

Description of Religious Coping in Drug Users

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ABSTRACT

Purpose: to find out how the picture of coping religiosity in drug users in Class IIB Correctional Institution, Ciamis Regency. **Methods:** This study used quantitative methods with descriptive research design, the sampling technique in this study was total sampling. **Results:** the study showed that of the 31 respondents regarding coping religiosity in drug users in Class IIB Correctional Institution Ciamis Regency, it was concluded from the results of data processing that most of the religiosity was in the good category as many as (31) people, with a frequency of (100%). This is supported by routine recitation activities carried out 3 times a week. **Conclusion:** Coping Religiosity in Class IIB Correctional Institution Ciamis Regency is categorized as good. This is evidenced by the fulfillment of factors that indicate good religious coping, namely Prayer, Dhikr, Praying, Reading the Qur'an. All respondents have all four factors.

Keywords : Coping religiosity, drug use, prison.

Introduction

In the current era, problems have emerged in any aspect, including social aspects in society, which attack the younger generation. Among the many problems that exist, there is now a rampant increase in addiction to Alcohol, Narcotics, Psychotropic Substances, and Addictive Substances (NAPZA) (Rahmawati & Dewi, 2020). Problems related to drug abuse remain a complicated issue. This is because the urgency of the issue is undeniable, that if drug use is unwise and left unattended, it can cause serious harm and negative impacts to the individuals involved. Not only does it adversely affect the individuals involved, but it can also threaten the surrounding parties (Natalia & Humaedi, 2020).

It is recorded that around 210 million people around the world use drugs, according to the UNODC report in 2020, the age range of drug users ranges from 15 to 64 years (Hidayati et al., 2023). In 2019, according to the National Narcotics Agency of the Republic of Indonesia, drug use among Indonesian students was quite high, amounting to 2.29 million people (Purbanto & Hidayat, 2023). In West Java province alone in 2021, it was 1.28% of the total population of West Java or 950 thousand people. The age range of drug users starts from 10

years old to 59 years old. The increasing number of drug users is believed to increase crime, poverty, and unemployment. To reduce these impacts, it is important to minimize the number of drug users (Achmadi Asetya & Armi, 2022).

In Ciamis Regency, from 2020 to 2023, drug users have continued to increase. It was recorded that 10 people had reported themselves as drug users in 2020, then became 12 people in 2021, increased a lot in 2022, namely 20 people, and reached 22 people in 2023 the data was obtained from BNN Ciamis. The impact caused by drug abuse is not only on a person but also on the wider community, nation, country and even the world. Drug abuse has potential to indirectly jeopardize the future survival of the nation. The youth, who are expected to be the main pillar in continuing the role of the nation, are increasingly threatened by the influence of addictive substances that damage the nerves. The inability of the younger generation to think clearly can lead to the loss of hope for a strong and intelligent next generation. The spread of these drugs is specifically targeted at young people and adolescents, with target ages ranging from 11 to 24 years old. This shows that the dangers of drugs can threaten Indonesian teenagers at any time (Ferianto et al., 2023).

Coping is an individual's response to pressure or stress, and each person may have a different approach. For many people, religion and spirituality can be a significant source of strength and support in coping with life's challenges. Coping religiosity involves belief in the existence of a higher power, and individuals believe that a relationship with the Divine can provide support, guidance, and strength to deal with difficult situations (Salsabila, 2022). Coping religiosity is also related to the search for the meaning of life and meaningfulness in every event. Belief in the existence of God or divine power provides context and meaning to life experiences (Salsabila, 2022).

The implementation of religious coping in an Islamic perspective is realized through a vertical relationship with God. This relationship is built through a series of worship practices, including prayer, remembrance, prayer, and reading the Qur'an. On December 2023, a preliminary study was conducted and obtained information on the total prison population of 225 people. For prisoners with drug cases there are 72 people with 37 as users and 35 as dealers. Through the interview method to class IIB prison officers in Ciamis Regency, it is known that there are recitation activities held three times a week. On Wednesdays, the recitation is led by a Ustad from outside the prison, while on Fridays it is led by prison officers. On Sundays, there are Al-Qur'an reading activities. Duhur prayer, and Maghrib prayer in congregation. The results of interviews with prison officers reveal the existence of disputes between some prisoners and escape attempts by some prisoners.

