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PROCEEDING BOOK

THE 4th INTERNATIONAL CONFERENCE ON HEALTH SCIENCE 2017

“The Optimalization of Adolescent Health in The Era of SDGs”

INNA GARUDA HOTEL YOGYAKARTA,
INDONESIA
November 5th, 2017



HEALTH POLYTECHNIC OF HEALTH MINISTRY
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EXPERIENCES OF DRUG USERS IN IIA CLASS JAIL YOGYAKARTA

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ABSTRACT

United Nations Office on Drugs and Crime (UNODC) estimated that about 149-272 million people or 3.3 % - 6.1 % of world population aged 15-64 years used drugs (even once) during their life time. This estimation will increase with time (BNN, 2011). The number of prisoners suffering HIV/AIDS in recent years were increasing as well if compared to its numbers in the year 2011 from 787 people to 1042 people. It was estimated that in the year 2015, the number of drug users in Indonesia would increase to 5.8 million people, since the number of drug users at the present time were reached 4 million people. For the time being, in Yogyakarta second A class drug jail , the number of drug users were 256 people; this number were constant; its mean that if there was prisoner got his / her freedom, another prisoner was incoming. Data from BNN in August 2013 years, 70% of 4 million drug users in Indonesia were workers (productive aged). Aim; To discovered population research experiences that cause them used drugs and depend on its. Research method: This was qualitative research with phenomenological approach. Data gathering technique were deep interview and FGD toward 30 respondents. Data were analyzed using reduction, data display, and conclusion drawing/verification. The majority of respondents mentioned that they used drugs because of they wanted to know and the influence of friends. Drugs, kinds of sabu, used to increase energy and ganja were used to obtain peacefulness. Drugs users wanted to use its forever; therefore, they wanted to stop because of punishment to be in jail not because of the drugs had negative effects to the body. The majority of respondents mentioned that to stop using drugs must be self motivated; on the contrary, the obstacle to stop using drugs because of missing sensation to use it. They named it suggest. Using drugs were conducted by research population because of environmental influence, to increase energy and to obtain peacefulness.

Keywords : The experiences of drug user

INTRODUCTION

Currently, the drugs abuse is getting popularly talked and pay attention from many circles due to has been consumed almost in all community groups not only considered in social status, occupation and age. The problem of drug abuse in any part of the world is an unavoidable reality from modern society¹. The United Nations office on Drugs and Crime (UNODC) estimates that have been between 149 to 272 million people or 3.3% to 6.1% of the world's 16-64-year-olds have used drugs once in their lifetime. This number is increasing time by time².

The number of prisoners who suffering HIV/AIDS currently increase compared to the year 2011 which were from 787 to 1,042 people. (news.detik.com). In 2015 the number of drug users in Indonesia estimated approximately 5.8 million people, given the current drug users have reached 4 million inhabitants. National Narcotics Agency (BNN) in Merdeka Com said that Indonesia became one of the targets of drug

circulation that is distributed from abroad. One reason, they see the number of drug addicts in the country continues to increase. From data owned by BNN, drug users in Indonesia reached 4.9 million people.

Narcotics is already a national problem that occurs in all circles and is very difficult to stop although firm action has been done on all lines including the death penalty on the dealer, and imprisonment on the user. Data According to BNN in Zulfikar³ Yogyakarta is the fifth highest number of drug users in Indonesia (2.37%). It is ironic that Yogyakarta is known as the nickname of a student city, it is certainly with a positive connotation that its inhabitants are predominantly literate.

Nowadays our country still has not been able to overcome. Need contributions from various groups in preventing drug use in the community, including research. This study is to attempts the experiences exploration of drug users during the consumption of drugs, including factors affecting drug use, factors that encourage them to keep using, whether or not they have the motivation to stop using, the efforts they have done to stop using, and their perceived barriers in an effort to stop drug use. The results of this study can be used as a material of further study in finding solutions/tips more precise in combating drugs in Indonesia.

METHOD

This is a qualitative research with phenomenology approach. The method that chosen to gained and obtained more complete data, deep, credible, and meaningful to achieved the objectives of the study. Qualitative methods will be able to reveal and describe the wider and deeper, feelings, norms, beliefs, mental attitudes of a person. Source of data/informant is 30 resident/resident of prison correctional institution (prison) class IIA, Yogyakarta. Samples were obtained by snowball sampling by referring to the saturation of the obtained data. Data collection techniques were used in-depth interviews and focus group discussions (FGDs). Data analysis was did data reduction, display data, and conclusion drawing/verification. Testing the credibility of the data is done by means of, triangulation of sources, that is by asking the same thing through different sources of the coaches and health manpower in prisons, and Member Check. Conducted by way of discussing the results of research to data sources that have provided data from resident/prisoners.

