

Protective Factors in Resilience of Aceh Tsunami Survivors

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Aceh in the northern part of Sumatra island - Indonesia has experienced the most severe destruction by tsunami in December 2004. This study aims to find out whether there are differences in the resilience of Acehnese young adults and late adolescent survivors, as well as to identify the protective factors underlying the resilience of Aceh young adult survivors. Quantitative and qualitative approaches were conducted to identify the resilience of tsunami survivors using the characteristics of resilience proposed by Wagnild (2009). Results showed that resilience score of young adults were higher than resilience score of late adolescents. The meaningfulness, equanimity, existential aloneness, and perseverance were growing to support the resilience of young adult survivors. Moreover, Aceh cultural values were also identified as protective factors contributing to the participants' resilience. The implication of this study is important for the healing programs for the tsunami survivors.

Keywords: Acehnese culture, resilience, tsunami, young adult survivors

Aceh di bagian Utara pulau Sumatra-Indonesia telah mengalami kerusakan yang paling parah oleh tsunami Desember 2004. Tujuan studi ini adalah menemukan apakah ada perbedaan dalam daya pulih antara penyintas tsunami dewasa muda Aceh dan penyintas tsunami remaja akhir, demikian pula untuk mengidentifikasi faktor-faktor pelindung yang mendasari ketabahan para dewasa muda Aceh. Pendekatan kuantitatif maupun kualitatif dipakai untuk mengidentifikasi ketabahan para penyintas tsunami dengan mengacu pada karakteristik daya pulih yang dikemukakan oleh Wagnild (2009). Hasil-hasil menunjukkan bahwa skor daya pulih para penyintas dewasa Aceh lebih tinggi daripada skor daya pulih para penyintas remaja akhir. Kebermaknaan, ketenangan hati, kesendirian eksistensial, dan ketekunan bertumbuh untuk mendukung daya pemulihan para penyintas dewasa muda. Selain itu nilai-nilai budaya Aceh juga diidentifikasi sebagai faktor-faktor pelindung yang berkontribusi terhadap daya pemulihan para partisipan. Implikasi studi ini penting untuk program-program penyembuhan para penyintas tsunami.

Kata kunci: budaya Aceh, daya pulih, tsunami, penyintas dewasa muda

Geographically, Indonesia is located in the Pacific ring of fire and Alpide Belt, and located between three hyperactive continental plates as well: Indoaustralia, Eurasia, and Pacific. Related to its locations, Indonesia has many volcanoes that potentially bring earthquakes and tsunamis. One area most affected by earthquakes

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and tsunamis is Aceh which was hit by a 8.9 Richter scale earthquake which occurred in December 2004. Compared to areas also swiped by the same tsunami, Aceh suffered the most with more than 100,000 deaths and several hundred thousands buildings struck down. Moreover, hundred thousands of individuals were left by themselves without any family member nor belongings. Generally speaking, people need to have resilience, the ability to anticipate the disaster mitigation and to bounce back after disaster struck.

Resilience is affected by protective factors that come from both internal and external (Everall, Altrows, & Paulson, 2006; McCubbin, 2001). Internal factors include individual characteristics such as personality, age,