

Treatment Efforts for PTSD Patients at the RSJ Nurrohman Kasemen Serang Banten Foundation

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Abstract

This research was conducted at the RSJ Nurrohman Kesemen Foundation, the researcher took this place because the researcher only focused on subjects who were included in ODGJ (People with Mental Disorders) who had problems with trauma disorders or Post Traumatic Stress Disorder. This subject experiences disturbances in his memory power, he sometimes forgets himself, feels afraid of people around him, is often alone, has difficulty sleeping and likes to engage in irregular behavior and words. This research aims to enable RSJ to increase insight into the treatment of PTSD patients.

Keywords: Treatment Efforts, PTSD Patients, RSJ Foundation.

INTRODUCTION

Introduction Post Traumatic Stress Disorder (PTSD) is a mental disorder that occurs as a result of direct or indirect exposure to a traumatic event. PTSD is caused by extreme stressors in the form of direct or indirect exposure to a traumatic event (Pipit Mulyah, 2020). Risk factors that can cause PTSD include natural disasters, terrorist attacks, war, serious traffic accidents, violent events, sexual harassment and rape. The symptoms of PTSD are almost similar to Stockholm syndrome which appears after someone experiences a traumatic event (Tantomo & Zamralita, 2024). The severity and duration of symptoms also vary for each sufferer. Symptoms of post-traumatic stress disorder may begin to appear within a month after the traumatic event, but sometimes symptoms do not appear until years after the event. These symptoms cause significant problems in social or work situations and in relationships. They can also interfere with your ability to

perform normal daily tasks. Common symptoms of PTSD are: The emergence of frightening memories of past events that will really disturb the sufferer, frequent nightmares related to the traumatic event, tend to avoid places or things related to the traumatic event, stress and frequent negative thoughts, it is difficult to sleeping, feeling afraid to meet other people, having difficulty concentrating, being easily startled, and not wanting to do activities that are usually enjoyed (Ayu et al., 2024).

Characteristics of people who experience PTSD include: Those who are directly involved in (experiencing) disaster events, rescue workers such as; police, doctors, nurses, social workers and various other crisis workers involved in rescue efforts, and survivors who have lost people closest to them or loved ones (Kaharu et al., 2024). Patients with PTSD are difficult to differentiate from other disorders such as anxiety, depression and bipolar disorder. Because In patients with PTSD, the symptoms that appear can vary from the mildest, such as sleep disorders, to severe symptoms such as severe depression, anxiety disorders, bipolar disorder to psychotic disorders. Randomized control trials show cognitive behavioral therapy is effective in reducing PTSD symptoms beside using medication. Several systematic reviews show that intervention as early as possible for people who have experienced trauma is very helpful in preventing PTSD. Two approaches that are often used are psychosocial and pharmacological interventions. Psychosocial interventions, namely some evidence shows after people experience trauma and given debriefing and education about the events experienced can reduce the risk of PTSD.

METHOD

In this research, the method used is a qualitative approach with descriptive research methods. This type of qualitative descriptive research is a type of research that uses data as is without manipulation or other treatment. The

data in this research comes from interviews and documentation. The data collection technique used was an interview with one of the teachers at the Foundation. Meanwhile, documentation is carried out to support data in the form of photographs that are adapted to provide evidence to support the learning process. This data analysis model has three components, namely data reduction, data presentation, and drawing conclusions/verification.

RESULTS AND DISCUSSION

Results and discussion from observations, this place has around 25 patients. This foundation has a field and hut in the front yard, a number of rooms, and assemblies. When the researcher came to the foundation, the researcher met several patients in the healing process who were carrying out activities, some were sweeping, some were alone, some were looking at photo boards, and so on. Researchers also had time to interact with patients there. At the Nurrohman Kasemen Foundation, Serang-Banten there are no boundaries between administrators and patients, so they feel comfortable and safe when meeting people or visiting guests, but that is only for patients who are in the healing process. If patients who are considered not yet stable at all are in their respective rooms, they cannot roam around guarded strictly. This foundation also not only has patients with Mental Disorders (ODGJ) but also has patients' rehabilitation abuse Drugs. This foundation's healing method uses ruqiyah therapy and reflexology massage, if there is a patient who has difficulty sleeping, that will be the case done reflexology massage for the reason that the patient is calmer and the patient's nerve muscles are not tense so that the patient does not have difficulty sleeping again. The subject that the researchers studied was named Farhan, he was 23 years old, this subject had the mental disorder PTSD, he entrusted His parents sent him to this foundation for treatment because he had trauma in his past, so the subject was afraid to meet people and even went on a rampage, had difficulty sleeping and even the subject had not slept for several days. The condition of the subject when the researcher came to the foundation, the subject was already categorized

patients who are in the recovery period, so that the subject can respond to the researcher when the researcher asks to get acquainted and when the researcher asks to take a photo together

CONCLUSION

Based on the results of observations, interviews and explanations above, we can know that Post Traumatic Stress Disorder (PTSD) is a disorder that occurs in people who experience or witness traumatic events that occur once or repeatedly. Some examples of traumatic events include natural disasters, war, terrorist attacks, accidents, sexual violence, intimidation from people surrounding, and many more. People with PTSD actually can't be ignored but you can confirm This disorder can be cured even in need time which is quite long. And it can also be concluded that every person with mental disorders (ODGJ) can be healed and have the opportunity and hope to be able to return like all normal human beings in general. Therefore, attention and patience are needed from administrators or leaders in carrying out treatment and taking care of patients.

SUGGESTION

Obstacles or problems that can affect this are the observation location which is quite far from the researcher's home, but by trying to remain focused on this report, the researcher can complete the observation activities and prepare a complete field report.

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