

THE FAMILY OF SUPPORT FOR DRUG ADDICTION (Basic Counseling Program Development for Drug Addicts)

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Abstract

Developments a person to become a drug addict does not in itself. There is that accompanies either directly or indirectly. To impulse a person to use drugs. The impulse to using drugs can be retrieved from all aspects of the functions of an addict, the family, workplace, and the community. So the goal of writing this is to know the role of family has a role so that the drug addicts can recover from drugs during the rehabilitation process, which is (1) the family has a role as a good role model, (2) the family as educators drug abuse prevention, (3) the family as mentors, and (4) the family as community partners in the drug abuse prevention. The family also have an important role to collaborate with addiction counselor to determining the recovery drug addict from drug addiction. Then the support from the family will make the drug addict has the confidence to recovered from drug addiction, or called by the family as a model to be the locus of control in the development of self-efficacy drug addict. So counselor role in the implementation of counseling services can collaborate with the family so that it can growt the view or perception from a drug addict that there is support from the family in a concrete, emotional, information, and awards, so as to grow the confidence (self-efficacy) to recovering from drug.

Keyword : the family of support; drug adicction

1. Introduction

Drugs addiction is a complex disease. It is indicated by complex behaviours with frequent a desire and uncontrolled and consumption of drugs that survive in facing possibilities that are very detrimental (Pipatkul, 2010: 1). Addiction can be chronic with the possibility of relapse, even after a long period of time at a time when using drugs. Generally, it is the addict believes himself can a stop off drugs in their own way.

Problems in a drug addiction related to drug addiction can very significantly. Cause of

drug addicts come from all layers of society and gender, from the mental health problems, job problems, and health problems or social problems (Pipatkul, 2010: 2). So it all the addictive disorders can be more difficult, or the more contaminated. This becomes the unwanted portions by addicts.

In the growth of a person becoming a drug addict does not in itself. There is that accompanies either directly or indirectly. To impulse a person to use drugs. The impulse to using drugs can be retrieved from all aspects of the functions of an addict, the family, the workplace, and the community (Pipatkul, 2010: 2).

Data result of research conducted by BNN collaboration with researchers from the Indonesia University Puslitkes in 2011 that there is estimate of number drug abusers in Indonesia reaches the prevalence 2.2% of age the population 10 s / d 59 years or the equivalent of 3.8 million persons. Very a large number of the population in Indonesia.

It is, therefore, one of the urgent need to identified in the field of therapy and rehabilitation by most of the country in the region is an effective prevention to reduce the rate of relapse is high among drug addicts to be recovered. During recent years, there is improvement of an amount of therapy and rehabilitation programs were implemented to help the improvement of number of persons drug addiction. Yet many do not have the appropriate guidance about the way an efficient in managing the program and a minimum standards as required and conform a procedure to follow.

According to the Drug Abuse Prevention Advocacy (2010: 111), that the parents has a role in order that the drug addicts can recover from drugs, ie (1) the parents has a good role model, (2) the parents as educators in drug abuse prevention, (3) the parents as mentors, and (4) the parents as community partner in the drug abuse prevention. So that from the above description, the parents in the family also has an important role to collaborate with addiction counselor to determining the recovery drug addicts from drug addiction.

So with the support from the family, then the will have confidence to recovering from drug addiction or called by any the family as this model also emphasizes the locus of control in the development of self-efficacy drug addicts. Self-efficacy is also related to the low secretion of catecholamines, so that the someone feels be sure could solve the problem and will lower the level his agitation (Nevid, et al, 2003: 145).

So that with the role of the drug addicts family to be able to develop the perception of drug addicts family support in the development of beliefs drug addicts. The family is the smallest unit from the community which big influential in one's life. Because the family can be a source of social support for other family member in resolving the individual problems, which one of them supports the drug addicts to recovering.

2. Literature Refferences

2.1. Family Supports

Every human being has a perception with something through the sense organs were awarded to every living creature. The perception is a process which an individual to use to manage and to interpret they are senses impression in the lives of meaning to environmental (Robbins, 2007:169). Davidoff in Walgito, (2010:100) expressed the perception is the stimulus that through the organized individual sensor is then interpreted, so that the individuals understand, be aware who be sensed and then produces perception. Coren et, al (1999:13) also argued that the perception is that individuals have information about the external world captured by the sensory. Aspect from the process of perception is the sensation is the initial contact between sensory and the outside world.

