



The Social Interaction Process of Former Drug Addicts in The Post-Rehabilitation Community

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Abstract

Cases related to drug use continue to occur. Narcotics are often seen as a solution to the life problems faced by addicts. In fact, drugs will actually add new problems to life. Drug users for themselves are considered victims and therefore do not need to serve a prison term but must undergo a rehabilitation process. The problem is not over yet because after undergoing a period of rehabilitation, former drug addicts will face a society that considers them as the scum of the society so that they have the potential to experience discrimination, gossip and also expulsion. Therefore, it is important to see how the social interaction process of former drug addicts after completing the rehabilitation period. The method used in this research is descriptive with a qualitative approach. The subjects of this research are former drug addicts who have undergone a rehabilitation period with five informants. The results showed that former drug addicts had a difficult time returning to society. The existence of shame, fear, and also stigma from society makes them need time to adapt. So, there needs to be support from family, friends, neighbours, and also their environment to provide social support so that they do not fall back into the influence of drugs. Society also needs to remove the negative stigma on drug addicts for themselves because drug users, dealers and dealers are different things.

Keywords: *Former Drug Addicts; Social Interaction; Rehabilitation.*

A. Introduction

Discussing the abuse of narcotics is still a phenomenon that has not been resolved until now. Various layers of society are not spared from the threat of being affected by narcotics. In the past, those affected by narcotics were people who had excess money, artists, or people with high activity levels. Now it has spread to school children and this needs to be a serious concern. Drug addicts often believe that taking drugs will solve their problems, hoping that their problems will be solved, but this is a mistake because it only creates new problems.

The rampant spread of narcotics has made conditions even more worrying. Data from Kominfo 2021 explains that drug use is among young people aged 15-35 years with a percentage of 82.4% having a status as a former user. The most serious impact of drug abuse is certainly on the younger generation who are poisoned by this forbidden substance (Kuntari, 2013). This is reinforced by data from BNN (Puslitdatin, 2022) that the types of drugs most widely used in Indonesia are marijuana 41.4%, and methamphetamine 25.7% as well as research which says that the largest types are marijuana, methamphetamine and heroin (Lasmawan & Valentina, 2015). Addicts who only consume drugs for themselves are usually sentenced to rehabilitation in a place appointed by the Court. From the data of BNN (Puslitdatin, 2022), a total of 43,320 patients have been rehabilitated by BNNP and BNNK.

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Every former drug addict certainly does not want to be trapped back into drug addiction in the future. Of the large number of drug addicts, most of them certainly want to escape the trap of dependence on these drugs. To be able to escape from drug dependence requires effort and also great determination from the addict. Of course, this also requires help from other parties.

Several activities or efforts can be made to escape the influence of these drugs. One of them is to undergo a rehabilitation programmed. In the narcotics law number 35 of 2009, it is stated that rehabilitation can be divided into medical and social rehabilitation. Medical rehabilitation itself is said to be a process of integrated treatment activities to free addicts from narcotics dependence. Meanwhile, social rehabilitation is a process of integrated recovery activities, both physical, mental, and social, so that former narcotics addicts can return to carrying out social functions in community life.

Law number 35 of 2009 concerning narcotics does provide a new, more humanist perspective on citizens who are drug addicts. Yuli and Winanti say that this makes the scope of possibilities or opportunities for drug addicts to get the opportunity to undergo a process of treatment and / or treatment through rehabilitation facilities whose implementation is determined by the Law (Yuli & Winanti, 2013). Narcotics addicts are victims of themselves so they need to get help to recover. This is also to be done because prison does not cure drug addicts from drug dependence. This policy on rehabilitation sentences has begun to be implemented, especially in articles 54, 55, 103 and 127. This is reinforced by the opinion of Kadarmanda (2011) which states that drug abusers need to receive rehabilitation, the type of which is adjusted to the degree of the problem. This is also reinforced by the research of Handono et al (Handono et al., 2013) which states that non-penal efforts occupy a key and strategic position of criminal political efforts.

After undergoing various stages of the rehabilitation process, the drug addicts will be considered free from dependence on narcotic drugs and then released from the rehabilitation centre. They will then return to their respective environments to resocialise and interact with the community. However, not all former drug addicts who have returned from the rehabilitation process receive a warm welcome from the community. Some get a negative response from the community such as discrimination. In the community, there will be a stigma that former drug addicts are someone who has violated norms and is considered as someone who will have a bad influence on their environment, will disturb the community in the future and is also considered a problem carrier.

