

# Hybrid Communication Approach for Psychotropic Drug Addiction Therapy in Bandung

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**Abstract**—Efforts to build a quality generation cannot be separated from obstacles. The quality of a nation, among others, depends on the quality of its components, namely its young generation. The productive age of the Indonesian nation, which is the majority in 2045, ideally is not only quantitatively large so that it is called the golden age but is filled by physically and mentally qualified young people. there are still many young people who depend on psychotropic drugs so that it can damage their future. This study is to examine, the initial process of healing carried out by patients with psychotropic drug dependence in the city of Bandung, the process of a hybrid communication approach in the therapy of drug dependence patients in the city of Bandung, the reasons for using hybrid communication in the therapy of people with psychotropic drug dependence in the city of Bandung. case study approach. Informants are former and psychotropic substance addicts who have been and are in the healing process. Data collection techniques are through interviews, observations and literature and references from various sources including online media. junior high school. These are result of the research : 1. Informants use because of the influence of friends to be recognized by the circle of friends and want to try. Seeking attention because of a broken home family. Some of the informants used psychotropic substances to feel more confident, and just for fun. The desire to stop because of a strong desire to quit but it is not easy and experiences various obstacles. 2. The process of breaking away from dependence on psychotropic drugs is widely supported by various communication channels originating from the immediate environment, especially family through family communication, friendship through peer communication and close friends, professionals through therapeutic communication, religious experts through spiritual communication and media that synergize and become a support system. 3. Informants agreed that communication is not enough just from one channel but from various sources of communication channels (hybrid communication) such as family communication, spiritual communication, peer communication, therapeutic communication through family, religious experts, professionals, friends/peer groups, mass media and social media that synergize and support each other, complementing information for people with psychotropic substance dependence in the healing process.

**Keywords**—*hybrid communication, therapy, psychotropic addict component*

## I. INTRODUCTION

Endeavors to construct a quality age can't be isolated from obstructions. The nature of a country, among others, relies upon the nature of its parts, in particular its young age. The useful age of the Indonesian country, which is the larger part in 2045, preferably isn't just quantitatively huge with the goal that it is known as the brilliant age however is filled by genuinely and intellectually qualified youngsters. there are as yet numerous youngsters who rely upon psychotropic medications with the goal that it can harm their future. Obviously, this should be expected with the goal that the Indonesian country keeps away from the ethical corruption of the country, particularly the more youthful age. The capability of human resources in Indonesia because of the expanding working age can turn into an expected asset in case it is ready with vital arranging with different projects and approaches that lead to character building and abilities that are pertinent to improvement needs in Indonesia. However, then again, as expressed by VP Ma'ruf Amin and revealed by CNN, understudies in Indonesia have likewise been presented to drugs. As per him, around 2.29 million understudies had utilized medications in 2018. "The local gatherings generally helpless against being presented to illicit drug use are those in the age scope of 15 to 35 years or the millennial age," he said.

Avoidance and treatment of individuals with psychotropic medication reliance among young people requires the mix of different components of society and different methodologies. As per Jencks, "half breed is a strategy for making something with old (recorded) designs, however with new materials and techniques" [1]. All in all joining conventional structures with present day procedures. One of the endeavors that should be possible is additionally with a reciprocal correspondence approach, like customary correspondence with new media correspondence. Social correspondence with profoundly based correspondence. Swinton comprehends profound correspondence as a course of human long pursuit about the importance of life, the reason forever, information on self-greatness, significant connections, love, and affections for something consecrated. While MacKinlay uncovered that otherworldly correspondence is a human long hunt cycle to comprehend the most noteworthy inquiries throughout

everyday life, about the significance of life, and about something identified with amazing quality [2]. The motivation behind this examination is to decide the course of a mixture correspondence approach in the treatment of medication reliance patients in the city of Bandung, how the collaboration of different types of correspondence helps the mending system in the treatment of medication reliance patients in the city of Bandung,

