

MODEL BIMBINGAN KONSELING PADA KASUS NARKOBA***COUNSELING GUIDANCE MODELS IN DRUGS CASE*****Delima¹, Mudjiran², Yeni Karneli³, Netrawati^{4*}**¹Politeknik Kementerian Kesehatan Padang, Indonesia^{1, 2, 3, 4}S3-Bimbingan Konseling Universitas Negeri Padang, Indonesia

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ABSTRAK: Masalah penyalahgunaan narkoba telah menjadi isu global yang mendesak dalam masyarakat saat ini. Penggunaan narkoba berada di kalangan anak muda berusia 15-35 tahun dengan persentase sebanyak 82,4% berstatus sebagai pemakai. Dampak negatif yang ditimbulkan oleh penyalahgunaan narkoba tidak hanya merugikan individu yang terlibat, tetapi juga keluarga, komunitas, dan masyarakat secara luas. Oleh karena itu, penerapan konseling telah menjadi pendekatan yang signifikan dalam upaya penanggulangan kasus narkoba. Tujuan penelitian ini adalah agar pembaca dapat memahami dan menerapkan model konseling yang cocok diterapkan untuk pengguna narkoba. Metode penelitian ini menggunakan studi kepustakaan untuk menelaah melalui artikel dan buku yang berkaitan dengan model konseling pada kasus narkoba. Hasil penelitian didapatkan bahwa pengguna narkoba harus menjalani masa rehabilitasi dimana layanan konseling menjadi salah satu alternatif yang diberikan. Ada berbagai macam metode pendekatan konseling yang dapat digunakan seperti therapeutic community, cognitive behavior therapy, dan family counselling. Penerapan konseling dalam penanganan kasus narkoba merupakan pendekatan yang penting dan efektif dalam membantu individu yang terkena dampak penyalahgunaan narkoba. Dalam upaya penanggulangan kasus narkoba, konseling dapat berperan dalam mengurangi konsumsi narkoba, mengatasi ketergantungan, dan mencegah kekambuhan.

Kata Kunci: *Konseling, Model, Narkoba*

ABSTRACT: *The problem of drug abuse has become an urgent global issue in today's society. Drug use is among young people aged 15-35 years with a percentage of 82.4 % being users. The negative impact caused by drug abuse is not only detrimental to the individuals involved but also to families, communities, and society in general. Therefore, the application of counseling has become a significant approach in efforts to deal with drug cases. The purpose of this research is for readers to understand and apply counseling models that are suitable for drug users. This research method uses library research to examine articles and books related to the counseling model in drug cases. The results of the study found that drug users must undergo a rehabilitation period where counseling services are one of the alternatives provided. Various counseling approaches can be used, such as therapeutic community, cognitive behavior therapy, and family counseling. The application of counseling in handling drug cases is an important and effective approach to helping individuals affected by drug abuse. In efforts to deal with drug cases, counseling can play a role in reducing drug consumption, overcoming addiction, and preventing relapse.*

Keywords: *Counseling, Model, Drugs*

A. INTRODUCTION

One of the things that has always been a problem in society and requires special attention is drug abuse. The abuse of narcotics and dangerous drugs (drugs) in Indonesia in recent years has become a serious problem and has reached a state of concern that has become a national problem. Victims of drug abuse have expanded in such a way beyond the boundaries of social strata, age, and gender. It penetrates not only urban areas but penetrates rural areas and crosses national borders, which results in very detrimental consequences for individuals, communities, and the country, especially the younger generation. It can even pose an even greater danger to the nation's life and cultural values which in the end can weaken national resilience. The rampant circulation of narcotics in the community and the magnitude of the adverse effects and losses, both economic losses and social losses they cause, have opened the awareness of various groups to mobilize a 'war' against narcotics and other illegal drugs (narcotics) (BNN, 2022).

Based on the research results of the National Narcotics Agency (BNN) in collaboration with the University of Indonesia Health Research Center in 2017 concerning the National Drug Abuse Survey, it was found that the projected rate of drug abuse in Indonesia reached 1.77% or 3,367,154 people who had used drugs in a year last (current users) in the age group 10-59 years. Whereas in 2021, there will be an increase in the prevalence of drug users by 0.18 % to 1.95% with a total of 3.66 million people (Putri, WU, at all, 2021). Kominfo 2021 explains that drug use is among young people aged 15-35 years with a percentage of as much as 82.4% having the status of users, while 47.1% act as dealers, and 31.4% as couriers. Furthermore, based on data from the Indonesia Drugs Report 2022, the most widely used types of drugs in Indonesia are cannabis 41.4%, methamphetamine 25.7%, nipam 11.8%, and dextro 6.4%. The impact given by several types of drugs is that they will feel a decrease in their thinking power, and learning function which affects brain performance in the future. The direct impact on the psyche can cause mental disorders, suicide, committing crimes, and violence. The indirect impact of drugs is that they can be ostracized in society and away from a positive environment. In addition, it will affect the user's family because they have to bear the embarrassment and if it is known by the school/university, the learning opportunity will be lost/DO (BNN, 2022)

