



Analysis of Psychoanalytic Therapy Intervention: for Individuals with Post Traumatic Stress Disorder (PTSD)

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ABSTRACT

Post Traumatic Stress Disorder (PTSD) is a psychiatric disorder that occurs after an individual experiences or witnesses a traumatic event that threatens their life or physical integrity. This study aims to analyze psychoanalytic therapy interventions for individuals with PTSD and assess their effectiveness in reducing PTSD symptoms and improving their quality of life. Psychoanalytic therapy is an interesting approach in helping individuals with PTSD by understanding the psychological conflicts that underlie symptoms and emotional problems. This research method uses a literature review of individuals with PTSD who have received psychoanalytic therapy. The data obtained were then analyzed to identify important themes related to the therapy process and the psychological changes that occurred. The results of the analysis showed that psychoanalytic therapy had a positive effect in reducing PTSD symptoms in individuals. The intervention provided an opportunity for them to explore and understand the root emotional issues related to the trauma, which in turn helped them face and cope with the psychological impact of the traumatic event. The therapeutic process also contributes to improved quality of life, deeper self-understanding and better adaptability.

Keywords: *Intervention, Individual, PTSD*

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INTRODUCTION

Psychiatric problems can arise after an individual experiences or witnesses a traumatic event that threatens their life or physical integrity (Chatzidakis dkk., 2021). PTSD can occur in individuals who experience various types of traumatic events, such as car accidents, war, natural disasters, physical violence, sexual abuse, or other experiences that disrupt and exceed the individual's ability to cope with stress (Kannan

& Vimalkumar, 2021). As an example of the disaster that occurred in Yogyakarta, quoting from detik.com, throughout 2022 there were 1,817 disasters both in the form of natural disasters and due to human negligence (Wasserman dkk., 2020). Not a few victims were affected by the disaster, at least 66 people died, 64 people were injured, and 699 residents had to be displaced. It can be described how the psychological condition of the victims of the disaster.

Survivors or victims who survive disasters have the potential to experience trauma, if individuals fail to overcome trauma, it will cause PTSD (González & Peltz, 2021). The definition of PTSD according to Nevid is a continuous maladaptive reaction to a traumatic event (Sun dkk., 2020). The possibility of PTSD can last for months, even years (Herr dkk., 2019). PTSD can also be experienced by individuals who were traumatized as children such as bullying (León-Mejía dkk., 2020), violence or even abuse. These events if not addressed immediately lead to post-traumatic stress disorder or PTSD.

Psychoanalysis is one of the approaches used to help individuals with PTSD (Bashiri dkk., 2020). This therapy was developed by Sigmund Freud and aims to uncover and understand the psychological conflicts that underlie the symptoms and emotional problems experienced by individuals (Ni dkk., 2020). The purpose of psychoanalytic therapy is to change the individual's consciousness, so that all sources of problems that exist in individuals who were previously unconscious become conscious, and strengthen the individual's ego to be able to accept the reality of life (Wahidah, 2017). Psychoanalysis involves an in-depth exploration of thoughts, feelings, and experiences that may be related to trauma and provides an opportunity for individuals to explore and repair emotional difficulties that arise from PTSD.

This study focuses on how effective psychoanalytic therapy is in reducing PTSD symptoms in traumatized individuals (Leuzinger-Bohleber dkk., 2019). While there are various therapeutic approaches available, psychoanalytic therapy offers a distinctive approach with a focus on an in-depth understanding of trauma and its impact on an individual's thoughts and emotions (Habeebullah dkk., 2021). Through analyzing psychoanalytic therapy interventions, this study aims to evaluate the effectiveness of this therapy in reducing PTSD symptoms and improving the quality of life of individuals suffering from the disorder (Serrano-Ripoll dkk., 2020). In addition, this study may also provide better insight into the factors that contribute to the development and maintenance of PTSD (He dkk., 2019), as well as provide a deeper understanding of the psychological mechanisms involved in trauma and its healing.

The application of psychoanalytic therapy has been widely used until now, one of the figures of Islamic psychoanalytic therapy is Usman Najati who emphasizes faith and piety (Fadhilah, 2022). Research (Pradana, 2017) using qualitative methods with the application of psychoanalytic theory to 10 class X students of SMA Al-Hidayah Medan, the results of the study indicate that it can overcome anxiety (Bacmeister dkk., 2019). Research (Sa'diyah, 2020) at Mulya Farma pharmacy on patients with the help of pharmacists and using a psychoanalytic approach can reduce excessive patient anxiety.

From each of the above studies (Ren dkk., 2021), this research focuses more on the effectiveness of psychoanalytic therapy on individuals who experience prolonged trauma or PTSD which has an impact on psychological problems.

