

STRENGTHENING THE MOTIVATION OF DRUGS ADDICTION IN AR-RAHMAN DRUGS REHABILITATION CENTER USING ISLAMIC PSYCHOTHERAPY APPROACH

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ABSTRACT

A drug addict is someone who is mentally ill, sick or a patient who needs treatment or assistance with rehabilitation, not punishment. The purpose of this study was to determine the effect of Islamic psychotherapy with the RUH motivational theory approach using the Cognitive Therapy Technique with the Socratic Questioning Technique for drug addicts. This research is a qualitative research with a phenomenological research model. The subjects of this study amounted to 4 people. Data obtained from interviews. Data analysis techniques were obtained from in-depth interviews, in this study the data were processed using interpretive phenomenological analysis (IPA). The data analysis process in the natural sciences approach aims to explore the importance of the subject's meaning in his personal and social life. The analysis carried out in this study is to describe one by one the data were obtained from the results of in-depth interviews. The results showed that former drug addicts had unique experiences as a result of using drugs, both in negative and positive contexts.

INTRODUCTION

Drug abuse is a complex problem that affects the physical, mental, and psychosocial health of its users. Narcotics are synthetic or semi-synthetic substances or drugs derived from plants or non-plants which can cause a decrease or change in consciousness, loss of pain, and dependence (Tarigan, 2017). According to Diah Utami the number of drug addicts is increasing every year. He told the Deputy for Rehabilitation of the National Narcotics Agency that the number of drug addicts in Indonesia reached 3.5 million in 2017, with nearly 1 million becoming drug addicts (Priyasmoro, 2018).

Freeing oneself from drug addiction is not an easy task, because feelings of drug addiction are stored in personal memory (Syarifah, 2014). People who are declared cured of

drugs tend to have a strong urge to reuse drugs which are called suggestions. Several factors can explain why people recover from drugs including, increased individual religiosity, a better social environment, support from those closest to them they, and increasing individual awareness of the dangers of drugs (Haryati, 2015).

To help individuals recover from drugs, the government has mandated Article 54 of Law Number 35 of 2009, requiring drug addicts to undergo rehabilitation. This rehabilitation consists of medical rehabilitation and social rehabilitation. After the rehabilitation phase, drug addicts undergo an advanced coaching phase called post-rehab. Assisted homes are a form of intensive rehabilitation services that help drug addicts return to their communities and live more productive lives, including through work (Angrayni & Yusliati, 2018).

Former drug addicts as victims who need help and rescue become a community that is excluded, marginalized, negatively stigmatized and marginalized. If this continues, the former addict becomes increasingly alienated, trapped, frustrated, and an enemy of society. Prevention efforts for former drug addicts include not only pharmacotherapy with mental rehabilitation and psychological well-being, but also empowerment and coaching that can restore or restore vitality, mental attitude, desire, life expectancy, creativity, and productivity, as well as social and economic rehabilitation in the form of programs. To live a new, better life. A drug abuser is someone who has a psychiatric disorder, a person who is physically and mentally ill, a patient who needs psychotherapy and rehabilitation, not punishment (Sandi, 2016).

One of the efforts to recover from drug abuse or addicts is to do Islamic psychotherapy based on Cognitive Therapy.

The term psychotherapy has quite a lot of meanings, especially the term is used in various operational fields of empirical science such as psychiatry, psychology, guidance and counseling, social work (Case Work), education and religious studies. Literally psychotherapy comes from the word psycho which means soul and therapy which means healing, so when combined it is healing of the soul (Lahmuddin, 2012; Corey, 2013). Meanwhile, Islamic psychotherapy is the process of treating and healing a mental, spiritual, moral or physical illness through the guidance of the Qur'an and As-Sunnah of the Prophet SAW, or empirically through the guidance and teaching of Allah SWT (Cahyadi, 2016).

