



# TRAVERSING THE PATH OF RECOVERY: SOCIAL REHABILITATION FOR NAPZA SURVIVORS AT THE CINTA KASIH BANGSA FOUNDATION SEMARANG INDONESIA

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## Abstract

The abuse of Narcotics, Psychotropics, and Other Addictive Substances (NAPZA) is a social issue with far-reaching impacts on public health, the economy, and social stability. This study aims to analyze the implementation of social rehabilitation for NAPZA abuse survivors at the Cinta Kasih Bangsa Foundation (YCKB) in Ungaran. A qualitative research method with a descriptive approach was employed to understand the implementation of social rehabilitation programs and their impact on clients. Data were collected through in-depth interviews, participatory observations, and document analysis. Interviews were conducted with seven informants, four of whom were key informants as well as three additional informants as individual. The findings indicate that YCKB implements social rehabilitation in several stages, including screening, assessment, rehabilitation, and termination. The programs consist of counseling, psychoeducation, sports, recreation, skills training, pharmacotherapy, and spiritual development. The study reveals that these rehabilitation programs contribute to clients' physical and mental recovery, enhance social reintegration, and reduce relapse rates. However, challenges such as societal stigma and limited resources remain obstacles to optimizing rehabilitation efforts. This study recommends periodic evaluations and the strengthening of rehabilitation programs to ensure sustainability and improve the effectiveness of services for clients.

**Keywords:** Social Rehabilitation; Social Reintegration; NAPZA Survivors; Cinta Kasih Bangsa Foundation.

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## Abstrak

*Penyalahgunaan Narkotika, Psikotropika, dan Zat Adiktif lainnya (NAPZA) merupakan permasalahan sosial yang berdampak luas terhadap kesehatan, ekonomi, dan stabilitas sosial masyarakat. Studi ini bertujuan untuk menganalisis penerapan rehabilitasi sosial terhadap korban penyalahgunaan NAPZA di Yayasan Cinta Kasih Bangsa (YCKB) Ungaran. Penelitian ini menggunakan metode kualitatif dengan pendekatan deskriptif untuk memahami implementasi program rehabilitasi sosial serta dampaknya terhadap klien. Data dikumpulkan melalui wawancara mendalam, observasi partisipatif, dan studi dokumen. Wawancara dilakukan kepada tujuh informan, empat diantaranya ialah informan utama dan tiga masyarakat. Hasil penelitian menunjukkan bahwa YCKB menerapkan tahapan rehabilitasi sosial yang mencakup screening, assessment, rehabilitasi sosial, dan terminasi. Program yang dijalankan meliputi konseling, psikoedukasi, olahraga, rekreasi, keterampilan, farmakoterapi, dan pembinaan kerohanian. Temuan penelitian mengindikasikan bahwa program rehabilitasi ini berkontribusi terhadap pemulihan fisik dan mental klien, meningkatkan reintegrasi sosial, serta menurunkan tingkat relapse. Namun, tantangan seperti stigma masyarakat dan keterbatasan sumber daya masih menjadi kendala dalam optimalisasi rehabilitasi. Studi ini merekomendasikan evaluasi berkala dan penguatan program rehabilitasi untuk memastikan keberlanjutan serta peningkatan efektivitas layanan bagi klien.*

**Kata Kunci:** Rehabilitasi Sosial; Reintegrasi Sosial; Penyintas NAPZA; Yayasan Cinta Kasih Bangsa.

## INTRODUCTION

The abuse of Narcotics, Psychotropic Substances, and other Addictive Substances (NAPZA) remains a pervasive and evolving social issue in Indonesia, impacting individuals, families, and broader societal systems. This study focuses specifically on the social rehabilitation dimension of NAPZA recovery, aligning directly with the title "Traversing the Path of Recovery: Social Rehabilitation for NAPZA Survivors at the Cinta Kasih Bangsa Foundation Semarang, Indonesia". The scope of the issues discussed encompasses not only the prevalence and distribution patterns of substance abuse in Indonesia but also the systemic challenges in addressing recovery from a social welfare perspective.

National data from the Indonesian National Narcotics Agency (BNN) shows a drug abuse prevalence rate of 1.73% in 2023, or approximately 3.3 million people—still a significant figure despite a slight decline from the previous year.<sup>1</sup> Moreover, regional data from BNNP Central Java reveal persistent drug-related crimes, with 25 narcotics cases uncovered and over 4.8 kilograms of substances such as methamphetamine, marijuana, ecstasy, and synthetic cannabis seized throughout 2023.<sup>2</sup> These figures illustrate that

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<sup>1</sup>Badan Narkotika Nasional, *Statistics of Narcotics Case Uncovered* (2024) <<https://puslitdatin.bnn.go.id/portfolio/data-statistik-kasus-narkoba/>>.

<sup>2</sup>Muhammad Ali Bagas, 'Narkoba Dan Judi Online: Ancaman Serius Generasi Muda Di Pedesaan', *Kumparan.Com*, 2025 <<https://kumparan.com/cangkir-diskusi/narkoba-dan-judi-online-ancaman-serius-generasi-muda-di-pedesaan-24idSR3Wqc8>>.

NAPZA abuse is not only a legal or medical issue but also a long-term social concern that requires comprehensive and continuous rehabilitation efforts.<sup>3</sup>

In relation to the title, this journal focuses on the post-abuse phase, examining how social rehabilitation programs—such as those implemented at the Cinta Kasih Bangsa Foundation—play a critical role in restoring the social functioning, dignity, and future prospects of NAPZA survivors. By situating the discussion within both national and regional contexts, the article provides a grounded understanding of how local rehabilitation initiatives are responding to a national crisis.<sup>4</sup> Hence, the scope is clearly directed toward understanding the practical implementation and social impact of rehabilitation efforts, rather than merely presenting statistical or legal responses to NAPZA issues.

Based on data from BNN, the majority of drug users in Indonesia are in the age range of 15 to 64 years, with the highest percentage being male. Research shows that the prevalence of drug abuse is higher in urban areas compared to rural areas. The adolescent and young adult age groups, especially those between 18 and 25 years old, are the most vulnerable to substance abuse.<sup>5</sup> This is related to the transition to adulthood, academic pressures, and the influence of a strong social environment at that age.<sup>6</sup> NAPZA abuse in this age group can result in long-term health problems and decreased productivity in their social and professional lives.<sup>7</sup>

The impact of NAPZA abuse is not only limited to individual health aspects but also has far-reaching consequences in the social and economic realms. From a health perspective, long-term drug consumption can cause serious disruption to various vital organs, including liver damage, central nervous system disorders, as well as an increased risk of infectious diseases such as HIV/AIDS due to the use of unsterilized needles.<sup>8</sup> In addition, the use of addictive substances can lead to a dependency that is difficult to break without proper medical and psychological intervention.<sup>9</sup>

In terms of the economy, NAPZA abuse imposes a significant burden on individuals and the state.<sup>10</sup> People who use drugs often have difficulty maintaining employment and face financial problems due to their dependence on these substances. Meanwhile, the government has to allocate a large budget for health treatment, rehabilitation programs, and law enforcement efforts. Economic losses due to reduced labor productivity and

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<sup>3</sup>BNN, 'Angka Prevalensi Penyalahgunaan Narkotika', 2024, 2024 <<https://data.bnn.go.id/dataset/angka-prevalensi-penyalahgunaan-narkotika>> [accessed 22 February 2025].