RESEARCH METHODOLOGY

This research uses a qualitative approach with a literature review method related to the topic of psychoanalytic therapy intervention (Leng dkk., 2021). A qualitative approach is an approach that in the research proposal, process, hypothesis, going to the field, data analysis and data conclusions until the writing uses aspects of tendency, non-numerical calculations (Litz & Kerig, 2019), descriptive situational, in-depth interviews, content analysis (Musianto, 2002). Meanwhile, the literature review method is the acquisition of data from literature and text studies as the main object for analysis (Latipah, 2014). Data processing techniques use descriptive analysis methods by analyzing previous research that is in accordance with the theme of this research. Sources of information were obtained through psychology books and previous research found on Goole Scholar using the keywords intervention, psychoanalytic therapy, PTSD. There were 669 articles and after screening, 5 articles were obtained that were in accordance with the research theme (Liu dkk., 2022). The selection of these 5 articles is based on the object of research on individuals who experience psychological problems.

RESULT AND DISCUSSION

Research conducted by (Qonitatin dkk., 2011) resulted in correlated data t-test statistics / paired-sample t-test results obtained t count = 6.384 and significance level = 0.000. This shows that the research hypothesis is accepted, meaning that catharsis in expressive writing has a very significant effect on mild depression in college students. The results of the analysis are also supported by the average pre-test and post-test data which shows a decrease in the level of depression, which was originally 16.87 to 7.53. After measurement using the BDI, there is one participant who suffers from severe depression, catharsis is effective for reducing mild stress but for severe stress needs further treatment.

Furthermore, research (Trituraniwati, 2007) examined the emotional development of S, S who was traumatized by the events experienced by his father. S has difficulty expressing his emotions, such as angry reactions, annoyance, refusing parental requests that are not in accordance with his wishes, he is less assertive in expressing his heart and in expressing his opinion (Shaw dkk., 2019). The Subject has below average intellectual capacity, meaning that the Subject is a child who is unable to take initiative, only able to do routine tasks, full IQ Subject: 88 (test conducted May 21, 2006). S took a long time to think about the test, but he tried hard to answer all the questions, and he tried to ask questions that he did not understand. Subject has Full IQ (Farchakh dkk., 2021): 88 higher than OIQ (Original IQ): 66.67, this shows that Subyck's potential is moderate (average), but because he is a diligent child and has a high willingness to learn, the Subject's Full IQ can develop optimally.

Psychoanalytic counseling research by (Paramartha dkk., 2023) showed the results that the average student achievement before hypnotherapy intervention was 65.2 with a standard deviation of 5.6. Percentiles are also included to provide additional information about the data distribution. In achievement before the intervention, the percentile values showed that 25% of students had achievement less than 60.1, 50% of students had achievement around 65.2, and 75% of students had achievement less than 69.8 (Gonçalves dkk., 2020). Meanwhile, the average student achievement after the hypnotherapy intervention increased to 78.4 with a standard deviation of 4.3. Percentiles are also included to provide additional information about the data distribution (Jilisha dkk., 2019). On achievement after the intervention, the percentile values showed that 25% of students had achievement less than 75.1, 50% of students had achievement around 78.4, and 75% of students had achievement less than 81.7.

Research conducted by (Kondo & Karneli, 2020) using REBT and Psychoanalysis approaches in individual counseling services, directing more complete and in-depth exploration. Data collection used with the main directive techniques in this study are interviews, observation and documentation (Jilisha dkk., 2019). The informant in the study amounted to 1 person, namely a 34-year-old man who lives in Tangerang City. The results of the REBT and Psychoanalysis approach counseling to clients show changes in the way of thinking, feeling, attitudes, actions and responsibilities of the client's previous actions, namely pedophilia.

Research conducted by (Nanik, 2014) on participants who were afraid of making the decision to get married. The results of the psychological intervention can realize the potential (strength) in Lala and her boyfriend that supports the success of building a happy marriage, which is not owned by Lala's parents (Thielmann dkk., 2020). Realizing that Lala's boyfriend's harsh and emotional attitude is different from her father and does not lead to a form of abuse and occurs due to stimulation from Lala herself related to Lala's attitude with family and friends that is out of place and occurs because it is intended for Lala's own good (Rodríguez-García dkk., 2020). Realizing that the quality of the relationship with her boyfriend has been good invites Lala to criticize and prove how sincere her boyfriend and family are in accepting her so that she no longer deserves to be controlled by the fear of making a decision to formalize the engagement and marriage.

Psychoanalytic Therapy Intervention

Psychoanalytic therapy as an approach was first proposed by Sigmund Freud, according to Freud psychoanalysis is a psychotherapeutic technique that states that the unconscious in individuals has a major role in a person. The structure of human personality consisting of id, ego and superego that influences human behavior and past events shape future interpretations (Freud, 2023). The trauma condition originally occupies the conscious area and moves to the unconscious area (Fatoni, 2002).

