

## **Disclaimer**

This report was compiled by an ADRC visiting researcher (VR) from ADRC member countries.

The views expressed in the report do not necessarily reflect the views of the ADRC. The boundaries and names shown and the designations used on the maps in the report also do not imply official endorsement or acceptance by the ADRC.



# PSYCHOSOCIAL ISSUES IN JAPAN AND INDONESIA

(COMPARATIVE STUDY)

SUSILASTUTI

NATIONAL DISASTER MANAGEMENT AUTHORITY  
(*BNPB*) - INDONESIA

ADRC VR 2016A

## TABLE OF CONTENTS

Chapter 1 ; THE PROBLEM

- Background
- Statement of problem
- Significance of the study
- Scope and the limitation of the study

Chapter 2 : REVIEW OF LITERATURE

Chapter 3 : RESEARCH METHODOLOGY

Chapter 4 : INTERPRETATION OF DATA AND DISCUSSION

- Disaster in Japan and Indonesia
- Psychosocial Issues in Japan and Indonesia
- Psychosocial Support Program in Japan and Indonesia
- Best Practices from Japan ; Coping Capacity, Facilities & Program

Chapter 5 : CONCLUSION & RECOMMENDATION

REFERENCES

# THE PROBLEM

## Background of the Study

- Both Japan and Indonesia are the disaster-prone countries. Several times both Japan and Indonesia hits by the great disasters such as earthquake, tsunami, and landslide.
- The psychological and social effect of a disaster is harder to see rather than the physical effect. The recovery from it often takes far longer.
- The effect of disasters can bring vary reactions to the people. Helping people for facing the situation after disaster is important.
- This research is to investigate the psychosocial support program and the best practices related the disaster preparedness activities in Japan that can promote the psychosocial well-being.

## Statement of the Problem

To carry out the purpose of the research, the following research questions will be addressed :

- What are the psychosocial issues after the disaster in Japan and Indonesia ?
- What kind of the psychosocial support programs conducted in Japan and Indonesia ?
- What is the value or coping capacity of Japanese people that can help them to cope with the situation after disaster ?
- What is the good example of the disaster preparedness facility and program that can promote the psychosocial well – being of the community ?

## Significance of the Study

- The research is to identify the psychosocial issues and psychosocial support for the survivors after the disaster in Japan and Indonesia.
- The research also to analyze how the disaster affect the lives of Japan and Indonesian people, especially on the psychosocial aspect.
- It will be a significant endeavor in promoting awareness of the dangers and risks of the disaster and how to alert people react proactively in the case of disaster.

## Scope and Limitation of The Study

- The scope and limitation of this study is focused on psychosocial issues and psychosocial support program for the survivors of the Great Hanshin Awaji Earthquake on 1995 and Earthquake and Tsunami in West Ache in 2006.
- There will be a comparative study on psychosocial support program in Indonesia and Japan.
- This research also to gather the best practices related disaster preparedness activities in Japan and its contribution to the psychosocial well-being of the community.

## REVIEW OF LITERATURE

Psychosocial refers to the close connection between psychological aspects of human experience and the wider social experience.

