



## Rehabilitation Model of Drugs Victims Through Integrative Approach in Orphanage of *Pondok Pesantren Ar-rahman* Palembang

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### Abstract

This study aims to: 1) reveal how the implementation of the rehabilitation process of integrative models for adolescent drug addicts; 2) explain the factors that hinder and support the integrative process of rehabilitation of adolescent drug addicts; and 3) explain the changes experienced by teenage drug addicts after undergoing an integrative rehabilitation process. This research is a qualitative research, using a phenomenological research model. The research subjects were nursing board and victim victims. In searching for data, methods of documentation, observation and in-depth interviews are used. While the technical analysis through the process of reduction, display and verification. The results of this study are; 1) the process of implementing the rehabilitation of adolescent drug addicts, carried out in an integrated manner between medicaltherapy, psychological and spiritual. 2) The central figure of the therapist is the ex-rehabilitation center's former addicts and alumni, so that they understand the problems faced by addicts who are nurtured and are very competent in guiding the healing process. 3) Inhibiting factors, namely: adolescents have emotional traits, cognitive damage, saturation, and lack of parental support. Supporting factors, namely: caregiver affection, discipline and government support. 4) Rehabilitation of drug addicts, has succeeded in reviving awareness not to use drugs, and led to changes in attitudes

## INTRODUCTION

Drug abuse in Indonesia is generally carried out by teenagers and young adults between the ages of 16-25 years , this age is classified as productive and potential age, because adolescents are the next generation of the nation in the future. The dependence of the younger generation on drugs has spread to every corner of the country at all levels. These people can come from the upper, middle or lower economic circles, and also come from broken and good families. Drug abuse is a complex problem, covering various aspects of life as well as negative consequences both for the user, family, community and nation and state.

As a result of drug abuse is an addiction that can damage the brain and organs, crazy or loss of memory, can even cause death. In addition, it can also cause personality disorders in addicts, such as loss of self-confidence, self-esteem and social responsibility, which can lead to criminal acts that disturb the community.

Prakoso said that there are several reasons for someone using drugs, which include: because they are driven by curiosity and fad, to be accepted in certain circles, to break away from loneliness and obtain emotional experiences, to fill the void and feeling bored because of lack busyness, to eliminate frustration and anxiety due to a problem that cannot be overcome because of a dead-end mindset, and to oppose or oppose something authority (parents, teachers, and law) (Prakoso 1987).

Meanwhile, according to the Directorate General of Social Rehabilitation Services, Ministry of Social Affairs (Social 2010), there are two factors causing drug abuse. *First*, individual factors which include: want to know the taste or want to experiment, want to be accepted or entered into a certain group, want to show freedom or maturity or follow *trends*, want to get pleasure from the effects of drugs, want to eliminate pain or discomfort felt and believe that medicine can overcome all problems, want to protest against the system or prevailing social values, want to get the attention of parents, and lack understanding and appreciation of religious values. *Second*, environmental factors which include: parent-child relationships that are not close and not open, lack of supervision by parents, living in drug user environments, attending school in a vulnerable environment of drug abusers, associating with dealers and users, lack of community social control over drug abusers, lifestyles that are considered *trendy* (keep up with the times), peer pressure, and substances used cause dependence on the wearer, which will make him lose control, so he will constantly think and try to always use.

Drug abuse can have an impact on one's physical and psychological damage. Physical damage is a direct result of drugs in the blood, which can result in damage to body tissues (Nobility 2016). Drug use that is not in accordance with the allotment, over time will experience overdosing, so that feel extraordinary suffering or over dosage. In addition, drug abuse has an impact on the emergence of various diseases including: hepatitis B / C, heart disease, syphilis, HIV / AIDS. Especially if the person concerned uses various types of drugs, his physical condition will get worse and weaker which can result in death. Long-term drug use can cause organ dysfunction, which can cause stress resulting in changes in traits, attitudes and behavior. Drug users can turn into closed, emotional, inferior, selfish, paranoid, evil (*psychosis*), not even caring for others (*asocial*). Drug users who had long, always influenced by fear *sakau*, so those who actually want to quit, forced to continue using drugs because of fear of impending suffering *sakau* (Sephaird Dwi Hananto., Anis Mashdurohatun., Nd).

