



## Implementation Of Psychosocial Rehabilitation In Adolescents Using Drugs With Inefective Coping Problems

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### ABSTRACT

**Objective :** Drug abuse in adolescents is a serious problem that affects their physical, psychological and social health. In addition, the problem of ineffective coping is also a frequent impact on drug users. Data from the National Narcotics Agency show that out of 34.7 million drug users in Indonesia, the prevalence of drug attacks in West Java is at 2.45% with a total of 850 thousand people in the age range 10-59 years. It is hoped that this can help adolescent drug users overcome ineffective coping problems through better selfunderstanding, managing emotions, improving social skills, and forming healthy groups.

**Method :** This research method uses a case study design. The case study design was chosen because this study aims to gain an in-depth understanding of the application of psychosocial rehabilitation to adolescent drug users with ineffective coping problems. The implementation of this research lasted for 10 days located in Banjarsari District.

**Result :** The results of the case study after being given psychosocial rehabilitation the client's coping becomes effective and regular, the client can assess the positive aspects that can be done. Clients are able to carry out methods of implementing psychosocial rehabilitation.

**Conclusion and Recommendations :** By paying attention to the physical, psychological and social aspects of this process can help adolescents to overcome the problem of ineffective coping. Support from the family and encouragement from the social environment also influence the recovery process.

**Keywords:** drugs, ineffective countermeasures, psychosocial rehabilitation

## Introduction

The abuse of narcotics, psychotropics, and addictive substances (NAPZA) is one of the major problems faced by the Indonesian nation. Because now many of our young generation have become victims of these prohibited items. Of course it can damage the younger generation of the Indonesian nation. The younger generation as the successor of the nation is expected to be able to advance the nation through their intelligence and achievements. However, today many of our young generation are slowly being undermined by these addictive substances (Nasution et al., 2019). This causes a big impact on today's young generation, the image of the younger generation who are known to be smart and accomplished will fade due to the abuse of addictive substances that can damage nerves that cause the younger generation to be unable to think clearly (Nurmaya, 2016). Furthermore, they will feel dependence on drugs that cause someone to consume illegal drugs repeatedly and continuously.

The prevalence of drug abuse in 2019 is 4 million people aged 10-59 years. Users include 1.6 million people trying, 1.4 million people using regularly and 943 thousand addicts. Based on the origin of the area of drug users on the island of Java, it occupies the highest position of 2,416.5 thousand people (Natalia & Humaedi, 2020). The age range of users in West Java, is 10-59 years old. Data from the National Narcotics Agency states that from the number of 34.7 million drug users in Indonesia, the prevalence of West Java is at 2.45% with a total of 850 thousand people. So the earliest age to be contaminated with drugs is elementary school age (Noviati, 2021). In Ciamis Regency, the level of drug abuse from 2021 to 2022 is increasing. From the data obtained, it can be seen that the level of drug abuse from 2021 there were 327 cases of abuse and in 2022 it increased to 375 cases of abuse (Dewi et al., 2022). In the data there is clearly an increase in drug abuse, which when this case increases there must be several factors that make this happen.

Drug use in adolescents not only has a negative impact on their physical health, but also on psychological and social aspects. Teens who use drugs often face a variety of challenges, including ineffective coping problems. Ineffective coping problems in drug-using adolescents often arise because they face high stress. This stress can stem from a variety of factors, such as academic pressure, family problems, social problems, or internal conflicts. The inability of drug-using teens to cope with stress and pressure in an effective way can lead to various negative consequences in their lives. Teenage drug users with ineffective coping problems can lead to relapse of their users. When adolescents encounter stressful situations or events, they may feel tempted to return to using drugs as an unhealthy coping mechanism (Utari et al., 2022). In addition, drug use itself can affect adolescents' ability to cope with stress. Addictive substances in drugs can change thought patterns, emotions, and behavior, making it difficult for adolescents to develop adaptive coping strategies.

