

Peran Keluarga dalam Membantu Proses Pemulihan Penyalahguna Narkoba

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Family's Role in Helping Drug Abuser Recovery Process

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ABSTRACT

Background: The National Narcotics Board or Badan Narkotika Nasional (BNN) survey results found the prevalence of drug abuse in 2015 amount 42,900 people, and an increase of 20.84% in 2016, which amounted to 51,840 people. As a result of drug abuse, drug abusers often experience health problems both physically and mentally due to the influence of drugs or the environment that makes drug abusers depressed. One of the health treatments for drug abusers that can be done to motivate drug abusers is to provide family support. The family is a source of social support because, in family relationships, mutual trust is created. **Objective:** This research was conducted to determine how the family's role based on Kroenke helped to recover the health of drug abusers from deciding to stop drug abuse. The government can later consider this research's benefits in creating a family-based drug abuse prevention and recovery program. **Methods:** This study uses a review of international articles. The articles used are twenty articles published in the last ten years. **Result:** Research shows that the family's role in helping recovering drug users' health drug users' health is different but still has the same goal. Support provided is based on the cause of individuals to commit drug abuse. Support could be provided in the form of assessment support, instrumental, informational, and social. A good family role's functioning makes the recovery process more effective because an addict will feel motivated by their support. **Conclusion:** The research conducted that the family's role is essential for the recovery of the health of drug addicts, providing a stimulus for change to stop drug abuse. The family's ability and function in explaining the addict's self-control varies according to how the response and the intensity of family support provided to the addict.

Keywords: drugs, drug abused, family role.

ABSTRAK

Latar Belakang: Hasil survei Badan Narkotika Nasional (BNN) menunjukkan prevalensi penyalahgunaan narkoba pada tahun 2015 berjumlah 42.900 orang dan mengalami peningkatan sebesar 20,84% menjadi 51.840 orang ditahun 2016. Akibat dari penyalahgunaan narkoba tersebut, penyalahguna narkoba seringkali mengalami masalah kesehatan baik fisik maupun mental karena pengaruh obat ataupun lingkungan yang membuat penyalahguna narkoba menjadi depresi. Salah satu penanganan kesehatan terhadap penyalahguna narkoba yang dapat dilakukan untuk memotivasi para penyalahguna narkoba adalah dengan memberi dukungan keluarga. Keluarga merupakan sumber dukungan sosial karena dalam hubungan keluarga tercipta hubungan yang saling mempercayai. **Tujuan:** Penelitian ini dilakukan untuk menjelaskan bagaimana peran keluarga berdasarkan Kroenke dalam membantu pemulihan kesehatan penyalahguna narkoba agar memutuskan berhenti dari penyalahgunaan narkoba. Selain itu, manfaat penelitian ini nantinya dapat menjadi pertimbangan bagi pemerintah dalam membuat suatu program pencegahan dan pemulihan penyalahguna narkoba berbasis keluarga. **Metode:** Penelitian ini menggunakan tinjauan beberapa artikel internasional. Artikel yang digunakan sebanyak dua puluh artikel yang diterbitkan sepuluh tahun terakhir. **Hasil:** Penelitian menunjukkan bahwa peran keluarga dalam upaya membantu pemulihan kesehatan penyalahguna narkoba berbeda-beda. Meski demikian, upaya tersebut memiliki tujuan akhir yang sama, yakni berupa pemulihan kesehatan dan agar mampu terlepas dari penyalahgunaan narkoba. Dukungan dapat diberikan dalam bentuk dukungan penilaian, instrumental, informasional, dan

emosional, dimana seluruhnya didasarkan pada penyebab dari awal terjadinya penyalahgunaan narkoba. Adanya peran keluarga yang baik menjadikan proses pemulihan menjadi lebih efektif, karena seorang penyalahguna narkoba akan merasa termotivasi. **Kesimpulan:** Peran keluarga sangat penting dalam memberikan stimulus pada penyalahguna narkoba untuk berhenti dalam mengkonsumsi narkoba. Kemampuan dan fungsi keluarga dalam menjelaskan kontrol diri penyalahguna narkoba bervariasi menurut bagaimana respon dan juga intensitas dukungan keluarga yang diberikan kepada penyalahguna narkoba.

