



STRENGTHENING LIFE SKILLS IN THE REHABILITATION PROCESS OF DRUG USERS IN NORTH GORONTALO DISTRICT

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ABSTRACT

Lifeskill and the rehabilitation process are inseparable parts of dealing with drug abuse cases. Rehabilitation is needed without placing users as criminals, but individuals who need special treatment in eliminating dependence on drug abuse. *Lifeskill* strengthening is carried out in the form of guidance and has a spirit of responsibility in developing skills towards maturity personally, cognitively, socially, and vocally.

Keywords:

Lifeskill, rehabilitation, drugs.



Introduction

The drug problem is one of the most urgent types of problems faced by the North Gorontalo District government in the last few years, where the condition is very apprehensive and has increased the number of cases to a national scale. With their access to communication media openness and information through social networks, are increasingly expanding victimization drug users to have spread to various circles of both strata social, age, sex, rural even been entered in the district of North Gorontalo.

This diversity, of course, has a negative impact on the health conditions of the public in general through the spread of disease and can be a frightening threat to the point of suffering and death. Of the various problems that arise as a result of drug abuse, it also has implications for other aspects of life, ranging from social, psychological, economic, health, cultural aspects, and triggering crimes and disrupting the stability and security of an area.

The problem that is quite alarming is that the presence of drug cases has entered the age group, especially adolescents, which we should protect and protect as the nation's next generation and even need to improve its quality. There is a flow of information and communication media that is currently understood by teenagers, so that it has an influence on the abuse of illegal drugs that causes crime in a structured and planned manner.

The data states that the total cases currently occurring in North Gorontalo Regency have reached 99 cases, the total number of drug case suspects is 141 people, and the total number of user patients has reached 631 people (source: <https://gorutkab.bnn.go.id/>). This shows a very fantastic number for a district that is very worried about becoming a hotbed for drug trafficking. Thus, it further increases the number of drug cases on a large scale in the province of Gorontalo, which according to BNN RI data reached 1.9% or as many as 10,244 people from the total population (source: rri.co.id).

Based on these data, the government, in this case the North Gorontalo District BNN, must take preventive measures to prevent and break the chain of drug trafficking assisted by the police

and make an integrated effort for users who have fallen into these illicit goods through the rehabilitation process.

Rehabilitation is a facility that is semi-enclosed, meaning that only people - certain people with special interests who can enter this area. According to (Soeparman, 2000: 37) that rehabilitation for drug users is a place that provides skills and knowledge training to avoid themselves from drugs. With this rehabilitation process will help users to find out the bad effects caused by the use of these drugs.

In the implementation process, the rehabilitation of drug users can also be done through the provision of *lifeskill* strengthening (life skills education) to make them have activities that are beneficial to their survival . *Lifeskill* strengthening is oriented towards developing skills by applying the principles of learning and an adult approach.

Life skills education (*lifeskill*) illustrates that the objective is to provide services to the community in order to: (1) Have the knowledge, skills and attitudes needed to enter the world of work, either working independently (entrepreneurship) and / or working in a production / service company with income. who are increasingly feasible to meet their daily needs, (2) Have a high motivation and work ethic and can produce superior works and are able to compete in the global market, (3) Have a high awareness of the importance of education for themselves and their family members , (4) Having the same opportunity to obtain education in order to realize educational justice at every level of society (Depdiknas, 2007: 12). *Lifeskill* strengthening also increases one's psychological skills or competencies to overcome the various challenges and demands of daily life .

Discussion

In dealing with drug problems that are currently troubling the community in North Gorontalo District, a strategy is needed to strengthen the provision of knowledge and skills, known as *lifeskill*, which also supports the rehabilitation program organized by government agencies. *Lifeskill* strengthening is done by providing drug users with life skills, namely through their ability and courage to face life's problems, then creatively find solutions and be able to overcome them. Education that can synergize the various forms of this skill very diperiukan person, wherever he is, working or not working, any profession. With the provision of a good life skills, will make the drug users are able to solve problems faced life, including finding or creating jobs for them have not obtained proper livelihood .

In realizing this , it is necessary to apply the principles of rehabilitation -based life skills education which are not only oriented to knowledge or vocational aspects alone, but also provide provisions for *learning how to learn* as well as *learning how to learn* , not only learning theory, but also practicing it to solve problems. daily life or integrated into the four pillars of education proposed by UNESCO, namely *learning to know*, *learning to do*, *learning to be* , and *tearing to live together* .