Hamdani (2011), states that the object of Islamic psychotherapy is the whole human being, which is related to the following four disorders; 1) Mental, that is related to the mind, reason, memory and processes associated with reason and memory, such as easily forgetting, lazy to think, unable to concentrate, petty, unable to make a decision properly and correctly, not even having the ability to distinguish between what is lawful and what is unlawful, between what is useful and what is not useful, 2) Spiritual, which is related to matters of the spirit, spirit or soul, religious related to religion, faith, piety and transcendental concerns such as shirk, nifak, wicked, kufr, weak faith and closed or veiled spirit realms, angelic realms and unseen realms, all due to disobedience and denial of Allah (Rajab et al, 2016), 3) Moral (akhlak), namely a condition that is inherent in the human soul, which will give birth to

actions actions easily without going through a process of thought, consideration or research, mental attitude or character which is translated in the form of thinking, speaking, and behavior, and 4) physical (physical), it can be admitted that not all physical disorders can be cured with Islamic psychotherapy, except with the permission of Allah and the ma'unah of Allah SWT.

According to Matsumoto (in Iredho Fani Reza; 2022), cognitive therapy is a form of psychotherapy that tries to change the contents of thoughts that are irrational or distorted so as to bring about positive changes in individuals. Furthermore, according to David A. Statt, Cognitive therapy is a form of psychotherapy based on the perspective of cognitive psychology. Cognitive therapy, views that individuals understand individual experiences, as an important matter for treatment and helps identify the beliefs and expectations behind the unhappiness that is experienced. Furthermore, Cognitive therapy also underwent a transformation into Cognitive Behavior Therapy or commonly abbreviated as CBT. According to Matsumoto (in Iredho Fani Reza; 2022) is a form of psychotherapy that combines cognitive therapy techniques with behavioral therapy in CBT techniques, using techniques to identify and change problematic thoughts through cognitive therapy and behavior change techniques from behavior therapy and in applying techniques in cognitive therapy and Cognitive behavior therapy to clients, this research uses the technique of applying socratic questioning. According to Carona et al (2021) the socratic questioning are focused on asking questions to the client that: (a) the client has knowledge to answer; (b) draw the client's attention to information relevant to the problem under discussion but which may be beyond the client's current focus; (c) generally moving from the concrete to the more abstract so that (d) the client can eventually apply the new information to reevaluate Previous conclusions or building on new ideas.

The aim of the study was to look at the motivating factors for drug addicts to recover through an Islamic psychotherapy approach using Cognitive therapy and Cognitive behavior therapy techniques.

METHOD

The type of research used is qualitative research with a phenomenological approach. Phenomenology is a scientific approach that aims to examine and describe a phenomenon as it is directly experienced by humans in their daily lives, such as giving birth and learning (Crotty, 1996; Spiegelberg, 1978; van Manen, 1990). The focus of phenomenological studies is the experience of everyday human life. In particular, phenomenology seeks to examine and describe human life experiences as they are, without a process of interpretation and abstraction (van Manen, 1990). This study uses qualitative methods to gain a thorough and detailed understanding of the problem (Creswell, 2018). This research approach uses a phenomenological approach, an approach to clarify and understand the phenomena experienced by individuals from the perspective of those affected. The phenomenological

approach seeks to find the psychological meaning of individual experiences related to phenomena through detailed investigation (Herdiansyah, 2015).

Dimensions of RUH theory motivation

The R.U.H theory stands for Risk, Uncertainty, and Hope. RUH is a mandatory prerequisite for the emergence of motivational forces. If a situation or intervention does not have the power to motivate, then it can be said that he has lost R.U.H or does not have R.U.H. Situations like this can be classified into one of three Psychological states, namely Learned helplessness, Fatalism or Comfort zone. What is meant by situations here also includes motivational sources that have been explained in the framework of the human motivation model.

In other words, R.U.H is a requirement for motivational force for each individual or group. R.U.H is the most essential element (Basic ingredients) in the dynamics of human motivation, having certain characteristics which become their Common Characteristics. Risk is a subjective evaluation of the possibility of negative consequences occurring as a result of doing or not doing an action. The greater the negative consequences that are anticipated or perceived by an individual, the greater the urge to avoid them. It should be noted that these negative consequences still do not necessarily occur and are subjective, perceived differently by different people.

The probability that negative consequences will occur is the second element, Uncertainty. Uncertainty is a subjective probability of the occurrence or non-occurrence of negative consequences (risk) that are perceived by individuals. The greater the uncertainty calculated by an individual, the more the individual concerned feels powerless to do anything to avoid the risk he imagines. Perceptions about the extent to which uncertainty can be tolerated is also subjective, so it will differ from one individual to another. The level of uncertainty that can be tolerated is also subjective, so it will differ from one individual to another. The level of uncertainty tolerance is influenced by the third element, namely hope.

