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## **Application Of Client Centered Techniques To Prisoners Of Drug Abuse**

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<b>Histori Artikel</b>	<b>ABSTRACT</b>
Diterima : 21 Desember 2024	<i>This research examines the application of the client-centered approach in counseling drug abuse at the Class IIA Pekanbaru Penitentiary. This technique empowers clients to discover their own solutions through methods such as listening, active engagement, reflecting on feelings, and clarification. The study employs a qualitative descriptive approach to provide an in-depth understanding of the social dynamics surrounding drug abuse. Data was gathered through interviews with three inmates involved in narcotics cases, aged 5 to 8 years. The findings indicate that the client-centered technique is effective, offering personalized attention that meets individual needs and enhancing the likelihood of successful rehabilitation. Moreover, this approach helps inmates gain insight into the causes of their drug abuse and develop strategies to prevent future relapse.</i>
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### **INTRODUCTION**

The rise of drug use and trafficking in Indonesian society, both among teenagers and adults, has become a very serious issue. In Pekanbaru, there are many drug buying and selling points, especially in Kampung Dalam, which is widely known for its high cases of drug abuse and transactions. Data from 2019 to 2022 shows a significant increase in drug user cases in the city. Pekanbaru, which is a strategic city, allows easy access to drugs via land and sea routes, especially from the Jangkang area in Bengkalis Regency. According to BNN data, around 60% of the population aged 20-45 are involved in drug abuse, with commonly used types such as amphetamine substances (inex), methamphetamine (crystal meth), and cannabis. Drug abuse often transitions from medical use to a business that harms the physical and mental well-being of its users. Narcotics, which stands for narcotics and dangerous drugs, as well as another term introduced by the Ministry of Health, namely Napza (narcotics, psychotropic substances, and addictive substances), have the potential to damage the physical and mental health of users. In the context of Islam, the prohibition of drug use is gradual, emphasizing that the dangers outweigh the benefits, and is considered a disgusting and haram act. In Islam, the prohibition of drug consumption (khamar) is done in stages. First, it provides information that drugs are useful but the dangers are greater. Allah says:

رُ مِنْ نَفَعِهِمَا وَيَسْأَلُونَكَ مَاذَا قُلَّ فِيهِمَا إِنَّكُمْ كَبِيرٌ وَمَنَافِعُ لِلنَّاسِ وَإِنَّهُمَا أَكْبَرُ ۖ يَسْأَلُونَكَ عَنِ الْخَمْرِ وَالْمَيْسِرِ  
كَذَلِكَ يُبَيِّنُ اللَّهُ لَكُمْ آيَاتِهِ لَعَلَّكُمْ تَتَفَكَّرُونَ ۖ يُنْفِقُونَ قُلُوبَ الْعَفْوِ

*Yas'aluunaka 'anilkhamri walmaisiri qul fiihimaaa ismun kabiirunw wa manaafi'u linnaasi wa ismuhumaa akbaru min naf'ihimaa; wa yas'aluunaka maaza yunfiquuna qulil-'afw; kazaalika yubaiyinul laahu lakumul-aayaati '*

*"They asked you about alcohol and gambling. They are beneficial to people. But the sin is greater than the benefit" (Q.S Al-Baqarah (2) : 219);*

Drug abuse in Indonesia continues to rise, with the impact threatening the younger generation and the future of the country. In 2015, the prevalence rate of drug users was estimated at 5.1 million people, with a daily death rate of 49-50 people. This problem involves not only men, but also women who are increasingly entangled in drug abuse. Correctional institutions have a strategic role in the rehabilitation of prisoners, aiming to form individuals who realize their mistakes and do not repeat criminal acts. For this reason, an effective approach to rehabilitation is needed, one of which is the client-centered approach. This approach places the counselee at the center of the counseling process, allowing them to find solutions to the problems they face. Through this technique, the counselor acts as a facilitator who listens actively, reflects on feelings, and helps counselees understand the emotional burden they feel. This research aims to examine the application of client-centered techniques on drug abuse prisoners at Class IIA Correctional Institution Pekanbaru, to understand the effectiveness and process of its application in the context of rehabilitation.

