

RESILIENCE IN CHILDREN CAUGHT IN DRUGS CASE IN PALEMBANG CLASS I LPKA WITH ISLAMIC PSYCHOTHERAPY APPROACH

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ABSTRACT

Narcotics cases are the biggest cases in Indonesia, both users or dealers and dealers. Narcotics users in LPKA 1 Palembang are dominated by teenagers so that the psychological condition resulting from the use of narcotics is prone to experiencing depression, stress and excessive anxiety. The purpose of this study was to find out and overcome resilience in children who were caught in drug cases at LPKA 1 Palembang with an Islamic psychotherapy approach. The method used is a qualitative method with a qualitative descriptive approach and uses Islamic psychotherapy interventions. Research subjects amounted to 3 people. Data collection was obtained using interviews and observations. Data analysis uses descriptive and deductive techniques (describes and describes all problems clearly and in detail). The results of this study show that through Islamic psychotherapy intervention, namely gestalt therapy, to overcome the attitudes of children who are caught in drug cases in Class I LPKA Palembang. Islamic psychotherapy interventions carried out at LPKA Class I Palembang on narcotic addicts were able to build good resilience. The resilience possessed by Narcotics addicts cannot be separated from the learning process obtained during the detention period.

INTRODUCTION

According to Jimmy (2015) case abuse drugs in Indonesia among children nor age teenager classified as very high, up to until moment this problem abuse drugs the more increased and yet could resolved. The most dominant cause happening abuse drugs among children nor teenager is factor association, because too social free and not controlled could cause children nor teenager that is lost control so that easy affected with consume drugs.

According to Sirait (2018) in height case abuse as well as circulation illegal narcotics among teenagers in Indonesia to be problem main must could resolved with thing this

government through BNN (Agency National Narcotics) do effort prevention, eradication, abuse and distribution narcotics in Indonesia. National Narcotics Agency (BNN). National Narcotics target children and youth because considered very important in face fast development problem abuse and distribution drugs in Indonesia, due to be created generation qualified and capable youth bring the Indonesian state to more direction forward in the future come .

According to Hutasoit , institution penitentiary is a the place unity enforcement law where have duty for could guide and guide the residents involved in case crime for could Becomes more ok . Individual in the penitentiary still said as creature life although To do error.

Based on explanation these, according to Kusumaningsih (2017) then individual inside institution the has feel reception self, that teenagers experience inside a confinement and free psychology sometimes displays behavior and thoughts that are not reasonable about himself alone like , shows behavior interesting self and not want to meet or join with another individual inside prison besides fellow andikpas and employees . In thing this , there is some necessary processes passed by someone for could accept possible conditions support somebody in reach reception one self is no there is great stress .

Factors related to children the target at LPKA Class I Palembang is acceptance self (Self-Acceptance), support social, forgiveness self (Self-Forgiveness), as well regulation emotion . During study problems that arise is fourth factor above, however researcher try for hook with intervention psychotherapy Islam for children built feel cool and hearty calm with use worship therapy and gestalt therapy. Destination study this is for knowing as well as resolve resilience in entangled children case drugs at LPKA 1 Palembang with approach Psychotherapy Islamic .

Problem time interview, son built usually to do apple morning from hours to enter class at 8 and go home at 10 am. very limited time this make us have to stand bye from 7 o'clock follows apple morning and after that's what we're going with to class for follow teach child built . after they done class , we invite subject to be interviewed for to garden front class while others are welcome for return to room each cell. That's the solutions we do in face problem in interview. Limited range of motion , deep our observations are constrained in room motion because we are not allowed for enter to in prison so we just could observing moment they currently learn in class and only can see activity those blocked by the fence barrier. The solutions we do ie observing as good possible and recorded important things and activities what only they do .

Difficulties and challenges in life you need something called patience gratitude (Hasan, 2019). Besides need patience moderate exam faced must followed with gratitude, with gratitude this our have power for Keep going earned life with belief religiosity. M Taufik Amir (2021) states aspect spirituality is part from resilience, marked with connected feelings with something more big from self our as well as effort for look for meaning from life and belief our that something more big from our will help us.

According to Ruswahyuningsih & Afiatin (2015) resilience is mechanism dynamic include role diverse individual, social, and environmental factors that describe capacity and toughness somebody for rise from problem emotional negative when face pressing situation or contain significant obstacle. Resilience too interpreted as skills hidden that appears in a teenager when experience threatening pressure balance psychological to her happiness. Happiness as destination life in situation this is will will success, create happy family in a manner physically and mentall, have more life quality, have vibrant personality, as well build a better future good.

Kindly language resilience is term language England from the word resilience which means power spring , power springy or joy. A capable individual complete problem he faced with pattern adaptive behavior or capable go out from problems that come to him , deep psychology called as resilient individual. According to Reichich and Shatte (in Agisna, 2021), resilience is ability for overcome and adapt when face heavy incident or problem happened in life. Overcome and adapt from pressing conditions that is capable behave calm under pressure or difficult conditions so that could control thoughts and behavior them .

