

The Implementation of Islamic Counseling Guidance in a Drug Rehabilitation Center: a Study At the Pintu Hijrah Foundation in Banda Aceh

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ARTICLE INFORMATION	ABSTRACT
Article History: Received, 25-08-2024 Accepted, 09-10-2024 Published, 07-12-2024	<i>Based on the results of a survey by the National Narcotics Agency (BNN) in 33 provinces in 2017, Aceh province ranked seventh nationally in drug trafficking. The increasing number of drug abuse has encouraged many parties to rehabilitate drug victims by establishing rehabilitation centers. One of the drug rehabilitation institutions established in Aceh province is Pintu Hijrah Foundation which uses an Islamic counseling approach in its rehabilitation process. The purpose of this reseaech is to study the implementation of Islamic counseling guidance in the drug rehabilitation institution of Pintu Hijrah Foundation and to find the impact of Islamic counseling guidance on victims. This research is a field research with a qualitative analysis approach. The research subjects were 7 (seven) people with details: one head of Pintu Hijrah Foundation, three counselors and three Victims of Drug Abuse (KPN) who were being rehabilitated at Pintu Hijrah Foundation. The results showed that drug abuse is caused by two factors, namely internal factors and external factors. Internal factors are factors that come from within the victim himself and external factors are caused by the environment around the individual. The implementation of Islamic counseling guidance at the Pintu Hijrah Foundation drug rehabilitation institution is carried out through several methods, such as: prayer worship, sunnah fasting, reading the Qur'an, dhikr, tawhid recitation, fiqh recitation, and other religious activities. This Islamic counseling guidance has a positive impact on victims of drug abuse, especially on personality, character building, religious knowledge, religious awareness, a sense of responsibility towards parents and society.</i>
Keywords: <i>Guidance; Counseling; Islamic; Drug Rehabilitation</i>	

INTRODUCTION

Indonesia is one of the countries with a high rate of drug use (Isnaini et al., 2018). Drugs are the biggest threat of the nation's future generation and many victims have fallen due to this deadly illicit goods, ranging from small children to the elderly (Rahayu et al., 2020). Drug abuse is becoming more prevalent in both urban and rural areas throughout Indonesia (Kulsudjarit, 2004). Based on data obtained from the Deputy for Eradication of the National Narcotics Agency (BNN) of the Republic of Indonesia, Arman Depari explained that drug abuse cases in Indonesia in 2019 were in a very concerning condition. This is shown by the number of uses reaching more than four million and the deaths and illnesses caused by drugs of more than 30 people every day (Wati, 2020).

Based on the results of a survey conducted by the BNN of the Republic of Indonesia in 33 provinces in 2017, Aceh ranked seventh nationally in drug trafficking in Indonesia. The level of drug trafficking in Aceh is very high, where dealers often distribute out of Aceh. The head of the Aceh provincial national narcotics agency (BNNP), Brigadier General Abdul Naser, stated that Aceh is a red zone for drugs, with drugs supplied by land, sea and air. Based on data, every year Aceh loses Rp. 30 Trillion and the money with fantastic value is circulating in the hands of drug dealers. In 2019 BNNP Aceh found 3,650,512.23 grams of crystal methamphetamine, 85,250 ecstasy pills, 20,000 happy five pills, 2,850,466.20 grams of marijuana, 60 hectares of marijuana fields, 2,491 narcotics inmates, 1,624 drug user inmates (Saputra, 2019). As a province that implements Islamic law (Larasati, 2024). The data on drug abuse in Aceh province is certainly very surprising, even though as we know Aceh has additional regulations regarding threats and actions for people who violate Islamic law, including drug abuse. In addition, the government has recently created programs and qanuns that aim to minimize and free Aceh from drug abuse cases, one of the qanuns made is Aceh Qanun Number 8 of 2018 concerning Facilitation of Drug Abuse Prevention.

