

ABSTRAK

Psychological preparedness mengacu pada kesiapan mental seseorang untuk menghadapi ancaman bencana. konsep ini mengacu berbagai hal seperti pengetahuan, keterampilan, kemampuan mengatur emosi, serta strategi perlindungan yang bisa digunakan untuk mengurangi dampak negatif ketika bencana terjadi. Penelitian ini bertujuan untuk mengetahui hubungan antara *self-efficacy* dengan *psychological preparedness* pada masyarakat terdampak banjir di Lhoksukon. Penelitian menggunakan metode kuantitatif. Subjek penelitian ini yaitu masyarakat terdampak banjir di Lhoksukon sebanyak tiga ratus delapan puluh lima dan teknik pengambilan sampel menggunakan *insidental sampling*. Teknik analisis data penelitian ini yaitu menggunakan analisis korelasi *spearman's*. Hasil penelitian ini menunjukkan bahwa ada hubungan positif antara *self-efficacy* dengan *psychological preparedness* artinya semakin tinggi *self-efficacy* seseorang semakin tinggi pula tingkat *psychological preparedness* begitupun sebaliknya semakin rendah *psychological preparedness* seseorang semakin rendah pula tingkat *self-efficacy* masyarakat terdampak banjir di Lhoksukon. Berdasarkan hasil penelitian dapat disimpulkan bahwa terdapat hubungan positif antara *self-efficacy* dengan *psychological preparedness* pada masyarakat terdampak banjir di Lhoksukon, apabila dilihat dari korelasi aspek tertinggi pada *self-efficacy* yaitu *Strength* sedangkan aspek terendah adalah *level*. Pada aspek tertinggi *psychological preparedness* yaitu *readiness* sedangkan aspek terendah yaitu *Anticipational*. Dilihat dari hasil kategorisasi, terlihat bahwa *self-efficacy* lebih tinggi dibandingkan *psychological preparedness* artinya masyarakat Lhoksukon cenderung memiliki keyakinan terhadap kemampuan dirinya dalam menghadapi banjir dari pada kesiapan psikologis.

Kata Kunci : Masyarakat, Psychological Preparedness, Self-Efficacy

ABSTRACT

Psychological preparedness refers to a person's mental readiness to face the threat of disaster. This concept refers to various things such as knowledge, skills, the ability to regulate emotions, and protective strategies that can be used to reduce negative impacts when a disaster occurs. This study aims to determine the relationship between self-efficacy and psychological preparedness in flood-affected communities in Lhoksukon. The study used a quantitative method. The subjects of this study were 385 flood-affected communities in Lhoksukon and the sampling technique used incidental sampling. The data analysis technique used Spearman's correlation analysis. The results of this study indicate a positive relationship between self-efficacy and psychological meaning that the higher a person's self-efficacy, the higher their level of psychological preparedness, and vice versa, the lower their psychological preparedness, the lower their level of self-efficacy in flood-affected communities in Lhoksukon. Based on the research results, it can be concluded that there is a positive relationship between self-efficacy and psychological preparedness in flood-affected communities in Lhoksukon. The highest correlation is Strength, while the lowest is Level. The highest correlation is Readiness, while the lowest is Anticipation. The categorization results show that self-efficacy is higher than psychological preparedness, meaning that Lhoksukon residents tend to have more confidence in their ability to face floods than in psychological preparedness.

Keywords: Community, Psychological Preparedness, Self-Efficacy