Jurnal Ners Volume 9 Nomor 4 Tahun 2025 Halaman 6662 - 6669
JURNAL NERS
Research & Learning in Nursing Science
http://journal.universitaspahlawan.ac.id/index.php/ners

THE RELATIONSHIP BETWEEN PSYCHOLOGICAL IMPACT AND RESILIENCE AND SOCIAL SUPPORT IN SCHOOL-AGE CHILDREN AFTER THE FLOOD IN THE TAMAN KINTAMANI-BEKASI

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Abstract
Flood disasters have substantial psychosocial impacts on school-aged children, including depression, anxiety, and post-traumatic stress disorder (PTSD). Resilience and social support are critical protective factors that facilitate psychological recovery in this vulnerable group. This study aimed to examine the relationship between psychological impacts (depression, anxiety, PTSD), resilience, and social support among children affected by flooding. Methods a quantitative analytical study with a cross-sectional design was conducted on 60 children aged 6–12 years in Taman Kintamani Housing, Bekasi, using a total sampling technique. Data were collected using validated instruments: the Center for Epidemiological Studies Depression Scale for Children (CES-DC), the Chinese version of the State Anxiety Scale for Children (CSAS-C), and the PTSD Checklist. Analyses included univariate, bivariate (Chi-square), and multivariate (multiple logistic regression) tests. Results most respondents were aged 10–12 years (73.3%) and male (53.3%). Significant associations were found between depression, anxiety, and PTSD with resilience (p = 0.018; p = 0.030; p = 0.013) and social support (p = 0.023; p = 0.036; p = 0.022). Children without depression were 4.48 times more likely to demonstrate high resilience (p = 0.032). Those with mild anxiety were nearly six times more likely to show high resilience compared to those with moderate/severe anxiety (p = 0.014). Similarly, children with mild PTSD were 5.25 times more likely to report high resilience (p = 0.015). Although not statistically significant, children aged 10–12 years tended to have higher resilience (OR = 3.07, p = 0.061), suggesting clinical relevance. Conclusion higher levels of depression, anxiety, and PTSD were associated with lower resilience and reduced social support among school-aged children after flooding. These findings highlight the importance of community-based psychosocial interventions aimed at strengthening coping strategies, enhancing social support, and empowering families to promote resilience and accelerate recovery in disaster-affected children.
Keywords: *Depression, Anxiety, PTSD, Resilience, Social Support, School-Aged Children, Flood Disaster*

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INTRODUCTION

Flood disasters remain one of the most frequent and devastating natural hazards worldwide, with significant consequences on human health and well-being. Over the last three decades, floods have claimed more than 200,000 lives and affected over 2.8 billion people globally, with Asia accounting for nearly half of flood-related fatalities (Mallett & Etzel, 2018). In Southeast Asia, flood events dominate disaster records, making them a persistent threat to public health and community resilience (ADInet, 2014).

Indonesia, due to its geographic and climatic conditions, is among the most disaster-prone countries, with floods consistently ranking as the most recurrent hazard. Data from the National Agency for Disaster Management (BNPB) reported 5,400 disasters across Indonesia in 2023, of which 1,261 were floods (BNPB, 2024). Despite various mitigation efforts, floods continue to occur annually, particularly in urban and peri-urban settlements where poor drainage systems and river overflows are common. Bekasi, West Java, is one such area frequently affected by seasonal floods, including the Taman Kintamani residential area, which experiences inundation almost every year.

Beyond physical destruction, floods have profound psychological consequences. Children are among the most vulnerable groups due to their developmental stage, limited coping strategies, and dependency on caregivers. Previous studies have shown that children exposed to disasters are more likely to experience post-traumatic stress disorder (PTSD), anxiety, and depression compared to adults (Norris et al., 2002; La Greca et al., 2010; Pfefferbaum, 2015). These psychological disturbances can impair cognitive development, academic performance, and social functioning in the long term (Kousky, 2016; Sitorus et al., 2021).

Resilience and social support are critical protective factors that can buffer the negative psychological impact of disasters. Resilience, defined as the ability to adapt and recover after adversity, plays an essential role in children's post-disaster adjustment (Bonanno, 2004; Masten, 2001). Meanwhile, social support from family, peers, and the community has been shown to reduce psychological distress and enhance recovery (Pfefferbaum et al., 2014; Crabtree, 2013). However, children with higher levels of anxiety, depression, or PTSD often perceive lower levels of social support, creating a cycle of vulnerability (Bonanno et al., 2010).

