



Dukungan Kelompok Pasca Penugasan untuk Petugas Penanggap Bencana: Tinjauan Literatur Sistematis

Group Support Post Deployment for Disaster Responders: A Systematic Literature Review

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Abstrak

Artikel ini merupakan upaya untuk menangkap penelitian terkini yang bertema dukungan kelompok pada penolong bencana, khususnya pada pandemi Covid-19. Menggunakan analisis data kualitatif dengan PRISMA dan ATLAS ti Versi 8 pada PubMed dan google Scholar sejak tahun 2021 dalam Bahasa dan Bahasa Inggris, 81.620 artikel teridentifikasi dengan 406 artikel teks lengkap dan 27 di antaranya dianalisis. Tiga pertanyaan dijawab dalam penelitian ini: (a) Apa konsep dukungan kelompok sebagai bentuk dukungan psikososial dalam bencana; (b) Mengapa dukungan kelompok bagi responden mempengaruhi kesehatan mental pada bencana dan (c) Bagaimana mengimplementasikan dukungan kelompok untuk para penolong bencana. Temuan kami menyoroti topik utama yang terkait dukungan kelompok untuk responden bencana, yaitu: psikologi, kesehatan, kesiapsiagaan, pelatihan dan bencana. Kata "konsep dukungan kelompok" dikaitkan dengan "debriefing" sebagai pembelajaran, percakapan/ sharing antar peserta bertujuan untuk mengeksplorasi dan memahami hubungan antara peristiwa bencana, tindakan, proses pemikiran, perasaan, dan hasil kinerja. Dukungan kelompok pasca penugasan untuk penolong bencana sangat penting untuk mencegah dan mengurangi efek negatif dari stresor akibat bencana. Dukungan kelompok dilakukan melalui proses penilaian kebutuhan, implementasi, dan pelaporan.

Kata Kunci: Dukungan Kelompok; Bencana; Psikososial.

Abstract

This article is an effort to grasp the current research of support group for disaster responders, especially on the Covid-19 pandemic. We performed a systematic literature review (Using PubMed and google scholar since 2021). Using qualitative data analysis software PRISMA and ATLAS.ti version 8 on PubMed and Google Scholar articles since 2021 both Bahasa and English, 81.620 articles were identified, with 406 full-text. 27 of which were analyzed. Three questions were answered in this study: (a) What is the concept of group support as a form of psychosocial support in disasters; (b) Why group support for respondent affects the mental health in disasters; and (c) How to implement group support for disaster responders. Our findings highlighted the main related topics of support group for disaster responders, which are: psychology, health, preparedness, training and disasters. The word "concept of support group" associated with debriefing as an educational, a team learning conversation among participants aims to explore and understand the relationship between a disaster situation's event, actions, thought and feeling process, and performance outcomes. Support for disaster responders is critical for preventing and mitigating the negative effects of disaster response stressors. Group support was carried out through a process of needs assessment, implementation, and reporting

Keywords: Group Support; Disaster; Psychosocial.

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PENDAHULUAN

Disaster is a destructive phenomenon that befalls human life. Disaster responders are people who work to carry out emergency responses such as providing assistance and support needed for victim recovery (Gebreyesus et al., 2021a). Responses that occur in unexpected, often dangerous situations with the risk of distress and other psychological issue (such as Post Traumatic Stress Disorder (PTSD) inherent in the work they do (Podda et al., 2022).

The publication of disaster psychology has increased sharply since the Covid-19 pandemic. In line with that, publications on various mental health problems among disaster responders are also widely carried out (Beuker, 2021; Gebreyesus et al., 2021b; Gustavsson et al., 2022; Hruby et al., n.d.; Ramakrishnan et al., 2022; Vilen. er et al., 2021; Wesemann et al., 2022; Zhou et al., 2021).

Group support post deployment for disaster responders is carried out as psychosocial support in disasters. Term group support is equated with debriefing. A review of publications on this intervention for disaster responders can result in rich learning of the description and implementation of psychosocial support program in disaster. As well as support for disaster responders. Maintaining their mental health is an important thing because of the increased risk of mental disorders. Group support for responders is carried out as psychosocial support in disasters

METODE

We use a systematic approach to reviewing support groups post deployment for disaster responders. A study

ought to be reportable in a paper that is been published in English or *Bahasa* as a journal paper or conference proceedings so as to be eligible for the review. The inclusion and exclusion criteria as shown table one (1) offer the idea for the issues to be enclosed in our SLR.

