



# Family Support with Rehabilitation Compliance in Clients With Drug Abuse in The Work Area Of BNK Pohuwato

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## ABSTRAK

Penanganan penyalahgunaan narkoba merupakan tantangan yang memerlukan intervensi komprehensif, termasuk dukungan keluarga sebagai faktor penting dalam keberhasilan rehabilitasi. Penelitian ini bertujuan untuk menganalisis hubungan antara dukungan keluarga dan kepatuhan rehabilitasi pada klien penyalahguna narkoba di wilayah kerja BNK Pohuwato. Desain penelitian yang digunakan adalah kuantitatif analitik dengan pendekatan cross-sectional. Data dikumpulkan melalui wawancara menggunakan kuesioner kepada 24 responden yang menjalani rehabilitasi. Analisis data dilakukan menggunakan uji statistik chi-square untuk mengidentifikasi hubungan antara dukungan keluarga dan kepatuhan rehabilitasi. Hasil penelitian menunjukkan bahwa terdapat hubungan signifikan antara tingkat dukungan keluarga dan kepatuhan rehabilitasi ( $p < 0,05$ ). Klien dengan dukungan keluarga yang baik memiliki tingkat kepatuhan lebih tinggi dibandingkan klien tanpa dukungan keluarga. Dukungan keluarga berupa motivasi, pengawasan, dan bantuan emosional terbukti memberikan kontribusi penting terhadap keberhasilan program rehabilitasi. Penelitian ini menekankan pentingnya keterlibatan keluarga dalam proses rehabilitasi sebagai bagian dari strategi penanganan penyalahgunaan narkoba. Diharapkan hasil ini dapat menjadi acuan bagi instansi terkait untuk mengembangkan program rehabilitasi yang lebih efektif dengan melibatkan peran aktif keluarga.

## ABSTRACT

Handling drug abuse is a challenge that requires comprehensive intervention, including family support as an important factor in the success of rehabilitation. This study aims to analyze the relationship between family support and rehabilitation compliance in drug abuse clients in the BNK Pohuwato work area. The research design used was quantitative analytic with a cross-sectional approach. Data were collected through interviews using questionnaires to 24 respondents undergoing rehabilitation. Data analysis was carried out using the chi-square statistical test to identify the relationship between family support and rehabilitation compliance. The results showed that there was a significant relationship between the level of family support and rehabilitation compliance ( $p < 0.05$ ). Clients with good family support had a higher level of compliance than clients without family support. Family support in the form of motivation, supervision, and emotional assistance has been shown to make an important contribution to the success of the rehabilitation program. This study emphasizes the importance of family involvement in the rehabilitation process as part of a drug abuse handling strategy. It is hoped that these results can be a reference for related agencies to develop more effective rehabilitation programs by involving the active role of the family.

## 1. INTRODUCTION

Handling the problem of drug abuse requires attention and hard work as well as seriousness from all components of society, nation, and state. This is because the drug problem is

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an extraordinary, organized, limitless, and multi-ethnic crime. The drug problem throughout the world in 2019 is still a serious concern for various countries. This was reported in the World Drug Report (WDR) 2019 which describes the condition of drug abuse in the world in 2017, that the condition of drug abuse in the world is estimated at 271 million people or 5.5% of the global population aged 15-64 years, with the type of drug being dominated by marijuana as much as 61% or around 188 million of the total drug abuse from adolescence to adulthood. The prevalence of drug abuse has remained stable at the global level for a decade, even in America and Asia the trend of drug abuse continues to increase. (BNN, 2019).

