

COPING STRATEGY FOR WOMEN'S DRUGS ABUSE VICTIMS IN DEALING WITH HIGH RISK SITUATION AT RECIPIENT INSTITUTIONS MUST REPORT IN WEST JAVA

Sinta Yulianti Suyono

Politeknik Kesejahteraan Sosial Bandung, sintasuy@gmail.com

Yuti Sri Ismudiyati

Politeknik Kesejahteraan Sosial, yuti.ismu@gmail.com

Eni Rahayuningsih

Politeknik Kesejahteraan Sosial Bandung, enirahayuningsih@gmail.com

Abstract

For drug users, returning to being a “normal” person is a struggling process. There is a High-Risk Situation that can cause the recovery process (abstinence) for drug users not to reuse. The ability to deal with various difficult situations or events, both personal demands (internal) and community demands (external) can cause pressure on a person. But whether an event will cause pressure or not, depends on how the individual handles it, which is called coping. This study aims to determine the Coping Strategy of female drug abusers in confronting High-Risk Situations at IPWL in West Java and to design programs to improve drug abusers of women’s coping capabilities. The method used in this research is quantitative with a descriptive approach. The results showed that of drug abuse of female in dealing with situations related to feelings faced by both negative and positive emotions tend to do Coping Strategy: Emotional Focus Coping (EFC), where they follow what is being felt. If the negative emotions are being felt, they will lost in these feelings which allows them to do things that can trigger a relapse or can hinder the rehabilitation process that is being carried out. Likewise, when faced with positive emotional situations, they also tend to enjoy the joy they feel so that their behavior is less controlled. Based on this, it is necessary for social workers and addiction counselors at IPWL to pay attention to mentoring drug abusers when they face situations related to emotional aspects. So that of drug abuse can choose effective coping strategies and rehabilitation goals can be achieved.

Keywords:

Coping Strategies, Female, Drug Abuse, High-Risk Situation, IPWL

INTRODUCTION

Abuse of narcotics, psychotropics and other addictive substances (NAPZA) is a social problem which from time to time continues to show improvement in terms of quality and quantity. The data is based on research conducted by the research, data and information center for the National Narcotics Agency (Puslitdatin BNN). Victims of drug abuse are increasing, especially in urban areas. Drug abuse can be carried out by all levels of society, but the private sector is the most involved in drug abuse as much as 42.3%. Based on data from BNN drug abusers based on age the most were over 30 years of age at 52.2% and by gender as much as 91.5% male and 8.5% female.

Drugs have very high addiction, tolerance and habituation power, where these three characteristics make it difficult to let go of dependence (BNN, 2010). The impact of drug abuse can result in physical, psychological, social, spiritual and economic aspects. This can interfere with an abuser in interacting and social functioning. Drug abusers do not look at gender. Both men and women of all ages and backgrounds. However, drug abuse in women has far more serious effects. Drug abuse in women leads to physical and sexual problems.

Drug abuse in women is generally caused by childhood trauma and parental backgrounds who are also abusers. Because of this, a woman turns to compulsive strategies to deal with existing facts, one of which is to abuse drugs. However, not a few are also influenced by invitations from their partners or male friends.

For victims of drug abuse, there is a High Risk Situation that can hinder the recovery process (Abstinence). A high-risk situation is a situation that can weaken individuals in controlling the changes in behavior that have been made and lead to the possibility of relapse. The ability to deal with difficult situations or events, both personal (internal) and societal demands, can put pressure on a person. However, an incident will cause pressure or not depending on how the individual handles it or how his coping skills are (Lazarus, 1976). Referring to Marlatt and Gordon's research (in Larmier, Palmer, and Marlatt, 1999) there are four situations that can play a role in triggering someone to reuse drugs, namely: negative emotional conditions, situations involving other people or groups, social pressure and emotional conditions positive.