We excluded repeated studies before including them in the review. We only included the most thorough publication when the same study was published in multiple places.

Table 1. Inclusion and exclusion criteria

Inclusion Criteria (a paper should be...)	Exclusion criteria (a paper should not be...)
Focus on disaster support groups	Focus on the impact of group support on disaster victims
Related to psychosocial support for disaster relief	Published before 2021
Published in 2021-2022	
Free full text references on PubMed and or Google scholars	

Researchers developed three research question and summarized it on table 1. It used a systematic literature review technique from Kitchenham and Charters to identify, evaluate, and evaluate all relevant research data in order to provide answers to these issues.

Table 2. The research questions addressed

Research Question	Motivation
What concept of Support Group for Disaster Responders	Describe the "form" of social support as a form of psychosocial support in a disaster. This description is important as one of the mental health aids for disaster relief workers. The discovery of related literature can be evidence of implementation in the field
Why support group affect the disaster responders mental health	Describe the "factors that form the basis" of implementing group support for respondents. In the search, the terminology of coping, training, mental, stress, public, description, symptoms, etc. (figure 2) was found.
How to implement support group for disaster responders	Describe the implementation of in-group support for disaster relief. The

researcher aims to provide an overview of the practical implementation in the field of the model and its implementation in disaster.

The stages of systematic literature review carried out in this study are planning, implementation and reporting which are described in figure (1):

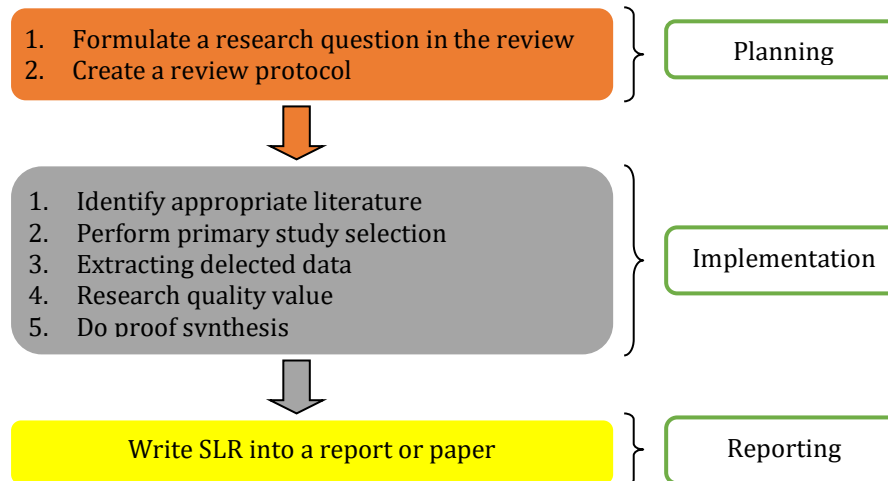


Figure 1. Systematic Literature Review Process

Included references were published between January 2021 and September 2022. Our search was completed in early October 2022. The selection and validation process used the Prisma guideline (The Preferred Reporting Item for Systematic Reviews and Meta Analysis) shown in figure 3. The literature search protocol in this study is:

1. Keyword search using search engines: PubMed and Google scholar. This search engine includes many publications related to: (i) support groups for disaster responders; (ii) social support disaster responders; (iii) psychosocial support in disaster; (iv) disaster support groups; (vi) group support for disaster volunteers; (vii) debriefing for social support in disaster that we use Seen in appendix A
2. Manual reading of reference titles in journals found by prioritizing relevance.
3. Identify journals found after manual reading