<sup>4</sup>Radisman Saragih, Paltiada Saragi, and Andree Washington Hasiholan Sianipar, 'Penegakan Hukum Dan Perlindungan Hukum Terhadap Peredaran Dan Penyalahgunaan Narkotika Di Kalangan Remaja: Studi Kasus Di Indonesia', *Honeste Vivere*, 34.2 (2024), pp. 244–54.

<sup>5</sup>Badan Narkotika Nasional, *Statistics of Narcotics Case Uncovered*.

<sup>6</sup>Valentina Lusita Sinta Herindrasti, 'Drug-Free ASEAN 2025: Tantangan Indonesia Dalam Penanggulangan Penyalahgunaan Narkotika', *Jurnal Hubungan Internasional*, 7.1 (2018), pp. 19–33.

<sup>7</sup>Badan Narkotika Nasional, 'Indonesia Drugs Report 2019', Jakarta: Badan Narkotika Nasional, 2019.

<sup>8</sup>Abd Aziz Hasibuan, 'Narkotika Dan Penanggulangannya', *STUDIA DIDAKTIKA: Jurnal Ilmiah Bidang Pendidikan*, 11.01 (2017), pp. 33–44.

<sup>9</sup>Khamimatuz Zulfa and Eny Purwandari, 'Pola Keluarga Remaja Berisiko Penyalahgunaan Napza', *Indigenous: Jurnal Ilmiah Psikologi*, 1.1 (2016), pp. 74–83.

<sup>10</sup>Muhammad Hafizh Ridho, 'Bimbingan Konseling Spiritual Terhadap Pasien Rehabilitasi Napza', *Jurnal Studia Insania*, 6.1 (2018), pp. 36–48.

increased rehabilitation costs are major challenges in addressing the problem of drug abuse in Indonesia.<sup>11</sup>

The social impact of NAPZA abuse cannot be ignored. Families of drug users often experience prolonged emotional and social distress due to the stigma surrounding substance use. Drug abuse is also linked to rising rates of criminal activity, including theft and violence, driven by the financial pressures users face.<sup>12</sup> These outcomes contribute to social instability and diminished public safety.<sup>13</sup> While legal approaches remain the dominant response in Indonesia, especially through criminalization, such measures have proven largely ineffective in promoting long-term recovery.<sup>14</sup> Research indicates that incarceration frequently leads to relapse, and in many cases, correctional facilities become environments where drug access is not curtailed but expanded.<sup>15</sup>

The novelty of this study lies in its focus on a community-based, humanistic rehabilitation model that repositions NAPZA survivors as participants in structured recovery programs, rather than as passive subjects of punitive systems. This research specifically explores how the Cinta Kasih Bangsa Foundation integrates social rehabilitation practices—through psychosocial interventions, vocational training, and family engagement—to rebuild the social functioning of survivors. Unlike most studies that center on medical or legal frameworks, this work provides empirical insight into the social dimensions of recovery, offering a bottom-up perspective that foregrounds survivor agency, localized innovation, and sustainable reintegration into society.

Approach that is considered more effective in dealing with NAPZA abuse is social rehabilitation.<sup>16</sup> This approach not only aims to eliminate physical dependence on addictive substances but also helps individuals rebuild their lives socially and psychologically. Social rehabilitation programs focus on recovery through psychological therapy, job skills training, as well as social support that enables individuals to return to functioning in society.<sup>17</sup>

In Indonesia, Yayasan Cinta Kasih Bangsa (YCKB) is one of the organizations engaged in social rehabilitation for NAPZA abuse victims. The foundation has contributed to helping individuals recover from drug dependence through a holistic approach, including religious therapy, psychosocial support, and individual counseling. With this approach, it is hoped that victims of NAPZA abuse can not only be free from addiction but also live a healthier and more productive life. In addition, the foundation builds an

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<sup>11</sup>Ardath Prahara Setyan and Mohammad Jamal, 'Karakteristik Individu Penyalahguna NAPZA Dan Jenis NAPZA Yang Digunakan Di Provinsi Jawa Timur', *Jurnal Aplikasi Sistem Dan Teknik Informatika Pomosda (JASTIP)*, 2.02 (2024), pp. 57–67.

<sup>12</sup>Ririn Puspandari, I M Sunarsih, and Rendra Widyatama, 'Kontribusi Testimoni Dalam Meningkatkan Efektivitas Pendidikan Kesehatan Tentang Napza Di Kabupaten Sleman', *Berita Kedokteran Masyarakat*, 24.3 (2008), pp. 130–38.

<sup>13</sup>Atik Atik, Subhannur Rahman, and Sarkiah Sarkiah, 'Kebutuhan Spiritual Pasien Rehabilitasi NAPZA: Literature Review', in *Proceeding of Sari Mulia University Nursing National Seminars*, 2020, II, 55–68.

<sup>14</sup>Nurul Aeni, 'Literature Review: Analisa Konsep, Kebijakan Dan Research Evidance Dengan Masalah Napza Di Masyarakat', *Mando Care Jurnal*, 3.1 (2024), pp. 22–29.

<sup>15</sup>Olivia Dwi Kumala, Ahmad Rusdi, and Rumiani Rumiani, 'Terapi Dzikir Untuk Meningkatkan Ketenangan Hati Pada Pengguna Napza', *JIP (Jurnal Intervensi Psikologi)*, 11.1 (2019), pp. 43–54.

<sup>16</sup>Syaifullah Kholik, Evi Risa Mariana, and Zainab Zainab, 'Faktor-Faktor Yang Mempengaruhi Penyalahgunaan Narkoba Pada Klien Rehabilitasi Narkoba Di Poli NAPZA RSJ Sambang Lihum', *Jurnal Skala Kesehatan*, 5.1 (2014).

<sup>17</sup>H Achmad Kabain, *Jenis Jenis Napza Dan Bahayanya* (Alprin, 2020).

inclusive social ecosystem, where former drug users are not stigmatised, but empowered as agents of change. This approach is different from many other foundations that still predominantly focus on medical or legal aspects.

In order to effectively address the issue of NAPZA abuse, it is imperative to adopt a more comprehensive and recovery-oriented strategy. Addressing this complex issue cannot solely depend on rigorous law enforcement measures, but must also emphasize a rehabilitative framework that engages a multitude of stakeholders, including governmental bodies, educational institutions, community organizations, and familial units.<sup>18</sup> The existing body of research pertaining to NAPZA rehabilitation in Indonesia has predominantly concentrated on medical interventions, detoxification processes, or the legal ramifications concerning substance users. While a number of studies have acknowledged the significance of psychosocial support, there remains a notable deficiency in comprehensive models that investigate the long-term social reintegration of survivors—particularly through community-based institutions—within the scholarly discourse.