Aceh Qanun No. 8/2018 on Facilitating the Prevention of Drug Abuse (Alamsyah et al., 2020), It regulates the prevention of drug abuse, starting from prevention of drug abuse by involving family, educational institutions, Aceh's apparatus, the community and so on. In addition, this qanun also regulates handling and rehabilitation in article 23 paragraph 1 explains that handling of victims of drug abuse is carried out through rehabilitation. Article 23 paragraph two continues, the rehabilitation referred to in paragraph 1 includes: outpatient medical rehabilitation, hospitalization and social rehabilitation (Zulfatmi & Nurlaila, 2018).

The Aceh Qanun above is in accordance with Indonesian government regulations, Indonesian Law No.35 of 2009, concerning narcotics (Hadiyanto & Gunarto, 2022) It is said that rehabilitation is divided into two, namely medical rehabilitation and social rehabilitation. Medical rehabilitation is an integrated treatment process involving medical devices, drugs, and medical personnel to free drug addicts from narcotics dependence. Meanwhile, social rehabilitation is an integrated recovery process, both physical, mental, and social, so that former drug addicts can carry out social functions in community life (Hidayatun & Widowaty, 2020). The technical implementation of medical rehabilitation and social rehabilitation is carried out by professional social workers, doctors, psychiatrists, psychologists, addiction counselors, paramedics, skill instructors, social welfare workers, social volunteers and spiritual mentors (Ath-Thariq, 2023).

The problem of abuse of narcotics, psychotropic substances and other addictive substances (NAPZA) is a complex problem (Ulfa, 2022), therefore, comprehensive countermeasures involving multisectoral cooperation between the authorities and the community are needed in an active and sustainable manner. It is known that various efforts have been made by the government, the private sector, or community organizations in tackling and fostering victims of drug abuse. Efforts have been made in the form of counseling, seminars, lectures, recitations and other activities (Ridho, 2018).

One of the efforts to deal with victims of drug abuse is to establish a rehabilitation center. This aims to build awareness and a sense of responsibility of the client towards the future, family and the surrounding environment. The rehabilitation process of drug abuse victims previously only used medical and psychological approaches but recently it has also been coupled with spiritual or religious approaches. One example of the incorporation that has been done in many drug rehabilitation institutions is the Islamic guidance and counseling approach.

Islamic counseling guidance in rehabilitation institutions is very important because victims of drug abuse not only need medical treatment by providing drugs to prevent drug dependence, but victims of drug abuse also really need psychological and spiritual religious assistance and that is the main purpose of Islamic counseling guidance (Hamzah & Akhir, 2014). Islamic counselors in rehabilitation institutions have tasks including: teaching religious knowledge to clients (victims of drug abuse), forming a strong Muslim personality, instilling the spirit of faith and devotion back into the client's soul, educating clients to be faithful in practicing religion, embedding Islamic values through an individual approach, sensitizing and providing knowledge and practices that can awaken clients from their bad habits of consuming drugs and treating clients (Noegroho et al., 2018).

One of the drug rehabilitation institutions in Aceh province that uses an Islamic counseling approach in rehabilitating victims of drug abuse is the Pintu Hijrah Foundation. Based on the problems above, the researcher wants to conduct a study entitled "Islamic counseling guidance in drug rehabilitation institutions: a study at Pintu Hijrah Foundation". This article aims to find out what are the causes of drug Abuse, how is the implementation of Islamic counseling guidance and how is the impact of Islamic counseling guidance in the drug rehabilitation institution of Pintu Hijrah Foundation.

METHOD

This research uses a qualitative method, which aims to understand the phenomena experienced by the research subject by means of descriptions in the form of language and words, in a special context that is natural by utilizing scientific methods (Moleong, 2005). This type of research is field research, which is an investigation conducted in the field or research location, namely the place chosen as the location for the scientific report (Abdurrahmat, 2006).

This research data collection technique uses observation, interviews and documentation. This study uses purposive sampling technique, which is a sampling technique based on certain objectives and researcher considerations so that it can represent the population and data sources selected in accordance with the variables to be studied (Fithrah, 2018). Based on the definitions above, the subjects in this research are the head of Pintu Hijrah Foundation, two counselors or social workers and three victims of drug abuse who are being rehabilitated at Pintu Hijrah Foundation.