While the form of coping from a person can be different, this again depends on how the person perceives the event or situation he is facing. If an individual perceives within optimal limits then he is in a state of balance (homeostasis) while if he is perceived outside optimal limits or below optimal limits then this situation will cause stress, then the individual must do coping to adjust to the environment.

The increasing number of drug abuse, the government invites the public to be involved in rehabilitating former drug abuse victims through the Mandatory Report Receiving Institution (IPWL). The objectives of establishing IPWL are 1) Fulfilling the Rights of

Narcotics Addicts for Rehabilitation 2) Involving Parents, Families & Communities in Increasing Responsibility for Narcotics Addicts 3) Providing information for the government in establishing policies in the field of P4GN. Based on the above, the researcher is interested in researching how "Coping Strategies for Female Drug Abuse Victims in Facing High Risk Situations in IPWL in West Java".

METHOD

The approach used in this research is quantitative with descriptive method. The reason for using descriptive research is to be able to explore factual information and an in-depth picture of Coping Strategies for Women Narcotics Abusers in Facing High Risk Situations at Obligatory Report Receiving Institutions (IPWL) in West Java. Sources of data obtained from this study came from filling out questionnaires by respondents and interviews. Respondents in this study were female KPN who were undergoing social rehabilitation at IPWL in West Java.

Data collection techniques used in research are using questionnaires, observation and documentation studies. The researcher used a documentation study technique, namely by studying documents related to Coping Strategies for Female Drug Abuse Victims in Facing High Risk Situations at Obligatory Report Recipient Institutions (IPWL) in West Java, namely client identity documents, results of assessments by social workers and photos of rehabilitation activities done by the client.

The measuring instrument used in this study was the COPE scale created by Carver

and Scheier (1989). The data analysis technique to be used in this research is quantitative. Quantitative data analysis techniques are data analysis based on numbers, statistics and percentages.

RESEARCH RESULTS AND DISCUSSION

This research was conducted to determine Coping Strategies for Female Drug Abuse Victims in Facing High Risk Situations at IPWL in West Java. This chapter will discuss the results of data processing and will be complemented by a discussion based on statistical calculations, as well as theoretical explanations. The discussion on the research was carried out based on the results of the data obtained from 60 Female Clients/Residents who were undergoing Social Rehabilitation at IPWL in this study were called respondents.

An overview of coping strategies for female drug abuse victims in dealing with high risk situations can be seen in the table. 1 in the following:

Table. 1 : Overview of Coping Strategies Coping strategies in high risk situations (recapitulation)

No.	Category	Coping Form			
		PFC	%	EFC	%
1	High	41	68.3	39	65.0
2	Medium	18	30.0	21	35.0
3	High	1	1.7	0	0.0
		60	100	60	100

Table. 1 shows that, the coping strategy of female KPN in high risk situations seen from Problem Focus Coping (PFC) is generally in the high category (68%).

Furthermore, when viewed from the Emotional Coping Focus, women's KPN coping strategies are generally in the high category. This indicates that women's KPN coping strategies in dealing with high risk tend to want to run away from problems, be resigned, and make no effort to find a solution.

In general, a description of the coping strategies of female respondents is presented in Table. 2 and the following Paichart:

Table. 2 : An Overview of Coping Strategies

Coping Strategy	Freq	Percentage
PFC	32	53,3
EFC	28	46.7
Total	60	100

Diagram. 1: Coping strategies for female drug abuse victims in dealing with high risk situations



Table. 2 and Diagrams. 1 shows that female respondents or KPN have coping strategies at PFC of 53.3%, this shows that KPN has the ability to solve problems by discussing, trying to find solutions. However, it is not much different that some

respondents (46.7%) have coping that tends to surrender, reluctant to find solutions.

the results of the study, women's KPN coping strategies in dealing with High Risk Situations (high risk situations) obtained 32 people (53.3%) women victims of drug abuse have a tendency to use Problem Focus Coping (PFC) coping strategies. This shows that women's KPN when facing situations related to the negative emotions they feel, social pressure, situations that involve other people and the positive emotions they feel. This condition is indeed often faced by female KPN who demand abilities that are expected to maintain recovery or the process of social recovery/rehabilitation. When they face a problem, they try to find a solution by solving the problem by discussing it, trying to find a solution.