While the impact of drug use on the family is very large, if a family member is exposed to drugs, various problems will arise in the family, starting from the emergence of psychological problems, namely the disruption of harmony in the family, because one family member becomes a

drug addict. Likewise the economic impact, a lot of money is scattered to buy drugs, and also to seek treatment and healing that requires high costs. While the impact of drug abuse on the community can be seen by the presence of various violence in the community, such as fighting, persecution, crime, and even extending to the presence of various social problems such as prostitution, rape, trafficking, and kidnapping.

Ar-Rahman Islamic Boarding School is one of the Islamic boarding schools in Palembang, Ar-Rahmand Islamic Boarding School was founded in 1996 under the leadership of M.M. Sukarman Dewhana. Padamulanyapondok Pesantren Ar-Rahman carried out education covering the levels of Madrasah Tsanawiyah and Madrasah Aliya. In the following developments the education management of the Ar-Rahmanini Islamic Boarding School was opened as well as the Institution for the Rehabilitation of Narcotics Victims. This started from the desire of the leadership and members of the Al Furqon Dhikr Assembly, which was founded by the Pimpinan Ar-Rahman Islamic Boarding School, HM Sukarman Dewhana, to always open up to the problems faced by the community, especially community members involved in drug addiction, so that they could back to being a normal member of the community. From the available data it is known that since the establishment until December 21, 2003, there were 100 teenagers who were victims of rehabilitated drugs at Pondok Pesantren Ar-Rahman each year.

### Integrative Approach

Study Religion methodology, such as focusing the method *Inaba* in the development process of troubled youth on the process of healing adolescent problems (Barjie 1990). Always the rehabilitation approach he calls comprehensive, integrated and therapy *holistic*, namely that healing is an ongoing process of health recovery with the help of therapies that include; medical therapy, psychiatric therapy, vocational therapy, social therapy, spiritual therapy, and recreational therapy. However, the reality in the field is very difficult to find rehabilitation institutions that carry out therapy in a comprehensive, integrated and holistic manner, covering all types of therapeutic measures (Sitanggang 1981 )

Cynthia through her new approach which she called an integrative approach. According to him, the use of drugs that are misused will affect the good aspects of an individual's life, starting from the medical, psychological, social, to the spiritual aspects. Therefore, professional therapists must not ignore aspects of this individual's life when doing therapy for individuals who experience addiction or behavioral irregularities due to abuse of these drugs. The scientific approach sometimes focuses on the medical aspects or psychological aspects only, so neglecting to accept the field of spirituality is a component in the response. The addition of spiritual values actually gets an

important emphasis in healing so that individuals are normal. Therefore, for Glidden-Tracey, the integrative approach that combines approaches, between medical-based physiology paradigms, psychotherapy-based psychology paradigms and spiritual-based moral paradigms is a necessity. With this, the therapeutic process can be carried out with three processes, namely the biological-medical process, the psychology-psychotherapy process and the moral-spiritual process (Glidden-Tracey 2005).

With this Glidden-Tracey implies that the end and culmination of the rehabilitation process is a spiritual process that is part of the inner dimension of man. Termination of rehabilitation in this spiritual process indicates that a spiritual approach is an important part of the rehabilitation process. This spiritual dimension is an dimension *uncovering* of drug control. Spirituality has an important role in the healing process of drug victims. "*Many people who recover from an addiction to drugs or alcohol do so by developing a spiritual life*". More than one million Americans who experience the rehabilitation process due to drug addiction are overcome through the development of *spiritual life* (Rick MF., Gaurvika MLN., Joel GB., Rachel H., Jonathan LV., Socheat Duong., Pascal Ringwald, Thomas EW., Christopher VP. 2012).