## RESEARCH METHOD

This research uses a qualitative approach with the aim of understanding the application of *client-centered* techniques to drug abuse prisoners at Class IIA Correctional Institution Pekanbaru. Data was collected through two main methods, namely in-depth interviews and participatory observation.

The research subjects consisted of three prisoners who were identified as drug abusers. The informants were purposively selected based on certain characteristics, such as their age and experience in the coaching program. Data Collection Technique In-depth Interview

Interviews were conducted in a structured and semi-structured manner to explore the subject's experiences, perceptions, and responses to the application of *client-centered* techniques.

Participatory Observation, The researcher also made direct observations of the behavior and interactions of prisoners in coaching activities in prisons. The collected data were analyzed using the thematic analysis method. Informants were grouped based on their age category and influencing factors, such as psychological conditions, family background, and patterns of drug dependence. The results of this analysis were used to identify patterns or themes relevant to the successful application of *client-centered* techniques. Data validity was maintained through triangulation of data from interviews and observations as well as validation to informants to ensure objective and accurate results.

## RESULT AND DISCUSSION

From the interviews conducted by the author to all informants, the results of the research can be described and can be adjusted to the theories that strengthen the research. The results of the research will be described based on the results of observations, interviews, and documentation. And explained using descriptive qualitative

methods in order to answer in detail about the application of the client center technique to drug abuse prisoners in class IIA pekanbaru correctional institutions.

**"Application of Client Center Techniques to Drug Abuse Prisoners in class IIA pekanbaru correctional institutions"**

1. characteristics

The informants interviewed here are prisoners affected by drug abuse cases who have followed the application of the client centered technique. Things that can be analyzed in this drug abuse are age, influencing factors, and detention period.

a. Informants by age

Age is a factor that affects a person in thinking or making decisions from himself. Especially at a young age entering adolescence, which sometimes rushes to make decisions until it falls into unwanted things, while at an age that is said to be an adult, sometimes it is also wrong to make decisions and eventually fall into negative things.

An overview of respondents according to age at the Class IIA Correctional Institution Pekanbaru can be seen in table 5.1

**Table 1.**  
**Informants by age**

NO	NAME	AGE (YEARS)
1	Muhammad Faisal	31
2	Didi Suprayogi	42
3	Yosep Ananda Putra	39

*Source: interview*

Based on the table above, it can be seen that the youngest drug abuser is Mr. Muhammad Faisal who is 31 years old, while the oldest drug abuser is Mr. Didi Suprayogi who is 42 years old. From this research that people who use drugs do not look at age to use these illicit goods, namely drugs.

b. Informants based on factors that influence informants

There are several factors that influence a person to fall into negative things from some of these factors we can see the magnitude of the influence of a negative influence. It is from this influence that makes prisoners who fall into drugs. To find out what factors cause informants to fall into drugs, it can be seen in table 2.

**Table 2.**  
**Factors Influencing Informants**

NO	NAME	PERIOD OF INFLUENCING FACTORS
1	Muhammad Faisal	Work environment
2	Didi Suprayogi	Work environment
3	Yosep Ananda Putra	family

*Source: interview*

It can be seen from the table above that the factors that influence informants to fall into drugs, namely the work environment and family. For Mr. Muhammad Faisal and Mr. Didi Suprayogi, the factor that influenced them to use drugs was the work environment factor, according to Mr. Muhammad Faisal he used drugs initially from friends with the aim that his body when working could become more fresh and not sleepy but when outside the work environment he did not use drugs and according to Mr. Didi Suprayogi he used drugs initially heard from his work environment and then he bought and used the goods on the grounds of work so as not to get sleepy and increase stamina.

In the opinion of Mr. Yosep Ananda Putra, he used drugs influenced by his family, namely from his own cousin's brother who invited him to use drugs, after using Mr. Yosep for a long time, he was gradually interested in selling these drugs.

c. Characteristics of informants based on sentence period

The drug abusers that the author met at the Class IIA Correctional Institution Pekanbaru had different sentences, during which they were fostered to become better citizens after their sentence was completed and return to a normal life without using drugs. The following is how long the period of detention for informants can be seen in table 3 below:

**Table 3.**  
**Informants Based on Sentence Period**

NO	NAME	TERM OF PRISON
1	Muhammad Faisal	7 years
2	Didi Suprayogi	8 years
3	Yosep Ananda Putra	5 years

*Source: interview*

From the table above, it can be explained that the longest period of detention was Mr. Didi Suprayogi for 8 years in prison and the lowest period of detention was carried out by Mr. Yosep Ananda Putra for 5 years in prison.

