

# Women Counselors in Rehabilitation Former Drug Addict

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**Abstract.** The study aim to analyze the role of women counselors in empowerment of drug addicts former in social and economic rehabilitation. The research used case study method, data was collected through interviews, observation, Focus Group Discussion (FGD) and documentation with triangulation analysis. The informant research through purposive sampling, informant research that the leaders of Pesantren (boarding school), counselors and patients of drug addicts former. The research location in Islamic Education Foundation of Nurul Ihsan Al Islami Purbalingga. The results showed in rehabilitation of drug addicts, the role of women counselor could be medically with inpatient and outpatient care in the Islamic Education Foundation of Nurul Ihsan Al Islami as a nurse in a hospital. To improve the mental and motivation that are no longer a marginal community which had negative stigma, women counselors also concern in non-medical rehabilitation as through spiritual approach and motherhood supported with empowerment program to assist in social and economic rehabilitation.

**Keywords:** Women Counselors, Drug Addicts, Empowerment, Marginal Community, Rehabilitation.

## 1 Introduction

The development of human resources becomes the actors and determinants in the process and in achieving development goals in addition to natural, social and economic resources[1]. state that the main and important capital of a nation is human resources and natural resources, but human resources are more important in determining to utilize other resources and improve community welfare[2]. Based on the results of the Human Development Report (HDR) report from the United Nations Development Program (UNDP) on the 2016/2017 Human Development Index (HDI) or Human Development Index (IPM), Indonesia ranked 133 out of 188 countries, at the Southeast Asia level[3]. ranked fifth under Singapore, Brunai Darussalam, Malaysia and Thailand[4]. The HDI has three indicators, namely the level of poverty and hunger, level of health and death, and access to basic services such as education.

Indicators of HDI are challenges but at the same time barriers to development if they cannot be overcome, moreover along with other obstacles and threats in the form of drug abuse that have attacked and entered into extraordinary crime categories or extraordinary crimes because on average in Indonesia 40-50 people die per day[5] or 15,000 people annually in 2018[6], even referred to as a crime of humanity in destroying a nation[7]. According to the 2017 executive summary of the drug abuse survey in Indonesia[8], that Indonesia is in a serious condition, the estimated number of drug abusers is 3.8 million to 4.1 million people or around

2.10% to 2.25% of the total population of Indonesia and 3.376.115 people in the 10-59 year age group in 2014-2017. Narcotics have economic and social impacts. Drug abuse has major implications for the health and social and economic losses of the country. Then all informants have the desire to stop as with rehabilitation, but still difficult and reconsume drugs. This is because they are still affected by the environment in which they live. According to Hawari[9], Martono and Joewana[10] and Angraeni[11], an individual has narcotics dependence, as a result he will experience a mental disorder and is no longer able to control himself properly in his life, namely damage to the function of the social soul to interact with the community normally, loss of work, school, and inability of controlling himself or frustrating.

Even worse, drug abuse has attacked the generation of children and young people who are the successors of development[12], thus becoming a threat in the weakening of the nation. As according to the Indonesian Child Protection Commission (KPAI)[13], which revealed that 87 million Indonesian child population, 5.9 million of them became drug addicts due to the influence of the closest people. According to some results of Fitri and Migunani[14] and Amanda's research[15], that state adolescence is a vulnerable age to drug abuse because it is still not stable mentality that is quickly affected, still unstable, a feeling of wanting to try, reasons for existence of friendship or life style[16], frustration or escape from the problems faced .

According to Law Number 35 of 2009 concerning Narcotics in its explanation, Narcotics are drugs and substances that are actually needed and useful in treating certain diseases. But if it is misused with standard rules of treatment it will be detrimental to individuals and society, especially the younger generation and threats to the nation's cultural values that can weaken national security. In its development in the community Narcotics crime shows an increasing trend both qualitatively and quantitatively as many victims, especially among young people and students.

