

Development of a Nursing Support Program on Finding Meaning in Life
for Relocated Disaster Survivors of the 2010 Mt. Merapi Eruption,
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INTRODUCTION

Disaster and relocation can cause suffering due to losses and daily life distress. The 2010 eruption of Mt. Merapi caused significant damage to the surrounding community. Lava and tephra destroyed 3,810 houses, damaged agricultural fields, devastated livestock, and killed 386 people. In addition, 2,856 families were forced to be permanently relocated (BAPPENAS & BNPB, 2011). The relocated disaster survivors suffered from difficulties due to the changes of daily life such as stress of environmental changes and domestic changes (e.g. longer distance to farmland; noise from neighbor; and less income). The stress of changes in daily life in the relocation area contributes to mental health problems. About 30% of the survivors are indicated to have mental health problems three years after the eruption (Noviana & Iwasaki, 2014).

In disaster situation, nurses the largest health care providers, often encounter the disaster survivors with suffering. Travelbee mentions that nurses actively contribute to help patients finding Meaning in suffering; finding meanings in suffering not only help people to cope and accept their condition but also help people to be able to use it as self-actualization (Tomey, 2002). Travelbee is influenced by Viktor E. Frankl, who conceived 'meaning in life' when he was suffering in the Holocaust. Frankl (2008) revealed that people who have meaning in life are more likely to survive than those who do not have meaning in life. Previous studies revealed that meaning in life is negatively correlated with mental health problems (Simonelli, Fowler, Maxwell, & Andersen, 2008). and protects people from mental health problems (Pan, Wong, Chan, & Joubert, 2008; Brassai, Piko, & Steger, 2011).

Despite the previous studies revealing the correlation between meaning in Life and mental health, nursing supports in finding meaning in life for relocated disaster survivors remains to be explored. Developed nursing interventions to support in finding meaning in life, "Parable method" by Travelbee and "Logotherapeutic nursing intervention" by Patricia L. Stark, were derived from Logotherapy originated by a psychiatrist, Viktor E. Frankl. In real practical situation, nurses do not typically have training in Logotherapy but they are in the front line in working with disaster survivors to face sufferings. In addition, the developed interventions have been developed for people with illness and have not been implemented for disaster survivors.

Purpose

This study aims to develop nursing support program based on model for enabling relocated disaster survivors of the 2010 Mt. Merapi eruption in Indonesia to find meaning in life. The support program on finding meaning in life will help the disaster survivors to promote their mental health and protect them from mental health problems. The support program is developed for general nurses who encounter disaster survivors and alleviate their suffering. To develop a nursing support program on finding meaning in life, the following are the research objectives:

1. Identify nursing support in finding meaning in life for relocated disaster survivors of the 2010 Mt. Merapi eruption in Indonesia
2. Clarify impacts of the nursing support program on finding meaning in life for the relocated disaster survivors
3. Clarify the model of the nursing support in finding meaning in life.

METHOD

This study uses a theoretical approach for developing a nursing support program on finding meaning in life, which includes Study I: Designing and pilot testing and Study II: Evaluating the support program.

The study I and study II are conducted in Community X, one of the biggest relocation area from the most damaged villages after the 2010 Mt. Merapi eruption in Indonesia.

This research has obtained approval from human subject committee of Chiba University School of Nursing and institutional review board of faculty of medicine of Gadjah Mada University, Indonesia, as well as permission from the communities in which this research was conducted. The written consent has been obtained from the participants in order to secure their rights of self-determination.

Study I: Designing and Pilot testing

Purpose

Study I aimed to design nursing support program and conduct a pilot test of the support program to produce revised nursing support program.

Method

Study I consisted of three steps, including: *Designing nursing support, Pilot testing of the nursing support program, and Revising the nursing support program.*

Step I: Designing nursing support program

A draft of nursing support program on finding meaning in life was constructed based on a conceptual model of meaning in life (Noviana , Miyazaki, & Ishimaru, 2016) and reflection cycle adapted from Gibbs (1988). The methods to conduct the support program that are group reflection and using photographs as reflection tool were added in the draft of the nursing support program. The draft was consulted to an expert who uses photographs for conducting support program in community and two public health care providers who were in charge in the relocation area. The designed support program would be used in step II of pilot testing.

