



## The Application of Religion as a Method of Drug Rehabilitation for Victims of Drug Abuse at Baitusyifa Rehabilitation Center

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### ABSTRACT

Drugs are a complex problem that needs to be resolved, one of the efforts that can be made is to undergo rehabilitation for drug abusers. Drug rehabilitation centers have different methods to achieve their clients' goals in the healing period. Baitusyifa Rehabilitation Center is one of the rehabilitation centers located in Deli Serdang City, North Sumatra which applies religion as a method of drug rehabilitation. The purpose of this study is to describe the religious methods or efforts applied at Baitusyifa Rehabilitation Center. This research uses a qualitative approach. Data were obtained through interviews, observations, and documentation at the research location. Furthermore, the data was analyzed using descriptive qualitative to answer the effectiveness of the application of religion in handling drug abuse clients. The results showed that the application of religion was very influential on clients at Baitusyifa Rehabilitation Center. Clients feel a change for the better and make habits that are carried out in rehabilitation to life after completing the rehabilitation period. Baitusyifa Rehabilitation Center takes an approach by creating self-awareness through study/recitation, changing habits with worship activities such as prayer and *murojaah*, increasing motivation through reward and punishment models, implementing anonymous letters so that clients evaluate themselves, cupping healing therapy recommended in Islam, and morning exercises to keep clients fit.

**Keywords:** Drug, rehabilitation, Baitusyifa, religion

### ABSTRAK

Narkoba merupakan masalah kompleks yang perlu diselesaikan, salah satu upaya yang dapat dilakukan adalah menjalani rehabilitasi bagi para penyalahguna NAPZA. Panti rehabilitasi NAPZA memiliki metode berbeda-beda untuk mencapai tujuan kliennya dalam masa penyembuhan. Panti Rehabilitasi Baitusyifa merupakan salah satu panti rehabilitasi yang terletak di Kota Deli Serdang, Sumatera Utara yang menerapkan religi sebagai metode rehabilitasi narkoba. Tujuan penelitian ini adalah mendeskripsikan cara atau upaya religi yang diterapkan di Panti Rehabilitasi Baitusyifa. Penelitian ini menggunakan pendekatan kualitatif. Data diperoleh melalui wawancara, observasi, dan dokumentasi di lokasi penelitian. Selanjutnya data dianalisis menggunakan kualitatif deskriptif agar dapat menjawab keefektifan penerapan religi dalam penanganan klien penyalahgunaan NAPZA. Hasil penelitian menunjukkan bahwa penerapan religi sangat berpengaruh terhadap klien di Panti Rehabilitasi Baitusyifa. Klien merasakan perubahan menjadi lebih baik serta menjadikan kebiasaan yang dilakukan di rehabilitasi ke kehidupan setelah selesai masa rehabilitasi. Panti rehabilitasi Baitusyifa melakukan pendekatan dengan menciptakan kesadaran diri melalui kajian/kultum, mengubah kebiasaan dengan kegiatan ibadah seperti sholat dan *murojaah*, meningkatkan motivasi melalui model penghargaan dan hukuman, melaksanakan surat anonym agar klien mengevaluasi diri, terapi penyembuhan bekam yang disarankan dalam agama Islam, serta senam pagi untuk menjaga kebugaran klien.

**Kata kunci:** NAPZA, rehabilitasi, Baitusyifa, religi



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## 1. Introduction

Drug abuse is a social problem that needs to be considered because currently there are more drug users from various ages. Based on BNN data in 2023 drug users in Indonesia amounted to 3.3 million people and had decreased from the previous year which amounted to 3.6 million users [1]. Drugs are Narcotics, Psychotropic Substances, and other Addictive Substances which are a group of drugs, materials, or substances that are not food or drinks that if consumed will affect the work of the body, especially the brain, and can cause addiction. The method of consumption can be drunk, eaten, smoked, swallowed, or injected [2].

