



## Integrated Model of Drugs Addictive Client Spirituality Development

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Received : November 2, 2022

Accepted : January 26, 2023

Published : January 31, 2023

Citation: Sentosa, A., Raihan., Lutfi, A.(2023). Integrated Model of Drugs Addictive Client Spirituality Development. Ilomata International Journal of Social Science, 4(1), 55-64.

<https://doi.org/10.52728/ijss.v4i1.622>

**ABSTRACT:** This research is motivated by the rise of drug trafficking from the elite to the grassroots, so that many people are trapped and fall into drug addicts. They need recovery and support to rise to normal human beings. So, how is the design of coaching that can touch the physical and mental recovery and spiritual recovery of addicts in recovery. To answer this question, researchers conducted a comparative study at the National Narcotics Rehabilitation Center, Lido with the Suryalaya Islamic Boarding School, Tasikmalaya, West Java. This study uses a qualitative phenomenological approach, namely the Interactive Analysis and Comparative Analysis models. Extracting the data of this research seeks to reveal and see the development of addicts through the two sides of the Institute by way of interviews, observation and documentation, which are then analyzed, as well as reducing the data to be interpreted and described. The results of the research and writing of this dissertation are expected to give birth to a design model in handling drug addict client development that can touch physical, psychological, mental and spiritual recovery. A design model that integrates medical treatment of medicine and religious therapy which are integrated into a coaching system.

**Keywords:** Integrated Model. Spirituality, Drug Addicts



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## INTRODUCTION

Drug abuse has been increasing lately. This can be seen from the reports in both print and electronic media, almost every day reporting about the arrest of perpetrators of drug abuse by the security forces ([Frauger et al., 2014](#); [Kim & So, 2017](#); [Shumba & Makura, 2014](#)). Most of the perpetrators are teenagers and do not look at their users, be it from education, artists, government employees and many more, they must have understood about the dangers of taking drugs, but they still use them ([Jääskeläinen et al., 2016](#); [Nilsson et al., 2014](#); [Owolabi et al., 2016](#)). Drug trafficking in Indonesia is increasingly widespread, this can be seen from the facts, currently Indonesia is not only a place for drug trafficking but has become a place for producing narcotics. Indonesia is in a state of drug emergency and there is no mercy for drug users, dealers and suppliers. Consumption of some of these drugs can cause mental-spiritual disorders, addicts

who commit crimes are no longer afraid and are reckless towards victims, which can happen to anyone. ([Assaad et al., 2021](#); [Prasetya & Deovanka, 2018](#); [Rifqi & Bangun, 2020](#); [Setiyono, 2020](#)) These mental disorders, which lately often occur for drug users, for example incidents of mugging, hold-up by teenagers to meet the needs of drug consumption. *"Drug addicts will do whatever it takes to get money so they can enjoy their favorite drug."* From here there is a need for spiritual development for drug addicts. Violation of religion does not only occur in the after-effects of consuming it, but also before consuming it. ([Friend et al., 2015](#); [Griffin et al., 2019](#); [Mathis et al., 2020](#); [Rohman, 2017](#)).

Spirituality is also a two-dimensional concept, namely vertical and horizontal. The vertical dimension represents the relationship with God and the horizontal dimension represents the relationship with fellow human beings. The existence of mental-spiritual disorders causes the inability of humans to have good relations with their God and with fellow living beings. Examples of cases of theft and robbery are evidence that shows disharmony in human relations with other humans. This situation can also be the conclusion that humans who do not have good behavior towards fellow living beings, their relationship with God is also not good. The human relationship with God can be described from his behavior according to the rules of the religion he adheres to ([Asmawati et al., 2020](#); [Foster et al., 2016](#); [Weinandy & Grubbs, 2021](#)).

Improving the spiritual mental state of drug addicts requires complex handling. Efforts to improve this situation is to follow the process of coaching clients of drug addicts. Coaching drug addict clients namely restoration (repair, recovery to normality), or recovery to the most satisfying status for individuals who have suffered from a mental illness ([Askew & Williams, 2021](#); [Cheung & Cheung, 2019](#)).

Coaching drug addict clients can later restore the mental condition and dependence of drug addicts. Development of drug addict clients consists of three stages. Development stage for medical drug addict clients (detoxification), social or non-medical development stage for drug addict clients, and advanced development stage. The development stage for drug addict clients is medically carried out under the supervision of a doctor. Users will be examined physically and mentally, including examination of sexually transmitted infections, and decide whether certain drugs are needed to reduce withdrawal symptoms ([Lu et al., 2017](#); [Ramadhan et al., 2019](#); [Scherbaum et al., 2021](#)).