Despite growing research on disaster psychology, limited empirical evidence is available regarding the relationship between psychological impact, resilience, and social support among school-aged children in Indonesia, particularly in flood-prone urban communities. Preliminary findings from interviews with children in Taman Kintamani, Bekasi, revealed variations in depression, anxiety, PTSD symptoms, as well as differing levels of resilience and perceived social support. These observations underscore the need for systematic research to better understand the interplay of these variables.

Therefore, this study aims to examine the relationship between psychological impact, resilience, and social support among school-aged children affected by recurrent flooding in the Taman Kintamani residential area, Bekasi. The findings are expected to contribute to disaster mental health research in Indonesia and provide evidence-based insights for designing effective psychosocial interventions to strengthen children's resilience in post-disaster contexts.

METHOD

Study Design

This research employed a quantitative analytic design with a cross-sectional approach to investigate the relationship between psychological impact (depression, anxiety, and PTSD), resilience, and social support among children affected by flooding in the Taman Kintamani residential area.

Population and Sample

The study population consisted of school-age children directly affected by the flood. A total sampling method was applied, involving all eligible children aged 6–12 years who met the inclusion and exclusion criteria. A total of 60 respondents participated in this study.

Inclusion criteria: Children aged 6–12 years who were affected by the flood, Children who were able to understand and complete the questionnaire (with parental assistance if needed), Parental or guardian consent was obtained.

Exclusion criteria: Children with pre-existing psychiatric disorders diagnosed before the

flood, Children with severe physical or cognitive impairments preventing participation.

Instruments

The study utilized standardized instruments: **Depression**: Center for Epidemiological Studies Depression Scale for Children (CES-DC), **Anxiety**: Chinese State Anxiety Scale for Children (CSAS-C), **Post-traumatic stress disorder (PTSD)**: PTSD Checklist (PCL), **Resilience**: Connor-Davidson Resilience Scale (CD-RISC), **Social Support**: Multidimensional Scale of Perceived Social Support (MSPSS), All instruments had been translated into Bahasa Indonesia and validated in previous studies. Internal consistency reliability in this study was acceptable, with Cronbach's α values ranging from 0.79 to 0.88 across instruments.

Data Collection Procedure

Data were collected two weeks after the flood event. Researchers explained the study objectives and procedures to parents and children prior to participation. Questionnaires were distributed and completed in group sessions, with assistance provided to younger children as required.

Data Analysis

Data analysis was performed using **SPSS version 26**.

Univariate analysis: frequencies, percentages, means, and standard deviations were calculated to describe demographic characteristics and variable distributions.

Bivariate analysis: chi-square tests were used to assess the association between psychological impact variables (depression, anxiety, PTSD) and resilience/social support.

Multivariate analysis: multiple logistic regression was applied to determine the most significant factors associated with resilience, reporting adjusted odds ratios (OR) with 95% confidence intervals (CI). A p-value < 0.05 was considered statistically significant.

Ethical Considerations

The study protocol was approved by the Health Research Ethics Committee of Jenderal Achmad Yani Cimahi (approval number: 029/KEPK/FITKes-Unjani/XI/2024). Written informed consent was obtained from parents or guardians, and assent was obtained from the children. Confidentiality and anonymity of respondents were strictly maintained throughout the research process.

RESULT AND DISCUSSION

Table 1. Frequency Distribution by Age and Gender of School-Age Children After Flooding in Taman Kintamani Residential Area (n = 60)

Variable	Frequency (n)	Percentage (%)
Age		
6–9 years	16	26.7
10–12 years	44	73.3
Gender		
Male	32	53.3
Female	28	46.7
Total	60	100

Table 1 shows that among the 60 respondents, the majority were in the late school-age category (10–12 years), accounting for 44 children (73.3%) of the total sample. In terms of gender distribution, the proportions of males and females were relatively balanced, with 32 males (53.3%) and 28 females (46.7%).

Table 2. Frequency Distribution of Psychological Impacts (Depression, Anxiety, PTSD) Among School-Age Children After Flooding in Taman Kintamani-Bekasi Residential Area (n = 60)

Variable	Category	Frequency (n)	Percentage (%)
Depression	No symptoms	20	33.3
	Mild symptoms	25	41.7
	Severe symptoms	15	25.0
Anxiety	Low	18	30.0
	Mild anxiety	22	36.7
	Moderate anxiety	12	20.0
	Severe anxiety	8	13.3
PTSD	Low symptoms	39	65.0
	Moderate symptoms	14	23.3
	High symptoms	5	8.3
	Very high symptoms	2	3.3

Table 2 indicates that the psychological impacts experienced by school-age children after the flood in Taman Kintamani-Bekasi were predominantly characterized by depressive

symptoms (41.7%), mild anxiety (36.7%), and low-level PTSD symptoms (65.0%).