Drugs become a social problem because users experience side effects on their bodies both physically and psychologically, which makes users can harm the surrounding people including the family, especially if they have reached the addiction phase. drugs cause addiction which results in the family, community, and the user's educational process and is a threat to the future development of the country [3]. To solve the problem of drug abuse, the effort that can be taken is rehabilitation. Rehabilitation is the process of returning/restoring the user's life for the better, this change is a change in daily activities that are familiarized so that the patient can return to carrying out his social functions. Social rehabilitation aims to train or eliminate the sense of pleasure, comfort, and joy in the brain that comes from drugs and replace it with activities or skills that are useful for the welfare of life. Social rehabilitation is focused on the social environment of both family and community [4].

Drug rehabilitation is carried out individually in the form of counseling and groups to increase the motivation and self-awareness of users to make changes in themselves. The methods often used in drug rehabilitation centers are Therapeutic Community (TC) and Narcotics Anonymous (NA). Based on the location where the researchers conducted the research, one of the drug rehabilitation centers in Deli Serdang City uses religion as a rehabilitation method, this is like combining the two well-known methods, namely TC and NA with religion to recover drug users.

Researchers are interested in this research because rehabilitation centers instill religious values for client recovery and uphold human values during the rehabilitation period. The clients are treated very well and invited to return to the right path according to religion. Through this research, researchers want to reveal the success of the religious approach used by Baitusyifa Rehabilitation Center, Deli Serdang, North Sumatra. The novelty of this research is the method that will be described by the researcher regarding religious values in the drug rehabilitation period.

## 2. Method

This research is a qualitative study with data collection techniques of in-depth interviews, observation, and documentation. Interviews were conducted with addiction counselors, financial administrators, and managers of rehabilitation centers. The research location is BaituSyifa Rehabilitation Center which is located at Jalan Limau Manis No 88, Tanjung Morawa District, Deli Serdang Regency, North Sumatra. The following is a photo of the research location.



Figure 1. Research location, Baitusyifa Rehabilitation Center

Figure 1 shows the research location where researchers conducted observations, interviews and took documentation. The data was then analyzed using descriptive qualitative analysis techniques to be able to explain the success of the application of religion as a method of handling drug rehabilitation.

### 3. Result and Discussion

Baitusyifa Rehabilitation Center is a private rehabilitation center that handles clients who are victims of drug abuse and gambling addiction. This center has a capacity of up to 90 people, but currently the number of clients is 16 people, the majority of whom come from Medan and Pekanbaru. Baitusyifa Center has been established since 2020. The rehabilitation service period is about 3-6 months depending on the severity of the client's case in recovery. Panti Baitusyifa uses a collaboration of the Therapeutic Community method and religion in handling clients to achieve goals. The application of religion to change all the bad effects of drugs or gambling on clients by touching the "*qalbu*" or hearts of the clients.

The stages carried out by the Baitusyifa Rehabilitation Center are:

1. Initial Acceptance (Intake), at this stage clients come through various ways, some are the result of their own will, forced by family, or because they are arrested.
2. Screening, a brief procedure used to determine the possibility of a problem or substance use that requires further treatment. Baitusyifa Center uses the Assist (Alcohol, Smoking, and Substance Involvement Screening Test) as a screening method.
3. Stabilization, at this stage the client will first eliminate the use of substances often said to be the stage of disconnection of substances so that they can be assessed. Usually done for 2 weeks. The manuscript structure was refers to the standard structure of the body as follow:



Figure 2. Stabilization room of Baitusyifa Rehabilitation Centre

Figure 2 shows the stabilization room to accommodate clients who need to undergo the substance withdrawal process, this room is where they stay for approximately 2 weeks. Clients' activities during the stabilization period are only mandatory activities such as eating, sleeping, and toileting.

4. Assessment, assessment is done so that the addiction counselor and the client establish a relationship of trust and get to know more about the client's problems, strengths, and weaknesses.
5. Therapy Plan, at this stage Baitusyifa Rehabilitation Center implements a discussion process with the client and listens first to what the client thinks is the best way to achieve goals while in rehabilitation. This discussion process is very good because it increases client confidence and motivation. In the intervention process, clients are invited to overcome problems and develop [5].
6. Implementation of the intervention, after knowing the problems experienced by the client, he will carry out the plan that has been agreed with the addiction counselor. Baitusyifa Rehabilitation carries out rehabilitation on an inpatient basis by providing very comfortable facilities in the form of rooms with air conditioning, and rooms occupied by 4-6 people with bunk beds. Meals are also prepared for breakfast, lunch, and dinner. In addition, there are TV facilities for leisure time and cupping services.