**a. Description of the Application of Client Center Techniques to Prisoners Abuse**

The clien center technique is an approach in client-centered counseling that emphasizes the potential of the client to find issues that are important to him and solve his problems. The client center technique in helping to solve the counselee's problems has a special technique and builds a relationship between the counselor and the counselee. A good relationship between the counselor and the counselee will make the counselee feel accepted and able to open up about the problems experienced to the counselor. The technique used by counselors at Class IIA Correctional Institution Pekanbaru in counseling drug abusers is the clien center technique so that they can find the problems they have done, can control themselves to stop using these illicit goods and can live a normal life as before, can stay away from the environment related to drugs both friendship, and also the economy and can control their own emotions.

Many drug abusers encountered by researchers in their prisons who have followed the process of applying this clien center technique, in an interview with the first informant named Mr. MF, researchers found out how the counselor builds a better relationship with them so that they can trust the counselor according to Mr. MF's response:

**Informant**

How is your relationship as a counselee with the counselor?

**Answer:** *My relationship with the counselor is very important; they listen without judgment and help me feel safe to share. With the client-centered approach, I felt supported in the recovery process and was able to explore issues in depth.*

What did you know about the clien center technique before attending this therapy?

**Answer:** *Before attending this therapy, I knew that client-centered techniques focus on creating a safe and supportive environment where I can talk about my feelings and experiences. I also knew that the counselor acts as an active listener and helps me find my own solutions, rather than telling me what to do. This approach gave me a sense of control in my recovery process.*

How do you feel about the experience of attending this therapy session with the clien center technique approach?

**Ans:** *The experience of attending therapy sessions with a client-centered approach was life-changing. I felt heard and valued, which helped me open up. The non-judgmental environment gave me the freedom to explore my feelings and challenges, allowing me to better understand myself and make progress in recovery.*

To what extent did you feel comfortable sharing your feelings and thoughts during the session?

**Ans:** *I felt comfortable enough to share my feelings and thoughts during the session. The supportive approach of the counselor made me feel safe and non-judgmental, allowing me to open up about difficult experiences. That sense of trust was important for my healing process.*

Was there a particular moment in the therapy session that was particularly meaningful to you?

**Ans:** *Yes, there were some moments that were very meaningful. One of them was when I was able to express the pain and sadness that I had been harboring. Hearing the counselor confirm my feelings made me feel understood and not alone. That moment became a turning point for me to accept myself more and start positive steps in recovery.*

How do you see changes in yourself after attending this therapy?

**Answer:** *After attending this therapy, I feel that there are significant changes in myself. I am better able to manage my emotions and stress, and have a better understanding of myself. My self-confidence has increased, and I feel more prepared to face life's challenges. The client-based approach helped me realize my potential for change.*

What challenges do you face in participating in therapy sessions?

**Answer:** *One of the challenges I face is opening up and sharing painful experiences. Sometimes, there is a fear of judgment or not being understood. Also, the process of facing reality and changing long-established mindsets was quite difficult. However, the support from the counselor helped me get through these challenges.*

Do you feel that this therapy helped you overcome drug abuse?

**Answer :** *Yes, I found this therapy very helpful in overcoming drug abuse. The client-centered approach gave me the space to understand the root of the problem and develop healthier coping strategies. I feel more connected to myself and better able to deal with temptations and stress without going back to drugs.*

Does the counselor give full attention to the counselee during counseling?

**Answer:** *Yes, the counselors really gave me their full attention during the session. They listened carefully and showed empathy, which made me feel valued. That sense of care was very important, as it made me feel safe to share and be more open in the therapy process.*

Does the counselor smile during counseling?

**Answer:** *Yes, the counselor often gave me a warm smile during the sessions. The smile helps to create a more comfortable and friendly atmosphere, so that I feel more relaxed and open to sharing. Such positive expressions were very influential in making me feel accepted.*

Are the decisions you make based on your own awareness without being influenced by the counselor?