Hope is the belief that there is an opportunity to get something good or luck behind uncertainty that is subjectively calculated by an individual. Like risk and uncertainty, hope is also subjective, a belief one has about luck behind uncertainty.

1. Risk Avoidance

Risk is something that is anticipated as a bad or detrimental condition both biologically, psychologically and socially. This risk can be physical (biological), psychological (emotional), social and spiritual. The size of the physical risk will be influenced by the individual's perception of his readiness and physical strength, emotional risk will be influenced by the level of strength and emotional stability of a person. Social risk is determined by the value system held by an individual, while spiritual risk will be influenced by the level of one's faith in spiritual matters in his life.

2. Uncertainty tolerance

Uncertainty is something that has possibilities (Clampitt and DeKoch, in Bagus Riyono; 2012). Uncertainty is when it is not certain whether it is good or bad, or it is not certain that it will happen, or the possibility of it varies.

3. Hope reliance

Hope is defined as a belief that something good will come up, out of uncertainty. Thus hope is not just a cognitive or affective domain of humans (Lopez, Snyder and Pedrotti, 2003), but is a spiritual realm, namely the psychological aspect in humans which includes a belief system for something that has never been experienced, has never been seen, that is outside ordinary reason (beyond reason) and something extraordinary (bigger than life).

Research Subject

The research subjects were 4 drug addicts undergoing recovery at Ar-Rahman Drug Rehabilitation. The informant collection technique in this study used a purposive sampling technique. Purposive sampling is a sampling technique that considers certain things in sampling. According to Sugiyo, this technique of determining informants is included in the category of nonprobability sampling, in his book it is written that nonprobability sampling is a sampling technique that does not provide equal opportunities or opportunities for each element (member) of the population to be selected as a sample.

Research Technique

This study used semi-structured and in-depth interview techniques, while for observation this study used non-participant observation techniques. Documentation data in this study was used to obtain data about the implementation of rehabilitation for drug abusers in participating in Drug Rehabilitation at the Ar-Rahman drug foundation, which can be illustrated through the results of the documentation.

Research Procedure

In general, this research is divided into stages that must be carried out, namely the planning stage and the implementation stage. Research implementation; the first step is to make observations, the second step is to do building reports (initial approach before conducting interviews, the third step is to conduct interview sessions, the fourth step is to carry out cognitive behavior therapy and the last step is to terminate, the practitioner terminates the relationship with the client (informant), in this case the resident who the target of intervention Termination is carried out by exchanging messages, impressions, and hopes, both practitioners to residents, and vice versa.

Data Validity

This study uses technical triangulation, namely checking the validity of data that utilizes something other than the data for the purpose of checking or comparing the data. So that the technical triangulation in this study was to collect data from the same source, namely drug

addicts at the Ar-Rahman Drug Foundation and then test their credibility with different techniques. In this study, there were three techniques, the first being interviews, then non-participant observation and the last was documentation. These three techniques are used to check research data by looking at the problem formulation and theory with the same source, namely strengthening motivation for drug addicts.

RESULTS

The results of the study showed that all informants involved in the study, totaling 4 former drug addicts who were in Ar-Rahman drug rehabilitation, Palembang, were in the process of recovering. All informants were male, with an average age range of 19 to 38 years. The informants' jobs consisted of drivers, construction workers, campus administrative staff, and educational backgrounds varied: 1 person from elementary school, 2 high school students and 1 other bachelor degree. II. The majority of informants had a history of using different types of drugs, but indeed most of them had used all types of drugs, especially methamphetamine.

Table 1. General description of the characteristics of informants

Characteristics of Informants							
Informant code	Age	Last Education	Marital Status	Gender	Work	Old Became an addict	Old Being a former addict
A1	19 years old	SD	Single	Male	Builder	6 Years	2 Months
A2	36 years old	S2	Married	Male	PGRI Administrative Staff	10 Years	1 Year
A3	38 years old	SMA	Married	Male	Driver	22 Years	7 Months
A4	26 years old	SMA	Single	Male	Driver	2 Years	1 Months

Based on the results of the research that has been done, it produces the following themes;

1. Experience the negative stigma of former drug addicts

Based on the results of interviews with all informants, as many as 4 informants said that they had experienced negative stigma in their environment or place of residence, such as receiving verbal words and being ostracized in their neighborhood.