Figure 3. Client's room

Figure 3 is the client's room during the rehabilitation period at Baitusyifa Rehabilitation Center. This room can be said to be very comfortable with complete facilities and cleanliness. The method used in Baitusyifa Rehabilitation Center is Therapeutic Community (TC) where people who have the same problems and goals are gathered in one place, but several religious values are included in the implementation of TC, namely by providing studies or recitation to open new views for clients who are living together. In addition, a habit that is greatly changed at Baitusyifa Rehabilitation Center is to carry out the 5 daily prayers and *murojaah* Al-Qur'an.

Figure 4. *murojaah* Al-Qur'an

Figure 4 shows the Qur'anic *murojaah* activity carried out at Baitusyifa Rehabilitation Center. This activity is routinely carried out to change bad habits for the better, besides that the Qur'anic *murojaah* also aims to increase the client's faith.

7. Evaluation, this evaluation process is carried out by inviting the client to discuss again after undergoing rehabilitation, how the client feels the changes. Evaluation in rehabilitation programs is very important to see the success and obstacles of the interventions implemented so that improvements can be made or other alternatives tried [6]. If the client still does not feel comfortable for 1 month, it is normal, especially if he entered because of family coercion or was caught. Evaluations will continue to be carried out every month to see the client's progress. Baitusyifa Rehabilitation Center has a way of appreciating and punish humanely to get better if there are clients who are getting better or rebellious.
  8. Termination, if the client is deemed to have completed the 3-6month rehabilitation period and provided changes and developments for the better, then the client and rehabilitation contract has been completed. If the client experiences a relapse after leaving the rehabilitation center, they will usually contact the rehabilitation center again, if it is too severe, it will be handled by the institution again.
- Baitusyifa rehabilitation center has several activities that are very influential on client development during the rehabilitation period:

#### *Morning studies and wisdom*

Morning studies and wisdom are carried out every day, morning wisdom is carried out at 05.30-05.45 WIB,



and studies are carried out at 10.00-11.00 WIB. The study will be given material by Ustadz to further open the clients' views on the mistakes that have been made and how to change for the better because the things pursued are not only the world but the hereafter and all mistakes will always be forgiven by the Almighty if there is a desire to repent.



Figure 5. Study/recitation activity

Figure 5 shows the study/recitation activities conducted by Baitusyifa Rehabilitation Center. The content of this study is in the form of material to further open the views and religious knowledge of the clients.

Based on an interview conducted by the researcher with one of the clients at the Baitusyifa Rehabilitation Center, he said that *“When I entered, I refused because I was forced by my family, but after hearing the study I began to realize that maybe my parents wanted me to change and love me so I was put here”*. This shows that Baitusyifa Rehabilitation Center conducts self-awareness therapy through studies by applying religious values to its clients. The ability to overcome problems can be achieved by drug addicts if they have self-awareness, through self-awareness they can understand themselves well, make decisions, and understand feelings, and emotions [7]. Every day the material given is different, when the researchers observed the material on that day were *“2 things that must be maintained, time and heart”*. This material will be written on the activity board so that clients continue to remember.