The problem of drug abuse has broad and complex dimensions, both from a medical, psychiatric, mental health, and psychosocial perspective (economic, political, socio-cultural, crime, and so on). Drug abuse is a social phenomenon that has become a social problem. Drugs and the like are phenomena that have existed since ancient times along with the emergence of the development of human civilization on this earth. In the past, the form of drugs was of course different from what it is today. The development of the form of the drug goes according to technological advances in its processing. In the past, drugs were consumed in the form of hand-rolled cigarettes or cigars, but now they are found in the form of pills, tablets, and injectable fluids. Its use is also very diverse, from sucking to using syringes (Kibtyah, 2017).

Drug abuse, especially narcotics, is a latent danger that every time it is eradicated it will not run out but will grow in a new place with a different mode. The development of the quality of drug crime has become a very serious threat to human life, especially the younger generation, and can even pose an even greater danger to the nation's life and cultural values. Protecting Indonesian children means protecting the potential of human resources and developing a complete human being, towards a just and prosperous society, spiritual material based on Pancasila and the 1945 Constitution. It is from this discussion about children and protection that we are often confronted with deviant behavior among children. There are even children who commit acts that violate the law, one of which is drug abuse. The danger of drug abuse among the younger generation is a social phenomenon in a society that has an impact on all aspects of life (Suranata, 2013).

Most substance use disorders involve alcohol use; therefore, many of the available substance abuse assessments focus on alcohol abuse. Because denial is a major problem in alcohol or other drug abuse, counselors may not recognize a problem if they do not review the problem

systematically with clients. Therefore, it is important to systematically assess substance abuse symptoms with the client.

Children involved in narcotics abuse are certainly not born suddenly but through a process of consideration from criminal organizations or narcotics trafficking syndicates, where these crimes do promise quite lucrative benefits. In the recent development of society, several things are increasingly encouraging the acceleration of the rampant crime organizations or narcotics trafficking syndicates to expand their networks and move across countries or internationally, especially those concerning advances in communication and transportation technology to facilitate human mobility throughout the world, in besides that, because these promising benefits affect the efforts of criminal organizations or drug trafficking syndicates to enter all regions of the world and all levels of society (Novitasari, 2017).

Narcotics abuse and its consequences, both for abusers or users who are categorized as addicts as well as its social consequences, have long been a serious problem in various countries which have recently tended to be dangerous, where users will be dependent and their lives will be dependent on narcotic substances. It is so complex to withstand the abuse that is suspected of being an addict so that it only lasts for a minimum period, it turns out, is not an easy matter. Furthermore, it also takes time and strategies to force individuals to remain actively involved in the intervention process until they show signs of recovery that are quite convincing (Reza, 2008).

Various efforts have been made by the government, private sector, and social institutions in tackling, treating, and fostering victims of drug abuse. A comprehensive understanding of the ins and outs of drug abuse is one of the things that must be pursued as a preventive measure for this problem. Understanding the victims of drug abuse is something that is not easy, considering the complexity of the drug problem coupled with the complexity of the human problem itself (Kibtyah, 2017).

One of the government's efforts to tackle drug addicts is through rehabilitation in various regions in Indonesia. In the rehabilitation program, they use counseling as a process of recovery assistance for drug addicts. Counseling the drug case population is critical because problem drug use has a deleterious impact on a person's mental and physical health, as well as interpersonal relationships and social functioning. In addition, the problem of drug use can also cause various social problems such as crime, violence, and other drug abuse (Septiyani, 2020).

The drug-case population also tends to experience social stigma, discrimination, and exclusion from society. Therefore, counseling can help reduce stigma and increase accessibility to mental health and rehabilitation services for drug case populations. In addition, counseling in drug case populations can also help individuals to develop positive coping skills and change negative thought patterns related to drug use. Counseling can also help individuals understand the factors that trigger drug use and develop strategies to avoid or overcome these factors.