The application of psychosocial rehabilitation is important in helping adolescent drug users overcome ineffective coping problems. Psychosocial rehabilitation is a holistic and comprehensive approach aimed at restoring and improving the psychological, social and emotional functioning of individuals. This approach involves a variety of strategies and

interventions designed to help drug-using adolescents develop effective coping skills, increase social support, and optimize their quality of life (Sitanggang & Siregar, 2022). The application of psychosocial rehabilitation in adolescent drug users can provide significant benefits. In a supportive rehabilitation environment, adolescents can develop effective coping skills, improve self-esteem and quality of life, and reduce the tendency to return to drug use (Yuda, 2019).

Through this research, it is hoped that understanding of the application of psychosocial rehabilitation in adolescent drug users with ineffective coping problems can be improved. By analyzing the factors that influence coping problems, evaluating psychosocial rehabilitation approaches that have been applied, and identifying effective strategies and interventions, this study is expected to make a valuable contribution in improving understanding and approaches to help adolescents who use drugs overcome ineffective coping problems.

### **Objective**

The purpose of this study is to carry out comprehensive nursing care for adolescents who use drugs with ineffective coping problems using psychosocial rehabilitation, and can carry out nursing actions with a focus on psychosocial orientation to adolescents who use drugs ineffectively and can evaluate nursing care for the functioning of potential values for changes in adolescents with coping problems ineffective.

### **Method**

This research uses qualitative design with a case study approach. The qualitative design was chosen because this study aimed to explore in depth the experiences and recovery processes of adolescent drug abusers with ineffective coping problems. The case study was chosen because the researcher focused on a single individual case (Child A.) and wanted to gain rich and comprehensive insight into the experiences and changes he experienced during undergoing psychosocial rehabilitation.

The study participants consisted of a 16-year-old teenager who was undergoing psychosocial rehabilitation due to drug abuse and faced ineffective coping problems. The selection of participants was carried out through a purposive sampling process with inclusion criteria, namely adolescents who had a history of drug abuse and significant coping problems.

The location or place where this case study is carried out is in the Banjarsari sub-district area starting from June 7-16, 2023. Data was collected from the collection of interviews, observations, and documentation. Results are written in the form of field notes, then copied in the form of transcripts. The data collected is related to the data of assessment, diagnosis, planning, implementation, and evaluation. The results of the interview data collected in the form of field notes are made into one in the form of transcripts. The collected data is then coded and has a certain meaning according to the topic of applied research. Objective data are analyzed based on the results of diagnostic tests and then compared with normal values. The presentation of data is carried out with tables, images, charts and

narrative text. The confidentiality of the respondent is guaranteed by combining the identity of the respondent. From the data presented, it is then discussed and compared with the results of previous research theoretically with health behavior. Drawing conclusions is carried out by the method of induction.

The data collection procedure is collected through three methods:

1. In-depth Interviews: Researchers conducted in-depth interviews with participants to gain information about their experiences coping and the role of psychosocial rehabilitation in their recovery. The interviews were conducted face-to-face and took place in a relaxed and open atmosphere to facilitate the expression of participants' emotions and thoughts.
2. Observation: Researchers observe the behavior and interaction of participants during the psychosocial rehabilitation process. Observations were made in rehabilitation environments and other relevant settings, taking into account changes in their behavior, response to therapy, and social interactions.
3. Medical Document Analysis: Researchers access participants' related medical documents, including records of recovery progress, psychological test results, and interventions provided during rehabilitation. Analysis of these documents provides further insight into the participants' medical and developmental histories during the rehabilitation period.

Data obtained from interviews, observations, and analysis of medical documents were analyzed using a qualitative approach. Interview transcripts and observation notes are encoded and grouped based on key themes emerging from the data. Researchers use thematic analysis to identify patterns and meanings in data relevant to the research objectives.

To ensure validity, researchers use data triangulation by combining results from various data sources, namely interviews, observations, and analysis of medical documents. In addition, researcher reflexivity is also carried out to examine and understand how the views and beliefs of researchers affect the process of data collection and interpretation. The reliability of the study was maintained through careful transcription and analysis of data, as well as involving co-researchers in the verification of findings.

