

Implementation of Islamic Social Therapy Method for Drug Addicts at Boarding School

Nur Cholifah^{1*}, Toebagus Galang²

¹FPIPSKR PGRI University Semarang, Indonesia

²Faculty of Law PGRI University Semarang, Indonesia

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*Corresponding author: Nur Cholifah
FPIPSKR PGRI University Semarang, Indonesia

Abstract

Based on data from BNK Semarang in 2015, the number of drug addicts in the city of Semarang was 1.9%, while there were 40 rehabilitation centers for drug addicts in the city of Semarang, both hospitals, social institutions, and Islamic boarding schools. The partner of Semarang City is the At-Tawhid Islamic Boarding School which is a place to rehabilitate drug addicts. The aims of this study are (1) to find out the therapeutic models of drug addicts in Islamic boarding schools (2) to determine the supporting and inhibiting factors for the implementation of social therapy in Islamic boarding schools, (3) to determine the length of time for drug addict's student recovery in Islamic boarding schools. The research approach used in this research is a qualitative approach. The tools and data collection of this research are observation, in-depth interviews, and documentation. The results showed that the social therapy carried out by the Rehabilitation Islamic Boarding School was effective in rehabilitating drug addicts. The application of social therapy using a medical approach, classification of student room placements for drug addicts, religious education, personality development, effective social community by rehabilitating drug addicts recovering from the influence of drugs. Suggestions in this study are drug addict students should be able to control the desire to use drugs by increasing their dhikr activities.

Keywords: Analysis, Effectiveness, Islamic Social Therapy, Drug Addicts.

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INTRODUCTION

Someone who has already become a drug addict is not easy to release from dependence because drugs bring poison into the body. Actually, it is not difficult to remove the poison, but the mental healing process of addicts is sometimes difficult to cure so it needs special treatment for drug addicts through rehabilitation.

Based on data from the Narcotics Agency of the City of Semarang in the year of 2015 who became drug addicts in the city of Semarang were at 479 in total of the population of 1,763,370 people with a prevalence rate of 1.9%, while the rehabilitation center for drug addicts in the city of Semarang had 40 hospitals, social institutions, and boarding schools, Boarding school.

One of the Islamic Boarding Schools that rehabilitate drug addicts in order to recover from the influence of drugs is through social therapy, namely the

At-Tawhid Rehabilitation Islamic Boarding School. Pesantren or better known as Islamic boarding schools can be interpreted as a place or complex for students to study or recite religious knowledge to Kiai (Islamic Priest) or Koran teachers, where usually the complex is in the form of dormitory or small rooms with the building as it is that shows its simplicity.

The At-Tawhid Rehabilitation Islamic Boarding School has been rehabilitating drug addicts for 6 years. In addition, the At-Tawhid Rehabilitation Islamic Boarding School is a partner of the Semarang City Narcotics Agency and the Central Java Provincial Social Service which handles drug addicts. The boarding school is located in Sendangguwo Village, Tembalang District, and Semarang City. Pondok Pesantren At-Tawhid is a boarding school as well as a place to rehabilitate drug addicts.

The research objectives include: (1) to find out the therapeutic models of drug addicts at the At-Tawhid

Narcotics Rehabilitation Islamic Boarding School in Sendangguwo Village, Tembalang District, Semarang City in rehabilitating students addicted to drugs, (2) to determine the factors supporting and inhibiting the implementation of social therapy in Islamic boarding schools. At-Tawhid Rehabilitation., (3) to find out the length of time for the recovery of drug-addicted students at the At-Tawhid Rehabilitation Islamic Boarding School.

According to Camphill (2012: 5) Inclusive social therapy, individuals with diverse backgrounds can find wholeness in life and the fulfillment of their search for identity. Social therapy covers all aspects of community and individual life, from psychological and physical health and social and spiritual conditions. These different aspects can be seen together as an integral component of a person's identity. Social therapy prepares the condition of each individual beyond understanding the integrity of each individual.

