



FAMILY'S INITIAL RESPONSE TO THE FAMILY MEMBERS WHO HAVE A PROBLEM WITH NARCOTIC DRUGS AND PSYCHOTROPIC SUBSTANCES ABUSE

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ABSTRACT

Background of the Study: Narcotic drugs and psychotropic substances (NDPS) abuse which is commonly known as drugs abuse becomes a global problem. In the recent years, the number of drugs abuse is increasing. Family whose family members are addicted to drugs will feel the burdens such as physical, economic, social, and psychological burdens. There are many families who feel ashamed to acknowledge it. They also try to hide the condition of their children. Thus, officers find it difficult to handle an individual who suffers from drugs abuse. **Objective of the Study:** This study aims to explore family's experience in giving support to rehabilitation process of family members with drugs abuse problem. **Participants and Research Method:** This study used qualitative method with interpretive phenomenology approach. This study involved 6 participants who had family members with drug abuse. The data were collected using in-depth interview with interview guide. The data were then analyzed using Interpretative Phenomenological Analysis (IPA) **Findings:** There are 2 themes found in this study. Those themes are the thought that environment as the main cause of drugs abuse and the fear of getting stigma from environment **Conclusion:** Family as a smallest unit of society has role and function to send its members to live a better life. Family has to understand how environment and society give their influence to the attitude of its members. Inappropriate intercommunication and negative behavior by having friend who has drugs abuse problem will lead an individual to have the same problem.

KEYWORDS: Initial Response, Family, Drugs Abuse, Phenomenology.

BACKGROUND OF THE STUDY

NDPS is a term which stands for narcotic drugs and psychotropic substance. According to Indonesian act number 35 of 2009, narcotics is substance or drug made from plants or non-plants either synthetic or semi synthetic which can cause a decrease or a change of consciousness, loss of pain, and dependency.

The prevalence of drugs abuse in this world has increased since 2006 to 2013. The number of prevalence of drugs abuse in this world was estimated as much as 4.9% or 208 million of users in 2006. Then a decrease happened in 2009 as much as 4.8%. However, it increased again as much as 4.8% in 2009 and 5.2% in 2011. United Nations Office on Drugs and Crime (UNODC)^[1] reported that in 2013 there were 167 to 315 million of people with drugs abuse problem in all over the world. The result of National Narcotics Board (BNN) and Center for Health Research UI survey in 2014 stated

that the number of prevalence of drugs abuse in general is as much as 2.18%. Based on that number, the calculation of prevalence number projection was conducted where in 2016 the prevalence number was projected drugs abuse as much as 2.21% or equal to 4.173.433 people.^[2]

Drugs abuse done by family members will give negative impact to all the other family members and their inner circle. Family whose member suffers from drug abuse will experience various burdens such as physical, economic, social, and psychological burdens. Mothers often do not realize the first stage of drug abuse where their children have not addicted yet. When they realize that their children are addicted to drugs, the children will suffer from family's rejection and there will be an argument among the family members.^[3] As parents whose children are drugs addicted, it dishonors the family. It is common for parents to leave their children or

to completely absorb a sense of being failure parents and forgetting the main problem.^[4]

A study conducted by Ritanti *et al.*^[5] stated that families whose children are drugs addicted are in deep, prolonged, and repeatedly grieve through the stage of denial, bargaining, deep sorrow and willing to accept the fact at last. The family feels ashamed, hurt, sorrowful, and stressed caused by pressure and discrimination of the environment. Family often do not know how to divide their hearts with other family members and to reveal their feelings clearly. Based on the description above, this study did an in-depth investigation of family's initial response to the existence of family member with drugs abuse problem.

Participants and Research Method

Research Study

This study used qualitative method with phenomenology approach. That method was used to obtain in-depth data and individual experience. The characteristics of this study were the fact that this study interpret, gave meaning and understand in detail on the phenomenon.^[6]

Setting of the Study

This study was conducted in Primary Rehabilitation Center National Narcotic Board (BNN rehabilitation center), Malang, East Java. BNN rehabilitation center had started to operate since 2016. That rehabilitation center was established as a follow-up activity in rehabilitating narcotics users. That rehabilitation center also makes it easy for society to do a checkup.

The number of participants in this qualitative method was taken based on the information and the data obtained. The data collection was stopped if there was no new information which can be obtained.^[7] The participants of this study were 6 People with the following criteria: someone who have relative or family members with drugs abuse problem in A level addiction, someone who takes care and lives in the same house as the one who was still in rehabilitation process in *Initial Recovery* (Out Patient) stage, and someone who is willing to be the participant by signing approval sheet of participant.

Data Collection

This study had obtained an ethics approval from Health Research Ethics Committee of Medicine Faculty, Brawijaya University Malang number 112/EC/KEPK-S2/04/2018. This study was conducted for 1 month in May-June 2018.

