Coping Strategy In Adolescent Victims Of The Kanjuruhan Tragedy

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	Abstract
Keywords: adolescents; coping strategy; Kanjuruhan tragedy; stress	*The Kanjuruhan tragedy in 2022 led to hundreds of victims, including adolescents. This tragedy left serious impacts, both physical and psychological. Psychologically, the victim experienced post-traumatic stress. This article describes stress factors, forms of stress, and coping strategies of the Kanjuruhan tragedy survivors. The case study implemented a qualitative approach. Data were collected via in-depth interviews with three male adolescents who survived the tragedy. These informants reported symptoms of stress after the incident. In dealing with this stress, the informants used various methods which included problem-focused and emotion-focused coping. Apart from that, the informants also grew closer to God, indicating spiritual-focused coping. This study can be used as a reference for people who experience traumatic events to apply the appropriate coping strategies.*

	Abstrak
Kata kunci: remaja; strategi coping; tragedi Kanjuruhan; stres	Tragedi Kanjuruhan di tahun 2022 menyebabkan ratusan korban berjatuhan, termasuk remaja. Tragedi ini menyisakan luka serius, baik secara fisik maupun psikis. Secara psikologis, korban mengalami stres setelah kejadian traumatis tersebut. Artikel ini mendeskripsikan faktor penyebab stres, bentuk stres, dan strategi coping penyintas tragedi Kanjuruhan. Pendekatan yang digunakan adalah kualitatif dengan studi kasus. Data dikumpulkan melalui wawancara mendalam dengan tiga remaja laki-laki yang selamat dari tragedi tersebut. Informan merasakan gejala stres setelah kejadian. Untuk mengatasi stres tersebut, para informan melakukan *problem-focused coping* dan *emotion-focused coping*. Selain itu, para informan juga mendekatkan diri kepada Tuhan, yang merupakan bentuk *spiritual-focused coping*. Hasil ini diharapkan dapat menjadi referensi bagi masyarakat yang mengalami peristiwa traumatis untuk dapat melakukan strategi coping yang tepat.

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INTRODUCTION

Background Of The Study

The Kanjuruhan incident became a dark splash of football history in Indonesia. The match between Arema Malang and Persebaya Surabaya on October 1, 2022, did not only showcase a football game. A few minutes after the match was over, several people ran towards the field, which was then followed by hundreds of others, to encourage the Arema players who happened to be losing 2-3 to Persebaya. Unfortunately, this resulted in chaos between supporters and security forces. Authorities took a repressive stance against the crowd by indiscriminately driving away the supporters from the grass field and using tear gas to condition them. As a result, many people fell and were trampled by others on their way to get out. The East Java Disaster Management Agency reported that there were 483 victims across eight hospitals; 174 people died, 11 suffered serious injuries, and 298 suffered minor injuries. The Kanjuruhan incident became the second-largest football-related tragedy in the world after the Estadio Nacional Disaster in Lima, Peru in 1964 that killed 326 people.

Based on the report, the majority of the victims were adolescents (12-20 years old) and early adults (23-30 years old), both from Malang and outside Malang. Some of the survivors came from the Greater Solo area, which is known to have a large base of Arema Malang supporters.

The survivors of the Kanjuruhan tragedy not only suffered physical injuries but also psychological disorders due to the traumatic experience and the element of violence in the tragedy. Violence, either directly or indirectly, has been found to cause psychological problems (Abduh, 2020). Many survivors experienced stress, depression, and recurring thoughts about the tragedy. Thus, in addition to treatment for physical injuries, victims must receive psychological assistance to deal with the trauma after such an incident.

Stress refers to discomfort or displeasure that affects someone physically or psychologically, as a response to certain objects that burden, haunt or endanger the person's welfare, especially when the events experienced are quite severe and leave serious mental trauma (Metreveli & Japaridze, 2022; Salomon, 2013). Stress is a transactional process that occurs when an event is considered relevant to an individual's well-being, has the potential for harm or loss, and requires psychological, physiological, and/or behavioral efforts to manage said event and its outcomes (Lazarus, 1966; Lazarus & Folkman, 1984).