Explicitly or implicitly according to Syamsuar (1991: 22), the relationship between God and humans in the context of human religiosity was chosen as a discourse or study because religious life has a very broad influence on human efforts to find and understand their identity. Humans actually have divine inherent potential. One thing that appears in the phenomenon of humanity is that humans in general have a divine consciousness. Human consciousness does not just appear out of nowhere but stems from the situation they experience. Divine consciousness which is transcendent is included in the human structure.

In addition, according to Siswanto (2013: 08) awareness is something that is very important in human psychology. Psychological situations and conditions are a reflection of spiritual awareness. Human awareness of himself as the center of consciousness is the starting point for human understanding of his existence. Humans are aware that all life events are related to themselves as the center.

A person who is involved in drugs usually experiences disturbances in body function and behavior due to the addictive/ opiate substances contained in various types of drugs. They can't control themselves to just quit, thus eliminating their social control. This situation makes them ready to do anything to get drugs. This is what shapes the characteristics of drug users.

Before an addict does rehabilitation, the thing that must be done is an assessment carried out by means of interviews, observations, and physical and psychological examinations of Narcotics Addicts. Interviews included medical history, history of narcotics use, history of medication and treatment, history of involvement in criminal acts, psychiatric history, and family and social history of Narcotics Addicts. Observations include observations on the

behavior of Narcotics Addicts. Further provisions regarding the assessment shall be regulated by a Ministerial Regulation.

According to BNN (2004:17), the development of drug addicts can use a coaching model. The coaching models are as follows: medical rehabilitation coaching, coaching with an individual and group guidance approach, rehabilitation coaching with a therapist community approach, rehabilitation coaching with a religious approach, rehabilitation, and coaching with an integrated approach.

The implementation of coaching must have a goal, namely helping adolescents to develop themselves so that they become useful children in their lives. So, the coaching model has the aim of directing someone who is a drug victim to recover and be free from the influence of drugs so that they can return and place themselves in community life.

METHOD OF RESEARCH

The research approach used in this research is a qualitative approach. According to Moleong (2007: 5), namely, research that intends to understand the phenomena experienced by research subjects, for example, behavior, perception, motivation, action, and others, holistically and by way of description in the form of words and language, on a special context that is natural and by utilizing various natural methods. The qualitative research used is qualitative naturalistic.

Data collection methods in this study include: (1) Observations used are non-participatory observation techniques, meaning that researchers directly observe the activities of drug addicts at the At-Tawhid Narcotics Rehabilitation Ponpes. The implementation of observations is carried out in several ways which are carried out regularly and systematically by referring to the observation guidelines. Observations in this study aimed to find out the activities of drug addicts at the At-Tawhid Islamic boarding school, the behavior of drug addicts, (2) Interviews were addressed to the main supervisor of the At-Tawhid Rehabilitation Islamic Boarding School and the At-Tawhid Rehabilitation Boarding School Board, (3) Documentation in the form of pictures and obtain data on students who are drug addicts who are in the place in the form of a list of names to be researched, photos of activities at the at-tawhid Islamic boarding school.

The validity of the data using triangulation according to the technique is done by using more than one data collection method to complete one research focus. In this way, data can be obtained that can be used for cross-checking. The data obtained to focus on this research were cross-checked with interviews, observations, and documentation.

Analysis of the data obtained is from the field according to Milles and Huberman (1992: 15) in the form of sentences collected by observations, interviews, documents, and others that are very much before they are ready to be used in the analysis. Then the analytical technique applied in this research is interaction analysis. This analysis model consists of three components, namely data reduction, data presentation, and conclusion drawing (verification).