At the social or nonmedical stage, the user will go through several other programs, and this is probably the most important part. For example, the three methods that are often used for coaching drug addict clients, namely; community therapy, spiritual (religious) coaching, and work activities. Work activities are carried out so that users can return to their social environment, lead a healthy lifestyle, become more productive and more confident ([Li et al., 2021](#)).

The drug addict client coaching program is a series of coordinated and integrated efforts, consisting of medical efforts, mental guidance, psychosocial, religious, vocational education and training to improve self-adjustment abilities, independence and self-help as well as achieve functional abilities in accordance with their potential. ([Amin & Abidin, 2020](#)).

that there are several scientific studies analyzing the impact and role of religiosity in the treatment of drug addicts, about an emerging phenomenon where religious groups are successfully involved in the recovery of drug addicts within the religious "temple" itself, only using the beliefs of their followers as a means of treatment, and with no recourse to any remedy. Religion not only encourages abstinence from drug use, but also offers a social resource for rebuilding one's life. ([Pardini et al., 2000](#)).

The role of Islam in fostering drug addict clients should not be ruled out. Religion seems inseparable from human life. Human denial of religion is due to certain factors, both caused by each individual's personality and environment. However, it seems difficult to cover up or completely negate religious impulses and feelings. Humans actually have an inner element that tends to encourage them to submit to the supernatural essence ([Bensaid et al., 2021](#)).

According to Islamic teachings, the use of drugs is strictly forbidden. This is because drugs have enormous harm (destructive power) compared to the benefits they get. Islamic education presents a good value in its teachings. Those who can benefit from drugs are the medical community, namely to support patient treatment efforts. For this purpose, Islam allows it on the grounds that it does not cause harm to the patient being treated, on the contrary it can speed up the healing process. ([Saputra, 2021](#)).

The method of coaching clients of drug addicts of religious psychotherapy (Religion Rehabilitation) is the process of coaching clients of religious drug addicts, the patient's condition must be adjusted to the conditions and factors of residence and individual beliefs develop, but in the context of its application in Indonesia, which is predominantly Muslim. Coaching clients of Islamic drug addicts is one way to reduce dependence on drugs with an Islamic religious approach.

Religious stabilization includes all efforts aimed at increasing piety to God Almighty. From various studies that have been conducted on the relationship between religion and mental health (psychotherapy), there are indications that religious commitment enhances a person's ability to overcome suffering and accelerate healing. It has long been said that if people make mistakes and there is one regret in those concerned, then religion provides a way to restore inner peace by asking forgiveness from Allah SWT. ([Azisi, 2020](#)).

The importance of self-awareness in facing life's problems and challenges, this will bring awareness that he is small before God, so that all activities of thought and deed will always depend on Him. However, for some people, when faced with serious life problems, it results in frustration, mental confusion, emotion, stress and seeking escape, such as drinking and drug abuse ([Analisa et al., 2022](#)).

Along with the increasing number of drug addicts, rehabilitation centers managed by the government have also begun to show their function in helping overcome the problems that befall victims. Moreover, there are 449 clients of drug addicts, as stated in the BNN Lido

rehabilitation institution, with a length of rehab of 1-8 months, and data on these addict clients continues to grow.

Likewise in non-formal institutions such as in Suryalaya, there are at least 40 people who also continue to grow every day and month, this is an indication of how drugs have penetrated in life. The two rehabilitation institutions have different characters and programs from one another, namely recovery on a medical basis and therapy based on Islamic teachings. Religious practice in the process of healing drug victims in Islamic boarding schools, which is given in a balanced way with medical treatment. Drug addiction, must be equipped with spiritual mental therapy such as prayer, prayer, and dhikr. ([Kendler et al., 1997](#))

Religious therapy for patients with drug abuse and dependence turns out to bring much better results than just psychiatric medical therapy. Prayer and dhikr are psychiatric therapies, a level higher than ordinary psychotherapy. This is because it contains a spiritual element that can generate hope and self-confidence in the patient. With this therapy, the body's immunity (immunity) increases, thus speeding up the healing process.

## METHOD

This study uses phenomenological research. Phenomenology is a qualitative research approach, and phenomenologists adhere to the idea that experience is subjective rather than objective and believe that subjectivity is an important form of knowledge and phenomenology that is generally studied by scientists and communication researchers. One of the phenomenological figures, namely Edmund Husserl, he tried to develop a method that convinced the truth through focused awareness. For him, the truth can be convinced through direct experience with a record of having to be disciplined in experiencing everything. ([Sepúlveda et al., 2020](#)).