HASIL DAN PEMBAHASAN

The search strategy resulted in 81.620 records through (PubMed = 820 and Google Scholar = 80.800) databases. 65.497 records marked as ineligible by automation tools was excluded and 15.717 records removed for other reasons (timeline). 406 reports sought for retrieval and 374 report were not retrieved. 34 reports assessed for eligibility and 2 unable to download with 8 misidentification of publication year as shown on figure 2. Ten (10) studies were qualitative (Anita et al., 2021; Doherty et al., 2021; Ellis & Korman, 2022; Gibson et al., 2021; Glatts et al., 2021; Gustavsson et al., 2022; Kamena & Fay, 2022; Palmer et al., 2022; Ramakrishnan et al., 2022; Skryabina et al., 2021) and 17 studies were quantitative (Conoscenti et al., 2021; Freytag & Stroben, 2021; Gebreyesus et al., 2021b; Hooper et al., 2021; Hruby et al., n.d.; Lindert et al., 2021a; Mitchell et al., 2007; Oktaviany et al., 2021; Park & Lee, 2022; Pouraghaei et al., 2022; Seelandt et al., 2021; Smith et al., 2021; Vilendrer et al.,

2021; Wesemann et al., 2022; Zakaria et al., 2021; Zhou et al., 2021).

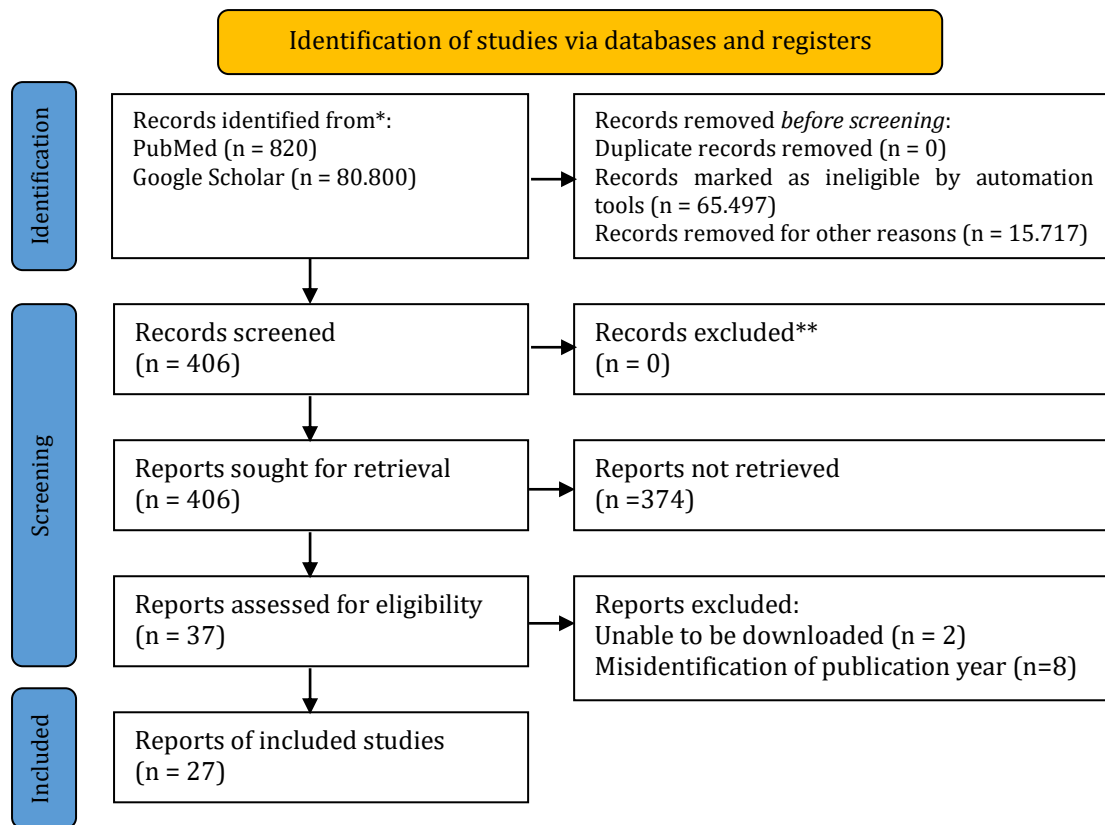


Figure 2: Identification of studies (PRISMA)

Source: Page MJ, McKenzie JE, Bossuyt PM, Boutron I, Hoffmann TC, Mulrow CD, et al. The PRISMA 2020 statement: an updated guideline for reporting systematic reviews. *BMJ* 2021;372:n71. doi: 10.1136/bmj.n71

Included Documents (n=27) were coded digitally using ATLAS.ti Version 8. Word Cloud analysis used in this research in order to identify main topics and keywords which are used by the researchers in their report. These words are excluded from the analysis: [Demonstrative Pronouns]. The result shows that these words are identified as main topics in the analyzed research reports: psychological, health, preparedness, training, disaster.