DISCUSSION

The Social therapy applied at the At-Tawhid Rehabilitation Islamic Boarding School starts from the initial stage. Prospective drug addict students in the initial stage of rehabilitation are assessments which include interviews, observation, and physical health examinations of addicts, abusers, and victims of drug abuse, using the form provided by the Pondok At-Tawhid Rehabilitation Islamic Boarding School. Classification of Room Placement for Drug Addicts Students The placement of rooms is adjusted to the light and heavy classes of students consuming drugs. Drug addicts students who fall into the heavy category are separated from the general students because students who are addicted to drugs are justified in all ways, awareness is not controlled, so anything is out of control.

Before students addicted to drugs take part in routine educational activities at Islamic boarding schools, students who are addicted to heavy drugs must take a repentance bath for 3 months.

If students who are drug addicts before 3 months have started to improve and can be invited to communicate, then students who are drug addicts are not required to take a bath of repentance. Taking a repentance bath at the At-Tahid Rehabilitation Islamic Boarding School, where the method of application is to require students to take a bath first, before finally following the process of further religious education activities at the Pondok, the implementation time is every 24.00 WIB. This repentance bath is more emphasized on students who are drug addicts who have just arrived at the At-Tahid Rehabilitation Islamic Boarding School or students whose dependence on drugs is still high.

Religious education and activities at Islamic boarding schools are expected to make the hearts of drug addicts students closer to God, the students' hearts become calm and realize their mistakes so that they do not return to their past, namely using drugs.

Santri drug addicts are also required to take part in routine activities at the At-Tawhid Rehabilitation Islamic Boarding School, including personality development coaching, including attitude development coaching. The emphasis of this coaching is on the development of personality and attitude. This guidance

is useful for students to know and develop themselves according to the picture/ ideals of a healthy and right life. The guidance for drug-addicted students is carried out by the main coach and administrator of the At-Tawhid Rehabilitation Islamic Boarding School and accompanied by a Psychologist from the Social Service of Central Java Province. Personality coaching is done every 2 weeks. This is done to determine the development of students who are drug addicts.

Skills development and personality development at the At-Tawhid Islamic Boarding School Rehabilitation at Tembalang District, Semarang City are realized through fruit selling activities, selling daily necessities in grocery stores, and maintaining workshops. Santri receiving buying and selling coaching is expected so that students can have a responsible attitude regarding the buying and selling activities they do. The At-Tawhid Rehabilitation Islamic Boarding School, Tembalang District, Semarang City provides guidance in the form of buying and selling activities aimed at making students have a spirit of responsibility, besides that students will also feel busy so they don't remember their past and don't try to return to drugs.

The At-Tawhid Rehabilitation Islamic Boarding School provides social guidance carried out in the context of providing motivation, this guidance is directed at understanding the problems faced to rise up and find solutions to the problems faced so that awareness arises in themselves to overcome problems and prepare students who are drug addicts so that they can socialize with the community directly to prepare students who are drug addicts to be more confident in the community. Skills and entrepreneurship A program that aims to provide students with entrepreneurial skills and knowledge, so that after students return to society they have competitiveness in the field of legal productive economic business. The method applied is to involve students in the business activities of the At-Tawhid Rehabilitation Islamic Boarding School.

In practice, students who are drug victims perform dhikr in two forms, namely dhikr jali or jahr, and dhikr khafi or qalbi. The dhikr given to students who are drug victims is aimed at calming their hearts and as an effort to reduce useless utterances (self-talk). Some of the pronunciations given by the boarding school to students who are drug victims are the sentences tahmid, takbir, basmalah, and istighfar.

The boarding school administrators who always monitor the students who are drug victims, never stop telling them to do dhikr when their conversation is out of control so that over time, they will remember the sentences of the dhikr. Dhikr here aims to control and calm the students who are drug victims, as well as to keep them away from sin, because when the santri (drug-addicts) is unable to control

speech, he will speak badly, even making fun of those around him.

Before this method is applied, there was an initial step that was always taken by caregivers, namely identifying problems and providing suggestions to new students, where every new student (victim of drug abuse) who registered must be delivered by his parents or his family. Then the Kiai will ask the family for information about the problems that had occurred.

