

EFFECTIVENESS OF REHABILITATION OF DRUG DEPENDENT CLIENTS AT THE PINTU HIJRAH FOUNDATION BANDA ACEH

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Abstract

Rehabilitation is one of the government's efforts to handle abuse of narcotics, that the implementation of rehabilitation in efforts to handle narcotics abuse can be done in two ways, namely social rehabilitation which is an integrated process of recovery activities, both physical, mental, and social. Drug abuse is a case that is increasing day by day increasing, both in terms of quantity and quality. It is which cannot be taken lightly because most cases of drug abuse it is found in young people, the next generation of the nation. Hijrah Door Foundation is one of the social rehabilitation places in Banda Aceh with using Islamic therapy. Clients who were rehabilitated there came from various Districts/Cities in Aceh and now it has returned to families and communities. This study aims to analyze the effectiveness of the rehabilitation of drug dependent clients at the Pintu Hijrah Banda Aceh. This research is a qualitative descriptive research. Data obtained by observation, interviews and documentation. The results of the research are the implementation of these 12 steps carried out for 6 months has been effective because of the programs provided during rehabilitation, the targets were set, the satisfaction was high given to make the client live a normal life and be accepted back inside society and no longer tempted to consume drugs. It also makes The Pintu Hijrah Foundation is a recommendation for drug rehabilitation in Aceh.

Keywords: Effectiveness, Rehabilitation, Clients, Drug Abuse, Pintu Hijrah Foundation

INTRODUCTION

Drugs have become a constant topic of conversation throughout the world, including Indonesia. In (2022), this topic is increasingly disturbing society because children have taken over distribution and use. Another term introduced by the Ministry of Health of the Republic of Indonesia is NAPZA (Narcotics, Alcohol, Psychotropics and Addictive Substances), which generally refers to various substances that pose a risk of addiction for users (Afiatin, 2008). These compounds are needed in the world of health, industry and households, but most of these compounds also affect the performance of the human brain system.

Rhino Septian (2021) still considers the drug problem in Indonesia important

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and complex. Over the past decade, this problem has become widespread. This is proven by the significant increase in the number of addicts. Patterns are becoming more diverse and syndication networks are getting bigger. The effects of substance abuse, regardless of social, economic, age or educational level, threaten not only the survival and future of the abuser, but also the future of the nation and state. Historically, drug trafficking has penetrated both rural and urban areas at various levels.

Reflecting the nation's seriousness in overcoming the drug problem, the government enacted Law Number 35 of 2009 concerning Narcotics. The passing of this law was based on the fact that drug crimes were considered international in nature, with sophisticated modus operandi, sophisticated technology, strong money networks, and support from a large number of young people. millennial generation. Meanwhile, in Aceh, the Anti-Drug Law is contained in Aceh Qanun Number 8 of 2018 concerning drug prevention. This Qanun describes the government's role in promoting, socializing, limiting and regulating problems related to drug prevention in Aceh.

Dealing with drug users requires treatment in several ways, one of which is through a rehabilitation center. With rehabilitation, you can break your dependence on drugs. Drug abuse that is not stopped will result in dependence or addiction. When the sufferer has reached the addiction phase and tries to stop the habit, he will experience withdrawal symptoms or withdrawal. Withdrawal symptoms can vary, depending on the severity of the addiction and the type of drug used. Almost all regions of Indonesia, including Aceh, have rehabilitation facilities for drug users to break their dependence or addiction. Rehabilitation centers in Aceh include the Pintu Hijrah Foundation.

Pintu Hijrah Foundation is a rehabilitation center founded by addiction counselors and social workers who have previous experience in various orphanages. This institution is an organization involved in the social, cultural and economic fields, working to develop and improve people's living standards from a drug-free and Islamic perspective. This institution also focuses on preventing drug addiction and rehabilitation (outpatient, inpatient and socialization) for drug addicts. Clients rehabilitated at this institution come from all districts and city districts in Aceh. According to information from Pintu Hijrah Foundation staff, many clients come from Gayo Lues Regency who are referred by BNN Gayo Lues. This was followed by several other districts such as Pidie, Bireun, North Aceh and Banda Aceh. The type of rehabilitation carried out by the Pintu Hijrah Foundation is social rehabilitation and all rehabilitation process activities have an Islamic nuance.