However, as many as 28 women (46.7%) KPN women have a tendency to use Emotional Focus Coping (EFC) coping strategies in dealing with high risk situations including dealing with situations related to perceived negative emotions, social pressure, situations involving other people and positive emotions. felt. It has that meaning. However, it is not much different that some respondents (46.7%) have coping that tends towards surrender, are reluctant to find solutions but instead they seek solutions by following the feelings that are being felt in dealing with high-risk situations, as if giving up on the situation by following what what he felt

When viewed from the results of the study, it can be seen that the coping strategies for women's KPN in dealing with negative emotional situations were 54 people (90%) in the high category. shows that respondents prefer Emotional focus coping (EFC) with a high category in negative emotional situations. A total of 54 people (90%). This gives an illustration in accordance with the answers to the questions that according to them, there is no need to talk about sadness with other people, when they have a problem, they don't think about what way to do it, it's useless, other people don't need to know about the disappointment that I experienced. And when they are asked to do self-introspection, they never know the answer. It is difficult for respondents to accept the fact that they are in a drug rehabilitation facility. Respondents are used to disappointment. Victims of drug abuse, women use more feelings or are more emotional in dealing with negative emotions so they rarely use logic or ratios that make women tend to regulate their emotions in dealing with problems (Shabrinadkk, 2018: 126).

As according to Mariyanti & Karnawat in Shabrina et al (2018: 130) that coping in dealing with negative emotional conditions aims to relieve, reduce or manage negative emotions caused by certain situations. One of the goals of coping strategies is to relieve or eliminate the negative emotional burden that arises in female drug abuse victims.

As we know that every individual will react with discomfort arising from stress. In the form of behavioral responses and thoughts. Where it is a stabilizer that can

help individuals to maintain adjustments during periods of stress. A situation will be perceived by each individual, if the situation is perceived within optimal limits then the individual is in a state of homeostasis/balance. Usually this situation will be defended by the individual.

While KPN women in dealing with positive emotions 45 people (75%) with high category they tend to use Emotional Focus Coping (EFC) strategies. This gives an illustration in accordance with the answer to the question that when they face positive emotional situations they tend to really enjoy happy situations which often get out of control, thus allowing women KPN to take actions that lead to drug reuse. They really enjoyed the joy he felt. Coping strategies in dealing with positive emotional situations are to exercise self-control and manage the positive emotional conditions that arise in victims of drug abuse.

As we know that Emotional Focus Coping is an effort aimed at reducing pressure or overcoming social pressure related to or caused by situations that occur. The actions included in the EFC include; positive thinking to deal with emotional stress rather than problem pressure, accepting the situation because they do not have a coping strategy that can be applied, denial of a reality, behavioral deviations, mental deviations, escapism (fantasy), expressing feelings and the use of alcohol to relieve the emotional pressure felt.

Meanwhile, for situations involving other people, as many as 47 people (78.3%) used the Coping Problem Focus Coping (PFC) strategy. This gives an overview according to the answers to the questions that they are trying to improve relationships with friends and people who have the potential to cause conflict with them, respondents also try to find activities that can eliminate the desire to use drugs and stay away from friends who invite them to use drugs. In addition, the role of Social Work and counselors is very helpful in the healing process for respondents. Respondents also tried to focus on social rehabilitation that was being carried out. Respondents began to accept reality. Respondents also tried to ask for help from friends who had experienced the same problem, asked for consideration from family and social workers and addiction counselors (institutional parties) before making a decision about what they were experiencing. They also ask for information or opinions by conducting deliberations on people who are experts in their fields and are trusted, such as counselors and their closest friends individually to deal with certain problems/situations.