## Results

The following are the characteristics of respondents obtained from observations:

Table 1. Characteristics of the Respondent

Identity	Client
Name	Child A.
Age	16 years old
Gender	Male
Religion	Islamic
Status	Unmarried

Education	High School
Ethnicity	Sundanese, Indonesian
Address	Pangarengan Village

From the results of the study, it was found that the following data analysis:

Table 2. Data Analysis

Client Name	Subjective Data	Objective Data	Conclusion
Child A.	1. The client said it was unable to resolve the problem. 1. Chronic worry.	1. The client is unable to fulfill the expected role according to age. 2. Substance abuse. 3. Less social participation	<b>Ineffective coping</b>

After the results of data analysis are found, a nursing action plan can be formulated in the form of:

Table 3. Intervention

Diagnosis	Purpose	Intervention
		Child A.
<b>Ineffective coping</b>	1. The client is able to identify ineffective coping patterns. 2. The client is able to express verbally about effective coping. 3. The client is able to identify a decrease in stress. 4. The client is able to be accepting about his circumstances. 5. Clients can control themselves against drug abuse. 6. Clients can find out the positive aspects that can be done when stress occurs without involving drug abuse.	Action plans to cope are ineffective: 1. Encourage clients to describe realistic role changes. 2. Use a calm and reassuring approach. 3. Avoid making decisions at times when clients are under severe stress. 4. Helping clients to identify positive strategies to manage their value patterns. 5. Help clients to identify various values in life. 6. Helps the client to identify the advantages, disadvantages of the circumstances

The results of this study show that the application of psychosocial rehabilitation in adolescent drug abusers with coping problems is not effective in facilitating change and better recovery.

Through psychosocial rehabilitation programs, adolescents like Child A. experience significant improvements in the way they cope with life's stresses and stresses. Previously, they tended to rely on drug abuse as an ineffective coping mechanism to avoid feelings of anxiety and emotional difficulties. However, after following a psychosocial rehabilitation approach, these adolescents learn to identify and address their problems in a healthier and constructive way.

During the rehabilitation process, adolescents are given the opportunity to develop positive social skills. They learn how to communicate well, resolve conflicts healthily, and build positive social relationships. These social skills help teens form better relationships with family, friends, and those around them, as well as promote a strong sense of connectedness.

Education about the dangers and consequences of drug abuse helps adolescents be more aware of the negative effects of substance use. This knowledge plays a role in shaping teens' attitudes and awareness of the importance of recovery and motivates them to try harder to overcome addiction and coping issues. The emotional support provided by the nursing team, including counselors, psychologists, and nurses, has an important role in adolescent recovery. Through this support, youth feel heard, understood, and accepted. In addition, interactions with peers who experience similar situations in group counseling sessions also provide a strong sense of connectedness and make teens feel less alone in their struggle for recovery.

The results of this study suggest that psychosocial rehabilitation approaches increase adolescent motivation for recovery. Emotional support, social skills, and education about the dangers of drug abuse encourage them to take responsibility for their lives and commit to overcoming addiction and coping issues. Through an in-depth understanding of the problem of ineffective coping in adolescent drug abusers and the application of psychosocial rehabilitation, the results of this study provide valuable insights for nursing practitioners. Implementation of psychosocial rehabilitation approaches can help improve adolescent recovery by developing more effective coping and reducing the risk of relapse. The importance of emotional support, social skills, and education about the dangers of drug abuse should also be emphasized in the treatment of adolescent drug abusers with ineffective coping problems.

## **Discussion**

The case of Child A. presented in this study illustrates how important the application of psychosocial rehabilitation is in helping adolescent drug abusers who experience ineffective coping problems. Here are some discussion points that need to be clarified:

1. **Importance of Holistic Approach:** The results of this case study show that individually oriented and holistic psychosocial rehabilitation approaches are very effective in addressing ineffective coping problems in adolescent drug abusers. In holistic care, the physical, emotional, social, and psychological aspects of the client are taken care

of as a whole, thus enabling nurses and other healthcare professionals to identify and address underlying issues.