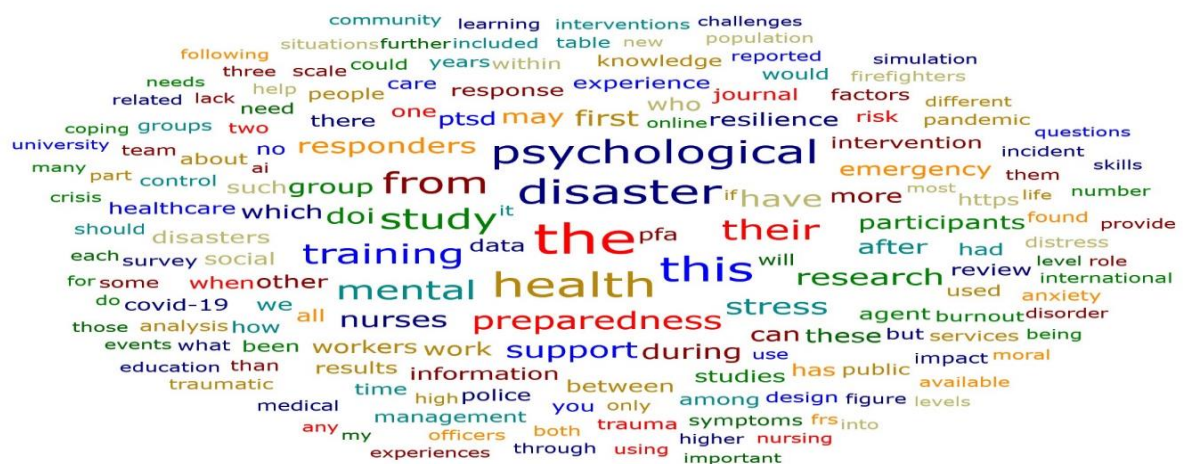


Figure 3: Word Cloud Analysis

Source Atlas Ti Version 8

Three Codes were used for coding process: [Concept of Group Support] [Why Group Support Affects] and [How to Implement]. Result: Within 27 Included Documents, there were 20 quotations identified as [Concept of Group Support] (Beuker, 2021; Ellis & Korman, 2022; Gustavsson et al., 2022; Hooper et al., 2021; Kamena & Fay, 2022; Lindert et al., 2021a; Ramakrishnan et al., 2022; Said, 2021; Williams, 2021), 21 quotations for [Why Group Support Affects] (Beuker, 2021; Conoscenti et al., 2021; Ellis & Korman, 2022; Kamena & Fay, 2022; Lindert et al., 2021a; Park & Lee, 2022; Said, 2021; Skryabina et al., 2021; Smith et al., 2021; Williams, 2021; Zakaria et al., 2021); 9 quotations for and [How to Implement] (Beuker, 2021; Hooper et al., 2021; Ramakrishnan et al., 2022; Said, 2021; Smith et al., 2021; Wesemann et al., 2022; Williams, 2021). Below are Network View for each quotation and code.

How authors used the word “concept of support group” varied. Figure 3 showed the information network analysis question research 1 (Concept of Support Group). Support group post deployment for responders equated with post-event debriefing. It is an educational, conversation and sharing among participants that aims to explore and perceive the connection among crisis incident, actions, thought and feeling process (Seelant, Julia; Walker Katie; Kolbe Michaela, 2021). An article were shown on the responder’s self- concept related to self-doubt, second guessing, and self- blame (Kamena & Fay, 2022). The other “concept” explains how people react and respond to stress, either emotionally or behaviourally (Said, 2021).

Support group for disaster responders give positive performance of the responders in disaster situation. Figure 4 is network analysis about concept of support.