Step II: The pilot testing

The pilot test was conducted for ‘evaluation process’ to improve quality of the support program (McKenzie, Neiger, & Thackeray, 2009). To evaluate the support program researcher’s note about what the researcher did and what the researcher felt about the support program and the participants’ face-to-face interview data about the support program (e.g. their feeling when participating in the support program and participants’ advices to improve the support program) were collected. The researcher’s note and participants’ data were compared to identify the positive and negative/ lacking points. The positive points and the negative/ lacking points were used to identify consideration points that would be used in the step III of revising the nursing support program.

Step III: Revising the nursing support program

The support program was revised according to the consideration points resulted in the evaluation process and advices from experts. This result was a revised nursing support program which would be evaluated in study II.

Results

A design of nursing support program ‘Group reflection using photographs’ consists of three times group sessions followed by individual sessions. Group session I: Introduce support program & practice using camera followed by individual session of assist taking photos related to meaning in

life; Group session II: sharing photos to identify sources of meaning in life (description, feeling & evaluation) followed by individual session of identify components of meaning in life (analysis); and Group session III: deeply reflect & share idea about components of meaning in life (analysis) followed by individual session of action planning for meaningful life (conclusion and action plan). The design nursing support program would be implemented for the relocated disaster survivors in Step II of pilot testing.

Six women (26 - 47 years old) participated in pilot testing of the support program. The pilot testing was conducted to evaluate the process of the support program to improve the quality of the support program. The evaluation process found six nursing supports with positive points that are considered to be reapplied in the revised nursing support program (e.g. using photos in finding meaning in life and sharing photos story in finding meaning in life) and six categories of consideration points to revise the support program (e.g. considering the local community characteristic and local culture and considering to achieve deep reflection in finding meaning in life).

A revised nursing support program emerged consisting of five main nursing supports, including: 1) Assisting in taking photographs of daily life that are influenced by disaster and relocation; 2) Sharing the story of daily life influenced by disaster and relocation (description, feelings, and evaluation), 3) Connecting with the idea of meaning in life (analyzing); 4) Assisting in taking photographs related to meaning in life (analyzing); and 5) Sharing past, current, and future daily life experiences to have meaningful life (conclusion and action planning).

Study II: Evaluating the Nursing Support Program

Purpose

Study II aimed to conduct impact evaluation of the revised support program to identify immediate responses and intended outcome of meaning in life. Impact evaluation focusses on immediate observable effect of the program that lead to intended outcome (McKenzie, Neiger, & Trackeray, 2009). The participants' immediate responses function as observable effects of the support program that lead to the intended outcome. The intended outcomes of the support program are

participant's score increase in meaning in life and they are able to find meaning in life from daily life experiences.

Method

Participants' immediate responses were collected from IC-recorded data in each session during the support program. The participants' responses were supported by participants' photographs, drawing, and individual photos-maps. The data from each participant' responses during the support program were transcribed and analyzed qualitatively.

The intended outcomes of the support program were to increase score of meaning in life measured quantitatively using Life Attitude Profile - Revised questionnaire (Reker, 2009) and to be able to find meaning in life from daily life experiences that were identified qualitatively using meaning in life questions.

Results

The study II was conducted in January – February 2017 in community X. Six women (31– 41 years old) participated in the support program. Six immediate responses were identified (1. identify daily life changes, 2. identify meaning in the changes in daily life, 3. recognize meaning in life, 4. become aware of meaning in life from daily life experiences, 5. find main meaning in life, and 6. plan to modify attitude toward daily life for a meaningful life). It was found that all participants' meaning in life scores on the Life Attitude Profile - Revised Questionnaire (Reker, 2009) increased after participating in the support program. The qualitative data found that the participants recognize sources and components of meaning in life from daily life experiences.