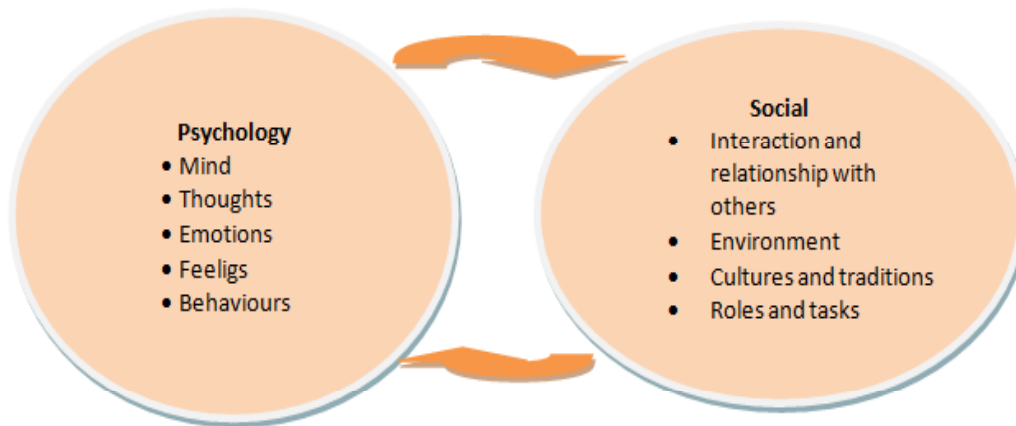


Figure 1 : correlation between Psychology and social

## PSYCHOSOCIAL SUPPORT PROGRAM

is a process of **facilitating individuals, families, and community to bounce back from the impact of disasters** or crises and helping them to deal with the situation in the future (International Federation Reference Center for Psychosocial Support, 2009).

It is preventive when it decreases the risk of developing mental health problems.

It is curative when psychosocial Support program helps individuals and communities to overcome and deal with psychosocial problems that may have arisen from the shock and effects of crises.

# RESEARCH METHODOLOGY

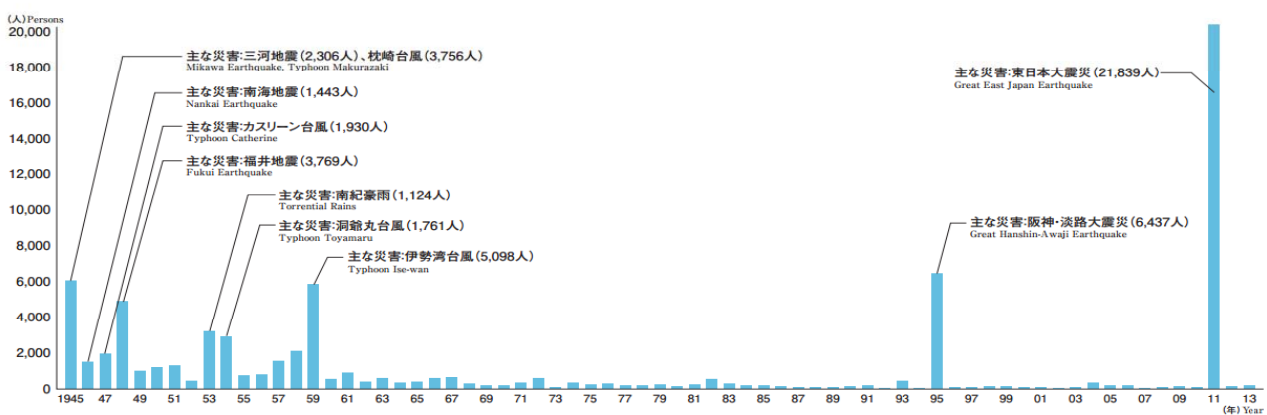
## Data Gathering Procedure

- Visit and observation in the visited places and institution related disaster management, psychosocial issues
- Attend in the Activities related Disaster Management Issues.
- Conduct interview ; Researcher conducted an interview to a certain number of people to get information related the situation after Great Hanshin-Awaji and Tsunami Aceh, the psychosocial support program, and the disaster preparedness activities.
- Literatures Study / Documents analysis ; Review related literature on psychosocial impacts of the disaster.

# INTERPRETATION OF DATA & DISCUSSION

## DISASTER IN JAPAN

自然災害による死者・行方不明者数の推移 The Number of Deaths and Missing Persons Caused by Natural Disasters