Basically, stress is divided into two categories: 1) *eustress*; a type of stress that encourages the person to face and solve problems. 2) *distress*; a type of stress that triggers maladaptive behavior, eventually hindering personal development (Bienertova-Vasku, Lenart, & Scheringer, 2020; Gong & Geertshuis, 2023; Le Fevre, Matheny, & Kolt, 2003; Sivasubramanian, 2016). Distress is what people commonly refer to as "stress".

There are multiple ways to reduce stress levels, one of which is with stress coping strategies. Stress coping strategies are adaptive cognitive and behavioral efforts to manage external and/or internal conditions that exceed individual resources (Folkman & Moskowitz, 2000; Lazarus, 1966; Lazarus & Folkman, 1984). Coping strategies are not an innate trait in humans, but rather a process that can always be changed by adjusting to the situation. The coping process aims to make individuals able to master stressful situations, e.g., by minimizing, avoiding, tolerating, and accepting stressors. Based on

this theory, an individual's assessment of the stimulus in the environment will determine the emotions that arise and the coping strategies carried out (Biggs, Brough, & Drummond, 2017).

The form of coping is largely determined by how the individual views the stressful situation (appraisal). Coping as a process means that there is an ongoing appraisal-reappraisal process of the situation. Several conditions support an adaptive appraisal: 1) *internal factors*; e.g., health conditions, positive beliefs, problem-solving skills, social skills, and commitment in dealing with stressors; and 2) *external factors*; e.g., novelty, predictability, uncertainty, ambiguity, and timing of the stressor (Chen, 2016; Lazarus & Folkman, 1984; Wobeto, Brites, Hipólito, Nunes, & Brandão, 2023). In addition, one of the other resources needed for individuals in carrying out coping strategies is mastery or the belief that they can control and manage the stressor (Carr & Umberson, 2013).

There are various opinions about the types of stress coping. For example, according to Folkman & Moskowitz (2000); Lazarus (1966); and Lazarus & Folkman (1984), there are two types of coping: 1) *problem-focused coping*, which is a problem-solving-oriented coping strategy using cognitive abilities and other resources. 2) *emotion-focused coping*, which aims to provide a reprieve from unstable emotional conditions. The components of problem-focused coping are cautiousness, instrumental action, and negotiation. Meanwhile, emotion-focused coping consists of escapism, minimization, self-blame, and seeking meaning (Aldwin & Revenson, 1987). There is also *spiritual-focused coping*, which is a coping strategy that aims to strengthen spiritual conditions and the quality of relationships with God in order to achieve mental stability during problem-solving (Baldacchino & Draper, 2001). This is because spirituality plays an important role in coping (Baruah & Pandey, 2016; Krok, 2008).

A different opinion categorizes coping strategies into *psychological coping* and *psychosocial coping*. Psychological coping is a response to an individual's perception or reception of the stressor, namely how important the threat is perceived by the individual and how effective the mitigation is. Meanwhile, psychosocial coping refers to psychosocial responses to the stressor that a person receives or experiences (Andriyani, 2019).

Research Gap

The survivors of the Kanjuruhan tragedy felt pressured, trauma, fear, anxiety, and worry. The stress increased if there was a trigger that reminded them of the incident. According to some of the survivors, the news that re-aired the Kanjuruhan tragedy brought back their dark memories. They remembered the jostling, fear, screams, and all the negative things that happened.

There is a limited number of studies that focus on survivors of the Kanjuruhan incident. On the other hand, there have been several studies discussing the psyche of football fans, involving topics like fanaticism, aggressiveness, and loyalty. However, not many have discussed the psychological condition of the supporters, especially the coping strategies of riot victims. Thus, there is a gap that needs to be researched.

Rationale Of The Study

Stress is a condition that causes an individual to feel pressured, leading to the emergence of negative emotions. Stress can be short-lived, but it can also last for a long period. It depends on how impactful the stressor is on the person's mental condition.

