



Psychological-Spiritual Approach of Caregivers in Drug Rehabilitation at Sabilul Hikmah Polowijen Islamic Boarding School

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ABSTRACT

The drug problem in Indonesia is complex. In the past decade, this problem has become rife. It is proven that the number of drug abusers or addicts is significant, along with the increasing disclosure of drug crime cases that are increasingly diverse in patterns and the more massive the syndicate network. There is a need for prevention and recovery of victims, one of which is by rehabilitation carried out in Islamic boarding schools. The focus to be researched is: 1) the concept of caregiver leadership 2) psycho-spiritual approach in rehabilitation, 3) the impact experienced after rehabilitation. The research uses a qualitative approach with a case study type. The research process is carried out by observing phenomena in the object of research to obtain data by looking for data on informants and documents. Research Results 1) The concept of kiai leadership is collective-collegial, consultative and instructive that rests on the authority and influence of kiai. 2) The rehabilitation process uses psychological and spiritual approaches which include the cultivation of scheduled spiritual / religious values from waking up to sleeping again (congregational prayers, istighosah, recitation, ngaji Kitab and sholawatan). Psychological approach, counseling, mentoring (observation to students starting from the initial assessment of entry, monitoring and follow-up). Then the home visit program is a home visit whose purpose is to strengthen parents or relatives Discussion. 3) Changes in behavior / attitude towards students, This can be seen from the emotional attitude of students who slowly change and also the habits of students who become diligent in worship and cause students' religiosity. Increasing the skills possessed by students, and increasing the social community of students with the surrounding environment.

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INTRODUCTION

Nowadays, there is a mental health crisis that is quite concerning experienced by humans. Moreover, we are entering an era of globalization that requires us to continue to develop. The competition for life in the economic, social and cultural realms in society is getting tighter and difficult for us to prevent. This is what triggers excessive fear, anxiety, and worry in the community. So when a person cannot control the feelings that exist in them and let them go, it is likely that someone will suffer from mental health disorders.

According to an article released by the WHO in commemoration of World Mental Health Day, there are around 3 million people who die per year due to mental disorders, and substance abuse that does not suit the needs of their condition. The peak is during the current pandemic and post-pandemic phenomenon which greatly affects a person's psyche (Kompas, 2023). From the results of a survey conducted by the National Narcotics Agency (BNN) per the last 2 years of 2019-2021, the following graph is produced:

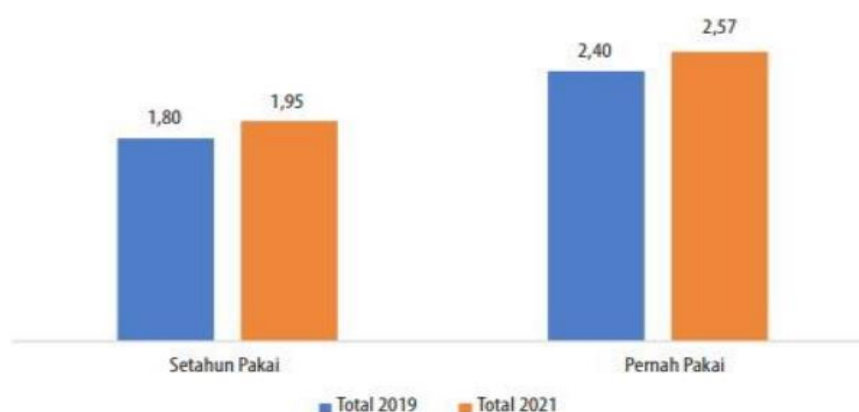


Figure 1. Drug Abuser Prevalence Rate in 2019 and 2021 (Survey BNN 2019-2021)

From the national survey data above, drug abuse continues to increase from year to year, as can be seen from the prevalence of drug abuse which is always increasing (Figure 1). During the 2019-2021 period, the prevalence rate of drug abuse in a year increased by 0.15% from 1.80% in 2019 to 1.95% in 2021 (Irianto, 2021).

