

# Understanding Role of Rehabilitation Institutions in Developing Characters of Drug Users with Therapeutic Community Methods of Character

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**Abstract** This study aims to describe the implementation of character building for victims of drug abuse, identify supporting and inhibiting actors in the implementation of character building, and to identify efforts to overcome barriers to the character building of victims of drug abuse using the Therapeutic Community (TC) method at the BNN Center for Rehabilitation. This research is a case study research with a qualitative approach with research subjects, the head of the National Rehabilitation Center, rehabilitation officers, and drug victims who are at the BNN Center for Rehabilitation. Data is collected through interviews, observations, and documentation that is complemented by a list of questions. All data collected was analyzed by interpretations preceded by triangulation to determine the validity of the data. The results showed that character building through the TC method was carried out through several stages, namely process intakes, entry units, primary stages, re-entry units, and aftercare. Supporting factors in the implementation of character building through the TC method include the enthusiasm and hard work of rehabilitation officers in carrying out rehabilitation activities for victims of drug abuse, the motivation of residents to fully recover from the effects of drug abuse, openness to each other between residents and managers of the BNN Rehabilitation Center. There is support from the government in assisting the provision of facilities at the BNN Rehabilitation Center.

**Keywords:** *character, drug abuse victim, Therapeutic Community*

## I. INTRODUCTION

Social symptoms and the danger posed by the problem of drug abuse today are not only social problems but also become acute national problems. Nearly 90% of victims of drug abuse in Indonesia are teenagers, and besides them as users, as well as dealers who have a greater potential to destroy the nation's buildings. Drug abuse from time to time has experienced a tendency to increase quite rapidly, both in quality and quantity. Drug abuse in Indonesia has reached a worrying point. From the central BNN data, in the past five years, drug use in Indonesia was 1.8 percent. But now it has risen to around 2.2 percent or 3.8 million.

This was stated by the Main Secretary of the central BNN, Bambang Abimayu, after inaugurating the building of the Regency Narcotics Agency (BKN), in Kendal, Central Java [1]. Based on the Final Report of the National Survey on the Development of Narcotics Abuse in the 2014 budget year, the number of drug abusers is estimated to be 3.8 million to 4.1 million people who have used drugs in the last year (current users) in the 10-59 year age group in 2014 in Indonesia. So, there are about 1 in 44 to 48 people aged 10-59 years old who have or have used drugs in 2014. This number continues to increase, based on data carried out by the BNN in 2015 drug users in Indonesia reached 5.9 million people.

The number of drug users in Indonesia until November 2015 reached 5.9 million people. Head of the National Narcotics Agency (BNN) while visiting the Blok Agung Banyuwangi Islamic Boarding School). Indonesia has had an emergency about the dangers of drugs and this has been conveyed by the president. Previously in June 2015, there were 4.2 million and in November it increased significantly to 5.9 million [2].

Based on the results of research from the National Narcotics Agency, the prevalence of drug abusers as released by the National Narcotics Agency (BNN) is experienced by many students in 2016, namely, 84 students are known to have consumed drugs. This means that there is a very significant decrease. But, later in 2017, it went up again. [3] From the BNN data, the trend of drug attack in 2015 was quite high, then in 2016 it went down, and in 2017 it rose again, it was recorded that there were 118 students who were affected and positive as drug users," said AKBP Suparti, head of Surabaya's BNN when socializing the dangers of drugs at Al Falah KB-TK.

From the data above it can be concluded that every year there is an increase in the number of drug cases in Indonesia and the increasingly complex problem of drug abuse. This encourages various parties to be involved in the process of handling these social-national problems. Besides the government, there are also many non-governmental parties involved in the process of handling drug abuse problems.

The rise of the circulation of narcotics in the community and the magnitude of the adverse effects as well as the loss of both economic losses and social losses that have caused them to open awareness of various groups to move 'war' against narcotics and other illegal drugs (drugs). In the field of law, in 1997 the government issued 2 (two) laws governing drugs, namely Law Number 5 of 1997 concerning Psychotropic and Law Number 22 of 1997 concerning Narcotics. Both of these laws provide a severe threat of punishment for producers, distributors, and users [4].

