

Application of Rational Emotional Behavior Therapy to Overcome Anxiety in Disaster Victims

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Abstract: After floods and landslides on April 29, 2017, the people of Sambungrejo Village, Grabag Subdistrict, Magelang Regency experienced several changes in their daily lives such as avoiding activities that were previously liked, despair about the future, difficulty concentrating, difficulty maintaining close relations, trying to avoid talking about events being experienced irritability or anger, great embarrassment, difficulty sleeping, being easily shocked or frightened by the roar for fear of a return of a landslide event. The anxiety condition suffered by citizens can hinder the recovery process after the disaster. For this reason, clinical psychological intervention is needed for the lover. This study aims to determine the impact of implementing REBT in overcoming post-disaster survivors' anxiety. A series of psychological examinations through interviews, observations, several psychological tests and the giving of HSCL-25 questionnaires (Hopkins Symptom Checklist-25) and REBT interventions showed that the five subjects experienced anxiety, fatigue, muscle tension, difficulty concentrating and difficulty sleeping and supported by the results of the pretest of the Hopkins Symptom Checklist scale - 25 (HSCL-25), where the five subjects scored above 1.75, it can be defined as a disorder of anxiety, there were 3 subjects who had severe anxiety and 2 subjects who had moderate anxiety. After the implementation of Rational Emotive Behavioral Therapy, the five subjects became calm, relaxed, easy to concentrate and did not experience muscle tension and easy sleep. This is supported by the results of the Hopkins Symptom Checklist - 25 (HSCL-25) application which has decreased by an average of 0.75, makes the subjects quieter, sleep difficulties less, can concentrate and think rationally, relax more but tension in the muscles and sometimes there still appears one of several symptoms that exist because the average anxiety that goes down has not crossed the normal limit.

Keywords: anxiety, rational emotive behavioral therapy, floods and landslides

1. Introduction

Disaster is a phenomenon / natural phenomenon that cannot be predicted when and where it will occur. As well as flash floods and landslides on April 29, 2017 at 3:00 p.m. WIB, due to high rainfall hit the GunungTelomoyo Region. Floods occurred in several hamlets of Citrosono Village, Grabag District and Seloprojo Village, Ngablak District.

The Pusdalops BPBD (Regional Disaster Management Agency) of Magelang Regency noted that the death toll was 13 people, 6 people were seriously injured, the number of refugees was 113 families or 378 people. It is estimated that damage to houses in Sambungrejo village lost 10 houses seriously damaged 7 and moderately damaged 13 houses, in the village of Citrosono lost 5 houses and moderately damaged 12 houses, in the village of Seloprojo missing 15 seriously damaged 7 houses and 41 houses were moderately damaged. As a result of the disaster, the Regent of Magelang issued Emergency Statement No. 180,182 / 164 / KEP / 46/2017 stipulated that the emergency response period ends May 5, 2017, considering that the handling of the emergency has not been completed until May 12, 2017.

After floods and landslides, the people of Sambungrejo Village, Grabag Subdistrict, Magelang Regency experienced several changes in their daily lives such as avoiding activities that were previously liked, despair about the future, difficulty concentrating, difficulty maintaining close relationships, trying to avoid talking about events being experienced, irritability anger, great shame, difficulty sleeping, being easily shocked or afraid of the roar because of fear of the return of a landslide event.

Individuals who experience this disorder can be said to experience anxiety disorder, which is excessive fear and irrational nature. According to DSM IV-TR (1994), there are several forms of anxiety disorders, including panic disorder, phobic disorders, generalized anxiety disorders, obsessive-compulsive disorder and acute stress disorder and post-traumatic stress disorder. The emotional impact of the disaster can last longer in the form of trauma and adjustment problems in post-disaster personal, interpersonal, social and economic life (Ehrenreich and McQuaide in Retnowati, 2012). Symptoms of symptoms of emotional disturbance that occur is a source of distress and can affect the ability of disaster survivors to reorganize their lives. If it is not immediately responded, it will cause survivors, families, and the community to not function properly (Retnowati, 2012). Anxiety felt by survivors of floods and landslides must be immediately addressed so that the recovery process can run well. The method of rational emotive behavioral therapy is considered as one method to overcome anxiety, to be tested whether the application of REBT can overcome the anxiety of victims of floods and landslides in Sambungrejo Village, Grabag, Magelang Regency.

