

Post-Rehabilitation Activities for Drug Addicts at Home Assistance National Narcotics Agency of South Sulawesi

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ABSTRACT

The research objective was to obtain in-depth information about the behavior of post-rehabilitation drug addicts at BNNP South Sulawesi. This type of research is qualitative research by means of direct observation and in-depth interviews with informants and is also equipped with documentation. The numbers of informants in this study were 6 informants consisting of 5 regular informants and 1 key informant. The results of this study indicate that the addict's knowledge of drug abuse defines drugs as addictive substances or drugs that can destroy the addict's family, economy, and life. The attitude of drug addicts in maintaining their recovery is to get closer to God, to be in a positive and safe environment, in this case stay away from PIC friends who can influence addicts, do sharing Circle activities to get support and channel emotions. Social support plays a role and is needed by former drug addicts who are in the recovery phase. The support provided by parents, family, friends and agencies is useful in generating a sense of self-confidence, a sense of worth, a sense of enthusiasm, as a buffer for symptoms and stressful events in maintaining recovery. The availability of facilities is one of the factors for informants in maintaining their recovery. The facilities provided are in the form of a companion house which is a place for addicts to do activities in a safe environment (Circle).

Keywords: Knowledge, Attitudes, Availability of Facilities, Social Support, Information

INTRODUCTION

Globally, according to the UN report, the estimate or estimate of the number of world drug abuse is 255 million, with the number of deaths with over dose of 520 people per day. Indonesia's position which is in a cross position between the continents of Asia and Australia and between the Pacific and Indian Oceans, as well as a country that has a number of large islands and a long coastline has made Indonesia a target for narcotics trafficking. This condition is coupled with a large population, reaching approximately 267 million people, with 40% of whom are young people who are a vulnerable group to drug abuse. The large number of entry points that are still less supervised, especially airports and container ports as well as dark ports adds to the grim path of narcotics smuggling in Indonesia

According to the BNN & UI survey results (2017), in 34 provinces, the number of drug abusers in Indonesia is 3.3 million, 30 overdoses per day. The BNN survey was conducted through 3 door groups, namely door 1 student, door 2 workers, door 3 unemployed or the general population. The largest proportion of abuse was in the work environment of 2 million (59.3%), 800 thousand (23.7%) in education, and 573 thousand (17%) in the community.

According to the National Narcotics Agency for Data and Information Research (2017), the number of abusers in South

Sulawesi is 121,366 with a prevalence of 1.95% and is in the seventh position of abuse from 34 provinces in Indonesia. The total loss of socio-economic costs due to drug abuse in South Sulawesi reached 3.4 billion. Social cost losses are of two types, namely private costs and social costs.

The National Narcotics Agency of South Sulawesi Province (BNNP Sul-sel) has provided rehabilitation services for drug addicts and abusers and post-rehabilitation services for 426 former addicts and drug abusers. Post-rehabilitation services consist of 2 types, namely regular services (outpatient) and accompanying home services (inpatient). During the year

In 2018, there were 167 former drug addicts who participated in outpatient activities and 52 people attended inpatient care.

Post-rehabilitation services are part of social rehabilitation in the form of further coaching in the form of mentoring, skills improvement and productivity support in order to be able to maintain recovery and to adapt to a social and independent environment. Several post-rehabilitation service methods are implemented in South Sulawesi, namely 1) intensive support services (RD), 2) BNNP / K regular services, 3) Bapas regular services, 4) Bhayangkara hospital regular services, 5) advanced guidance services.

The results of preliminary observations made by researchers found that the success of achieving the post-rehabilitation program of BNNP was around 70-90%. Determination of post-this achievement using 4 indicators, namely, (1) recovering (not relapsing) and productive (returning to work or going to school), (2) recovering but not yet productive, (3) not recovering but productive, (4) not recovering and not productive. In advanced care services with 141 addicts, it was stated 97 people or 68.8% recovered and were productive, 21 people 14.9% recovered and were not productive, 6 people 4.25% did not recover and were not productive, and 17

people 12.05% did not recover and were not productive.

Behavior changes that occur in addicts after rehabilitation will be in the maintenance stage, namely a condition where the addict maintains the behavior changes that have been achieved to prevent recurrence. After the rehabilitation of addicts enters the post-rehabilitation program where in this program addicts are nurtured to be accepted by the community again, monitoring the extent to which addicts escape from drugs and maintain their recovery.