If the new student has a problem with drugs, then they are asked about the extent to which the student is in drug abuse, what is the reason for the student to fall into drug dependence, and many other questions related to the personality of the student. After Gus Zain knew about the problems that the santri had, then the Kiai explained about the activities in the pesantren and what is important for the success or failure of coaching for victims of drug abuse is a sincere intention to really want to recover from the disease suffered by the new santri as the cure is to start from themselves who really want to return to the path that is blessed by Allah, and don't want to repeat the despicable deeds that you have done or ever did. Thus the main requirement in an effort to want to recover is to be based on a sincere day, be patient, in every face of the risks that exist, and always ask for the pleasure of Allah SWT.

After the student is administered formally in the Islamic boarding school, the administrator will always observe every movement and behavior of the new student. For a week or ten days the students are treated intensively. In the healing process usually requires a relatively short time between a week to two weeks or more. However, to get rid of dependence or hallucinations to use the drug again requires a relatively long time, namely with mental and spiritual guidance carried out by the caregivers themselves where when the addicts managed to overcome their addiction, then at this stage addicts are given activities according to their interests and talents to fill their daily activities, and they can also return to their respective homes while remaining under supervision.

The purpose of community guidance is to develop the attitude and personality of students in a better direction so that they can adapt to the surrounding environment. These activities include community service and Friday prayers at the village mosque.

Students who have experienced changes, both physically and mentally, have been able to adapt to activities and the surrounding environment, after previously occupying a separate special dormitory, they are transferred and combined with students who have recovered (near recovery), into one place and one dormitory with other students. Those who are still of

school age, are welcome to continue their education according to their education level. There are no public schools available at the At-tawhid Rehabilitation Islamic Boarding School, so they are advised to continue in public schools around (near) the facility so that it is hoped that later students will still be able to follow the activities at the lodge.

There are various factors that can cause someone to become a victim of drugs, including the influence of the individual, the family environment, the school environment, and the peer environment. Individual influence usually comes from someone who cannot control himself, because someone experiences rapid biological, psychological, and social changes so a person often experiences anxiety and depression. The family environment is the cause of someone abusing drugs usually due to less harmonious family life so that sometimes parents cannot be an example for their children and the lack of religious life. The school environment is a very vulnerable environment for drug smuggling.

At-Tawhid Rehabilitation Islamic Boarding School there are students who are drug-addicted patients at At-Tawhid Rehabilitation Islamic Boarding School, there are always people who come in and there are people who leave. However, it was recorded that at the time of the start of the study, the number of students being treated at the At-Tawhid Rehabilitation Islamic Boarding School was 30 students who were drug addicts. The length of treatment for drug addicts students from 2009 to 2015 was a total of 330 students who had recovered, consisting of 94 students who were treated for 3-6 months, 135 people were treated for 6-12 months, 71 students were treated for more than 12 months and There is a good relationship with the family (parents) of students, the situation of the community environment and good relations between students and students with the coach.

The success factor for students who are drug victims to be able to release their dependence on the influence of drugs is very difficult. This depends on the determination and intention of the students themselves to recover.

CONCLUSION

The conclusions drawn from this study include (1) social therapy used by the At-Tawhid Rehabilitation Islamic Boarding School is effective in curing drug addicts students to recover from the influence of illegal drugs, (2) the healing factor of drug addict students is influenced by the strong will of students to recover. (3) The length of treatment to recover from 3 - 6 months, 6 - 12 months, and some even more than 12 months.

Suggestions that can be conveyed from the results of this study include: (1) Narcotics addict students should be able to adapt to the situations and

conditions that exist in the At-Tawhid Rehabilitation Islamic Boarding School, Tembalang District, Semarang City by following and obeying the rules set by the facility, (2) students who are Drug addicts should be able to control the desire to use drugs during relapse so that they can recover, and can stay away from drugs by increasing their dhikr.

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