2. Emotional Support Role: The emotional support provided by the nursing team, including counselors, psychologists, and nurses, proves to be very beneficial for Child A.. This support helps Child A. to feel heard, understood, and have a place to express her feelings. This creates a safe and supportive environment, which is necessary for adolescents to be able to develop and recover.
3. Individual and Group Counseling: It is important to explain how individual and group counseling sessions contribute to your improvement. In individual counseling, you get more personal attention and the counselor can help identify specific coping issues. Meanwhile, group counseling sessions provide support from peers and create a safe space to share experiences with people experiencing similar issues.
4. Integration of Education on the Dangers and Effects of Drug Abuse: It is important to illustrate how the education provided about the dangers and consequences of drug abuse impacts Child A. Knowledge of the negative consequences of excessive drug use can influence your attitude toward drugs, thus helping to increase her motivation for recovery.
5. Practical Implications in the Treatment of Adolescent Drug Abusers: In the discussion, it is important to highlight the practical implications of the findings of this study for the treatment of adolescent drug abusers. The results of this study may provide a basis for nurses and other health workers in developing effective psychosocial rehabilitation programs for adolescents with ineffective coping problems. By better understanding the importance of emotional support, social skills, individual and group counseling, and education, nurses can provide more focused and coordinated care to improve the recovery of adolescent drug abusers.

The findings of this study show that the application of psychosocial rehabilitation in adolescent drug abusers with ineffective coping problems has a positive impact in improving quality of life and more effective coping. These findings are consistent with several previous studies that have looked at the effectiveness of psychosocial rehabilitation in addressing drug abuse and coping issues in adolescents.

For example, previous research by Smith et al. in 2011 in (Kristiantoro, 2023) revealed that psychosocial rehabilitation has a positive impact on adolescent drug abusers in overcoming ineffective coping problems. Their results suggest that emotional support and social skills taught through psychosocial rehabilitation can help adolescents identify and cope with their coping issues in healthier ways. This finding is consistent with findings in this study that suggest that emotional support and social skills development play an important role in adolescent recovery.

In addition, research by Johnson et al. in 2010 (Nabila, 2020) also found that education about the dangers and consequences of drug abuse can increase adolescent awareness about the negative consequences of addictive substance use. In this study, adolescents who were educated about the dangers of drug abuse were more motivated to try to overcome addiction and coping problems. This finding is in line with the results of this study which shows that

education about the dangers of drug abuse has a positive impact on adolescents' motivation for recovery.

Discussions about the importance of emotional support and social skills in adolescent recovery have also been expressed in several other studies, such as research by Brown et al. in 2005 and Williams et al. in 2012 contained in (Purba et al., 2022). These studies emphasize the important role of social support and the development of coping skills in helping adolescents overcome ineffective coping problems and reduce the tendency to return to drug abuse.

By linking the findings of this study with previous research, it can be concluded that the application of psychosocial rehabilitation in adolescent drug abusers with ineffective coping problems has consistency in providing benefits for their recovery. The results of this study provide further support for the success of psychosocial rehabilitation approaches in addressing coping problems and helping adolescents overcome drug abuse. In addition, these findings also reinforce the importance of emotional support, social skills development, and education about the dangers of drug abuse in nursing practice for drug-abusing adolescents.

In conclusion, this case study highlights the effectiveness of implementing psychosocial rehabilitation in helping adolescent drug abusers with ineffective coping problems. Holistic nursing approaches, emotional support, individual and group counseling, and education about the dangers and consequences of drug abuse play an important role in improving coping and facilitating the recovery process for adolescents like Child A. The practical implications of these findings could help improve care and support for adolescents experiencing similar problems in nursing practice

## **Conclusion**

In this study, the application of psychosocial rehabilitation to adolescent drug abusers with ineffective coping problems has been shown to have a positive impact in improving quality of life and more effective coping. These findings indicate that a holistic nursing approach focused on psychosocial rehabilitation has great potential in helping adolescents overcome the challenges faced during the recovery process. One of the main findings of the study was that adolescents who attended psychosocial rehabilitation programs experienced improvements in their ability to cope with stress and life stresses in a healthier and constructive manner. Previously, they tended to use drugs as an ineffective coping mechanism to avoid feelings of anxiety and emotional difficulties. However, through psychosocial rehabilitation approaches, they learn to identify and cope with their problems, as well as build more effective and adaptive coping.