Resilient individuals have 7 (seven) factors that build resilience in a person (Reivich & Shatte, 2002), namely; a. Emotion regulation, the ability to remain calm and focused when under stress; b. Impulse control, individual control over all impulses, wills, and in controlling every urge, desire, and pressure that arises from within; c. Optimism, confidence in being able to solve problems and confidence in having a bright future; d. Empathy, the ability to read other people's emotional and psychological situations; e. Problem analysis ability, a person's expertise to carefully identify the causes of the problems encountered; f. Self-efficacy, individual self-confidence to successfully solve the problems they face; g. Increased positive aspects, one's expertise to interpret the problems faced as strength in the future.

Next according to Isep Zainal Arifin said that psychotherapy Islam is a process of care and healing to disturbance disease psychology and spirituality through intervention psychic with methods and techniques based on the qur'an and sunnah treatment called with term Istishfa.

METHOD

Study this use type study descriptive qualitative, According to Sugiyono (2008: 15) that descriptive qualitative research is a research method based on the philosophy of postpositivism which is usually used to research in natural objective conditions where the researcher acts as a key instrument.

Research subject

The research subjects were 3 people who were caught in drug cases at Class I LPKA Palembang, subject child those assisted in Class I LPKA are aged 18-21 years namely K, MPW, TH. 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 Sugiyono in his book it is written that " Nonprobability sampling " is a data collection technique that does not provide equal opportunities or opportunities for each element (member) of the population to be selected as a sample.

Data analysis method

Data analysis used descriptive and deductive techniques (describing and describing all problems clearly and in detail), which wanted to reveal more details regarding the resilience of the target children in Class I LPKA Palembang. In addition to interviews and observations, the writing of this research was also assisted with secondary data that supports the analysis of the problems we discuss.

RESULTS AND DISCUSSION

The target children begin to adapt to the environment. They can feel free from drugs for 6 months. As long as there are ways to deal with stress by keeping themselves busy, such as reading books, making friends, reciting the Koran, listening to lectures at the prayer room, from the results of therapy, they begin to realize of the importance of religion in their lives because that is where they complain and surrender.

One of the 3 subjects was unable to read the Koran and with the therapy we did, we taught and instilled Islamic psychotherapy values in the subject so that the subject was aware of the importance of the imam in his life and began to learn to read the Koran again. Through self-reliance , they feel down and feel humiliated as drug users, the resilience process that we carry out is by instilling motivational values, and we invite them to introspect and self-evaluate so that they can solve the emotional problems they are experiencing. By forgiving themselves and instilling their self-concept so that they consider themselves valuable and can continue their lives better than before. What these three subjects said was that they sympathized with each other and motivated each other to recover and rise from adversity. Social support also helped their resilience, namely social support from family, friends and friends who still visited them at LPKA Class I Palembang.

1. Self-Acceptance in Children who are Trapped in Drug Cases in Class I LPKA Palembang

kindly theoretically, according to Steger et al (2012) concluded that people feel presence more meaning (presence of meaning). Big moment could understand self own (Self-Acceptance), the world around them , and their suitability with the world. Someone who can accept himself no will to do return possible error harmful himself and others. Riyanto stated that accept self is base for to do changes and developments in life towards more. So when someone could accept he eats a will to do positive changes in his life.

According to Sulistyowati (2019) Self-Acceptance showed with There is a sense of optimism and enthusiasm fight in face life. Somebody will interpret his life when he could

accept himself with good and aware with deficiency as well as advantages and understanding circumstances himself.

Teenager with prisoner status this faced with reality that they must stay in prison as convicts made they no again have freedom (Rochmawati, 2014). this in line with study Mukhlis (2011) that Becomes prisoner is a severe life stressor and can trigger emergence depression, feeling sadness, guilt, loss freedom, feeling embarrassed as well as pressure psychological during undergo punishment.

2. Social Support in Children Trapped in Drug Cases in Palembang Class I LPKA

According to Smestah (2015) argues that Support social is form reception from somebody or group to individual so that individual the feel valued, loved, cared for and helped . social support this needed by children built as concern, affection and manifested presence in all form behavior so that child built have spirit for rise from circumstances that make he sinking inside prison .

Social support in children built could reduce impact psychological of the containment process, for example reduce impact of stress and loneliness, as well avoid from action hurt self or kill self. Social support gain prisoner could originated from family, friend, spouse, officers prison, psychologists, religious leaders, and others child built. Riza and Herdiana (2012) stated that support the closest people help in formation resilience in children build , because they need Support for rise from downturn his life inside prison.

Strong resilience in a person could influenced several external factors, one of them is social support. Study Ediaty, Annastasia and Raisa (2016) found that support social from family in a manner significant related with resilience. Social support experienced family prisoners at LPKA Class I Palembang get increase resilience. Fools who don't capable resolve problems and difficulties becomes not enough toughness during undergo punishment prison because lack of Support for fulfill needs child built.

3. Self-Forgiveness in Children Trapped in Drug Cases in Class I LPKA Palembang

According to Gross (2007) personality be one from a number of other factors involved influence resilience like factor environment, pattern parenting, experience traumatic, kind sex, age, change body, religiosity and change view from outside. Experienced individuals difficulty forgive self more tend experience depression and anxiety (good circumstances nor properties). On the contrary individuals who don't experience difficulty forgive self tend seldom experience depression and anxiety.