Comparable past research was directed by Wereszko et al. in 2017 with the title Specialized Note Mixture Correspondence Organization With the end goal of Oceanic Applications. The motivation behind this examination is to introduce the idea of a mixture correspondence framework for oceanic application purposes. The primary thought of this framework is that it will exploit the idea of limitless meandering, which implies correspondence joins adrift will be made naturally (and unbounded for clients), utilizing whatever number correspondence methods as could reasonably be expected (cell, LTE, Wi-Fi, VDES, and so on) to be chosen relying upon the present status of the radio channel and the client's prerequisites and preferences [3]. Furthermore, an exploration entitled Half breed Correspondence Designs for Circulated Savvy Lattice Applications was directed in 2018 by Jianhua Zhang et al. This exploration is to see that wired and remote correspondence both assume a significant part in the reconciliation of correspondence advances expected to empower savvy network correspondence later on. Half and half organizations influence free media to broaden network inclusion and further develop execution. Be that as it may, while individual innovations have been applied in recreation organizations, little consideration has been paid to the improvement of cross breed correspondence reenactment model sets for correspondence framework plan [4].

Restorative correspondence includes different kinds of correspondence with medical care clients in the therapy interaction. Albeit unique, all types of attendant client correspondence fundamentally comprise of a few essential types of restorative correspondence: effectively paying attention to patients, understanding their necessities, offering help, communicating empathy and giving significant guidance and bearing that will assist them with adapting, dispose of or decrease pressure. current wellbeing problems [5]. This viewpoint proposes that human conduct ought to be viewed as a cycle that permits people to shape and control their conduct by considering the assumptions for other people who are their association accomplices. The definitions they provide for others, circumstances, protests, and even themselves decide their conduct. Their conduct can't be delegated needs, motivations, social requests, or job requests [6]. Conditional correspondence approach, this methodology centers around introductory dynamic by the customer and accentuates the counselee's ability to settle on new choices, stresses the intellectual, reasonable and conduct parts of character, and is situated towards expanding mindfulness so that the counselee can settle on new choices and shift the bearing of his life [7].

## II. METHODOLOGY

The research method used in this study is a qualitative method, with a case study approach. The subjects in this study were the actors involved in hybrid communication for psychotropic drug dependence therapy in the city of Bandung. Data were collected through in-depth interviews, observation and document research. Research approach with a case study approach, case study is a research strategy in which researchers carefully investigate a program, event, activity, process, or group of individuals. teenager. While the object in this study is a hybrid communication approach for psychotropic drug dependence therapy in the city of Bandung. Data analysis in qualitative research is carried out continuously, both while still conducting research or after obtaining all the necessary data so that the data obtained has reached a saturation point [8].

## III. RESULTS AND DISCUSSION

### A. *The Initial Process of Introducing Psychotropic Substances to Patients in the City of Bandung*

All informants started using psychotropics starting from their teens, namely when they were in junior high school (SMP), Rio knew about psychotropics since junior high school from friends at school and outside of school, the reason being that at that time he was considered a city boy and not a villager. At that time using psychotropics was considered a prestige among Rio. Started using it in 1994 and stopped in 2004. Rio feels enjoy or feel happy when using psychotropics. While Nino started using psychotropics in 2008, he knew him from the nightlife community, the reason being that he was influenced by the environment and wanted to try. Nino used it for 21 months. Teenagers are vulnerable and easily influenced because they are not psychologically stable. Psychologically, adolescence is a very important segment of individual development because it is in a period of transition or transition. Adolescents, which are between 12 to 17 years, cannot be said to be children anymore, but they are not yet included in the adult group [9]. Informants when they will stop not all at once but gradually through a fairly long process. The role of family, friends, religious experts, professionals such as doctors have an important role. Informants called family, especially mothers, as an important system sport besides friends and doctors. In the association of middle class adolescents, an active role is needed for families, schools and communities to take part in controlling them relationships [9]. All informants intend to quit on their own initiative, although and in the process they experience anxiety, fear, etc. During the process of breaking away from psychotropic substances, support from family, friends and others is very much needed. Nino tries to stop it by self-control, dares to refuse people's offers, stays away from suppliers. Support the system when it will stop are family and close friends. And also the most often advise is family and close friends.