The Kanjuruhan was a traumatizing event with a significant impact, possibly leading to high stress levels among survivors. Great stress can cause emotions to become unstable (Ahmed & Çerkez, 2020). Unstable emotions typically impair an individual's decision making. It can also lead to depression and suicidal tendencies.

In addition to impacting one's emotional state, stress can also have negative impacts on physical health. Chronic stress can trigger infection in blood vessels, especially in the coronary arteries, alter cholesterol levels and cause excessive activation of the sympathetic nervous system (depletes the system of neurotransmitters, peptides, cofactors and other mediators). Meanwhile, endocrine stress affects the hypothalamus in the brain (Zafar et al., 2021). Also, stress has been found to aggravate existing diseases and pathological conditions (Yaribeygi, Panahi, Sahraei, Johnston, & Sahebkar, 2017).

Based on the above explanation, research related to stress coping strategies, especially in the context of the Kanjuruhan incident survivors, is expected to be important information for the community. It can be used as a reference when examining stress caused by traumatic experiences.

Novelty Of The Study

Coping strategies have been studied extensively. For example, Ekşi (2010) revealed that people with high conscientiousness tend to be more confident and optimistic and use religious coping strategies, while those with high extraversion will likely use confident strategies and seek social support in stressful situations. Afshar et al. (2015) mentioned that people with dominant neuroticism have passive coping strategies. Cohen, Ben-Zur, & Rosenfeld (2008) studied the sense of coherence, coping strategies, and test anxiety as predictors of test performance among college students. The results showed that emotion-focused and avoidance coping were positively associated with such anxiety. Problem-focused coping contributes positively to performance on tests, while avoidant coping negatively affects test scores.

Chen, Peng, Xu, & O'Brien (2018) found that older adults were less likely to use problem-focused coping compared to younger adults, resulting in lower levels of positive affect. Connor-Smith & Flachsbart (2007) explained that five general traits can predict specific coping strategies. Extraversion and conscientiousness predict more problem-focused coping and cognitive restructuring, in contrast to neuroticism, which predicts less of such coping strategies. Individuals with high neuroticism tend to implement emotion-focused coping, e.g., wishful thinking and withdrawal. Extraversion, on the other hand, has been linked to the tendency to seek social support.

Park, Kim, & Shin (2021) studied the correlation between stress and compulsive sexual behavior with coping strategies and self-control as mediators. The study found that active coping strategies and self-control mediate the relationship between stress and compulsive sexual behavior. Meanwhile, Loton, Borkoles, Lubman, & Polman (2015) explained that poor coping strategies mediate the relationship between video game addiction and symptoms of depression, anxiety, and stress. Furthermore, Anbumalar, Agines P, Jaswanti, Priya, & Reniangelin (2017) found significant differences in coping strategies between male and female students.

Putra & Ariana (2016) examined coping strategies in cyberbullying victims. The results explained that cyberbullying victims used various coping strategies, both problem-focused and emotional-focused coping. Meanwhile, Polizzi, Lynn, & Perry (2020) studied the coping strategies in the Covid-19 context. Several coping strategies

were implemented to reduce stress and increase resilience and recovery during the pandemic, e.g., acceptance-based coping, mindfulness, and social support in the form of compassion.

Allison et al. (2019) found that adaptive coping strategies and hardiness influence the effects of work stress among law enforcement personnel, leading to a reduced prevalence of depressive symptoms. Meanwhile, Thompson & Vangelisti (2016) found that reframing and humor partially mediated the negative relationship between stress, associated with unfulfilled openness standards, and satisfaction in relationships. Then, Kerdijk, van der Kamp, & Polman (2016) revealed that teammates in sports competitions play an important role in the coping strategies used by athletes. Furthermore, Baqutayan (2015) explained that meditation-based stress reduction counseling programs can help a person find out the coping methods that suit their needs.