In Indonesia, most drug users are still relatively young, the National Narcotics Agency (BNN) data related to drug users and illegal drugs in 2014 states that 22 percent of drug users in Indonesia are students and students [5]. Meanwhile, for the number of narcotics abuse in children who received rehabilitation services in 2015, there were 348 children under the age of 348 out of a total of 5.127 people rehabilitated in that year. While the number of suspected narcotics cases based on age groups in 2015 was school-age children and under-19 adolescents totaling 2.186 or 4,4 percent of the total suspects [6].

From the background above, we know that the character of the Indonesian people is getting worse at this time. Of course, it is very worrying that drugs have penetrated all circles, especially teenagers and young adults who are the hope of the Indonesian people in the future. In order to overcome problems related to drug abuse, in 1985 the BNN Center for Rehabilitation began with Wisma Parmadi, which was inaugurated by Tien Soeharto's mother, becoming a place of rehabilitation for juvenile delinquents and drug victims [7]. Basically the establishment of the BNN Rehabilitation Center, namely as a means of therapy and social rehabilitation services for victims of drug abuse (Resident) starting from residents undergoing detoxification to return residents to their family environment or social environment [8].

Character building given at the BNN Center for Rehabilitation is certainly different from character education in formal schools, in shaping the character of victims of drug abuse it is necessary to have appropriate and integrated efforts in view of the character condition of victims of drug abuse which is certainly different from normal people's conditions. For this reason, forming the character of drug abuse victims of the BNN Center for Rehabilitation uses the Therapeutic Community (TC) method, which is a method of rehabilitation for drug addicts, where a positive community is formed in an organized and coordinated environment with activities that support physical change and mentally.

Integrated social therapy and rehabilitation services with the Therapeutic Community (TC) method are focused on coaching which includes 4 main things, namely (1) fostering character and personality, (2) emotional and psychological structuring, (3) improving spiritual and intellectual fields, and (4) skill ability and survival [9]. Looking at the service program provided by the National Narcotics Center for Rehabilitation of

victims of drug abuse shows that it is very feasible to be a place to see the effectiveness of the services of a rehabilitation center.

The success of a place of rehabilitation can be seen from the success of the programs implemented. For this reason, the authors want to know the service of a rehabilitation place in implementing their program, especially those related to the implementation of character building for victims of drug abuse. To find out the extent of program services at the BNN Center for Rehabilitation in dealing with victims of drug abuse, the authors are interested in conducting research under the title Role of Rehabilitation Institutions in Fostering Narcotics User Characteristics with Therapeutic Community (Tc) Method [10].

## II. THEORETICAL REVIEW

### **Concept of Drug Rehabilitation**

Rehabilitation of narcotics addicts is a treatment process to free addicts from dependence, and the period of rehabilitation is calculated as a period of serving a sentence. Rehabilitation of narcotics addicts is also a form of social protection that integrates narcotics addicts into social order so that he no longer commits narcotics abuse.

Based on Law No. 35 of 2009 concerning narcotics, which is a substitute for Law No. 22 of 1997 concerning Narcotics, there are at least two types of rehabilitation, namely medical rehabilitation and social rehabilitation. Article 1 point 16 of Law Number 35 of 2009 states that: Medical rehabilitation is a process of integrated medical activities to free addicts from drug addiction [11].

Article 1 item 17 of Law Number 35 of 2009 states that: Social rehabilitation is a process of integrated recovery activities, both physical, mental, and social, so that former narcotics addicts can return to carrying out social functions in people's lives. In dealing with rehabilitation issues, the National Narcotics Agency has a special deputy to handle it, namely the Deputy for Rehabilitation. This can be seen in Article 20 paragraph (1) of the Republic of Indonesia Presidential Regulation Number 23 of 2010 concerning the National Narcotics Agency which states that: The Deputy for Rehabilitation is the implementing element for some tasks and functions in the field of rehabilitation under and responsible to the head of the BNN. President Number 23 of 2010 concerning the National Narcotics Agency [12].

### **The Concept of Character**

Epistemologically, the word character can mean character, psychological traits, morals or character that distinguish a person from others, or character. People with character means people who have character, personality, character, or morals. With meaning like this, the character is identical with personality or morals. Personality is a characteristic or characteristic or characteristic of a person that comes from formations received from the environment, such as families in childhood, and also from birth [13].