Kata Kunci: narkoba, penyalahguna narkoba, peran keluarga.

INTRODUCTION

Drug abuse remains a threat to society and the government. This problem arises because the rate of drug abuse in Indonesia is still very high. Drug abuse (narcotics, psychotropics, and other hazardous substances) accompanied by negative implications and impacts is a problem at the national and international level that threatens a society's life. It results in the weak resilience of a nation and country (Bash, 2015)

A report from the world body dealing with narcotics and drugs, the United Nations Office on Drugs and Crime (UNODC), states that 5% of the world's total population has ever tried drugs. Data in 2015 explained that the increase in drug abuse also occurred in several countries that are members of the Association of Southeast Asian Nations (ASEAN), especially Indonesia. Of the 100% of narcotics transactions in the ASEAN region, 40% are in Indonesia (United Nations Office on Drugs and Crime, 2018)

The handling conducted by the government in dealing with the problem of narcotic abuse, namely by issuing Law No. 35 of 2009 on Narcotics, and Law No. 36 of 2009 on health, which describes the actions on narcotic abusers and addictive substances (*Undang-Undang Republik Indonesia Nomor 36 Tahun 2009 tentang Kesehatan, 2009; Undang-Undang Nomor 35 Tahun 2009 tentang Narkotika, 2009*). There is also a Government Regulation No. 25 of 2011 on the Implementation of Mandatory Reporting of Drug Abusers. The regulation discusses that the government urges the public to report drug abusers to the recipient institutions must report (IPWL) around the residence area (*Peraturan Pemerintah No. 25 Tahun 2011 tentang Pelaksanaan Wajib Lapo*

Penyalahguna Narkoba, 2011; Sari Wulan Rohmah, 2019) This study explains that the government's support and efforts in dealing with drug abuse problems already have a written regulation (Dinilah, 2017)

The government's seriousness in building rehabilitation facilities in each area is concrete evidence to deal with drug abuse. The duration of rehabilitation is carried out in about three months to one year. The duration is determined by each individual's motivation and the social support of those around him. It takes social support for drug abusers as one of the motivations to recover from drug abuse (Inassa, 2019)

Social support is an emotional form provided by individuals and groups to other individuals. Social support can be a sense of attention, compassion, help, and a form of support that includes assessment, instrumental, informational, or emotional support (Kroenke *et al.*, 2006).

One social support source is family, where a family is a place for individuals to grow and develop since childhood. Physical and psychological needs can be met from the family environment because it is the closest environment (former drug abuser). The family in question is the core family, consisting of the father, mother, and son (Heaney and Israel, 2018). A core family is considered a social system because social elements include beliefs, feelings, goals, rules, positions and roles, levels, sanctions, powers, and facilities. If the family can apply the social element, then the drug abuser will feel if he is noticed and allow the individual to stop abusing drugs (Ingram, 2005).

Relationships in a family are social support created because of mutual trust. Families for individuals can be considered a collection of expectations, a place to tell stories, a place to ask

questions, and a place to issue complaints if they are recovering (Orr, Elliott and Barbour, 2014). Therefore, this article will discuss family support in carrying out its role to help a drug abuser.

METHODS

Reviews of this literature are searched using electronic databases such as Pro-Quest, Google Scholar, Google Scholar, PubMed, Science Direct, IJERN, and DOAJ. Literature reviews are conducted on articles published in the last ten years. Keywords used to search are family support, drug abusers, drug abuser rehabilitation, and drug abuse mental health care.

Thirty-five scientific articles were obtained, then selected twenty articles in accordance with the criteria that have been set to compile a review of the literature. The inclusion criteria of the selected article is an international article and discuss the relationship between social networks. The study targeted specific health behaviors, including alcohol and drugs. This literature study analyzes what programs have been applied to recover drug abusers carried out by the family.