METHODS

This research uses a qualitative descriptive research method by collecting data from articles, media and libraries. This research will be carried out at the Pintu Hijrah Foundation, BNN Gayo Lues and Pidie, and clients in Gayo Lues and Pidie Regencies. The reason the researchers chose Gayo and Pidie was that according to information and observations from researchers at the Pintu Hijrah Foundation, most of the clients who had been sent home came from Gayo Lues and Pidie Regencies. Data collection techniques (1) literature, (2) documentation. The data analysis technique used in this research is a descriptive technique by creating a picture which is carried out by means of data reduction or simplification (data reduction), data display/presentation (data display) and drawing conclusions.

RESULT AND DISCUSSIONS

Implementation of Rehabilitation for Narcotics Abuse at the Pintu Hijrah Foundation

The implementation of rehabilitation for narcotics abuse at the Pintu Hijrah Foundation is of course sequential according to the program provided by the foundation with an Islamic basis. In the program stage, from the start, the party has a contract with the client's family, both verbally and in writing. The rehabilitation process is carried out for 6 months at the Pintu Hijrah Foundation at a cost of Rp. 3,000,000/month for the well-off and Rp. 2,500,000/month for the poor. Then, enter detoxification where detoxification is also one of the programs in recovery, during the detoxification period basic activities are given such as reflection and other tasks such as memorization then preparation for the next program called the primary program. In the primary program, various programs are involved, the required therapy programs include psychosocial, spiritual, basic and mental therapy.

There are 4 (four) categories of drug addicts, namely:

1. Recreational is the trial and error stage.
2. Situational is a stage that is only used at certain times.
3. Intense is stable use according to what the addict has scheduled.
4. Conducive is constant dependence.

In the rehabilitation program, the rehabilitation period is carried out for 6 months in accordance with the contract (intext) which has been signed by the responsible party such as the client's family or relatives. The contract explains everything regarding the implementation of the rehabilitation. The rehabilitation period for both heavy addicts and light addicts continues to be 6 months. In the stage carried out in the first 2 (two) months, an assessment is carried out, while from the first month to the second month an assessment is carried out by the counselor (coach for the client) and the staff on duty. This assessment is a benchmark for the progress

obtained so that in the following month changes can be made to the program onwards. Then, monitoring and evaluation of activities are carried out starting from the program and more specifically after completing the program. This monitoring and evaluation is carried out with the aim of ensuring the exact targets and success achieved. After completion of the program, the foundation still maintains contact (relationship) with clients to ensure clients are drug-free, live productive lives, are active in social life and so on.

Effectiveness of Rehabilitation for Drug Dependent Clients at the Pintu Hijrah Foundation, Banda Aceh

Effectiveness is basically a measure of success in achieving a goal. The word effective comes from English, namely effective, which means successful or can define progress as the adequacy of implementing, using, or supporting goals.

Drug abuse among society often occurs and this abuse never discriminates between elementary, middle school, high school students, students, farmers, and officials and others, so the best way for addicts is rehabilitation.

In 2023 there will be 23 rehabilitation clients, of which the majority in this rehabilitation are drug addicts such as crystal methamphetamine and marijuana, but there are several addicts to palm wine, red wine and glue smokers. So rehabilitation is the most effective step because in rehabilitation, especially the Pintu Hijrah Foundation, it provides spiritual therapy, physical therapy, psychosocial therapy and lifestyle therapy. This therapy is really needed in the recovery process for narcotics addicts. The contents of spiritual therapy, physical therapy, psychosocial therapy and lifestyle therapy are:

1. Spiritual Therapy
 - a. Prayer is mandatory in congregation
 - b. Fasting Monday and Thursday
 - c. Sunnah prayers
 - d. Recitation
 - e. Remembrance
 - f. Reading hadith after every obligatory prayer
 - g. Muhadharah
 - h. Tausiyah every Friday night
2. Physical therapy
 - a. Eat regularly
 - b. Bath regularly
 - c. Health check

