

Development Of Self-Confidence Of Adolescents Who Abuse Drugs Through Group Guidance At The Institution Receiving Mandatory Report (IPWL) Foundation Mercusuar Pekanbaru City

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Histori Artikel	ABSTRACT
Diterima : 21 Desember 2024	<i>Drug abuse at the Intitusi Penerima Wajib Lapor (IPWL) Mercusuar Foundation Pekanbaru City. Group guidance can help adolescents to understand that they are not alone in facing problems and can get support from others who experience the same problems. From the results of survey observations that researchers conducted, it was found that drug abuse was by adolescents aged 17-21 years. This research aims to find out how the implementation of group guidance in developing self-confidence in adolescents who abuse drugs at the Mercusuar Foundation Recipient Institution (IPWL) Pekanbaru City. The approach used in this research is qualitative with descriptive research methods, descriptive methods are research that seeks to describe phenomena that occur in a real, realistic, actual, real way. Data is taken directly from the field through interviews with 2 addiction counselors and 3 drug abuse adolescents. From the research that has been done, it can be concluded that group guidance is effective in helping adolescents to overcome drug addiction problems by increasing self-confidence, social support, and strengthening relationships between group members at the Intitusi Penerima Wajib Lapor (IPWL) Mercusuar Foundation Pekanbaru City.</i>
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INTRODUCTION

Drug abuse is now a very serious problem, not only at the international level, but also at the national and local levels. From year to year, drug abuse is increasing (Ahmad, 2024; Hardiana, 2023; Herindrasti, 2018) . Abuse of narcotics, psychotropic substances, and other addictive substances or drugs is still one of the important problems that must be considered by all countries in the world, especially in Indonesia (Gukguk & Jaya, 2019; Sasmito et al., 2023) . Drug abuse is an action taken by someone by using drugs that are not in accordance with their function and outside medical indications. This abuse has the potential to damage the sustainability of human resources in a country because of the moral and physical damage to the younger generation (Fidiawati et al., 2020) .

The National Narcotics Agency (BNN) reported that there were 851 cases of narcotics and drug abuse in Indonesia in 2022. The number increased by 11.1% compared to the previous year which amounted to 766 cases. Meanwhile, the number of suspects in drug cases amounted to 1,350 people over the past year. One way that can be used in rehabilitating adolescents who abuse drugs in order to increase self-confidence is by implementing a group guidance program (Delima et al., 2023; Hidayat & Karneli, 2022; Tobing et al., 2023) . Group guidance is a guidance service provided in a group. Adolescents who abuse drugs (narcotics, psychotropic substances, and addictive substances) need group guidance to develop their self-confidence (Nurhidayati, 2024; Rahman, 2019) . Group guidance can help adolescents to understand that they are not alone in facing problems and can get support from others who experience the same problems (Firman, 2019) .

Departing from a problem of high rates of drug abuse, especially in adolescents, makes a phenomenon that is the beginning of the author's unrest, which we can know that the use of drugs has an effect that makes dependence for its users (Abdurahman et al., 2024; Fauziela, n.d.) . This is the beginning of the problem why the author wants to take this research topic. IPWL Yayasan Mercusuar Riau is also an institution receiving mandatory reporters (IPWL) under the auspices of the Ministry of Social Affairs of the Republic of Indonesia which is located on rajawali sakti road, amanda villa housing block c1 Pekanbaru Riau province. This IPWL was established by the ministries and the social ministry as a public health center and a medical rehabilitation and social rehabilitation institution appointed by the government. This institution is in charge of receiving reports of addicts who voluntarily want to report themselves to be rehabilitated because they are uncomfortable and want to release their dependence on drugs (Nainggolan, 2011; Yenes & Karneli, 2022) .

From the results of survey observations that researchers conducted, the IPWL Foundation (Institution Receiving Mandatory Reporting) Mercusuar Riau found that drug abuse was by adolescents aged 17-21 and above, this shows that the drug problem is a very serious problem where as soon as possible make improvements regarding deviant behavior in adolescents. In addition, at IPWL the Mercusuar foundation in handling predominantly inpatients and outpatients has a variety of guidance methods, such as the *Therapeutic Community* method, spiritual guidance method, BPSS method, individual counseling and group guidance services.

