



## Implementation of the Family Support Group on the Recovery of Drug Abuse Victims in the Rehabilitation Institutions for the Management and Abuse of Drugs (LRPPN) Medan

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### Abstract

This study aims to determine the successful implementation of the Family Support Group (FSG) in the recovery process of victims of drug abuse who participate in the rehabilitation program at the Rehabilitation Institute for the Prevention of Narcotics Abuse in Bhayangkara Indonesia (LRPPN BI) Institute in Medan. The subjects in this study were counselees (residents), while the key informants in this study included counselors, families and victims of drug abuse. This research is a descriptive qualitative approach. The method of collecting data through the method of observation, interviews and documentation. The results of this study indicate that the implementation of the Family Support Group (FSG) in the recovery process of victims of drug abuse can improve self-concept, reduce anxiety, develop responsibility and be aware of their abilities, both within the family and in the community. The family plays an important role in the recovery process of the counselee (resident) to return to live a healthy life without using drugs, the family can keep the child from relapse (relapse) consume drugs. As for the obstacles in the implementation of the Family Support Group (FSG) such as divorced and remarried parents, busyness of the family due to work and the geographical location of the counselee's family (resident) with the location of the LRPPN BI Medan which is quite far away.

### Introduction

Maternal health problems are one of the main indicators of health status, namely maternal As it is known to the public, Drugs are known as an abbreviation of Narcotics, Psychotropics and other Dangerous Drugs. This term is socialized by the National Narcotics Agency (BNN) to refer to illegal drugs that have an addictive effect when used without a doctor's prescription or abused.

In addition, in Indonesia there are several other terms that we often hear to denote these illegal drugs, such as NAZA (Drugs and other Addictive Substances), Drugs (Drugs, Psychotropics and Other Addictive Substances). To make it easier and to equalize the perception of these illicit drug appointments, this paper uses the term "drugs" as that term has been used by BNN. This term is more familiar because it is a term often used by official government agencies in handling the abuse of drugs, psychotropic substances and other addictive substances in Indonesia.

According to WHO data, at least 450 thousand people died from drug abuse in 2015. In 2016, it is estimated that there are 275 million people in the world (around 5.6% of the world's population aged 15-64 years) who have abused at least once. It consists of 192 million marijuana users, 34 million opioid users, 34 million prescription amphetamine and stimulant users, 21 million ecstasy users, 19 million opiate users, and 18 million cocaine users. Among the many abusers there are 31 million people who are in urgent need of care because they have suffered from substance abuse disorders (GPZ). Based on the classification of cases in 2017, there was an increasing trend of cases as a whole, the largest increase was psychotropic cases with a percentage of an increase of 137.14%, from 1,540 cases in 2016 to 3,652 cases in 2017 (Nasional, 2014).

The results of research by the National Narcotics Agency in collaboration with the 2017 University of Indonesia Health Research Center on the National Survey of Abuse, found that the projected number of abusers in Indonesia reached 1.77% or 3 million to 3.7 million people who have used it in the last year (current users) at age group 10-59 years. In other languages, around 1 in 51 to 63 of those aged 10-59 still use or have used them in 2017. More than half of the abusers were found in the worker group (59%), followed by students and households (Helviza & Mukmin, 2016).

For the North Sumatra region, according to the National Agency (BNN) in a 2015 study, the increase in users has increased sharply, both in terms of distribution and users (Ekawati, 2015). The city of Medan, North Sumatra has often been used as a transit location for circulation from Aceh and Malaysia. In fact, day by day, the circulation in the city of Medan is increasingly worrying.

## Methods

In this study, primary data and secondary data were used as data sources. Primary data is needed as data to obtain accurate information. Primary data in this study were obtained from the research field, either obtained from direct observation or interviews with informants. In selecting informants, researchers used purposive sampling technique. According to Sugiyono, purposive sampling is a data source sampling technique with certain considerations, namely that the data source is considered to know best about what is expected so that it makes it easier for researchers to explore the object being studied. In this study, the informants interviewed were counselors for the rehabilitation program at Rehabilitation Institute for the Prevention of Narcotics Abuse (LRPPN), parents or families of victims who participated in the rehabilitation program and victims of abuse who participated in the rehabilitation program. Secondary data is data that is needed in research to complement the information obtained from primary data sources. Secondary data in this study are medical and social rehabilitation record documents from the results of previous family counseling at the rehabilitation institution.