RESULTS AND DISCUSSION

Family support is a process in life that happens all the time. Families have different traits and types of support in different stages of the life cycle. Conceptualization of family support as family coping, both external and internal support. External support includes friends, employers, neighbors, social groups, places of worship, and health practitioners. Internal social support includes the support of a biological family, husband, or wife. The attitude that the family should build toward drug abusers is to provide support to the treatment program. The ability of family members to remind abusers of honesty until the end of the rehabilitation period has a critical role for individual success (Rowe, 2012).

Providing support to family members who abuse drugs cannot be done without understanding the problems faced. These understandings include an understanding of the mindset, attitude patterns, and patterns of drug abusers.

This understanding aims to allow the family to provide motivation, attention, and compassion that the family never lacked or never given. A healthy family will make qualified family members intellectually, mentally, and spiritually (Yunitasari, 2018).

Families need to provide a wide variety of information about drugs. The information can range from the dangers of using drugs and their impact on drug abusers to ways to overcome drug addiction. Support in the form of this information will make former drug abusers think positively about the impacts of using drugs. This support is also expected to allow individuals to stop and not use drugs anymore, given the long-term impact of drug use is that it can destroy the future of individuals (Sanders, 2000).

Family support can provide a place for drug abusers to pour out their hearts, helping individuals during the recovery process. The recovery process time also depends on the condition of the drug abuser. This statement is in line with other studies that explain that the intensity of family support provided will affect the healing process of drug abusers (Jackson *et al.*, 2011).

Social support can be grouped into several components (Kroenke *et al.*, 2006). These components include emotional, instrumental, informational, assessment support.

Emotional Support

Emotional support can include feelings and emotional closeness between drug abusers and families (Birtel, Wood and Kempa, 2017; Li and Ma, 2018) Through this support, the emotional attachment will be obtained by drug abusers to create a sense of security. This kind of social support is often obtained from a life partner, close family, or even close friends and relatives. Families with harmonious relationships can reduce the risk of drug abuse (Darie, 2015)

Drug abusers can be restored through a lengthy rehabilitation process and with the support of their families and the environment. Drug abusers who have gone through the rehabilitation period can relapse or relapse if they do not get emotional support from the family (Yunitasari, 2018)

Instrumental Support

The help obtained directly by drug abusers from family members helps overcome shame and be open with trusted people to stop abusing drugs (McCann and Lubman, 2018). Financial assistance and opportunities to provide jobs will positively impact the mental health of drug abusers (Tomori *et al.*, 2014).

Real support from the family is when the family can appreciate the opinion and willing to listen to complaints from drug abusers and take good care when the drug abuser relapses. Family support can help achieve practical goals and real goals (Baker and Kim, 2019).

Informational Support

Family members can give explanations to drug abusers about the situation and problems faced by drug abusers. This support can be either advising or explaining how to be good. Families who provide informational support in psychoeducation to drug abusers will help their healing process (Denomme and Benhanoh, 2017).

Information related to drug service agencies' existence for drug abusers will

benefit drug abusers to get the proper treatment (Ritanti *et al.*, 2017). The information provided regarding treatment for drug abusers will improve their well-being (Rasdianah and Nur, 2018).

Assessment Support

Family attitudes that are always cornered, brought up in the past, are often the cause of recurrence (Smestha, 2015). Assessment support to drug abusers, such as giving a little trust and mentoring, will provide a sense of security to help them during the recovery period.

Social networks that can accept drug abusers and do not provide negative stigma will positively impact drug abusers (Montgomery *et al.*, 2020). Similarly, when the family provides positive stimulation in encouragement, then drug abusers who have received themselves first will give a positive response (Nurhidayati and Nurdibyanandaru, 2014). When the social environment responds negatively without reinforcing drug abusers, it will cause anxiety and symptoms of depression (Franco and Carter, 2019).