This study strategically positions itself within this identified gap by scrutinizing a practical implementation of a holistic social rehabilitation initiative at Yayasan Cinta Kasih Bangsa (YCKB) Ungaran. The primary objective of this research is to assess the efficacy of the program in facilitating recovery and reinstating social functioning among individuals undergoing rehabilitation. Moreover, this study seeks to elucidate the enabling and constraining factors influencing its implementation, with particular emphasis on the roles of family support, vocational training, and aftercare services. By accentuating the practical experiences derived from YCKB, this research offers novel empirical insights into alternative recovery models that transcend institutional or punitive environments, thereby contributing to the advancement of a more sustainable and socially inclusive framework for NAPZA rehabilitation in Indonesia.

## LITERATURE REVIEW

The implementation of social rehabilitation at the Cinta Kasih Bangsa Foundation (YCKB) aligns closely with key concepts found in social rehabilitation theory and labeling theory. Social rehabilitation is not merely a process of ceasing addictive behaviors, but a multidimensional effort to restore individual functioning across psychological, social, educational, economic, and spiritual domains. YCKB's structured programs—including psychoeducation, counseling, skill development, pharmacotherapy, and spiritual support—reflect a systemic and empowerment-based approach aimed at helping clients reintegrate into society. These interventions strengthen key social bonds (attachment, commitment, involvement, and belief), as emphasized by Hirschi's social bond theory, thereby reducing the risk of deviant relapse. Moreover, by offering opportunities for clients to regain their independence and dignity, YCKB fosters what Braithwaite describes as reintegrative shaming—a form of accountability that encourages behavioral change without stigmatization.

In line with labeling theory, YCKB's efforts are particularly significant in counteracting the negative societal labels often attached to individuals with a history of drug abuse. Labels such as “addict” or “criminal” can lead to social rejection, internalized stigma, and a cycle of marginalization, all of which undermine the recovery process. YCKB

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<sup>18</sup>Renta Sianturi and others, 'Efek Penggunaan NAPZA Terhadap Kesehatan Psikologis', *Jurnal Ilmiah: JHESTECH*, 5.2 (2022).

addresses these challenges through a community-based, restorative model that offers clients a second chance to redefine their identity through positive social roles and self-efficacy. The foundation's emphasis on inclusion, skill-building, and aftercare mitigates the long-term impact of stigmatization and aligns with the recovery-oriented perspective that sees every individual as capable of transformation. Moving forward, sustainable program development at YCKB requires ongoing evaluation, inter-institutional collaboration, and public education to reduce stigma and enhance systemic support. Ultimately, the goal is to build an empathetic society where former victims of drug abuse are no longer defined by their past, but by their potential to contribute meaningfully to a healthier and more just community.

### A. Social Rehabilitation Theory

Social rehabilitation is a process that aims to restore, restore, or increase the capacity of individuals or groups who experience social dysfunction so that they can return to their roles in society effectively.<sup>19</sup> The basic premise of this theory is that every individual has the potential to develop, adapt and contribute, even if they face social, economic or psychological barriers. Therefore, social rehabilitation focuses not only on the medical recovery of individuals, but also on creating a supportive environment for individuals to be able to reintegrate optimally. This approach encompasses a range of interventions, including counseling, skills training, and social support designed to meet the unique needs of each individual.<sup>20</sup>

One of the main approaches in social rehabilitation is the systemic approach, which sees that social problems cannot be separated from the environment and social interactions of individuals. According to this theory, social dysfunction is often caused by external factors, such as poverty, marginalization, or lack of access to adequate resources.<sup>21</sup> Therefore, social rehabilitation must include efforts to change the social environment to better support the individual's recovery process. Collaboration between families, communities and social institutions is key in creating a comprehensive and sustainable support system.

The social bonding theory proposed by Travis Hirschi states that an individual's attachment to social elements, such as family, community, and institutions, has a role in preventing deviant behavior<sup>22</sup>. In the context of social rehabilitation for drug abusers, this approach focuses on strengthening four main elements: attachment, commitment, involvement, and belief. The implementation of this approach is realized in the form of community therapy that aims to build positive social ties that support individual recovery.<sup>23</sup>

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<sup>19</sup>Teguh Hartono, Vadira Hanami, and Fanniya Dyah Prameswari, 'Drug Abuse Rehabilitation Policies in Indonesia: A Comparison with Vietnam, Australia and Portugal', *Wacana Hukum*, 29.2 (2023), pp. 163–80.

<sup>20</sup>Apollo Sinambela, 'Social Rehabilitation Management Drug Abusers', *Journal of Social Science*, 4.3 (2023), pp. 712–19.

<sup>21</sup>Abasiama Etuknwa, Kevin Daniels, and Constanze Eib, 'Sustainable Return to Work: A Systematic Review Focusing on Personal and Social Factors', *Journal of Occupational Rehabilitation*, 29 (2019), pp. 679–700.

<sup>22</sup>Rebecca Hammarlund and others, 'Review of the Effects of Self-Stigma and Perceived Social Stigma on the Treatment-Seeking Decisions of Individuals with Drug-and Alcohol-Use Disorders', *Substance Abuse and Rehabilitation*, 2018, pp. 115–36.

<sup>23</sup>Jorma Sipilä, *Social Care Services: The Key to the Scandinavian Welfare Model* (Routledge, 2019).

In addition, social rehabilitation theory also emphasizes the principle of empowerment, which aims to increase the capacity and independence of individuals so that they can take an active role in the recovery process.<sup>24</sup> This empowerment is realized through programs designed to improve life skills, build self-confidence, and provide access to resources needed to achieve independence. With this approach, social rehabilitation not only focuses on recovering individuals from their current condition, but also aims to prevent recurrent social dysfunction in the future through increasing individual resilience to social challenges.<sup>25</sup>

Social rehabilitation includes various important aspects to help individuals recover from drug abuse and return to functioning in society. Psychological aspects (Bandura) emphasize the importance of therapy to overcome trauma and build positive mindsets. Social aspects (Braithwaite) highlight family and community support in reducing stigma and accelerating social reintegration. Educational and skills aspects (Matza) are necessary for individuals to have positive alternatives after recovery. The economic aspect (Maslow) focuses on financial independence through job training and self-employment. The legal aspect (Becker) emphasizes protecting the rights of ex-users from discrimination. Spiritual aspects (Frankl) help individuals find the meaning of life and strengthen their commitment to stay away from drugs. Medical aspects (Bronfenbrenner) include physical health care and pharmacological therapies that support recovery.