2. Literature Review

2.1 The Concept of Anxiety

Anxiety is a person's normal reaction to a pressing situation. But in some cases, it becomes excessive and can cause someone irrational fear of something. Many factors influence individual anxiety levels including potential stressors, maturity, education and economic status, physical condition, personality, socio-cultural, environmental age, and gender. (SutardjoWiramihardja, 2005: 66)

According to Kaplan, Sadock, and Grebb (FitriFauziah & Julianti Widuri, 2007: 73) anxiety is a response to certain threatening situations, and is a normal thing that happens along with developments, changes, new experiences or things that have never been done, and in finding identity self and the meaning of life.

Anxiety is a response to a stressful situation. Stress can be defined as a perception of a threat to an expectation that triggers anxiety. The result is work to relieve behavior (Rawlins, at al, 1993). There are four levels of anxiety, namely mild, moderate, severe and panic (Townsend, 1996). Anxiety that arises in disaster victims is a change in the situation in their lives and fear of not being able to live the next life because they have lost their homes, livelihoods, difficulties in funding children's schooling and subsequent survival. Clinical features vary such as excessive fear of recurrence of disasters, anger, feelings of guilt and shame, feelings of helplessness, grief, self-image decreases, views of the negative world, sexual relations so that these feelings affect all aspects of life so consideration of common sense, feelings and behavior are affected.

2.2. Etiology

Anxiety often develops over a period of time and depends largely on the whole person's life experience. Special events or situations can accelerate the onset of anxiety attacks. According to Savitri Ramaiah (2003: 11) there are several factors that indicate anxiety reactions, including:

- a) The environment or around the residence affects the way individuals think about themselves and others;
- b) Emotions that are suppressed Anxiety can occur if an individual is unable to find a way out for his own feelings in this personal relationship, especially if he suppresses anger or frustration for a very long time; and
- c) Physical causes; The mind and body always interact and can cause anxiety.

Zakiah Daradjat (Kholilur Rochman, 2010: 167) suggests several causes of anxiety, namely:

- a) Anxiety arises from seeing a danger threatening him.
- b) Anxious because you feel guilty or guilty, for doing things that are contrary to your beliefs or conscience.
- c) Anxiety in the form of a disease and is seen in several forms.
- d) Anxiety is present because of an excessive emotion.

In relation to disasters, studies on disasters concluded that victims had similarities in aspects of the reaction experienced. In general, Rice (Fahrudin, 2005 in Sunardi 2007) describes three different periods, namely: (1) impact period, takes place throughout the event of disaster, (2) period of cooling (recoil period), takes place in several days after the incident, (3) the post-traumatic period (post-trauma period), which can last long and even throughout life. This means that disasters always leave problems, even for the long term. Individuals with strong mental backgrounds will remain strong despite severe trauma. On the other hand, for vulnerable individuals, even a small trauma can experience posttraumatic stress disorder.

2.3 Symptoms of Anxiety

The characteristics of anxiety acknowledging these symptoms are normal after a traumatic event. Post-traumatic stress disorder is first diagnosed when the symptoms last for more than one month and are combined with a loss of function in work or social relationships.

Anxiety and worries are related to three (or more) of the following six symptoms (with at least some symptoms present over the past 6 months). Only one symptom is needed in a child. Anxiety or feeling tense when approaching the specified day.