Aliah B. Purwakania Hasan reveals the results of Martsolf and Mickey's research on a number of keywords that refer to spiritual understanding, namely; meaning, values. Transcendence, continued and become (Hasan 2006). Meaning is something significant in life, feeling a situation, having and leading to a goal. Values are valued beliefs, standards and ethics. Transcendence is experience, awareness and appreciation of the transcendental dimension of life above a person. *Continued* is to increase awareness of the relationship of oneself, others, God and nature. *Being* is opening up a life that demands reflection and knowledge, including who someone is and how someone knows.

The definition of spiritual seems to encompass the sides of spiritual life in a fairly broad dimension, as suggested by William Irwin Tomson who was quoted by Jalaluddin that spiritual is not religion. However, it cannot be separated from religious values. There is a point of tangency between the spiritual and religion (Jalaluddin 2010).

## METHOD

The research type used in this study is qualitative research. Qualitative research is a research procedure that produces descriptive data in the form of written or oral words from people and observed behavior. Qualitative research was deliberately chosen to reveal the meaning behind the rehabilitation process carried out by the Ar-Rahman Islamic Boarding School Rehabilitation Institution (PRNPPA). In the context of this writing, the model approach used is the

phenomenology approach. Through the phenomenology approach, it is expected that a description of the phenomena found in the field can be interpreted in more depth. The phenomenological approach that was used leads to two observational focuses, namely: 1) the whole process of integrative rehabilitation carried out on juvenile drug addicts in Pondok rehabilitation institutions Ar-Rahman Islamic Boarding School. 2) direct experience given by adolescent drug addicts as a subject experiencing the rehabilitation process.

### FINDINGS AND DISCUSSION

Establishment of PRNPPA in Plaju Darat Village, Plaju Subdistrict, Palembang City, South Sumatra Province, begins with the desire of Islamic Boarding School Leaders and Al-Furqon Assembly Members to realize their programs, to help the community in Ar-Rahman Islamic Boarding School and members of the Al-Furqon Council of Remembrance, especially in relation to understanding the unity of God. This understanding of monotheism teaches members of the recitation to always cleanse the heart through remembrance. Where each activity is carried out, it is expected that members can set an example to the community in their environment.

In the opinion of the writer, the business of this study group founded the Panti Rehabilitation for Youth Narcotics addicts, a positive contribution to fostering the nation's easy generation who have fallen into abuse of drugs. Moreover, who is the head of a rehabilitation center and also acts as a therapist, is a former drug addict himself.

Based on the document of the Ar-Rahman Narcotics Rehabilitation Institution in Palembang, it is known that the purpose of the construction of rehabilitation institutions is to accommodate, foster and promote drug addicts not only to upper-class economic children, but also to drug addicts whose economics are very alarming and they will all be formed into *generasirabbani* (berketuhanan generation), means to have a high monotheism and get back to nature.

These goals are ideal for the size of drug addicts, because they have experienced brain nerve disorders, physical disorders and severe physical disturbances, so it takes a long time to make drug addicts return to normal and obedient in practicing religion. Therefore, it takes the hard work of caregivers and rehabilitation programs are planned and directed by the well, in order to form *generasirabbani*, means to have a high monotheism and back to the nature.

The construction of the Ar-Rahman Narcotics Rehabilitation Home was in conjunction with the construction of the Ar-Rahman Islamic Boarding School which began on December 3, 1993, on awaqf ± 2 hectareland from a Pertamina pensioner named Mr Toha Usman. Furthermore, the process of accepting drug addicts in rehabilitation centers is not through special promotion and

information media, but through information provided by healthy drug addicts or parents of drug addicts who are in the process of recovery in PRNPPA.

Then in 2012, Ar-Rahman Narcotics Rehabilitation Institution stood alone with the name of the Ar-Rahman Drug Rehabilitation Center Foundation and based on the Decree of the Minister of Social Affairs of the Republic of Indonesia No. 31 / HUK / 2012, was appointed as the Drug Abuse Victims Social Rehabilitation Institution to receive mandatory reports for victims of drug users along with 30 social rehabilitation institutions throughout Indonesia.