The cause of a person's fall into drug abuse according to Libertus Jehani and Antoro (2006) is caused by many factors, both internal and external. Internal Factors, which are factors that come from a person consisting of: personality – if a person's personality is unstable, not good, and easily influenced by others, it is easier to fall into drug abuse; family – if the relationship with the family is not harmonious (broken home), then a person will easily feel hopeless and frustrated; economy – difficulties in finding a job cause the desire to work as a drug dealer. A person who is economically capable enough, but lacks enough attention from his family or enters the wrong environment is more likely to fall into becoming a drug user.

External Factors, which are causative factors that come from outside a person that affect in carrying out an action, in this case drug abuse. External factors themselves include peer and social/community. Peer association has a strong influence on the occurrence of drug abuse, usually starting from following friends, especially for adolescents who have a fairly weak mentality and personality. Social/Community A well-controlled and well-organized community environment will prevent drug abuse, and vice versa if a social environment that tends to be apathetic and does not care about the surrounding environment can cause rampant drug abuse among adolescents.

In this case, the Government of Indonesia drafted and passed the Narcotics Law on September 14, 2009. The new law is Law Number 35 of 2009 concerning Narcotics. The law is an improvement of Law Number 22 of 1997 which is considered to be less deterrent and reduces the level of prevention of drug circulation and abuse. On the other hand, with the existence of the law that has been drafted, it is also necessary to add joint supervision by all elements, not only policy makers but also to the grassroots of the problem.

Previous research related to this research by Zatrachadi et al. (2021), with the title Development of Spiritual Counseling in the Rehabilitation Period for Drug Addicts with the results of research based on the results of interviews which were then paraphrased into written language. The first theme discusses spiritual counseling which is broken down into three sub-themes, namely discussing learning religion, learning to pray, and finally learning to read the Qur'an. Furthermore, the second theme is to discuss the impact of religious programs which are divided into four words that appear, namely being close to Allah, motivating oneself, consistently continuing to worship, and diligently praying. (Fahli, 2021).

Research by Miswanto & Tarya (2017), entitled Implementation of CommunityBased Drug Rehabilitation Programs at the Ar-Rahman Tegal Binangun Drug Rehabilitation Center Palembang, with the results of the study showed that First, the implementation of drug rehabilitation programs went through three stages, namely, the biological-medical, psychotherapy-psychological stage, and the moral-spiritual stage. At the biological-medical stage it includes; detoxify, bath, and cut hair and nails. The psychotherapy-psychological stages include; isolation and motivation, the last stage is the moral-spiritual stage including; basic religious education, congregational prayers, dhikr and reading the Qur'an. (Miswanto & Tarya, 2021).

There are many alternatives that can be chosen to treat victims of drug abuse. The family's approach in treating their family members who experience psychiatric disorders or drug abuse is through religious institutions, in this case Islamic boarding schools have a role as a forum. The fact that is happening today, *pesantren* (Islamic boarding school) is not only a forum for teaching religious knowledge but many other sciences are taught such as entrepreneurship, business, and some even have therapists

in curing drug addicts. It can be said that currently Islamic boarding schools have become modern educational institutions that have a variety of education.

The importance of the role of Islamic boarding schools as a center for education and da'wah of Islamic teachings, all of this is inseparable from the role of caregivers or kyai in providing teaching values to their students. To carry out the program, a leader needs a strategy, or simply the tips that he designs for the continuity of the organization he leads. Leadership is a tool in carrying out the process of organizing, managing in achieving the desired goals in the organization, in this case the role of a leader. In educational institutions, including Islamic boarding schools, the role of a caregiver or kiai is the key to the sustainability of the boarding school. Therefore, a caregiver has characteristics in teaching, mentoring and managing the Islamic boarding school he leads.

The Sabilul Hikmah Polowijen Islamic Boarding School in Malang City is one of the boarding schools that provides coaching and rehabilitation for street children consisting of (drug addicts, buskers, free sex addicts and the like). Then the boarding school is also often a reference for research and also often receives awards by the social service of East Java Province and Malang City as a boarding for street children and drug abusers. Thus, the researcher focuses on several research formulations that he wants to research are: the concept of caregiver leadership; psycho-spiritual approach in drug rehabilitation and street children; and the impact that occurs after rehabilitation at Pondok Sabilul Hikmah Polowijen Malang.