RESULTS AND DISCUSSION

1. Factors Affecting Residents Drugs Used

Most respondents said that they use drugs because curiosity and environmental influences (friends) who have been using also included the most submitted. As the following statement of respondents

"Starting from following friends in everyday social circles, and start trying when in junior high, then use until the last before being caught"

"Initially not for nothing. My friend offers, once, twice I see them using that marijuana ... not interested. Then maybe too often I see, finally affected also ... I want try. After join get try there is a calm effect, then imagination come carving out, more focus, more clearly so ... not broken, want to form like this ... so can "

The results of this study appropriate with research who conduct by Indiyah in LAPAS Class IIA Wirogunan Yogyakarta the result is a tendency to follow-up in the group as a factor, because 52% of subjects support The results of this study also supported by research Jimmy⁵ in Tanjung Pinang, external factors which affects adolescent abuse of drugs one of them is due to social factors, where the association with peers that are not controlled and deviate from the norms prevailing in the community can result in adolescent abuse of drugs⁴.

According to Sumiati⁶, internal factors in drug abuse typically stem from self-inflicted behavioral changes, such as: high curiosity, so there is a desire to try, a desire to have fun, a desire to follow the latest lifestyle, accepted by the environment or group, the false notion that the occasional use is not addictive, the lack of knowledge of religion, the ignorance of the dangers of the good for himself, his family, his environment and his future. It is also caused by other factors such as low self-esteem and feel depressed or want to get out of all the rules of the parents.

2. Factors that encourage residents to continue using drugs

Some respondents said they continue to use drugs more than one time in jail, especially for shabu-type drugs, to increase energy (doping), due to work demands, they have to work nights / late at night, and work overtime. Users like this is the person work late night such as drivers, bartenders, street vendors, street vendors, band management in the cafe. The types of drugs were used are shabu-shabu. This is because they feel, the shabu makes them resistant to "literate", also do not immediately get tired and making them hungry. As the statement of several respondents below

"... .if sabu the adrenalin is higher, let a little fly added with marijuana.

"Proverbial like cleaning the motor cycle so, already clean rubbed frequently.

House can be raised with only one hand (FGD 1)

"... if sabu more towards doping so more be focused, so not tired. My work on the stage, the management of a band, daynight until morning became a force to push, so I make a dust shadow makeup "

Narcotics is a stimulant that stimulates the central nervous system and improves excitement (fresh and vibrant). This drug can work to reduce sleepiness due to fatigue, reduce appetite, speed up the heartbeat, blood pressure and breathing⁷.

Jimmy's research states that the number of victims/drug addicts in Tanjungpinang based on the work of the victim/addict is dominated by private employees with an increasing number from year to year⁵. This suggests that a private worker is particularly vulnerable to drug abuse, especially the notion that consuming drugs can make the body fresher and more enthusiastic to work. The results of Wulandari also showed that the many abused drugs are shabu-shabu (90,36%)⁸.

Drug types of marijuana are generally used to obtain calm, comfort, fresh, and increase appetite. As the following statement of respondents

"Yes after wearing marijuana that sleep so nice, so comfortable"

"My feelings marijuana is more peace of mind, body, more relax"

"If marijuana I wear it before sleep, already finished all the work and activity, because the effect of my body is more calm, cool, the plan after using ya ... I want to relax, not want activity again"

There are also respondents who use marijuana to provide calm especially when they are emotional. All the respondents who use marijuana or sabu no one said they feel the negative effects of the use of these narcotics, so they have not intend to stop using them even though the prison sentence they have lived, as the following statement respondents:

"Because its nice mom, yes to screwed up my mind make me feel comfort, if we are emotionally angry, suddenly emotion directly gone. The effects of damaging the body, not think, less know, whether when age is old, hehe (laughing) (Ganja).

This study is in accordance with Wulandari's study results, Interviews with respondents indicate that there are three dominant factors affecting drug abuse among others because of the mistaken notion that the drug is not addictive and wants to try again⁸.

3. Motivation to stop using

Basically drug users want to keep using it, if they want to stop is based on the threat of imprisonment, not due to awareness, because the narcotics have had negatively affect to the body. Even they want for certain drugs like marijuana legalized like in some other countries. But there are also;

"Yes plan to stop there mom, punishment is heavy"

"Honestly if for the current situation in Jogja, although there is still a desire .. we stop first, than to enter here again ... If the desire is still there, better we wait it first, help friends fight. There are plans for legalizing marijuana. Later mom will be different story, if it has been legalized

"Want to stop, I feel pity to my parents keep thinking"

"Yes mom, deterrent, I was ashamed to the children, my kids are not like this. Beside it, age factor also, make me repent "