METHOD

The research method used in this research is qualitative research which intends to know in depth the behavior of addicts in the form of knowledge, attitudes, availability of facilities and social support with a descriptive approach in the form of words and language. This research was conducted by direct observation and in-depth interviews with informants and also completed with documentation. This research will be carried out in the companion house of the South Province National Narcotics Agency (BNNP Sul-Sel) which is in the BulurokengPermai housing block A1 no 3, Biringkanaya District, Makassar and the research time was in April - May 2019. The informants in this study were key informants. (Post-Rehabilitation Assistant) and regular informant (Post-Rehabilitation Resident inpatient) at the National Narcotics Agency of South Sulawesi Province (BNNP Sul-sel). The method of determining the informants is by using the snowballing sampling method. Snowballing sampling is a method that uses the analogy of a small snowball being rolled so that it gets bigger. The population taken in this study were drug addicts in the post-rehabilitation phase of BNN in South Sulawesi Province, hospitalization for more than 2 weeks, and subjects were willing to become participants by agreeing to the statement as a participant.

RESULT

Table 1: Characteristics of Respondents

No	Code Informant	sex	Age	Job
1	FM	Men	22 years	Wiraswasta
2	RA	Men	19 yaers	Not job
3	ID	Men	21yerars	Not job
4	LR	Men	23 years	Collect student
5	SF	Men	35yars	Entrepreneur
6	HS	Men	39 years	Key informant /Counselor)

Based on table 1 shows that there are 6 informants in this study consisting of 5 regular informants who are inpatients who are in the post-rehabilitation stage for more than 2 weeks and 1 key informant who is a companion or counselor, the age of the informant is around between 18-40 years

Knowledge

Post-rehabilitation drug addict knowledge about drugs

Based on the results of interviews conducted with informants, it was found that the informants knew drugs in all bad perceptions, informants interpreted drugs as substances or drugs that are delicious and addictive but can destroy the family, economy, and life of addicts. The things that make an addict use drugs.

Based on the results of interviews conducted with informants, it was found that most informants used drugs because the environment of the addicts was not good, they felt less sociable if they did not use drugs this triggered them to experiment with addiction.

Coaching received by addicts during post-rehabilitation.

Based on the results of interviews conducted with informants, the guidance that addicts receive during the program is trimming behavior, maintaining recovery, applying maturity and developing interests and talents.

Attitude

Attitude of addicts in response to drug abuse

Based on the results of interviews, several informants said that avoiding drug use is very important for the future and drug abuse is wrong.

The attitude of the addict is based on the willingness to take responsibility

Based on the results of the interview, their form of responsibility is to admit the mistakes they made and follow or undergo rehabilitation and post-rehabilitation besides that they are committed to maintaining recovery and following the program well.

Attitude of addicts in maintaining recovery

Based on the results of the interview, there are many factors that can help addicts maintain their recovery, according to the informants, religion, family motivation, being in a positive and safe environment, in this case staying away from PIC friends who can influence addicts, conduct sharing circle activities to get support and channel emotions.

Availability of Facilities

Based on the results of the interview, the informants felt that the facilities provided were adequate in terms of increasing interest and talent. The damping home facilitates each addict's self-development activity. Informants were given facilities such as living quarters, mattresses, kitchens, and addicts' vocational equipment. The informants were also facilitated by providing addiction seminars and self-development seminars. Aiming at improving the quality of life and opening up new opportunities for them to be productive again can also make them more independent and they are ready to return to their family and community environment.

Social Support

Social support provided by the family

Based on the interviews obtained, the informants received support from parents in the form of advice not to forget the creator, the family plays a role in maintaining the addicts' social environment.

Support provided by the BNNP

Based on the interviews obtained, the role of BNNP in social support is very large, addicts feel more support and attention from the BNNP, support provided is in the form of motivations, gives confidence to addicts, helps addicts channel

emotions, reprimands mistakes made by addicts.

Social support from friends or companions

The results of the in-depth interviews conducted with all informants explained for different reasons, namely some informants explained that some of their friends paid attention to them, still cared, by providing support in the form of advice so that in the future they would be better and no longer repeat the same mistakes. This is different from the support provided by friends who are not ex-addicts. Informants felt they did not get support from their friends outside the assisted house because they were still shy to meet, and also received a bad stigma.

DISCUSSION

Based on the results of interviews, the knowledge of drug addicts about drug abuse knows that drugs are in all bad perceptions; informants interpret drugs as substances or drugs that are delicious and addictive but can destroy the family, economy, and life of the addict. This knowledge is obtained by addicts since they are in the rehabilitation program and in the post-rehabilitation program. The addict's knowledge about drugs is to know the scope of the drug itself, such as terms, types, causes and adverse effects of drug use.

