

THE SPIRITUAL PSYCHOLOGICAL APPROACH TO DRUG ADDICTS

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ABSTRACT

The purpose of this study is to determine the level of spirituality (religion) that exists in former drug users, by giving this spirituality it is hoped that they will be aware of the dangers of drugs and be able to get closer to God. This study uses qualitative methods with observation data analysis techniques and semi-structured interviews. Determination of purposively selected informants, namely foundation management, former drug addicts who are in the process of rehabilitation and assistants or counselors. Data collection by interview, observation and Focus Group Discussion (FGD) and we also found that the Ar-Rahman Drug Rehabilitation Center can be used as an alternative in spiritual and herbal (non-medical) rehabilitation of drug abuse. Spiritual rehabilitation uses a humanist and familial approach so that drug addict patients can be open, close and trust the counselor in the therapy process. The results and discussion are that former drug addicts at YPRN Ar Rahman Palembang have a low level of understanding of spirituality. In terms of the discussion with the religious teacher at YPRN Ar-Rahman, it was found that the client did not yet have the ability to understand spirituality, only limited to ritual formalities. This is further strengthened by the results of interviews we conducted with direct clients, that they actually believe in God, but do not fully believe in God.

INTRODUCTION

Drug addiction has become a serious enemy because it has ravaged society and harmed the nation's generation. This threat is not only a big problem for the nation, but also reduces the aspect of human capital as a national asset. Drug addiction refers to a form of chronic relapsing disorder in which there is a compulsive urge to abuse drugs and lose self-control while drugs are being used (American Psychiatric Association, 2013). The alarming rapid spread of drugs in Indonesia has encouraged people and communities to care about and take the initiative to eradicate drug addiction .

The National Narcotics Agency (BNN) reports that shabu is the most widely used type of drug. In 2021, methamphetamine had 22,950, followed by marijuana with 2,105, G

drugs with 1,245, and hard drugs with 697. From 2009 to 2021, BNN handled 6,894 drug cases, bringing the total number of suspects involved to 10,715. Drug cases that were successfully closed in 2021 were 766 cases with a total of 1,184 suspects.

Handling of drug cases in 2021 will mainly be carried out in North Sumatra as many as 54 cases. Followed by East Java 47 cases and West Java 41 cases. Based on the 2016 National Narcotics Agency press release, drug abuse and trafficking is an extraordinary crime that threatens the world and can be used as a weapon to weaken the country (Noegroho, 2018). 35 of 2009 concerning Narcotics, Narcotics are substances or drugs that are useful and necessary for the treatment of certain diseases. However, if it is misused in a way that is not in accordance with service standards, it can have a very negative impact on individuals and society, especially the younger generation (Dewi Wijayanti Puspita, 2019)

Rehabilitation of Drug Addicts in Law Number 35 Year 2009 Regarding Narcotics, Paragraph (16) Medical rehabilitation is an integrated treatment process to free addicts from narcotics dependence. Paragraph (17) Social rehabilitation is a process of integrated recreational activities, both physical, mental and social, to enable former drug addicts to restore social functions in people's lives (Laksana, 2016). The services provided by BNN are very comprehensive, not only physical and mental healing, but also spiritual healing such as medical rehabilitation, social rehabilitation, activities and spiritual development. However, 4,444 cases prove that drug addicts are still likely to relapse. (Dewi Wijayanti Puspita, 2019)

This is because his approach focuses only on the physical aspects of addiction and does not have a mental component. Yusoff and Amin (2020) quoted Zatrachadi et al., (2022) This happens due to substance abuse that is not dosed and does not match their actual needs, as they prepare to change the realities of life in the early intervention phase (Goode and Maren 2019 cited Zatrachadi et al., 2022).

They can be treated with a wide range of drugs from identifying problems, treating them, and helping them reintegrate into society (Emcdda 2014 cited Zatrachadi et al., 2022). Indeed, the role of spirituality can help cure drug addiction (Seghatoleslam et al. 2015 cited (Zatrachadi et al., 2022).

This spirituality itself is inner enlightenment to achieve purpose and purpose of one's life and is an important part of one's health and well-being (Hasan, 2006). These basic needs include: physiological needs, safety and security, love, respect, and self-actualization. Self-actualization is a human spiritual stage full of creativity, intuition, joy, compassion, peace, tolerance, and a clear meaning of life. Spirituality is also shown by what is felt inside and the relationship with the people around. This is expressed by loving others, being kind and caring, respecting everyone, and making those around you feel happy.

Islamic spiritual therapy has been shown to be effective in drug rehabilitation and preventing addicts turn to drugs. This study describes the practice of spiritual counseling for drug addicts at YPRN Ar-Rahman. The subject of this research relates to spiritual clients, which is carried out by the counselor to the client.

The purpose of this study was to measure the spirituality (religion) level of former drug users through spiritual therapy to help them become aware of the dangers of drugs and draw closer to God. The result is that former drug addicts at YPRN Ar Rahman Palembang have a low level of understanding of spirituality. In terms of the discussion with the religious teacher at YPRN Ar-Rahman, it was found that the client did not yet have the ability to understand spirituality, only limited to ritual formalities. This is further strengthened by the

results of interviews we conducted with direct clients, that they actually believe in God, but do not fully believe in God.

METHOD

The research method used in this study is a qualitative method by conducting semi-structured observations and interviews with the aim of knowing the level of spirituality of users in the Ar-Rahman Drug Rehabilitation Foundation. The qualitative method itself can be used in stages, namely: (1) determining questions about the problem in research (2) seeking data from data sourced directly from informants (3) collecting data (4) compiling data.