出典：防災白書 Source: White Paper on Disaster Management

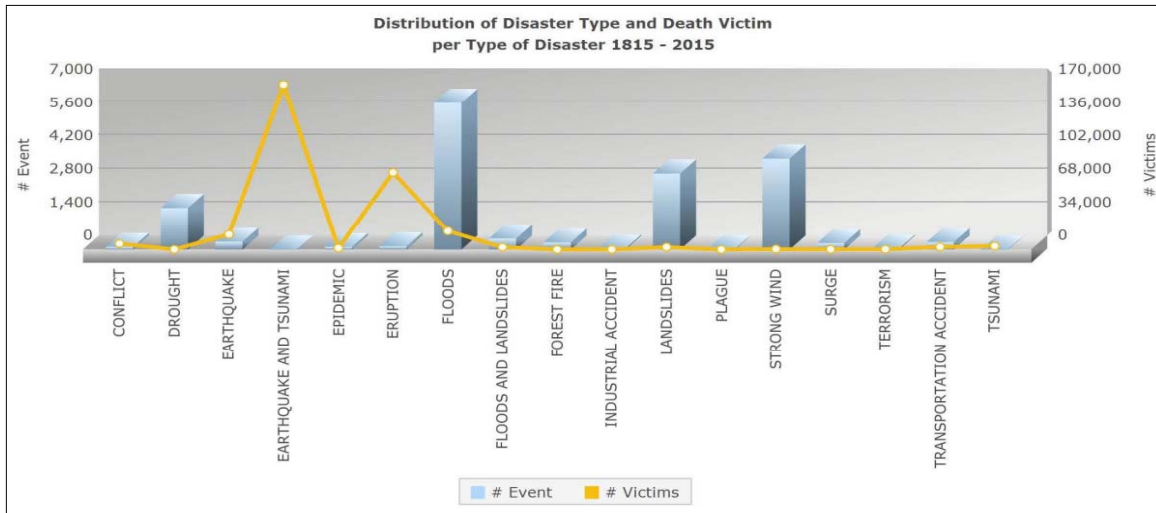
※阪神・淡路大震災及び東日本大震災については、震災関連死を含む

Note: With regard to the Hanshin-Awaji Earthquake and the Great East Japan Earthquake, those figures include earthquake-related deaths.

Japan is located in the Circum-Pacific Mobile Belt, the number of earthquakes and active volcanoes is quite high, and because of geographical, topographical and meteorological conditions, the country is subject to frequent natural disasters such as typhoons, torrential rains and heavy snowfalls, as well as earthquakes and tsunami.



# DISASTER IN INDONESIA



Indonesia ranks 12th among the most vulnerable countries witnessing high mortality risk from multiple hazards (UNISDR, 2009). According to DIBI BNPB, floods followed by strong winds, landslides and droughts killed the largest number of persons in Indonesia between 1815 and 2015. Some 189,711 people lost their lives between 2005 and 2015 in Indonesia due to natural disasters.

# THE DISASTER EFFECTS

According to Wolfe (2000), the common reactions of disaster survivors as follow :

## EMOTIONAL :

Depression, sadness  
Irritability, anger, resentment  
Anxiety, fear  
Despair, hopelessness,  
Guilt, self-doubt  
Unpredictable mood swings

## BEHAVIORAL :

Sleep problems  
Crying easily  
Avoiding reminders  
Excessive activity level  
Increased conflicts with family  
Hypervigilance  
Isolation or social withdrawal

## COGNITIVE :

Confusion, disorientation  
Recurring dreams or nightmares  
Trouble concentrating / remembering things  
Difficulty making decisions  
Questioning spiritual beliefs

## PHYSICAL :

Fatigue, exhaustion  
Gastrointestinal distress  
Appetite changes  
Tightening in throat, chest or stomach  
Worsening of chronic conditions  
Somatic complaints

## PSYCHOSOCIAL ISSUES IN JAPAN

AGE GROUP	THE ISSUES
CHILDREN	<ul style="list-style-type: none"> <li><input type="checkbox"/> lost a family member, relatives, or schoolmates.</li> <li><input type="checkbox"/> stay in the shelter and then in temporary housing.</li> <li><input type="checkbox"/> schools in the affected areas were closed</li> </ul> <p>Lack of appetite, overeating, frequent constipation or diarrhea, frequent bed-wetting, unwillingness to go to the toilet alone, inability to sleep alone, frequent crying during the night, etc</p>
ADULT & ELDERLY	<ul style="list-style-type: none"> <li><input type="checkbox"/> the long time damaged infrastructure</li> <li><input type="checkbox"/> experienced severe shock due to the powerful earthquake,</li> <li><input type="checkbox"/> loss of family members and assets,</li> <li><input type="checkbox"/> having to move to and live in evacuation centers and temporary housing units.</li> <li><input type="checkbox"/> loss meaning and loss various relationship</li> </ul> <p>All of these severe changes created <b>major stress and let to mental and physical illness</b>, trouble falling asleep, thought of frightening, feeling hopeless, temper outbursts, etc.</p>