An explanation of the structure of human personality according to (Freud, 2023) is the id, the id represents the primitive and instinctual part of our psyche. The id

operates on the pleasure principle and seeks instant fulfillment of basic needs and desires, without considering consequences or social norms (Schuch dkk., 2019). The id is driven by unconscious urges and operates at an unconscious level. The ego develops as an intermediary between the id and external reality. The ego operates on the principle of reality, considering the limitations of the real world and trying to fulfill the id's desires in a realistic and socially acceptable manner. The ego deals with the conscious mind and the decision-making process (Ettman dkk., 2020). Next is the superego, representing the moral standards and internal values we receive from society. It includes rules, norms, and ideals that we learn from our parents, culture, and experiences. The superego acts as a moral compass, enforcing moral judgments and making us feel guilty or ashamed when we violate the standards it sets.

Psychoanalytic therapy approaches can be done in various ways, such as catharsis. In psychology, catharsis refers to a deep emotional process and emotional release that occurs when a person experiences the expression and release of strong emotions. catharsis occurs when a person expresses and releases repressed emotions, especially emotions that stem from traumatic experiences or unsolved psychological conflicts (Qonitatin dkk., 2011). In the context of psychoanalysis, catharsis is considered as a defense mechanism that helps reduce emotional stress and tension accumulated in the unconscious mind. By revealing and confronting hidden emotions, individuals can gain a better understanding of themselves, reduce psychological tension, and experience emotional liberation.

Another way of psychoanalytic therapy is hypnotherapy, hypnotherapy is a combination of hypnosis and counseling in a therapeutic context. It combines cognitive, behavioral, and emotional therapy approaches with hypnosis techniques to help individuals overcome psychological problems, change behavior, or achieve certain goals (Paramartha dkk., 2023). In a hypno-counseling session, the therapist uses hypnosis techniques to awaken the client's subconscious awareness, so that they are more open to suggestions, positive advice, and reflections in desired changes in thoughts, behaviors, or emotions. Hypnosis can help overcome barriers or obstacles that may exist at the subconscious level, which may be difficult to access or change through conventional counseling approaches.

An intervention is an action taken to change or influence a situation, condition, or behavior with the aim of achieving a desired outcome. Interventions are often used in a variety of contexts, including health, education, psychology, and social fields (Nurmina dkk., 2019). In the field of psychology, psychological interventions are used to help individuals overcome psychological problems, change unwanted behaviors, or improve mental well-being. The goal of the intervention is to achieve positive change and produce the desired outcome. Effective interventions are based on a deep understanding of the situation or problem at hand, as well as the use of strategies and approaches that are appropriate to the context and needs of the individuals or groups involved.

In the context of psychology, psychoanalytic therapy is one of the intervention models that can be used to intervene psychologically in traumatized individuals. Psychoanalysis developed by Sigmund Freud emphasizes that the unconscious in individuals has a major role in a person and is an important factor in mental health. This approach can help individuals overcome traumatic issues, find their true selves, and understand themselves better.

Trauma Problems in Individuals

Mental health problems refer to conditions or disorders that affect a person's thoughts, emotions, behavior, or social functioning. Mental health problems can vary in severity, duration, and type of associated disorders (Fakhriyani, 2019). An example of a mental health problem is anxiety disorders, including generalized anxiety disorder, panic disorder, phobias, post-traumatic stress disorder, and social anxiety disorder. People with anxiety disorders tend to experience excessive and persistent anxiety, which can affect their daily lives as experienced by Lala with the fear of making the decision to get married.

The results of the analysis that has been conducted show that the application of psychoanalytic therapy for individuals as a model of intervention for psychological problems experienced is proven to be effective as an improvement and successful as a method of healing in individuals. In psychoanalytic therapy, the main focus is on a deep understanding of the thoughts, emotions, and behaviors hidden beneath the surface of one's consciousness. This therapy is based on the assumption that many mental and emotional problems arise from unconscious internal conflicts or unsolved traumatic experiences (Fatoni, 2002). In the context of psychology, individuals often face problems related to anxiety, excessive fear and tend to isolate themselves. Here are some of the main focuses in psychoanalytic therapy:

1. Exploring unconscious thoughts and feelings
Psychoanalytic therapists work with clients to explore and understand unconscious thoughts, feelings, and desires that may be influencing their behavior. This involves revealing unconscious internal conflicts and gaining deeper insight into the origins and meaning of those thoughts and feelings.
2. Identifying patterns of behavior and relationships
Psychoanalytic therapy helps clients identify patterns of behavior and relationships that may be recurring and negatively impacting their lives. Through exploration and interpretation, the therapist helps clients understand how these patterns form and how they may affect their interactions with others.
3. Exploring conflicts and defenses
Psychoanalytic therapists help clients identify and explore internal conflicts that may arise between conflicting drives and desires. In addition, therapists also help clients understand and address psychological defenses used to protect themselves from emotional discomfort, such as unconscious defense mechanisms.
4. Supports the release of hidden emotions

Psychoanalytic therapy seeks to create a safe and supportive environment where clients can feel, express, and understand hidden or repressed emotions. This release of hidden emotions is considered essential for personal growth and recovery.