Drug abuse tends to cause someone to experience dependence or tendencies. The dangers of drug abuse and illegal drugs are social symptoms in society that have an impact on all aspects of life. At the beginning of the 21st century, so many victims were found to be caused by narcotics. The always full patients in various hospitals, clinics and institutions that provide treatment and rehabilitation for people with narcotics and illegal drug addiction, raises the suspicion that the total number of users is thousands of people and around 97% of patients are aged 15-20 years (World Drug Report, 2021). According to data from the World Drug Report 2021, more than 296 million people worldwide use narcotics, with this figure continuing to increase every year, this figure represents 5.8% of the world's population aged 15-64 years. In a global context, data shows that the prevalence of drug use in Asia is also increasing. According to the United Nations Office on Drugs and Crime (UNODC) report, Southeast Asia is one of the regions with high rates of drug abuse, (World Drug Report 2021)

Data from the National Narcotics Agency (BNN) shows that in 2020, around 3.6 million people in Indonesia were involved in drug abuse, in 2023 the prevalence rate was 1.73% or equivalent to 3.3 million. Drug abuse not only affects individual health, but also society as a whole. This is a major challenge for countries, including Indonesia, in efforts to combat and rehabilitate drug users (BNN RI 2023)

In 2023, Gorontalo Province itself experienced an increase in cases of drug abuse and distribution, the number of drug users to date has reached 1.9% or 10,244 people from the total population of Gorontalo Province. In January to May 2024. Drug abuse cases reached 53 people spread across each district including Gorontalo City handling 8 cases (15%), Gorontalo Regency 3 cases (5%), Boalemo 5 cases (9%), Bone Bolango 4 cases (7%) and North Gorontalo Regency 7 cases (13%), Pohuwato Regency 24 cases (45%) and data from the Gorontalo Police recorded handling 7 cases (13%) of drug abuse (BNNP 2024)

Pohuwato Regency is the area with the highest number of drug abuse cases in Gorontalo Province, which is around 45%. The increase in the number of drug abuse cases in Pohuwato is a serious concern for the Police, BNK and the local community. Preventive and educational steps are expected to be carried out intensively to reduce the number of drug abuse in the blood. This shows the need for more effective intervention in the rehabilitation of drug users. (BNNP 2024).

The factors causing drug abuse are very complex and involve interactions between individuals and the environment that include social, economic, and psychological aspects. For example, individuals who come from a disharmonious family background or have a history of drug abuse in the family tend to be more susceptible to engaging in drug abuse behavior. Data shows that individuals with low family support are more likely to experience drug abuse problems, the number of drug users continues to increase, with a significant increase in the use of new types of drugs, such as crystal methamphetamine and ecstasy. This indicates the need for more effective interventions in drug abuse rehabilitation. (Rizal et al., 2022).

Rehabilitation of drug users is an important effort in overcoming addiction problems that have a broad impact on the health of individuals, families, and society. Drug users often experience various physical, mental, and social problems due to dependence on dangerous substances, which if left untreated can worsen the quality of life and lead to health problems.

## 2. METHOD

This research method uses an analytical quantitative design with a cross-sectional approach that aims to analyze the relationship between family support and rehabilitation

compliance in drug abuse clients. The study was conducted in the working area of the Pohuwato Regency Narcotics Agency (BNK), Gorontalo Province, in 2024. The study population was clients undergoing rehabilitation in the area, with a sample of 24 people selected using a purposive sampling technique. Inclusion criteria include clients who are willing to be respondents and are actively undergoing a rehabilitation program. The independent variable in this study is family support, while the dependent variable is rehabilitation compliance. Data were collected through interviews using structured questionnaires and analyzed using the chi-square statistical test to identify the relationship between variables.

### 3. RESULT AND DISCUSSION

#### *Respondent Characteristics*

The following table presents the characteristics of the respondents by age and education:

**Table 1. Distribution of Respondents by Age and Education Level**

Characteristics	Frequency (n)	Percentage (%)
<b>Age Group</b>		
Late Adolescence (17-25)	3	12.5
Young Adult (26-35)	10	41.7
Middle Adult (36-45)	8	33.3
Early Elderly (46-59)	3	12.5
<b>Education Level</b>		
Junior High School	4	16.7
Senior High School	15	62.5
Associate Degree (D3)	2	8.3
Bachelor's Degree	3	12.5
<b>Total</b>	<b>24</b>	<b>100.0</b>

*Sumber: Data Primer 2024*

Most respondents were in the young adult category (26–35 years), accounting for 41.7%, followed by middle adults (36–45 years) at 33.3%. Both late adolescents (17–25 years) and early elderly (46–59 years) each represented 12.5%. Regarding education, most had completed senior high school (62.5%), followed by junior high school (16.7%), bachelor's degree (12.5%), and associate degree (8.3%). These results indicate that most respondents were of productive age with secondary education, reflecting the demographic profile of clients at BNK Pohuwato