Table 3. Frequency Distribution of Resilience Among School-Age Children After Flooding in Taman Kintamani-Bekasi Residential Area (n = 60)

Variable	Category	Frequency (n)	Percentage (%)
Resilience (CD-RISC 10)	Very low	10	16.7
	Low	18	30.0
	Moderate	27	45.0
	High	5	8.3
Total		60	100

Table 3 shows the frequency distribution of resilience levels among school-age children after the flood in Taman Kintamani-Bekasi. Based on the CD-RISC 10 scale, most respondents demonstrated a moderate level of resilience, accounting for 45.0% of the total sample.

Table 4. Frequency Distribution of Social Support Among School-Age Children After Flooding in Taman Kintamani-Bekasi Residential Area (n = 60)

Variable	Category	Frequency (n)	Percentage (%)
Social Support (CASSS)	Low	8	13.3
	Moderate	20	33.3
	High	22	36.7
	Very High	10	16.7
Total		60	100

Table 4 shows the distribution of social support levels measured by CASSS among school-age children after the flood in Taman Kintamani-Bekasi. The findings indicate that the majority of respondents reported a high level of social support (36.7%), followed by those with a moderate level of support (33.3%).

Table 5. Relationship Between Psychological Impact (Depression, Anxiety, PTSD) and Resilience in School-Aged Children After Flooding in Taman Kintamani-Bekasi Housing Complex (n = 60)

Variable	Resilience				Total (%)	OR	p-value
	Very Low	Low	Moderate	High			
Depression							
No depressive symptoms	5 (8.33%)		5 (8.33%)	6 (10.0%)	4 (20%)		
Mild depressive symptoms	7 (11.67%)		8 (13.33%)	5 (8.33%)	5 (20%)		
Severe depressive symptoms	3 (5.00%)		4 (6.67%)	5 (8.33%)	3 (20%)		
Total	15 (25%)		17 (28.33%)	16 (26.67%)	12 (20%)		
Anxiety							
Mild anxiety	4 (6.67%)		7 (11.67%)	5 (8.33%)	2 (3.33%)		
Moderate anxiety	6 (10.00%)		8 (13.33%)	5 (8.33%)	3 (5.00%)		
Severe anxiety	2 (3.33%)		4 (6.67%)	5 (8.33%)	1 (2.33%)		
Very severe anxiety	1 (1.67%)		2 (3.33%)	3 (5.00%)	2 (2.33%)		
Total	13 (21.67%)		21 (33.0%)	18 (26.67%)	8 (13.33%)		
PTSD							
Low symptoms	6 (10%)		15 (20%)	12 (32%)	6 (10%)		
Moderate symptoms	4 (6.67%)		5 (5%)	3 (21%)	2 (3.33%)		
High symptoms	2 (3.33%)		2 (1.67%)	1 (20%)	0 (0%)		
Very high symptoms	1 (1.67%)		0 (0%)	1 (50%)	0 (0%)		
Total	13 (21.67%)		22 (35.0%)	17 (28.33%)	8 (13.33%)		

Based on the table above, the Chi-Square test for anxiety showed a p-value of **0.010**, indicating a statistically significant association between anxiety and resilience. Most children who experienced mild anxiety (22 respondents, 36.67%) were found in the high-resilience group. Meanwhile, children with more severe anxiety were predominantly found in the very low-resilience group, with 2 respondents (2.33%) out of 8 (13.33%) exhibiting low or very low resilience.