No	Waktu	Kegiatan
1	04.45 - 05.00	Wake Up Call
2	05.00 - 05.30	Subuh Prayer & Dhuhr Prayer - Baitu Al-Qur'an
3	05.30 - 06.45	Hikmah Pagi
4	06.45 - 07.15	Seman Pagi / Olahraga
5	07.15 - 07.45	Puncak (Persh Bersih)
6	07.45 - 08.15	Wajah Up (Mandi)
7	08.15 - 08.45	Sampun
8	08.45 - 09.00	Sholat Dhuha - Baitu Al-Qur'an
9	09.00 - 10.00	Murojaah
10	10.00 - 11.00	Kajian / Materi
11	11.00 - 12.15	Free Time
12	12.15 - 13.00	Dhuhr Prayer - Baitu Al-Qur'an
13	13.00 - 15.30	Makan Sore
14	15.30 - 16.30	Siswa / Diklat (Tutor Saling)
15	16.30 - 17.45	Kajian / Materi
16	17.45 - 18.30	Asar Prayer & Dhuhr Prayer - Baitu Al-Qur'an
17	18.30 - 19.30	Puncak
18	19.30 - 19.45	Wajah Up (Mandi)
19	19.45 - 20.00	Majlis Prayer - Baitu Al-Qur'an
20	20.00 - 20.45	Makan Malam
21	20.45 - 21.30	Tiga Prayer - Baitu Al-Qur'an
22	21.30 - 22.00	Musyawarah Malam - Free Time
23	22.00	Closing House

Figure 6: Activity Board of Baitusyifa Rehabilitation Center

Figure 6 shows the activity board that will be followed by clients during their rehabilitation period at Baitusyifa center. Each client must comply with the rules and schedules to be said to have completed the rehabilitation period.

### Performing Prayers

Due to the stronghold of religion, the most important and mandatory thing for clients to do during the rehabilitation period at Baitusyifa is to pray 5 times. Carrying out a good daily life every day will change a person's personality and habits without him realizing it. Through prayer, Baitusyifa Rehabilitation Center carries out the rehabilitation goal of changing bad habits for the better.

Based on an interview conducted by the researcher with one of the clients, he said that *“The thing that is very influential while here is prayer, I used to never pray at all, when I entered here every day I woke up at 05.00 WIB for morning prayers”*. This shows that the client's habits have been successfully changed during the rehabilitation period and it is hoped that this will become an unconscious habit for the client after he leaves the rehabilitation period.

Through this religious approach, the client is also instilled with the thought that God knows everything he does. Following the words of one of the addiction counselors we interviewed, *“If they understand religion, they know that God can see what they do even though they have left this institution, so if they want to relapse or try again they think again”*. According to the addiction counselor, the clients who relapse will usually immediately call for advice or even ask to be rehabilitated again.

#### *Motivating the client*

In carrying out rehabilitation, it is very important to build client motivation. What Baitusyifa Rehabilitation Center does is give prizes to the most diligent or well-behaved clients every week. Students will be motivated, make progress, and behave well if education is carried out with a reward pattern, this good behavior will become a role model for their surrounding friends [8].

Successful clients will be given a prize in the form of snacks or food from outside that they want, besides that his name will be written on the activity board with the title TOTW (Teladan of The Week). As for clients who make trouble or blow up will usually be made a roois (chairman/chief) so that they feel responsible. the punishment given aims to prevent the person from breaking the rules and a sense of deterrence to repeat [9]. If there are no clients who make trouble/insubordination, it will be given to clients who are deemed capable of carrying out these tasks. This is very good because it will increase motivation and develop their abilities during the rehabilitation period, the small appreciation given creates great motivation in individual clients.

#### *Anonymized Letter*

Every week, during the Night Deliberation activity, an anonymous letter will be written about the good and bad of the client so that he can evaluate himself without involving feelings. This is very similar to the Narcotics Anonymous (NA) method. Narcotics Anonymous (NA) helps clients realize and understand addiction and what is happening within them, this method helps them reflect and look within themselves and realize that recovery is done by themselves [10].

#### *Cupping therapy*

Cupping therapy is one of the services provided at Baitusyifa Rehabilitation Center. This cupping therapy is believed to have various benefits and has been recommended by the Prophet as a healing method. This is a consideration for Baitusyifa Rehabilitation Center to provide cupping therapy services.