The exclusion of former drug addicts from society is reinforced by research that with the adverse effects of drugs, society will also give a bad stigma to addicts as the scum of society (Gumilang, 2019). This causes former drug addicts to become ostracised, resulting in a sense of not being valued, not getting a second chance and becoming inferior. This will inhibit their potential to improve.

This study is important to look at the perspectives of former drug addicts who have undergone the rehabilitation process to be able to return to society. There are several things that can be done so that former drug addicts do not get different treatment from the community and the community needs to support former drug addicts to recover and become citizens like before.

Social Interaction

After undergoing the rehabilitation process, former drug addicts must certainly carry out social interactions in the community. Setiadi & Kolip (2011) suggest that social interactions are relationships related to individuals, between groups and groups, or between individuals and groups. Meanwhile, Soekanto (2016) defines social interaction as a social process because social

interaction is the main condition for social activities to occur. This is in line with Fahri et al (2019) who discuss that social interaction is also called a social process which means that there is a reciprocal relationship between two or more people, and each person involved in it plays an active role. From these three definitions, it can be seen that social interaction must be carried out by humans as social beings. Social interaction must occur in the midst of society.

Social interaction itself has conditions because an interaction cannot occur if it does not fulfil the conditions, namely contact and communication. Contact is the most minimal form of interaction while communication certainly has the intention of the activities and activities carried out. Soekanto explained that social interaction can be categorised into various forms such as cooperation, competition, accommodation, and conflict. Meanwhile, another opinion is expressed by Setiadi and Kolip (2011) who divide social interaction or social processes into two forms, namely associative social processes in the form of cooperation, accommodation, and assimilation and also dissociative social processes in the form of competition, contravention, and opposition or conflict. Drug addicts have the potential to experience barriers to social interaction in the community.

Narcotics Addicts in Society

Law No. 35 of 2009 states that narcotics are substances or drugs derived from plants or non-plants, both synthetic and semi-synthetic that can cause a decrease or change in consciousness, loss of pain and can cause dependence. Narcotics itself can be classified into three groups, namely narcotics group I, narcotics group ii and also narcotics group III. Meanwhile, according to Soedjono (2005), narcotics are materials that mainly work anesthetizing effects, or can reduce consciousness, can also cause other physical and mental symptoms when used continuously and wildly with the result, among others, of dependence on the material. So, it can be seen that narcotics is a substance that can come from plants or non-plants that can cause a decrease in consciousness and can cause dependence. This is the worst impact of narcotics.

Law no 35 of 2009 explains that there are 4 categories of definitions of narcotics use, namely addicts, abusers, victims of abuse, and narcotics patients. These four have their respective definitions as follows: (1) Narcotics addicts can be defined as people who use or abuse narcotics and are in a state of dependence on narcotics, both physically and psychologically; (2) Abusers are people who use narcotics without rights or against the law. (3) Victim of drug abuse is defined as someone who unintentionally uses drugs because they are persuaded, tricked, cheated, forced, and/or threatened to use drugs. Meanwhile, (4) a patient is someone who is given the right to possess, store, and/or carry narcotics in limited quantities and types in accordance with a doctor's approval for the sake of treatment.

The WHO states that the category of former drug addict is a person who has successfully abstained from using drugs for at least two years (Consensus, 2002). Most of the former drug addicts have undergone a period of rehabilitation. So, it can be said that an ex-drug addict is someone who has undergone both medical and social rehabilitation processes. This research will focus on how the social interaction of former drug addicts in the community.

From some of the definitions discussed earlier, it can be seen that a former drug addict is someone who has experienced addiction related to narcotic drugs. This addiction leads to dependence. In the healing process, former drug addicts for themselves who are victims will go through a rehabilitation process in order to recover. This rehabilitation includes medical and social rehabilitation.

Rehabilitation

Drug addicts who are already in a state of dependence usually have a condition that is relapsing and chronic. Efforts that can be made to restore the condition of drug dependence must be carried out with a long period of time and also continuously so that the drug addict can recover from dependence and recover as before. One of the efforts that can be done is rehabilitation. Rehabilitation is a programme to help restore people who have chronic diseases both physically and psychologically or can also be interpreted as an effort to improve individuals to become humans who can be useful and have a place in society.

