



The Community Counseling Services in Reaching Ex-Drugs Addictive in Central Java Region

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Abstract. Drug addicts are someone who experiences complex problems characterized by an irresistible urge to use drugs (craving). The existence of a rehabilitation program for drug addicts helps them to fix and avoid dangerous substances so that they recover and can continue their lives back to normal as usual. This research aims to examine the literacy of community counseling services in reaching out to former drug addicts. The research method used in this study is a literature study. The results of the analysis and review of several kinds of literature reveal that community counselors are expected to become social justice agents in outreach efforts to facilitate ex-drug addicts to find their normal lives back after recovering from drug rehabilitation. Analysis of clients' needs can adapt questionnaires, observations, and interviews with the SOAR approach to reveal the potential of ex-drug addicts. The research concluded that the community counseling and guidance program in reaching ex-drug addicts has important components as a form of community counseling program implementation in society, these components include opportunities for change, support for change, and appreciation for change.

Keywords: Ex-drug addicts, outreach efforts, community counseling services, community counselors.

1 Introduction

The era of globalization has significantly impacted the advancement of science and technology and the expansion of interaction networks for every individual throughout the country. The ease of obtaining information and communicating with several people has positive and negative impacts. The positive impact is that individual insights on information become wider and can easily interact with people around the world, but the negative impact of the more advanced times is that it is easy for bad influences to enter the scope of children and adolescents which makes it easier for them to access things that are One of the negative things is the development of drug networks.

The increasing prevalence of drug trafficking among teenagers pays special attention to parents and related parties to always remind their sons and daughters to stay away from drug abuse. Based on the results of research by the National Narcotics Agency in collaboration with the University of Indonesia Health Research Center in 2017 concerning the Drug Abuse Survey, it is known that the projected rate of drug abuse in Indonesia reaches 1.77% or 3,367,154 people who have used drugs in the age group 10-59 years (puslitdatin.bnn.go.id). This shows that the problem of drug trafficking and abuse should not be underestimated and requires the participation of all groups and professionals in efforts to prevent and treat it.

The large number of drug use figures above illustrates that illegal drug trafficking should receive strict supervision by the authorities, however, transactions and illicit drug trafficking by organized crime continue to increase, so various efforts are needed to protect the public from the dangers of drugs (BNN, 2015: 1). However, of the many drug users, some addicts want to change and choose not to touch drugs anymore.

Treatment of clients who use drugs or addicts must go through three main stages, namely detoxification, rehabilitation, and post-rehabilitation (BNN in Haryadi, 2018: 74). For clients who want to quit their addiction, they must undergo a detoxification process to cleanse the body of addictive substances physically through a medical approach. After being clean, the client must then undergo a rehabilitation process to practice drug-free lifestyle changes. At this stage, the client must undergo several psychological therapies to reconstruct cognitive function and break free from the bondage of addiction they experience (UNODC, 2016). The client will be declared allowed to return to the community if he has undergone this process.

Data from the National Narcotics Agency (BNN), the Drug Addiction Hospital (RSKO), and the Indonesian National Police (POLRI) show that around 65.17% of drug abusers participating in inpatient and outpatient programs are old users who experience relapse (Ismandari & Astuti, 2014). This means that the potential for relapse to using drugs (relapse) is still very large. However, with goals in life, individual ex-drug addicts will gain a wealth of resources that can be used to deal with situations, motivate them adaptively and proactively in handling situations, and buffer the side effects of experiences, thereby facilitating and encouraging learning and development of regulatory skills greater emotion over time (Schaefer, et al., 2013).

The existence of community counselors can provide encouragement and reinforcement so that ex-drug addicts can go through their healing period and reconstruct their cognition to leave the world of drugs. The existence of hope for the future in ex-drug addicts can be a motivation for them to improve their quality of life and be free from drugs (Aztri & Milla, 2013). This hope needs to be managed and realized to help counselees or ex-drug addict clients survive in these conditions. Ex-drug addicts need assistance in living his daily life, so a community counselor is needed to facilitate ex-drug addicts in making decisions during their rehabilitation period (Everitt & Robbins, 2016: 16).

The implementation of community counseling services is expected to provide new hope for ex-drug addicts to be able to live life like other normal citizens and to develop their potential optimally without feeling rejected by society.

2 Method

The approach in this study uses a type of research in the form of literature studies and literature studies. Mardalis (1999) explains that a literature study is a research approach that can be pursued by selectively collecting related references consisting of several previous studies, then compiling them to draw an answer or conclusion.

This study examines the literature on outreach to ex-drug addicts through community-based counseling services (from the perspective of child, adolescent, and adult developmental tasks). Several existing theories and literature related to outreach to ex-drug addicts and community counseling services were then analyzed and concluded.

3 Results and Discussion

The mention of word narcotics is an acronym for several terms namely narcotics, psychotropics, and other addictive substances according to the circular of the National Narcotics Agency (BNN) No. SE/03/IV/2002. Narcotics according to BNN RI (2007: 9) are natural or chemical substances which, if introduced into the body, can change a person's thoughts, moods, feelings, and behavior. In line with this opinion, Syamsuridzal (in Saefulloh, 2018: 49) explains that drugs are chemical substances, which, if put into the human body either orally or through the mouth, inhaled or injected (intravenously), can change thoughts, moods or feelings and behavior of a person.

From some of the opinions above, it can be concluded that drug abuse is drug use without the supervision of a doctor and is used repeatedly or continuously, and in the end, it causes addiction or addiction to the user so that the addict experiences physical, mental, and emotional dependence. Meanwhile, according to Amri (2018: 202), a drug addict is someone who experiences a complex problem marked by an irresistible urge to use drugs (craving) and because of that, there is a great effort to get it even though some of the consequences are known. The most challenging issue is when ex-drug addicts have a strong urge to experience the feeling of pleasure when using drugs again (Sakari et al, 2020). Normally, ex-drug addicts will relapse when they stop being attached to their rehabilitation counseling community and find triggers outside of the community while living their daily lives (Audi Azizul et al, 2018).