Table 1. Summary of Twenty Articles on Family Support for Drug Abusers

No	Authors	Title	Methods	Results
1.	Harwin <i>et al.</i> , 2019	<i>Tension and Contradiction in Family Court Innovation with High-Risk Parents: The Place of Drug Treatment Courts in Contemporary Family Justice</i>	This study uses an observational design that looks from 3 countries, namely the United States, United Kingdom, and Australia.	<ul style="list-style-type: none"> The family's drug treatment has spread to the UK, Australia, and Northern Ireland. International research has found that the treatment of the elderly has a more significant impact than regular treatment. Concludes that the role of the family as a new paradigm for addressing risky parenting and influencing systemic change
2.	Ritanti <i>et al.</i> , 2017	<i>A Phenomenological Study of Families with Drug-Using Children Living in the Society</i>	This study uses a descriptive phenomenological qualitative design. Many participants were recruited for research using snowballing sampling techniques.	<ul style="list-style-type: none"> The medicines service agency commissions public health nurses to act as advisers and advocates to help families manage and address their problems.
3.	Li <i>et al.</i> , 2013	<i>Mental health and family relations among people who inject drugs and their family members in Vietnam</i>	The study used a cross-sectional design and sampled 83 families.	<ul style="list-style-type: none"> The level of behavior of people who abuse drugs is meaningfully associated with higher symptoms of depression.

No	Authors	Title	Methods	Results
4.	Birtel, Wood and Kempa, 2017	<i>Stigma and Social Support in Substance Abuse: Implications for Mental Health and Well-Being</i>	The subjects of this study were 64 who were included in substance abuse (alcohol, drugs) and aged between 18-64 years. The design of the research is a case study.	<ul style="list-style-type: none"> • Lower family relationships pose a substantial risk of drug abuse. • Develop strategies that increase the role of families in supporting behavioral change among people who inject drugs. • Social support is beneficial for combating the negative impacts of stigma and shame that internalize mental health and well-being.
5.	Zhang et al., 2019	<i>The Impacts of Family Treatment Drug Court On Child Welfare Core Outcomes: A Meta-Analysis</i>	Samples collected in the intervention and comparison groups were 3402 and 3683 for 16 (sixteen) studies on reunification results and 842 and 632 to 8 (eight) studies on child safety outcomes. The design of the research is phenomenology.	<ul style="list-style-type: none"> • The synthesized findings reinforce the evidence for implementing and expanding Family Treatment Drug Courts (FTDC) to serve caregivers who abuse substances in the child welfare system.
6.	Bermas and Masooleh, 2011	<i>Review and Comparison of Affective Family Factors in Prevention of Drug Abuse in View of University Masters, Mental Health Specialist, and Families</i>	Research design includes phenomenology and purposive sampling.	<ul style="list-style-type: none"> • Families have an essential role to play in preventing the misuse of narcotic drugs at the initial, secondary, and third levels. • Experts consider that this family is more critical in reducing the misuse of narcotic drugs.
7.	Yusay and Canoy, 2019	<i>Healing the Hurt Amid the Drug War: Narratives of Young Urban Poor Filipinos in Recovering Families with Parental Drug Use</i>	The number of samples taken is as many as 13 subjects. The research design used is the case study.	<ul style="list-style-type: none"> • Drug users position themselves in three different ways: "I am used to it," "I am ignored," "I am angry and hurt." After the parents of drug abusers complete a community-based rehabilitation program, drug abusers say that parental recovery is a catalyst to improve their situation as a family unit.
8.	Franco and Carter, 2019	<i>Discrimination from Family and Substance Use for Multiracial Individuals</i>	The study used a cross-sectional design involving 466 subjects.	<ul style="list-style-type: none"> • Discrimination from families on drug use is partly explained by anxiety and depressive symptoms.
9.	Li and Ma, 2018	<i>The Analysis of a Drug Transmission Model with Family Education and Public Health Education</i>	This research is qualitative research. The study focused on populations over the age of 15.	<ul style="list-style-type: none"> • That family education and public health can affect the recovery of drug abusers. The combination of family and community health education will be very effective in reducing the prevalence of drugs.
10.	Darie, 2015	<i>Child's Exposures to Emotional Neglect in Drug users Families</i>	The subjects in this study were 18 years old using the Freiburg	<ul style="list-style-type: none"> • Children with high aggression levels were more prone to frustration,

