

Studi terhadap hubungan program rehabilitasi dengan metode therapeutic community dan tingkat depresi pada penyalah guna methamphetamine shabu di Balai Besar Rehabilitasi BNN Lido = Study of relations program therapeutic community rehabilitation methods and depression levels in methamphetamine abusers shabu in rehabilitation center BNN Lido

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Abstrak

Saat ini Methamphetamine (shabu) menjadi tren narkotika di Indonesia, menggantikan heroin (putauw). Gejala psikiatri umum ditemukan pada pecandu dengan penggunaan methamphetamine (shabu), gejala afektif berupa depresi dan kecemasan. Terapi yang saat ini dianggap cukup baik secara umum adalah Therapeutic Community yang terdiri dari beberapa tahapan rehabilitasi. Salah satunya adalah tahap Primary, pada tahap ini seluruh tools of Therapeutic Community digunakan. Namun angka drop out pada tahap ini cukup tinggi yaitu 49,5%. Depresi yang terjadi pada saat mengikuti program rehabilitasi mengakibatkan pelaksanaan terapi adiksi kurang maksimal. Penelitian ini menggunakan metode kuantitatif dengan pengumpulan data secara random sistematis. Jumlah sampel sebanyak 120 residen (penyalah guna methamphetamine) diambil dari tiap - tiap Primary. Primary Hope, Primary Faith, Primary HOC, dan Primary Care masing - masing sebanyak 30 residen. Selanjutnya dilakukan penyebaran kuesioner dengan menggunakan kuesioner kesehatan pasien PHQ-9. PHQ -9 merupakan instrumen untuk membuat kriteria diagnosis depresi berbasis DSM - IV yang telah di validasi. Data yang diperoleh di lapangan kemudian di sajikan secara analisis deskriptif dengan melakukan uji frekuensi dan chi - square untuk melihat hubungan antara program rehabilitasi dengan metode Therapeutic Community dan tingkat depresi pada penyalah guna Methamphetamine (shabu) menggunakan software SPSS versi 17.00.

Hasil penelitian ini menunjukkan dari 120 residen yang merupakan pengguna methamphetamine (shabu) didapati sebanyak 3 orang residen (2,5 %) yang mengalami depresi minimal, sebanyak 49 orang residen (40,8%) mengalami depresi ringan, sebanyak 39 orang residen (32,5 %) mengalami depresi sedang, sebanyak 23 orang residen (19,2 %) mengalami depresi cukup berat dan sebanyak 6 orang residen (5,0 %) mengalami depresi parah. Dengan melihat hasil ini, dapat dikatakan terdapat hubungan antara program rehabilitasi dengan metode Therapeutic Community dan tingkat depresi pada penyalah guna Methamphetamine (shabu). Untuk itu sudah saatnya bagi Balai Besar Rehabilitasi BNN Lido untuk membuat arah kebijakan yang baru terkait program rehabilitasi khususnya untuk pengguna Methamphetamine (shabu). Karena penyakit jiwa atau depresi meskipun minimal akan dikaitkan dengan retensi dan tidak selesainya program rehabilitasi.

.....Currently Methamphetamine (shabu) into drug trends in Indonesia, replacing heroin (putauw). Common psychiatric symptoms in addicts with the use methamphetamine (methamphetamine), affective symptoms such as depression and anxiety. Therapies that are currently considered to be quite good in general is a Therapeutic Community is comprised of several stages of rehabilitation. One is the Primary stage, at this point all the tools of Therapeutic Community is used. But the dropout rate at this stage is quite high at 49.5%. Depression that occurs during the rehabilitation program resulted in the implementation of addiction

therapy is less than the maximum. This study uses a quantitative method with random systematic data collection. The total sample of 120 residents (methamphetamine abuser) taken from each Primary. Primary Hope, Primary Faith, Primary HOC, and Primary Care each about 30 residents. Furthermore, the distribution of the questionnaire by using the patient health questionnaire PHQ-9. PHQ-9 is an instrument to make the criteria for a diagnosis of depression based on DSM - IV which has been validated. The data obtained in the field later served as a descriptive analysis with frequency test and chi - square to see the relationship between rehabilitation program with Therapeutic Community method and the rate of depression in abusers of Methamphetamine (shabu) using SPSS software version 17.00.

The results showed that a residents of 120 methamphetamine users (shabu) found as many as 3 people resident (2.5%) were depressed at a minimum, as many as 49 people resident (40.8%) resident suffered minor depression, as many as 39 people resident (32.5 %) had moderate depression, as many as 23 people resident (19.2%) had depression severe enough and as many as 6 people resident (5.0%) had severe depression. By looking at these results, it can be said there is a relationship between a rehabilitation program with the Therapeutic Community method and the rate of depression in abusers of Methamphetamine (shabu). It is time for the Lido BNN Rehabilitation Center to create a new policy direction related to the rehabilitation program, especially for users of Methamphetamine (shabu). Because of mental illness or depression although minimal would be associated with the retention and completion of rehabilitation programs.