Attitude

Attitudes are seen based on addicts' willingness to receive, respond, value, and take responsibility during the post-rehabilitation program. The attitude of addicts in responding to drug abuse is seen from the views and opinions of addicts in avoiding drug use. The attitudes of addicts to value (valuating) most of the friendships of addicts are friends of PIC (Partner in Crime) or friends who have a bad impact on addicts in maintaining their recovery. Some informants chose to advice and reprimand relatives or friends to stop using drugs but still try to keep distance. Some informants also chose to respond to this by avoiding or staying away from friends or relatives who fell into the same thing, they did this to avoid any triggers

or stimuli. The attitude of addicts in being responsible for their actions is by admitting the mistakes they have made and following or undergoing rehabilitation and post-rehabilitation besides that they are committed to maintaining recovery and following the program well.

Availability of Facilities

The availability of facilities referred to in this study is the availability of supporting facilities for post-rehabilitation patient facilities at post-rehabilitation places or agencies. The availability of facilities from this research can be seen in what is felt after receiving post-rehabilitation services.

The informants felt that the facilities provided were adequate in terms of increasing interest and talent. The damping house facilitates each addict's self-development activity. Informants are given facilities in the form of vocational equipment. All vocational activities bring in experts in their fields. activities that are often carried out by addicts such as making art works in the form of making flower vases, mixing coffee, making facial sketches, making handicrafts, studying screen printing of clothes and mugs and also studying business opportunities related to addicts' talents such as cell phone repair training, training to become mechanic, haircutter and so on.

The informants were also facilitated by providing addiction seminars and self-development seminars. Aiming at improving the quality of life and opening up new opportunities for them to be productive again can also make them more independent and they are ready to return to their family and community environment.

The availability of facilities has an influence on informants in maintaining their recovery. The facilities provided are in the form of a companion house which is a place for addicts doing activities in a safe environment (Circle). Rumah Damping facilitates addicts from homes that have complete facilities such as rooms, kitchens, daily necessities, free food. Rumah Damping also facilitates positive activities such as giving seminars on addiction, how to deal

with community stigma, and developing interests and talents. Informants are facilitated by being given a companion who is in charge of monitoring and guiding addicts in participating in the rehabilitation program. Addict companions are former addicts who are declared clean and have attended training on counseling. This aims to make addicts feel comfortable and more motivated to recover.

Social Support

Social support in this study consists of three supports, namely support from family, support from friends or relatives and support from the BNNP. Family support can be seen from the role of the family during the post-rehabilitation process, such as the form of support provided by the family, how the informants feel about the support provided by the family, what benefits are felt for the support.

The form of family support in the post-rehabilitation recovery stage is maintaining the client's social environment and supporting them to complete the post-rehabilitation process, by providing motivation in the form of advice so as not to forget the creator, and giving trust.

The form of family support in the post-rehabilitation recovery stage is maintaining the client's social environment and supporting them to complete the post-rehabilitation process, by providing motivation in the form of advice so as not to forget the creator, and giving trust. The feeling of an addict receiving support from his family is feeling happy and grateful. Drug addicts have lost the trust of those closest to them; discrimination often comes from the family. Giving attention and feeling heard even though it is small is often a big motivation for recovery.

The role of the BNNP in social support is very large, addicts feel that they get more support and attention from the BNNP, the support provided is in the form of motivations, giving confidence to addicts, helping addicts channel emotions, reprimanding mistakes made by addicts.

The emotional closeness of the companion and the addict has a big positive

impact, the attention given by the companion can motivate the addict. addicts 'trust in companions makes addicts more open, so that addicts' emotions are channelled properly. The basic problems of each individual can be rooted with the openness of the addict.

Finally, social support from friends plays a role in addicts to maintain their recovery, support from positive friends (friends at home) who have emotional closeness helps addicts to be more open, more open and not being alone, addicts are more active in self-development, and feel that they are not isolated provides a positive spirit, motivation, and encouragement to keep up with and continue the post-rehabilitation process, which can be used as reinforcement. Support from friends outside the companion house and the community is still lacking. There are still many people who think negatively and discriminate because of their status as former drug addicts.

CONCLUSION

Addicts' knowledge of drug abuse defines drugs as substances or drugs that are addictive and can also destroy the addict's family, economy, and life. The attitude of drug addicts in maintaining their recovery is to get closer to God, to be in a positive and safe environment, in this case stay away from PIC friends who can influence addicts, carry out sharing Circle activities to get support and channel emotions

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How to cite this article: Ramli NS, Rusydi AR, Baharuddin A. Post-rehabilitation activities for drug addicts at home assistance national narcotics agency of South Sulawesi. International Journal of Science & Healthcare Research. 2020; 5(3): 412-417.