Symptoms of anxiety that arise in this case are restlessness, fatigue, difficulty concentrating, muscle tension and difficulty sleeping, efforts to reduce or reduce anxiety in the community groups affected by floods and landslides in Sambungrejo Village, Grabag District, Magelang Regency with group counseling therapy with efforts provide understanding, attitudes, beliefs, and appropriate behavior.

2.4 Rational Emotive Behavioral Therapy (REBT)

Rational Emotive Behavioral Therapy (REBT) was first introduced by Albert Ellis in the 1950s and initially this technique was called "Rational Therapy". REBT itself is a system of psychotherapy that teaches individuals how a system of beliefs determines that is felt and carried out on various events in life (Neenan in Palmer, 2011). Whereas according to Corey (2005) REBT is a stream of psychotherapy based on the assumption that humans are born with potential, both for rational and honest thinking and for thinking irrational and evil.

Albert Ellis (in Gunarsa, 2003) has a view of human concepts as follows:

- a) Humans condition themselves to the emergence of feelings that disturb their personality;
- b) Its biological tendency is the same as the cultural tendency to think wrong and is useless, resulting in disappointing yourself;
- c) Its unique humanity is to find and create wrong beliefs, which disturb, as well as the tendency to disappoint itself because of their disturbances;
- d) His extraordinary ability to change cognitive, emotional and behavioral processes makes it possible to: Choose a reaction that is different from what is usually done, refuse to disappoint yourself for almost anything that might happen, train yourself so that half-automatically maintains as little interference as possible throughout his life.

Related to the opinion above Corey (2005) says that humans generally have a tendency to nurture themselves, be happy, think and say, love, join others and grow and actualize themselves. The opinion above is supported by the opinion of Gunarsa (2003) saying the REBT approach assumes that humans are essentially victims of their own irrational and incorrect mindset, so therapists try to improve through their thinking patterns and eliminate irrational thought patterns. REBT is one of the psychotherapy techniques that has a direct approach in dealing with patients who experience disorders of irrational thought patterns that cause anxiety. This therapy aims to eliminate illogical, irrational thinking

and replace it with something logical and rational. REBT's theoretical concepts are explained in detail by Albert Ellis and consist of activating event (A), belief and thoughts (B), and Consequences (C) known as the theory concepts A, B, C models, but the addition of the Dispute model (D), Effective New Beliefs and Thoughts (E), New Feeling (F), (Froggatt, 2005).

REBT has four concepts including:

- a) Rational Analysis, an analysis of events that is specific to teaching subjects how to open and debate irrational beliefs commonly used in the first session and after the client gets the idea, the subject will take it as homework.
- b) Double-standard dispute, if the subject feels inferior to his behavior, ask if they will immediately assess other people (such as good friends or therapists) in doing the same thing or recommending others to hold on to their main beliefs.
- c) Devil's Advocate, or better known as effective and useful role playing techniques, is designed so that subjects can debate their irrational beliefs. Therapists play a role by adopting useless and energetic subject beliefs that refute it, when the subject tries to convince the therapist that the belief is useless. This technique is mainly used in subjects who know irrational beliefs but need help to combine what is understood.
- d) Reframing, a strategy to view bad things as a disappointment becomes a concern and inconvenience as a very bad or unbearable thing. The variation of reframing is to help the subject to see that even bad events always have a positive side and make a list of positive things that can be thought of by the subject.

3. Assesment

In the application of group activity therapy, data is obtained by conducting a series of psychological examinations in which there is an interview process, observation, several psychological tests and the administration of the HSCL-25 questionnaire (Hopkins Symptom Checklist-25). The methods and results are as follows.

3.1. Interview

Interviews were conducted for autoanamnesas and alloanamnesa so that the information obtained was more complete such as information about the subject's identity, family background, educational background, relationships with friends, relations with the environment and other information related to the subject matter.

