

Tingkat asertivitas residen yang telah menjalani rehabilitasi napza metode therapeutic community = The Level of assertiveness of residents who have been undergoing rehabilitation with therapeutic community method

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Abstrak

Therapeutic Community (TC) bertujuan untuk merubah perilaku penyalahguna NAPZA. Program TC sarat dengan aspek asertivitas namun sejumlah residen yang keluar TC mengalami kekambuhan. Penelitian ini bertujuan menggambarkan tingkat asertivitas residen yang telah menjalani TC minimal 6 bulan dan mengetahui asertivitas berdasarkan karakteristik tertentu. Metode survei dengan sampel 217 residen dari 5 fasilitas rehabilitasi digunakan melalui teknik purposive sampling. Data dikumpulkan dengan instrumen skala asertivitas dari teori Galassi dan Galassi (1977, dalam Rakos, 1991) dan dianalisis dengan metode distribusi frekuensi.

Hasil penelitian menunjukkan asertivitas tinggi pada 110 residen dan asertivitas rendah pada 107 residen. Tingkat asertivitas rendah didominasi oleh kelompok residen wanita, usia remaja, lulusan pendidikan dasar, dan dari suku Jawa. Tingkat asertivitas tinggi didominasi kelompok residen usia dewasa muda, lulusan perguruan tinggi, dan dari suku Bugis dan Betawi. Perlu dilakukan pengkajian terhadap asertivitas sebelum menjalani program, meningkatkan motivasi dan perhatian, serta melakukan pendekatan yang tepat terhadap karakteristik residen yang beragam.

.....Therapeutic Community (TC) aims to change the behavior of substance abusers. TC program are loaded with aspects of assertiveness, but a number of residents discharged from TC performed relapse. This study aimed to describe the level of residents' assertiveness who have been undergoing TC for at least 6 months, and to describe their assertiveness based on certain characteristics. Survey method was used through purposive sampling technique with a sample of 217 residents of 5 rehabilitation facilities. Datas were collected by assertiveness scale made from the theory of Galassi and Galassi (1977, in Rakos, 1991) and analyzed by frequency distribution method.

The results showed high assertiveness at 110 residents and low assertiveness at 107 residents. Low assertiveness residents were dominated by group of women, teens, basic education graduates, and from Javanese. High level of assertiveness were dominated by young adult group, college graduates, Buginese and Betawinese. It's essential to do an assesment on assertiveness before residents undergoing the program, increasing motivation and attention, as well as doing the right approach to many characteristics of the residents.