2. Motivation of former drug addicts

Based on the results of interviews with all informants, the majority of informants said that what motivated former drug addicts to finally recover from drugs could be grouped into several categories, namely self, encouragement or family factors and laws and laws that could influence them to recover from drugs such as what was said by the informant.

DISCUSSION

1. Negative Stigma Experiences of Former Drug Addicts

The majority of former drug addicts have experienced negative stigma from the environment. Stigma is a negative view that society has of something or someone, including drug users. This makes it difficult for drug addicts to receive help and support in the recovery process, even though they have stopped using drugs they are still treated the same in society. People consider them garbage that must be removed. The stigma they receive makes them inappropriate, or dishonorable to those around them. According to Endang and Emanuela (in Nisrina Shafira Salsabillah; 2022) stigma is a form of prejudice, negative views or rejection of someone. Stigma is relevant to the structure of society and the values or norms that apply in everyday life. A drug addict is believed to be strong enough to commit violence against the family and even the surrounding environment.

Based on this research, it is in accordance with the results of research by Sari et al (2021) which stated that a social environment that has a good attitude towards drug abuse and does not provide a negative stigma will have a positive impact on them. Likewise, drug addicts who can make peace with themselves will give a positive response if their families provide positive encouragement. When the social environment responds negatively without reinforcing drug abuse, it will cause anxiety and depressive symptoms.

2. Motivation of Former Drug Addicts

Winkel (in Uno Hamzah, 2007) defines motivation as the driving force within individuals who carry out an activity or a behavior that has a specific purpose. The term motivation is used in general to refer to the entire movement process, including situations that encourage, encouragement that arises within the individual, the behavior that is generated and the ultimate goal of the movement and action. Motivation comes from internal factors (from within the individual) and external factors (outside the individual) former drug addicts, so they can finally recover (recover). Chaplin (2006) put forward the definition of recovery as the condition of an individual's return to normal after suffering from an illness, mental illness, or injury.

The results of this study are in accordance with Suryani Fajrin Suparno's research (2017) which explains that one source of social support is family and self-awareness to heal, because basically, family is where a person grows and develops since childhood who has strong emotional ties. Physical and psychological needs can be fulfilled by the family, because the family is the closest environment. Drug abusers can also be recovered through the rehabilitation process and of course also with family and environmental support.

CONCLUSION

Drug abuse is a complex problem that affects the physical, mental and psychosocial health of its users. Freeing oneself from drug addiction is not an easy task, because feelings of drug addiction are stored in personal memory. One of the efforts to recover from drug

abuse or addicts is to carry out Islamic psychotherapy based on Cognitive Therapy using the R.U.H. motivation theory.

The R.U.H theory stands for Risk, Uncertainty, and Hope. RUH is a mandatory prerequisite for the emergence of motivational forces. If a situation or intervention does not have the power to motivate, then it can be said that he has lost R.U.H, or does not have R.U.H.

From the results of this study it was found that after conducting interviews with the Socratic Questioning technique with an Islamic psychotherapy approach based on Cognitive Therapy it was found that most of the motivation based on the R.U.H theory of drug addicts to be able to recover from drug addiction includes; from within oneself, encouragement or factors of family and closest people, and the law. Based on the motivational aspects of R.U.H's theory, most of their motivation to recover begins to grow by anticipating bad or adverse conditions both biologically, psychologically and socially that are bad related to themselves by means of for example focusing more on spirituality, exercising and also meditation (contemplation), and it was also obtained from the interview results that most informants said that after being in rehabilitation they felt better thanks to their social environment (Hope).

DECLARATIONS

All praise and gratitude the authors pray to the presence of Allah SWT. Because of His blessings, grace and gifts and miracles, so the author can complete this research journal with the title Strengthening the motivation of drug addicts in Ar-Rahman Narcotics Rehabilitation with an Islamic psychotherapy approach. With the completion of this research journal, it is not an end, but a new beginning to start a new life adventure. The author is well aware that there are people who contribute to the completion of this research journal.

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