

# The Effectiveness of the Rehabilitation of Islamic Boarding Schools Responsibilities as a Method of Healing of Drug Abuser

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Article	Abstract.
<p>Keywords: Islamic Boarding School; Narcotics; Rehabilitation.</p> <p>Article History Received: 2022-01-01; Reviewed: 2022-06-14; Accepted: 2022-06-16; Published: 2022-06-30.</p> <p>DOI: <a href="http://dx.doi.org/10.30659/jdh.v5i2.19310">http://dx.doi.org/10.30659/jdh.v5i2.19310</a></p>	<p>This research aims to know about rehabilitation, narcotics addicts and narcotics abusers who are proven victims are required to undergo and carry out medical rehabilitation or undergo social rehabilitation. In terms of social rehabilitation, Article 57 of Act No. 35 of 2009 states that "other than through medical treatment and/or rehabilitation, the healing of narcotics addicts can be carried out by government agencies or the community through religious and traditional approaches". The approach used in this research is normative juridical or library law research or doctrinal legal research. Generating Religious Awareness is a process rather than the accumulation of all life experiences which are recognized as reflections of philosophy and outlook on life, thus presenting positive values. Nashori mentions that the state of consciousness is a process of maturation resulting from the development of religious character and continued as a spiritual journey. The awareness process used is termed in the Tarekat Qodiriyah Naqsyabandiyah (TQN) as Tazkiyatun Nafsi or cleansing the soul from various diseases or impurities of the heart, such as: stingy, ambitious, jealous, stupid, hedonistic, and various other despicable morals. Pondok Pesantren not only intends to awaken victims of narcotics abuse, but by using the method of Islamic teachings or religious therapy for the healing process or rehabilitation for patients or victims of narcotics abusers. There are several obstacles faced in rehabilitation activities in Islamic boarding schools for narcotics abusers, including:</p>

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## 1. Introduction

The legal basis that forms the basis of legal footing in Indonesia is Article 1 paragraph (3) of the 1945 Constitution of the Republic of Indonesia which states "The State of Indonesia is a state of law", this shows that the 1945 Constitution is the basis for all regulations legislation in Indonesia.<sup>1</sup>As a state of law, Indonesia directs the development of its national law to protect the rights of citizens to achieve justice and guarantee the rule of law and equality before the law for every citizen. The purpose of the founding of the Indonesian state is contained in the preamble of the fourth paragraph of the 1945 Constitution as follows: "To protect the entire Indonesian nation and the entire homeland of Indonesia; promote the general welfare; enrich the life of a nation; participate in carrying out world order based on freedom, eternal peace and social justice.

<sup>1</sup>Moh. Mahfud MD, (2017), *Politi Hukum di Indonesia*, Rajawali Pers, Jakarta, p. 375-377.

Basically the circulation of narcotics in Indonesia is very wide. Act No. 35 of 2009 concerning Narcotics has given different treatment for narcotics abusers. Narcotics users or addicts as perpetrators of narcotics crimes are sentenced to imprisonment for narcotics abusers. Besides that, it can be said that narcotics addicts are victims, it is shown by the provision that narcotics addicts can be sentenced to rehabilitation.<sup>2</sup>

Law enforcement against crimes in Indonesia, especially in sentencing, should refer to a normative approach that is punishing criminals so that it can create a deterrent effect. The existence of law enforcement in terms of the vision and mission of law enforcement, both at the level of investigators, prosecutors to court levels, should have the same presence according to the demands of law and public justice.<sup>3</sup>

Currently, narcotics abuse in Indonesia is very rampant. This can be seen from the increasing number of Narcotics users from all walks of life and the increasing circulation of Narcotics. However, what is more worrying is that the current abuse of Narcotics is actually mostly from teenagers and young people, namely students. Even though they are the next generation of the nation who will later become the leaders of this beloved country. What will happen to this country in the future, with increasingly severe challenges and fierce competition, if the current generation has damaged itself by using narcotics.

Narcotics is an acronym for narcotics, psychotropics and other addictive substances (drugs), in general Narcotics are chemical substances which when inserted into the body either orally (drunked, smoked, inhaled and aspirated) or injected, can affect thoughts, moods, feelings and behavior of a person, this can cause disturbances in social conditions which are characterized by negative indications, long usage time and excessive use.<sup>4</sup>According to medical pharmacology, narcotics are drugs that can eliminate (especially) pain originating from the visceral area and can cause stupor (confused, still conscious and still need to be bullied) and addiction.<sup>5</sup>

With regard to rehabilitation, narcotics addicts and narcotics abusers who are proven victims are required to undergo and carry out medical rehabilitation or undergo social rehabilitation. In terms of social rehabilitation, Article 57 of Act No. 35 of 2009 states that "other than through medical treatment and/or rehabilitation, the healing of narcotics addicts can be carried out by government agencies or the community through religious and traditional approaches".

