



Technique for Overcoming Trauma in Adolescents

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Abstract

Trauma is an experience that can impact a person's mental and emotional health, especially in adolescents who are going through vulnerable stages of development. Trauma is an unpleasant experience in the form of frightening, dangerous, and life-threatening events if the trauma experienced by a person is in the acute and severe stage. Even trauma problems experienced since adolescence can have an impact until adulthood. The cause of trauma can come from violence experienced by someone. Posttraumatic growth is an individual's ability to transform traumatic experiences into positive experiences in his or her life. This article discusses strategies and approaches that can help teens cope with trauma. We'll discuss the definition of trauma, how it impacts teens, and some methods that have been proven successful in helping teens recover from trauma. In addition, a bibliography covering relevant scientific sources will be presented.

Keywords: Techniques, Trauma, Adolescents.

1. Introduction

Adolescents are an age group that is prone to trauma. This trauma can be physical trauma

such as accident or violence or psychological trauma such as abuse or loss. Trauma can affect their emotional and mental well-being. As a result, understand useful methods and approaches to coping with trauma in adolescents.

The word trauma, comes from the Greek root word "tramos" which means wounds that originate from outside. Trauma has a double meaning, namely medically and psychologically. Trauma in the medical paradigm is all aspects of physical trauma, that is, trauma to the head or other body parts also known as injury or disruption of normal functioning of body parts that come from a violent impact from a blunt or sharp object.

Trauma is the term for a shock (or series of shocks) that leaves a deep and painful mark on a patient's brain. Small challenges or setbacks that occur in normal life may be disruptive for a few days, but the brain has the ability to 'heal'. Like a small wound that easily closes back and leaves no scars, the brain also has a natural mechanism to heal emotional wounds. These wounds do not leave marks and often make a person's personality more mature.

Trauma is a physical and emotional response to an experience that threatens a person's safety or well-being. Different types of trauma include physical, emotional, or psychological. Trauma can cause symptoms such as post-traumatic stress disorder (PTSD), depression, anxiety, or behavioral problems in adolescents. Based on the latest findings of the Indonesia National Adolescent Mental Health Survey (I-NAMHS), it shows that 1 in 20 (5.5 percent) or 2.45 million adolescents are diagnosed with mental disorders. Based on the cause, trauma is grouped into several types, namely acute trauma, chronic trauma, and complex trauma. 1). Acute trauma, which is a type of trauma due to a one-time hazard, such as an accident or natural disaster. 2). Chronic trauma, which is a type of trauma due to adverse events that occur continuously, such as bullying or domestic violence. 3). Complex trauma, which is a type of trauma caused by several traumatic events.

Trauma can affect their growth in the long run. Some common effects include the following: 1). Mental Disorders i.e. Adolescents who experience trauma are more susceptible to mental disorders such as PTSD, depression, and anxiety. 2). Destructive Behavior i.e. Trauma can lead to destructive behavior such as aggressive behavior, drug or alcohol consumption, or eating disorders. 3). Learning Disorders i.e. Traumatized adolescents may have difficulty concentrating and learning in school. 4). Identity Disorder i.e. Trauma can also affect a teen's identity development, causing them to be confused or unsure of who they are.

A number of mental health disorders related to psychological trauma are as follows: 1. Post-Traumatic Stress Disorder (PTSD). Post-traumatic stress disorder (PTSD) is a mental disorder that occurs when a person experiences or sees traumatic events. Some of the symptoms that are often experienced by PTSD sufferers are: a). Often remember traumatic events that have been experienced. b). Tends to be evasive and reluctant to talk about traumatic events. b). Insomnia. d).

Difficulty concentrating. 2. Depression. Depression is a mental disorder related to mood and can affect a person's physical, emotional, behavioral, and way of thinking. Depression is one of the common responses when someone experiences trauma. 3. Borderline Personality Disorder (BPD). Borderline personality disorder (BPD) is a psychological condition that can affect the emotions, feelings, and ways of thinking of the sufferer. It is not yet known exactly what causes BPD. However, experts suspect that this condition can be triggered by several things, such as traumatic events, genetic factors, and abnormalities in brain structure and function. 4. Anxiety Disorder. Anxiety disorder is a mood disorder that causes a person to feel excessively anxious, afraid, and worried. Anxiety disorder can arise when a person experiences or remembers a traumatic event he has experienced. Some of the common symptoms of anxiety disorder are as follows: a). Difficulty controlling fear and excessive anxiety. b). Easily agitated with no apparent cause. c). Difficulty concentrating. d). Having a panic attack.