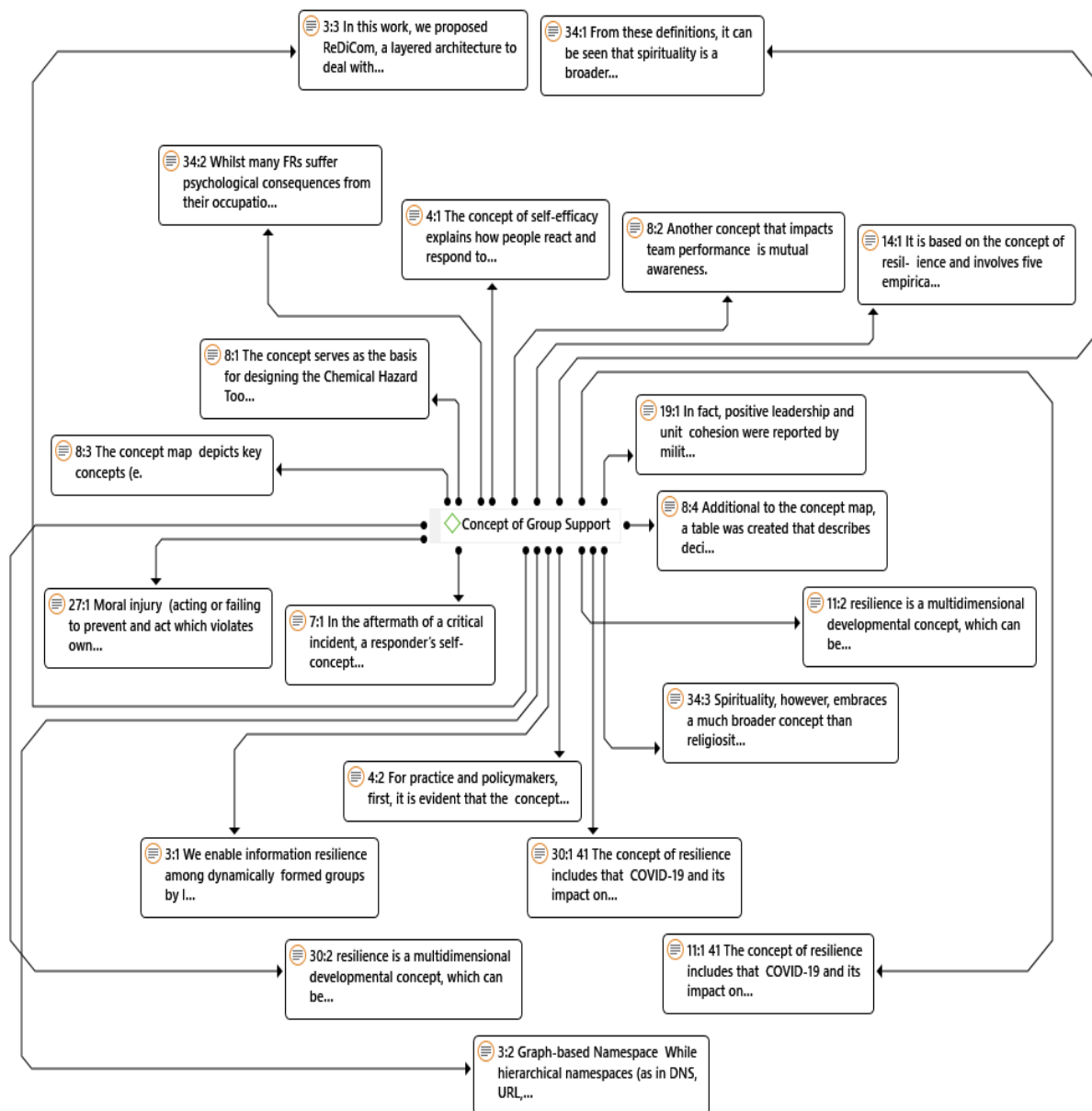


Figure 4: Network Analysis Question Research 1 (Concept of Group Support).

Source Atlas Ti Version 8

21 Citation was found in the articles (n=27) showed the information network analysis research question 2 (Why the support group). Several articles presented “why support group” that relate with a greater burden of mental health disorders and negative consequences on psychosocial well-being in countries those have experienced disasters and traumatic events. (Anita et al., 2021; Hsieh et al., 2021; Lindert et al., 2021a) (Said, 2021). As an explanation, the maladaptive signs and symptoms may result from

responders, such as nurses, that not being ready for a stress response or mental issue of disaster effect. They may suffer from a variety of detrimental effects, including bodily and mental illnesses like anxiety, depressed mood, disturbed sleep, and hunger issues, which may impair their everyday functioning. (Said, 2021).