An addiction counselor is a person who carries out rehabilitation activities for addiction or physical and mental dependence on a substance and has competence in the field of social health and specializes in helping people who are dependent on narcotics, psychotropics, and other addictive substances. To become an addiction counselor, one must attend addiction training and have a certificate. Researchers also obtained information that addiction counselors have two groups of counselors, namely addiction counselors who have a background in drug use and addiction counselors who do not have a background in drug use, such as doctors, nurses, social workers, and psychologists (National Narcotics Agency, 2018). The problem faced by addiction counselors is the difficulty of building trust in addicts. The addict must gain comfort from the addiction counselor so that he can trust and open himself fully to the addiction counselor. In addition, addiction counselors also get some rebellious addicts. This happens because drug addicts who carry out rehabilitation feel constrained and not free by all applicable regulations (Septiyani, 2020).

Based on research conducted by Ikhsanuddin (2020), the technique most often given to drug addicts is Cognitive Behavior Therapy. Cognitive Behavior Therapy (CBT), is a form of psychotherapy that can be used for the emotional problems of addicts and aims to eliminate signs,

symptoms, or emotional problems by changing and rebuilding positive and rational cognitive status so that they have healthy behavior and somatic reactions. Meanwhile, according to Widyaningrum (2014), the use of communication created between drug addicts as community members and addiction counselors leads to a therapeutic process. The method of therapy and rehabilitation through the community is known as the therapeutic community. The implementation of addiction counseling is not only intended for addicts but family and relatives or close friends must do counseling. This is done with the aim that the addict's family or close friends can accept the addict as usual and help the addict in the recovery period so that the addict has the enthusiasm to recover from his dependence (Septiyani, 2020).

B. RESEARCH METHOD

The research method used in writing this journal is a literature study to look at various kinds of writings from books regarding counseling models in drug case publications. This literature study is defined as a series of activities in collecting library data, reading various literature, journals, articles, and books related to the material to be written, and recording and processing the material to be studied. Four characteristics in library research need to be considered, namely: (1) Data obtained directly from the library and not through existing data in the field, (2) The results of the data in the library are ready to be used, (3) Results of data from secondary sources obtained from data in the library, meaning that researchers obtain data from second parties and (4) The library data obtained is not limited by space and time (Mirzaqon & Purwoko, 2017). From the explanation above, it can be concluded that data collection was carried out by researchers by looking, collecting various kinds of results from looking at books, journals, and articles related to the counseling model in the population of drug cases to be studied.

C. RESULTS AND DISCUSSION

The term narcotics that is known in Indonesia comes from the English word "narcotics" which means anesthetic, which has the same meaning as the word "narcosis" in Greek which means to lull or anesthetize. But basically, the narcotics themselves are a type of plant that has flowers that can anesthetize people so they become unconscious in the sense that they are sedated and don't feel anything. Abuse is using power and so on not as it should. By misusing something whether it's power, objects, and so on, someone wants to get something that they think can benefit them. Narcotics abuse by a person can be interpreted as using narcotics not as they should, in this case, of course, outside the supervision of a doctor. The occurrence of abuse in society certainly greatly affects the community itself. This influence can be in the form of an influence on peace in society, an influence on the emergence of crime in society, and so on (Kibtyah, 2017).

Likewise, drug abuse among adolescents, can affect the circumstances and the environment around them, be it the family environment, social environment, and the community in which they live. The family environment can make their parents anxious and there are disputes. In a social environment, a narcotics addict can influence their friends to try to feel the name of narcotics, while in society the occurrence of narcotics abuse can cause anxiety and fear for the community because narcotics abuse can lead to crime. These crimes can be theft, robbery, extortion, and even murder. For those who abuse narcotics, including people who can afford it, it may not have too much influence on the surrounding community, but for those who cannot afford it, it can cause crime because the price of narcotics is relatively expensive so they will try to fulfill their dependence in any way (Karistika, 2019).

Although this section focuses on the assessment of alcohol disorders, similar diagnostic criteria are used to determine dependence or abuse of all psychoactive substances. Psychoactive drugs include all drugs that alter a person's mood or thought processes through their effects on the central nervous system. The DSM recognizes 10 classes of psychoactive drugs (alcohol, amphetamines, cannabis, nicotine, cocaine, PCP or phencyclidine, inhalants, hallucinogens, opioids,

and tranquilizers) that can lead to dependence. These drugs show some differences in terms of tolerance and withdrawal symptoms.

The DSM criteria conform to WHO criteria and include substance tolerance; withdrawal symptoms (eg, "tremors," temporary hallucinations or illusions, anxiety, depressed mood, headaches, insomnia, fast heartbeat, or sweating) that affect daily functioning; compulsive and increased substance use; failed attempts to reduce substance use; excessive use of time obtaining, using, or recovering from the effects of the substance; reduction or cessation of important social and work activities; and continued use of substances despite known physical or psychological problems.