3.2. Observation

Observations in this study include general observation and observation when carrying out a series of psychological tests. In general observation there are three aspects that must be considered carefully, namely:

- a) Subject appearance: observation of physical appearance, manner of dress or daily style.
- b) Emotional reactions: observing the atmosphere when conducting interviews, the mood of the subject and the nature of his daily life.

- c) Speech style: observation of speech style, the grammar used and how to convey it.

While observations when psychological tests that must be considered are the implementation situation, how the subjects do it, are there any special things to do other than working on the test, for example complaints or anything done during the test and how long it takes to do it.

3.3. Psikology Test

The Psychology test kits used are:

- a) SPM is used to measure intelligence.
- b) SSCT is presented to express his traumatic experience and the wishes he wants

3.4. HSCL-25 Questionnaire

HSCL-25 (Hopkins Symptom Checklist-25), which is a measuring instrument commonly used to describe distress and adjustment for somatic disease (Tousignant&Sandanger in Sandanger, Moum, Ingebrigtsen, Sorensen, Dalgard, &Bruusgaard, 1999), conditions difficult life (Salkind in Sandanger, Moum, Ingebrigtsen, Sorensen, Dalgard, &Bruusgaard, 1999), and psychiatric diagnosis. HSCL-25 is a short and economical measurement tool for research with a large number of samples, but easily illustrates the individual mood-of-the-day effects (Moum in Sandanger, Moum, Ingebrigtsen, Sorensen, Dalgard, &Bruusgaard, 1999). This gauge has been adapted and used for Indonesian settings (Turnip &Hauff, 2007).

HSCL-25 is a measuring instrument using the self-report method consisting of 15 items that measure depressive symptoms and 10 items that measure anxiety symptoms, which were felt more or less in the past week. The number of symptoms each felt was measured using a 4-point Likert scale score. Scale 1 states the opinion that these symptoms do not interfere at all and scale 4 states that the symptoms are very disturbing (extreme). How to calculate the HSCL-25 score is done by summing the scores of each item then divided by the number of items answered.

- a) Absolutely never = 1
- b) Once in a while = 2
- c) Rather often = 3
- d) Often = 4

Calculations by summing and dividing by the number of questions obtained the following categories:

Table 1: Value and Categories

Value	Categories
0 - 1.75	No anxiety
1.75 - 2.75	Experiencing Moderate Anxiety
2.75 - 4	Experiencing Severe Anxiety

If the score is greater or equal to 1.75, it can be defined as a disorder of anxiety (Winokur in Sandanger, Moum, Ingebrigtsen, Sorensen, Dalgard, &Bruusgaard, 1999).

3.5. Assessment Results

After conducting a series of psychological assessment of interviews, observations and several psychological tests and giving the Hcl-25 Scale to understand psychological conditions with symptoms and various problems faced:

3.5.1. Interview result

Of the five subjects said that they were the same villagers but were not familiar with each other. They only got to know more closely when they were in refugee camp. Because their fellow women become more familiar. Especially because the age is not so far away. Each tells each other about his life and advises how to live life for those who have not experienced it. How to socialize in a new place.

The feeling of the same fate experienced by them even helped them together and was obliged to deal with it positively. There is no one luckier than the other. similarity of position makes them feel in the same position and loses the same. Where they each have to build everything from the beginning again.

This is what makes some of them feel disappointed and anxious about what happened to them. Because I have tried but have to start life from the beginning again. Then what is experienced is the condition of difficulty sleeping, difficulty concentrating, not appetite, and blame yourself.

