

## Strategi pencegahan penyalahgunaan narkoba di apartemen melalui kegiatan olahraga (studi kasus di Rusun Cinta Kasih Tzu Chi i) = Drug abuse prevention strategy in the apartments through sport activities (case study in Flat Cinta Kasih Tzu Chi i)

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### Abstrak

[<b>ABSTRAK</b><br>

Penelitian berfokus pada Strategi Pencegahan Penyalahgunaan Narkoba Di Apartemen melalui Kegiatan Olahraga (Studi Kasus Di Rusun Cinta Kasih Tzu Chi I). Penelitian ini termasuk penelitian kualitatif dengan desain deskriptif-analitis. Rusun Cinta Kasih Tzu Chi I mempunyai kegiatan olahraga yang dilaksanakan oleh warganya. Tujuan dari kegiatan olahraga tersebut adalah agar warga rusun cinta kasih tzu chi I memiliki kegiatan yang bermanfaat sehingga terhindar dari melakukan kegiatan yang merugikan, salah satunya adalah terhindar dari penyalahgunaan Narkoba. Pengumpulan data dilakukan dengan wawancara mendalam dengan pengelola, warga dan pelatih olahraga Rusun Cinta Kasih Tzu Chi I

Dari analisis terhadap hasil wawancara, disimpulkan bahwa : Strategi Pencegahan Penyalagunaan Narkoba Di Apartemen melalui Kegiatan Olahraga (Studi Kasus Di Rusun Cinta Kasih Tzu Chi I) yang menjadi fokus adalah pengimplementasiannya. Dalam melaksanakan kegiatan olahraga ada beberapa hal yang menjadi komponen utama yaitu jumlah warga yang mengikuti olahraga, sarana dan prasarana, kuantitas dan kualitas pelatih olahraga serta frekuensi kegiatan olahraga. Pada kenyatannya kegiatan olahraga di Rusun Cinta Kasih Tzu Chi I belum dilaksanakan secara maksimal. Kurangnya minat warga serta jumlah pelatih kegiatan olahraga yang disediakan oleh pengelola Rusun Cinta Kasih Tzu Chi I mengakibatkan kurang maksimalnya tujuan yang ingin dicapai bagi seluruh warga. Belum lagi kurangnya sarana dan prasarana penunjang kegiatan olahraga di Rusun Cinta Kasih Tzu Chi I. Upaya warga serta pengelola rusun untuk meningkatkan jumlah warga yang aktif berolahraga dengan menambah pelatih serta meningkatkan keikutsertaan dalam berbagai kompetisi sehingga dapat memaksimalkan tujuan kegiatan olahraga. Karena adanya istilah yang diungkapkan oleh pujangga dari Romawi yang bernama Decimus Iunius Iuvenalis, yakni Mens sana incorpore sano yang berarti di dalam tubuh yang sehat terdapat jiwa yang kuat. Hal ini menggambarkan bahwa olahraga merupakan kegiatan yang sangat positif, dengan menerapkan pola hidup sehat seperti ini, masyarakat tidak punya waktu untuk melakukan kegiatan negatif.

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The research focuses on Drug Abuse Prevention Strategy In the apartments through Sport Activities (Case Study In Flat Cinta Kasih Tzu Chi I). This is a qualitative research using descriptive-analytical design. Flat Cinta Kasih Tzu Chi I have sports activities undertaken by its citizens. The purpose of these sports activities is that residents Cinta Kasih tzu chi I have useful activities so as to avoid harmful activities, one of it is protected from drug abuse. Data collection was done by in- depth interviews with the manager, the citizens and the sport coache of the flat Cinta Kasih Tzu Chi I.

From the analysis of the interviews, concluded that: Drugs Prevention Strategy In the apartments through Sport Activities (Case Study In Flat Cnta Kasih Tzu Chi I) which became the focus is implementation.

Doing sport activities there are several things that become the main component, which is the number of citizens who follow the sport, facilities and infrastructure, the quantity and quality of sports coaches as well as the frequency of sports activities. In reality sports activities in the flat Cinta Kasih Tzu Chi I has not been implemented to the fullest. Lack of interest of citizens as well as the number of coaches sports activities provided by the manager of the Flat Cinta Kasih tzu chi I resulted in not optimal objectives to be achieved for all citizens. Not to mention the lack of facilities and infrastructure supporting sports activities in the flat cinta kasih tzu chi I. Efforts to citizens as well as the manager of the towers to increase the number of citizens who actively exercise by adding a coach as well as increasing participation in various competitions to maximize the purpose of sporting activities. Because of the terms expressed by the Roman poet named Decimus Iunius Iuvenalis, ie there incorpore Mens sano meaning in a healthy body there is a strong spirit. This illustrates that sport is an activity that is very positive, with a healthy lifestyle like this, people do not have time for negative activities., The research focuses on Drug Abuse Prevention Strategy In the apartments through Sport Activities (Case Study In Flat Cinta Kasih Tzu Chi I). This is a qualitative research using descriptive-analytical design. Flat Cinta Kasih Tzu Chi I have sports activities undertaken by its citizens. The purpose of these sports activities is that residents Cinta Kasih tzu chi I have useful activities so as to avoid harmful activities, one of it is protected from drug abuse. Data collection was done by in-depth interviews with the manager, the citizens and the sport coache of the flat Cinta Kasih Tzu Chi I. From the analysis of the interviews, concluded that: Drugs Prevention Strategy In the apartments through Sport Activities (Case Study In Flat Cnta Kasih Tzu Chi I) which became the focus is implementation. Doing sport activities there are several things that become the main component, which is the number of citizens who follow the sport, facilities and infrastructure, the quantity and quality of sports coaches as well as the frequency of sports activities. In reality sports activities in the flat Cinta Kasih Tzu Chi I has not been implemented to the fullest. Lack of interest of citizens as well as the number of coaches sports activities provided by the manager of the Flat Cinta Kasih tzu chi I resulted in not optimal objectives to be achieved for all citizens. Not to mention the lack of facilities and infrastructure supporting sports activities in the flat cinta kasih tzu chi I. Efforts to citizens as well as the manager of the towers to increase the number of citizens who actively exercise by adding a coach as well as increasing participation in various competitions to maximize the purpose of sporting activities. Because of the terms expressed by the Roman poet named Decimus Iunius Iuvenalis, ie there incorpore Mens sano meaning in a healthy body there is a strong spirit. This illustrates that sport is an activity that is very positive, with a healthy lifestyle like this, people do not have time for negative activities.]