2. Method

2.1 Participants

The subject of the study was a teenager who was a student at one of the vocational schools in Balikpapan, East Kalimantan. The total student population in the school is 1729 students so that according to the sample list made by Krejcie and Morgan (in Sugiyono, 2001), the sample for this study was 316 students taken from grades 1, 2, and 3 from several majors in the school. The sampling technique used is a non-random sampling technique, namely accidental sampling where researchers provide research instruments to students who researchers meet and have been willing to research.

2.2 Data Collection

2.2.1 Instrument of Collecting Data

The independent variables in this study were loneliness, which is the discomfort that the individual feels when he does not have an intimate or close relationship and the discomfort that the individual feels when he is aware that he is not able to establish an intimate or close relationship. There are two forms of loneliness associated with the absence of good social conditions, namely emotional isolation felt when a person does not have a close relationship with others and social isolation felt when a person does not have meaningful involvement with his social environment.

The dependent variable in this study is the desire to hurt oneself, which is the desire to hurt or hurt / damage oneself which is done intentionally but not with the aim of suicide, but only to channel his emotions that are not released. The desire to hurt oneself referred to here only includes the cognitive dimension, namely thoughts to do something that can hurt him or imagine doing something that can hurt him.

2.2.2 Techniques for Collecting Data

The instrument used to examine independent variables is ESLI (Emotional-Social Loneliness Inventory) developed by Vincenzi and Grabosky (in Robinson, 1991). In this instrument, there are 15 pairs of statements that state a person's perception of their social relationships (referring to isolation) and one's feelings about their social relationships (referring to loneliness). This instrument was rearranged by the researcher, where initially statements from both aspects were presented in pairs (right-left) to be presented sequentially (top-down). Subjects were then asked to put a tick (☐) in the column corresponding to their state of being. Statement pairs 1-8 on this scale measure isolation and loneliness from an emotional standpoint, while statement pairs 9-15 measure isolation and loneliness from a social standpoint. Existing scores in *Psychopathic isolation*, *Scientific Journal of Psychology* June 2015, Vol. 2, No. 2, Pages: 185 - 198 191 and emotional loneliness is 0 - 24 where 24 indicates that they are very isolated and emotionally lonely. For social isolation and loneliness, scores can be between 0 – 21.

In this instrument, 26 out of 30 valid items with validity indices move between 0.236 – 0.651. While from the reliability test, it is known that the alpha value is 0.899 so that it can be concluded that this scale is reliable when compared to the minimum alpha cronbatch requirement of 0.6 (Priyatno, 2011). The instrument used in the measurement of bound variables is the NSSI Ideation Questionnaire (NIQ), a pilot study version by Wilson (2012). This questionnaire was specifically developed to assess self-harm desirability and self-harm behavior as a whole. Researchers only took 4 indicators of self-harm from this instrument, namely (1) has the subject ever had thoughts of harming himself; (2) how strong/deep/great the desire is; (3) how long the thought usually lasts; and (4) how strong the urge to do the thought is. The instrument is in the form of a Likert scale so that subjects are asked to put a tick (☐) on the column that best describes their state. In this instrument, there are 63 out of 64 valid items with the validity index moving between 0.302 – 0.910. While from the reliability test, it is known that the alpha value is 0.986 so that it can be concluded that this scale is reliable when compared to the Cronbach alpha requirement of at least 0.6 (Priyatno, 2011).

2.3 Data Analysis

There are three stages in this study. The first stage is the preparatory stage where researchers translate research instruments, namely ESLI by Vincenzi and Grabosky (in Robinson, 1991) and NSSI Ideation Questionnaire by Wilson (2012) from English to Indonesian. Next, a try out was carried out by distributing the instrument to several people who fit the subject criteria that the researchers found accidentally in several places and determining the reliability and validity of the scale. From the try out, it was found that as many as 26 out of 30 items were valid with a reliability

number of 0.899 for the ESLI instrument while 63 out of 64 items were valid with a reliability number of 0.986 for the NSSI Ideation Questionnaire instrument. In addition, researchers also take care of permits to be able to conduct research at SMKN 3 Balikpapan. The second stage is the implementation stage, where scales that have been tested for reliability and validity are distributed to subjects at SMKN 3 Balikpapan. At the time of implementation, the researcher deployed 350 scales that all returned to the hands of the researcher, with as many as 316 scales that could be analyzed. Data collection was carried out for 5 days from January 19-23, 2015 and by calculating the time from taking care of licensing to the completion of data collection, research at SMKN 3 was carried out for 21 days, namely from January 2-23, 2015. The last stage is the data analysis stage. Because this study is a correlational study, the analysis method used is the product correlation technique from Pearsons to determine the relationship between X and Y variables (Reksoatmojo, 2009). The calculation is done using statistical tools, namely SPSS 21 software for Windows.