Results of interviews conducted researcher while at LPKA was they has try make peace with himself and wanted ask excuse me to his parents on ever mistake carried out by the subject. Regulation emotional too no direct influenced by presence forgiveness self, which where subject .

4. Regulation Emotion in Children Trapped in Drug Cases in Palembang Class I LPKA

Adolescence often called the most vulnerable period . Adolescence could defined as a transition period from childhood going to mature. At this time teenager experience many change start from change physical, cognitive, and psychosocial. In this time teenager have great energi, burning emotions and conditions they often not yet capable control self.

According to Asrori (2005) adolescence thanks characteristics emotion could divided to in four period , namely : a) Period Pre-Teenagers , Movements that are carried out teenager start rigid in period this . Change this accompanied nature sensitivity to stimuli from outside and response excess, so easy offended and whiny, fast feel happy or explosive. b) Changes in Interaction Patterns with Parents, difference pattern foster parents effect on development emotion teenager. Rebellion youth to parents show desire they for release self from parental supervision. Resistance this make teenager satisfied in show that himself succeed become someone who is mature. If teenagers succeed against parents, to parents becomes angry, this make teenager feel not yet satisfied because of parents no show the desired meaning, so circumstances this influence development emotion teenager. c) Change Interaction with Friend Peers, teenagers build interaction with friend peer in a manner special for to do activity together as possible said form gang. Connection between members in something gang usually characteristic intense, have cohesiveness and high solidarity. At this time should gang could influence individual to more direction positive. Usually member in gang need friend for oppose authority or actions that are not good even crime together. d) Changes View Outside, Change view of the outside world also becomes factor important influences development emotions in teenagers. A number of change about outside world view could cause conflict emotional in self teenager. Often teenager considered already mature, will but they no get freedom full as adults do. They still often considered as child small often make they annoyed. From annoyance that's then raises act in demand emotional in adolescents.

5. Approach Islamic Psychotherapy

Psychotherapy word originated from two syllables, psycho and therapy. Psycho means soul, therapy means healing. From combined two the syllable psychotherapy interpreted as healing soul. According to American Psychological Association (APA) psychotherapy is treatment collaborative based on connection among individual and psychologist. Basicall on dialogue, provide supportive environment possible client for speak in a manner open with someone who is objective, neutral and not harm.

Client and psychologist will work same for identify and change thoughts and patterns guarding behavior client from good feeling. John M. Gorhol state that psychotherapy also called therapy talk, therapy or counseling is the nursing process for help individual heal and learn more ways constructive for resolve problems or issues in live.

According to Hamdani Bakran Adz-Dzaky psychotherapy Islam is a healing and healing process something disease, whether mental, spiritual, moral or physique with through

the guidance of the qur'an and as-sunnah of the prophet Muhammad SAW or in a manner empirical is through the guidance and teaching of Allah SWT, the angels him, his prophets and messengers or expert the heirs of the prophets.

6. Gestalt Therapy

According to Bowins (2021) Gestalt therapy is approach and humanistic, therapy this work with awareness and skills awareness patient than use dependency psychoanalytic classic on interpretation analyst on natural lower aware gestalt therapists use method active which is not only develop awareness patient but also aspects awareness and behavior them. Method active and engaged personal active from therapy gestalts are used for increase awareness, freedom and direction self alone from patient than direct patient to goals that have been set like in therapy behavior.

Therapy this conducted to subject order subject permanent realize his mistake and thought in a manner realistic to their deeds do while at LPKA. intervention psychotherapy Islam carried out at LPKA Class I Palembang on addict narcotics capable build good resolution. Resiliences possessed by addicts narcotics no free from the learning process obtained during detention going on. In gestalt therapy, exploring how somebody reach side to their other world, how they respond situation, how the past, the present as well as expectation later day impact on the process of achieving here and now.

CONCLUSION

Based on the research results it can be concluded that type qualitative research with a descriptive approach and using Islamic psychotherapy interventions carried out at Class I LPKA Palembang on narcotics addicts was able to build good resilience. The resilience possessed by narcotics addicts cannot be separated from the learning process gained during the detention period. The number of research subjects 3 people, they are all able to have good resilience. The first subject said that he was able to become a better person, worked hard, and had the desire to find a wife and get married. The second subject, has good resilience by showing the ability to manage stable emotions, the desire to live more advanced, develop, and have a positive image. The third subject, can survive in difficult situations and can face the difficulties encountered, tries to motivate himself, has self-confidence, and positive emotional reactions.

With this, narcotics addicts in Class 1 LPKA Palembang have the ability to adapt well even though they are faced with difficult circumstances. The aspect that most influences resilience is the aspect of optimism. This condition shows that the aspect of optimism makes narcotics addicts in LPKA Class 1 Palembang to become individuals who have the belief that everything will get better so they don't take narcotics again and believe that they have the ability to overcome relapses that may occur in the future.

DECLARATION

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