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Title of the Paper

Stress and Trauma Recovery of Elderly Post 2010 Merapi Eruption: a Case Study

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Background In time of disaster elderly is one of the vulnerable groups which need special attention. The October-November 2010 Mount Merapi eruption called a lot of non government organization involved on early recovery program. One of the organization is Anand Ashram Foundation, conducted an intensive trauma and stress healing program (PPSTK) at a sub village which only 7 km from the Merapi. The Therapy program conducted for 10 weeks, with 5 times group therapy sessions, every two weeks. The therapy offer is Self Empowerment Technique created by Anand Krishna.

Objectives This paper examines mental health change of the elderly after the healing program by comparing the change before and after program, in treatment and control area.

Methods A longitudinal data was collected prior the healing program in December 2010 as the baseline and the same respondents again interviewed post the healing program in March 2011. The mental health observed through PTSD check list and Center for Epidemiological studies Depression scale (CES-D). The difference and difference approach was applied in the analysis.

Results In both areas, treatment and control, expose of the elderly to the stressor is high, over than 90 percent of the elderly reported that hear thundering sound, feel sand, ash rain and sulfur smell during the Merapi eruption. About 74% of the elderly participate in PPSTK trauma healing. The difference of difference of the change in treatment and control area indicated that the intensive PPSTK trauma healing program has good influence on reducing: (1) Feeling as future is short, (2) too cautious, worry; (3) Feeling uneasy; The program have been significantly increased the self confidence including: (1) felt as good as other people, (2) hopeful about the future, (3) enjoyed life.

Conclusions Self Empowerment Technique has positive effect on elderly mental health recovery post 2010 Merapi eruption.