Previous studies have found a variety of factors that contribute to relapse in ex-drug addicts. According to Marlatt (1985), these factors include the strength of self-efficacy instilled during the therapeutic process with the support community and the involvement of emotional intelligence factors (Ibrahim et al, 2018) of the ex-drug addicts. In addition, the relapse of drug user behavior can also be caused by how much social support the former drug user has (Marlatt, 1985).

The literature study analyzed by the researchers revealed that in obtaining data on ex-drug addicts, the SOAR approach can be applied (Strength, Opportunity, Aspiration, and Result). The SOAR questionnaire analysis is divided into 4 sections, each analyzing potential strengths, opportunities, aspirations, and expected outcomes. Here the following explanation (Stavros & Hinrichs, 2019).

1. Strength (Strength)

Providing resources to meet the needs of clients in rehabilitation locations so that they can fulfill and implement programs and activity allocations.

2. Opportunity

In the form of training, development of information technology, and seminars provided for assistants/counselors at the rehabilitation site.

3. Aspirations

It is hoped that there will be education, provision of insight, and assistance from the agency to meet needs related to the client's next career.

4. Result

The expected results or outputs in providing services are that clients can communicate and think positively, clients can actualize themselves, and get reconciliation with their families.

The SOAR analysis makes it easier for counselors to carry out a Needs Analysis and identify what steps need to be taken next. In addition, the SOAR model can be applied in facilitating ex-drug addicts through the potential for creativity and the use of the surrounding environment (Aziz, et al, 2019: 421). Research conducted in Central Java Region (2018) by the Post-Rehabilitation Institute shows that the SOAR model provides benefits in reaching ex-drug addicts, both in terms of needs assessment, decision-making process, and follow-up services.

The existence of a rehabilitation program for drug addicts helps them to fix and prevent themselves from these dangerous substances so that they recover and can continue their lives back to normal as before. Community counseling provides benefits for ex-drug addicts to rediscover their life motivation and continue to work to make ends meet. Landon et al (2022) explained in his research that the counseling community has a strong consolidation in building new behaviors for ex-drug addicts. If the commitment within the community is broken, the therapeutic outcome will not be effective and efficient (Ahmad et al, 2020). As in the research conducted by Mubarak (2021) who explored the profile of her research respondents when these former drug addicts tried to continue their lives in a better direction and fulfill resilient behavior. This process depends on the period of community counseling and rehabilitation experienced by each respondent (Mubarak, 2021).

If any major changes are desired, then the consistency, cohesiveness, and consolidation of community counseling is crucial. The community counseling and guidance program in reaching ex-drug addicts has important components as a form of community counseling program implementation in society, these components include opportunities for change, social support, and appreciation for change (Mustapha et al, 2023).

Lewis (2011: 15) provides an example of a focused strategy in individual self-development that can be carried out through individual counseling services, empowering marginalized counselees, and advocacy services within the community (ex-drug addicts). A community counselor in providing individual counseling is expected to be able to facilitate self-discovery, and self-reflection, find self-concept after leaving the rehabilitation program, and direct them to change their cognitive thinking so that they are not always dependent on drugs to prevent them from relapse. As revealed by Dut-

ta et al (2019) in the implementation of community counseling, especially after the counselee leaves the rehabilitation program, it is very important for counselors to emphasize reflective learning experiences.

The essence of community counseling services is the success of the learning process in it (Fominykh et al, 2018). Meanwhile, the government has a big responsibility in dealing with this social problem, especially in healing efforts to prevent relapse (Amat et al, 2020). Rather than coercing drug addicts by imposing harsh punishments, the government needs to develop more positive ways to help people understand the dangers of drugs. For example, by developing and equipping former drug users with career-supporting skills during community counseling to make them agents who will influence the wider community (Shabi, 2023).

An individual counseling approach that is suitable for addressing these problems is the Gestalt approach, where in the Gestalt approach, the counselor helps the counselee to be brave in facing various kinds of challenges and realities that must be faced (Corey, 2017: 199). According to Sideroff (1979: 352), the aim of the Gestalt approach is that the counselee must be able to change from an attitude of dependence on objects such as the environment/other people to being confident in himself, to be able to do many meaningful things in his life. This is in line with the goal of community counseling, which is to help solve problems that arise and develop in the community itself, through efforts to take advantage of the potential that exists in the group or community (ex-drug addicts) concerned.

The role of community counselors is very important to support and reach out to former drug addicts to lift their identity again and live life as usual. Community counselors can provide advocacy to uphold the rights of ex-drug addicts to get their rights in society because the perspective of the society that considers them criminals and people who are not right keeps them from fulfilling their needs and hindering their careers. Therefore, community counselors are expected to become agents of social justice in facilitating former drug addicts to find their normal lives back after recovering from drug rehabilitation.

4 Acknowledgment

Rehabilitation programs for drug addicts assist them in fixing and preventing themselves from these dangerous substances so that they recover and can continue their lives back to normal as before. The existence of hope for the future in ex-drug addicts can be a motivation for them to improve their quality of life and be free from drugs. Community counselors can provide advocacy to uphold the rights of ex-drug addicts to get their rights in society, because the perspective of society considers them criminals and people who are not right, thus keeping them from fulfilling their needs and hindering their careers. The community counseling service research is expected to provide new ideas for the treatment given to ex-drug addicts, so that the provision of services related to social, moral, and psychological support can be provided comprehensively to ex-drug addicts

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