3.5.2. Alloanamnesa results on the subject and support system in group counseling

a) Alloanamnesa subject family 1

Subject 1 is a shy child, rarely leaves the house. Spend more time alone. He also didn't talk much with his mother. He only has 2 to 3 close friends. After finishing school, he was eager to work. But I don't know where he will work because it feels like this child can't live alone.

b) Alloanamnesa subject 2

Subject 2 is a cheerful child and has many friends. He felt he was not smart enough to be afraid of numeracy subjects. He was eager to get good grades on these subjects but did not know where to start. He is among those who accept the situation. Family circumstances and circumstances that afflict him.

c) Alloanamnesa subject 3

Subject 3 is a figure in this group because it is considered the most mature. Experience experienced more than others and have been able to see positive lessons from what is being faced, including this disaster. He tells others how to behave better.

d) Alloanamnesa subject 4

The subject is the first child of two siblings. He is a final year student. Has completed the final project when the disaster struck. He has become depressed lately and is more reserved than usual. Looks less passionate. When attending counseling he began to tell more stories than before.

e) Alloanamnesa subject 5

The 5th subject is the first child of 2 siblings. He is closer to his father than his mother. After the death of his father, things changed, he no longer got the convenience when there was his father. He also must help his mother in living the wheel of life. He wants to be a successful

person so that he becomes proud of him and mother becomes happy.

3.5.3. Observation Result

The appearance of the five subjects who were given group counseling therapy from how to dress was not too neat. They use t-shirts and shorts more often, but occasionally they use trousers and shirts. The reaction at the time of the interview seemed less enthusiastic and looked sad when telling about the events that happened to their place of residence. Of the five subjects, they currently live in refugee camps provided while looking for homes for relatives that can be occupied while waiting for the status of their homes that cannot be occupied anymore. Their speaking style at the time of the story seems flat, sometimes looks not too eager but still polite, communicative, and cooperative.

3.5.4. Psychological Test Results

From the results of psychological tests conducted on five subjects, personality characteristics were as follows:

a. Subject Test Result 1

Based on the results of psychological examinations that have been conducted, a score of 57 is classified as a Grade I Superior category. The way the subject receives emotional stimuli that comes is a negative response. The subject always remembers and feels unable to avoid it. In terms of maturity the subject appears mature. The subject's level of consciousness is good. The way the subject displays his conflict is to blame the bad conditions that have befallen him. Subjects are in conflict with their peers. Because they often talk about people behind. This makes the subject uncomfortable and prefers to be alone but he has a fear of establishing a new relationship.

The subject has a close relationship with the mother compared to father. He has hope that his father becomes a leader who is more obedient to religion. The subject understands his own family but is troubled by the way the family treats him.

For the subject of a bond must be based on a sense of mutual love. Then get married and have sexual relations. For the subjects themselves have not come to think of sexual needs because they have not found love with the opposite sex.

The subject was disappointed with the friendship he had because he was still talking about someone's ugliness and choosing better himself. Subjects are happy when assigned according to their abilities. Subjects like to work with people who have the same interests as themselves. Sometimes he prefers to spend his time reading books compared to people who work with him who are more concerned with themselves.

The subject had fond memories of childhood that were unforgettable and made him feel like he wanted to continue spending time with his family. Whereas his life in adolescence and his relationship with this friendship became an unpleasant one. Fear if not considered by the environment. So he prefers to be alone or behave strangely to be laughed at by others. His fear made him work hard to

support himself and fulfill all his needs by the fruits of his labor.

b. Subject Test Result 2

Based on the results of psychological examinations that have been carried out, a score of 58 is classified as a Grade I Superior category. Emotional stimuli that come on the subject are processed and overcome by themselves. In terms of maturity the subject appears mature. The subject seems to have matured in terms of cognitive, social, and emotional development. The subject's level of consciousness is good. The way the subject displays the conflict is to discuss it.

Subjects are in conflict with their peers. Because they often talk about people behind. This makes the subject uncomfortable and prefers to be alone but he has a fear of establishing a new relationship.

Family is an important and important thing for him. He felt very satisfied and happy to be part of this family. According to the subject, the picture of a perfect woman is an independent woman. He believes that a woman likes to be cared for and is more privileged than men.

Subjects assume married life between united and happy men and women. That sexual relations are carried out by married couples. The subject felt important solidarity with the friendship that was built. He also highly appreciates the people who work as well as those who help him. Subjects are suitable to work in quiet situations with deft partners.