Similar to research on coping strategies, there have been plenty of studies examining football supporters. Several studies discussed the fanaticism of football supporters (Agusman & Setiawan, 2019; Alim et al., 2020; Altungul & Karahüseyinoğlu, 2017; Anggraini, Putri, & Permitasari, 2023; Khomsiyah & Sanaji, 2021; Khuddus, Wijaya, & Priyanto, 2022; Tamami, Nasution, & Wisnu, 2021; Utomo & Kristianingsih, 2023), anarchism and violence (Setiadi & Franky, 2020; Setyowati, 2013; Werdiyanti, Noor, & Paharizal, 2021; Yoslanda, Kiram, Padli, & Zarya, 2022; Haq & Yudhistira, 2022), social identity (Akgül & Karafil, 2022; Besta & Kossakowski, 2018; Doewes & Riyadi, 2016; Kaligis, Pratiwi, & Anshari, 2020; Kural & Özbek, 2023), aggression (Anggraini et al., 2023; Firdaus & Trilia, 2020; Gumusgul & Acet, 2016; Marwan, 2018; Turegun & Efek, 2021), and loyalty (Depken II, 2001; Dwyer, 2011; Fatoni, Subekti, & Widodo, 2022; Irianto & Kartikasari, 2020; Merten, Reuland, Winand, & Marlier, 2023; Rohman, 2019; Tapp, 2004; Yun, Rosenberger III, & Sweeney, 2021).

Based on previous studies, both those examining coping strategies and football supporters, no research focuses on the coping strategies for football supporter incidents, especially related to the Kanjuruhan tragedy. Therefore, this research is original.

Purposes/Hypothesis Of The Study

Based on the literature background and arguments discussed above, Kanjuruhan tragedy survivors experienced post-traumatic stress. They implemented coping strategies to mitigate the stress. This study aimed to describe the dynamics of coping strategies of Kanjuruhan event survivors.

METHODS

Research Design

This qualitative research used a case study approach. A case study is an approach that aims to explore a specific case or event comprehensively to obtain key information that will be used to solve the problem at hand (Creswell & Creswell, 2017; Yin, 2018). The argument for choosing a case study is that the phenomenon under study (the Kanjuruhan tragedy) was unusual.

Research Informants

This research involved three informants who shared the following characteristics: 1) *Teenage boys* (aged 12 to 21 years old). Adolescence is a crucial phase of development. In the adolescent phase, a person experiences unstable emotions that make them vulnerable to stress (Bennett, Hernandez, Wiercinski, & Abraham, 2019). Furthermore, adolescent boys are more prone to stress than their opposite sex in certain contexts (Khan, Lanin, & Ahmad, 2015). 2) *Survivors of the Kanjuruhan incident*. Survivors tend to experience fear, anxiety, and trauma following a stressful incident. 3) *Victims experienced post-traumatic stress symptoms* (e.g., crying, feeling deep sadness, excessive recurring thoughts of the Kanjuruhan tragedy). Informants are described in table 1.

Table 1.

Research Informants

	MFS	BS	MDA
Sex	Male	Male	Male
Age	20 years old	19 years old	20 years old
Note	Main Respondent	Main Respondent	Main Respondent

Data Collection Technique

The data collection technique in this study was semi-structured interviews. The interviews aimed to reveal the forms of stress, factors that cause stress, and coping

mechanisms implemented by the informants. Researchers also conducted observation during the interview, which involved noting informants' expressions, behavior, or physical conditions. Data derived from observation were used to strengthen interview data.

Data Validation Technique

The researchers used triangulation techniques to validate data obtained in the study by comparing interviews and observations.

Data Analysis Technique

The data analysis procedure in this study involved data reduction, data presentation, and conclusion drawing. Data reduction is the process of selecting, simplifying, abstracting, and transforming rough data that emerge from written records in the research targets (location and respondents). The next stage is presenting data derived from the reduction to be analyzed and interpreted.