The environmental aspect (Goffman) emphasizes the importance of rehabilitation facilities that support recovery. Finally, the relapse prevention aspect (Bandura) is needed to keep individuals stable through mentoring and support groups. With this multidimensional approach, social rehabilitation can have a sustainable impact on drug survivors and the community. Social rehabilitation practice also adopts a psychosocial approach that combines psychological and social aspects in the recovery process. This approach recognizes that many social problems faced by individuals are related to their psychological conditions, such as trauma, stress, or mental disorders.<sup>26</sup> Therefore, social rehabilitation not only provides interventions in the form of social support, but also includes psychological services such as therapy or counseling to help individuals address the underlying factors of their problems. The main goal of this psychosocial approach is to create a balance between mental health and better social integration.<sup>27</sup>

Social rehabilitation theory basically departs from the idea that every individual who experiences downturns due to various factors, such as drug abuse, has the opportunity to rise and return to live a better life. According to Anthony Giddens, social rehabilitation is the process of restoring individuals who experience social dysfunction so that they can return to their normal roles in society. This approach does not only focus on physical aspects, but also includes emotional, psychological, and social support. In the context of NAPZA abuse victims, social rehabilitation aims to restore their independence, rebuild their self-esteem, and ensure they can be accepted back into the community.

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<sup>24</sup>Erin E Andrews and others, ‘# SaytheWord: A Disability Culture Commentary on the Erasure of “Disability”’, *Rehabilitation Psychology*, 64.2 (2019), p. 111.

<sup>25</sup>Alberto Luiz Aramaki and others, ‘Use of Client-Centered Virtual Reality in Rehabilitation after Stroke: A Feasibility Study’, *Arquivos de Neuro-Psiquiatria*, 77.9 (2019), pp. 622–31.

<sup>26</sup>Dorceta E Taylor, *The Environment and the People in American Cities, 1600s-1900s: Disorder, Inequality, and Social Change* (Duke University Press, 2020).

<sup>27</sup>Ronald G Walton, *Women in Social Work* (Routledge, 2022).

John Braithwaite introduced the concept of reintegrative shaming, which explains that shame can be used as a tool to encourage positive change, but it must be done in a constructive way. In the context of social rehabilitation, individuals who are trying to get off NAPZA should not be punished with stigma or ostracism, but given the understanding that their mistakes are not the end of the world. With this empathetic approach, they can understand the negative impact of their past without losing the confidence to improve themselves.

Meanwhile, Albert Bandura in his social learning theory emphasizes that changes in a person's behavior are strongly influenced by social and environmental interactions.<sup>28</sup> If an ex-drug user is only surrounded by people who are still stuck in old habits, then rehabilitation efforts can be futile. Therefore, it is important to put them into a healthier environment, where they can get positive examples, guidance, and encouragement to keep going. Family and community involvement is also a key factor in the success of social rehabilitation, as support from those closest to them can provide mental strength for those who are trying to recover.<sup>29</sup>

However, although the theory and practice of social rehabilitation have developed rapidly, there are still many challenges to be faced. One of them is the strong community stigma against former drug users. Many of them have recovered and want to work again, but find it difficult to get a job because of the negative label that is still attached. In addition, limited rehabilitation facilities, lack of policy support, and low public awareness of the importance of social rehabilitation are also major obstacles.<sup>30</sup> Therefore, there is a need for cooperation between the government, rehabilitation institutions, and the community to create a more effective and inclusive social rehabilitation system.

Social rehabilitation is not only about giving a second chance to those who have fallen into NAPZA, but also about building a more caring and empathetic society. If we want to create a healthier and safer environment, then we have to start changing the way we look at those who are trying to recover.<sup>31</sup> With the right support, they can get back to living a better life, become productive individuals, and even inspire others to rise from adversity. Ultimately, social rehabilitation is not just about healing individuals, but also about improving the wider social order to make it more just and humane.

Finally, social rehabilitation theory emphasizes the importance of continuity and evaluation throughout the recovery process. Social rehabilitation is not an instant or short-term process, but requires careful planning, long-term support, and ongoing evaluation.<sup>32</sup> Periodic evaluation is needed to ensure that the rehabilitation program actually achieves the expected goals and can be adjusted to the evolving needs of individuals. Thus, social rehabilitation does not only aim to provide a temporary solution, but also to ensure that

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<sup>28</sup>Jesús de la Fuente, Douglas F Kauffman, and Evelyn Boruchovitch, 'Past, Present and Future Contributions from the Social Cognitive Theory (Albert Bandura)', *Frontiers in Psychology* (Frontiers Media SA, 2023), 1258249.

<sup>29</sup>Deri Firmansyah and Dadang Saepuloh, 'Social Learning Theory: Cognitive and Behavioral Approaches', *Jurnal Ilmiah Pendidikan Holistik (JIPH)*, 1.3 (2022), pp. 297–324.

<sup>30</sup>Mark A Smith, 'Social Learning and Addiction', *Behavioural Brain Research*, 398 (2021), p. 112954.

<sup>31</sup>Alegbejo Noah Kolawole, Arokoyo Jacob Erinola, and Boyi Enero Samuel, 'A Critical Evaluation of the Notions of Plugs and Their Sustainability in Psychoactive Drugs among Undergraduate Students at the University of Abuja, Nigeria.', *Nnamdi Azikiwe University Awka Journal of Sociology*, 10.1 (2024).

<sup>32</sup>Albert Bandura, 'Social Learning Analysis of Aggression', in *Analysis of Delinquency and Aggression* (Routledge, 2024), pp. 203–32.



individuals who have gone through this process are able to lead a more stable and independent life in the community.

## B. Labelling Theory

Labeling theory was first developed by Howard Becker and Edwin Lemert. This theory explains that individuals who are considered social deviants are often labeled negatively by society, which in turn reinforces the deviant behavior.<sup>33</sup> In the context of NAPZA abuse, individuals who fall into the world of drugs not only face challenges in the process of recovery from substance dependence, but also have to face the inherent social stigma. Labels such as “addict” or “criminal” can cause them to experience social discrimination, difficulty in getting a job, and alienation from their surroundings.

According to this theory, when individuals receive a negative label, they tend to internalize the label and see themselves according to the stigma given.<sup>34</sup> As a result, individuals who have received this social label are more prone to return to deviant behavior because they feel they have no chance of changing or being accepted back into society. In the context of social rehabilitation, this is a major challenge as it can inhibit an individual's motivation to undergo the recovery process. Therefore, social rehabilitation programs need to be designed to address this stigma with a more inclusive and social support-based approach.

Labelling theory explains how a person can be trapped in the identity given by society.<sup>35</sup> In the case of drug abuse, many victims have tried to change, but are still considered “addicts” or “troubled people”. These labels are not just words, but can affect how they see themselves and how their environment treats them. As a result, many feel hopeless, have difficulty finding a job, or are even shunned by family and friends.<sup>36</sup> In fact, not everyone who has been caught up in drugs wants to stay in that circle. Many want to get up and live a better life. However, when they are constantly reminded of their past with negative labels, the chances of change become slimmer.<sup>37</sup> Low self-esteem and social pressure can make them return to their old habits, not because they don't want to change, but because they feel they have no other choice.