The subject has a fear of lack of confidence in himself to establish a relationship with a new person who then forces himself to be more courageous. The carelessness of the subject which is his biggest weakness cannot be anticipated by himself so he tries to improve after an error occurs. This carelessness helped him to better understand other people.

Subjects have pleasant memories in childhood. Be spoiled with your family and play with friends at school. For the future subject needs to be prepared and designed from the present. The subject believes that his future is bright and the future is proof that he is able to succeed. Until later in his old age he will share his experiences with others.

c. Subject Test Result 3

Based on the results of psychological examinations that have been conducted, a score of 57 is classified as a Grade I Superior category.

Emotional stimuli that came on the subject were received negatively. The subject always remembers and feels unable to avoid it. In terms of maturity the subject appears mature. The subject's level of consciousness is good. The way the subject displays his conflict is to blame the bad conditions that have befallen him.

d. Subject Test Results 4

Based on the results of psychological examinations that have been conducted, the score of 50 is categorized as Smart Grade II.

Emotional stimuli that come on the subject are received with a positive and flat response. In terms of maturity the subject appears mature. The subject's level of consciousness is good. The way the subject displays his conflict is to blame the bad conditions that have befallen him.

The subject and his mother had a fairly close relationship. The subject is not so close to his father and he wants his father to be better and can give him money. The subject feels that his family is a family that is more open than other families.

According to the subject, the picture of a perfect woman is the kind. He believes most women are beautiful. The subject felt that the man who was with a woman must have a relationship.

The subject felt the need for loyalty with real friends. The subject's boss is considered a person who is more powerful than himself. Subject workmates are encouraging but sometimes become people who are annoying to him.

The subject had a fear of a sewer where no one knew that he was afraid of gutters. The subject feels guilty when he has to lie. The subject has beautiful memories with the family. When there is time to go back he wants to take better care of himself. For the subject in the future he will graduate and get married. He also felt he had to worship a lot when he was older. The subject wants to succeed and can make his parents happy.

e. Subject Test Results 5

Based on the results of psychological examinations that have been carried out, a score of 25 is categorized as Medium or average.

Emotional stimuli that came on the subject were received with a positive response. In terms of maturity the subject appears mature. The subject's level of consciousness is good. The way the subject displays his conflict is to feel sad about the misfortune that befell him. The subject is closer to the father than his mother. He wants his father to remain until the subject has become a successful person. The subject feels that his family is a perfect family with a happy past. Subject life in the world of work, the subject likes to work with friendly and pleasant people. He feels most suitable with close friends in the office. Friends who always help him are hard. For him he really respected his boss. Because they are the people who contributed to his career. The thing that is feared by the subject is solitude and death. This feeling of fear forced him to do nothing. The subject felt guilty when he had to lie to himself and had disappointed her. If he faces a situation that does not allow him to feel sad, even though he still believes he is capable of success. The biggest weakness the subject has is the difficulty of adapting to others. The subject has a happy past and unforgettable memories with his father who is always ready to take him anywhere. The subject is eagerly looking forward to the future, the day to achieve success and he will make himself happy first. The purpose of life to be achieved by the subject is happy and successful. Can work on TV and there are always friends beside him.

3.5.5. HSCL-25 Scale Pre-Test Results

HSCL-25 is a measuring instrument with self-report method consisting of 15 items that measure depressive symptoms and 10 items that measure anxiety symptoms, which were felt more or less in the past week. The number of symptoms each felt was measured using a 4-point Likert scale score. Scale 1 states the opinion that these symptoms do not interfere at all and scale 4 states that the symptoms are very disturbing (extreme). How to calculate the HSCL-25 score is done by summing the scores of each item then divided by the number of items answered.