No	Authors	Title	Methods	Results
			personality inventory method.	while those with low aggression levels had a tolerance level of frustration due to drug use.
11.	Zamani <i>et al.</i> , 2014	<i>Family Functioning, Cognitive Distortion and Resilience among Clients under Treatment in Drug Rehabilitation Centres in Malaysia</i>	The subjects used in this study were 463 subjects.	<ul style="list-style-type: none"> The family function is at a moderate level, client cognitive distortion is at a low level, while their endurance is at a higher level. Rehabilitation programs conducted at the institution have an impact on client resilience and cognitive distortion.
12.	Ghasemi <i>et al.</i> , 2018	<i>The effect of an Education Program based on the Family-Centered Empowerment Model on Addiction Severity Among Methamphetamine Users</i>	The study used a randomized trial method with 95 subjects.	<ul style="list-style-type: none"> Implement a family-centered empowerment model among MA users, and it enhances recovery caused by drug abuse.
13.	McCann and Lubman, 2018	<i>Help-seeking Barriers and Facilitators for Affected Family Members of a Relative with Alcohol and other Drug Misuse: A Qualitative Study</i>	This research design is qualitative by involving 31 affected family members (AFMs).	<ul style="list-style-type: none"> Barriers to seeking help: Stigma hinders the search for help, difficulty finding formal and informal support services, negative alcohol and/or drug service assistance search experience (AOD) previously hinders the search for the next search. Three help-seeking facilitators: Previous positive help-seeking experiences have improved future search for help, overcome shame and isolation, are open with trusted important people, and are diligent in helping the search to recover from alcohol and other drug addictions.
14.	Denomme and Benhanoh, 2017	<i>Helping Concerned Family Members of Individuals with Substance Use and Concurrent Disorders: An Evaluation of a Family Member-Oriented Treatment Program</i>	The large sample consisted of 125 individual family members with Substance Use and Concurrent Disorders (SUCD), of which 97 participated in treatment programs, and 28 were used as comparison groups.	<ul style="list-style-type: none"> Family-based treatment programs significantly reduce stress, increase perceived social support from family and friends, and improve family function. In general, it is necessary to implement more of the family-oriented psycho-educational treatment program.
15.	Jackson <i>et al.</i> , 2011	<i>Challenges and Opportunities to Integrating Family Members of Injection Drug Users into Harm Reduction Efforts</i>	The method in this study is a qualitative approach involving 115 Drug Injections (IDU).	<ul style="list-style-type: none"> Family members engage in a variety of strategies to protect themselves from the dangers associated with drug use.

No	Authors	Title	Methods	Results
		<i>within the Atlantic Canadian Context</i>		<ul style="list-style-type: none"> • Conceptualizing addiction as a health and social justice issue and providing appropriate interventions can reduce some of the harm experienced by users and family members, thereby fostering sustainable relationships and greater integration and reduction of adverse effects into the environment.
16.	Orr, Elliott, and Barbour, 2014	<i>Promoting Family-Focused Approaches within Adult Drug Services: The Potential of the 'Senses Framework.'</i>	This is a qualitative study involving eight focus groups and 32 individual interviews.	<ul style="list-style-type: none"> • Applying a family-centered approach to care will provide a greater and strategic feel for drug users.
17.	Tomori et al., 2014	<i>"In their Perception, We are Addicts": Social Vulnerabilities and Sources of Support for Men Released from Drug Treatment Centers in Vietnam</i>	This research took a sample of 43 male injectable drug users (PWID).	<ul style="list-style-type: none"> • Families are sources of support ranging from finances, work, and emotional support, but addiction-related family tensions also have adverse psychological effects.
18.	Baker and Kim, 2019	<i>Recognizing and Addressing Elder Abuse in the Primary Care Setting</i>	The design of the research is a case study. The sample in this study was 589 subjects.	<ul style="list-style-type: none"> • Primary care in the form of support to drug abusers is very beneficial, as they feel they are getting more attention and can stop using drugs.
19.	Girsang, Susanti and Panjaitan, 2019	<i>The Experience of Family Members Helping Young Adult Drug Abusers Achieve Developmentally-Appropriate Levels of Intimacy</i>	The study used a descriptive phenomenological approach and involved 11 subjects.	<ul style="list-style-type: none"> • Internal and external factors may impede the development of adolescent drug abusers • Family members as the main companions of juvenile drug abusers can also be a complicated burden experienced by families due to drug abusers in adolescents. • This research highlight the importance of psycho-family education for families with drug abusers in their teens.
20.	Montgomery et al., 2020	<i>Peer Social Network Processes and Adolescent Health Behaviors: A Systematic Review</i>	Researchers used systematic review methods with a teenager population (13-18 years old).	<ul style="list-style-type: none"> • Individuals are influenced by their friends to adopt or adapt behaviors; and the relationship between network popularity and health behaviors. • This study highlights the importance of peer social networks to build and determine a set of individual health behavior choices.