**Answer:** *Yes, there were some decisions that I made based on my own self-awareness, without any direct influence from the counselor. The reflection process encouraged during the sessions helped me realize my values and goals, so that I could*

*make better choices for myself. That sense of control was very important in my recovery journey.*

Do you understand the advice or input given by the counselor?

**Answer:** *Yes, I understood the suggestions given by the counselor. They explained clearly and provided context that helped me see the relevance of the advice in my life. Their supportive approach made me feel more open to receiving the feedback.*

Do you implement what was decided in counseling for future improvement?

**Answer:** *Yes, I try to implement the decisions made during counseling for future improvement. I feel more motivated and have clear goals. Every small step I take helps me stay focused on recovery and personal growth.*

During the counseling process, did the counselor ask general questions for you to answer? And during the counseling process, did the counselor give you questions that were easy for you to answer?

**Answer:** *Yes, during the counseling process, the counselor often asked questions that were general and easy to answer. The questions helped me feel more comfortable and allowed me to share more openly. This approach made the session feel more natural and less pressured?*

To what extent do you feel that the technique helped you in achieving your own goals?

**Answer:** *I found this technique very helpful in achieving my goals. With the client-based approach, I was able to explore and understand what I really wanted. This gave me the tools and confidence to set and pursue goals in a more effective way.*

Are there any aspects of the therapy that you think need to be improved or enhanced?

**Answer:** *One aspect that may need improvement is more variety in the methods or techniques used. It could have been useful if there were more practical approaches or exercises that could be applied in everyday life. However, overall, my experience was very positive.*

How do you expect the application of this technique to help prisoners in the future?

**Answer:** *I hope that the application of this technique can help inmates by creating a safe and supportive environment, where they feel valued and heard. With a client-centered approach, inmates can better understand themselves, find motivation to change, and develop the skills necessary for life after prison. This can be an important step in preventing a return to old behaviors and promoting sustainable recovery.*

What is your motivation as a prisoner who fell into narcotics for other friends to follow this client centered technique?

**Answer:** *My motivation for other friends is to show that there is hope and a way out of adversity. Client-centered techniques provide space to understand ourselves and face problems without fear of judgment. With this support, we can learn to overcome challenges and build a better future. I want them to feel the same positive changes that I have experienced.*

In conclusion, the experience of participating in therapy with a client-centered approach is very influential for prisoners. This technique creates a safe and supportive environment, allowing individuals to open up, understand themselves, and make positive decisions for recovery. Although there were challenges in sharing feelings, the counselor's attentiveness and easy-to-understand questions enhanced the effectiveness of the therapy. Suggestions for improvement include further training for counselors and

strengthening support groups. Overall, this approach provides hope and motivation for inmates to pursue better changes.

### **b. Factors Influencing the Fall into Drugs**

Factors are things that are very influential in human life depending on how humans react to them. From the observations obtained, the factors that cause inmates of drug cases in the Class IIA Correctional Institution Pekanbaru are environmental, economic and family factors that cause them to fall into this drug.

Environmental factors are usually from our own close friends so we need to choose friends who really bring us positive things or go down a good path, because when friends take us down the wrong path we follow the sense of impact. Especially when friends who have used drugs and he influences us to use drugs, we are also unconsciously curious about how the taste of these drugs from curiosity that we are encouraged to use these illicit goods, namely .

Faktor from this economy is also very influential for someone especially those who have a fairly difficult economy, sometimes people like this have narrow thinking that is difficult to make decisions for themselves, from this economic problem that makes someone want to get a lot of money by not working hard, one of which is selling drugs and at the same time taking the drug.

Factors in terms of family, one of which is divorce, often occur to adolescents or children who are often called broken homes. As a result of the divorce of their parents, sometimes teenagers often think that if their parents divorce their future is also in a period of destruction due to the divorce of their parents, teenagers want to calm their minds by using drugs so that their minds are calm but the users who use these drugs do not know the future effects can destroy everything for humans if used excessively.