RESULTS AND DISCUSSION

The Causes of Drug Abuse

Based on the results of research conducted through interview, observation and documentation techniques, we have found factors that cause drug abuse in clients who are being rehabilitated at Pintu Hijrah Foundation. Clients who are being rehabilitated at the Pintu Hijrah Foundation are referred to as KPN, which stands for the word Victims of Drug Abuse (Korban Penyalahgunaan Narkoba). The results of this study focus on discussing what are the causes of drug abuse at Pintu Hijrah Foundation. Drug abuse is a pattern of behavior in which an individual uses illegal drugs that are included in the class of narcotics, psychotropic drugs and addictive substances whose use is not in accordance with their function (Mittal et al., 2019). Drug abuse generally occurs because of a person's high level of curiosity about drugs. In addition, drug abuse can also be triggered by problems or the influence of being friends with drug addicts. To answer the formulation of the problem in the study regarding the causes of drug abuse, the researchers conducted interviews with various parties including the head of the foundation, KPN and counselors, in order to achieve the objectives and obtain research data regarding the focus of this journal.

Based on the results of interviews conducted by researchers with the head of the foundation, Dedy Saputra ZN on March 12, 2021, explaining that there are various causes of drug abuse in KPN who are being rehabilitated at the Pintu Hijrah Foundation. It was explained that the causes of drug abuse are usually motivated by several factors, the first factor is caused by the individual himself, for example a high feeling of curiosity about drugs, the second is environmental factors, namely factors caused by wrong association or living in an environment full of drug addicts.

a. Internal Factors

Internal factors, such as drug abuse that comes from within oneself that causes behavioral changes that include high curiosity so that individuals have a high desire to experiment, the desire to have fun, the desire to be part of the latest lifestyle, the desire to be accepted by the environment and groups (Lukman et al., 2021). The misconception that occasional drug use will not lead to addiction, dependency, lack of religious knowledge, ignorance of the serious harms of drugs for individuals themselves, for the family as well as for the environment and also for their future. It can also be caused by other factors such as low self-esteem, feeling constrained and wanting to escape the rules of the parents. Based on the results of interviews that researchers conducted with SR on March 12, 2021 at 10.30 WIB, the subject admitted that he first used drugs about 13 years ago, he claimed that he first used drugs as a doping which aimed to increase stamina to support his work. However, over time using drugs as "doping" has become drug addiction.

Similar to the results of the interview that the researcher conducted with SR, the researcher also conducted an interview with RB on March 12, 2021 at 10.50 WIB, RB also revealed that the initial reason he used drugs was at work and when he felt tired, which eventually led him to use drugs as a drug to calm and help his body to relax. He admitted that using drugs would bring a sense of calmness and relieve fatigue after work.

The researchers also conducted an interview with RH on March 12, 2021 at 10.10 WIB, RH is a victim of drug abuse who comes from Riau province. RH admitted that he had initially used drugs to lose weight, which in the end failed to lose weight, instead RH fell into the category of victims of drug abuse.

b. External Factors

External factors are drug abuse caused by those who are external to the individual, such as a family that is not integrated (Church et al., 2018). Lack of communication between family members, the family that is too restrictive. In addition, external factors of drug abuse are also caused by the negative influence of the social environment, the influence of peer pressure and the lack of attention from the government. Based on the results of interviews that researchers conducted with TA on March 15, 2021 at 10.00 WIB, TA admitted that he had started using drugs because he was invited by his friend who was a drug user who had been using drugs for a long time. At first, TA refused his friend's invitation, but after hanging out with his friend for a long time, he became curious and wanted to try it and eventually TA became a drug addict.

The researchers have also conducted an interview with MI who stated that the subject first used drugs when he was still in high school. The subject admitted that the first time he used drugs was just for fun when hanging out with his school friends. The subject admitted that at that time he thought that using drugs was cool.

