behavioral counseling, which is an integrated integration of psychodynamic approaches and behavioral approaches. This model was developed by Paul Wachtel [6]. Wachtel has identified some similarities or compatibility between psychodynamic theory and behavioral theory and has the belief that the integration of the two theories will provide a treatment modality that is very powerful, rather than if each theory is used individually.

BESCBB counseling, included in the single session counseling category as developed by Barabasz [7]. Although it is more directed towards single session counseling, this

BESCB counseling has very significant efficacy and effectiveness in overcoming School refusal behavior in high school students [5]. BESCB counseling is an integrative brief counseling that combines two counseling models consisting of ego state counseling and cognitive behavioral counseling. This brief counseling emphasizes time efficiency and focuses on the problem, and aims to produce the achievement of further changes for complex client problems. BESCB counseling is a counseling model that seeks to construct past events more positively and evoke the courage of the counselee to face current and future realities more adaptively [5].

The steps for implementing BESCB counseling according Nursalim[8], can be summarized as follows. 1) Relationship Development (Rapport) and Problem Assessment, 2) Formulation of objectives, Selection and Implementation of strategies, 3) Relaxation exercises, 4) Mapping ego state and preparation of anxiety hierarchies, 5) Processing and handling injured egos, 6) Imagination and visualization hierarchical items by counselee, 7) Practice in vivo, 8) Evaluation, follow-up and termination.

### METHOD

In this study used an experimental research design with pretest-posttest control group design. Participants in this study were school principals and school supervisors who were 45 victims of the disaster in Palu and Donggala. Implementation of BESCB counseling as a group. The instrument used was Modified PTSD Symptom Scale (MPSS-SR) and Scaling Question. Techniques used to analyze the data are t-test and qualitative descriptive.

### RESULTS

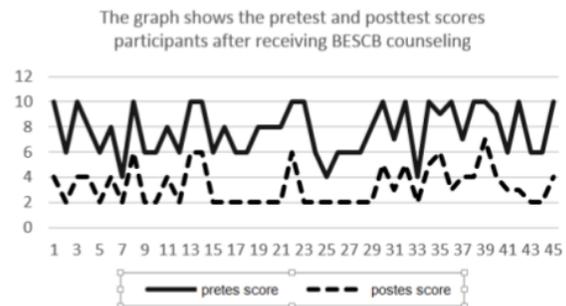
Before participants received BESCB counseling there were about 56% had severe trauma and 44% had moderate trauma, no one was included in the category of minor trauma. This data shows that they need to be helped immediately, so that they are free from traumatic events. Some participants stated that due to trauma to the earthquake, they experienced various diseases including stomach ulcers, high stomach acid, high blood pressure, blood sugar, cholesterol, dizziness and other physical illnesses.

Based on the results of the posttest, there were 40% of participants whose trauma was classified as moderate trauma while those included in the low trauma category were 60%. When displayed in tabular form is as follows.

| Category of traumatic | Percentage     |                 |
|-----------------------|----------------|-----------------|
|                       | Pre-experiment | Post-experiment |
| severe                | 56%            | 0%              |
| moderate              | 44%            | 40%             |
| low                   | 0%             | 60%             |

The table above shows that there was a significant decrease in the number of participants who experienced trauma after they received trauma healing, if before receiving treatment

most of the participants were in the moderate and severe categories, but after receiving treatment most of the participants were in the moderate and low categories. To provide a clearer picture below also presented a graph showing the trauma scores of participants before treatment and after treatment.



Pre- and posttreatment scores on these measures were examined using multiple one-tailed t-test comparisons. All of the five subjects who completed showed improvement on this measure,  $t = 5.0828$ ,  $p < .005$ . The results show that, in PTSD symptom scores, there is a significant difference between the experimental, and pre-experimental, in the level of 0.01. Based on the groups Mean at the post-test, the experimental group PTSD symptom scores declined compared to pre-experimental. Therefore, this result shows the effectiveness of counseling BESCB on reducing PTSD Symptoms Pada victims of natural disasters di Sigi dan Donggala, Palu Sulawesi Tengah.

Based on the graph above, it shows that the 45 participants experienced a decrease in trauma scores after getting trauma healing, the decline varied 49% of participants who experienced a decrease of 4 points, 20% of participants experienced a decrease of 6 points, 9% of participants experienced a decrease of 5 points and 3 points, 7% of participants experienced a decrease of 2 points and 2% of participants who experienced a score reduction of 8 points The results above indicate that trauma healing given to participants effectively reduces the level of trauma participants.

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### DISCUSSION

The aim of the present study is to investigate the effectiveness of BESCB counseling on reducing PTSD Symptoms. FInnally, it was shown that BESCB counseling

decreases PTSD Symptoms. This finding is compatible with finding of Nursalim [2]. Specifically, studies have shown that BESCBC counseling is an efficient method for reducing PTSD Symptoms. There are realistic changes in mind, calm feelings and low anxiety, and more adaptive in dealing with natural disasters. Liquid communication in the ego state makes a person able to continuously find solutions internally. This is what makes a person's personality more adaptive and resilient to traumatic events[9].

Based on data collected from 45 people (consisting of one class in Donggala and one in Sigi), there were 89% of participants who experienced PTSD symptoms of earthquakes, tsunamis and liquefaction, according to respondents in the disaster arising in the form of behaviors such as fear of hearing the roar, fear of hearing the sound of trucks and planes, fear of sudden sound, such as fear of the sound of cats or rats on the ceiling of a house. Other respondents also said that they were afraid of aftershocks, afraid to enter the house, afraid to enter the bathroom, even if they went to the bathroom using helmets, were afraid before sunset and the atmosphere was cloudy and the sound of thunder. There are also those who say that they are afraid to sleep in the spring bed especially if they are alone, as if an earthquake occurred. Some people claim they have not been able to accept this fact because they watched their child die in a collapsed house and witnessed a house that moved because of the liquefaction. While other participants, about 11% experienced trauma in other events including trauma to the gas stove, trauma to chickens, trauma to blood pressure gauges, trauma to blood and so on. While PTSD symptoms that appear victims of natural disasters are memory that is always depressed by events, difficulty concentrating, and easily surprised [10].

The present study shows that BESCBC counseling is effective to reduce PTSD symptoms. The effects of BESCBC counseling were clinically as well as statistically meaningful. The BESCBC counseling effects were not only maintained over time but the patients who emerged as successfully treated, which constituted the majority of the BESCBC group counseling, continued to report further improvement by reducing their PTSD scores over the follow-up measurement periods. We view this finding as supportive Watkins's contentions regarding the positive effects of developing communication among a person's ego states [7][9][11]. A qualitative finding from the present study show that the expressions of the BESCBC treated patients were often profound in both the nature of the verbalizations and the appearance of relief expressed in posture and facial expression [4].

The results of this investigation suggest that the use of BESCBC counseling has a positive role to play in the treatment of PTSD. The consistent results of this study appear quite positive, since all participants made positive changes over the course of treatment with BESCBC counseling.

## CONCLUSION

Based on the results and discussion conclusions can be formulated as follows. 1) BESCBC counseling Effective to reduce PTSD Symptoms, 2) the existence of realistic change of mind, calm feelings and low anxiety, and more adaptive in dealing with natural disasters.

Based on the conclusion above, the following recommendations are formulated. First, for other researchers, to conduct further research in the form of research effectiveness BESCBC counseling, with subjects expanded at natural disasters, with the number of subjects more adequate. Second, Pre-service education S1 Guidance and Counseling and Professional Counselor Education (PCE) needs to provide materials BESCBC counseling in the curriculum content.

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