Rehabilitation is a recovery process. The provision of effective and quality rehabilitation services will have a positive impact, namely reducing drug trafficking, reducing state losses due to drugs and improving the quality of life of the community (Wirayuda et al., 2022). In Law No. 35 of 2009 concerning narcotics, it is stated that there are two types of rehabilitation, namely medical rehabilitation and social rehabilitation. Medical rehabilitation is a process of integrated treatment activities to free addicts from narcotics dependence. Meanwhile, social rehabilitation is a process of integrated recoverybaron

activities, both physical, mental and social, so that former narcotics addicts can resume social functions in community life. Yuli and Winanti (Yuli & Winanti, 2013) say that rehabilitation measures are aimed at victims of narcotics abuse to restore or develop the physical, mental, and social abilities of the patient concerned. Apart from recovering, rehabilitation is also a treatment or treatment for drug addicts, so that addicts can recover from their addiction to drugs.

SEMA (Supreme Court Circular Letter) number 04/2010 also states the placement of drug abuse, abuse victims and addicts into medical rehabilitation and social rehabilitation institutions. As for imposing the length of the rehabilitation process, expert testimony is required as a standard in the therapy and rehabilitation process. Rehabilitation is a place that will provide drug addicts with understanding, training and skills about life, as well as knowledge to avoid the trap of drug abuse. This rehabilitation is an important thing for drug addicts. This is reinforced by the opinion of Yuli and Winanti (2019) that then on the other hand it can be said that according to the Narcotics Law, drug addicts are victims, which is indicated by the provision that drug addicts can be sentenced to rehabilitation.

Meanwhile, post-rehabilitation is the last stage of rehabilitation in a series of drug dependence treatments. At this stage, former addicts are expected to have maturity, ability and minimal skills as provisions to adapt to a high-risk community environment. At this stage, former addicts are still given social psychological interventions by providing counselling, both individually and in groups. In addition, former addicts are also given prevention programmes so that they do not develop a sense of dependence again because this disease has a very strong addiction.

B. Methods

This research uses a qualitative approach. A qualitative approach is a method that will get detailed and in-depth data. There are several reasons why a qualitative approach was chosen in this research. First, the discussion about former drug addicts is certainly very confidential because it involves a person's privacy. So it is necessary to have mutual trust to get complete

and in-depth data. Second, this research will certainly get data in the form of interview results so that it is less possible to use statistical things.

The research subjects in this study are former drug addicts who have undergone the entire rehabilitation process at the Lido Drug Rehabilitation Centre in Bogor and who have been rehabilitated by the Jakarta Hospital for Drug Dependence (RSKO). Drug addicts can undergo the rehabilitation process in places specifically provided to rehabilitate drug addicts, commonly referred to as rehabilitation centres or Drug Dependency Hospitals (RSKO) (Noviarini & Prabowo, 2013). The source of this informant is 5 people. The data collection technique used is by conducting interviews, observations and also examining documents that are related to the topic of this research. While the data that has been collected is analysed using the Miles and Huberman Technique.

C. Findings and Discussion

After all stages of rehabilitation have been completed, drug addicts will certainly return to their respective neighbourhoods. After returning, of course, the bad stigma from society related to drug addicts will be attached. This stigma is certainly not without reason because research also shows that the impact of drug addiction will cause community unrest because addicts commit various crimes to get money to buy the drugs they want (Dewi et al., 2021). This, of course, will make it more difficult for former drug addicts in their efforts to carry out social interactions in the community because they will become the subject of conversation for friends, neighbours and also surrounding people. Social interaction here is the social attitude and communication of former drug addicts with their families, neighbours, friends and also the community after participating in the rehabilitation programme and returning to their environment.

This post-rehabilitation socialisation process is very important for former drug addicts. This is done as an effort that former drug addicts are able to return to society by adjusting themselves. The urgency of this resocialisation process is discussed in Law No.35/2009 on Narcotics in article 56 paragraph 1. The resocialisation process of former drug addicts is found in social rehabilitation carried out by former drug addicts in rehabilitation centres. This is also mentioned in the Minister of Social Affairs of the Republic of Indonesia Number 22 of 2014 concerning Social Rehabilitation Standards with a Social Worker Professional Approach. In this regulation, the resocialisation process is an activity to prepare service recipients to be accepted back into the family and community.

From the interview with AL, the data showed that he regretted his actions in falling under the influence of drugs. Once he returned to his neighbourhood, he initially felt ashamed and there was a fear that he would become the object of conversation in the neighbourhood. Similarly, E felt that after returning home, he felt confused about how to interact with others and feared rejection from the community.

From these two data, it can be seen that former drug addicts when they finish rehabilitation will not necessarily immediately feel like humans before knowing drugs. It takes time and also support from various parties so that his confidence grows little by little. This can be caused by the emergence of shame and low self-esteem from them. In addition, they also admit all the actions they have done and want to change for the better.