If the score is greater or equal to 1.75, it can be defined as a disorder of anxiety (Winokur in Sandanger, Moun, Ingebrigtsen, Sorensen, Dalgard, & Bruusgaard, 1999).

a. Subject 1

Hopkins Symptom Checklist Results - 25 (pre-test) shows the number of scores obtained is 2.84. Where the total number of scores obtained is > 1.75 which means that there is severe anxiety

b. Subject 2

Hopkins Symptom Checklist Results - 25 (pre-test) shows the number of scores obtained is 3.48. Where the total number of scores obtained is > 1.75 which means that there is severe anxiety

c. Subject 3

Hopkins Symptom Checklist Results - 25 (pre-test) shows the number of scores obtained is 3.28. Where the total number of scores obtained is > 1.75 which means that there is severe anxiety

d. Subject 4

The Hopkins Symptom Checklist result - 25 (pre-test) shows the number of scores obtained is 2.16. Where the total number of scores obtained is > 1.75 which means it shows moderate anxiety

e. Subject 5

Hopkins Symptom Checklist Results - 25 (pre-test) shows the number of scores obtained is 2.7. Where the total number of scores obtained is > 1.75 which means that there is severe anxiety

From the results of the given HSCL-25 scale, and based on the existing categories, there were 4 subjects from the 5 subjects who experienced severe anxiety, namely 1 person who experienced mild anxiety.

4. REBT Counseling Intervention (*Rational Emotive Behavioral Therapy*)

4.1. REBT

Rational Emotive Behavioral Therapy aims to reduce symptoms of high anxiety in people affected by landslides in Sumbungrejo Village, Grabag District, Magelang District. To get the results of the application of group counseling in an effort to reduce or reduce the anxiety of the community affected by floods and landslides in Sambungrejo Village, GrabagSubdistrict, Magelang Regency with Rational

Emotive Behavioral Therapy, namely efforts to provide appropriate understanding, attitudes, beliefs, and behavior in groups carried out using rational emotive techniques using the techniques of Albert Ellis (Froggant, 2005) with the intervention design as a form of initial interview, baseline, and treatment plan.

4.2. Initial Interview

Initial Interview is Introduction and explanation of the purpose of CP's arrival to the subject, identification of complaints and initial problems of the subject related to self esteem, as well as the willingness of the subject to participate in the implementation of group counseling such as asking participants to fill out forms containing self-identity.

4.3. Baseline

Baseline is obtained by carrying out the assessment (pre-test) using the HSCL-25 given first before doing therapy. This is done to determine the extent of anxiety in the subject. The second scale is given after an intervention called the Post-test. HSCL-25 was given to see the changes in the evaluation results after taking group counseling therapy with rational emotive technique.

4.4. Treatment Plan

The Treatment Plan is carried out in eight sessions as in the following diagram.

Session 1:	Session 2:	Session 3:	Session 4:
Introducing and Bonding Groups	Understanding the target and actions to be taken	Understanding of irrational emotions and thoughts that endanger oneself	Understanding of Rational Emotive techniques
Session 5:	Session 6:	Session 7:	Session 8:
Understanding of Reforming	Time protection techniques	Strengthening to eliminate negative thoughts	Evaluation, post tes

Figure 1: Flow Chart of Implementation of REBT Treatments (source: Researcher Primary Data)

4.5. Pattern Matching

To match the theoretical references with the findings of case studies in the field, a Pattern Matching test was conducted which contained matching images of anxiety symptoms before intervention. The following is an illustration of the symptoms of anxiety in people affected by an avalanche disaster in Sumbungrejo Village, Grabag District, Magelang Regency. Based on the results of pattern matching, the five subjects showed the same symptoms including anxiety, feeling tired, difficulty concentrating, irritability, muscle tension and sleep disorders.