Efforts to eradicate and even just to reduce the level of narcotics abuse have been carried out and recommended by various parties. The Indonesian government has established the National Narcotics Agency, plus non-governmental organizations that are directly involved in both prevention and treatment and rehabilitation efforts. The pattern of rehabilitation carried out at Islamic Boarding Schools (PP) is different from

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<sup>2</sup>Andri Winjaya Laksana, Pelaksanaan Pemeriksaan Terhadap Pelaku Penyalahguna Narkotika Dengan Sistem Rehabilitasi di Badan Nasional Narkotika Propinsi Jawa Tengah, *Jurnal Pembaharuan Hukum*, Volume III No. 2 May - August 2016, p.253-263

<sup>3</sup>Siswanto Sunarsono, (2004), *Penegakan Hukum Psikotropika Dalam Kajian Sosiologi Hukum*, Grafindo, Jakarta, p. 7

<sup>4</sup>Lumban Tobing, (2007), *"Serba-Serbi Narkotika"*, Skripsi. Universitas Indonesia Fakultas Kedokteran, Jakarta, p.2

<sup>5</sup>Wijaya A.W. (2011), *"Masalah Kenalakan Remaja dan Penyalagunaan Narkotika"*, Armico, Bandung, 2011, p.145.

other narcotics abuser rehabilitation institutions, that the method used in dealing with narcotics abusers (addicts) does not use drugs in the context of healing, but through a religious approach (*sufism*) by using the practice of *tariqah*, namely through bathing repentance, prayer, *dhikr*, and spiritual showers.

For the sake of rehabilitation, Islamic boarding schools usually design a special form of *Sufism*-based curriculum as a healing method in an effort to carry out social rehabilitation for narcotics abuse. An example of a boarding school that has designed a *Sufism* curriculum is the Inabah Suryalaya Islamic Boarding School as a well-known social service place for Narcotics addicts who carry out *amaliyah* /activities to deal with Narcotics addicts as a healing method that is carried out.<sup>6</sup>

In addition, there is also a social rehabilitation practice organized by PP Nurul Hikmah which has received approval from the Ministry of Social Affairs and has even collaborated with the Banyumas Regency BNN. This is done in order to carry out the mandate of the law which requires BNN to involve the community's active role in eradicating illicit narcotics trafficking and efforts to cure (rehabilitate) victims of narcotics trafficking. According to the laws and regulations, Narcotics Abusers who use Narcotics for themselves and also narcotics addicts are victims of narcotics illicit traffic, so they must be treated from a health perspective, not only from a criminal law perspective. Of course, there will be several parameters according to applicable regulations.<sup>7</sup>

Caputo said that expectations of change and recovery in the Narcotics rehabilitation process are also influenced by the motivation when you first enter or when you are about to start rehabilitation, mental quality of life during rehabilitation, and the duration of rehabilitation time are also among those that have the potential to affect treatment retention and the success of rehabilitation in the long term.<sup>8</sup> This factor is something that we have to think about in relation to the problem of mental recovery of narcotics abusers, because punishing narcotics abusers is not a solution but this action will only aggravate the mentality of abusers, because basically narcotics abusers are sick people so it is not wise to send sick people are gathered with criminals. Based on the various views that exist, it is necessary to study more deeply regarding "The Effectiveness of Islamic Boarding School Rehabilitation as a Method of Healing Narcotics Abusers".

Based on the above background, we formulate the problem formulation in our research, the formulation of the problem include: How is the effectiveness of *Pesantren* rehabilitation as a method of healing narcotics abusers? and What are the obstacles and solutions in the rehabilitation of *Pesantren* as a method of healing narcotics abusers?

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<sup>6</sup>Wibhawa, B., Apsari, N. C., Taftazani, B. M., Santoso, M. B., & Krisnani, H, The Management of Faith-Based Rehabilitation Organization: The Case of Pondok Inabah, *Review of Integrative Business and Economics Research*, Vol 8 No 3, 2019, p. 93-101.