While the coping strategies carried out by KPN Women in dealing with social pressure from the environment were 40 people (66.7%), KPN women tended to carry out Problem Focus Coping (PFC) coping strategies. This gives an illustration according to the answers to the questions that they are trying to find activities that can eliminate the desire to use drugs and stay away from friends who invite them to use drugs. Because the respondent tried to make

plans and steps that could keep him away from an environment that could be stressful, the respondent also tried to focus on the social rehabilitation that was being carried out so that he could forget about inviting friends to use drugs. Another thing the respondent did was also try asking friends for help. friends who have experienced the same problem, ask for consideration from family and social workers and addiction counselors (institutional parties) before making a decision on what is being experienced

Based on these results, it can be seen that in dealing with situations related to feelings, both negative and positive emotions, they tend to carry out Emotional Focus Coping (EFC) coping strategies, in which they follow what is being felt. If the negative emotions they are feeling they will dissolve with these feelings which will allow them to do things that can trigger a relapse or can hinder the rehabilitation process that is being carried out. Likewise, when facing positive emotional situations, they also tend to enjoy the joy that is felt so that their behavior is less controlled.

Based on this, it is necessary for social workers and addiction counselors at IPWL to provide assistance to KPN when they face situations related to emotional aspects. They tend to use the EFC Emotional Focus Coping strategy, where they tend to follow their feelings and have no desire to ask for help or discuss it with others to find a solution. Therefore they must be accompanied to be able to provide a good response when they face emotional situations, so that

they can choose an effective coping strategy and achieve rehabilitation goals.

Meanwhile, if the situation or problem faced is related to other people, KPN women tend to use the Problem Focus Coping (PFC) coping strategy. They try to find solutions, they try to discuss and ask for help from other people such as social workers, addiction counselors, friends and also family to find solutions. They are also looking for activities that can eliminate the desire to use drugs and stay away from friends who invite them to use drugs. Because the respondents tried to make plans and steps that could distance them from a stressful environment, the respondents also tried to focus on the social rehabilitation that was being carried out so that they could forget their friends' requests to use drugs. This is the selection of good coping strategies so that they can find good solutions to the problems they face. This condition will certainly support the social rehabilitation process that is being carried out.

As we know, Problem Focus Coping (PFC) is an effort aimed at problem solving or doing something to determine the source of pressure by: taking active steps to try to move or avoid pressure or repairing its impact by planning to think of an action strategy to deal with the problem. Apart from that, they also think about how to narrow the problem area so that they can focus on the challenges and threats they are facing. Individuals also carry out self-restraint exercises, seek social support to find means of solving problems as well as moral support, sympathy or understanding..

CONCLUSION

Research on Coping Strategies for female Drug Abuse Victims in facing a High Risk Situation at IPWL in West Java can be concluded as follows:

As many as 32 KPN people (53.3%) who are undergoing social rehabilitation at IPWL use the Problem Focus Coping (PFC) coping strategy when they face high-risk situations that can cause them to reuse. While 28 people (46.7%) used Emotional Focus Coping (EFC) coping strategies when facing various high-risk situations (high risk situations).

The results of the study show that when women face negative emotions, KPN tends to use the EFC coping strategy. This gives an illustration in accordance with the answers to the questions that according to them, there is no need to talk about sadness with other people, when they have a problem, they don't think about what way to do it, it's useless, other people don't need to know about the disappointment that I experienced.

The results of the study show that female KPN tend to prefer Problem Focus Coping (PFC) with a high category in situations involving other people. friends and people who have the potential to cause conflict with them, respondents also try to find activities that can eliminate the desire to use drugs and stay away from friends who invite them to use drugs.

KPN Coping Strategy for women when facing social pressure as many as 40 people (66.7%) in the high category,

18 people in the medium category (30%) and 2 people (3.3%) in the low category use the PFC coping strategy. Meanwhile, 37 people used the EFC coping strategy in the high category (61.7%), 21 people in the medium category (35%) and 2 people in the low category (3.3%). With results like these it can be concluded that they are trying to find activities that can eliminate the desire to use drugs and stay away from friends who invite them to use drugs.