Therefore, to overcome this we as the people of Indonesia must make various efforts so that this does not happen. Among them are promotive, preventive, curative, and rehabilitative efforts. Promotive efforts are efforts to improve spiritually so that they do not easily fall into drug abuse. For example by holding religious and extracurricular activities or UKM in the school or campus environment. Furthermore, preventive efforts are efforts to prevent people, especially the younger generation, from consuming drugs. For example by holding counseling about the dangers of drugs in educational institutions. Or you can also carry out anti-drug campaigns through social media, brochures, posters, billboards, or banners. Then there are curative efforts, namely efforts to deal with people who have become victims of drug abuse by providing treatment. This effort requires the help of a specialist doctor who studies drug cases because not all doctors can treat victims of drug abuse and finally, rehabilitative efforts. Rehabilitative efforts are efforts to recover physically and spiritually using a religious and health approach. Usually, these rehabilitative efforts are carried out in hospitals designated by government agencies (Rizqiana, 2023).

Counselors will often see clients because of problems caused by alcohol/drugs, such as decreased work performance, conflicts with others, depression, or poor health. Counselors must carefully assess alcohol (or other substance) abuse as a possible cause of the problem. In general, the counselor should assess the client's ability to control alcohol/other substance use and the extent to which this use is causing problems in their lives. The counseling approach to victims of drug abuse aims to restore victims of drug abuse to return to good condition so that they can live their lives effectively and benefit themselves and others (Darimis, 2010). Counseling methods used in overcoming cases of drug abuse are as follows:

1. Therapeutic Community

The therapeutic community is a method that uses social involvement, in which victims are taught to live in groups and help each other in the process of self-recovery so they can return to society. Another definition explains that a Therapeutic community is a method that uses a social involvement approach, in which ex-addicts live in a "house" and help each other to recover. In the Special Rehabilitation Center for victims of drug use, the Therapeutic Community method is realized by providing group counseling to former drug addicts under the direction of the counselor. Usually, one group consists of 10-12 people. This group counseling goes through several stages, namely the formation stage, the transition stage, the work stage, and the termination stage. Each client expresses what he feels, thinks, and experiences when he is feeling withdrawn, then the clients give each other suggestions and input about what to do in that situation (Widyaningrum, 2014).

Under the guidance of the counselor, the clients share their stories and struggle to quit these forbidden things and are determined not to fall back and live a normal life as they should. This program has four structures in the process of changing client behavior, namely a) the formation of behavior based on the ability to control his life so that behavior is formed according to the norms prevailing in society, b) emotional and psychological control, changes aim to increase self-adaptation emotionally and psychologically, c) intellectual and spiritual development, is a modification of behavior that focuses on aspects of knowledge to empower them to manage and overcome the burdens of life that are supported by spiritual,

aesthetic, moral and social values, d) vocational, changes in behavior that aimed at increasing the ability and skills of clients to fulfill life's obligations (Saam, 2013).

2. Cognitive Behavior Therapy (CBT)

CBT is a combination of cognitive therapy and behavior therapy (Bush, 2003). The focus of cognitive therapy is assumptions, beliefs, and thoughts. CBT facilitates individuals to learn to recognize and change mistakes. Cognitive therapy is also related to happy thinking. Meanwhile, behavior therapy encourages the relationship between problem conditions by responding to problems. Behavioral therapy directs individuals to change their behavior, calm the body and mind so that they feel better, think more clearly, and help make the right decisions. CBT which is given to victims of drug abuse aims to enable individuals to fight their emotions and thoughts that are not true by showing evidence that contradicts their beliefs and the problems they face (Adawiyah, 2020).

The research results obtained by Adawiyah (2020) show that the proper counseling process for dealing with counselees with drug cases is to use the Cognitive Behavior Therapy (CBT) technique which is carried out with individual counseling, where clients come to the counselor and tell the problems they are facing. Clients are given the motivation to always think positively and always be optimistic.

This is in line with research conducted by Ikhsanuddin (2020), it was found that applying the CBT model in counseling to drug case populations was very effective to apply because CBT therapy was carried out in 1 week it could be 1-2 times for mild problems while for problems that severe, CBT therapy can be given up to 4-6 times, depending also on the situation and condition of the client. In its application to the client from a cognitive perspective, the counselor directs the client to modify the function of thinking, feeling, and acting, by emphasizing the brain as an analyzer, decision maker, asking questions, acting, and deciding again. Meanwhile, from the behavioral aspect, the counselor directs the client to build a good relationship between problem situations and the habit of reacting to the problems they face.