The length of the rehabilitation process for drug addicts according to Sahrizal PimpinanPanti), depends on four things, namely; motivation and desire of the person concerned to recover, how much the level of their addiction to drugs, the type of drug used, and support from the family.

### **The Integrative Approach Model in Ar-Rahman Islamic Boarding School**

#### **Biological-Medical Therapeutic Process**

##### **The health check up**

Drugs victims that have been received is examined to determine the type of disease suffered and the level of dependence on drugs that have been used. Those who experienced pain were treated first by the orphanage's Health Team until they recovered.

##### **Bathing**

Bathing is a must-do thing for teenage drug addicts who enter the Palembang PRNPPA. The first bath for every teenage drug addict is called "*bathing in repentance*", that is, they are bathed by caregivers, to cleanse themselves physically and psychologically from all the dirt and sin that is attached to their body and soul. The bathing for teenage drug addicts who have just entered the Panti Rehabilitation Boarding House of Palembang's Ar-Rahman Islamic Boarding School was conducted in the bathroom both day and night, and was immediately guided by caregivers, while instructing the teenager to follow the remembrance which is being recited by caregivers, especially recitation as much as possible until it's finished.

##### **Nail and Hair Cutting**

After the bathing repentance is complete, the next stage is to care for cleaning the nails and hair of drug addicts. This cleansing is intended to remove impurities in their body, while smoothing their appearance, so that it is different from before. Where before drug addicts never pay attention to their bodies and appearance, so they don't look like normal teens. As explained by Sahrizal that "young people who have just entered are cleaned of their nails and hair first".

### The psychological process of psychotherapy

Prosesterapy includes the stages of isolation and stages of adaptation that must be undertaken by drug addicts. The complete process of psychological therapy is as follows.

#### Isolation

Every teenage drug addict who has just entered the institution, after the identification process is done to find out the psychological condition and the type of drug they are using, then teenage drug addicts are put into isolation rooms, with the aim of giving them opportunities to reflect on past lives and think for the future.

Usually the conditions of drug addicts who are in the isolation room have an emotional nature, rebel and bite the caregiver. The condition of adolescent drug addicts during this isolation period, is very emotionally unstable and requires serious handling, and a loving approach

#### Adaptation

After all the previous processes have been carried out, and drug addicts have gone through a critical period filled with mental shock, caused by the discontinuation of drug use and they have experienced calm, then the next step is to do the adaptation process.

Adaptation is an activity that is carried out after the teenager has passed through the isolation period and begins to communicate with the teenagers and carers who are there. The adaptation phase is expected to allow drug addicts to share stories about their experiences during the rehabilitation process.

#### Moral-Spiritual Process

Through this therapy, drug addicts are guided to regain their religious awareness, about the presence of God in their lives, so that the presence of God, can lead them to achieve a meaningful and beneficial life, both for themselves and the surrounding environment.

For more details, the activities carried out in the process of spiritual therapy include several stages as follows:

#### Rehabilitation

activities spiritual rehabilitation for young drug addicts, carried out by involving them in remembrance activities, prayers, and *tadarusan* reading the Koran. These activities are complete as follows:

#### Remembrance

Especially the implementation of a rehabilitation program in the form of spiritual formation at the stage of healing, carried out by the activity of recitation by reciting the word *Allah*. In applying

this remembrance, it is carried out through three levels, namely: remembrance orally, remembrance with the heart, and remembrance with deeds. The detailed implementation is as follows:

### **Guidance for Congregational Prayers**

When it is associated with adolescents who consume drugs, it turns out they do not have peace in their lives, due to damage to nerves and nervousness of the belief in God. Therefore, through prayer in congregation can restore damage to the brain's nerves, and at the same time re-enter the spiritual values that are in accordance with human nature into their hearts, which then reflect light that can illuminate the process of their life's journey.