This is why social rehabilitation is so important. Organizations like Yayasan Cinta Kasih Bangsa (YCKB) not only help them recover physically, but also provide emotional and social support so they can regain their confidence. Programs such as counseling, skills training, and religious activities are not just a routine, but a way to rebuild their identity. If the surrounding environment is also supportive, their chances of being completely free from drugs will be greater.

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<sup>33</sup>Kostas Skliamis, Annemieke Benschop, and Dirk J Korf, ‘Cannabis Users and Stigma: A Comparison of Users from European Countries with Different Cannabis Policies’, *European Journal of Criminology*, 19.6 (2022), pp. 1483–1500.

<sup>34</sup>Christina J Sperna Weiland and others, ‘Aggressive Fluid Hydration plus Non-Steroidal Anti-Inflammatory Drugs versus Non-Steroidal Anti-Inflammatory Drugs Alone for Post-Endoscopic Retrograde Cholangiopancreatography Pancreatitis (FLUYT): A Multicentre, Open-Label, Randomised, Controlled Trial’, *The Lancet Gastroenterology & Hepatology*, 6.5 (2021), pp. 350–58.

<sup>35</sup>Matthew Bacon, ‘Desistance from Criminalisation: Police Culture and New Directions in Drugs Policing’, *Policing and Society*, 32.4 (2022), pp. 522–39.

<sup>36</sup>Hanna Pickard, ‘Is Addiction a Brain Disease? A Plea for Agnosticism and Heterogeneity’, *Psychopharmacology*, 2022, pp. 1–15.

<sup>37</sup>Bacon, ‘Desistance from Criminalisation: Police Culture and New Directions in Drugs Policing’.

We all have a role to play in this process. Changing the way we view those who are struggling to recover can be a small step with a big impact. Instead of continuing to see them as “ex-addicts,” we can see them as individuals who are trying, who have a future, and who deserve a second chance. That way, not only are they helped, but also society as a whole, as more people get back to being productive and contributing positively.

A community-based approach is one solution in reducing the negative impact of labeling.<sup>38</sup> To address the impact of labeling, social rehabilitation programs must implement strategies that emphasize the restoration of individual dignity and the elimination of social stigma. Some strategies that can be implemented include:

1. Community Education: Increase public understanding of drug abuse as a health problem, not just a criminal act. Thus, individuals who are in the rehabilitation process can be accepted back without stigma.
2. Restorative Approach: Provide opportunities for individuals to make amends for their mistakes through participation in positive social activities, such as religious activities, social work, or skills training.
3. Skills Training and Economic Empowerment: Providing individuals with access to employment or starting independent businesses so that they can rebuild a stable life. Good economic security can reduce the likelihood of individuals returning to risky environments.
4. Family and Community Support: Ensuring that individuals who have completed rehabilitation have a social environment that supports and accepts them back without stigma. Families and communities have an important role in maintaining the sustainability of an individual's recovery.

Integrating labelling theory into social rehabilitation approaches, recovery programs for individuals who experience drug abuse can be more effective in helping them overcome the social challenges they face. Social rehabilitation that focuses not only on medical aspects but also on stigma removal and social integration will increase the chances of individuals returning to lead productive and meaningful lives. Therefore, a more holistic approach is needed in dealing with drug abuse issues, especially in reducing the negative effects of social labeling that often hinders the recovery process of individuals.

## METHOD

This investigation employs a qualitative methodology characterized by a descriptive framework to achieve a profound and contextual comprehension of the execution of social rehabilitation for NAPZA survivors. A qualitative approach is deemed suitable as the study aims to investigate lived experiences, perceptions, and the social dynamics pertinent to the rehabilitation process—dimensions that remain inadequately represented through quantitative data solely. The descriptive design facilitates the researcher in presenting a systematic and comprehensive account of the phenomena observed in the field, thereby enabling the identification of patterns, meanings, and insights that are firmly rooted in practical realities. The research was conducted at Yayasan Cinta Kasih Bangsa (YCKB) Ungaran, a relevant and accessible field site that directly implements social rehabilitation

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<sup>38</sup>Sebastian Sattler and others, ‘Public Stigma toward Female and Male Opium and Heroin Users. An Experimental Test of Attribution Theory and the Familiarity Hypothesis’, *Frontiers in Public Health*, 9 (2021), p. 652876.

programs for drug abuse survivors. This site was purposefully selected because of its established history in community-based recovery services, making it a rich source of data for examining alternative rehabilitation models beyond institutional or legal settings. The study spanned a period of three months (August 4 to December 27, 2024) to allow for immersion in the field and to capture temporal variations and nuanced changes within the rehabilitation process.

Participants were chosen utilizing purposive sampling methods with stringent inclusion criteria to guarantee the authenticity and relevance of the data collected. The research engaged four primary informants, all of whom serve as rehabilitation assistants at YCKB, each possessing a minimum of three years of experience and direct participation in the program. This criterion guarantees that the participants have substantial expertise and practical understanding of the daily execution and complexities associated with the rehabilitation model. Although the number of key participants was restricted, this is consistent with the exploratory focus of qualitative research, which emphasizes depth rather than breadth and seeks contextual comprehension rather than generalizability.

In addition to the primary informants, three additional informants as individual were engaged in both unstructured and semi-structured interviews to triangulate the findings and furnish a more comprehensive perspective on the program's impact, so that the total number of informants interviewed was seven. The researcher also employed participatory observation as a methodological approach to directly observe and document the real-time dynamics of the rehabilitation process, encompassing the initial screening and assessment phases through to social rehabilitation activities and termination strategies. This methodological approach provided critical insights into the manner in which theoretical frameworks were operationalized in practice, as well as the interactions among staff, clients, and families within the program.

Through the integration of comprehensive interviews, participatory observation, and analytical examination of documents, this study offers a comprehensive understanding of the mechanisms, challenges, and outcomes associated with social rehabilitation at YCKB. The selected methodological approach not only corresponds with the research aims—assessing program efficacy and investigating critical success determinants—but also fills a notable gap in the existing literature regarding the comprehension of rehabilitation through a social and humanistic perspective. Consequently, this research is strategically positioned to contribute significantly, both empirically and conceptually, to the ongoing discourse surrounding NAPZA recovery frameworks in Indonesia.

Researchers witnessed that the counseling and psychoeducation programs had a significant impact in building clients' awareness and mental readiness to recover. Sports and recreational activities also help improve physical health and build positive social interactions among clients. In addition, skills training is an important aspect in preparing them to return to the community with better skills. On the spiritual side, regular spiritual guidance seems to provide inner peace for clients, helping them find new meaning in life. However, researchers also observed challenges, such as the persistence of stigma from the community that makes the social reintegration process more difficult for NAPZA survivors. Interviews were conducted to explore participants' perspectives, experiences, and views related to social rehabilitation programs, while observations were used to observe behaviors, interactions, and situations that occurred in the field. Secondary data was obtained through collecting and processing relevant documents, such as the Foundation's annual report, activity records, and supporting literature related to the research topic.