Implementation of Islamic Counseling Guidance at the Pintu Hijrah Foundation Drug Rehabilitation Institute

After the researcher had conducted interviews, observations, and documentation, the researcher obtained the following results: The implementation of drug rehabilitation at Pintu Hijrah Foundation is very complex. This is due to the fact that in addition to rehabilitation, this foundation uses medical, psychological and social guidance approaches. In other hand, this foundation also applies a spiritual approach called Islamic counseling guidance. The implementation of Islamic counseling guidance is carried out every day, which starts when KPN get up at 05.15 - 05.30 KPN already has mandatory activities, which are to perform sunnah prayers and mandatory prayers in jama'ah. The implementation of drug rehabilitation at Pintu Hijrah Foundation is distinct from other rehabilitation institutions. Rehabilitation of drug addicts is not only a treatment process to free addicts from drug dependence but also a form of social protection that integrates drug addicts into social order so that they would no longer commit drug abuse (Novitasari, 2017).

a. The Purpose of Islamic Counseling Guidance at Pintu Hijrah Foundation Drug Rehabilitation Institute

Based on the results of interviews with the head of the Pintu Hijrah Foundation drug rehabilitation institution, Dedy Saputra ZN, it is found that the purpose of implementing Islamic counseling guidance for victims of drug abuse at the Pintu Hijrah Foundation is to provide more impactful rehabilitation for victims of drug abuse. According to him, if the rehabilitation process only uses medical and psychological approaches, it generally does not have a long-term impact on victims of drug abuse. Therefore, in this foundation, Islamic counseling guidance is added which aims to provide long-term effects for victims of drug abuse (Novitasari, 2017).

Based on the results of interviews with Ibni Katsir as a counselor at the Pintu Hijrah Foundation, it is stated that the application of Islamic counseling guidance at the Foundation has the purpose of helping victims of drug abuse so that they can return to the path outlined by Allah, the path that is in accordance with Allah's commands. Furthermore, Ibni Katsir explained that the Pintu Hijrah Foundation was deliberately formed and built to help the young generation of Aceh's generation so that they are free from drug abuse, in Islamic ways even though it is still supported by medical and psychological approaches but the Islamic approach is more prioritized.

b. Implementation of Islamic Counseling Guidance at the Pintu Hijrah Foundation Drug Rehabilitation Institute

1) Islamic Counseling Guidance Methods

Based on the results of interviews with Safrizal as a counselor at Pintu Hijrah Foundation, Islamic counseling guidance that is applied at this foundation uses several methods, such as mandatory prayers in jam'ah, sunnah prayers, fasting, dhikr and reading the Qur'an, deepening religious knowledge and recitation of Islamic books for victims of drug abuse.

In addition to the interview with Safrizal, the researcher also conducted an interview with Ibni Katsir as a counselor at Pintu Hijrah Foundation, who stated that Islamic counseling guidance is carried out every day, starting from the time they woke up where they were required to pray sunnah and mandatory prayers until the night before they went to bed. "They are required to do sunnah prayers six times a day, especially for Wednesday and Sunday they are required to pray seven times sunnah prayers".

The results of an interview with AZ, a victim of drug abuse at Pintu Hijrah Foundation, said that Islamic counseling guidance uses a variety of methods, namely through worship such as prayer, dhikr, reading the Qur'an, reciting the book, fiqh. "Especially reading the Qur'an is done every day, while reciting the book is only done on Wednesday nights and Saturday nights".

Based on the descriptions above, it can be interpreted that there are two methods of Islamic counseling guidance applied at Pintu Hijrah Foundation, which are: First, prayer, apart from being an obligation that must be carried out by each individual, prayer here is also used as therapy. In addition to performing mandatory prayers, KPN is also required to perform sunnah prayers every night before performing mandatory prayers and coupled with dhuha sunnah prayers, tahajud prayers and sunnah tasbih prayers. Abdul Hayat explained that there are several sunnah prayers that are very appropriate to be used as counseling techniques in order to help clients overcome various life problems including: tahajjud prayer, hajat prayer and dhuha prayer (Hayat, 2024).