Important findings showed the addressing traumatic or unresolved issues from the past, many responders have unresolved childhood difficulties, as well as past traumas from their personal or

professional lives. For instance, many participants have a history of childhood abuse and abandonment. In addition to assisting responders to uncover and disclose early trauma, responders benefit from developing an understanding of how these early experiences affect their current response to stress (Kamena & Fay,

2022). Researcher also found the effectiveness of debriefing in simulation debriefing activity for student of health care responders (Glatts et al., 2021). Full information network analysis (Why Group Support Affects) was showed in the figure 5.

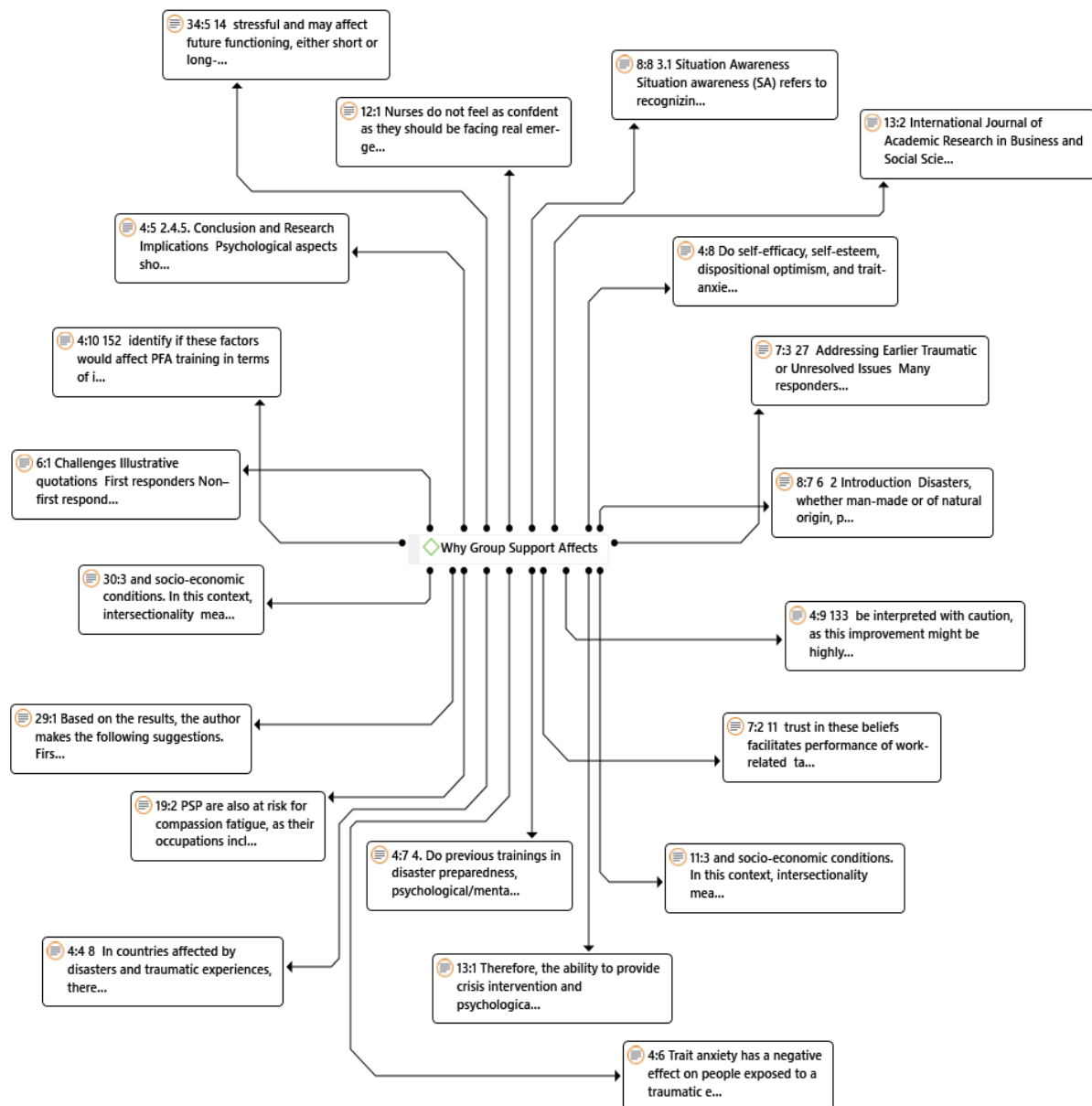


Figure 5. Information Network Analysis Question Research 2 (Why Group Support Affects)