LITERATURE REVIEW

Psychological Approach

Psychology as an approach is an analytical knife used to dissect and describe various problems experienced in human life (Amalia, 2016). Some studies on psychology can be said to be the goals of the psychological approach, including psychoanalysis, behaviorism, and humanistic psychology. Psychoanalysis, is an explanation of the structure of human personality which includes ideas, egos and superegos. Psychoanalysis was first initiated by Sigmund Freud who argued that people can behave because they are driven by their desire to avoid danger or to give them a sense of security (Mansir, 2018). Behaviorism, is a school of behavior that has the view that humans are machines. Human behavior is a form of response to the stimulus of a learning. The discussion is too focused on the aspect of environmental stimulation without respecting the potential and talents possessed naturally by humans (Mansir, 2018). Humanistic psychology, which is a tendency that humans have since birth (Haris, 2018).

The study of psychology above can be the foundation for the purpose of the psychological approach. The purpose is to explain how psychology can be used as a

foundation in Islamic education, including from the perspective of psychoanalysis, behaviorism and humanistic psychology. Psychology, when interpreted in general, is a science that can study various kinds of human behavior or everything related to the human soul. This behavior, when viewed from a broad understanding, is a form of manifestation of life consisting of motor, cognitive, cognitive, and affective aspects

Spiritual Approach

The spiritual approach is an approach that is carried out with a religious, spiritual approach as a form of approach to the creator, carrying out all His commandments, staying away from all His prohibitions to form the best and fearful people from the aspects of clean, holy, noble character and achieving safety and peace of life in this world and the hereafter.

This can also educate a person's soul to always be disciplined and *istiqamah* in doing a practice. This situation is one of the preventive measures and also curative measures for someone infected by liver disease. This training will make a person educate his heart to always think well of Allah SWT. This will prevent him from acting negatively. Steps towards achieving spiritual development consist of performing obligatory worship, increasing sunnah worship, dhikr, reading the Quran and religious books, attending knowledge councils, associating with people with good morals and always discussing with oneself and not swearing about other human beings (Che Bakar, et.al, 2007). In conclusion, the spiritual approach is more about piety and faith (*rabbāniyyah*), purification of the soul (*tazkiyyah alnafṣ*), knowledge and charity in shaping the psychology, character and goodness of a person's personality (Noor Shakirah, 2011).

The description of the results of the above study gives the implication that spiritual therapy is very influential in building a sense of self-acceptance so that patients or students do not feel depressed anymore and regret their fate. In fact, clients will be able to express their feelings to a better life and mental health. The spiritual approach plays an important role in expressing feelings and providing comfort to clients.

METHOD

This research uses a qualitative approach with a case study type. The research process was carried out by observing phenomena in the research object to obtain data on psychological and spiritual approaches to drug rehabilitation and street children by looking for data on informants and documents. There are three things that will be the focus to be researched, namely: the concept of caregiver/kiai leadership, the psycho-spiritual approach in rehabilitation, and the impact experienced after rehabilitation by students. The selection of issues that are used as research problems is the hope of finding solutions to problems in Islamic boarding schools.

Data was obtained through three techniques, namely; observation of activities on the research object; interviews with informants namely kiai, educators or assistants and students by focusing on research problems; and documents are both from the object of research and those that have been published through the official website of the *pesantren*. The research data was obtained from several parties, namely Kiai as the leader of the *pesantren*, the administrators and the students who were selected according to the research objectives.

Data analysis is carried out in a qualitative way, namely reflective thinking. Data analysis was carried out in two stages. The initial stage involves three stages, namely data condensation, data display, and data verification (Miles, Huberman, & Saldaña 2014). The next stage is the interpretation of findings in the field as an effort to understand the meaning obtained from field data.