The CBT process focuses on the present, but that doesn't mean it doesn't care about the past. CBT respects the client's past which is part of the client's life. CBT also helps clients to accept their past to change their way of thinking in the present to achieve changes in the future. Therefore, CBT processes more of a transitional cognitive state of the present than a negative cognitive state to a positive cognitive state. Cognitive behavioral counseling requires at least 12 face-to-face sessions. The first step of cognitive behavioral counseling is diagnosis and assessment which is done in 2 sessions. The second step is a cognitive approach which is carried out in 2-3 sessions. The next step is the formulation of the status which is carried out in 3-5 sessions. Then there is the focus of counseling which is carried out in 4-10 sessions. The next step is to enter the behavioral intrusion stage which is carried out for 5-7 sessions. Then there are changes to core beliefs which are carried out in 8-11 sessions and the last step is prevention which is carried out in 8-11 sessions (Ikhsanuddin, 2020). Following are the general steps in conducting Counseling Guidance with Cognitive Behavioral Therapy (CBT) according to Susilawati, Luh K. P, at all, 2017, as follows:

- a. Initial assessment: Begin by conducting an initial assessment of the problems or conditions faced by individuals who need counseling guidance. Identify the symptoms, thought patterns, emotions, and behaviors associated with the problem. If possible use relevant assessment instruments and interview the individual to gain a deeper understanding of the situation.
- b. Treatment goals and planning: Based on the results of the assessment, set clear goals for the counseling sessions. Discuss these goals with the individual receiving therapy and ensure mutual understanding. Next, create a treatment plan that is structured and focuses on changing unhealthy thought patterns, emotions, and behaviors.

- c. Identify negative thought patterns: Help individuals identify negative thought patterns or cognitive distortions that may occur. Teach them to recognize these negative thought patterns and how they affect their emotions and behavior.
- d. Teaching cognitive skills: Teach individuals cognitive skills useful for overcoming negative thought patterns. This includes recognizing positive thinking, reframing it, replacing negative thoughts with more realistic ones, and identifying evidence that supports new, healthier thinking.
- e. Behavioral techniques: Apply relevant behavioral techniques to help individuals change unhealthy behaviors. This can include techniques such as controlled exposure, relaxation training, goal setting, and stress management.
- f. Monitoring and evaluation: During the guidance counseling session, monitor changes in the mindset, emotions, and behavior of the individual. Evaluate progress made against established therapeutic goals and discuss with the individual.
- g. Follow-up and relapse prevention: Once the individual has achieved the goals of therapy, provide follow-up and a relapse prevention plan. Provide strategies that individuals can use in dealing with challenging situations in the future and encourage them to continue applying the cognitive and behavioral skills they have learned.

3. Family Counseling

Sofyan said that family counseling is the assistance given to victims of drug abuse through family coordination which aims to improve communication between family members. This method can be an alternative to overcoming the younger generation who are addicted to drugs. If you want addicts to recover, they need family therapy.

Family therapy emphasizes changes in family behavior including parenting models, daily life in the family environment, and overcoming codependency. Family members also need counseling so they can identify the victim's problems and find ways to solve them. The success of family counseling can be realized by taking several procedures. The first step is to mentally prepare the client to face family members. In addition, family members are also given space to convey messages, suggestions, and family wishes to clients as a form of support for clients in making changes. Then the counselor lets the client pour out his heart, and regret and expresses his future life expectancies. Then the counselor conveys to the family about the client's overall recovery program and it is hoped that the family will support the client's recovery process. The last procedure for the counselor is to ask for feedback regarding the program and responses about the client's current condition (Delafi, 2019).

D. CLOSING

The increasing number of victims of drug abuse, especially among the younger generation, has forced the government, National Narcotics Agency, and the community to move quickly in dealing with victims of drug addicts. Efforts to handle it become very complex because apart from requiring medical and psychological treatment, it also requires social, and emotional support and family involvement. Victims of drug use must undergo a rehabilitation period, counseling services are one of the alternatives provided.

In dealing with the problem of drug abuse, we need to introduce and apply an effective counseling model. This counseling model can provide a holistic approach and focus on the recovery of individuals affected by drugs. It should be emphasized that no one model of counseling is right for everyone. Every individual has unique needs, and counselors must choose the most appropriate approach for each individual they are helping. Through holistic approaches, such as cognitive behavioral, group therapy, individual counseling, and faith or spirituality-based approaches, individuals can get the support they need for a successful recovery. By implementing an effective counseling model, we can increase the chances of recovery and help individuals live healthy, happy, and drug-free lives.

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