Family Support	Compliance				Total		Uji Statistika (p-value)
	Non-Compliant		Compliant				
	n	%	n	%	n	%	
Not Supportive	11	91.7	1	8.3	12	100.0	0.000
	2	16.7	10	83.3	12	100.0	
Total					24	100.0	

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Based on table 4.4 above, the bivariate data analysis technique used in this study uses the Chi-Square statistical test with a p-value of 0.000. This shows that there is a significant relationship between family support and rehabilitation compliance in drug abuse clients in the BNK Pohuwato work area (p-value <0.05). Cross-tabulation was obtained, it was found that of the 12 respondents who did not receive family support, 11 respondents (91.7%) were not compliant in undergoing rehabilitation, and only 1 respondent (8.3%) was compliant. Meanwhile, of the 12 respondents who received family support, 10 respondents (83.3%) were compliant in undergoing rehabilitation, and only 2 respondents (16.7%) were not compliant.

These results indicate that family support for drug abuse clients in the BNK Pohuwato work area is distributed evenly between those who support and those who do not support. This indicates a need to increase the role of the family in providing support, especially to help clients undergo rehabilitation better. Research Results by Walker et al. (2023) showed that family support has a significant effect on increasing client compliance with drug rehabilitation programs. In the study, they found that clients who felt supported by their families were more likely to follow rehabilitation programs and had a higher recovery rate compared to those who felt they did not receive support. This study is in line with the results found in the table above, where respondents who felt supported by their families showed a higher level of compliance with rehabilitation programs.

The results showed that 12 (50%) respondents stated that their families did not provide support, reflecting the importance of the role of the family as the main support system in the drug abuse rehabilitation process. According to House's (1981) theory of social support, family support is included in emotional, instrumental, and reward support that can help individuals deal with difficult situations. When family support is absent, individuals tend to feel less motivated to undergo rehabilitation, because they lose the main source of strength that helps them overcome emotional and social challenges. Lack of family support can also trigger feelings of social isolation, stress, and hopelessness, which have a negative impact on the success of rehabilitation.

Research in line with Ristanti et al. (2019) showed that family support significantly affects the success of drug abuse rehabilitation, where individuals with good family support have a higher rehabilitation success rate than those who do not receive support. Another study by Pratama et al. (2021) in Indonesia also found that rehabilitation clients with less family support have a greater risk of relapse. This indicates that the family plays an important role as an agent of change, either through providing motivation, attention, or supervision during the rehabilitation process.

Therefore, family-based interventions are one of the recommended strategies to increase the effectiveness of drug abuse rehabilitation programs. The results of the study also showed that 12 people (50%) who felt they received support from their families described the importance of the role of the family in the drug abuse rehabilitation process. The family is the first social system that has a major influence on individual behavior. According to the theory of social support by House (1981), family support can be divided into several forms, namely emotional, instrumental, informational, and appreciation support. Emotional support such as affection and attention can help clients feel valued and accepted. Instrumental support, such as providing physical and financial needs, supports the smooth running of the rehabilitation program they are undergoing. In addition, informational support in the form of providing information about the dangers of drugs or the benefits of rehabilitation also strengthens the client's commitment to undergoing recovery. Another study by Santoso and Dewi (2022) confirmed that clients with optimal family support had lower stress levels during the rehabilitation process. In this study, family support helped clients overcome feelings of shame, guilt, or fear of social stigma. With this support, clients feel they have a place to share their emotions and get positive encouragement that helps them focus on recovery. The study also recommends that rehabilitation programs should involve families as an integral part of the therapy process, such as through family counseling or education about their role in client recovery.

#### 4. CONCLUSION

The form and role of family support for rehabilitation compliance in drug user clients is very important and necessary in the overall recovery process. Family support for drug abusers is very influential in preventing relapse experienced by someone, especially in the rehabilitation process, seeing that the desire to recover from drug addiction does not only come from oneself and in medical treatment.

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