

## DESCRIPTION OF RESILIENCE TO FORMER FORMED DRUG USERS AT PEKA SINGLE HOUSE

Chi Ikanovitasari<sup>1</sup>, Pratista Bella Anindhita<sup>2</sup> & Reyni Maya Sefa<sup>3</sup>

chika12novitasari@gmail.com<sup>1</sup>, pratistabellaanindhita@yahoo.com<sup>2</sup>, reynimayasefa0@gmail.com<sup>3</sup>

Program Study Masters Psychology Professional (PSMPP)

Persada Indonesia University YAI Jakarta, INDONESIA

### ABSTRACT

Relapse is a drug reuse behavior after undergoing rehabilitation treatment characterized by addictive thoughts, behaviors and feelings after a period of withdrawal. Former drug users who are unable to resist the urge or suggestion to reuse drugs will experience stress or frustration. Therefore, resilience is needed by former drug users to be able to face problems, pressures and challenges in their life, play their role in society, and not experience a relapse. The purpose of this study was to describe the resilience of former drug users and the factors that influence that resilience. This research uses a qualitative research method of phenomenological type with observation and interview methods to collect data. The results showed that three subjects had I Have, I Am, and I Can sources, one subject had I Have and I Am sources, and one other subject only I Have sources. Subjects who have sources of I Have, I Am, and I Can are influenced by emotional intelligence, impulse control, optimism, empathy and self-efficacy.

**Keywords:** Resilience, Drugs, Relapse.

### PRELIMINARY

Along with the development of the times, drug abuse is increasingly causing unrest in the community and government. The number of drug abuse based on the Final Report of the National Survey on the Development of Drug Abuse in the 2014 fiscal year estimates that there were 3.8 million to 4.1 million people or around 2.10% to 2.25% of the total population of Indonesia at risk of being exposed to drugs in 2014 According to research conducted by BBN in collaboration with Puslitkes-UI in 2015, the prevalence rate of drug abuse is in the range of 2.20% or around 4,098,029 people from the total population of Indonesia aged 10-59 years (National Narcotics Agency, 2015).

The most dynamic and productive ages are those who are classified as young adults, namely between the ages of 20 and 40 years. According to Santrock, young adults are part of a transitional period, both transitions physically, intellectually, and in social roles (Dariyo, 2004). Head of Public Relations of the National Narcotics Agency, Kombes Sumirat Dwiyanto, revealed that 70% of drug users in Indonesia today are workers of productive age. Another 22% are students and university students, while 8% are other categories (Ihsanuddin, 2014).

Drugs (Narcotics, Alcohol, Psychotropics and other Addictive Substances) or drugs are substances or drugs derived from plants or non-plants, both synthetic and semi-synthetic which can cause a decrease or change in consciousness, loss of pain and can lead to dependence (Data and Information Center Indonesian Ministry of Health, 2014). Drugs have three very dangerous properties, namely addiction (making the user addicted and unable to stop), tolerant (causing the user's body to adjust to drugs so that the dose of drug use is higher), and habituation (making the user always remember, remember and imagine enjoyment. drugs). These characteristics cause drug users who have recovered to relapse later or relapse (Ariwibowo, 2013).

Data from the National Narcotics Agency (BNN) shows that in 2006 at the Balai Kasih Sayang Pamardi Siwi BNN, there were 38 cases of relapse repeatedly and re-entered the same rehabilitation institution. In 2007, the relapse rate reached 95%. Some residents even entered the rehabilitation institution for the fourth time. In 2008, relapse data in Indonesia reached 90% (in Syuhada, 2015). In 2013, the National Narcotics Agency stated that the rate of relapse or relapse of former drug addicts in Indonesia was high. Of the approximately 6,000 addicts who undergo rehabilitation per year, about 40% eventually return to becoming addicts (Ariwibowo, 2013).