On one side the former drug addicts as victims who must be helped or saved, not to be exiled, ostracized, given negative stigma and become marginalized communities. If this continues to be done, then the former drug addicts will be further away, trapped and frustrated and become enemies of the community. Then prevention for ex-drug addicts not only with treatment therapy with rehabilitation of mental and health psychology, but also need social and economic rehabilitation in the form of implementation of empowerment programs and mentoring that can restore the spirit of life, mental attitude, desire or life expectancy, creativity and productivity to continue a new life better.

## **2 Methods**

The study uses appropriate methods in community development, namely Participatory Learning and Action (PLA) methods. According to Adi[17] the PLA method is a form of qualitative research to identify the problems and potential of the community and get a deep understanding of the situation of a community as a community worker, then analyze and make decisions from the problems faced as assessment, learning process, optimizing aspirations and participation of conditions or problems faced from with and for the community.

The research informants used purposive sampling by selecting informants, namely the chairman and management of the foundation, the former drug addicts who were in the rehabilitation process and the facilitators such as social workers (Social Workers), addiction counselors, and volunteer counselors.

Research data was collected by in-depth interviews, direct observation, Focus Group Discussion (FGD). Qualitative analysis with an interactive model[18] consisting of three main things: (1) Reducing data, to choose, categorize, simplify and classify data obtained from the field during the study. (2) Presenting data, by collecting information data for drawing conclusions and determining actions. (3) Make conclusions and verify data, with stages from identifying, recording order and pattern, explanation, and configuration.

### **3 Results**

#### **3.1 The Role of Women Counselor in the Rehabilitation of Drug Addicts**

There are two Islamic foundations in Purbalingga, Central Java, which are engaged the women counselor in social and rehabilitation of drug addicts, namely the Nurul Ihsan Al Islami Foundation and the An-Nur Foundation. The uniqueness of the rehabilitation institutions is an alternative for the family and drug addicts themselves to find rehabilitation places that can avoid addiction and the danger of environmental influences, but can also receive rehabilitation in a non-medical and religious manner with a religious approach to build good faith and good morality. The family and drug addicts are more comfortable and protected from negative stigma and social sanctions in their communities.

Nurul Ihsan Al Islami foundations uses a counseling and religious therapy approach as well as spiritual (non-medical) herbs. According to Kibtyah's[19] research results that Islamic counseling can support complex drug abuse addicts, because in addition Rehabilitation or treatment medically, psychologically, socially, and mentally also requires spiritual rehabilitation. Irfangi[20] emphasized that the Islamic psychotherapy function is a spiritual rehabilitation for the treatment of mental, physical, moral and spiritual diseases caused by drug abuse to provide a function of understanding, controlling, predicting, developing, educating, preventing, healing and caring for, purifying, and cleansing.