KPN women tend to choose EFC coping strategies when facing positive emotional situations. This gives an illustration according to the answer to the question that they don't really care about their relationships with friends and people in their environment, when they get into trouble, they don't think about what to do, also when they get joy they don't think about sharing it with friends or relatives.

Based on these results it can be concluded that KPN women tend to use Emotional Focus coping (EFC) strategies when faced with emotional situations, both positive and negative. Meanwhile, when dealing with situations related to other people, they tend to use problem focus coping (PFC) strategies.

REFERENCES

- Barker, Robert L. 2013. *The Social Work Dictionary*, 6th Edition. Washington DC: NASW Press.
- Bradizza, Clara M & Stasiewicz, Paul. 2006. *Relapse to Alcohol and Drug Use among Individuals Diagnosed with Co-Occurring Mental Health and Substance Use*. University at Buffalo United States.
- Brown, et al. 1996. *Conduct Disorder among Adolescent Alcohol and Drug Abusers*. San Diego Veterans Affairs Medical Center.
- Edy Karsono. 2004. *Mengenal Kecanduan Narkoba & Minuman Keras*. Bandung: CV. Yrama Widya.
- Goeders, N. E. (2004). *Stress, Motivation, and Drug Addiction*. *Current Directions in Psychological Science*.
- Imani, Z., Sabetimani, M., & Ghojur, K. A. 2011. *Study of the Effectiveness of Cognitive Group Therapy in Relapse Prevention among Substance Abusers*. *Asian Journal of Medical and Pharmaceutical*.
- Irawan Soehartono. 2011. *Metode Penelitian Sosial*. Bandung: PT Remaja Rosdakarya. Jackson,
- Brian R. 2014. *An Overview of the Relapse Prevention (RP) Model*. Breining Institute.
- M. Aipassa. 1999. *Social Casework A Problem Solving Process*. Bandung: Kopma STKS Bandung
- Marlatt, Alan & Donovan, Dennis M. 2007. *Relapse Prevention: Maintenance Strategies in the Treatment of Addictive Behaviors*. New York: Guilford Publications.
- Moh. Nazir. 2013. *Metode Penelitian*. Bogor: Ghalia Indonesia.

- Moleong, Lexy J. 2011. *Metodologi Penelitian Kualitatif*. Bandung: Remaja Rosda Karya.
- Muhammad Idrus. 2007. *Metode Penelitian Ilmu-Ilmu Sosial*. Yogyakarta: UII Press.
- Sanchez-Hervas et al. 2012. *Psychosocial Predictors of Relapse in Cocaine Dependent Patients in Treatment*. Agencia Valenciana de Salud Spain.
- Setiyawati dkk. 2015. *Bahaya Narkoba: Tata Cara Merehabilitasi Pecandu Narkoba Jilid 5*. Jakarta: PT. Tirta Asih Jaya.
- Sinha, Rajita. 2001. *How does Stress Increase Risk of Drug Abuse and Relapse*. *Psychopharmacology*.
- Sugiyono, 2012. *Metode Penelitian kuantitatif, Kualitatif, dan R & D*. Bandung: Alfabeta.
- Suradi dkk. 2015 *Kapasitas Institusi Wajib Lapor dalam Penanganan Korban Penyalahgunaan NAPZA*. Jakarta: P3KS Press.
- Sutopo. 2006, *Metode Penelitian Kualitatif*, Surakarta: UNS Press.
- White, W, & Ali, S. 2010. *Lapse and Relapse: Is it Time for New Language?*. Minnesota.
- Witkiewitz, K., & Marlatt, G.A. 2011. *Therapist is Guide to Evidence-Based Relapse Prevention*. Amsterdam: Elviesier Academic Press.