Table 1 shows that support in the form of emotional attention such as warmth, caring, or expressions of empathy, can ensure that individuals are surrounded with feelings of love and affection. The drug abuser who gets emotional attention feels confident that he is assisted by the surrounding people (Denomme and Benhanoh, 2017). This study is also in line with research on the recovery process dynamics, which explains the importance of families' role in self-control to occur recovery by drug abusers (Riza, 2018).

Individuals need social support to deal with existing issues. Social support can be an encouragement, trust, confidence, and sharing opportunities, helping to make decisions to help individuals solve problems. A wide range of family support has been received, but most drug abusers have received substantial support. This problem is in accordance with the supportive environment, especially the family environment (Girsang, Susanti and Panjaitan, 2019). The role of the family environment influences the healing process of a person who is drug dependent. This condition is caused because not many of them have a desire to heal that comes from themselves. The majority of drug abusers need support from family (Ghasemi *et al.*, 2018).

Family support in the form of advice or input to drug abusers is the most widely given support. Prevention that family members can do is to provide character planting before drug abusers are involved in problems, especially related issues about drug abuse. This support also fosters a positive character in drug abusers so that inside they create a good character (Bermas and Masooleh, 2011). Individuals who lack support from the family and parents who lack control and supervision will make them experience self-control weaknesses and tend to engage in negative behavior (Kroenke *et al.*, 2006). Drug abusers who undergo rehabilitation will be able to control themselves well if they support the family. Through good self-control, the ability of drug abusers to stop using drugs will be better (Bermas and Masooleh, 2011).

The family's responsibility to other family members to protect and provide support is also critical. Family

members who have solid relationships and influences will be a source of strength for individuals to stop abusing drugs (Tomori *et al.*, 2014). When the family does not pay attention or even stay away from drug abusers, then deviant behavior can occur in the individual. Such deviations include not being able to socialize with the environment, disturbed diet, declining academic and non-academic achievement, and the emergence of aggressive attitudes toward drug abusers (Yusay and Canoy, 2019).

Support in the form of attention given by the family in the rehabilitation process will benefit drug abusers. A close relationship between the family and drug abusers will make them feel comfortable and gradually help them get back to health and stop drug abuse. The benefits of family support to prevent drug abuse in one of the family members, among others (Bermas and Masooleh, 2011):

a. Primary prevention

Prevention is performed on individuals who have not used drugs. This effort is made by asserting that they could be drug abusers if not careful.

b. Secondary prevention

Prevention to people who have used drugs once in a while has not been a dependency not to fall further.

c. Tertiary prevention

Prevention is done to people who have dependence (rehabilitation). This effort is made by affirming how not to relapse and return to dependency.

CONCLUSION

The success of family members in providing social support to drug abusers to stop abusing drugs is by giving self-control to drug abusers. Social support can also be done by maintaining the intensity of relationships with drug abusers. If this action could be done, drug abusers would feel attention and protection. The ability and function of the family in helping self-control drug abusers varies according to how the family responds to drug abusers. The government is expected to consider practical ways of tackling the drug problem in Indonesia. Government-established prevention and recovery programs should also involve families' role to help the successful recovery of drug abusers.

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