RESULTS AND DISCUSSIONS

Stress Impact Of Kanjuruhan Tragedy In Adolescent Survivors

Social media as a news channel has high distribution speed. Following the Kanjuruhan tragedy, social media presented information related to the event for a long period. Therefore, informants avoided accessing social media so they would not be triggered by the news.

> "It's quite [stressful]. I didn't dare to use my phone, because if I got reminded [of the event] it would stick to my mind." (MFS, Interview 1, L120-122)
> "Yes, at the beginning I didn't want to use my phone. Social media [accounts] that I follow talked about Arema FC and the [football] supporter circle, and at that time everyone talked about that event." (BS, Interview 2, L99-105)

Stress experienced by the survivors caused them to feel unsafe while being outside of their homes. They tend to avoid leaving the house.

> "Well, it can be described that way, I didn't dare to get out of the house for several days." (BS, Interview 2, L110-111)

In addition to that, informants' friendship circles were either related to the event or wanted to know more about it. For a while, informants chose to avoid interacting with their friends following the tragedy.

> "Well, no. My friend circle was the one who went with me to Kanjuruhan. For some time, we did not hang out." (MFS, Interview 1, L157-160)
> "Well, like what I said earlier, I was only brave enough to go out on New Year. It was one of the reasons I still don't want to interact with many people because people will definitely ask me [about the event]. Because many people ask me, it will be difficult for me to forget. So, I chose to stay at home for a while. The most important thing was to tell people that I'm alright." (BS, Interview 2, L174-183)
> "Maybe at the beginning. [The people I avoided] were also probably within my friendship circle, instead of my neighborhood. Well, like my Aremania Solo friends, fellow [football supporters]. For a while, we [spend] time separately, when it was also conducive, we gather again." (MDA, Interview 3, L149-155)

Coping Of Kanjuruhan Tragedy's Adolescent Survivors

The informants implemented their coping strategies during and after the tragedy. For example, MDA revealed that he received help from others to calm down. He also said that he walked back and forth aimlessly to calm himself.

> "I sat, and then my friend was trying to calm me down despite everyone there was mourning." (MFS, Interview 1, L58-60)
> "I looked for a kiosk to calm myself first. Around the stadium, there were many sellers and in those kiosks, many people were crying. I calmed myself in one of those kiosks." (MDA, Interview 3, L39-43)

After the situation had improved, the respondents decided to return to their respective homes. They rushed to get home to avoid the intensifying discomfort.

> "Because my thoughts were getting more chaotic seeing news on social media, immediately in the morning I decided to return to Solo. I kept thinking about it. " (MFS, Interview 1, L77-80)
> "Yes. I immediately went home to Solo." (BS, Interview 2, L48)
> "Yes. The next day, (I) immediately returned to Solo. Once (I) got home, my parents immediately lectured me." (MDA, Interview 3, L91-92)

There are several strategies implemented to deal with emotions and thoughts triggered by the memory of the tragedy. The respondents shared their stories with others, then found solutions to their problems and planned for the future.

> "I talked to my girlfriend because at that time she was worried too. Sometimes when I got bored of staying at home, I also went out with her. I asked her advice to reduce my stress level." (BS, Interview 2, L155-157)
> "There was a friend of mine, the closest friend whom I share my woes with. I talked to him a lot so that I would be less stressed." (MDA, Interview 3, L100-101)

One of the decisions made by the respondents, which could be considered a coping strategy, was to stop attending games in the stadium. This was done to avoid triggering stress related to the tragedy, as well as preventing a similar event from happening.

> "I was told not to watch football games anymore by my parents. They told me to focus on my job. My mom even told me to get married so I don't play around." (MFS, Interview 1, L132-135)
> "For a while, until unforeseeable future, I've decided not to watch football games in the stadium." (BS, Interview 2, L132-133)
> "In the meantime, I wanted to avoid the tribune until the situation improves." (MDA, Interview 3, L165-166)

Another coping strategy done by the respondents was busying themselves with various activities so they could avoid thinking about the event.