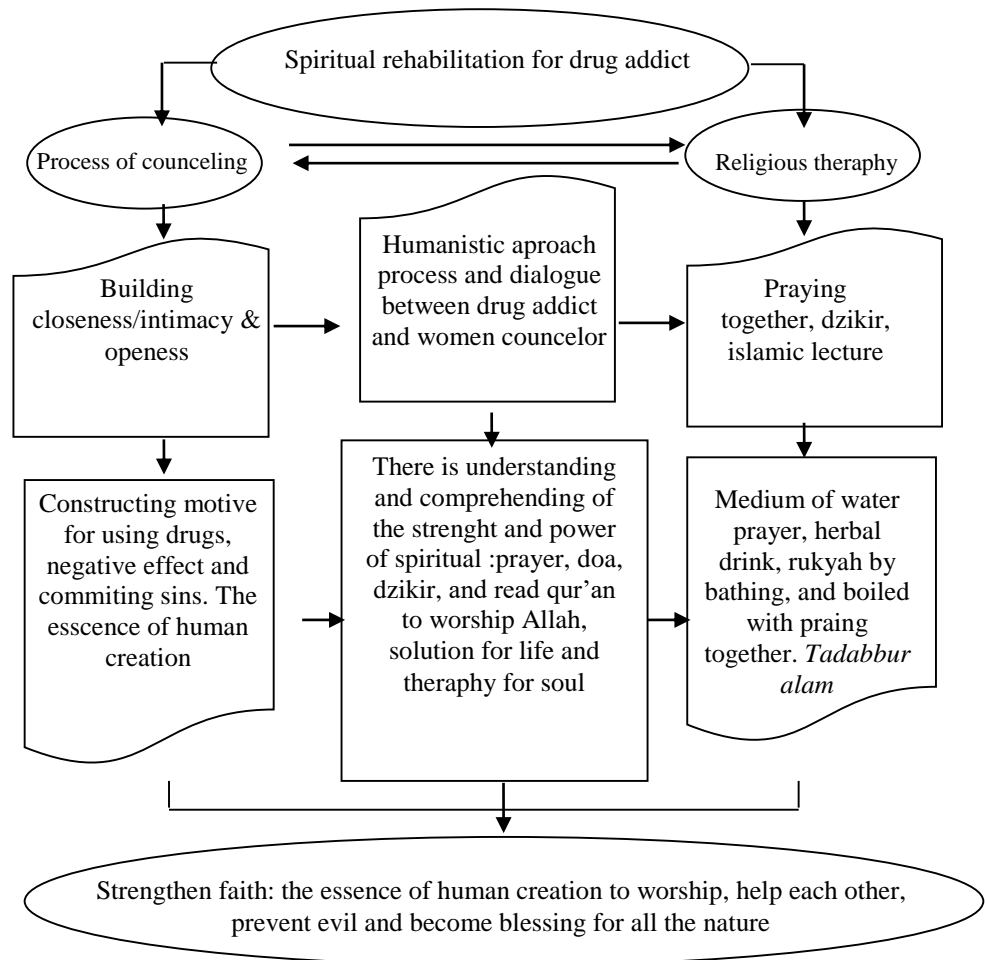
Risdawati[21] explained, Islamic guidance and counseling efforts are to help individuals realize themselves to be fully human in order to achieve happiness in the world and the hereafter through a wisdom or wise approach and want to recite hasanah which is to give advice to multiply the remembrance of Allah like remembrance and prayer. According to Supriyanto[22] religious or spiritual rehabilitation consists of (1) classical format through religious lecture activities, character education, and joint worship. (2) Format groups through group guidance activities (religious material). (3) Individual format through a consultation process for addicts and families of addicts.

The uniqueness of the rehabilitation process for drug addicts at the Nurul Ihsan Al Islami Foundation is non-medical by using herbal media and religious therapy, so it does not use medical drugs at all. Then drug addicts are required to stay overnight with a minimum standard of 40 days following the rehabilitation process and should not be seen by family and friends. The number of drug addicts is generally around 30 to 60 people in a year, many from outside the city, and some from Singapore.

Non-medical spiritual rehabilitation according to the results of Diliانا et al[23], Bakri and Barnawi[24] and Arridwan's[25] research can be used as an alternative and quite effective in returning patients not to be addicted to drugs, such as rehabilitation women counselors doing da'wah by teaching the knowledge of Islam, forming Islamic morals, growing again the spirit of

faith and devotion provides practice that awakens drug addicts from the bad habits of consuming drugs and having the ability to face the challenges of the social environment with a strong.

The rehabilitation of drug addicts can be illustrated in Fig. 1 as follows:



**Fig. 1.** Spiritual of Rehabilitation For Drug Addict

#### 4 Conclusion

Rehabilitation for drug addicts can be carried out with a combination of various alternatives that can complete or support each other, both in psychological and medical rehabilitation both outpatient and inpatient care as a nurse in a hospital, then non-medical rehabilitation through herbal, spiritual, social and economic religion in Islamic Education Foundation ( YPI) Nurul Ihsan Al Islami.

The uniqueness and benefits of religious rehabilitation for drug addicts while anticipating dependence on medical drug chemistry that damages the tissues of the body, strengthens human

nature so that they always believe in the greatness of Allah SWT and carry out human obligations to continue to worship, prevent evil and carry out goodness.

Empowerment programs and models by women counselors, training and mentoring for drug addicts patients are useful for social and economic rehabilitation so that they can interact, be economically independent and be re-accepted in families and communities by having economic business capabilities.

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