The data collection techniques used included in-depth interviews, participatory observation, and document study. Interviews were conducted in a semi-structured manner with a pre-prepared question guide, allowing researchers to explore information flexibly and in depth. Participatory observation is carried out by means of researchers directly involved in activities at the Foundation to observe the dynamics and interactions that occur. Document studies were conducted to complement the data with relevant secondary information. Data analysis was carried out systematically through three stages, namely data reduction, data presentation, and verification. Data reduction is done by selecting, focusing, and simplifying information that is relevant to the research objectives. Data presentation was done in the form of narratives, tables, or diagrams to facilitate understanding and interpretation. Verification was done through triangulation to ensure data validity and reliability, by comparing data from various sources, methods, and time.

Validity of the data, this research used triangulation techniques. Triangulation involves checking data from various sources (participants, documents, and observations), in various ways (interviews and observations), and at different times. Thus, researchers can ensure that the data obtained is valid, credible, and accountable. The data analysis process also involves drawing final conclusions based on findings that are consistent and relevant to the research objectives.

## FINDINGS AND DISCUSSION

### Findings

#### A. Implementation of Social Rehabilitation Program for Victims of Drug Abuse at Yayasan Cinta Kasih Bangsa Ungaran

Social Rehabilitation according *Undang-Undang Nomor 11 tahun 2009* concern Social Welfare is a development process to enable a person to be able to carry out their social functions reasonably in community life. Social rehabilitation is intended to restore and develop the ability of a person who is experiencing social disfungsi to be able to carry out their social functions normally. In helping victims of drug abuse, the Cinta Kasih Bangsa Foundation carries out several important stages:

##### 1. Screening

The screening stage is the first step in the social rehabilitation process for individuals who experience drug and other addictive substance dependence. At this stage, clients are required to fill out a biodata form that includes personal information, substance use history, and social and economic background. This process is designed to obtain an initial picture of the client's condition so that it can be matched with an appropriate rehabilitation approach. Social workers or counselors have an important role in gathering in-depth information with a humanistic and empathetic approach, given that not all clients feel comfortable talking openly about their experiences. Therefore, in addition to form filling, in-depth interviews are also conducted to understand the client's motivations as well as the factors behind their substance use. Mr. FB, a senior social worker at YCKB, explained that: *"We always emphasize the importance of filling out a detailed biodata because from this we can understand the client's background, the type of drugs used, and the duration of use. This will greatly influence the intervention methods that will be applied later"*.

Apart from being an administrative step, the screening stage is also a means for Yayasan Cinta Kasih Bangsa to explain in detail about the social rehabilitation program that clients will undergo. Clients and their families are given an overview of the therapeutic

methods that will be applied, the daily activities that must be followed, and the facilities available during the rehabilitation period. The foundation also explains the costs required and the possibility of assistance or relief for those who come from economically disadvantaged backgrounds. With openness in communication, clients and their families can prepare themselves mentally and financially before starting the rehabilitation process. In an interview with Ms. S, a rehabilitation counselor at YCKB, she stated: *"We want to ensure that before they enter the rehabilitation phase, they and their families understand the commitment required. Many come with the expectation of instant gratification, whereas rehabilitation is a long process and requires full dedication"*.

In practice, the screening stage often faces challenges, especially in terms of client honesty in providing information. Many clients are initially afraid or embarrassed to admit the type and pattern of substance use they consume, either due to social stigma or anxiety about possible consequences. To overcome this, counselors use more persuasive and supportive communication techniques to make clients feel more comfortable in sharing information. Mr. FB added, *"We cannot just rely on clients' verbal answers, because sometimes there is a tendency for them to cover up or reduce the severity of their addiction. Therefore, we also look at their behavior patterns, facial expressions, as well as body responses during the interview"*. In addition, non-verbal observation is also an important aspect of the screening process, where counselors can identify psychological signs that may indicate the presence of anxiety disorders, depression, or trauma related to drug use.

From interviews with social workers at YCKB, it was found that each client has a different background and level of readiness to undergo rehabilitation. Some clients come with full awareness to change, while others are still in a phase of ambivalence or even forced to join the program by family or authorities. Therefore, the screening stage serves not only to record initial information, but also to assess the client's mental readiness and determine the appropriate motivational approach. Ms. S explained, *"We often encounter clients who initially do not have strong motivation to change. In cases like this, we have to build their trust first before we can encourage them to really commit to rehabilitation"*. Counselors often use motivational therapy-based approaches to raise clients' self-awareness so that they are more committed to the recovery process.

The screening stage is also a starting point in building trust between clients and rehabilitation workers. With an empathetic and non-judgmental approach, clients can feel more valued as individuals who have the potential to change. In this context, rehabilitation is not only about eliminating substance dependence, but also helping clients to rediscover a more positive meaning of life. Through a deeper understanding of the client's condition, Yayasan Cinta Kasih Bangsa can design a more effective rehabilitation strategy, resulting in a higher chance of success in the recovery process. As expressed by Mr. FB, *"We always emphasize that rehabilitation is not just about stopping using drugs, but also rebuilding a better life. If they can find a new purpose, they will be stronger in facing the temptation to use again"*. Ultimately, the screening stage is not just an administrative step, but a foundation that determines the direction of each individual's rehabilitation journey.

## 2. Assessment

The assessment stage is a crucial part of the social rehabilitation process at Yayasan Cinta Kasih Bangsa (YCKB) Ungaran, where social workers or social assistants conduct in-depth interviews to understand the client's condition thoroughly. During this stage, clients

are asked to provide information related to their full identity, education history, work history, and family life. In addition, the social worker also asks about the client's medical history and medication to find out if there are any congenital diseases or complications that may arise due to substance use. Not only medical aspects, the history of drug use, both narcotics and other addictive substances such as alcohol, is also a major focus in the assessment. Mr. DDS, YCKB Trustee, emphasized, *"We don't just look at the client in terms of their addiction, but also understand the factors that led them to this point. That way, we can determine the most appropriate intervention."*

In addition to health factors, the client's legal history is also part of the assessment. The social worker will ask if the client has had any dealings with the authorities, such as being subjected to legal proceedings or having served a prison sentence. This is important to understand the extent to which their addiction has affected their social and legal lives. Some clients who come to YCKB have different legal backgrounds, ranging from drug possession cases to involvement in substance use-related crimes. Mr. FB, Chairperson of YCKB, explains, *"Some clients come to us after going through a legal process, and this requires a different approach compared to those who come on their own. We have to ensure that they feel safe and not judged in order for the rehabilitation process to be effective."*