From other data, it was found that after ZA left and re-interacted with the community, ZA felt that there were changes in him such as increased knowledge about drugs. So that ZA can

share his experiences during the rehabilitation programme with the community around his home environment. ZA also reminded his neighbours about the dangers of narcotics. In addition, another informant, P, felt that during this healing period he had gained more or less knowledge related to religion. The informant felt that there was a change in him to be more diligent in obligatory prayers, sunnah prayers, reciting the Koran and also going to the mosque.

With this data, it can actually be interpreted that former drug addicts will be more aware that what they have done is wrong and that means there is already an acceptance process in themselves. Secondly, former drug addicts after realising that it was wrong, make themselves want to rise up and want to become more useful humans for themselves, their families and also their surroundings. From starting to become closer in religious life or being able to share the experience of getting up from the slump of narcotics. Both of these things are positive and need to be appreciated.

The importance of family

Family certainly has a very important role in the motivational aspect of drug addicts to rise from their slump. Because support from the social environment will make drug addicts have the desire to no longer fall into these drugs. The existence of former drug users' trust in the presence of family roles makes additional motivation for them not to slip and even replace using narcotics. Weak self-control can cause individuals to experience relapse, especially in former drug addicts (Wulandari et al., 2020).

Noviarini and Prabowo (Noviarini & Prabowo, 2013) suggests that many cases experienced by drug addicts, such as feeling ashamed of being shunned, ostracised and even not considered by the family because the family feels embarrassed to have a family member who is a drug addict. So the presence of family in support for recovery is very important for former drug addicts. This was said by E that the presence and support of his family encouraged him to recover. Because at that time there was practically no one else but family who provided support, although initially the family was certainly disappointed because they were involved with these drugs. In line with AL's opinion, he said that at first he was hesitant to return to work, but his family continued to encourage him to return to my previous job, namely entrepreneurship. Another opinion was expressed by FG who said that at first the family was angry because I as the head of the family just burdened my family with this case, but now they support me to recover and return to my job.

Various opinions expressed by informants can be concluded that the importance of family presence in the process of getting up from the downfall of drugs. With the presence of family, those who are entangled in drugs have the motivation to get up and no longer want to burden their families. So, family support is important because according to Pratiwi (Pratiwi & Nurchayati, 2020) in the process, family support is one of the factors determining the success of the rehabilitation programme undertaken by the client. The social support provided can have a positive influence on the client's recovery while undergoing rehabilitation.

In addition, the family is the main foothold for drug addicts in carrying out social interactions after rehabilitation. Primanda (Primanda, 2015) said there was a relationship between social support and motivation to recover in drug addicts in rehabilitation. Social support will greatly help the healing process in drug users because by getting support drug addicts will feel more confident and courageous in undergoing the healing process. This is an important asset for wider social interaction. Kuntari (Kuntari, 2013) said that the success of social rehabilitation

for victims of drug abuse can be seen from the improvement of physical, psychological and social health.

Family is a very important component in the social rehabilitation process of drug abuse victims in social rehabilitation institutions, as well as after the victims return to their families and social environment. The family as an informal source system is expected to provide attention, affection, appreciation, and treatment that can motivate victims to be able to function socially (Suradi, 2017). So, families need to continue to assist former drug addicts to return to their previous condition.

Social Support in Social Interaction

In the process of returning former drug addicts to society, social support is certainly needed so that former addicts can carry out social interactions as they should. Social support refers to the various resources provided by one's interpersonal relationships. Social support also has a positive effect on the health of those who receive it. Rook (Andarini & Fatma, 2013) says that social support is one of the functions of social ties, and these social ties can describe the general quality level of interpersonal relationships. Meanwhile, social support is a physical and psychological comfort provided by others. Social support that individuals feel can be received from various parties, which are given either consciously or unconsciously by the giver of support. From some of these definitions, it can be seen that former drug addicts certainly need social support from others, especially their families and also their immediate environment. Dewi et al (Dewi et al., 2021) said that in essence drug addicts have addiction (dependence) with a high level of relapse (return to drug use), so they cannot recover on their own. Addiction is a condition of physical and mental dependence on certain things that cause behavioural changes for people who experience it.

Sarafino (Sarafino, 2011) says that social support is the provision of comfort, care, appreciation, or also assistance that individuals feel received from other people or groups. Social support makes individuals feel comfortable, loved, appreciated, and helped by other people or a group. Social support is the availability of sources of support that act as a buffer against symptoms and stressful events experienced by a person. From some of these descriptions, things that make former drug addicts feel embarrassed, afraid, and also confused about how to interact with others will be reduced because if the surrounding people support them, they will no longer fall into drug addiction in the future. This is in accordance with the opinion of (Aziz & Fatma, 2013) which says that if someone is facing problems both mild and severe, then the person will tend to seek social support from people around so that he feels appreciated, cared for and loved.