DISCUSSION

A Model of Nursing Support in Finding Meaning in Life

A model of nursing support in finding meaning in life is constructed based on the results of Study I and Study II. The model consists of main nursing supports that are necessary supports to induce the intended outcome of meaning in life resulted in study I and participants' immediate responses as observable effects of receiving the nursing supports identified in study II.

The model illustrates how nurses assist disaster survivors to reflect daily life experiences to find meaning in life and illustrates the survivors' immediate responses as effects of receiving the nursing supports, including 1) nurses assisting in taking photograph of daily life that are influenced by disaster and relocation, so that participants are able to identify daily life changes; 2) nurses assisting in sharing the story of daily life influenced by disaster and relocation, so that participants are able to identify meaning in the changes of daily life and recognize meaning in life; 3) nurses assisting in taking photograph related to meaning in life so that participants become aware meaning in life from daily life experiences; and 4) nurses assisting in sharing past, current, and future daily life experiences to have meaningful life, so that participants are able to find main meaning in life and make an action plan to modify attitude toward daily life for meaningful life. In the model, nurses also connect with idea of meaning in life in each of the nursing supports.

Characteristics of the Nursing Support Program on Finding Meaning in Life

Two characteristics of the support program are identified. Firstly, the nursing support introduces new approach to assist disaster survivors in finding meaning in life. Secondly, the program offers support for disaster survivors who have potential problems in recovery at long term recovery phase.

Firstly, the nursing support introduces new approach, 'group reflection using photographs', to enable disaster survivors to find meaning in life from their daily life experiences. During the support program the survivors are assisted to reflect their past experiences and make action plan for leading a more meaningful life in the future. The reflection is conducted in the group session using photographs, in which, the group session facilitates the participants to exchange their idea of meaning in life. The photograph makes the participants excited to participate in the support program and that photograph helps participants to reflect their daily life experiences to find meaning in life.

While this support program uses group reflection using photograph to assist finding meaning in life, the previous nursing supports program in finding meaning in life used Parable method by Travelbee and Logotherapeutic method by Patricia L. Stark. In Parable method, nurses tell story to the patients that point out that no human being is exempt from suffering. By listening to the story, people can take the meaning of the story (Frankl, 1988). Another method is Logotherapeutic nursing intervention conducted by Starck. The intervention uses written parables or provocative thoughts.

Similar to the Parable method, in Logotherapeutic nursing intervention, nurses tell story to stimulate reflective thinking and application to the patients' life. Then, the participants discuss how they can cope with their current suffering condition (Starck, 2003).

Compared to the previous support program, the support program of group reflection using photographs has the following characteristics 1) The support program assists the participants to reflect their own daily life experiences that enable the disaster survivors to find meaning in life from their own daily life experiences; 2) The support program not only focuses to deal with the current suffering condition but also assists the survivors to make plan for leading a more meaningful life. 3) The support program uses step-by-step reflection process that gives direction for nurses to assist disaster survivors in finding meaning in daily life. However, in the support program, the participants were assisted to reflect their real daily life experiences related to disaster and relocation, in which, remembering about the experiences related to disaster can be emotionally disturbing for the survivors.

Secondly, the support program focuses on assisting disaster survivors to find meaning in life at the long-term recovery phase. While the previous support program at the long-term recovery phase were focused on the actual problem of the disaster survivors such as mental health recovery program (Forbes, et al, 2010), this support program assists disaster survivors who do not have actual problems but they have risk of mental health problems and potential problems in recovery. Moreover, at long-term recovery phase the survivors who do not have actual problems usually are lack of attention from public health care providers.

Conclusion

Group reflection using photographs introduces new approach for nurses to support disaster survivors in find meaning in life. In addition, the program offers support for the disaster survivors at long-term recovery phase, in which, the survivors usually are lack of supports from public health care providers, but they still have potential problems in recovery. However, during the support program the survivors are assisted to reflect their real daily life experiences related to disaster, in which, remembering experiences related to disaster can be emotionally disturbing for the survivors. Nurses need to consider about the participants' emotional condition while recruiting participants and conducting the support program.

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