According to Sarwono, (2002:94) perception is the process of searching the information obtained through the sensing to can be understood based on consciousness or cognition. Meanwhile, the perception according to Kreitner & Kinicki (2005:208) is cognitive processes that enable individuals able to interpretation and to understand the surrounding environment.

Duval & Logan in Efendi & Makhfudli (2009:179) outlining that the family is a group of people with ties of marriage, birth and adoption which aims to create, maintain the culture, and improve the physical, the mental, the emotional, and the social activities from each member of the family. Families can be play a role to give support to the other family members. Family support according to Canavan et, al, (2006:16) s known as the working style and set of activities that cause positive reinforcement from informal social networks through an integrated program. Focused

from family support is the early intervention that seeks to promote and protecting the health, the psychological well-being and rights from children, adolescents and family.

Based on the descriptions above mentioned, then the sense perception of family support is judgments about her interaction with the family who runs the role to provide motivation to achieve healing. Perception of family support in drug addicts must be nourished, cause with the families, then drug addict feels that he will be received by the family when future recovered from the rehabilitation program.

2.1.1. Aspects of Family Support Perception

Aspects perception of family support for recovery from drug addiction is a combination of aspects perception and form of family support.

2.1.1.1 Aspects Perception

According to Walgito, (2010:98) to mention three aspects perception :

- 1) Cognition: cognitions aspect related to the introduction regarding social objects and the events experienced by the individual inside their social environment.
- 2) Affective: emotional aspect relating to individual feelings toward acceptance of stimulus.
- 3) Conasi: conasi aspect relating with the motive and the willingness of individuals.

According to Coren et al (1999:9), perception is divided into two:

- 1) Cognition: Aspects cognitions comprise how individuals be able to know and judge the stimulus in the environment.
- 2) Affective: affective aspects that involve feelings and emotions when facing a certain stimulus.

2.1.1.2 Forms of Family Support

Cutrona in Canavan et al, (2000: 111-112) the concept form from the family support as follows:

- 1) Emotional Support
Emotional support in the form of attention, empathy and care.
- 2) Esteem support
Esteem support in the form of impulse and the expression of someone to giving beliefs about the ability to problems solving.
- 3) Informational Support

Informational Support in the form of an opinion or advice on how to encounter a situation.

- 3) Tangible Support
Tangible Support offer nor provide any a person's need to problem solving.

Cutrona in Dolan et al, (2006:15), that the types of social support are available in the family is:

- 1) Tangible Support
Tangible support relating to the practical measures from the guidance of between the individuals.
- 2) Emotional Support
Emotional support comprised from the empathy action, listening and there is when needed.
- 3) Advice Support
Advice support which to is searched in the family to giving comfort and certainly in the form of the advice given, for example, other family members are looking for advice that they can do the best for sick family member.
- 4) Esteem support
Esteem support centered on how someone gives the information to others to better feel a precious life. Personal system the basis of the relationships within the family

Based on the above description, aspect perception of family support is aspect perception that consists cognitions and affection, as well as the form of family support that consists of the emotional support, esteem support, support information, and concrete support. That any form of family support can make the drug addict who are conducting the rehabilitation program have cognitive, feelings, and willingness to recover from drugs. For drug addicts feel that they will be received by the family after recovering from drugs through a rehabilitation period.

3. Discussion

Drugs according to the dictionary of drugs in the Guidelines Procedure Work of Advocacy (2011: 4) is an abbreviation of narcotics psychotherapy, and other addictive substances as. Whereas the Drugs addiction is a complex disease. It is indicated by complex behaviour with frequent a desire and uncontrolled and the consumption of drugs that survive in facing possibilities that are very detrimental (Pipatkul, 2010: 1). Addiction can be chronic with the possibility of relapse, even after long periods of time at a time when using

drugs. Generally, it is the addict believes himself can a stop off drugs in their own way.