## PSYCHOSOCIAL ISSUES IN INDONESIA

AGE GROUP	THE ISSUES
CHILDREN	<ul style="list-style-type: none"> <li><input type="checkbox"/> loosing and displacing family,</li> <li><input type="checkbox"/> staying in the shelter or tents for months,</li> <li><input type="checkbox"/> lack of social support</li> </ul> <p>most of the post traumatic distress syndrom is related with school problems, fear, emotional problem, externalizing behaviors and withdrawal.</p>
ADULT & ELDERLY	<ul style="list-style-type: none"> <li><input type="checkbox"/> confuse about how to restore the economy condition</li> <li><input type="checkbox"/> start up and plan for future,</li> <li><input type="checkbox"/> children's education,</li> <li><input type="checkbox"/> asset damage,</li> <li><input type="checkbox"/> restore life to a better condition before the disaster</li> <li><input type="checkbox"/> how to save a life</li> </ul> <p>The adult survivors lost their spirit, got insomnia, dizzy mind, lost appetite, strong heartbeat and having a nightmare</p>

## PSYCHOSOCIAL SUPPORT PROGRAM IN JAPAN

- Program conducted by multi-stakeholders. The government, NGO / INGO, volunteer and private sector
- Program conducted with various activities



## Psychosocial Support Program for Adult and Elderly in Japan

- **“Ikiiki (lively life) Workshop” & “Phoenix Relay Market”**  
Designed to gain knowledge and create friendships among the survivor
- **Counseling Access**  
Counseling toll-free number for refugee outside of the prefecture.
- **Story Telling**
- **Established A “Fureai” (Social) Centre And Community Plaza ;**  
The function is as a community center
- **Art (Song & Music)**
- **Religious Activity ;** church based activity
- **Home Visit**

# Psychosocial Support for Children in Japan

- **Sing Together**

*"I tried to comfort people by playing the guitar which I played since I was 17"*  
(Documentation of DRI Museum – Great Hanshin-Awaji)

- **Art Activities**

Children can express their feeling by making a creative work



## PSYCHOSOCIAL SUPPORT PROGRAM IN INDONESIA



- Program conducted by multi-stakeholders. The government, NGO / INGO, volunteer and private sector

- Program conducted with various activities

## Psychosocial Support Program for Adult and Elderly in Indonesia

- **Psychoeducational and Relaxation**

Aim of the activity is to provide adequate information to the survivor for managing their feeling after the disaster.

- **Mobile Clinic Counseling**

The survivors can release their feelings through share the story and their emotional condition

- **Supporting Traditional Dancing Group**

Culture and tradition is the closest part of the people daily living. This kind of activity can help the survivor to connect with others.

- **Sharing Group Activity**

Sharing group activity was an effective way to decrease psychosocial problem and return people self confidence.

## Psychosocial Support for Children in Indonesia

- **Art Activity ; Drawing and Painting**



Through painting, children can express emotions which are too difficult to express verbally, and other people can see what they are feeling.

- **Drama Performance**

Drama performance is an effective way to help children develop their abilities to cooperate, to express themselves freely and to build their confidence.

- **Sport Activity**

Children are full of energy. Sport activity can improve children's ability to express themselves.

- **Storytelling**

Both listening and telling stories can be useful in helping children to listen to other people, learn to show empathy, and respect. Stories can be used to explore moral values and ways of dealing with problems.

- **Play and Learn**

Play has proved singularly effective in helping the children recover from the shock and upheaval and regain a sense of normality.