Figure7. Cupping

Figure 7 shows cupping activities carried out at Baitusyifa Rehabilitation Center. Clients are provided with cupping services. *Hijamah* therapy often known as cupping is a healing method by injuring the surface of the skin with a needle and then suctioning using a vacuumed cup, cupping therapy aims to remove toxin substances that are not excreted by the body [11]. Cupping has benefits in healing to remove toxic substances in the body. Cupping is a healing method that has existed since the time of the prophet Muhammad and its

recommended by the apostle based on several hadiths. Metabolism will be unbalanced if there is a disturbance in the body's tissues, the human body is a physical medium for delivering energy, and if the tissue is not functioning properly, the body will feel uncomfortable. One way to cure it is cupping, cupping is believed to have many benefits, one of which is to clean the blood from food waste toxins and can increase the activity of the spinal cord [12].

### *Morning Gymnastics*

Morning exercise is a light exercise that consists of several structured movements. This movement helps relieve muscles and can be an effort for a healthy lifestyle. Health comes from a healthy lifestyle with a long-term commitment and consistency to maintain and do several things to have an impact on health through body functions supported by exercise [13].



Figure 8. Morning Gymnastics

Figure 8 shows the morning gymnastics activities that are routinely carried out at Baitusyifa Rehabilitation Center as an exercise for clients to make their bodies fitter. Raising awareness of the importance of a healthy lifestyle and the desire to exercise is carried out by Baitusyifa Rehabilitation Center through morning exercises. drugs cause various diseases, especially the cognitive function of the brain, one of the efforts that can be made is to maintain the fitness of drug abusers. This awareness of the importance of exercise must be instilled through exercise routines [14].

Based on the results of the study, awareness and motivation are the main keys to achieving goals during drug rehabilitation. Self-awareness for clients who are victims of drug abuse is formed so that they can control and develop themselves for the better. Self-awareness is a person's ability to observe and distinguish himself from others [15]. A form of self-awareness is when an individual can understand himself, recognize himself, recognize himself, analyze himself and be able to express himself to others [16].

Self-awareness makes a person have time management and brings out leadership traits. A person who has self-awareness will realize that time is very valuable because of that his life will be filled with good time management. In drug rehabilitation centers, the first step to changing client habits is to teach discipline and time management, this will increase client self-awareness. Time management is a must for every human being to make the best use of [17]. To do time management, an individual must set goals, prioritize and schedule, be assertive, assertive, not procrastinate, and control time so that no time is wasted [18]. Self-awareness also makes a client more careful after leaving rehabilitation because he has been able to recognize himself, and make decisions when experiencing problems in his life. Based on the theory of self-awareness, self-awareness and leadership have a continuum that can be developed through practical reflectivity, this condition is described as questioning an individual's self before he acts and considers decisions based on experience [19].

Self-awareness is formed in clients so that they have a desire for a good life after leaving rehabilitation. Self-awareness is formed by time management, understanding the importance of good behavior to maintain social relationships with family and society, maintaining physical and mental health, and keeping yourself from making the same mistakes. Self-awareness in life that is very important is self-awareness to obey policies so as not to violate the rules and damage oneself, self-awareness to maintain self-resistance from loneliness and frustration so that an individual realizes the importance of social life and the environment, and finally self-awareness to adopt a healthy lifestyle to keep the body healthy and fit [20].

To realize self-awareness, motivation is needed to undergo the rehabilitation period well, especially in the

learning provided during the rehabilitation period. In learning activities, motivation is something that needs to be raised [21]. motivation is an important factor that influences learning. Motivation arises in humans with the presence of support or other elements. To achieve goals, motivation plays an important role in human endeavors [22]. If a client already has the motivation to change for the better within himself, the goals that addiction counselors and clients want to achieve will be more easily realized.

#### 4. Conclusion

Baitusyifa Rehabilitation Center successfully applies religion as a method of handling drug abuse, combining it with the Therapeutic Community (TC) method. The activities provided instill Islamic religious values into the hearts of clients to create self-awareness and are supported by activities and treatments that increase client motivation to change for the better. To deal with drug problems, rehabilitation is the best choice to help recovery. Baitusyifa Rehabilitation Center highly upholds humanity, therefore the activities carried out are very normal and equipped with facilities that make clients comfortable in undergoing rehabilitation. The brotherhood of the clients also familiarizes them with social relationships before returning to the social life of the community. The training of responsibility to undergo all activities properly and the drastically changed habits are expected to be carried by the client when he has finished his rehabilitation.

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