Determination of purposively selected informants, namely foundation management, former drug addicts who are in the process of rehabilitation and assistants or counselors. In this research, data collection is done by interview, observation and Focus Group Discussion (FGD). The objects/samples that will be interviewed are 3 people from patients and 1 person from the ustad as a guide for giving spirituality to Ar-Rahman drug rehabilitation. This study also uses 4 aspects in the study, namely: (1) Aspects of the client's background (2) Psychological aspects (3) Spiritual aspects (4) Social aspects. This research can also be used as an alternative in the rehabilitation of drug abuse spiritually and herbal (non-medical). Spiritual rehabilitation using a humanist and familial approach so that drug addict patients can be open, close and trust the counselor in the therapeutic process .

RESULTS AND DISCUSSION

1. Spiritual Counseling

Talking about spiritual counseling is divided into four sub-themes. The sub-themes discussed spiritual routines, counseling approaches, spiritual counseling activities, and worship activities. All of them are explained in detail below:

a. Spiritual routine

Regarding spiritual routines related to the first time patients come for rehabilitation, many patients do not feel comfortable with the new lifestyle they experience. That way the ustadz who teaches must be able to make patients feel comfortable by carrying out the daily spiritual routine of worship. When the patient is able Facing his new environment, the rehabilitation process can run smoothly. Based on the results of the research, RW clients show that they can adapt to situations and are comfortable with their surroundings during the rehabilitation period.

b. Counseling approach

The spiritual approach is related to the application, implementation and maintenance. In this case, it is related to the obstacles in implementing spiritual counseling. Actually there are many obstacles in rehabilitation in this case described relating to patients who are forced to do rehabilitation. Of course this does not hinder the progress of the rehabilitation phase for RW clients because RW clients always follow all the rules and stages provided at the rehab center. That way the client can be sure that the client is guided for good change in the client himself.

c. Spiritual Activities

Talking about spiritual activities is certainly related to mandatory activities such as prayer, fasting, recitation, and other religious activities. Spiritual activity is a form of repentance and the return of client R is even better. According to the RW client stated that: "Every patient must go through 3 spiritual stages if you want to quickly return home from rehabilitation." The spiritual activities carried out by the ustadz teach education about religion and spirituality. All forms of basic religious activities so that clients are able to change themselves for the better and get closer to God.

2. Rehabilitation Impact.

RW's client explained that at the beginning of the rehabilitation he had difficulty with drug rehabilitation programs. The success of rehabilitation also depends on the expertise of the counselor in deciding the form of rehabilitation that the patient will run. Not all patients come with their own desire to be rehabilitated, there are patients who come because their parents force them. In this case the RW client is one of the patients who gets coerced from his parents which actually influences the patient's cooperative attitude to carry out rehabilitation. Because it is not uncommon for patients who are forced to rehabilitate but in the end they return to taking drugs (relapse). RW clients have a strong mentality, and have a good influence on the rehabilitation process. Getting family support has a very good effect on the speed of the patient's recovery, because it can make mentally those who used to feel anxious, depressed, can get love and can recover quickly from drug addiction. Social support is an influence for the continuity of patient rehabilitation. Because mental patients who are difficult to adjust to rehabilitation need motivation and support from the people around them.

a. Influence of coaching

In addition to using in the spiritual field itself, the rehabilitation process at YPRN Ar-Rahman uses coaching with an addiction counselor in the process of fostering existing patients. The success of this level of rehabilitation itself is very dependent on the success of addiction counselors to their patients. Not all of the patients who want the rehabilitation process from their own desires, but some are in the form of coercion from their parents with the lure of a vacation out of town and after arriving directly included in rehabilitation, when these patients feel forced to enter rehabilitation, it is not uncommon for them to return to using drugs after returning home.

b. The influence of spiritual activities

The influence given to the patient himself from this spiritual activity itself can make the condition of the patient feel more peaceful, serene and there is also a sense of relief with the spiritual gift. This spiritual activity itself also makes drug rehabilitation patients closer to the creator Allah swt and can also make patients aware of the dangers of drug use.

c. Giving motivation

Based on the motivation obtained by the patient himself comes from the family and also the environment around him, with the support or advice from the family and also friends who are around him can make the patient's mental become stronger and by providing social support will also have a very big influence in the

development of the patient's condition during the rehabilitation process and influencing the patient to recover faster in the recovery process.

The results and discussion are adjusted to the research approach. If the quantitative research approach consists of descriptive statistics, then the results of the assumption test and the results of hypothesis testing are then analyzed critically. If the qualitative approach is in the form of a theme from the results of the qualitative analysis carried out.

CONCLUSION

Based on the results of data analysis regarding spiritual counseling, the impact of rehabilitation, and the mentality of rehabilitation patients at YPRN Ar-rahman are: Spiritual counseling, clients perform routines at YPRN Ar-Rahman such as reciting the Koran and praying which are obligations gradually getting used to the routines carried out at YPRN Ar-Rahman. The client as a patient always follows all the rules and stages provided at the rehabilitation center. Impact of rehabilitation, not all patients come with their own desire to be rehabilitated, there are also patients who come because of coercion from their parents. Spiritual activities at the Ar-Rahman rehabilitation center have a better effect and become closer to the creator, Allah SWT. By providing motivation to patients, it immediately influences patients to recover faster in the recovery process.

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