Second, reading the Qur'an. It is a routine carried out by KPNs at Pintu Hijrah Foundation, reading the Qur'an has its own schedule in this foundation, every day KPNs are required to read the Qur'an either on the schedule of reading activities or after praying. Third, fasting. In this foundation, fasting is a routine carried out by KPN every two days a week, on Mondays and Thursdays. Fasting is a series of therapeutic techniques that can maintain and treat the body from things that can damage it. By fasting, the body's health can be maintained properly and has extraordinary rewards. Sheikh Muinuddin Chisti describes fasting as a natural detoxification method. During fasting the toxins that accumulate in the body are removed through the body's own mechanisms. The processes that occur during cleansing are usually in the form of: nosebleeds, vomiting, diarrhea, sweating, and urination. These processes are usually identified as diseases by modern medicine, but they are actually stages that must be followed to cleanse the body of the toxins that accumulate in it.

Fourth, dhikr. Dhikr is one of the therapeutic techniques used in Pintu Hijrah Foundation, held on Sunday nights starting at 20:00 until 21:00. In addition to the implementation of dhikr on this schedule, dhikr is also carried out at the end of the morning prayer and is also carried out after reading Surah Yasin. Dhikr has enormous benefits for a Muslim, it can purify the heart of the impurities that are attached to the heart so that the heart becomes clean and pure (Maturidi, 2020). Dhikr can also be an act seeking Allah's forgiveness as well as facilitate the presence of Allah's help (Hayat, 2024).

Fifth, Tauhid and Fiqh recitation. They are mandatory programs at Pintu Hijrah Foundation. These recitations aimed to provide religious understanding, especially Islam, to KPN who are being rehabilitated. Tauhid recitation is a recitation that discusses faith and the oneness of Allah which aims to introduce the attributes of Allah to KPN, while fiqh recitation is a science that discusses all the rules of worship and Islamic law. In addition to the things that have been explained above, the Pintu Hijrah Foundation also has a religious activity program in which there are various activities, such as giving alms and learning about Islamic values.

Based on the results of the research through interviews, observation and documentation, it can be understood that the application of Islamic counseling guidance at the Pintu Hijrah Foundation is applied in accordance with the theories regarding Islamic counseling guidance, and the researchers even found several methods applied at the Pintu

Hijrah Foundation's rehabilitation institution which are the development of existing methods, for example the tauhid recitation method and fiqh recitation.

2) Types of Islamic Counseling Guidance Services

In conducting Islamic counseling guidance, counselors at Pintu Hijrah Foundation use several types of services including: First, Individual Counseling Guidance. Individual counseling guidance is a method of providing Islamic counseling guidance to victims of drug abuse face to face in order to discuss personal problems experienced by students both related to confidential personal problems. Second, Group Counseling Guidance. Group counseling guidance is a method of providing Islamic counseling guidance in groups, this type of counseling aims to give courage to victims of drug abuse to express their opinions and discuss with each other to solve their problems.

Third, Discussion and Q&A. This method is used to explore the problems experienced by KPN by carrying out the discussion stage first, by inviting KPN to be more open while providing guidance and direction. Afterwards, the question and answer stage was conducted by asking the parties related to KPN, including parents, close friends, and family. These stages are very helpful to dig deeper into the problems experienced by KPN.

Contribution of Islamic Counseling Guidance to Victims of Drug Abuse at Pintu Hijrah Foundation

Based on the results obtained from this study, Islamic counseling guidance on victims of drug abuse has a positive impact on victims of drug abuse. The following is the impact of Islamic counseling guidance including the following: First, Personality and Character Building. The provision of Islamic counseling guidance at Pintu Hijrah Foundation has an impact on the personality and character building of victims of drug abuse, this impact is known to researchers after conducting interviews with victims of drug abuse. Based on the results of interviews with AZ as a victim of abuse who is being rehabilitated at the Pintu Hijrah Foundation, Islamic counseling guidance applied by counselors at the Pintu Hijrah Foundation has an impact on the personality and character formation of victims of drug abuse. This is because after the victims of drug abuse were given Islamic counseling guidance, they admitted that after rehabilitation in this foundation their personalities became better, this can be seen from the improvement of their relationship with their families, which previously was not good, besides that the provision of counseling guidance also has an influence on worship, if in the past they rarely prayed, and now they even included sunnah prayers into their routines.