This assessment stage is not done rigidly, but still pays attention to the client's comfort. The client and social worker will agree on a few things before starting, such as the duration and location of the screening. This is because each client has a different character, some are more comfortable talking in short but intensive sessions, while others need more time to open up. In addition, the assessment process can also be carried out with the assistance of family or closest people, especially for clients who have difficulty in understanding the questions asked. Ms. WIPW, Secretary of YCKB, emphasized, *"We want to create a supportive environment for clients. If they feel more comfortable with their family, we will certainly facilitate that so that they are more open in providing information."*

To ensure that the standards applied in the assessment are in line with regulations, YCKB follows the guidelines set by the National Narcotics Agency (BNN) Central Java. The text and questions used in this process are based on standards that have been tested for effectiveness in a variety of rehabilitation cases. In addition, this stage is closely monitored to ensure that clients receive accurate and professional assessments. Mr. MM, the Supervisor of YCKB, said, *"We are always evaluating the assessment process to keep it in line with the guidelines. Our goal is to provide rehabilitation that not only helps clients escape addiction, but also rebuild their lives with the right support."* With a structured and empathy-based approach, YCKB ensures that each client gets the attention they need from the start of the rehabilitation process.

### 3. Social Rehabilitation

After the assessment stage, it then enters the stage of determining whether the client will participate in the outpatient or inpatient program. Which of course has received approval from the client himself. For outpatient rehabilitation requires the implementation of a duration of time, which is a minimum of 3 months for 12 meetings, while for inpatient rehabilitation the maximum time is 6 months. On the road to recovery, clients undergoing rehabilitation at Yayasan Cinta Kasih Bangsa (YCKB) Ungaran follow a series of activities designed to help them recover as a whole, physically, mentally and socially. Each client has

a different background and journey in dealing with their dependence on drugs and other addictive substances.

Therefore, the rehabilitation approach applied is comprehensive and tailored to the needs of the individual. One of the key activities in the rehabilitation process is counseling, which is conducted regularly to help clients understand the extent to which their dependence has affected their lives. Counseling not only aims to unearth the root causes of substance use, but also helps clients identify emotional and situational triggers that could potentially lead them to return to drug use. *"I used to use drugs whenever I felt stressed or depressed. The counselling here helped me recognize that pattern and find other ways to deal with it without falling back into old habits,"* said Mas AB, one of YCKB's clients who is currently undergoing a recovery program.

In addition to counseling, clients also receive psychoeducation, which is learning about the dangers of drugs and their impact on their bodies, mental and social lives. Through psychoeducation, clients are given insight into how addictive substances affect the nervous system, cause dependence, and contribute to mental disorders such as anxiety, depression, or PTSD. It also provides training in coping skills, building motivation for recovery, and improving social skills.

The counselors and rehabilitation personnel hope that with a better understanding, clients can make wiser decisions about their future. Ms. RR, one of YCKB's female clients, said, *"At first I didn't realize how much drugs affected me. After attending the psychoeducation sessions, I started to understand how serious it is and how I can improve my life."* Mr. FB, emphasized the importance of psychoeducation in the rehabilitation process, *"We want to ensure that each client understands their own condition. This awareness becomes the basis for them to change and not return to old habits."*

To maintain a balance between physical and mental recovery, YCKB also implements regular exercise for inpatient clients every Friday. This physical activity is designed to help clients recover after prolonged exposure to harmful substances. Exercise not only helps improve physical health, but also improves mood and reduces stress. In addition, YCKB also organizes recreational activities twice a year to provide a more enjoyable atmosphere for clients. This recreation aims to prevent boredom during the rehabilitation period, which can affect their motivation to undergo the program. At the beginning of the year, YCKB organizes "kebaktian padang", a worship and recreational activity held around Semarang Regency. Meanwhile, at the end of the year, clients are invited to take a water tour outside the city, which is not only entertaining but also provides an opportunity for them to build better social relationships.

In addition to mental and physical recovery, YCKB also seeks to equip clients with skills that can help them after completing the rehabilitation program. Therefore, they are given skills training in accordance with their interests and talents, such as cooking and sewing. With these skills, clients are expected to have better job opportunities and increase their independence after leaving the foundation. YCKB has partnered with several garment companies in Semarang Regency, who are willing to accept rehabilitation clients as workers once they have completed their training. *"I didn't have any skills before. But here I learned how to sew, and now I have hope to work in a factory after I finish my rehabilitation,"* said Mr. AB, who is currently undergoing sewing skills training. Ms. WIPW, added, *"We want to make sure that when they leave here, they are equipped to lead a more independent life. With the skills they learn, they can not only get a job, but also rebuild their lives with more confidence."*

Finally, spiritual guidance is an important aspect of social rehabilitation at YCKB. This coaching is provided to all clients, whether they are drug dependent or have mental and intellectual disabilities. The program focuses not only on religious aspects but also on character building and strengthening moral values. The foundation used in this coaching is the teachings of the holy book as well as the values of Pancasila. With this approach, clients are expected to have a stronger moral footing in living life after rehabilitation.

Ms. RR stated, *"The spiritual coaching sessions here make me feel more peaceful and have a clearer purpose in life. I want to live a better life without having to rely on drugs anymore"*. Mr. MM emphasized that the spiritual aspect is also an important part of rehabilitation, *"We believe that recovery is not only about physical and mental, but also spiritual. By having stronger beliefs and moral values, clients have a better foundation not to return to old habits."* With various programs implemented across the board, YCKB strives to ensure that each client not only recovers from addiction but is also ready to lead a better and independent life in the community.

#### 4. Termination

Each individual undergoing rehabilitation at Yayasan Cinta Kasih Bangsa (YCKB) Ungaran brings their own story. They come from different backgrounds, but share a common goal - to rebuild their lives after falling into drug and substance addiction. To achieve this goal, YCKB has developed a comprehensive rehabilitation program that focuses not only on physical aspects but also on mental and social recovery. One of the key components of the program is counselling, which aims to help clients recognize the triggers that lead them to return to drug use. Through counseling sessions, clients are also taught stress management techniques and develop positive habits so that they have healthier coping mechanisms. *"I used to always run to drugs when I felt anxious or disappointed. Now I've learned other ways to cope without going back to my old habits,"* said Mr. AB, one of the clients who is now starting to find a new balance in his life.

In addition to counseling, clients also receive psychoeducation, which is a learning session that helps them understand the impact of drugs on their body, mind and social life. In these sessions, clients are not only given theoretical information but are also trained to recognize the mindsets and habits that can lead them back to their old patterns of use. This awareness is the first step for them to change and build a healthier life. *"I used to think I could quit anytime, but it's not that easy. The psychoeducation here opened my eyes that addiction is not just a matter of willpower, but also how my brain works,"* said Ms. RR, one of YCKB's female clients. Recognizing the importance of education in the rehabilitation process, Mr. FB asserts, *"We want each client to understand their own condition. This awareness will not only help them in the recovery process, but also serve as a strong foothold so that they do not return to the same path."* With a more personalized and supportive approach, the program not only helps clients recover, but also builds their confidence to lead a better life after rehabilitation.