Source Atlas Ti Version 8

As many as 9 citations was found in the articles (n=28) showed the information network analysis research question three (3). Support group is a post

disaster psychological intervention that is conducted to nurses in Japan by assessment, education on coping skill, stress and abnormal functioning related

to trauma (Said, 2021). According to another description, Service providers should continue to implement and evaluate early psychological interventions in frontline workers in order to refine best practices for managing the psychological impact of future disasters (Hooper et al., 2021).

Implementation of support group is starting with the preparation that found implicit in the articles of regular screening at regular interval that important related to mental health problem especially on terrorist event (man maid disaster) following with training courses for

emergency personels dealing with catastrophic event. (Skryabina et al., 2021). The other way of support group is the institutional peer support that has been shown to be effective after the 9/11 WTC attacks and the most appropriate way to deal with such huge incidents (Wesemann et al., 2022). In another country (South Africa, the service conduct by the councillors especially for the fire responders (Williams, 2021). Full information network analysis (How to implement) was showed in the figure 6.

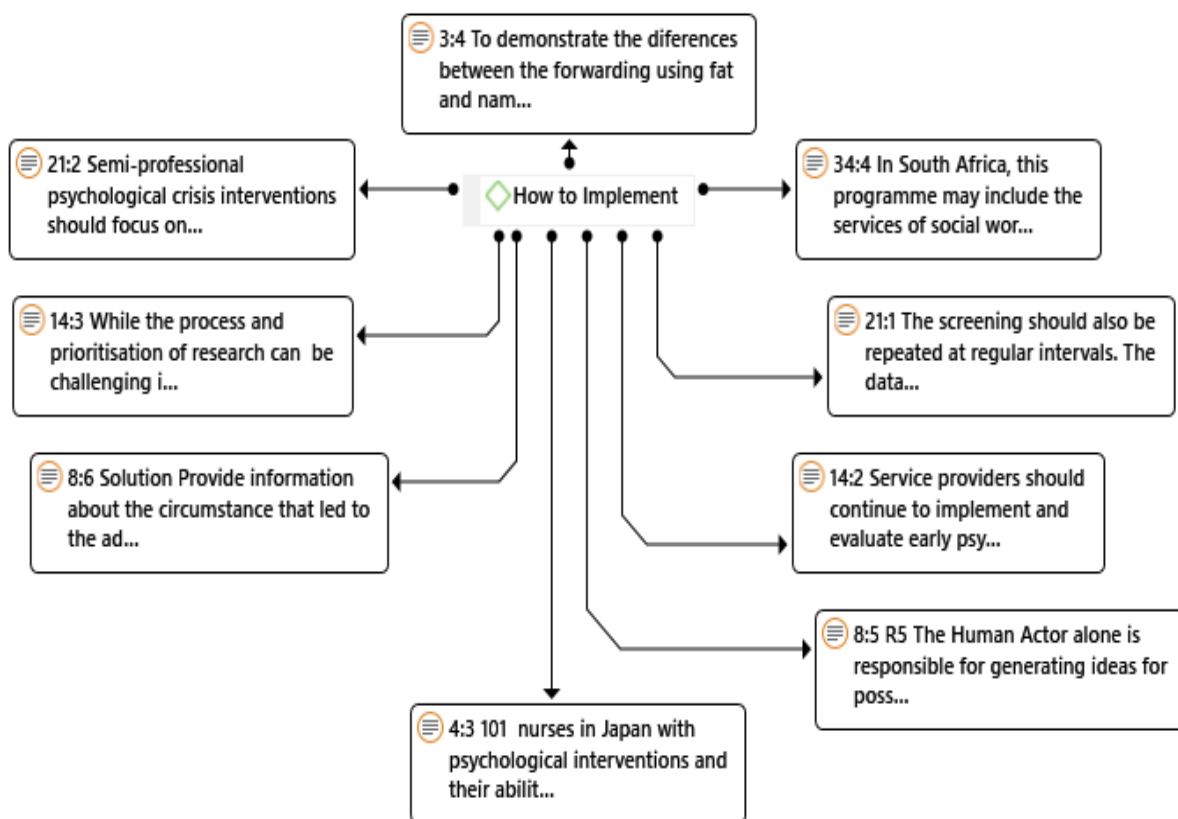


Figure 6. Information Network Analysis Question Research 3 (How to Implement)
Source Atlas Ti Version 8

Responding to a disaster event can cause negative impact (Khairul Rahmat et al., 2021), distress (Skryabina et al., 2021) and also on a person's psychic state and how that person processes it into memories that last a lifetime (Anita et al., 2021). This literature review identified three themes of support group for

disaster responders: (a) What is the concept of group support as a form of psychosocial support in disasters; (b) Why group support for respondent affects the mental health in disasters; and (c) How to implement group support for disaster responders. We presented word cloud analysis and information network

analysis of the findings with Atlas Ti version 8, combining PRISMA searching tools on qualitative literature review. The selected articles have been published in 2021-2022, which highlights the growing interest in publication of covid-19 disaster response and support for the disaster responders.

Result in the word “the concept of support group” was used in 20 quotation that recognizing the association between support group and the resilience (as a multidimensional development concept (Lindert et al., 2021b). Term Support group post-deployment for disaster responders the term support group for disaster relief is not clearly found in the article but is used in the context of maintaining mental health for responders. This term “support group” in some articles is equated with debriefing (Gebreyesus et al., 2021b; Said, 2021).