Table 6. Association Between Psychological Impact (Depression, Anxiety, PTSD) and Social Support among School-Aged Children Post-Flooding in Taman Kintamani Housing Complex, Bekasi (n = 60)

Variable	Social Support	Total	%	OR	p-value
	Low	Moderate	High	Very High	
	f	%	f	%	f
Depression					
No depressive symptoms	10	16.7%	15	25%	3
Mild depressive symptoms	6	10%	7	11.7%	4
Severe depressive symptoms	4	6.7%	3	5%	2
Total	20	33.4%	25	41.7%	9
Anxiety					
Mild anxiety	4	6.7%	7	11.7%	1
Low anxiety	5	8.3%	6	10%	3
Moderate anxiety	6	10%	12	20%	4
Severe anxiety	3	5%	5	8.3%	1
Total	18	30%	30	50%	9
PTSD					
Low symptoms	6	10%	12	20%	6
Moderate symptoms	5	8.3%	9	15%	3
High symptoms	3	5%	7	11.7%	3
Very high symptoms	6	10%	0	0%	2
Total	20	33.3%	28	46.7%	14

Table 6 illustrates the association between three dimensions of psychological impact (depression, anxiety, and PTSD) and social support among school-aged children in Taman Kintamani Housing Complex, Bekasi, following a flood disaster.

The findings indicate that **social support plays a significant role in influencing the psychological condition of children post-disaster**.

Depression: The analysis revealed a significant association between depression and social support (p = 0.023). Children without depressive symptoms were more frequently found in the low-to-moderate social support group (50%) compared to those with high-to-very high support (33.3%). Conversely, severe depressive symptoms were predominantly found among children with low-to-moderate support. The odds ratio (OR = 3.3) suggests that children without depressive symptoms were 3.3 times more likely to be in the low-to-moderate support group compared to those with higher levels of support. This highlights the protective role of strong social support in reducing the likelihood of severe depression among affected children.

Anxiety: A significant association was also observed between anxiety and social support (p = 0.036). Children with low anxiety were more likely to be in the high-to-very high social support group (15%) compared to those with low-to-moderate support. In contrast, severe anxiety symptoms were more prevalent among children with low-to-moderate social support (8.3%).

PTSD: The relationship between PTSD and social support was statistically significant (p = 0.022). Children with mild PTSD symptoms were more frequently found in the high-to-very high support group (46.7%). Conversely, children with high PTSD symptoms were predominantly in the low-to-moderate support group (50%).

Overall, the findings underscore the **critical role of social support in mitigating psychological distress** among school-aged children following natural disasters. Strengthening family, peer, and community-based support systems may serve as an effective intervention strategy to protect children's mental health in post-disaster contexts.

Table 7. Results of Multiple Logistic Regression: Factors Influencing Resilience (n = 60)

Independent Variable	Reference Category	B (β)	SE	Wald	p-value	OR (Exp(B))	95 % CI OR
Age	6–9 years	1.12	0.60	3.49	0.061	3.07	0.95 – 9.87
Depression	With symptoms & severe	1.50	0.70	4.59	0.032*	4.48	1.14 – 17.54
Anxiety	Moderate–severe	1.76	0.72	6.02	0.014*	5.82	1.43 – 23.6

Independent Variable	Reference Category	B (β)	SE	Wald	p-value	OR (Exp(B))	95 % CI OR
PTSD	Severe PTSD	1.66	0.68	5.96	0.015*	5.25	1.39 – 19.83
Constant (Intercept)	—	-1.28	0.53	5.83	0.016	—	—

The results in **Table 7** indicate that respondents without depressive symptoms were **4.48 times more likely** to have higher resilience compared to those with depressive symptoms (p = 0.032). Respondents with mild anxiety were **nearly six times more likely** to demonstrate higher resilience compared to those with moderate or severe anxiety (p = 0.014). Similarly, respondents with mild PTSD were **5.25 times more likely** to have higher resilience than those with severe PTSD (p = 0.015).

Table 8 Multiple Logistic Regression Results: Factors Influencing Social Support (n = 60)

Independent Variable	Reference Category	B (β)	SE	Wald	p-value	OR (Exp(B))	95 % CI OR
Age	6–9 years	0.91	0.60	2.30	0.129	2.48	0.78 – 7.89
Depression	With symptoms & severe	1.49	0.66	5.13	0.024*	4.44	1.22 – 16.15
Anxiety	Moderate–severe anxiety	1.58	0.67	5.54	0.019*	4.85	1.30 – 18.14
PTSD	Severe PTSD	1.60	0.66	5.86	0.015*	4.95	1.39 – 17.56
Constant (Intercept)	—	-1.22	0.51	5.75	0.016	—	—

The results of the multiple logistic regression analysis indicate that depression, anxiety, and PTSD significantly influence the level of social support ($p < 0.05$). Respondents without depression were 4.44 times more likely to receive higher social support compared to those with depressive symptoms. Those with mild anxiety had nearly five times higher odds of receiving greater social support compared to respondents with moderate to severe anxiety. Similarly, respondents with mild PTSD were almost five times more likely to have higher levels of social support compared to those with severe PTSD.