Relapse is a drug reuse behavior after undergoing rehabilitation treatment characterized by addictive thoughts, behaviors and feelings after a period of withdrawal. Relapse can also occur when individuals get back together with friends who use drugs or their dealers. Individuals are unable to resist the desire or suggestion to reuse drugs and individuals experience stress or frustration (in Syuhada, 2015).

Hawari's research (2003) also shows that relapse in former addicts is caused by friends (58.36%), 23.21% "suggestion", and 18.43% frustration or stress factors. Individuals who are in a risky environment (the social environment for drug users) will experience the susceptibility of being affected to use drugs again (in Setyowati, et al, t.th). A negative stigma still exists in society towards abusers or even former drug abusers. Stigma is a society's view of something or an individual, including drug addicts (Ferrygrin, 2016). Many drug addicts have become prostitutes, con artists, criminals, and even murderers. These crimes were often committed against siblings and even the father and mother himself (in Suryaman, et al, 2013).

This is what makes it even more difficult for addicts to find the help and support they need. This makes drug addicts cornered so that even though they have stopped, they are still treated the same by the community. Not a few drug addicts who have recovered and returned to society feel inferior and uncomfortable because of the various negative stigma aimed at themselves, even from their own families (Ferrygrin, 2016).

According to the Assistant Program Manager at PEKA Halfway House, namely Steven Moniaga, the problem former drug users will face is when they leave rehabilitation and return to their community. They must be able to adjust to the family and community environment, re-enact their role in the community, improve their quality of life, and face the negative stigma from society towards former drug users (Personal Communication, 9 September 2016).

One of the rehab places that equip drug addicts so that they are ready to return to the community is PEKA Halfway House. PEKA Halfway House is a community-based rehabilitation center in the city of Bogor. PEKA Halfway House does not force drug addicts to do therapy for total abstinence or a complete withdrawal from substance use, but PEKA Halfway House emphasizes improving the quality of life for addicts without forcing them to undergo total abstinence. LP, the Program Manager at PEKA Halfway House, said that many rehabilitation centers in Indonesia aim to make addicts stop using drugs, but they do not think about how after the addict leaves the rehabilitation place. This leads to the ex-addict returning to the old environment and eventually relapse or relapse. Clients will be given a place to sleep, eat, and even soft skills and skills education to restore their social function free of charge (in Sulaiman, 2016).

One way to manage existing problems and create resilience is resilience (in Safitri, 2015). Resilience is the process of overcoming problems such as distraction, chaos, stress or life

challenges, which in turn provides individuals with additional protection and the ability to overcome problems as a result of the situation at hand (in Suyasa & Wijaya, 2006).

Resilience is needed by former abusers and drug users to face the various challenges of life that exist. Resilience can also help former drug abusers to return to their role in society, be able to interpret their life better, be able to return to life to achieve their goals and hopes in life, and not experience a relapse or relapse again (in Safitri, 2015).

Based on the explanation above, the researchers are interested in examining the description of resilience of former drug users aged 20 to 40 years at PEKA Halfway House.

### **Research Purposes**

This study aims to describe the resilience of former drug users and to determine the factors that affect the resilience of former drug users at PEKA Halfway House.

## **LITERATURE REVIEW**

### **1. Resilience**

According to Grotberg (2003) resilience is the ability that a person has to face, overcome, learn, or change through various unavoidable difficulties in life.

According to Grotberg (1995), resilience has three sources, namely:

#### **a. *I Have***

The sources owned by the individual come from support, both from the family and the environment around the individual, so that the individual feels loved and accepted. The aspects are:

##### **1) Trust in relationships**

Individuals need a trustworthy relationship between individuals and others. Parents, family and friends love and accept it. Individuals need love and emotional support from those around them.

##### **2) Structure and house rules**

The rules given to him in the house (family), these rules are useful as a sign that individuals are still an important part of family relationships at home, so that as family members, individuals are expected to be able to obey the rules that apply at home.