Further explained that these characters become personal characteristics that include things such as

behavior, habits, likes, dislikes, abilities, tendencies, potentials, values, and patterns of thought [14]. According to the term character can be interpreted as "a person's mental or moral state, society, nation and so on, in Musfiroh suggests that characters refer to a series of attitudes (attitudes), behaviors (behaviors), motivations and skills [15]. According to Hermawan Kertajaya defines characters as: The characteristics possessed by an object or individual. These characteristics are original and rooted in the personality of the object or individual and are 'machines' driving how someone acts, behaves, says, and responds to something [14].

Based on some opinions stated above, that conclusions can be drawn on the character is a basic value in the form of good values in the individual and becomes a guideline for him in behaving and behaving. And it can also be said that the character is not just knowledge, but also about emotions, behavior and habits. Because people who know about character cannot be said to have character when they have not acted according to their knowledge.

### **Therapeutic Community Method (TC)**

Therapeutic Community (TC) is an environment where a group of individuals who previously lived "alienated" from the general public, tried to know themselves and learn to live life based on the main principles in relationships between individuals, so that they are able to change behavior that so far is not in accordance with social norms towards behavior that can be accepted by society [15]. Defines the Therapeutic Community (TC) method as a method that applies the concepts to and for addicts (addict to addict) where they help restore themselves by helping other addicts recover (man to help to help self him) [16].

From the above understanding it can be concluded that the Therapeutic Community (TC) method is a method in which an environment consisting of victims of drug abuse is assembled in an organized and structured manner that has the same problem and has the same goal of changing behavior that has been not in accordance with social norms towards behavior that can be accepted by the community.

### **III. RESEARCH METHODS**

The research method used is a qualitative approach. This study uses a qualitative approach because this approach is the most suitable approach to describe in depth the realities that exist in the services of community therapists. This study uses a case study method. The study was conducted at the Center for Rehabilitation of BNN Lido, Bogor City, with the subjects of this study being the head of the National Rehabilitation Center for rehabilitation, rehabilitation management officers at the National Rehabilitation Center and residents (victims of drug abuse). As for the sample in this study were 1 (one) Head of the BNN Rehabilitation Center, 3 (three) rehabilitation officers, and 3 (three) residents (victims of drug abuse). [17] The research data was collected through observation, interviews, documentation, and literature studies. Data analysis techniques consist of data reduction, data presentation, and data verification. Data validation

uses triangulation techniques from data sources and data collection techniques.

### **IV. RESULTS AND DISCUSSION**

The implementation of the Therapeutic Community method is carried out by the BNN Center for Rehabilitation through several stages, namely: (1) Phase of acceptance (intake process), (2) Initial recovery stage (entry unit), (3) Primary stage, (4) Re- entry stage, (5) Aftercare [9]. In addition to having to go through several stages of character building for victims of drug abuse through the Therapeutic Community method implemented at the BNN Center for Rehabilitation, the program focuses on 4 program categories. So the researcher took one of the 4 services implemented by the National BNN Rehabilitation Center which was very suitable for fostering the character of drug victims, namely: Development of thought and spirituality (Intellectual and Spiritual). According to researchers, spiritual and intellectual services are very suitable for fostering the character of drug victims where behavior changes are directed at increasing aspects of knowledge, spiritual values, morality and ethics, so that they are able to face and overcome their life's tasks and unresolved problems. The therapeutic group used included seminars, discussions, religious classes, reading yassin and religious dialogue.

From the results of research on spiritual and intellectual services carried out by the Center for Rehabilitation focusing on counseling programs, seminars, and discussions for drug victims for their intellectual fields. So that drug victims understand and understand the importance of science, so that they do not repeat or fall into the influence of drugs.

For the spiritual field of the Center for Rehabilitation, BNN implements religious programs, there are applied religious classes, the task of which is drug victims are taught to read iqro al-quran, prayer, and religious dialogue. In order for drug victims to understand more about spiritual values and be more obedient to religion. So that later they will be able to become good citizens, who are religious and understand science.