### **Reading the Qur'an**

Based on the results of observations at the Rehabilitation Center for Narcotics Addiction at the Ar-Rahman Islamic Boarding School, that in reading the Koran for drug addicts carried out in *tadarusan*. In reading the Qur'an in *tadarusan*, it is usually carried out after performing the evening prayer in congregation. The rama sat in a circle and was guided by a caregiver as a guide in reading the Qur'an. By means of *tadarusan* all involved actively in the activity of reading the Qur'an and all making a sound, so that no addict does not read the Qur'an.

### **Resocialization**

Resocialization is a training process to return to becoming a member of the community of drug addicts. This training is a very important thing to do, to prepare their souls and abilities when returning to their family and community environment. Such as sewing courses, shops and other activities.

### **Immunization**

Along with the stages of the resocialization process, adolescent drug addicts are also immunized. This process is a stage that must be passed by them. The immunization stage is intended to provide immunity for addicts who will later return to the community, especially families. that this immunization stage is to provide immunity to the souls of addicts, so that when they are faced with their original environment, especially the environment that once plunged them into the world of drugs, then they can refuse and dare say "no" to drugs, stages of immunization processes are no longer carried out separately in the room or mushalla, but carried out by involving healthy addicts to take part in the activities carried out by the HM Sukarman Dewhana Al Zikir Al-Furqon Assembly. They mingled with other members of the zikir assembly.

The implementation of this activity is as explained by Abah Sumanta, that immunization activities for those who are already healthy are the same as the methods used by adolescents in the rehabilitation process, namely by using the method of remembrance, both remembrance and verbal



remembrance, remembrance with heart and remembrance with actions. The difference lies in the place and time and type of activities carried out.

In the process of integrative rehabilitation of adolescent drug addicts in the PRNPPA Palembang, from the moment they started entering until when they had experienced healing, there were factors that influenced the development process. These factors will be explained in the following description.

### **Inhibiting Factors**

There are a number of inhibiting factors encountered in the field, when observations were carried out on teenage drug addicts, and interviews with the chairperson and caregivers at the PRNPPA Palembang. Factors originating from within adolescent drug addicts, namely: adolescents have a high emotional nature, the condition of their cognitive damage is severe and the saturation they experience. While the factors that come from outside, is the lack of parental support for the process of guidance carried out in rehabilitation institutions.

### **Supporting Factors**

The success of a program is influenced by several factors, namely the factor of program organizers, program participants and external support for the program being carried out. In the context of research on adolescent drug addicts who are fostered in PRNPPA, it can be stated that there are several factors that influence the success of the development program. Some of these factors are: the factor of caregiver care for adolescents assisted, the discipline of adolescents assisted in following and implementing the programs offered to them, and support from the local government for coaching activities.

### **CONCLUSION**

From several descriptions of the integrative rehabilitation process of drug victims in the Ar-Rahman Boarding School in Palembang, it can be concluded that the process of rehabilitation of drug victims in the Ar-Rahman Islamic Boarding School in Palembang is done by integrating medical-based physiological therapy models, psychology-based psychotherapy models and a spiritual-based model of moral therapy, followed by the development of the ability of social interaction, giving immunity to the soul in the face of the negative effects of the new social environment, and life skills (*life skills*) as a provision for them to live their lives after rehabilitation. The stages of rehabilitation, starting from the medical healing of physical disorders suffered by adolescents guided, followed by healing psychic disorders, then their souls are filled with spiritual values, as a basis of mental strength that can foster their awareness, to reach new religious forms that are healthy, healthy and effective and avoid negative social influences.

Healthy and normal life policing is marked by a change in mindset, character, habits and behavior towards a positive direction, in the form of obedience in carrying out worship and an awareness to live independently creatively, the victim can return to life, after undergoing a rehabilitation process in a period of 4 up to 12 months, depending on their motivation to undergo the rehabilitation process, the level of physical and psychological disorders they experience.

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