Researchers use this type of qualitative research. According to the theory of Bogdan and Taylor, qualitative research is defined as research that produces descriptive data in the form of written or spoken words from people or observable behavior. In other words, qualitative research is research that produces descriptive data and seeks to explore the meaning of a phenomenon (Fossey, et al., 2002).

The reason the researcher uses this method is because the researcher will examine in depth the family support for the recovery of drug abuse victims who have joined the rehabilitation program by asking open-ended questions through interviews with victims of drug abuse who are participating in the rehabilitation program at LRPPN Medan. In this study, describes the description of the results of interviews, implementation and research results as well as

information that has been obtained in the field as a result of case studies. Information obtained from the two subjects as well as related informants. Researchers interviewed in depth what had been given to the subject, the subject's family and the counselor during rehabilitation. The interview was conducted in a structured manner, previously the researcher had prepared research questions that would be asked of the subject and the researcher also conducted an unstructured interview by giving deeper questions to the subject.

## **Results and Discussion**

This study describes the description of the results of the interviews, the implementation of the research, and the research results from the interviews as well as the information that has been obtained in the field as a result of case studies. Information was obtained from the two subjects as well as related informants. Researchers interviewed in depth what had been given to the subject, the subject's family and the counselor during rehabilitation. The interview was conducted in a structured manner, previously the researcher had prepared research questions that would be asked of the subject and the researcher also conducted an unstructured interview by giving additional questions that were more in-depth to the research subject. In this study, the subjects were victims of drug abuse who participated in the rehabilitation program at the Rehabilitation Institute for the Prevention of Narcotics Abuse (LRPPN), parents of victims and assistants who were involved in handling the program.

Family support for abuse victims who are currently participating in the rehabilitation program is very beneficial in the rehabilitation process. Family support in guarding the rehabilitation process until after rehabilitation is very useful to give attention to victims of abuse (Liddle & Dakof, 1995; Shamsalinia et al., 2014). It can be concluded that a close relationship between children as victims of abuse and their parents is very beneficial in healing victims of abuse. Family support for abuse victims can change the attitude of abuse victims for the better and greatly help the recovery process for victims of abuse. The families of the victims of abuse can improve relations with the victims of abuse, being aware of the shortcomings in the family

The family is the smallest society, but it is the strongest environment in raising children. Where the family is the determinant of the future of adolescents from childhood to adulthood, as said in the definition of the family is a unit of a small group consisting of father, mother and children formed from a legal marriage rope which is the first place receive education, protection, information, communication, socialization, and have compassion, love, mutual respect, obedience, understanding, trust and religious teachings, as well as given supervision and discipline. Family is the best field in conveying moral values, both social and religious.

Parents have a strategic role in instilling these values into the psyche of children where the habits of parents, in this case communication in daily life, apply rules, become role models for children to follow up to adolescence and adulthood with the hope that the family can spread good examples as expected.

Things that need to be watched out for clients who are addicted to drugs after recovery, both factors causing and continuing care (family support) after returning from the service agency. One of the resocialization methods developed is "working with family", which is a method based on cooperation with families, where families help instill a sense of appreciation for victims of drug abuse to free themselves from drug dependence. From the results of interviews and field observations, that effective family communication can prevent recurrence in victims of drug abuse in using drugs.

Families who do ineffective communication cause a relapse rate for using drugs compared to those who get effective communication from families. One of the tasks of family

development with victims of drug abuse is to communicate openly between parents and children (Dakof, 2000). Communication in the family is divided into two: effective and ineffective communication. Effective communication is matching meanings, achieving consistency, and achieving a match between messages received and expected (Coughlan & Macredie, 2002; Prasetyo et al., 2019). Effective communication between parents and children includes non-judgmental, active listeners, responds, and views. Meanwhile, examples of ineffective communication are judging, ignoring and not responding.

## Conclusion

Researchers can conclude that the family plays an important role in the rehabilitation process. Without family care, the rehabilitation process will not change the behavior of victims of abuse. Family needs further provision to achieve effective communication with children of drug abuse victim. Either the communication is effective or ineffective the results will lead to a significant influence towards the victim. Therefore, it is recommended to involve training for parents as part of the rehabilitation process.

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