The interview conducted by the researcher with Mr. MF regarding the factors that influence him to fall into drugs, Mr. MF's response,

**Answer:** *"At first I used drugs to increase my stamina at work because every time I worked I often felt very sleepy and even drinking coffee had no effect on me until finally one of my friends recommended using drugs and I tried it, when I first used this item my work became more stamina, my eyes were not sleepy and I felt fresher than before. And the effect when I use this drug is a maximum of 2 days per use, but when I'm at home I don't use it, I only use this item when I'm working".*

From the explanation of Mr. MF, the factor he uses drugs is for work When he is not working, Mr. MF does not use drugs, in other words, this father is not so dependent on this drug.

And then I asked a question to Mr. DS with the same question, namely what factors you can fall into drugs.

**Answer:** *"At first I used drugs for work, ma'am, so that my stamina could increase and I felt stronger. When using it, I could work more than my working hours, ma'am, and I could also finish my work quickly, but after a long time I also thought of looking for additional work by selling drugs, ma'am."*

Mr. DS's response was that initially he used it for work but he also thought of finding additional work by selling drugs, in addition to using the goods he also sold drugs.

Finally, I asked the 3rd informant with the same question what factors made you fall into drugs, Mr. YAP's response, namely

**Answer:** *"I started using this from my family, namely my own cousin's brother, at first I just used it, but over time my money ran out because I kept buying drugs. Finally I thought I wanted to join in selling drugs, besides being able to use I can also get a lot of money without having to work hard, it's not bad, ma'am, once I sell I get a profit of 500 thousand ma'am "*

From Mr. YAP's response, it is concluded that he not only uses it but also sells it, Mr. YAP has also said that when selling drugs we must know the quality of the goods by using them too, if he knows the good quality of the goods, the price of the goods will be more expensive.

### **c. The Process of Implementing Client Center Techniques Conducted to Prisoners of Drug Abuse**

The application of the client center technique is very beneficial for prison abuse and is very helpful for client potential. So that clients in the opposing parts of themselves can accept and can change themselves for the better and also wbp can control themselves over the decisions they make and can overcome the problems they face well. With several times done this client center technique can help clients think better for the future because if he is able to control his mind then there are no more problems that arise in the client.

The application of the client center technique is carried out by counselors at the Class IIA Pekanbaru Correctional Institution for drug abuse. This application aims to make drug abusers no longer use these drugs and also to make themselves feel better than before, return to life as before, can control themselves to positive things.

### **Discussion**

The application of the client center technique to drug abuse prisoners can help them recover from drug use, with them following the application given by the prison can bring them to a better direction, where when they are still using, they are less able to control themselves and lose direction and are also often carried away by emotions, you could say that their psychic is disturbed because the dose they use is too high.

Gestalt theory is a client center or what is often called non-directive is a client-centered problem solving effort. Clients are given the opportunity to express their problems, feelings and thoughts freely (Jumi, 2013). In prisoners affected by drug cases they tend to have personalities that are easily emotional, thus making their psyches disturbed. Therefore, they are given the application of the client center technique to make them able to tell what they have experienced and so that they feel more relieved after telling their problems, sometimes humans also need a place to vent so that their hearts are more relieved after being listened to by the counselor.

When the prisoners have followed the application of the client center technique they have a life motivation for them in the future, for example they start not using drugs anymore. Because of drugs they are far from their families, because of drugs they have no future, because of drugs they are viewed badly by society and because of drugs many think their hipup is useless again. And now that they have their own motivation, they must recover in order to be well accepted in the family and in a healthy society.

From every prisoner who has experience using drugs must experience bad physical and psychological changes and is very dependent on drugs, there are also those who until now cannot stop from drugs and even go crazy and worse there are those who die, so that's why lucky prisoners who are able to control themselves and can recover from these drugs.

### **CONCLUSION**

Based on the discussion, it can be concluded that the Application of Client-Center Techniques to Prisoners of Drug Abuse at Class IIA Correctional Institution Pekanbaru can include:

1. Individualized Approach: This technique allows inmates to receive attention tailored to their individual needs, thus increasing the likelihood of success in the rehabilitation process.

2. Increased Self-Awareness: By delving deeply into the problem, inmates can better understand the causes of drug abuse and develop strategies to avoid it in the future.
3. Positive Relationships: Building better relationships between prisoners and officers, creating a supportive and motivating environment for positive change.
4. Rehabilitation Program Effectiveness: The application of this technique can increase the effectiveness of rehabilitation programs by reducing relapse rates and helping inmates reintegrate into society.

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