- d. Make the bed
 - e. Clean-up
 - f. Function
 - g. Gymnastics
 - h. Futsal
 - i. Table tennis
 - j. Badminton
3. Psychosocial therapy
- a. Today's Reflection (HRI)
 - b. Meeting of Servants of Allah (MHA)
 - c. Daily evaluation
 - d. Educational sessions
 - e. Resident Session
 - f. Ministry of Religion Session
 - g. Step study
 - h. Family Support Group (FSG)
 - i. Full-up tool book
 - j. Saturday Night Activity (SNA)
 - k. Encounter group
 - l. Conflict Resolution Group (CRG)
 - m. Resident meeting
 - n. Outings
4. Livelihood therapy
- a. Leadership
 - b. Discipline
 - c. Time management
 - d. Vocational
 - e. Understand the purpose of life.

During the rehabilitation period, clients are taught various activities to train their body and soul in order to prepare them for leaving the rehab center. It is hoped that clients will become obedient people and be useful to society. The results of the interview with Renaldi showed that while he was in rehab there was so much activity that he didn't have time to think about drugs, apart from that the programs provided were very good for life after leaving rehab. Clients really feel that the programs provided are very beneficial for themselves and society.

Pintu Hijrah Foundation prioritizes its spiritual programs so that rehabilitation clients can get closer to Allah SWT which aims to revive their true nature. If the client is serious about progress, they will recover quickly, some clients even recover within a period of 4 months to 6 months, but it can be more if the client is not really persistent during the treatment period, especially for heavy addicts, and for heavy addicts. The foundation will propose to add a rehabilitation period for families and clients to recover. However, so far there have been no clients whose rehabilitation period has been more than 6 months.

The results of the interview with Ahsanul showed that all the programs provided during the rehabilitation period, including the implementation of the 12 steps of recovery, had succeeded in making the client forget about drugs, even after leaving the Pintu Hijrah Foundation. Together with several friends from his rehab class, he wanted to do a power test (trying drugs), on At that time, I immediately had heartburn (sickness) and I was no longer interested in taking drugs.

Satisfaction is also felt by the client's family and the community, as the results of interviews with Abdurrahman's parents show that all parents want their children to be good in the eyes of society. This made the client's parents, who were assisted by BNN Gayo Lues Regency, in September 2016 take the client to the Pintu Hijrah Foundation in Banda Aceh to undergo a rehabilitation period. After being in rehab for 6 months, the client was returned to his hometown with significant changes and is now working at a coffee export cooperative in Gayo Lues.

From the results of observations, researchers found that they had changed from the activities they participated in, the most important thing was that they were immediately recruited as staff at the local BBN. 16 This was very useful so that they focused on their work and for BBN it was very good as staff in socializing the dangers of drugs. to society because people who have experienced it, can treat it because they know better what they have experienced. After leaving the Pintu Hijrah Foundation, they have returned to functioning in society, although initially there were still many people's views that they would not change. However, these former clients continue to enter and socialize in society so that they can make people believe that they are aware and no longer use drugs.

The most important thing for clients leaving the rehabilitation center is the client's acceptance from the family and community. Treating them like family members is possible and normal society. This really helps them to adjust and atone for their sins again. Apart from that, they need work that allows them to have daily activities so as to produce sufficient income for their needs. The results of observations and interviews with the clients the researcher interviewed showed that all of them had worked in government, private and entrepreneurial agencies.

CONCLUSION

Rehabilitation carried out for 6 months at the Pintu Hijrah Foundation in Banda Aceh was very effective because the programs, targets determined, satisfaction provided during the rehabilitation period combined with spiritual therapy, physical techniques, psychosocial techniques and livelihood techniques made the client live a normal and accepted life. return to society and no longer be tempted to consume narcotics. However, even though it has been said to be effective, it is very important for family and community cooperation to always provide space for former clients to be able to explore themselves better because clients who have previously been addicted to drugs will easily fall back into consuming drugs.

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