Group guidance at IPWL Yayasan Mercusuar Pekanbaru City is an initiative that arises in response to the deep needs of children and adolescents who are in the foundation's environment. Against the background of a diverse and complex social environment, group guidance is directed at providing emotional support, character building, and improving interpersonal skills to participants, so that they can face life's challenges more steadily. According to Prayitno, the purpose of group guidance activities in general is to help individuals/adolescents who are experiencing problems through group procedures. The group atmosphere that develops can be a place for individuals to utilize all information, responses and various reactions of their friends for the benefit of problem solving (Prayitno, 2017) .

According to Prayitno, the components in group guidance include group leaders, group members, and group dynamics (Prayitno, E. A., & Amti, 2010) . First, the group leader as a controller of the process of group guidance activities carried out by counselor leaders who are trained and authorized to organize practice, as for other types of counseling services, counselors have specifically organized group guidance. Second, group members (adolescents) are a group of people who voluntarily participate in group activities led by a counselor or professional counseling guidance teacher and have the same goals among group members.

This is in line with research conducted by Vita Virginia, with the title "*Therapeutic Community Method in Fostering Self-Confidence of Clients of Drug Abuse Victims at the Social Rehabilitation Center for Drug Abuse Victims (Brs Kpr) "Galih Pakuan" Putat Nutug Bogor*" in 2019. The results of observations and interviews show that it has been running

and effective as an effort and step to save victims of drug abuse which is "*man helping man to help himself*", namely someone helping others to help themselves with 80% success rate, namely 10 out of 8 clients. *In contrast, TC's approach to boosting the level of trust in yourself.* Sondi Silalahi, 2018 Islamic guidance and counseling study program with the title *Rational Emotive Therapy Counseling in developing self-confidence in victims of drug abuse in independent community-based rehabilitation cireobon West Java.* The results of research on *Rational Emotive Therapy* counseling in developing self-confidence in victims of drug abuse in independent community-based rehabilitation in Cirebon, West Java can be concluded that the implementation of RET counseling can develop self-confidence in drug abuse victims in rehabilitation can be said to be successful where it is proven that residents who have self-confidence problems have now experienced an increase in self-confidence.

The problem of this research is that clients who are addicted or dependent on drugs in rehabilitation often experience difficulties in the process of self-acceptance which causes laziness reduced concentration, and can commit violations (CLAUDYA, 2023) . The purpose of this study was to determine the implementation of group guidance services with the *Therapeutic Community* (TC) method in the self-acceptance of former drug users at BNN Tanggamus district. The equation with the researchers is to use group guidance services as the main component. While the difference in this study lies in the subject and object of research.

Through this group guidance program at IPWL Yayasan Mercusuar Pekanbaru city, which aims to create an environment that supports the holistic development of each individual, builds a sense of confidence, and develops effective communication skills. In addition, group guidance is also a place to build solidarity and cooperation between members, creating an atmosphere that supports positive growth collectively. Based on the explanation above, the authors are interested in conducting research with the title "*Implementation of Group Guidance Services in Developing Self-Confidence in Drug Abuse Adolescents at the Mandatory Reporting Institution (IPWL) Mercusuar Foundation Pekanbaru City*".

RESEARCH METHOD

The approach used in this research is qualitative with descriptive research methods, descriptive methods are research that tries to describe phenomena that occur in a real, realistic, actual, real and at this time, because this research is to make descriptions, pictures or paintings systematically, factually and accurately about facts, properties and relationships between phenomena whose descriptive characteristics not only describe situations or events, but also explain relationships, test, hypotheses, make predictions and get the meaning and implications of a problem to be solved (Firman, 2018) .

In this study the authors will use two data sources, namely: Primary data Informants in this research are adolescents and drug abuse counselors at the Intitusi Penerima Wajib Lapor (IPWL) Mercusuar Foundation Pekanbaru City, totaling 2 people Key informants in this research are Dedy Saputra and Rezky Pratama, SH who is a counselor and supporting informants 3 adolescents who abuse drugs at the Intitusi Penerima Wajib Lapor (IPWL) Mercusuar Foundation Pekanbaru City. Secondary data related through documents, reports, books, and others related to pre-existing research problems. data collection techniques Observation, Interview and Documentation and data analysis using data reduction, data presentation and conclusion drawing.