> "I kept myself busy when I was working I only did my job. When I was at home, I played with my younger sibling so I wouldn't think of the Kanjuruhan event." (MFS, Interview 1, L153-155)
> "I made myself busy to forget that event. My mom has a shop at home, so I helped her take care of it. The most important thing was to not let my mind vacant." (BS, Interview 2, L114-117)

Other actions done by the research informants to reduce stress and minimizing the chance of recalling the traumatic event were sleeping and playing online games.

> "I tried to sleep because if I was [doing nothing], I thought of weird things." (MFS, Interview 1, L125-126)
> "I played an online game to forget the Kanjuruhan event. Playing Mobile Legends together with friends…. When I played an online game I could channel my emotions." (BS, Interview 2, L162-166)

Informants felt that they should not be absorbed in sadness and stress. Therefore, they believed that there should be efforts to start fresh and continue life.

> "Life must go on. We shouldn't be stuck for long, even though until now I still feel sad if I'm reminded of that event. At least I've made efforts to forget, even if it's really difficult." (BS, Interview 2, L191-196)

> "I realize that if I continue being like this, I will be more 'down.' Therefore, I push myself to not be continuously sad, but not to always be in a comfort zone." (MDA, Interview 3, L169-172)

Informants believed that the stress and recurring thoughts of the traumatic event would eventually pass. The optimism arose because they felt that their personal experiences were not as severe as the other victims. Moreover, the optimism derived from their beliefs toward God.

> "I think the sadness I experienced was nothing compared to [sadness] experienced by families losing their children. They lost their children, some lost their friends, which must be more devastating and stressful (BS, Interview 2, L199-203).
> "I surrender everything to God. Having expectations in humans are pointless, less so in government in handling this [Kanjuruhan] case." (MDA, Interview 3, L182-184)

Discussion

Based on the results of the study, factors that influenced stress in adolescent victims of the Kanjuruhan tragedy were unsupportive environments, overly anxious minds, and personal conditions. An example of an unsupportive environment is friends who always asked about the Kanjuruhan incident. Informants also reported that their family forbade them from watching soccer games and talked to them using inappropriate words. The informants said family members should have given good advice. The family's attitude actually caused greater pressure on the informants.

The welcoming attitude from the family creates harmony, which can reduce stress prevalence in adolescents (Windarwati, Budiman, Nova, Ati, & Kusumawati, 2020). If there are family members who behave poorly toward others, especially if they are authority figures, adolescents can experience distress.

Adolescent victims of the Kanjuruhan tragedy also encountered difficulty in managing their own thoughts, while it has been found that uncontrolled thoughts can be detrimental to one's well-being (Utaminingtias, Ishartono, & Hidayat, 2015). The Kanjuruhan survivors had difficulty in responding to these negative thoughts adaptively.

Informants often imagined that they themselves became casualties and were trampled by other supporters. In addition, informants also often thought about their

friends who died in the incident. Such difficulty in managing thoughts can cause stress in informants (Adkins, Wellman, & Sanford, 2022). Difficulty in managing thoughts and stress is also caused by events that are difficult to control (Stern, McCants, & Pettine, 1982), in this case, the Kanjuruhan disaster.

The impact of stress experienced by teenage victims of the Kanjuruhan tragedy caused them to avoid social media because it could trigger stress. Inappropriate and excessive use of social media can lead to negative physical, psychological and social consequences, especially when it displays content related to traumatic experiences (Abdalla, Cohen, Tamrakar, Koya, & Galea, 2021; Salzmann-Erikson & Hiçdurmaz, 2017).

Informants also reported their reluctance to leave their homes. Apart from still experiencing fear about the Kanjuruhan disaster, which happened in a public space and involved many people, it was also because neighbors and friends often asked them about the event. Adolescents who experience stress or depression often prefer solitude and withdraw from social interactions (Mandasari & Tobing, 2020).