In the growth of a person becoming a drug addict does not in itself. There is that accompanies either directly or indirectly. To impulse a person to use drugs. The impulse to using drugs can be retrieved from all aspects of the functions of the addict, the family, the workplace, and the community (Pipatkul, 2010: 2). One support for someone to using drugs is a family.

Similar with the results from Rusel (2013) about the "The Application of Rehabilitation Actions for the Narcotics Criminal Acts Performers based on Law number 35th 2009 years about Narcotics, that the drug addicts and victims of drug abuse obliged to undergo rehabilitation. " To achieve its goal, in the process of rehabilitation of victims of drug abuse be done with two stages of the management program: (1) medical rehabilitation, and (2) social rehabilitation. The medical rehabilitation is done to give physical health care to clients. Whereas in social rehabilitation is intended to restore the psychological and social clients. There exist some methods used in the process of rehabilitation of victims of drug abuse, such as the 12-Step program, the Therapeutic Community (TC), and others. In broad outline, activities performed in the rehabilitation process encompass (1) physical guidance (sport, recreation, health care), psychological mental guidance (counseling, group therapy, etc.), religion mental guidance (pray, religious speech, character education, religious activities, etc.), social guidance (group sessions, group therapy / group dynamics, simulation, role playing, etc.), training / vocational guidance (career), guidance of learning, and working practices learning. In this stage also has also been conducted family counseling, home visits, family support group.

The community to be the base part of rehabilitation program drugs through family encouragement. Involvement of families in the recovery of drug addicts is the most important part because the family is very supportive in the process of rehabilitation and post-rehabilitation. Support families in the healing process of addicted to drugs make oneself drug addicts accepted by the family. Family being a good role model so that they have an important role for a drug addict who is to recover, the family as educators in drug abuse prevention, the family as mentors, and the family as community partner in the drug abuse prevention.

It has also supported by the results of research from Ibrahim (2009), that "family support is the third main factor identified contributing to the relapsed addiction tendency. The findings

showed that lack of open interaction between former addicts with the family members increases relapsed addiction tendency amongst the addicts. 57% of the respondents admitted that they would feel uneasy and find difficult to express their problems with family members.” Family support so that the to make the drug addicts feel acceptable to the family is an important part in order that drug addicts do not relapse during the process of rehabilitation and post-rehabilitation.

And then it also supported by the results of research that Only 3% of the respondents received consistent, reliable familial support in their role as surrogate parents. Although respondents found parenting their grandchildren an emotionally rewarding experience, they also incurred psychological, physical, and economic costs in performing their roles (Burton, 1992).

4. Conclusion

One of the urgent need to identified in the field of therapy and rehabilitation by most of the country in the region is an effective prevention to reduce the rate of relapse is high among drug addicts to be recovered. During recent years, there is improvement of the amount of therapy and rehabilitation programs were implemented to help the improvement of a number of person drug addiction. Yet many do not have the appropriate guidance about the way an efficient in managing the program and minimum standards as required and confirm a procedure to follow. And the family need to be involved in the rehabilitation program. Because the family has a role in order that the drug addicts can recover from drugs, ie (1) the family has a good role model, (2) the family as educators in drug abuse prevention, (3) the family as mentors, and (4) the family as community partner in the drug abuse prevention. So that from the above description, the family in the family also has an important role to collaborate with addiction counsellor to determining the recovery drug addicts from drug addiction. So with the support from family, then the drug addicts will have confidence to recovering from drug addiction or called by any the family as this model also emphasizes the locus of control in the development of self-efficacy drug addicts.

Then the advice that can be given in this paper are (1) the necessity of the role of counselor for develop collaboration between family and counselor in the planning, design, implementation, evaluation of the rehabilitation program and post-rehabilitation program in process recovery and prevention from relapse after drug rehabilitation programs for drug addict, (2) counselor can doing counseling programs trough rehabilitation

program and post-rehabilitation program and implemented in comprehensive to drug addict based on needs assessment and information from the family to develop of self-efficacy a drug addict to recovering and prevention from relapse, and (3) Counselor role in the implementation of counseling services can collaborate with the family so that it can growt the view or perception from a drug addict that there is support from the family in a concrete, emotional, information, and awards, so as to grow the confidence (self-efficacy) to recovering from drug.

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