RESULT AND DISCUSSION

Informants in this study can be seen in table 1

Table 1. Identity of Informants

No. Informant	Position	Description
1 Dedy Saputra	Counselor	Key Informant
2 Rizky Pratama	Counselor	Key Informant
3 RL Client	Client	Supporting Informants
4 SL Client	Client	Supporting Informants
5 RK Client	Client	Supporting Informants

Source: interview

From the results of interviews and documentation that the author carried out on December 16, 2023 the author interviewed two informants, namely Dedy as the head of the foundation and counselor and rizky as a counselor at the Mercusuar foundation Pekanbaru City. Continued on December 22, 2023 the researcher interviewed RL always a teenage drug addict client, then on December 26 the researcher also interviewed Sis SL and RK as teenage clients / drug addicts.

The implementation of the program at IPWL Mercusuar Foundation Pekanbaru is as follows:

1. Group Guidance Program

The group guidance program at IPWL Yayasan Mercusuar Pekanbaru is an initiative that aims to provide guidance and support to groups of individuals in the environment. The program involves a number of participants in a group, where they receive guidance, knowledge and support to improve their skills, confidence and well-being. Activities in the program include group discussion sessions, interpersonal skills training, provision of information related to education or employment, as well as self-reflection sessions to understand and overcome challenges faced by participants.

2. Therapeutic Communication (TC)

Therapeutic Communication is the ability or skill of nurses to help residents adapt to stress, overcome psychological disorders, learn and how to relate to others (Ashieddiqie, 2021; Rahmadani, 2021) . Therapeutic Communication is communication that encourages the resident's recovery process (Kurniawati, 2021) . Activities carried out include social rehabilitation, counseling and consultation, voluntary counseling, social protection and advocacy and family support groups. Based on the results of interviews and observations made by researchers to several informants. There are several points of questions regarding the implementation of group guidance on adolescent drug addicts. For the interview session can be seen in Figure.1

Figure 1. Implementation of Group Guidance for Adolescent Clients

Source: Research results



Group guidance can provide space for individuals to share experiences and get support from other group members (Netrawati et al., 2021) . This social support can help individuals to feel more confident and not alone in facing drug problems. Group guidance can help individuals to increase their motivation to change and get off drugs (Crits-Christoph et al., 2013) . This motivation is important to build self-confidence and achieve more life goals (Nasution et al., 2023) . In group guidance, the formation of self-confidence can be improved through providing support, providing positive examples, providing constructive feedback, and providing opportunities to succeed in a group environment. In the context of increasing adolescents' confidence in self-development and overcoming drug abuse.

According to Prayitno, in the implementation of group guidance, there are several stages that must be carried out by drug addicts. According to Prayitno, there are 4 stages, namely, the formation stage, transition, core activities, and termination or evaluation. In the results of the interview, the stages in the implementation of group guidance have the same concept in general, so starting from the beginning of entering until the drug addict goes home there are already their own rules both from the beginning such as screening, assessment, education from counselors and families and client education. Furthermore, adolescents / addicts are carried out a therapy plan programmed by the Foundation. Stages in the group guidance program, namely, the stages of formation, transition, core activities, and termination.

1. Formation Stage

This stage involves introducing, engaging, and integrating oneself in the group. Usually, counseling members introduce themselves to each other, state their goals and expectations. The group leader explains the concept of group guidance, the importance of its implementation, and establishes the rules of the game. The aspect of confidentiality is also conveyed so that personal problems remain confidential among group members. At this stage, based on the results of interviews, the process of forming group guidance for drug addicted adolescents at the Mercusuar Foundation involves several stages.

The first stage is client intake, where identity and urine tests are conducted prior to the screening and assessment process. Criteria for group rehabilitation include adolescents with a history of drug use and similar problems.

Furthermore, the characteristics of adolescents who can undergo group guidance at Yayasan Mercusuar Pekanbaru include previous drug use and underlying problems, such as family problems, work, or stress. The purpose of group guidance is to build synergy between group members to support each other in the recovery process. While the schedule for implementing group guidance is adjusted to the agreement between the client and the counselor, it is usually carried out at the office or foundation where the rehabilitation is. Client RL explained that the schedule could be twice a month or at least once, depending on the need.

