

The Resilience of Former Drug Users (A Case Study on Former Cannabis Users)

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Abstract. Drug abuse is one of the most threatening issues of human life today as a result of lifestyle changes that make individuals susceptible to psychological problems. Resilience is necessary in order to prevent individuals from using drugs and relapse. The purpose of this study was to find out how is the image of resilience in former cannabis users in early adulthood. The research approach used is qualitative with case study techniques. The subjects of the study is a former cannabis user in early adulthood age, who has stopped using drugs for 2 years, and is living in Malang. The validity check of the data findings is done by using the informant. The results showed that subject generally had a fairly good resilience after quitting cannabis. His resilience was formed by his knowledge about the effects of using cannabis on health, and he has a strong self-discipline although sometimes in some ways it is easily influenced by others. Several risk factors that may affect the resilience of former cannabis users in this study are that they are not able to control their emotions well so when they are faced with a problem, they often show an emotional coping strategy that tends to be difficult in making decisions appropriately.

Keywords: Resilience, former drug users, cannabis

Introduction

Drug abuse is one of the problems that threaten human behavior patterns in modern times like today. The number of demands and changes in lifestyle make individuals more susceptible to experiencing psychological problems such as anxiety and depression. Often individuals look for shortcuts to immediately get out of feelings that make them uncomfortable by choosing negative things as a consequence. One of them is drug use.

Based on data compiled by the National Narcotics Agency quoted in Kompas daily, the number of drug users throughout Indonesia is 1-5 million users and 600,000-1,200,000 users are in Jakarta. The data shows that the number of drug users is increasing every year, especially in big cities. This is triggered by the high environmental and social demands and lifestyles that are more concerned with the worldly side and enjoyment, which makes a person vulnerable to psychological disorders such as anxiety and depression that lead to drug use.

Early adults are in a period of transition from adolescence to adulthood. As in other stages of development, early adulthood also has its own developmental tasks that must be fulfilled. Santrock (2002) describes two criteria proposed to show the end of youth and the beginning of early adulthood is economic independence and independence in making decisions. In early adulthood, individuals experience a lot of increasingly complex changes and demands in life. Individual subjective responses to changes and demands will be different for each person. When an individual has adequate adaptability, he will create adaptive behaviors.

But on the contrary, when an individual is unable to adjust to the new situation, it is not impossible that he will feel depressed so that he needs an escape to ease his tension, one of which is the reason to use drugs.

The tendency of a person to continue using drugs or not is also influenced by how he is able to adjust to the environment or the demands of his life, his perception and assessment of something negative, and the psychological state of a person so as to make it able to hold and have a stronghold so that they can avoid drug use. Such abilities are called resilience. Resilience is indeed necessary in order to prevent individuals from using drugs. The concept of resilience is generally defined as positive coping and adaptation in the face of significant difficulties or risks (Rasyid&Bangun, 2015). Often individuals use drugs to relieve pressure within themselves. From this presentation, it can be assumed that individuals who use drugs need to be questioned about their resilience abilities. By knowing how to describe the resilience of an individual, it is hoped that it will be able to help someone who has stopped using drugs so that he will not fall into the danger of using drugs by increasing his ability so that his resilience can be more adequate.

Method

The research subject is one person who is currently 25 years old. He lives in Malang City and has stopped using cannabis since 2014. He is the first child out of 2 siblings. He currently works as an entrepreneur and has an undergraduate education with background in economy.

The research model used is in the form of intrinsic case studies. Case studies are intrinsic as a type of case study used to explore certain individuals (Herdiansyah, 2015). In this study, the data collection tool chosen is by using interviews and observations. The form of interview chosen by the researcher is a semi-structured interview. The interview process is carried out by adhering to the interview guidelines that have been made by the researcher.

Interview guidelines are arranged based on the dimensions of resilience, namely: (1) Characteristics of Resilience (Accepting the existing reality, having beliefs based on the values of life both religion and culture, having the ability to adapt and regulate changes in life), (2) Factors Resilience (Asset consisting of knowledge, skills and abilities, social relations and support, emotional stability and self regulation; Risk Factor which consists of stress, conflict, job insecurity; Value which consists of an individual's assessment of good or bad things, principles as things that become the basis of behavior and individual decision making, as well as contributions to people around). Whereas observations were made by looking at how the subjects interacted daily in the society.

Data analysis used is the analysis of qualitative descriptive data of the Miles and Huberman models. The data analysis stages of the Miles and Huberman models are as follows : (1) Data Collection Phase; (2) Data Reduction Phase; (3) Display Data Stage (theme category, theme sub-category, coding; (3) Conclusion withdrawal stage

Data validation is done by way of perspective triangulation by utilizing informants who if they understand and know about the research subject. Criteria for informants are as follows: (1) Knowing the subject of research in general; (2) Have known the subject for at least 2 years; (3) Willing to provide information and information about research subjects

Results

Typical subjects are people who don't like to be in the crowd for a long time. He preferred to be alone enjoying his life in solitude. When he was still using cannabis , he used it himself because he believed that, it was indeed damaging but damaging himself, not someone else. At that time, the use of cannabis was only when he wanted to use and relieve stress and enjoy loneliness.

The subject is of the view that the problem is something that must be passed. However, he thinks that not all problems need to be resolved. There are things you don't need to think about and solve because it will only take time. However, he considers that other people see what he does as a form of running away from existing problems.