Motivation is an inner state that gives power, which is activating, or moving, so that it is called a driving force that directs or distributes behavior toward the goals. There is a need or desire from within that makes someone motivated to do something. For the addicts themselves they want to stop using drugs because of the need, among others, the affection of the people closest because in Indonesia itself using drugs is illegal and the trade and its use is prohibited by the Government so that the family or the nearest person will stay away if there is someone caught using drugs, from which there is a motivation in him to stop using drugs in addition, self-actualization is also a much-sought requirement for drug users. These needs make the addicts want to stop using drugs and start a new and better life. It is proven in the data retrieval where the subject wants to stop using drugs because it is based on the existence of these needs⁹. The motivation of the addicts is low. A strong awareness and motivation is an absolute liability to stop taking drugs. In general, those who undergo rehabilitation because of forced for example caught and must undergo rehabilitation. Partly because of the will of parents or family. In general, those who are "forced" will undergo rehabilitation with a heavy feeling, feel depressed or "pretend" to join the rehabilitation program. The rehabilitation program routine they will undergo to get a certificate has undergone rehabilitation. After getting out of the rehab they will use again if there is a chance. Relapse rate after rehabilitation is still high can reach 80%¹⁰.

4. Efforts ever made to stop using drugs

Most respondents said to stop using the main drug should be self-motivated. If the motivation is not strong it will be easy tempted back to wear. Besides, it also tries to avoid the user community and by practicing the religious worship.

"from myself, if offered but if not say no, if often gathered just like the same, so must be from yourself. Eschew, obviously get away from that community "

"Looking for a new place to stay, to stay away from the old neighborhood"

"I want to live a normal, healthy, healthy thinking, for the sake of the family. Get away from association of the users".

Subagyo in his book recognize drugs and obey his misuse, one of the evil nature of drugs is habitual, namely the nature of drugs that make the wearer always remember, remembered, and imagined that tend to always seek and miss (seeking). It is this nature that causes drug users who have recovered someday can be able to relapse and reuse. Feelings of heavy missed want to reuse caused by the impression of pleasure that in slang word it called "nagih" (sugest)¹¹.

Suggest is the strongest teaser that causes drug users who have recovered at one time back to wear. Suggest can only be defeated by the enormous determination born of high consciousness based on true knowledge, supported by

firm faith. Suggest will feel lighter if faced while actively working or developing a hobby.

In coaching efforts on drug users, the IIA Yogyakarta classroom narcotics classifies them with a variety of skills according to their respective talents and interests, with the aim that they should not be unemployed after leaving the prison for high risk for suggestions/ recurrences. When this happens coaching during at jail, to be in vain. Another effort made by prison is the existence of sports and arts activities.

5. Obstacles that are felt in an effort to stop the use of drugs

The main obstacle that respondents feel to stop using drugs is the environment. Users/community users who always offer back, and the goods they find easy to find and are very difficult to destroy. Besides that also the desire of self/sense missed to use again, which they call with suggest.

"The new on it suggest , if there are people used out, we get suggested, cold, stomach mules, cold". The Factor of friends and environment

"The main obstacle most often the sense of wanting to use drugs from the mind alone, suggest"

"Never stopped, but met with my dear friend, finally re-plunge into the world of drugs"

There is an inner drive from the very powerful addicts (craving, suggestion) so that the addict does not seem to be able to resist the impulses. Suggestion is greatly influenced by past events both psychic and physical. The power of suggestion will last long depending on the duration of use and the type of drug used. The strength of suggestion is also influenced by the type of drug, duration of use, frequency of use and high doses used so far. The drive to wear will also be stronger when there is a user or drug environment available or accessible, experiencing stress, feeling humiliated or lacking in activity.

Drugs abuse are an international outbreak that will spread out to every country, whether the country is developed or on developing. All became the targets of drug syndicates^{12,14}. Although it has been threatened with severe penalties for drug dealers and syndicates but the offense never stops, perhaps because the trade is very profitable or subversion is very heavy. Destruction of cannabis plants occur everywhere but still found new plants. This should be faced jointly by all levels of society with the government apparatus in its crushing. People must respond quickly to things that lead to drug crimes. Communication should be done as well as possible between the community and government officials in the eradication of drug abuse^{13, 15}.

CONCLUSIONS

Factors affecting the used of narcotics in the convicted citizens of the IIA Yogyakarta Classroom of Narcotics were closest friends in there, and the desire to try initially, continues with addiction. While the factors that encourage to use is to increase the energy/doping (sabu), and to get restful, comfort, fresh, and increase the appetite Ganja . Motivation to stop using drugs is due to the threat of imprisonment, not due to awareness but because of narcotics it has negative effects on the body, even among those who want certain types of drugs such as marijuana legalized like in other countries. Another motivation is for family reasons. Efforts that have been made to stop using drugs are self-motivation, trying to avoid the drug user community and also by practicing the religious practice. The perceived obstacle in trying to stop drug use is drug abuse environment/drug user community that which always offering back, and the

stuff they think is easy to get and very difficult to destroy. Besides it, also the desire of self/sense to use it again, which they call it with “suggest”.

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