From P's opinion, it was found that he felt he received social support when his family accepted his condition even though he had been addicted to drugs. This is in line with the opinion of E who said that the family was the first person to accept him even though he had disappointed the family and made them angry. This was also felt by FG who said that he felt ashamed to apologise to his family because even though he had disappointed them, they still accepted his condition. This made the source informant not want to repeat his actions again.

Social support received can make individuals feel calm, cared for, loved, a sense of confidence and competence in their field. This will certainly increase the confidence of former drug addicts to return to their previous activities. Pratiwi and Nurcahyati (Pratiwi & Nurcahyati, 2020) said that in its application, social support is one of the factors that can support the success of the rehabilitation provided. This is also reinforced by Noviarini and Prabowo (Noviarini &

Prabowo, 2013) that support obtained from people who have close relationships has an effect on improving health.

Sarafino (Sarafino, 2011) categorises the forms of social support as follows: (1) Appreciative support, this support can be in the form of positive appreciation to others, encouraging and giving approval to individual ideas or feelings, and also providing positive encouragement; (2) Emotional support, is a support related to emotional matters, affection or expression. This support includes expressions of empathy, concern, and attention to individuals, providing a sense of comfort, belonging and feeling loved; the next is (3) Instrumental support, this support is the provision of something in the form of tangible aid or instrumental aid; (4) Information support, information support means providing solutions to a problem. This support is provided by providing feedback on individual conditions and providing advice on what should be done.

With social interaction, individuals can find their true selves. If the social interaction does not go well, then the individual is indicated to have a problem in himself (Adnan et al., 2016). So, former drug addicts need to get social support as a provision for themselves in socialising in society. As research conducted by Sa'idah (Sa'idah & Laksmiwati, 2017) which says that there is a significant relationship between social support and self-efficacy of 58.8%. Primanda (Primanda, 2015) also revealed that the lack of social support for their recovery process or an environment that actually undermines or does not appreciate their efforts to recover will increase stress and make it difficult to control feelings, making individuals vulnerable to reuse.

Community education

Former drug addicts will need social support from their family, neighbours, and the surrounding community. This support will facilitate the former addict's recovery process. Because when a former addict has undergone all the rehabilitation processes but the community does not accept them, there will be the potential for slips and relapses that can make him or her fall back into the influence of these drugs. So, actions such as gossip, exclusion, gossip, do not help in the process of social interaction of former drug addicts because it will create a sense of pessimism in the former addict.

Drug addicts are victims themselves. They have certainly lost a lot of moral and material things. The community also needs to be given an understanding of what should be done with ex-drug addicts in their neighbourhood. Instead of looking negatively, there are several things that ex-drug addicts can do to educate the public about drugs. Firstly, former drug addicts can provide an understanding of their experience as addicts, which is certainly not pleasant. This can serve as a reminder for others who are just about to try drugs. Second, former drug addicts can become counsellors and therapists for people who are still trying to recover from drugs. Third, give former drug addicts a second chance and trust to actively contribute to society. Because usually people who have experienced difficult times, will be motivated to prove that they can rise from adversity.

Law enforcers should not hesitate to give rehabilitation sentences to drug addicts because they are victims themselves. Meanwhile, drug dealers and dealers deserve prison sentences. So there needs to be a limit on addicts and drug dealers and dealers that addicts must be forgiven and must recover. This is in accordance with the different objectives of the legal basis, namely Article 114 of Law Number 35 of 2009, which is oriented towards dealers. For these dealers, the amount of evidence must be large, and the context is for profit. Meanwhile, Article 127 is oriented towards self-users and will actually experience losses from an economic perspective.

This can also be seen in Article 54, which states that victims of drug addiction and drug abuse must undergo medical and social rehabilitation. Rehabilitation of drug addicts is also a form of social protection that integrates drug addicts into the social order and stops drug abuse (Wirayuda et al., 2022). So it is fitting that the community becomes a place where former addicts can realise their social function again.

D. Conclusion

Even though they have undergone a period of rehabilitation, both medical and social, former drug addicts will still experience a period of difficulty when going back to social interaction in the community. Some experience fear, embarrassment or difficulty interacting with others. Therefore, the importance of social support from family, friends, and neighbours in the environment so that former drug addicts do not experience relapse. It is also important to educate the community that drug addicts for themselves are different from drug dealers and dealers because addicts for themselves are victims for themselves so they need to be helped to recover.

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