Based on the results of interviews with Ibnu Katsir as a counselor at the Pintu Hijrah Foundation, Islamic counseling guidance has a real impact on victims of drug abuse who are being rehabilitated at the Pintu Hijrah Foundation, this can be seen from the personality of victims of drug abuse who were initially lazy in praying but after several months of Islamic counseling guidance they have prayed without having to be told again. In addition, those who initially felt bored with the activities here but after several months they seemed to feel comfortable, those who used to even want to escape from this foundation but now even the door does not need to be padlocked, meaning that after they underwent the Islamic guidance process here they were more aware of the importance of rehabilitation.

Second, Religious Knowledge and Religious Awareness. The Islamic counseling guidance applied at Pintu Hijrah Foundation has a positive impact on the knowledge and religious awareness of victims of drug abuse. Based on the results of interviews with TA as a victim of drug abuse at the Pintu Hijrah Foundation, he admitted that the Islamic counseling guidance here had an impact on his religious knowledge, they were accustomed to worshipping

and getting closer to Allah, TA admitted that he previously rarely prayed or fasted, but now he prays, fasts, and also reads Qur'an that can add insight into Islam.

Third, Responsibility towards Parents. Islamic counseling guidance applied at Pintu Hijrah Foundation also has an impact on the sense of responsibility of victims of drug abuse towards parents. Based on the results of interviews with MI as a victim of drug abuse at the Pintu Hijrah Foundation, MI said that there were many positive impacts that he felt after participating in the rehabilitation program at the Pintu Hijrah Foundation, including realizing that using drugs have no benefits and even destroyed the future, he began to realize that he had caused a lot of trouble to his parents because of drugs. Fourth, Not Repeating. Drug rehabilitation using an Islamic counseling approach has proven to have a tremendous impact on victims of drug abuse, victims of drug abuse who are being rehabilitated at the Pintu Hijrah Foundation admit that they are very aware of the dangers of drugs, very aware of how sinful it is to use drugs, so they promise not to repeat using drugs again.

Based on the results of interviews with AZ as a victim of drug abuse, AZ admitted that after rehabilitation at the Pintu Hijrah Foundation for five months I realized and promised myself not to repeat the mistakes he had made, he admitted that he fully realized that there was no point in using drugs and drugs only ruined his life. Based on the interviews with TA as a victim of drug abuse who is being rehabilitated at the Pintu Hijrah Foundation, he feels very sorry that he had fallen into drug abuse, which made his life fall apart and he promises not to repeat his mistakes again. From the results of the explanation of the impacts of Islamic counseling guidance, it can be concluded that the application of counseling guidance at the Pintu Hijrah Foundation has a very big impact on KPN who were rehabilitated at this foundation. The impacts of Islamic counseling guidance are expected to be the proof of the success of rehabilitation using Islamic counseling guidance methods.

CONCLUSION

Based on the results of research at the Pintu Hijrah Foundation drug rehabilitation institution, the researchers draw the following conclusions. First, there are two factors that cause drug abuse, namely the first is caused by internal factors and external factors. Internal factors are factors of drug abuse that come from within the victim himself, which causes a sense of curiosity in himself to try, the desire to have fun, and the desire to follow the latest lifestyle. The second is external factors, namely drug abuse caused by the environment around the individual, both the immediate environment and the social environment, such as an incomplete family, lack of communication between family members, the family is being too restrictive. External factors in a broader scope are the bad influence of the social environment, the influence of peer pressure and the lack of attention from the government.

Second, the implementation of Islamic counseling guidance at the Pintu Hijrah Foundation drug rehabilitation institution is carried out through several methods, such as: prayer worship, circumcision fasting, reading the Qur'an, dhikr, recitation of tawhid and fiqh, and other religious activities. These activities is carried out on a scheduled basis which is guided directly by the counselor of Pintu Hijrah Foundation or by bringing in mentors from outside the foundation. Third, Islamic counseling guidance for victims of drug abuse at Pintu Hijrah Foundation has a positive impact on personality, character building, religious knowledge, religious awareness, a sense of responsibility and self-awareness by helping to avoid repeating the same mistake.

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