By common definition, educational *life skill* is education that provide basic supplies and training carried out properly to the students about the values of life are needed and useful for the development of the life of her . Thus, *life skills* education must be able to reflect real life in the process of strengthening in order to acquire these life skills, so that they are ready to live in the midst of society. Strengthening life skills (*life skills*) is not dike mas in the form of subjects, but is implemented in skill . The introduction of life skills to drug users is a reflection of the real life values that users face after going through the rehabilitation phase.

Although there are differences in the definition of Life Skills, the essence is the same, namely that Life Skills are the abilities, abilities and skills needed by a person to live a life of joy and happiness. Therefore, life skills education is education that provides basic provisions and exercises that are carried out correctly for students regarding the values of daily life so that they are able,

capable, and skilled in carrying out their lives, namely being able to maintain their survival and development. . With this definition, life skills education must reflect the real values of everyday life, both preservative and progressive.

Lifeskill strengthening implementation in the rehabilitation process :

a) Implementation of *lifeskill* strengthening through personal aspects

One of the efforts that can be made by the North Gorontalo District government through the BNN in equipping drug users in the personal aspect is through religious education by involving users through religious studies which aim to form the personal character of users who are religious and believe in God. Almighty and have a noble end . This religious activity can be carried out consistently and on a scheduled basis by bringing in competent speakers in rectifying the faith and disciplining users in obeying the teachings of their respective religions, for example in Islam through routine activities such as praying together on time, following recitation (tadarus Al-Quran) and activities of the ta'lim assembly.

The real manifestation of the implementation of *lifeskill* in this personal aspect will later bring a glimmer of new hope and benefit from these activities so that they can put what they have got into their daily life.

b) *Lifeskill* strengthening *implementation* through cognitive aspects

This form of reinforcement is *problem solving* , where users are trained to think about the problems they face, and find a way out of each problem they face. It also has the aim of making users have clear thoughts and remain calm in facing life's problems that have befallen them through drug abuse.

Implementation of strengthening *lifeskill* from the cognitive aspect will have an impact on the process of individual maturity, especially for users who are in the adolescent age category who should have thought maturity in addressing their problems. As a simple example of the rules and regulations imposed in the rehabilitation process. These rules and regulations apply the concept of a deterrent effect from every act committed by the user in the form of sanctions or penalties for committing an offense. These sanctions can be in the form of light sanctions, reprimands, and even serious sanctions for every act that is violated through this order. Thus users are aware of and understand the impact of their actions, especially those that refer to violations.

By expecting reinforcement related to *problem solving* , we can provide knowledge and experience and have full awareness in finding solutions to problems through thinking and acting in a mature manner in responding to them.

c) *Lifeskill* strengthening *implementation* through social aspects

In this social aspect, drug users can promote kinship in building relationships between each other. This family relationship includes creating an atmosphere of family life in rehabilitation activities, so that one another can create a harmonious and friendly relationship without looking down on other users.

In optimizing the strengthening of *lifeskill* through social aspects for users, this can be done by utilizing sharing time when interacting, advising each other and reminding one another. for example, if there are users who "vent", then one another must be a wise and wise listener in appreciating every problem he has ever experienced. So that is where other users can provide advice and find a way out of each of their problems while simultaneously supporting each other in kindness.

P Strengthening *lifeskill* through the aspects of this social teaching kinship system of the harmonious relationship that exists, not of blood relationship so that together foster mutual respect in every ages at once.

d) *Lifeskill* strengthening *implementation* through vocational aspects

The vocational aspect is an alternative for drug users in North Gorontalo District by providing skills through comprehensive mentoring activities. The skill activities provided are aimed at developing the interests and talents of the users who have not been optimally channeled in all ages so that they can live skillfully and independently.

This strengthening effort can be done by including users in skills training activities even in the form of simple skills such as sewing, farming, even types of skills that can be done outside of rehabilitation activities so as to increase economic productivity for drug users. For example, in the vocational field, it involves users in the skills of converting used goods (waste) into valuable goods or having a sale value, which later will become a provision for their skills to foster an entrepreneurial spirit when they have completed the rehabilitation period.

Conclusion

Strengthening *life skills* in the rehabilitation process for drug users in Gorontalo District is carried out to prevent abuse by synergizing rehabilitation programs with strengthening oriented life skills consistently and continuously. Through the strengthening of *lifeskill*, drug users are equipped with personal, cognitive, social and vocational skills so as to eliminate stigmatization of the desire to fall into things that can harm individuals due to drug use.

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