*B. The Process of a Hybrid Communication Approach for Drug Addiction Therapy in Adolescents in the City of Bandung*

The communication approach process for therapy for people addicted to psychotropic substances can be done with various forms of communication that synergize to recover sufferers from drug addiction. Hybrid communication is an act of communication that involves more than one synergistic communication activity. Or in other terms mentioned in integrated recovery theory is Integrated Recovery Theory IRT is meta-therapy in the sense that it provides a multi perspective and metatheoretical perspective when guiding addicted clients in their recovery process. The main goal of IRT is to help clients develop a healthy lifestyle by practicing an Integrated Recovery Program (IRP). Client IRP can be described as a conscious practice of the client's physical, mental, emotional, spiritual, social, and environmental dimensions as part of a lifestyle-oriented approach directed at personal development in relation to self, others, and the transcendent [10]. The role of the family, among others, is one part of an integrated recovery with a family communication approach so that it can be more emotionally touching. Moreover, the communication carried out by a mother is like that experienced by an informant. Family is the most important support system, especially mothers, "among all, it's mothers who like to remind" besides friends who remind them once in a while. 'I'm also looking for information other than my family to confide in and seek treatment, I feel comfortable talking to people from the pesantren' Rio has a support system from friends, family and Islamic boarding schools. The reason they feel comfortable chatting with ustadz at the pesantren is that they are not judgmental. "I am comfortable chatting with ustaz from pesantren because I do not judge, his advice is acceptable, gentle, pleasant to the heart" In addition to communication from his family, especially his mother, Rio received enlightenment from the Islamic boarding school cleric who carried out spiritual communication for his recovery from dependence on psychotropic substances. Research shows that various religious practices have consistent beneficial relationships with health, benefits including reduced mortality, better physical health, reports of improved quality of life, and less mental illness and drug abuse in those who practice these behaviors [11].

According to Nino, the best person to talk to is his ex-girlfriend, "There is 1 friend, you can call it my ex, he really understands how I feel, and he used to be good at making me feel worthy. What happened to Nino was also experienced by Lutfi Firdaus. The majority of research studies that have examined communication content in online communities have focused on assigning peer-to-peer communication events to different categories of social support (e.g., informational support, emotional support) [12]. Reduction in drug use is associated with academic motivation were greater among girls and had more academically oriented friends among girls and boys [13]. One possible explanation is that for girls, the associated academic endeavors compete with counterproductive and high-risk drug use [14].

Likewise, Boni and Bayu feel more open to chatting with close friends about the drugs they are taking. There are several reasons why he is reluctant to communicate with his family, the first possibility is that he doesn't want to disturb his family too much, who he thinks has a lot of problems, and feels he is able to handle his own problems, worried that he will be blamed which will trigger emotions that can lead to conflict. Even Bayu is good at covering up his bad habits in front of his family. because he doesn't want his family to know, in front of the family as if Bayu is a fine child, this is in line with dramatology theory which assumes that individuals do not just take on the role of others but depend on others to complete their self-image. Goffman's "self" is temporary in the sense that the self is short-term, role-playing, because it is always demanded by different social roles whose interactions with society take place in short episodes [15]. While Boni feels that she has been labeled badly by her family, especially her siblings, so she feels sometimes hopeless, labeling theory is mainly interested in the fact that humans are sometimes victims of other people's interpretations or labels as long as their social identity can be influenced or even against their will. As a result, humans also often give up hope [16]. Family is the most important support system, especially mothers, 'among all the mothers who like to remember' Communication in the family can also be interpreted as readiness to talk openly about everything in the family, both pleasant and unpleasant, also ready to solve problems in the family. family with talks that are lived in patience and honesty and openness [17].