Phenomenology aims to describe the empirical reality in depth, detail and thoroughly behind the implementation of the model of coaching clients of drug addicts based on religion related to the material, method and implications of the process of integrating the model of coaching clients of drug addicts with medical facilities and models of coaching clients of drug addicts with religion-based facilities. (traditionally based religion) Therefore, the use of the phenomenological approach in this study is to match the empirical reality with the prevailing theory by using a descriptive method. ([Yuliani, 2018](#)).

Phenomenological research emphasizes its analysis on deductive and inductive inference processes as well as analysis on the dynamics of relationships between observed phenomena, using scientific logic, phenomenological research is natural research (natural condition) is research that draws generalizations, but deeply analyzes the research object.

The resulting data is descriptive and data analysis is done inductively. research object at a Rehabilitation Center for the Lido Indonesian National Narcotics Agency in Wates Jaya Village, Cigombong District, Lido, Regency. Bogor, West Java Province. And the Inabah Suryalaya Islamic Boarding School in Tasikmalaya, West Java.

## **RESULT AND DISCUSSION**

### **1. Rehabilitation at the Inabah Suryalaya Islamic Boarding School**

Weak awareness of drug addict clients due to drunkenness, can be recovered by bathing and ablution. Bathing and ablution will purify the body and soul so that they are ready to return to God. Furthermore, the symbolic meaning of the ablution is washing the face, purifying the body parts that express the soul; washing the arms, purifying the deed; washing the head, purifying the brain which controls all the activities of the body; washing feet, and sanctifying every step of action in life.

The bathing process, called "Bath Repentance" or Hydro Therapy, this bath therapy process of repentance begins with drug addict clients having to perform ablution first followed by a repentance bath with predetermined readings. This bath therapy process is carried out every day at 02.00 WIB, the implementation is as long as drug addict clients attend coaching therapy.

From a medical point of view, it is explained that bathing in the middle of the night/morning in the cold air has its own benefits because the cold air and water will cause blood flow to run smoothly and reactivate the nerves in the blood vessels of the brain, thereby giving freshness and smooth blood circulation and refreshment nerve.

Drug addict clients who have been cleaned or purified through the process of bathing and ablution, will be guided to perform fardhu and sunnah prayers according to the inabah (recovery) method. Guidance on the implementation of fardhu and sunnah prayers in accordance with Islamic teachings and the worship curriculum made by Abah Anom, all of these things are part of a series to provide an awareness effect both physically and spiritually for clients in coaching. Prayer Enforcement Therapy, prayer enforcement therapy is the basis of religious foundations. Compulsory prayers 5 times and sunnah prayers. Clients of drug addicts are guided to perform prayers according to a predetermined time and schedule. The goal is to instill disciplinary values for drug addict clients, especially in performing prayers.

The main purpose mentioned in the Qur'an is to prevent heinous and unjust acts. To educate the discipline of drug addict clients in praying after they graduate or leave the coaching process it has been instilled in their hearts, so they are expected to return to being a good and obedient part of society in carrying out their religious orders.

The implementation of this prayer at each time is always carried out in congregation and none of them may be carried out individually because it has been monitored using CCTV cameras and there are administrators who will review it. This is in addition to discipline as well as a therapist in the consistency of recovery by filling in the practice of worship programs.

Then proceed with tahlil and tawassul for mothers, fathers, and ancestors and continue with dhikr. And there are still prayers that must be carried out, namely; prayer for repentance bath, prayer before going to bed; read Yaa Lathiif, Yaa Lathiif... until you fall asleep, pray before and after eating, social manners. All of these things also become a habit that is carried out by all inmates.

Drug addict clients who have recovered their consciousness are taught dhikr through talqin dzikr. Talqin dhikr is the study of dzikir on the heart. Dhikr is not enough to be taught by mouth to be imitated by mouth too, but must be emitted from the heart to be thrust into the heart that is talqin. Those who can do talqin dhikr are only people whose hearts are healthy (clean from shirk) and strong (filled with divine light).

The dhikr therapy program is for at least 6 months. However, the reference period of 6 months is not always appropriate because sometimes there are also drug addict clients whose coaching period for drug addict clients exceeds that time, which is about 1 year, but this incident is rare because actually the success rate of healing drug addiction is improved to each individual. each client is a drug addict. besides that, also to families who entrust to be given guidance to the Institute.