From childhood, the subject is accustomed to being directed by parents, especially his father. His desire is often defeated by the wishes of the father. On the other hand, a father figure also becomes dominant in the subject's life. In the end, the principle of life "living life

as it is and life will go on" takes a hold on him because he does not want to stop in that situation and is stuck. In addition, the subject is also accustomed to the teachings of parents, especially from the father figure that, if it is not time then it will not be done. It is also related to the principle that he will live with what is happening now.

Even though the subject actually has his own desires, but it is often not in accordance with his father's expectations, what he does is to share and obey the wishes of his parents. He does not want to disobey or even fight his parents and it is better to harbor his own desires.

In the aspect of knowledge about cannabis , the subject actually understands that cannabis can be very damaging. However, because at that time he was using it on himself, he eventually thought that it was indeed damaging but damaging only himself and not the others around him. In terms of skills and abilities, the subject is a type of person who does not like to work with routines. He prefers fieldwork and practical work. This is also strengthened based on observations that the subject does not currently choose to work in an office and is involved in an active profession as an Event Organizer and he keeps busy working in every event.

The subject has a good relationship with his family. Although he felt that he is from a small family, he got no direct motivation and had a tendency to depend on the directions from an elder, especially his father. The subject is less open with family and only at certain times shares his problems because he thinks that often this will only add to the complexity of the problem and this is not necessarily a solution. Other people don't know the process and ultimately tend to just judge the subject. He usually shares his feelings only with his partner (girlfriend).

The subject still seems to be unable to control his emotions well. He often feels anxious and holds his feelings several times. Parenting patterns that tend to direct him from childhood make it a little difficult for him to make decisions when solving problems. The subject likes to be around other people in general, but he also feels stressful because he prefers to harbor his own feelings. The subject has a desire to become an entrepreneur. However, seeing what he is doing now, he seems to have other options regarding the picture of the work he wants to pursue in the future, namely to become a BUMN employee.

The subject has the principle of living through what is now and life must go on anyway. Actually, when asked about the principle, he found it difficult to answer because often the principles he believed in were not consistent and easily manipulated and affected by others. The subject always views things from their positive and negative sides. There are things that are actually useful even though sometimes are not allowed. But what he did was to consider what was in accordance with his conscience.

Discussion

The subject used cannabis only at certain times. He is a person who prefers to be alone and avoids problems that make him depressed. Through cannabis, he got the effect that made him comfortable so he could forget the problem. However, he also acknowledged that the effect of using cannabis is that it can make a person slow in thinking, and his body becomes stiff like a robot. Cannabis use shows the effect of cognitive decline through several levels from basic motor coordination to more complex functions such as planning, organization, problem solving, remembering, and controlling emotions and behavior (Crean, Crane & Mason, 2011).

The way individuals deal with a problem or what is often referred to as coping with stress can actually also be a factor in the formation of resilience in an individual. However, the subject found that he tended to have emotional coping strategy. He has a belief that a problem does not at all have to be resolved depending on the priority and his ability to deal with the situation. Through this, it can be concluded that he tends to avoid a problem (Baqutayan, 2015). Coping strategies and emotion regulation are temporal processes that can change over time.

Nevertheless, many studies show that coping strategies among individuals focuses a lot on their childhood, adolescence and adulthood when cognitive and behavioral skills are needed in more complex business and behavioral setting goals (Compas, Jaser, Dunbar, Watson, Bettis, Gruhn & Williams, 2014). In the subject itself there is a tendency that what makes it more frequent to use emotional coping strategies is because of parents who tends to lead a lot during their kids childhood and adolescence. Furthermore, parents are perceived as lacking motivation to trust their children to make decisions for themselves. Such parenting eventually makes it difficult for individuals to make decisions and choosing to avoid a problem that leads to the development of emotional coping strategy.

On the other hand, the subject actually has the knowledge that cannabis is not good to use, but he does the rationalization that cannabis is indeed destructive but because he uses it himself it will only damage him, not others so as not to harm others. Vuchinich and Tucker (1983) explained that knowledge of the negative effects of the use of substances is actually already known by individuals who consume, but they often ignore the long-term effects. Health and social risks have immediate consequences, they are less effective at reducing consumption levels because they ignore and delay thinking about these long-term impacts.

Conclusion

Based on the results and discussion of this study it can be concluded that the subjects have good resilience after stopping using cannabis-type drugs, resilience in former cannabis users is formed because he has knowledge of the effects of cannabis use on his body,

and has a fairly strong principle of self awareness, even though sometimes in some cases he is easily affected by others. Some risk factors that can influence the resilience of former cannabis users in this study are that they are still not able to control their emotions well so, when facing a problem they often show emotional coping strategies and tend to have difficulty in making decisions quickly.

From this research, suggestions can be given to research subjects to maintain and continue to improve their resilience and learn to be able to control their emotions so that they can solve problems better. It is suggested to people around addicted individuals to provide more emotional support, appreciation and information (advice or feedback) on the subject so that they can improve their positive state of mind and improve their resilience. For further researchers who want to do research on similar topics it is advisable to be able to dig into deeper data and information with different backgrounds, for example based on regions, ethnicities or age ranges so as to further broaden the findings of research on resilience in former cannabis users.

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