<sup>7</sup>Vivi Ariyanti,\* Bani Syarif Maula, Rehabilitasi Berbasis Pesantren bagi Penyalahguna Narkotika sebagai Bentuk Perlindungan Hukum, *Komunika: Jurnal Dakwah dan Komunikasi*, Vol. 14, No. 2, October 2020, p.259-282

<sup>8</sup>Caputo, The Experience of Therapeutic Community: Emotional and Motivational Dynamics of People with Drug Addiction Following Rehabilitation, *International Journal of Mental Health and Addiction*, Vol. 17, 2019, p. 151-165

## 2. Research Methods

The approach used in this research is normative juridical or library law research or doctrinal legal research, namely legal research by examining library materials and secondary materials.<sup>9</sup> According to Peter Mahmud Marzuki, normative legal research is a process to find a rule of law, legal principles, and legal doctrines in order to answer the legal issues faced.<sup>10</sup>

## 3. Results and Discussion

### 3.1. The Effectiveness of Islamic Boarding School Rehabilitation as a Method of Healing Narcotics Abusers

The crime of abuse of narcotics is the use of narcotics which is carried out with the intention not for treatment, but to enjoy its effects, in excessive amounts that are irregular, and last long enough to cause disruption of the physical, mental and social life of those who use them.<sup>11</sup>

Healing Narcotics addicts takes a lot of time and also takes a lot of energy and thought. There is a need for knowledge, expertise, and also high enough patience in dealing with narcotics addicts. Healing Narcotics sufferers can be done in various and different ways, such as using the spirituality of religious preaching and love. There was a time when the method of religious spirituality was effective enough to cure Narcotics sufferers, but there was a time when they were not able to cure Narcotics sufferers. There may even be cases when the method of religious spirituality is forcibly applied to sufferers, it actually makes the sufferer worse and more and more into the abyss of Narcotics. There are also many Narcotics sufferers who actually fight when they are always blamed and cornered.<sup>12</sup>

Treating diseases caused by mental disorders, in this case Narcotics addicts are also included, experts usually use certain techniques to find the causes of the disorder. For example, hypnosis techniques, suggestions, psychoanalysis and others. Meanwhile, Imam Syafi'i Mufid, by following Al-Ghazali's theory, provides an alternative how to treat oneself from mental disorders, namely: "The first thing that must be done is *muhasabah*, namely: examine their own daily behavior that is the cause and source of anxiety.<sup>13</sup>

Rehabilitation for narcotics addicts is a treatment process to free addicts from dependence, and the period of undergoing rehabilitation is calculated as a period of serving a sentence. The purpose of sentencing in the implementation of this rehabilitation is treatment (treatment) and rehabilitation (improvement), which is more concerned with giving punishment to the perpetrators of crimes not on their actions. So that the purpose of legal benefits for addicts in narcotics crimes can be achieved.

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<sup>9</sup>Soerjono Soekanto & Sri Mamudji, (2003), *Penelitian Hukum Normatif : Suatu Tinjauan Singkat*, PT. Jakarta :Raja Grafindo Persada, 2003, p. 13.

<sup>10</sup>Peter Mahmud Marzuki, (2010), *Penelitian Hukum*, Jakarta.; Kencana Prenada, p 35

<sup>11</sup>Komang Ayu Hariwang, Implementasi Proses Rehabilitasi Terhadap Penyalahguna Narkotika di Panti Rehabilitasi Yayasan Anargya Bali, *Jurnal Analogi Hukum*, Volume 1, No. 3, 2019, p. 271-276

<sup>12</sup>Nurdin Bakri, Efektifitas Rehabilitasi Pecandu Narkotika Melalui Terapi Islami Di Badan Narkotika Nasional (Bnn) Banda Aceh, *Jurnal Psikoislamedia*, Volume 2, No. 1, 2017, p. 86-95

<sup>13</sup>Dadang Hawari, (2008), *Al-qur'an Ilmu Kedokteran Jiwa dan Kesehatan Jiwa*, Rineka Cipta, Bandung, p. 223.