This study focuses on a group of prisoners with drug cases because drug abuse that violates the law can have negative consequences for health, including physical impact, social impact, psychological impact. Based on this, this study aims to determine how the description of coping religiosity in drug users in Class IIB Correctional Facility, Ciamis Regency.

Methods

The method used by researchers is a quantitative method with a descriptive design, namely a research method with the aim of describing the problem or describing a situation and only describes Coping Religiosity in drug users in Class IIB Correctional Institution Ciamis Regency. The population in this study were inmates of drug users in class IIB prison in Ciamis Regency. The population of drug users in prison class IIB Ciamis Regency in 2023 was 37 people. The sampling technique in this study was total sampling. Total sampling according to (Sugiyono, 2018), is a sampling technique where the entire population is sampled, the sample in this study amounted to 31 prisoners because 6 prisoners were not present at the time of the study.

After obtaining a letter from the West Java KEMENKUMHAM Regional Office, it was found that the number of inmates in the Class II B Ciamis Regency Prison was 225 inmates, there were several criminal cases including cases of drug abuse, embezzlement, theft, and fraud. The number of prisoners with drug cases is 72 prisoners, including 37 as users and 35 as dealers. Respondents in this study were 31 prisoners with drug use cases, with the majority being male, namely 29 respondents and 2 female respondents. The majority of respondents work as entrepreneurs, namely 23 respondents.

Results

1. Research Results

Table 1. Frequency Distribution of Coping Religiosity in Drug Users

No.	Coping Religiosity	Frequency	%
1	Good	31	100 %
2	Enough	0	0 %
3	Less	0	0%
	Total	31	100 %

Based on table 1. it is known that of the 31 respondents coping with religiosity in drug users in Class IIB Correctional Institution Ciamis Regency, the highest frequency is categorized (good) as many as 31 respondents or 100%.

Discussion

The results showed that of the 31 respondents regarding coping religiosity in drug users in Ciamis Regency Class IIB Prison, it was concluded from the results of data processing that most of the religiosity was in the good category as many as (31) people, with a frequency of (100%). This is supported by recitation activities carried out 3 times a week, on Wednesdays led by an ustad from outside the prison, while on Fridays the recitation is led by prison officers, and on Sundays there are activities to read the Qur'an together led by prison officers, while for dzuhur prayers and maghrib prayers in congregation at the Correctional Institution led directly by prison officers. This will strengthen the convict's religious beliefs while in the class IIB prison in Ciamis Regency.

Islam teaches several strategies to manage stress: sincere intention, patience and prayer, gratitude and submission, prayer and dhikr. These strategies are also expressed in psychologists' versions such as relaxation, positive thinking, and time management. But even so there are still prisoners who do not perform the 5 daily prayers and tahajud. Because they still feel lazy to wake up at night to carry out tahajud prayers. This study has time limitations so it shows 100% good religiosity coping, only based on recognition rather than direct observation 24 hours. Some studies say that the effect of prayer has a positive impact. With prayer, it can cause a feeling of solemnity, calmness, so that one by one the problem will be resolved and correlated to reduce a person's stress level.

Conclusion

Inmates' knowledge about coping religiosity in Ciamis Regency Class IIB Correctional Facility, most of the good categories were 31 people with a percentage (100%). So it can be concluded that the knowledge of prisoners about coping religiosity in Class IIB Correctional

Institution Ciamis Regency is categorized as good. But even so there are still prisoners who do not perform the 5 daily prayers and tahajud. Because they still feel lazy to wake up at night to carry out tahajud prayers. This study has time limitations so it shows 100% good religiosity coping, only based on recognition rather than direct observation 24 hours.

Suggestion

In this study, researchers still have many limitations, but it is hoped that future researchers can conduct further research on the theme of religiosity coping in former drug user inmates.

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