Apart from a friend who once reminded me. 'I'm also looking for information other than my family to confide in and seek treatment, I feel comfortable talking to people from the pesantren' Rio has a support system from friends, family and Islamic boarding schools. The reason they feel comfortable chatting with ustadz at the pesantren is that they are not judgmental. "I am comfortable chatting with the ustaz from the Islamic boarding school because he does not judge, his advice is acceptable, gentle, pleasant to the heart" Therapeutic communication actually pays attention to patients holistically, covering aspects of safety, exploring causes and finding the best way to solve patient problems. It also teaches ways that can be used to express anger that can be accepted by all parties without being assertive [18]. So in the study of Islamic therapeutic communication there are several characteristics that distinguish therapeutic communication in general nursing studies [17]. So the family found out when Nino had stopped, "My family knows that when I quit, they don't know anything when I'm getting worse, I just say that I'm in the process of stopping using drugs, they're in shock, then I leave the house for self-quarantine so it doesn't bother them. person/family". The family inquires about the situation although it is rare."

*C. The Reason Hybrid Communication is Used in the Therapy of People with Psychotropic Drug Dependence in the City of Bandung*

Family is the most important support system, especially mothers, 'among all mothers are the ones who like to remind', the role of mothers is very big for Rio because mothers take an

emotional approach when communicating personally with Rio. Mothers are more empathetic than other family members. According to De Vito, effective communication is communication that is empathic, where the communicator can feel and play a role in the position of the recipient of the communication [19]. Rio's mother communicates by putting herself in Rio's position who is trying to heal himself. Apart from mother, Rio's friends also occasionally remind him. The role of friends for Rio is not very meaningful, but for him a trusted religious expert, an Ustadz, can be heard more. For Rio, Ustadz communicate not patronizing but supporting, as De Vito said, the effectiveness of communication is also determined by the attitude of support or support [19]. "I am also looking for information other than family to confide in and seek treatment, I feel comfortable chatting with pesantren people" Rio has support system from friends, family and Islamic boarding schools. The reason they feel comfortable chatting with ustadz at the pesantren is that they are not judgmental. "I am comfortable chatting with ustadz from pesantren because I do not judge, his advice is acceptable, gentle, pleasant to the heart". Therapeutic communication relates to spiritual communication as a strategy in providing guidance to clients through therapeutic verbal and nonverbal communication interactions in personal communication during mentoring and consultation, as well as group communication when carrying out the teachings of Tariqat Qodiriyyah Naqshbandiyyah, namely; talqin dhikr, bathing in repentance, prayer, remembrance and completion of the Qur'an, thereby creating and regenerating awareness, comfort and tranquility 13. At the Salafiyah Sabilul Hikmah Islamic Boarding School in Malang, led by Gus Ubaidillah Hamid, religious therapy is carried out by praying, regularly reading the Koran, istighasah, reading Asma'ul Husna, reading Yasin, and added ice therapy, where the patient chews ice cubes, then Gus Ubaidillah reads a prayer, they are advised to leave the drugs that are ruining their lives. In addition to seeking information from people around the informants, Rio also sought information from media such as mass media, because at that time the internet was not as easily accessible as it is now. Rio also reads a lot of books to strengthen his desire to quit and motivate Rio to recover, "At that time the book I read was written by Dadang Hawari." Reading religious books accelerated Rio's healing process, because he practiced remembrance as suggested in the religious books he read. Rio looked for several communication channels to strengthen him in the healing process, namely communication with his mother, communication with the ustadz and sources of information from books that motivated him.

Another informant, Nino, also asked for help from other people besides his family during his recovery, and he asked the doctor for help. For him, the role of family is not too big because he is not too intense in communicating with his family during the self-healing process. He prefers medical experts, namely doctors in the process of healing himself from dependence on psychotropic drugs. "Yes, obviously I asked for the doctor's help, fortunately I wasn't in serious condition, right, the doctor said that it was also supported by my own will