5. Developing self-insight and sustainable change

Through the ongoing process of therapy, clients are given the opportunity to develop deeper self-insights and gain a better understanding of themselves, thought patterns, and behaviors. With these insights, clients are able to initiate sustainable changes in their lives and overcome existing problems.

From the data obtained, the effectiveness of psychoanalytic therapy as an intervention model is influenced by several factors that will indeed be built in the individual, factors that can affect psychoanalytic therapy, both in terms of effectiveness and implementation (Mukhadiono, Widy Subagyo, 2016). Here are some important factors that can influence psychoanalytic therapy:

1. Therapeutic relationship

The relationship between therapist and client is a very important factor in psychoanalytic therapy. Therapists who have good interpersonal skills, empathy, trust and patience can help create a safe and supportive environment for clients to explore and express hidden thoughts, feelings and experiences.

2. Client motivation

The client's level of motivation and openness to follow the psychoanalytic therapy process can influence the outcome of therapy. Clients who have strong motivation and commitment to the therapy, and are prepared to explore and confront hidden internal conflicts, are likely to benefit more from the therapy.

3. Complexity of the client's problem

Psychoanalytic therapy is more suitable for complex and deep mental health issues, such as personality disorders or past trauma. Milder or situational issues may not require such a deep and lengthy approach.

4. Skills of the therapist

The therapist's skill and experience in applying the psychoanalytic approach is also very important. Therapists who are well trained in psychoanalysis and understand the theories and techniques involved can provide effective and beneficial interventions for clients.

5. Adherence to the therapeutic process

Psychoanalytic therapy often requires a long term commitment and regular frequency of therapy. The client's adherence to the therapy schedule and active involvement in the therapeutic process can influence the outcome and progress made.

6. Environmental conditions

The social environment and existing social support can also influence psychoanalytic therapy. A supportive environment, such as the support of family

or friends, can help clients overcome conflicts or obstacles that arise during therapy.

Implications of Psychoanalytic Therapy in Counseling

Psychoanalytic therapy has some significant implications in the context of mental health and counseling. Some of the implications of psychoanalysis that can be found are a deep understanding of the self, psychoanalysis encourages individuals to explore and understand themselves in greater depth. By gaining insight into unconscious internal conflicts and defenses, individuals can develop a better understanding of their motivations, desires, and behaviors. Processing of past traumas and experiences, psychoanalysis helps individuals to process and cope with past traumas and experiences that may be affecting their mental health. By revealing, understanding, and interpreting hidden or forgotten experiences, individuals can begin the process of healing and recovery.

Psychoanalysis can help individuals identify and understand patterns of thought and behavior that are unhealthy or not beneficial in their lives. By gaining insight into these patterns, individuals can replace them with healthier and more adaptive ways of being. Understanding interpersonal relationships, psychoanalysis is concerned with the role that interpersonal relationships play in an individual's development and mental health. Through an understanding of repetitive relationship patterns and transference-countertransference dynamics, individuals can develop skills in interacting with others and building healthier relationships.

The development of a strong therapeutic relationship, psychoanalysis emphasizes the importance of a strong therapeutic relationship between therapist and client. A safe, empathetic, and trust-based relationship influences the effectiveness of therapy and the client's progress. The use of interpretation techniques and symbolic understanding, psychoanalysis involves the use of interpretation techniques to understand the meaning of thoughts, feelings, and actions that arise in therapy sessions. The use of symbolism and interpretation can help individuals gain deeper insight into their experiences and pave the way for change and growth.

CONCLUSION

It appears that psychoanalytic therapy is an effective intervention model in reducing traumatic experiences of individuals. Psychoanalysis is an in-depth and intensive therapeutic approach that aims to understand and address unconscious internal conflicts and past experiences that affect a person's mental health. Psychoanalytic therapy involves the exploration, interpretation, and processing of hidden emotions, as well as the development of deeper self-insights. The implications of psychoanalysis include deeper self-understanding, trauma processing, changes in unhealthy thought patterns and behaviors, understanding of interpersonal relationships, development of strong therapeutic relationships, and use of symbolic interpretation and understanding techniques. By understanding and identifying effective psychoanalytic therapy interventions, it is hoped that this study can make an important contribution to the field

of clinical psychology and provide practical guidance for professionals in designing appropriate therapeutic interventions for individuals with traumatic symptoms. Psychoanalytic therapy is an in-depth and intensive therapeutic approach. Therapy is usually conducted over a long period of time and often requires a strong commitment from the individual undergoing therapy.

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