Supporting factors in the implementation of character building through the TC method include the enthusiasm and hard work of rehabilitation officers in carrying out rehabilitation activities for drug abuse victims, the motivation of residents to recover fully from the effects of drug abuse, openness to each other between residents and managers of the BNN Rehabilitation Center. As well as support from the government in assisting the provision of facilities at the BNN Rehabilitation Center. Whereas the inhibiting factors are the lack of existing rehabilitation staff, the unavailability of guest house facilities to support family unity with residents in the recovery process, the families of drug abuse victims who do not play an active role in the rehabilitation process.

**Table 1. Strengthening Character Building Based on Therapeutic Community Methods For Victims of Drug Abuse**

Activity		Description
1. Planning	<ul style="list-style-type: none"> <li>• Planning by considering aspects of knowledge</li> <li>• Planning by considering aspects of spiritual values.</li> <li>• Planning by considering moral aspects.</li> <li>• Planning by considering the level of ethics</li> </ul>	<p>Relevant the purpose of character development (Spiritual and Intellectual) with Pancasila.</p> <p>Relevant the purpose of character development (Spiritual and Intellectual) with the 1945 Constitution of the Republic of Indonesia.</p> <p>Relevant the purpose of character development (Spiritual and Intellectual) with previous studies</p> <p>Plan the goals to be achieved.</p> <p>Determine the theme of the activities to be carried out in the activities of character building (piritual and intellectual) of the resident.</p> <p>Determine the steps of the Therpeutic Community (TC) activities.</p> <p>Significance between the purpose of the ativities with the aim of fostering the spiritual and intellectual character of the resident.</p> <p>Activities arranged based on realistic considerations, both related to the cost and implementation.</p> <p>The relevance of time to activities of spiritual and intellectual character formation.</p> <p>Ensuring the location of the activities of fostering the spiritual and intellectual character of the resident.</p> <p>Make other plans to avoid things that are not expected.</p> <p>Determine the time of resident's spiritual and intellectual character building activities.</p>

2. Process	<ul style="list-style-type: none"> <li>• The responsibility of the BNN Rehabilitation Center for character development programs.</li> <li>• The role and support of the community in the character building program.</li> <li>• Related government regulations (BNN) and support for character development.</li> <li>• Support, contribution and role of people in the character building program.</li> </ul>	<p>Responsibility for character building programs.</p> <p>Responsibilities of program facilities and infrastructure.</p> <p>Support people in resident character building programs.</p> <p>The influence of the surrounding environment influences the resident's spiritual and intellectual character.</p> <p>Government policy determines the curriculum on character building.</p> <p>Contribution of alumni in the program of resident's spiritual and intellectual character development.</p>
3. Level Of Success	<ul style="list-style-type: none"> <li>• Family mileu concept.</li> <li>• Peer pressure.</li> <li>• Therapeutic session.</li> <li>• Religious session.</li> <li>• Role modeling.</li> </ul>	<p>Can provide an explanation of the karaker situation in Indonesia.</p> <p>Realizing that the Family Mileu Concept affects the character of the resident because it is part of a family.</p> <p>Understand the condition of peers in order to have a tendency to do good things.</p> <p>Realizing that his Therapeutic session leads to discipline, responsibility and care.</p> <p>Realizing that religion can improve the quality of residents' faith and beliefs.</p> <p>Realizing that the example is a role model or example for other residents.</p>
4. Obstacles	<ul style="list-style-type: none"> <li>• Barriers in planning.</li> <li>• Obstacles in the implementation process.</li> <li>• Efforts made in overcoming thee obstacles</li> </ul>	<p>Obstacles in Planning goals.</p> <p>Obstacles before character building activities.</p> <p>Post-activity barriers.</p> <p>Efforts from the BNN Rehabilitation Center in overcoming obstacles.</p>

*Source: Processed By Researcher 2019*

## V. CONCLUSION

From the results of the above research it can be concluded that the stages of the implementation of the Therapeutic Community method carried out by the Central BNN Rehabilitation Center are 5 processes, namely:

- a. Stage of acceptance (intake process),
- b. The initial stage of recovery (entry unit),
- c. Primary stage,
- d. Re-entry stage,
- e. Aftercare.

The process of fostering its own character is directed at increasing aspects of knowledge, spiritual values, morality and ethics, so as to be able to face and overcome life's tasks and unresolved problems. The therapeutic group used included seminars, discussions, religious classes, reading yassin and religious dialogue.

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