This study was conducted by the researcher by doing at least 2 visits to form mutual trust with the participants. The researcher carried out an interview which suit participants' preference. This study used in-depth interview method to obtain understanding of research problem in detail.^[8] The interview was a semi-structured interview with open-ended questions which focused on

daily life of an individual seen from their point of view. Participants described their life experiences. After that, the occurred phenomenon described by participants was interpreted by the researcher.^[7] The process of interview was 25-60 minutes. Participants statements were recorded in form of audio (MP3). The researcher guaranteed the confidentiality of participants' identity and the result of the interview

Data Analysis

In this study, the data were analyzed using Interpretative Phenomenological Analysis (IPA) by Jeong and Othman.^[9] The steps of the analysis were as follows: 1) Reading and Re-reading and Initial Noting, 2) Developing emergent themes, 3) Searching for connection across emergent themes, 4) Moving to the next cases, 5) Looking for pattern across cases.

Findings

Theme 1: The thought that environment as a cause of drugs abuse

Participants expressed that environment was the cause of drugs abuse problem suffered by their family members. Participants had the perception that their family members consumed narcotics drugs and psychotropic substance due to bad social environment where many of their friends or their group was consuming NDPS. It was proven by the following statements made by the participants:

"He made friends with punk kid. Because here is the tomb area, there are many punk kids. I have warned them. **Well, due to this environment, if their friends consume, the other will consume it too.**" (P1 Column 4).

"*At first, my younger siblings, I do not really know. He goes to school. May be at school, I do not know. I only know it when I see his attitude getting strange,*" (P3 Column 4).

Other participants also expressed that their family members changed their attitudes and behavior. The change of attitude was due to their intercommunication at school. The participants find the changes strange. That was shown by the following statements made by the participants:

"*I see the differences on his attitude; usually he is diligent and polite. Since he has been in that school, he rarely goes home. Not go home literally, I mean, not like his usual self*" (P3 Column 4).

Theme 2: The disappointment with the behavior of their family members

In this theme, the participants expressed their emotions and the behavior of their family members. The participants felt upset and angry with their behavior.

There was disappointment in their heart considering the behavior of their family members. The statements which support this argument are as follows:

“I am shock, angry, because I have warned him.” (P1 Column 8).

“It has not been a month yet. But he said he fed up with the rehabilitation. He wanted to stop. I said to him to not do anything strange, he has to be patient so that he can get well soon” (P2 Column 16)

The feeling of disappointment was expressed by other participants. They felt surprised with the attitude of their family members. The participants did not expect what have been done by their family member. The participants expressed that previously they have warned them to avoid the use of NDPS. Participants' statement can be seen in the quotation below:

“I am surprised, shock, even if I have thought about it, still I am surprised. I hope it was only a suspicion, I hope it will not happen.” (P2 Column 12)

DISCUSSION

Theme 1: The thought that environment as a cause of drugs abuse.

This theme deals with how participants' initial responses when they learned a member of their family consumed NDPS. Considering the environment as the cause of drugs abuse is an expression of distress felt by the family. Environment is the most influencing factor on drugs abuse. That statement was supported by Purba *et al*^[10] who argued that peers can be a factor which gives big impact on drugs abuse. Puberty is a phase where teenagers want to be recognized in their environment. Joewana^[11] mentioned that teenagers assumed that the use of NDPS can improve and make it easier for them to interact with their peers. Fisher *et al*^[12] also stated that peers improve the desire to consume NDPS. Bad influence from environment and peers and lack of attention from government are external factors which cause teenagers to consume NDPS^[13]

Theme 2: The disappointment with the behavior of their family members.

Family members with drugs abuse problem will give bad influence to their family and inner circle. Family who has children with drugs abuse problem will feel the burdens such as psychological burden. Santoso *et al*^[14] stated that parents' response whose children are identified consuming NDPS is that they feel various emotions such as disappointed, shock, and devastated. Hikmat^[15] also stated that parents feel guilty, desperate, shame, sad, and angry for having drugs users' children. The result of a study conducted by Ritanti^[5] shows that the existence of family members with drugs abuse problem in family is a heavy blow for the family.

Various emotions occur as initial response when family learned that their members consuming NDPS. The family feels bewildered, in denial, ashamed, disappointed, shock/ surprised, sorry, deep sorrow, and desperate.

CONCLUSION

This study shows initial response shown by family when they learned that their family members consuming NDPS. Family thought that the environment is the cause of drugs abuse problem. They felt disappointed with the attitude of their family members. The influence of environment and intercommunication is a factor or a reason why someone consumes NDPS. Family has to give understanding and attention to their family members on how to form positive intercommunication so that family members spared from drugs abuse problem.

CONFLICT OF INTEREST

There is no conflict of interest.

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