4.6. Results of REBT Interventions

After the REBT action through eight sessions, the five subjects showed different responses. Based on the

development of the results of the intervention, the following picture of development is obtained:

1) Subject 1

More calm at the 5th meeting, more relaxed at the 6th meeting, sleep difficulties reduced at the 7th meeting, reduced muscle tension in the 8th meeting, can concentrate on the 9th meeting, and can think rationally at the 9th meeting .

2) Subject 2

More calm at the 4th meeting, more relaxed at the 5th meeting, difficulty sleeping and muscle tension decreases at the 7th meeting, can concentrate on the 9th meeting, and can think rationally at the 10th meeting.

3) Subject 3

Calmer at the 9th meeting, more relaxed at the 7th meeting, difficulty sleeping and muscle tightness decreases at the 9th meeting, can concentrate on the 9th meeting, and can think rationally at the 10th meeting.

4) Subject 4

Calmer at the 7th meeting, more relaxed at the 7th meeting, sleep difficulties and reduced muscle tension at the 8th meeting, can concentrate on the 9th meeting, and can think rationally at the 9th meeting.

5) Subject 5

More calm at the 6th meeting, more relaxed at the 7th meeting, difficulty sleeping and muscle constancy reduced at the 8th meeting, can concentrate on the 10th meeting, and can think rationally at the 9th meeting.

4.7. Post Test

To see changes in the results of the intervention, a post-test was performed using the Hopkins Symptom Checklist - 25 (HSCL-25) anxiety scale of the five subjects experiencing changes in anxiety, the picture of the changes was as follows:

a) Subject 1

Subjects have decreased levels of anxiety from being mild but there is still anxiety in them because they have not reduced past normal numbers;

b) Subject 2

The subject has decreased levels of anxiety from high to mild but anxiety in him is still there because it has not reduced past normal numbers;

c) Subject 3

The subject has decreased levels of anxiety from high to mild but there is anxiety in him that is still there because it has not reduced past the normal number;

d) Subject 4

Subjects experienced a decrease in anxiety levels from mild to normal

e) Subject 5

Subjects experienced a decrease in anxiety levels from mild to normal

Interventions using Rational Emotive Behavioral Therapy to the five survivors of landslides in Sambangrejo Village, GrabagSubdistrict, Magelang Regency, given by CP were

able to reduce the level of anxiety experienced by improving the positive mental condition of the three subjects. CP strives to overcome the symptoms of meticulousness that arise so that each subject can be calmer, not experience rancidity in an emergency period capable of thinking rationally, more calmly and can construct to plan life.

Anxiety is the feeling when facing a problem with pressure, among others, as in this case is the anxiety in changing the situation of loss of home and property, living in refugee camps, in an uncertain situation to start a new life and changing family conditions and the ability to adapt and think about their future, so that the level of anxiety in someone is getting higher

5. Conclusion

Based on research results can be concluded;

- a) Clinical Overview of the Fifth Anxiety of Flood and Landslide Victims Subjects in Sumbungrejo Village, GrabagSubdistrict, Magelang Regency are: Restlessness, fatigue, muscle tension, difficulty concentrating and difficulty sleeping and supported by the results of the Hopkins scale Symptom Checklist pretest - 25 (HSCL-25) , where the five subjects have a score above 1.75, it can be defined as a disorder of anxiety, there are 3 subjects who have severe anxiety and 2 subjects who have moderate anxiety.
- b) The results of the application of Rational Emotive Behavioral Therapy to overcome anxiety in the Five Subjects of Flood and Landslide Disaster Victims in Sumbungrejo Village, GrabagSubdistrict, Magelang Regency, are: The five subjects are calm, more relaxed, easy to concentrate and do not experience muscle tension and easy sleep from the results of the application of the Hopkins scale Symptom Checklist - 25 (HSCL-25) which decreased by an average of 0.75, made the subject quieter, difficulty sleeping reduced, able to concentrate and think rationally, more relaxed but tight in muscles and sometimes one of several symptoms that exist because the average anxiety that goes down has not crossed the normal limit.

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