Rehabilitation arrangements for narcotics addicts show that there is a criminal law policy that aims to prevent narcotics abusers and addicts from abusing narcotics. Rehabilitation efforts are an appropriate alternative to punishment for narcotics addicts,<sup>14</sup>

In the General Provisions of Act No. 35 of 2009 concerning Narcotics, rehabilitation is divided into two types, which include:

- Medical Rehabilitation is a process of integrated treatment activities to free addicts from drug dependence. Medical rehabilitation for narcotics addicts can be carried out in hospitals appointed by the minister of health. These are hospitals that are run by the government and by the community. In addition to treatment or care through medical rehabilitation, the healing process for narcotics addicts can be carried out by the community through religious and traditional approaches.
- Social Rehabilitation is a process of integrated recovery activities both physically, mentally and socially so that former narcotics addicts can return to carrying out social functions in community life. What is meant by ex-narcotics addicts here are people who have recovered from dependence on narcotics physically and psychologically. Social rehabilitation of ex-narcotics addicts can be carried out at social rehabilitation institutions appointed by the Minister of Social Affairs. Namely social rehabilitation institutions organized by both the government and the community. This rehabilitation action is a repressive response, namely the response that is carried out after the occurrence of a crime, in this case narcotics, in the form of coaching or treating narcotics users.<sup>15</sup>

One form of social rehabilitation is through a religious approach through *Pesantren* education. The rehabilitation carried out by *Pesantren* aims to improve the mentality of victims of narcotics abuse so that they can be useful and accepted by the wider community.

In daily activities the emphasis is on aspects of religious implementation and experience in order to strengthen the spiritual fortress of ex-narcotics to fulfill their insights and treasures so that they can use the potential of their feelings and thoughts to analyze every problem, especially aspects of narcotics abuse.

Awareness is a condition of knowing, willing and understanding oneself. Awareness is a complete understanding of one's identity that provides the widest possible space to act and behave in accordance with one's inherent abilities and limits. One form of this awareness is related to religious awareness, a condition that understands, understands, appreciates, and implements all religious teachings correctly and consistently in their daily activities. Awakening Religious Awareness is a process rather than the accumulation of all life experiences which are recognized as a reflection of philosophy and outlook on life, thus presenting positive values.<sup>16</sup>

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<sup>14</sup>Yuliana Yuli W , Upaya Rehabilitasi Terhadap Pecandu Narkotika Dalam Perspektif Hukum Pidana, *ADIL: Jurnal Hukum* Vol.10 No.1 , 2019, p.137-149

<sup>15</sup>Ibid, p. 139

<sup>16</sup>Nelvitia Purba, Penerapan Penyembuhan Bagi Pecandu Narkotika Dengan Membangkitkan Kesadaran Agama Melalui Pembetulan Nilai Pendidikan Ibadah, Akidah , Dan Akhlak Di Yayasan Rehabilitasi Rumah Ummi Sunggal, *Amaliah: Jurnal Pengabdian Kepada Masyarakat* Volume 3 No. 2, 2019, p. 384-389.

The awareness process used is termed in the *Tarekat Qodiriyah Naqsyabandiyah* (TQN) as *Tazkiyatun Nafsi* or cleansing the soul from various diseases or impurities of the heart, such as: stingy, ambitious, jealous, stupid, hedonistic, and various other despicable morals. These various despicable morals are a source of moral and personal damage to a person, which in turn can damage the soul (psychic), even the physical of a human being (soma), so that the term psychosomatic disease appears. It is precisely the sign that has been emphasized by the Messenger of Allah that the soul and body (physical) have a close relationship in realizing the health of a human being.

The self-awareness method in *Tarekat Qodiriyah Naqsyabandiyah* (TQN) uses a Sufistic approach by getting closer to Allah, increasing worship to Him, and filling as much of the realm of human consciousness as possible with the names or names of Allah, and distancing oneself from the impulses and tendencies of the lower soul. The tendency of the lower souls (*nafsu ammarah* and *nafsu lawwamah*) which is materialistic, and hedonistic, is cleaned up in an effort to become self-aware so that its influence can be overcome. The lust of anger has negative symptoms in the form of miserliness, ambition, envy, stubbornness, hedonistic, arrogant, and angry. Meanwhile, the *nafsu lawwamah* has nine kinds of symptoms, namely: likes to criticize, likes to follow one's lust, manipulates, is proud of oneself, likes to gossip, can't do justice, a liar,<sup>17</sup>

Some of the practices in the Shatariyyah congregation that are used in the context of spiritual education for drug addicts are as follows: Repentance begins with repentance, namely acknowledging, regretting, and committing not to repeat mistakes again; Manaqib reading; Chanting prayers; Pray; *Tassawwur al-Shaikh and Riyadah*.<sup>18</sup>

*Pondok Pesantren* not only intends to awaken victims of narcotics abuse, but by using the method of Islamic teachings or religious therapy for the healing process or rehabilitation for patients or victims of narcotics abusers as described above, in fact it is a habit that has been applied as well. for students, such as bathing or ablution, *dhikr*, five daily obligatory prayers, *tahajjud* or *qiyamullail* prayers, and voluntary fasting on Mondays and Thursdays. Now the habits of the Islamic boarding school are expected to provide scientific treasures and become a habit for Muslims in general, especially for victims of narcotics abuse.