to stop so it wasn't difficult," he said. According to Nino, communication from medical experts really helps the healing process, "Professional advice helps, but communication between humans tends to help me more." Communication that runs transactionally, such as the assumption of transactional theory, must understand the egos of the communicators, especially the target of communication. Everyone according to Eric Berne has a parent ego, adult ego, child ego and every communicator needs to adjust his ego to the ego of the recipient of communication. For Nino, friends, family helps the healing process through the communication they do with Nino, even though friends only glance at it and seem trite. other than family is necessary, and Nino trusts a Doctor who is close to him and he trusts. He agreed that he needed someone other than his family in the healing process, "Yes, it helps, obviously, the average healing process requires someone to ask about progress, visit, etc." Nino looked for information before going to the doctor, he also used the internet to look for healing information. "Yes, before you go to the doctor, it's clear to do research first," for him, experts really help the healing process, because he reasons that the healing process is more precise, "Yes, it's clear, I was so confused and there was a danger of making a wrong step, so I had the courage to go to the doctor." Apart from doctors, Nino's lover plays a very big role in the process towards healing from psychotropic drug dependence. Peer groups teach individuals about a broad culture. For example, peers at school, they generally consist of individuals from different environments, which have different rules or habits. Then they put it in a peer group, so that they learn from each other indirectly about the habits and are selected according to the group and then made into group habits. 4 Nino also uses the internet to find the information he needs.

Boni and Bayu often communicate with their friends and seek information from the media that can confirm their desire to change themselves towards healing. It's just that just relying on the role of friends in the healing process is quite risky, because not all friends support the healing process as experienced by Boni, it is rather difficult to recover because the friends who are invited to communicate are also users of psychotropic drugs who sometimes still use these drugs. Often Boni is tempted to keep taking psychotropic drugs. Peer groups teach individuals about a broad culture. For example, peers at school, they generally consist of individuals from different environments, which have different rules or habits. Then they put it in a peer group, so that they learn from each other indirectly about the habits and are selected according to the group and then made into group habits. 40. Boni often uses media as a source of information, especially information from Youtube whose content is in the form of conversations about the experiences of psychotropic drug users who want to get well soon. The use of media with online media. The use of various forms of synergistic communication channels in an effort to achieve communication goals is said to be hybrid communication. This collaborative communication has the potential to help achieve communication goals. Hybrid communication network is a communication network that uses a combination of line facilities, namely trunk, loop, or link,

some of which only use analog or quasi-analog signals and some of which only use digital signals. Modern communication tools are indispensable for collaborative work methods. What is needed is an authentic and inclusive conversational culture that conveys as many aspects of face-to-face meetings as possible, even in hybrid settings that combine physical and virtual presence. As a developer of innovative audio technology, you can contribute to breaking down communication barriers and facilitating access to education. hybrid solutions that can enable achieving goals.

#### IV. CONCLUSION

- The initial process of introducing psychotropic substances to patients with psychotropic drug dependence in patients in the city of Bandung. All informants started using psychotropic substances starting from their teens, namely when they were in junior high school (SMP). Informants use because of the influence of friends to be recognized by the circle of friends and want to try. Seeking attention because of a broken home family. Some of the informants used psychotropic substances to feel more confident, and just for fun. The desire to stop is due to a strong desire to quit but it is not easy and experiences various obstacles.
- The process of a hybrid communication approach for the therapy of people with psychotropic drug dependence in the city of Bandung. The process of breaking away from dependence on psychotropic drugs is widely supported by various communication channels originating from the immediate environment, especially family through family communication, friendship through peer communication and close friends, professionals through therapeutic communication, religious experts through spiritual communication and media that synergize and become a support system. which complement each other in the healing process of people with psychotropic substance dependence.
- The reason hybrid communication is used in the therapy of people with psychotropic drug dependence in the city of Bandung. Informants agreed that communication is not enough just from one channel but from various sources of communication channels (hybrid communication) such as family communication, spiritual communication, peer communication, therapeutic communication through family, religious experts, professionals, friends/peer groups, mass media and social media. that synergize and support each other, complement each other's information for people with psychotropic substance dependence in the healing process.

#### ACKNOWLEDGMENT

The researcher would like to thank to the head of Lppm unisba and the dean of Fikom as well as the informants who have supported this research.

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