Significant others can actually be figures who provide social support in various forms, e.g., empathizing with the survivors and providing advice (Sarason, Levine, Basham, & Sarason, 1983; Sarason & Sarason, 1985, 2009). However, informants said their closest social circles triggered stress with suppressive behavior (i.e., blaming survivors and prohibiting them from watching matches in person) and continuous questions about the Kanjuruhan disaster.

Based on the data obtained, the informants applied problem-focused and emotion-focused coping. Problem-focused coping is a cognitive strategy for handling stress by trying to overcome it, while emotion-focused coping is stress management, in which individuals respond to stressful situations emotionally, such as by using defensive judgment (Andriyani, 2019).

Informants seek informational support (Biggs, Brough, & Drummond, 2017; Lazarus & Folkman, 1984), such as by asking others (significant others, like friends or partners) for advice. Informants also felt better when sharing their woes with their close confidants even though sometimes they received unpleasant responses. In addition, the

informants also do confrontive coping, in which they aim to reduce pressure by focusing on their daily activities, such as working and helping parents.

Apart from applying problem-focused coping, the informants also applied several forms of emotion-focused coping. This method was used by informants to control their emotional responses. The informants also tried to avoid things that made them feel depressed, a mechanism called escape avoidance (Nater, 2017), by diverting thoughts and doing activities that made them forget about the Kanjuruhan disaster. When the situation was stressful, the informants preferred to stay away from others. Putra & Ariana (2016) revealed that to avoid stress, survivors tend to stay away from everything related to the traumatic incident and seek comfort.

The informants tried to accept the Kanjuruhan disaster while thinking of ways to get out of the stressful situation, which is called accepting responsibility (Panis, Damayanti, & Keraf, 2019). Efforts to reduce stress in informants were also made by drawing positive lessons or insights from the Kanjuruhan disaster. This kind of mechanism is called positive reappraisal, which is reacting to problems by creating positive meanings to promote personal development (Doré et al., 2017; Garland, Gaylord, & Fredrickson, 2011; Lau & Tov, 2023; Riepenhausen et al., 2022). The search for positive meaning can be used as a coping strategy. This attitude can help individuals to rise from stressful conditions.

Another finding from this study is that the informants tried to surrender to God as they lived in relatively religious environments. This attitude is related to spirituality. Various studies have shown that spirituality plays an important role in coping strategies to reduce stress (Krok, 2008). Therefore, many implement spiritual-based coping strategies (Baldacchino & Draper, 2001; Baruah & Pandey, 2016). Surrendering oneself to God can help reduce psychological pressures, resulting in lower stress levels. An individual who surrenders their problems to God also believes that God will help alleviate their problems. It also helps them derive positive lessons from their experiences.

CONCLUSIONS AND SUGGESTIONS

Conclusions

There are several conclusions obtained from the research. The tragedy that occurred at the Kanjuruhan Stadium was a stressful event for informants. The informants' responses to the stressors varied and had an impact on their daily lives. This condition caused informants to apply various coping strategies, such as problem-focused coping in the form of seeking informational support (seeking advice from several people) and confrontive coping (trying to reduce the stress by solving the problem). The informants also applied emotion-focused coping by seeking socioemotional support, avoiding triggering situations, accepting responsibility, and positive reappraisal. The informants were also found to apply spiritual-focused coping by trying to get closer to God and surrendering themselves to God.

Suggestions

The limitation of this study lies in its approach, which did not aim to measure the effectiveness of coping strategies on stress reduction in informants. Therefore, future researchers can examine the two variables using different research approaches, e.g., correlational and experimental methods. In addition, future researchers can correlate the two variables with other relevant variables. Meanwhile, informants are advised to keep implementing coping strategies that they found effective in reducing stress. On the other hand, the closest figures, e.g., family members and friends, can provide social support in various forms to help reduce stress.

AUTHORS CONTRIBUTION STATEMENT

Afifuddin Ahsan: Conceptualization; Data Curation; Formal Analysis; Investigation; Methodology; Project Administration; Writing Original Draft; Writing, Review & Editing

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