Psychosocial support established to **assist affected people to attain stable life and integrated functioning.**

It can help the person affected by the disaster to restore hope, dignity, mental and social well-being and a sense of normality.

**BEST PRACTICE FROM JAPAN**

## COPING CAPACITY OF JAPANESE PEOPLE

- **Acceptance**

One of the coping mechanism of Japan's society is being patient. They are not accustomed to express their feeling to others, not to express grief or anger, but to endure, tolerate and to move on, quietly supporting one another.

- **Spirit of Buddhism Philosophy ;**

*“Human life might be said to be nothing more than a speck of dust in the air”*

- **Putting the experience as a good lesson to live**

*“We experienced once, and the experience has to make us survive and stronger even for the next disaster”*

- **Protect Our Place by Ourselves**

To be more active and have a strong will to overcome disaster

## THE FACILITIES AND PROGRAMS

### **Institution for Mental Health Care ; HITS (Hyogo Institute for Traumatic Stress)**

- Learn from Great Hanshin Awaji EQ, Japan established HITS (Hyogo Institute for Traumatic Stress) in April 2004.
- Aim to utilize the lesson of the Great Hanshin-Awaji Earthquake in 1995.
- HITS is the first base facility for emotional care in Japan.
- HITS established for those who suffer from (psychological trauma) or PTSD (post-traumatic stress disorder) as a result of disasters or accidents.
- The function of HITS is to carry out **research, training, information sharing, promotional activities, counseling, and consultations**, it also works on human resources development based on the principle of “Human Care.”



## **Museum & Learning Center**

- ❑ Museum and learning center can provide information and appropriate education to the community.
- ❑ Through visiting the museum, people can understand the destructive force from the disaster.
- ❑ At the same time, there is a lot to learn from past experiences to build the mental preparedness of the society against future disasters.

## **The Great Hanshin-Awaji Earthquake Memorial (Disaster Reduction and Human Renovation Institution)**

- The DRI, established in Hyogo Prefecture in April 2002
- The mission is to mold a culture of disaster awareness, enhance local capacity for disaster management, support the development of disaster management policies, and contribute to creating civic collaboration on safety and security as well as a society with reduced disaster-related risks.

## The Osaka City Abeno Life Safety Learning Center

- was established to provide the lessons from the Great Hanshin-Awaji Earthquake and Great East Earthquake
- Osaka City Abeno Life Safety Learning Center give experienced to the community through practical in the disaster training area.
- Aim to promote the preparation for the many more earthquakes that have been predicted in Kansai.
- People can realistically experience the terrifying shaking and destruction first-hand.
- People can also learn and practice what to do after the earthquake, both indoors and on the streets, including how to put out fires, evacuate, rescue others, and a series of another necessary disaster preparedness training activities.

## Nara City Disaster Management Center

- Was built in August 1995, 7 months after Great Hanshin-Awaji Earthquake.
- The aim is to promote disaster preparedness for the community, even Nara does not affect by Great-Hanshin Awaji Earthquake.



## CONCLUSION & RECOMMENDATION

### CONCLUSIONS

- Psychosocial support program in Japan and Indonesia held by every party in society; community, government and private sectors.
- Psychosocial support program considers culture and people's habitual actions, potency in the disaster area and done based on people's need and condition.
- Treating survivors as a subject, not an object is important, treating them as a subject in the recovery process after disaster can make them stronger
- Getting appropriate knowledge, experience, and information related the disaster can give contribution for the psychosocial condition of the individual

# RECOMMENDATIONS

- Many people may not seek help at mental health facilities, mental health and **psychosocial support should be conducted with various and interesting activities.**
- **Psychosocial support using group activity** help people to strengthen the social ties. Working with existing programmes whenever possible. It will more effective in the recovery process.
- It is better for similar future research to do through **in-depth interview** regarding psychology and social impact after a disaster to the survivor. Subjects of the interview can be segregated based on their age: children, teenagers, adults, and senior citizens so that researcher can get more comprehensive data.