Another finding that researchers got from informant interviews in helping group members, the counselor opens the session by forming a circle and encouraging members to share their experiences with each other. The importance of building trust and a sense of comfort is emphasized to facilitate open communication. The researcher also found other findings based on the interview results that Before starting group guidance, the rules of the game are explained, including speaking time, breaks, and responses. The counselor emphasizes the main goal of recovery, builds a sense of recovery, and provides feedback regarding the benefits of group guidance.

Then the researcher also found from the results of the interview that the counselor provides an explanation of the objectives and stages in implementing group guidance to adolescents/addicts. The implementation of group guidance involves several stages, starting from preparation, transition, implementation/core activities, to evaluation. These stages include group formation, topic determination, education, making activity plans, and discussion of problems faced by group members. Based on the explanation and research results above, the researcher concludes that the implementation of group

guidance for adolescents who abuse drugs at the Pekanbaru Lighthouse Foundation in the formation stage begins with self-introduction, and before entering into the group formation stage it must begin with screening, assessment, and urine tests.

2. Transitional Stage

At this stage the activities carried out are explaining the activities that will be undertaken at the next stage, applying or observing whether the members are ready to undergo the previous activities, discussing the atmosphere that occurs and increasing member participation. Then in this stage drug addicts begin to adapt and can carry out their own self-development. In accordance with what researchers have obtained from the results of interviews that the steps of transitioning drug addicts in group guidance activities involve primary and secondary prevention, special approaches in guidance and counseling, and developing the ability to reject drug abuse.

The importance of education about the dangers of drugs, the role of faith, piety, and family support were also a key focus. Researchers also found that in dealing with adolescents who are reluctant to share, the key lies in building trust, creating a comfortable environment, and providing options to them. This is reinforced by the positive experiences of drug-addicted adolescents who feel safe, open, and confident in sharing. Creating a conducive atmosphere in group guidance involves practices such as implementing SOPs, establishing a circle of support, and building a sense of equality. The results of the interviews showed that this approach was successful in creating an atmosphere that minimized conflict and supported recovery.

In this phase of the Lighthouse Foundation, another finding obtained by the researcher is that it has rules that must be obeyed. The rules that adolescents or addicts must follow in group guidance include attendance, confidentiality, openness, respect for opinions, problem focus, responsibility, active participation, commitment to recovery, and honesty. These norms also highlight the importance of etiquette, the use of polite language, and a comfortable speaking atmosphere.

Based on the explanation and research results above, the researcher concludes that in the implementation of group guidance as a whole, the interview results show that a holistic approach, including aspects of prevention, counseling, education, and family support as well as the norms that are followed, contribute to the success of group guidance in helping adolescent drug addicts at IPWL Yayasan Mercusuar Pekanbaru city in their transitional stage.

3. Core Stage Activities

The core stage of group guidance is the activity stage. This stage is the core of group activities, where the aspects that become the content and accompaniment are quite numerous, and each group member is given the opportunity to express feelings about further activities. The group leader keeps the atmosphere warm, free, and open, gives a statement and thanks the members for their participation, encourages further activities and is full of friendship. In the core stage of group guidance activities for adolescents who experience drug addiction problems, researchers found that this group guidance involved various aspects, such as self-strengthening, family strengthening, reproductive health, the dangers of drugs, law, religion, and spirituality. The researcher also found that the counselors helped the adolescents in recognizing their strengths and weaknesses through interest and talent assessment and provided papers to find out their own strengths and weaknesses.

The researchers also found that group guidance promotes sharing and learning from each other's experiences. Counselors assist adolescents in engaging in group discussions, which allow them to support each other, share experiences, and learn together. The researcher also found that counselors assist adolescents in expressing their opinions and feelings freely and responsibly. The counselor provides space and time for adolescents to express their opinions, which makes adolescents more courageous to express their opinions and ideas, acquire effective communication skills, increase self-confidence, and facilitate their socialization process. The researcher also found that from

the results of the interview, the counselor helps adolescents in recognizing their strengths and weaknesses through talent interest assessment and provides paper to find out their own strengths and weaknesses.