FINDINGS

The results of this study show that the Sabilul Hikmah Polowijen Islamic Boarding School in Malang has carried out rehabilitation by using the approaches taken by caregivers well by looking at the results of the peeling carried out. Based on data analysis from observations, interviews and documentation, the findings of the case study research are presented in the following table:

Table 1. Findings of the research

No.	Variable	Findings
1	The Concept of Caregiver Leadership	
	Decision	Collective-Collegial Authoritative Together the family makes decisions Have strong authority to take strategic and technical policies. (Kiai is still the main determinant in strategic policy-making).
	Leadership style	Behavioristic behavior theory
	Role and function of Kiai	Based family
2	Spiritual and Psychological Approaches in Rehabilitation	
	Spiritual approach	Instilling scheduled spiritual/religious values from waking up to going back to sleep such as (congregational prayers, <i>istighosah</i> , reciting, reading books and prayers).
	Psychological approach	There is counseling, mentoring (observation starting from the initial assessment, monitoring and follow-up). Then there is a home visit program whose purpose is to strengthen parents or relatives for discussion. Providing briefings, education to families, families, about the environment or others.

3 The Impact of Experienced by Students after Rehabilitation

Changes in behavior/ attitude/physicality towards students	This can be seen from the emotional attitude of the students who are slowly changing and also the habits of the students who become diligent in worship and give rise to the religious attitude of the students. For ex-drug students, after being treated with therapy, they do not experience addiction or addiction that they previously experienced.
Increasing Skills Possessed by Students	These skills can be seen from the programs that have been provided by caregivers, one of which is the skill of making craft creations from wood materials and calligraphy writing
Increasing social interaction between students and the surrounding environment	The involvement of students in the surrounding community, in this program they are given involvement to enter the community such as participating (tahlilan, taking care of the bodies of the deceased, mutual cooperation and activities in the community), this is to shape their society to be better

DISCUSSION

In the discussion of the findings, the research results include: the concept of caregiver leadership; spiritual & psychological approach in rehabilitation; and the impact experienced by students after rehabilitation. Each of which will be discussed through analysis, theory and results of previous research and a research conclusion will be drawn.

Cognitive Aspects

The concept of leadership carried out by caregivers in *pesantren* is collective-collegial, consultative and instructive which rests on the authority and influence of the caregiver who functions as a place of consultation because the caregiver is the owner of the highest authority in decision-making in the *pesantren* environment and has great authority in delegating duties and responsibilities to parties who have the competence and skills to handle technical work.

Based on such a leadership position and concept, it is believed that kiai has an important and strategic role in policy-making related to rehabilitation in Islamic boarding schools. Kiai is the top leader who determines the direction of the development of the *pesantren* organization and culture.

The caregiver himself uses a leadership style with a theory of behavioristic behavior, this can be seen from the way of pinning by manipulating people, in the sense

that guidance is done very carefully and there is no gap that limits between the student and the caregiver so that the approach process becomes warmer and close.

The Role and Function of Kiai, which occurs by looking at the Based family, Alternative models for handling (coaching) street children and drug abusers lead to 3 types of models, namely family base (Coaching model with a familial approach), institutional base and multi-system base (Agustin et al., 2018).

The development of the Salafiyah Sabilul Hikmah Islamic Boarding School is by using a model, namely a family base (a coaching model with a familial approach) and an institutional base type, namely, an empowerment model through the empowerment of social institutions in the community by establishing networking through various institutions, both government institutions and community social institutions.

Spiritual & Psychological Approaches in Rehabilitation

In the rehabilitation process, psychological and spiritual approaches are used, which include the cultivation of spiritual/religious values that are scheduled from waking up to going back to sleep such as (congregational prayers, *istighosah*, reciting, reciting books and prayers). The approach to the spiritual realm makes the cultivation of religiosity in the students, so that with the growth of this it makes the embedded values will become a habit that appears in the behavior of the students.

By building a religious climate or fostering spirituality in Islamic boarding schools, it is hoped that it will be able to educate students to be aware of and appreciate both religion and social. Diligent in worship while exuding honesty and generosity towards others. This is in line with Marzuki's opinion that a good education is education that makes training and habituation a means and method to instill noble character in children (Marzuki, 2015).

In the research by Syarifah Gustiawat, this research focuses on the method of habituating prayer, dhikr and prayer, as the basic concept of mental therapy for drug addicts through a religious approach. This is important to be researched as a solution for a Muslim in overcoming dependence on drugs through Islamic methods (Syarifah, 2015).