Debriefing after deployment is a support provided to disaster responders to prepare them for the challenges that may arise during the deployment's reintregation phase. The word “concept” also involves a sense of connectedness that surrounding the responders (Hooper et al., 2021). Importance findings also provide an empirical report on reducing mental health stigma and barriers to care, which could be applied to psychosocial support programs and other disaster-affected populations (Ellis & Korman, 2022)

The potential risks responders face postdeployment to disaster (Gebreyesus et al., 2021b) are the reason for question research 2 (why support group). As many as 21 quotation that founded in the themes of “why support group” are affirmed the psychological, healthiness

and preparedness in disaster. This is in line with the findings in word cloud analysis. Finding also identifying and addressing previous traumatic or unresolved childhood issues, as well as previous work-related or personal trauma. Therefore, articles benefit in proving the disaster responder's experiences in understanding and significant problematic relationship in group debriefings. This is in line with the benefit of debrief in the field. Group debriefing/support after a crisis with trained leadership personnel could mitigate the impact of witnessing a traumatic event and remind responders of the availability of support during emergency public health responses (Gebreyesus et al., 2021).

The phrase "how to implement" was found in 9 quotations on the articles. It provided an assessment, education on stress coping skills, and abnormal functioning related to trauma. Such briefs, which can be facilitated by technology, would include a discussion on risky coping mechanisms after deployment. One method is to empower responders to create short informational videos depicting the difficulties they (and their families) faced during the reintregation process. Physical exercise, religion and spirituality, the possibility of experiencing field, the challenges of reintegrating back into family and workplace environments, and reverse culture shock should all be considered in reintregation programming. In addition to general disaster preparedness, disaster preparedness prioritizes improving nurses' psychological preparedness through training.(Said, 2021).

SIMPULAN

Our findings highlighted the main related topics of support group for disaster responders, which are: psychology, health, preparedness, training and disasters. The word “concept of support group” associated with debriefing as an educational, a team learning conversation among participants aims to explore and understand the relationship between a disaster situation's event, actions, thought and feeling process, and performance outcomes. Support for disaster responders is critical for preventing and mitigating the negative effects of disaster response stressors. Group support was carried out through a process of needs assessment, implementation, and reporting. The findings indicate that there is evidence confirming the effectiveness of group support for the responders after disaster assignment with mental health. This study fills the research gap on the benefits of psychosocial programs in disaster management program.

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