In the process of rehabilitating drug addicted patients in Islamic boarding schools, patients will receive follow-up, in this case an effort to monitor patients while increasing the patient's motivation after the rehabilitation process at the Islamic boarding school is over. Most of the perpetrators of narcotics abuse who come for rehabilitation at Islamic boarding schools can be said to be able to fully recover from drug addiction.

The result of rehabilitation is the emergence of awareness to stop taking drugs, this can be seen from the statements of patients who are undergoing the rehabilitation process and patients who have left the Islamic boarding school; There is a change in the patient's behavior and mental for the better; The emergence of obedience in worship, such as prayer, *dhikr* and reading the Qur'an.

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<sup>17</sup>Aji Khojinatul Asror, Rehabilitasi Korban Penyalahgunaan Narkoba melalui Terapi Religius di Yayasan Serba Bakti Pondok Pesantren Suryalaya Inabah XIV Garut, *Irsyad : Jurnal Bimbingan, Penyuluhan, Konseling, dan Psikoterapi Islam* Volume 5, No. 1, 2017, p.21-38

<sup>18</sup>Fathur Rohman , Pendidikan Spiritual Berbasis Tarekat Bagi Pecandu Narkoba, *Jurnal Pendidikan Agama Islam (Journal of Islamic Education Studies)* Volume 5 No. 2, 2017, p.162-180

### 3.2. Barriers and Solutions in Islamic Boarding School Rehabilitation as a Method of Healing Narcotics Abusers

In rehabilitation activities at Islamic boarding schools against abusers. There are several obstacles faced by narcotics drugs, including:

- Lack of Human Resources in the implementation of the therapy process. The lack of human resources has an impact on the instability of performance in the program. Where this can be seen from the handling of students who are in a state of shock or unconsciousness.
- Lack of awareness from the community and family  
Lack of attention from family or parents is one of the obstacles in raising awareness. Likewise, the lack of awareness from the community about the importance of rehabilitation through a spiritual approach.
- The lack of places or boarding schools  
The increasing number of perpetrators of drug abuse is not balanced with the number of Islamic boarding schools that exist today. Not to mention that the facilities in the *Pesantren* are minimal and improvised, which hampers the rehabilitation process for narcotics abuse patients.
- The user has a severe illness,  
Usually the users who come in are already in severe condition, both diseases caused by narcotics use and congenital diseases such as heart disease, diabetes, etc.
- The negative influence from the environment and from the boarding school itself, because in the *Pesantren* there are not only rehabilitation patients but there are many students from outside the area who sometimes have a negative influence on rehabilitation patients.

From some of the descriptions above, it can be concluded that several solutions to prevent/minimize the occurrence of obstacles in the rehabilitation process for narcotics abusers in Islamic boarding schools, namely: Adding boarding school educators so that all patients can be served properly, improving boarding school facilities and facilities to facilitate patients in the healing process, often provide counseling and socialization related to the dangers of narcotics abuse to the community, and in the *Pesantren* environment more supervision and guidance should be carried out to students or patients so that negative influences are not easily spread within the *Pesantren* environment.

## 4. Conclusion

Some of the practices in the Shatariyyah congregation that are used in the context of spiritual education for drug addicts are as follows: Repentance begins with repentance, namely acknowledging, regretting, and committing not to repeat mistakes again; *Manaqib* reading; Chanting prayers; Pray; *Tassawwur al-Shaikh and Riyadah*. In the process of rehabilitating drug addicted patients in Islamic boarding schools, patients will receive follow-up, in this case an effort to monitor patients while increasing the patient's motivation after the rehabilitation process at the Islamic boarding school is

over. Most of the perpetrators of narcotics abuse who come for rehabilitation at Islamic boarding schools can be said to be able to fully recover from drug addiction. And in rehabilitation activities at Islamic boarding schools against narcotics abusers, there are several obstacles faced, including: Lack of Human Resources, Lack of awareness from the community and family, Lack of places or Islamic boarding schools, Users have severe illnesses, Negative influences from the environment. For this reason, the following solutions are needed: Adding boarding school educators so that all patients can be well served, improving boarding school facilities and facilities to make it easier for patients in the healing process, often providing counseling and socialization related to the dangers of narcotics abuse to the community, and in the *Pesantren* environment, more should be done supervision and guidance to students or patients so that negative influences are not easily spread within the *Pesantren* environment.

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