Based on the results of the explanation and research results above, the researchers concluded that the core stage of activities in group guidance for adolescents experiencing drug addiction problems involves various aspects, such as self-strengthening, family, reproductive health, the dangers of drugs, law, religion, and spirituality given during group guidance activities that take place by the counselor as a group leader. Counselors have an important role in helping adolescents recognize their strengths and weaknesses, facilitating group discussions to share experiences, and creating an environment that supports free expression and responsibility. Thus, group guidance can be an effective tool to promote personal growth, communication, and social support for adolescents with drug addiction problems.

4. Termination Stage

The ending stage in group guidance is an important phase that should not be overlooked. It is an opportunity to reflect on the experience, evaluate accomplishments, and plan next steps. The ending stage is an important stage in group guidance as it provides an opportunity for group members to clarify their experiences in the group and consolidate the results they have made.

The implementation of group guidance at Yayasan Mercusuar provides significant benefits for adolescents or drug addicts. Some of the findings include increased self-confidence, strengthened relationships among group members, as well as moral support and motivation to recover from addiction. The program also helps adolescents overcome stigma, share experiences, and develop social skills. In this case, the driving factors in the implementation of group guidance involve the commitment of the implementation team, management support, and active involvement of participants. On the other hand, inhibiting factors include limited resources, the challenge of managing a group with diverse needs, and the presence of communication barriers.

Furthermore, the group guidance program was carried out for 12 meetings, with varying durations depending on the client's condition. The self-confidence of adolescents who abuse drugs has increased after attending group guidance, and they feel positive changes in various aspects of life. At the termination stage, the foundation provides provisions and guidance given to adolescents/addicts so that they can maintain what they have achieved during the rehabilitation process. It is at this stage that we evaluate the activities that the foundation has carried out for clients/addicts. The benefits of conducting group guidance include providing support, a platform for sharing, development of social skills, and reduction of feelings of loneliness. The counselor emphasized that the continuity of group guidance is an important factor in rehabilitation, as it provides self-strengthening to clients. The counselors' expectations regarding group guidance include the client's self-strengthening and its important role in the rehabilitation methodology. They hope that group guidance can be a significant recovery factor, increase self-confidence, and provide ongoing support for adolescents or drug addicts.

CONCLUSSION

Based on the research that has been conducted with the title Implementation of Group Guidance in Developing Self-Confidence in Drug Abuse Adolescents at the Mercusuar Foundation Recipient Institution (IPWL) Pekanbaru City, the researchers draw conclusions, among others, The results showed that the implementation of group guidance at IPWL Pekanbaru City has been carried out properly and in accordance with the existing stages, namely: Formation Stage which includes self-introduction, explanation of the purpose and rules of the game, and building a sense of comfort and mutual trust between group members. Before starting this stage, clients must go

through a screening, assessment, and urine test process. Furthermore, the Transitional Stage includes an explanation of further activities, observation of member readiness, and increasing member participation. Drug-addicted adolescents begin to adapt and develop themselves. A holistic approach is applied which includes prevention, counseling, education, and family support. Then the Core Stage of Activities which involves various aspects such as self-strengthening, family, reproductive health, the dangers of drugs, law, religion, and spirituality. Counselors assist adolescents in recognizing their strengths and weaknesses, facilitate group discussions, and create an environment that supports free expression and responsibility. As well as the Termination Stage in providing opportunities for adolescent/addict group members to reflect on the experience, evaluate achievements, and plan next steps. The results show that group guidance is effective in helping adolescents to overcome drug addiction problems by increasing self-confidence, social support, and strengthening relationships between group members.

The driving factors in the implementation of group guidance at the Institution for Recipients of Mandatory Reporters (IPWL) Mercusuar Foundation Pekanbaru City are the commitment of the implementation team, family and environmental support, motivation to recover, active involvement of participants. Regarding the inhibiting factors in the implementation of group guidance at the Institution for Recipients of Mandatory Reporting (IPWL) Mercusuar Foundation Pekanbaru City consists of several aspects including limited resources. Insufficient or inefficient resources can affect the group guidance process, including staff, experts, and material equipment. Then the challenge of managing groups with diverse needs, each group member has unique characteristics, and creates challenges to support them effectively in the context of collaboration. Furthermore, communication barriers, problems in communication between group members, between the group and the coordinator, and problems in internal organizational communication can cause disruptions in the implementation of group guidance.

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