The religious element in the therapy of the recovery process of drug abuse victims, is an effort to change the social behavior of adolescents, this is very important to achieve optimal mental healing. In the teachings of Islam, the element of restoration through religious elements will restore and strengthen the confidence of adolescents, towards hope and faith (Abidin, 2010).

Psychological approach, the existence of counseling, mentoring (observation starting from the initial assessment, monitoring and follow-up). Then there is a home

visit program whose purpose is to strengthen parents or relatives for discussion. Providing briefings, education to families, families, about the environment or others.

According to Lubis (2007), Islamic counseling techniques can apply spiritual methods (spiritualism method) and child-centered methods (client-centered method). The spiritual method consists of spiritual practice techniques, establishing affection, and reflecting *al-qudwah al-hasanah*. In the spiritual method, counseling is directed to seek peace of mind by drawing closer to Allah as a source of peace of mind, a source of problem-solving power and a source of healing for mental illness.

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The Impact Experienced by Students after Rehabilitation

The impacts that occur after the social rehabilitation process on students include changes in behavior/attitude/physicality towards students; increasing skills possessed by students; and increasing social interaction between students and the surrounding environment.

First, changes in behavior/attitude/physicality towards students. This can be seen from the emotional attitude of students who are slowly changing and also the habits of students who become diligent in worship and give rise to students' religious attitudes. For ex-drug students, after being treated, they no longer experience addiction or addiction that they previously experienced.



Figure 2. Positive habituation activities (*hadrah/habsy*)

The pattern of habituation to positive things in the religious direction is a form of attention to reduce and even eliminate negative activities that have been carried out

before. Here, too, with the density of detox activities for ex-drug students and street children have a better habituation pattern. The behavioristic approach is an effort to change behavioral deviations by using conditioning or other learning processes. The definition of behavior disorder refers to various forms of abnormalities that are difficult to formulate firmly and precisely. Some formulate abnormality in the static sense, namely that individuals located outside the limit of the normal line on the normal curve are abnormal (Agus Hasbi, 2015). In this research, changes in attitudes or behaviors can be seen from the emotional attitudes of students who slowly change and also the habits of students who become diligent in worship and cause religious attitudes of students.

Second, increasing skills possessed by students. These skills can be seen from the programs that have been provided by caregivers, one of which is the skill of making craft creations from wood and calligraphy writing.



Figure 3. Skills of Students Making Wood Processing

Growing the independence of students is not easy, several factors that affect the independence of students, namely internal factors and external factors. Factors from within are related to a person's mentality and psyche, which is very decisive from this factor is the strength of faith and devotion to Allah SWT. External factors that affect independence are; social, political, economic, and other environments.

Third, increasing social interaction between students and the surrounding environment. in this program they are given involvement to enter the community such as participating (tahlilan, taking care of the deceased's body, mutual cooperation and activities in the community), this is to shape their society to be better. In line with these results, Chabib Ludfiansyah's research resulted in a social relationship formed between students and the surrounding community (Chabib, 2015). Furthermore, the research conducted by Nur Laili Rohmah also discusses the social interaction between students and the community around the pesantren (Agus Hasbi, 2015).

CONCLUSION

First, the concept of kiai leadership in *pesantren* is collective-collegial, consultative and instructive that relies on the authority and influence of the caregiver kiai which functions as a place of consultation because the kiai owns the highest authority in decision-making in the *pesantren* environment and has great authority in delegating duties and responsibilities to those who have the competence and skills to handle technical work.

Second, in the rehabilitation process using psychological and spiritual approaches, which include the cultivation of spiritual/religious values that are scheduled from waking up to going back to sleep such as (congregational prayers, *istighosah*, reciting, reading books and prayers). Psychological approach, the existence of counseling, mentoring (observation to students starting from the initial assessment of entry, monitoring and follow-up). Then there is a home visit program whose purpose is to strengthen parents or relatives for discussion. Providing briefings, education to families, families, about the environment or others.

Third, Changes in behavior/attitude towards students, this can be seen from the emotional attitude of students who are slowly changing and also the habits of students who become diligent in worship and cause religious attitudes of students. Increasing the skills possessed by students, and increasing the social interaction of students with the surrounding environment.

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