##### **3) Role model**

A role model or model that can be used as an individual example from others, which is based on awe. So that individuals are motivated to be able to learn from that person. This can be done by parents, other adults, siblings, and peers.

##### **4) The urge to be autonomous**

An encouragement given by others to individuals so that individuals can learn to be autonomous or independent individuals. Adults, especially parents, encourage children to do things on their own without the help of others and try to find the help they need to become autonomous.

##### **5) Access to health, education, security and welfare**

Individuals, individually and in families, can rely on consistent services to meet needs that cannot be met by their families, namely hospitals and doctors, schools and teachers, social services and foundations and similar services.

#### **b. *I Am***

The resources possessed by individuals are in the form of positive self-potential, such as feelings, attitudes, and beliefs. The aspects are:

- 1) Feelings of being loved and attractive behavior  
The individual realizes that people like and love him / her. They will be kind to those who love and love them. Individuals can regulate their attitudes and behavior when they face different responses when talking to others.
- 2) Loving, empathetic, and alternative  
Feelings in the individual to love, cherish, empathize and be happy to help others selflessly even though he himself is in difficult times. Individuals care about what happens to others and express that concern through actions and words. Individuals love others and express their feelings of affection for others.
- 3) Be proud of yourself  
Feelings of pride and self-satisfaction. The individual knows he is someone important and feels proud of himself and determines what can be done to pursue his desires. Individuals will not allow themselves to be belittled or belittled by others. When individuals have problems in life, self-confidence and self-esteem help them to survive and overcome these problems.
- 4) Autonomy and responsibility  
Responsible behavior within the individual so that the individual continues to have autonomous behavior as an independent individual and remains fully responsible for himself. Individuals can do things in their own way and accept the consequences and understand the limits of their control over various behaviors.
- 5) Expectations, beliefs, and beliefs  
A feeling of hope and a belief in the individual that is positive and constructive. Individuals believe that there is hope for them and that there are people and institutions to trust. Individuals feel a feeling of right and wrong, have self-confidence and belief in morality and goodness, and can express this as belief in God.

**c. I Can**

These sources come from the individual's social and interpersonal skills with how to interact, and the ability to solve problems. The aspects are:

- 1) Communication  
Individuals are required to carry out social interactions in order to be able to express every expression of feelings to others by communicating directly. Individuals are able to express thoughts and feelings to others and can listen to what others have to say and feel the feelings of others.
- 2) Troubleshooting  
Individuals use the ability to solve problems they face creatively. Individuals have the persistence to persist with a problem until the problem can be resolved. Individuals can assess a problem, the causes of the problem and know how to solve it.
- 3) Manage feelings and stimuli  
Behavior to regulate every emotion and drive in individuals so as not to hurt themselves and others. Individuals can regulate their feelings and express them in words and behavior that do not violate the feelings and rights of others or themselves.
- 4) Looking for a trustworthy relationship  
Individuals will look for a close and trustworthy relationship with others on their own, where the relationship in question is useful as a means for individuals to ask for help if they have a problem that requires discussion with others.
- 5) Measure temperament yourself and others  
Individuals understand their own temperament (how to act, stimulate, and take risks or be quiet, reflex and be careful) as well as to the temperament of others. This helps

individuals to know how long it takes to communicate, helps individuals to know the speed to react in various situations.

Individuals do not need all aspects of the three sources of resilience to be resilient, but having only one is not enough (Grotberg, 1995).

## 2. DRUGS

DRUGS (Narcotics, Alcohol, Psychotropics and other Addictive Substances) refers to a group of substances that generally have a risk to the wearer, namely addiction (addiction). Drugs are substances or substances that when they enter the body, they will affect the body, especially the central nervous system or brain, so that if they are misused, they will cause physical, psychological or mental disorders, and social functions (Sofiyah, 2009).