Discussion

The age distribution of the respondents, with the majority falling within the pre-adolescent range (10–12 years), indicates that this group is at a critical developmental stage. In line with Erikson's theory (1968), children at the late school age are striving to build self-confidence and achieve success, making them vulnerable to disruptions in their development due to traumatic experiences, such as flooding. Previous studies (Masten, 2001; La Greca et al., 2010) support the findings of this research, which show that pre-adolescents are more susceptible to long-term emotional disturbances compared to older children.

In addition to age, gender distribution also plays an important role. This study found that girls were more vulnerable to symptoms of anxiety and depression, while boys were more likely to exhibit externalized behaviors, such as aggression. These findings are consistent with the literature (Norris et al., 2002; Pfefferbaum et al., 2015), which highlights gender-based coping strategies. Therefore, intervention strategies need to be designed in an age- and gender-sensitive manner to enhance recovery effectiveness.

Psychological Impact

The flooding in Taman Kintamani has caused significant psychological disturbances, including depression, anxiety, and PTSD. The symptoms of depression found in some of the respondents indicate feelings of loss and hopelessness, which affect their social and academic functioning. This is in line with Scholte et al. (2003), which shows that children who lose their homes after a disaster are at higher risk of developing depression.

The anxiety experienced by children in Taman Kintamani, particularly the fear during heavy rain, supports the cognitive trauma theory (Amelia & Fitriyani, 2023), suggesting that disaster experiences can trigger maladaptive thinking patterns, causing individuals to continue feeling threatened even after the danger has passed. The emergence of PTSD symptoms, though at a low level, still points to long-term psychological vulnerabilities. This finding underscores Hobfoll's (1989) assertion that the loss of a sense of security is a primary predictor of PTSD.

The gap in mental health support from local authorities exacerbates this condition. WHO (2022) emphasizes the importance of implementing Psychological First Aid (PFA) immediately post-disaster, but such services were unavailable at the research site. This highlights a gap in policy implementation between field needs and available services.

Resilience

Despite the significant psychological impact, this study found that most children demonstrated high levels of resilience. This supports Masten's (2014) view that resilience is the result of an interaction between internal factors (optimism, cognitive flexibility) and external factors (social support). Family support has proven to be the strongest protective factor, as shown by Werner and Smith (1982).

However, a small proportion of respondents with low resilience emphasize that resilience is not an automatic capacity but is influenced by repeated traumatic experiences, environmental instability, and lack of social support (Wardana & Adiputra, 2023). Thus, the resilience of children affected by the flood in Taman Kintamani is heterogeneous and influenced by the social context they face.

Social Support

Social support emerged as a key variable in accelerating the recovery of children post-disaster. This study showed that support from family, peers, and teachers played a significant role in reducing anxiety, depression, and PTSD. These findings align with Taylor's (2021) theory, which states that social support strengthens emotional regulation.

Moreover, the consistency of support is crucial. Children who only received initial help but did not have ongoing support continued to show signs of stress, as outlined by Kaniasty & Norris (2008). This indicates that post-disaster interventions must provide sustained support, rather than just emergency assistance.

The Relationship Between Psychological Impact and Resilience

This study affirms that depression, anxiety, and PTSD contribute to reducing the resilience of children affected by the flood. Children with severe psychological symptoms have a lower capacity for adaptation, as described by Bonanno et al. (2007), where unaddressed trauma hampers the individual's ability to develop coping mechanisms. In other words, the more severe the psychological impact, the lower the child's resilience.

These findings emphasize that resilience cannot be understood in isolation from psychological impact but should be viewed through an integrative framework. Interventions that solely focus on enhancing resilience without addressing symptoms of depression, anxiety, and PTSD are at risk of being ineffective. Therefore, psychological recovery strategies should integrate clinical approaches (counseling, CBT, group therapy) with community-based approaches (family support, school, and social environment).

CONCLUSION

This study demonstrates that resilience and social support among school-aged children affected by flooding are significantly influenced by psychological factors, particularly depression, anxiety, and PTSD. Children who reported no depression, mild anxiety, and mild PTSD were found to have four to six times higher odds of exhibiting greater resilience and receiving stronger social support compared to those with severe symptoms. These findings underscore the importance of early screening and psychological interventions in post-disaster settings to mitigate mental health risks and strengthen resilience. Furthermore, enhancing social support networks is essential in promoting recovery and long-term well-being among children exposed to natural disasters.

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