Drug addict clients are placed in inabah huts to participate in the 24-hour inabah program. The coaching curriculum set by Abah Anom includes bathing and wudlu, prayer and dhikr, as well as other worship. In addition to the activities mentioned above, additional activities are also provided in the form of; lessons on reading the Koran, praying, procedures for worship, religious lectures and sports. Every drug addict client is evaluated to find out how far his physical and spiritual health has developed.

## **2. Rehabilitation at the National Narcotics Center**

Overcoming the dangers of Narcotics and its institutions in Indonesia began in 1971 when the Presidential Instruction of the Republic of Indonesia (Inpres) No. 6 of 1971 was issued to the Head of the National Intelligence Coordinating Board (BAKIN) to address six prominent national problems, namely eradicating counterfeit money, overcoming drug abuse, tackling smuggling, tackling juvenile delinquency, tackling subversion, and supervising foreigners.

BNN Lido Rehabilitation Center, has a strategic role in implementing P4GN (Prevention, Eradication, Abuse and Illicit Narcotics) demand reduction segment. Drug users are under one roof. In carrying out its strategic role and function, the BNN Rehabilitation Center carries the motto, "Love, Innovative, Dignity, Optimistic" (love, innovation, respect and optimism).

Based on this information, it shows that the functions and duties of the National Narcotics Center are legitimized by laws and government regulations. This means that the government's attention in the prevention and eradication of illegal drugs and drug addicts receives great attention. Along with this, the handling and components needed in handling the rehabilitation center are prepared. ([Gunawan et al., 2016](#)).

The main tasks of the National Narcotics Agency for Rehabilitation are to carry out integrated services for medical rehabilitation and social rehabilitation, facilitate assessments of rehabilitation developments, and mandatory reporting services and provide information support in the framework of implementing prevention, eradication, abuse and illicit traffic of narcotics, psychotropics and other addictive substances, hereinafter referred to as P4GN.



This information shows that the handling of medical rehabilitation for drug addicts at Balai BNN is handled professionally, this is shown by various professions with professional medical competence shown in the tables. This means that the treatment of addicts is carried out in a comprehensive medical manner with scientific restoration based on medical science.

The two institutions for coaching or rehabilitation for drug addict clients, each have their own characteristics and programs in handling drug addict clients. The contrasting characters of the two, namely the handling of rehabilitation of drug addict clients with religious principles and foundations with all the programs as mentioned above are carried out by the Suryalaya Islamic Boarding School with the concept of dhikr and worship in treating drug clients mentally and physically.

The wirid or dhikr process is believed to have the power to cure psychiatric disorders and the client's mind as a return to human nature which comes from God, so it is healed by the concept of God's teachings (religion). Meanwhile, the rehabilitation center for the National Narcotics Agency in rehabilitating drug addict clients focuses on medical science or rehabilitation on a medical basis.

The rehabilitation or recovery (inabah) scheme for drug addict clients can show that between the coaching or rehabilitation of drug addict clients at the National Narcotics Agency and the Suryalaya Islamic Boarding School, each has its own advantages and disadvantages.

Suryalaya Islamic Boarding School in dealing with drug clients based on religious teachings which is believed through Abah Anom's Musrsyid who becomes the central ittiba' (which is followed) can heal clients with all the programs and teachings that are implemented in the pesantren. Therefore, most parents or families of patients who register hope for recovery with the result that they become good people and diligently carry out worship in Islamic teachings.

Meanwhile, the National Narcotics Agency is in the process of handling the rehabilitation of drug addict clients based on programmed medical processes and policies with various professional staff. The advantages can be seen from the initial registration which has been well systemized and computerized because it has to be handled by many medical personnel. The principle and orientation of recovery is based on medical or medical science, as well as recovery based on psychiatry in looking at the client's psyche. Psychological (soul) treatment is handled by a psychiatrist.

## **CONCLUSION**

The integrated model of drug addict rehabilitation is the concept of recovering and healing drug addict clients with medical and religious therapy that are integrated and matched at the same time, with steps starting from the initial stage; screening and purification at birth (registration, filing, urine test, knowing the level of dependence, ritual bathing repentance), Second stage; detoxification (medical and spiritual), placement of clients according to level, medical examination and treatment, the concept of habit and dhikr that must be followed, psychiatric

diagnosis, breaking up of substances and addictions, Stage three; coaching and guidance; made active either individually or in groups, sports, crafts, the third stage; spiritual support, and social support, as well as self-assessment. This integrated model of medical and religious rehabilitation is expected to be able to touch and heal or restore the client's physical and psychological as well as spiritual as the essence of human nature.

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