Drugs are divided into three types, namely:

### a. Narcotics

Narcotics are substances or drugs derived from plants or non-plants, both synthetic and non-synthetic, which can cause a decrease or change in consciousness and loss of taste. This substance can reduce pain and can cause dependence.

### b. Psychotropics

Psychotropics are non-narcotic substances or drugs, both natural and synthetic, which have psychoactive properties through a selective influence on the central nervous system causing distinctive changes in normal activities and behavior.

### c. Other addictive substances

Other addictive substances are substances other than narcotics and psychotropic substances that can cause dependence, for example cigarettes, alcohol, thinner, wood glue, gasoline, paint, etc. which when inhaled, smoked and smelled can be intoxicating (Partodiharjo, t.th).

## RESEARCH METHODS

### 1. Research Design

This research method uses qualitative research wherein this research produces and manages descriptive data such as interviews, observations, field notes and others. The data collected is in the form of words or pictures, so it does not use numbers (Poerwandari, 2011). The basis for qualitative research is used to describe the resilience of former drug users, so it requires data obtained through observation and interviews as well as data obtained from various sources. This type of research includes phenomenological research. Phenomenology is interested in what humans experience in certain contexts and at certain times, not in abstract accounts of the nature of the world in general. Phenomenology deals with phenomena that arise in humans, consciousness such as being involved with the world around us (Willig, 2008).

### 2. Characteristics of the Subject

In this study, the characteristics of the subjects involved were former drug users aged between 20 and 40 years, both male and female and had been former drug users for at least 3 months at PEKA Halfway House.

### 3. Number of Subjects

The number of subjects really depends on what the researcher wants to know, because the number of research subjects requires careful preparation so that data collection can be maximized. Based on this, the researchers determined the number of subjects as many as five subjects.

#### 4. Sampling technique

The sampling technique used to determine the sample in this study is a homogeneous technique. Homogeneity is a sampling technique by taking a small number of homogeneous cases and so that researchers can describe certain subgroups in depth (Poerwandari, 2011).

### CONCLUSIONS AND RECOMMENDATIONS

Subjects H, A, and J have all aspects in the sources I Have, I Am, and I Can. Subject D has all aspects in I Have and I Am sources, and has four aspects in I Can sources, namely communication, managing feelings and stimuli, finding trustworthy relationships, and measuring the temperament of oneself and others. Subject R has all aspects in the I Have source, has two aspects in the I Am source, namely feeling loved and attractive behavior, as well as loving, empathetic and altruistic and has two aspects in the I Can source, namely managing feelings and stimuli and measuring temperament yourself and others. The factors that influence resilience are emotional intelligence, impulse control, optimism, empathy and self-efficacy.

In this study, there are still many shortcomings that are owned, for that future researchers who want to do research with the same variables are expected to further deepen the theories used and deepen the interview guide according to the theory used. Researchers also do not provide control on the characteristics of the subject regarding the type of drug used, so that for the next study it is hoped that it can provide control on the type of drug used to find out whether this type of drug affects the resilience of former drug users.

For former drug users, the way to develop resilience is by establishing honest and open communication with family, friends and the community, having a sense of pride and self-confidence, being able to be independent and responsible individuals, having the courage to express opinions and feelings, able to take valuable lessons from past experiences, and be able to survive facing problems experienced in a positive way (not using drugs as an outlet or diversion), as well as participating in counseling or consulting activities.

For families of former drug users, it is recommended that they have knowledge or education about drug use and the problem of relapse in former drug users. In addition, families are also expected to be able to improve communication with former drug users, eliminate negative stigma against former drug users, and encourage them to become resilient individuals to support the recovery process for former drug users.

For rehabilitation places, it is recommended that they involve their families in the recovery process that drug users undergo, so that drug users feel supported and loved by their families. In addition, rehabilitation places should not only pay attention to whether drug users have stopped using drugs or not, but also provide training, counseling and consultation to prepare drug users to return to the community after completing the rehabilitation process and be able to face various problems in daily life.

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