3. Results

This research is preliminary research and is still in the process of further research, there are several ways to overcome trauma. Treatment of trauma is done based on the underlying cause. However, a number of common medical actions taken to deal with trauma are as follows.

1. Psychotherapy

Psychotherapy is a psychological therapy to control the way of thinking and feeling associated with trauma. Common psychotherapies to overcome trauma are cognitive behavioral therapy (CBT) and somatic experiencing.

2. Consumption of Medicines

If needed, your doctor may also prescribe medications to help deal with the trauma. There are two types of drugs that are often used to treat trauma including:

- a. Tranquiliser to reduce anxiety and aid sleep.
- b. Antidepressants to treat depression that appears as a result of trauma

3. Cognitive-Behavioral Therapy

The focus of this therapy is on finding and changing negative behaviors and thought patterns that may have been caused by trauma. It helps teens manage their stress and improve their coping.

4. Speaking Therapy

Counseling or talk therapy can help teens talk about their traumatic experiences. This can give them a safe place to express their emotions and help them reduce symptoms of trauma.

5. Family Therapy

Involving families in adolescent recovery can help create a supportive environment. Family

therapy helps in understanding the role of the family and healthy communication in recovery.

6. Art Therapy

Art therapy provides opportunities for adolescents to express themselves through various forms of art, such as painting, music, or journaling. This can help them deal creatively with trauma.

7. Meditation and Relaxation

Relaxation techniques such as deep breathing and meditation can help teens reduce stress and anxiety caused by trauma.

4. Discussion

Trauma is an experience that can impact a person's mental and emotional health, trauma can also be a physical and emotional response to an experience that threatens a person's safety or well-being. While adolescents are an age group that is vulnerable and easily experience symptoms of trauma. Trauma can be physical trauma such as accidents or violence or psychological trauma such as abuse and loss.

Techniques to overcome trauma there are several ways such as:

1. But cognitive
2. Speech therapy
3. Family therapy
4. The art of therapy
5. Meditation and relaxation

Trauma can cause a variety of symptoms involving physical, emotional, and psychological reactions. It is important to remember that each individual may respond to trauma in different ways, and symptoms can vary. Below are some common symptoms associated with trauma:

1. Physical Symptoms:

- Headaches and migraines.
- Sleep disorders, such as insomnia or recurrent nightmares.
- Muscle tension and body aches.
- Indigestion or eating problems.

2. Emotional Symptoms:

- Excessive anxiety.
- Depression and prolonged feelings of sadness.
- It is easy to be offended or overly angry.
- Unnatural guilt or shame.

3. Cognitive Symptoms:

- Difficulty concentrating.
- Deterioration of memory.
- Repetitive thoughts or traumatic memories that arise involuntarily.
- Difficulty making decisions.

4. Behavioral Symptoms:

- Social isolation and withdrawal from daily activities.
- Changes in diet or sleeping habits.
- Use of certain substances to cope with symptoms.
- Changes in interpersonal relationships.

5. Psychological symptoms:

- Post-traumatic stress disorder (PTSD).
- Feeling insecure or out of control.
- Difficulty regulating emotions.

Flashback experiences or nightmares related to trauma

5. Conclusion

Trauma has a significant impact on the mental and emotional health of adolescents who are vulnerable age groups. Trauma can result from a frightening, dangerous, or life-threatening event. It is important to know that trauma not only impacts the acute stage, but can also have an impact on adulthood.

This article discusses different types of trauma, including acute trauma, chronic trauma, and complex trauma. The impact of trauma on adolescents includes mental health disorders, disruptive behavior, learning disabilities, and identity disorders. Mental disorders associated with psychological trauma include PTSD, depression, borderline personality disorder, and anxiety disorders.

The article also discusses strategies and approaches to help teens cope with trauma, including psychotherapy techniques, substance use, cognitive behavioral therapy, talk therapy, family therapy, art therapy, meditation, and relaxation.

Various research methods were used, including literature studies, interviews, surveys, case studies, observations, and experimental studies to gain a holistic understanding of adolescent coping with trauma.

Coping with trauma requires understanding that people's responses to trauma vary and symptoms of trauma can be physical, emotional, cognitive, behavioral, and psychological. Coping

with adolescent trauma is a difficult issue. However, adolescents can recover from traumatic experiences and build better mental well-being if the right methods and approaches are used. If teens show signs of trauma, it's important to find the right help to help them recover and develop properly.

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