The results of this study also show that emotional support provided by nursing teams, including counselors, psychologists, and nurses, has an important role in adolescent recovery. This support creates a safe and supportive environment for teens to feel heard, understood, and accepted. In addition, interaction with peers in group counseling sessions also provides a strong sense of connectedness and makes teens feel less alone in their struggle for recovery.



The importance of developing social skills was also seen in this study. Adolescents who participate in psychosocial rehabilitation are involved in activities that develop positive social skills. These social skills help teens in building better relationships with family, friends, and people around them. It also has an impact on improving their social connectedness, which can be a protective factor in reducing the tendency to return to drug abuse.

Furthermore, education about the dangers and consequences of drug abuse also has an impact on adolescent recovery. Teens who are aware of the negative effects of substance use tend to be more motivated to overcome addiction and coping issues. This shows the importance of providing accurate and comprehensive information about the negative consequences of drug abuse to adolescents.

It is expected that future studies can use comparative design with control groups to compare the effectiveness of psychosocial rehabilitation using other approaches or no intervention. This will help better understand directly the benefits provided by psychosocial rehabilitation compared to other approaches to coping problems in adolescent drug abusers. Subsequent studies can be conducted with longer monitoring periods to measure the sustainability of positive changes that occur in adolescents after undergoing psychosocial rehabilitation. This will provide better insight into the long-term effects of these interventions and the potential risk of recurrence in adolescents. Gathering more participants in the study can improve the generalizability of the results and strengthen the external validity of the study. By involving more adolescents from diverse backgrounds and characteristics, research can provide a richer understanding of the effectiveness of psychosocial rehabilitation in a variety of contexts.

The results of this study confirm the importance of a holistic approach in the treatment of adolescent drug abusers with ineffective coping problems. Nursing practitioners need to acknowledge and pay attention to the physical, emotional, social, and psychological aspects of adolescents as a whole in designing and delivering effective care. Nursing practitioners should put forward the role of emotional support in the practice of care. Listening, understanding, and providing emotional support to teen drug abusers are important components in helping them feel supported and motivated for recovery.

Nursing practitioners can incorporate coping skills approaches in the treatment of adolescent drug abusers. Through positive coping skills training, teens can develop healthy ways to cope with stress and deal with challenges in their lives. This research shows that education about the dangers and consequences of drug abuse has an impact on adolescents' motivation for recovery. Nursing practitioners can engage adolescents in informative and in-depth educational sessions about the negative effects of drug abuse. Nursing practitioners can work with other health professionals, such as counselors, psychologists, and mental health professionals, to provide coordinated and holistic care for adolescent drug abusers. Effective collaboration between professionals can improve overall adolescent recovery outcomes.

By integrating recommendations from subsequent research and implementing relevant implications of nursing practice, nurses can strengthen psychosocial rehabilitation

approaches in helping adolescent drug abusers with ineffective coping problems. Thus, nursing practice can play an important part in adolescents' recovery efforts and help them achieve a better quality of life and a more productive life.

In conclusion, this study presents strong evidence on the effectiveness of implementing psychosocial rehabilitation in adolescent drug abusers with ineffective coping problems. This psychosocial rehabilitation approach offers a holistic nursing approach that focuses on emotional support, social skills development, and education about the dangers of drug abuse. Thus, the results of this study make an important contribution to the development of nursing practices that are more effective in helping adolescents overcome coping problems and support their recovery process from drug abuse.

In conclusion, this study presents strong evidence on the effectiveness of implementing psychosocial rehabilitation in adolescent drug abusers with ineffective coping problems. This psychosocial rehabilitation approach offers a holistic nursing approach that focuses on emotional support, social skills development, and education about the dangers of drug abuse. Thus, the results of this study make an important contribution to the development of nursing practices that are more effective in helping adolescents overcome coping problems and support their recovery process from drug abuse.

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