In an endeavor to enhance the efficacy of social rehabilitation initiatives, exemplified by those administered by the Yayasan Cinta Kasih Bangsa (YCKB) Ungaran, a comprehensive and sustainable solution framework is requisite. This framework must encompass rehabilitation phases that are cohesively integrated with the backing of the legal system, social services, and economic empowerment initiatives. For instance, subsequent to the termination phase, the provision of follow-up programs such as post-rehabilitation assistance (aftercare), entrepreneurship development, and a community-based integrated monitoring system is paramount. Furthermore, the systematic involvement of families and



community leaders in the reintegration process must be meticulously designed to ensure that the client's social milieu genuinely facilitates their recovery. Such a solution framework must also guarantee that there is training for rehabilitation facilitators, thereby ensuring that the adopted methodologies remain responsive to the client's psychosocial dynamics.

In a dedicated effort aimed at significantly improving the overall effectiveness and impact of various social rehabilitation initiatives, such as those specifically implemented and managed by the Yayasan Cinta Kasih Bangsa (YCKB) located in Ungaran, it is absolutely essential to establish a comprehensive and sustainable solution framework that addresses all aspects of rehabilitation. This proposed framework must thoroughly encompass the different rehabilitation phases, ensuring that they are seamlessly integrated with robust support from the legal system, a wide array of social services, and initiatives focused on economic empowerment that can provide lasting benefits.

For instance, after the crucial termination phase has been completed, it becomes exceedingly important to provide follow-up programs that include vital post-rehabilitation assistance, development opportunities for entrepreneurship, and a comprehensive community-based integrated monitoring system that can track progress effectively. Furthermore, the careful and systematic involvement of the clients' families and local community leaders in the entire reintegration process has to be meticulously designed and executed to ensure that the social environment surrounding the client genuinely contributes positively to their recovery journey. In addition, such a comprehensive solution framework must also ensure that there is adequate training available for rehabilitation facilitators, thereby guaranteeing that the methodologies adopted for rehabilitation remain appropriately responsive to the complex psychosocial dynamics of each individual client.

Furthermore, it is imperative to underscore that the efficacy of social rehabilitation is not solely contingent upon the legal framework delineated in statutory texts (law in the book), but is equally influenced by pragmatic implementations in practice (law in action). Within the context of YCKB, although the legal directives issued by the Central Java BNN have been integrated into the evaluative and intervention methodologies, the actualization of these directives is significantly reliant on the adaptability, empathy, and professionalism exhibited by the facilitators. While law in books serves as a foundational source of legitimacy and technical guidance, law in action represents the manifestation of legal principles within a tangible social milieu. Consequently, rehabilitation policies necessitate a synthesis between formal legal norms and participatory methodologies in order to effectively address the distinct needs of each individual affected by substance abuse.

## **B. The Impact of Social Rehabilitation for Victims of Drug Abuse at the Ungaran Cinta Kasih Bangsa Foundation.**

The social rehabilitation program run by Yayasan Cinta Kasih Bangsa (YCKB) Ungaran has a wide range of positive impacts, not only for clients recovering from drug dependence, but also for their families and social environment. Recovery at YCKB not only focuses on stopping the use of addictive substances, but also equipping clients with social and professional skills to enable them to lead more productive lives. The various approaches, ranging from psychological therapy, social guidance, to skills training, are designed to help clients build a better future. Mr. FB, Chairman of YCKB, emphasized the importance of social rehabilitation as a long-term effort to rebuild clients' lives. *"We want to make sure that after they leave this place, they have a strong foundation to not go back to their old*

*habits. Therefore, we provide assistance that not only stops when they leave YCKB, but also continues through our aftercare program."*

One of the main benefits of the rehabilitation program at YCKB is the physical and mental recovery of clients who have experienced the negative effects of drug abuse. Clients are given access to a variety of therapies that help them restore their physical condition as well as their mental stability. Individual and group counseling therapy is an important part of this process, where clients are helped to recognize the triggers of drug use and develop strategies to overcome them. In addition, physical activities such as regular exercise every Friday are also implemented to improve clients' health. *"When I first came here, I felt very tired, both physically and mentally. I often felt hopeless and hopeless. However, after attending therapy and sports activities, I started to feel better. I can sleep better and my mind is much clearer,"* said Mr. AB, one of the clients currently recovering at YCKB. Observations show that the combination of psychological therapy and physical activity has a significant impact on clients' wellbeing and helps them undergo a more stable recovery. Ms. WIPW added, *"We always ensure that our approach is holistic, so that recovery is not only temporary, but also long term"*.

In addition to physical and mental recovery, YCKB's rehabilitation program also focuses on social reintegration, helping clients return to productive functioning in society. Many clients have previously experienced ostracization from their families and social circles due to the stigma of being a drug addict. To address this, YCKB provides clients with job skills training such as cooking and sewing so that they have the opportunity to work after completing the rehabilitation program. *"I used to think no one would accept me to work after everything that happened. But after getting training here, I can work again and feel more confident,"* said Rosalia, one of the clients who has now found a job at a garment factory. The aftercare program is also designed to help families understand how they can support clients after leaving rehabilitation, so that clients do not experience social isolation again. Freddy Budianto explains further, *"We always emphasize the importance of the family's role in the client's recovery. If the family provides good support, their chances of fully recovering will be much greater."*

Another positive impact is the improved quality of life for clients after rehabilitation. YCKB not only provides psychological support but also equips clients with life skills that enable them to be more independent and productive in the community. Vocational training includes job skills, financial management, and spiritual guidance to give clients a stronger foundation for life after rehabilitation. *"I feel more prepared to live independently after leaving here. Not only did I learn to overcome my addiction, but also how to manage my finances and build healthier social relationships,"* said Mr. AB, who is now in the final stages of rehabilitation.

The program also contributes to the reduction of crime rates among drug addicts, as those who successfully recover have a greater chance of leading stable lives without having to return to their old high-risk environments. Mr. DDS. emphasized, *"We want to give a second chance to those who want to change. We believe that every individual has the potential to improve their lives, provided they are given the right support and environment."* With a comprehensive range of programs, YCKB strives to ensure that each client not only recovers from addiction but is also ready to lead a better and independent life in the community.

In confronting the persistent issues associated with substance abuse and the process of social reintegration, there exists a pronounced necessity for a systematic solution framework that synergizes formal legal parameters with pragmatic rehabilitative initiatives. Although statutory regulations frequently impose punitive sanctions for drug-related

offenses, the actual circumstances faced by the individuals concerned necessitate a more holistic strategy that prioritizes restoration rather than mere retribution.

The social rehabilitation paradigm executed by Yayasan Cinta Kasih Bangsa (YCKB) Ungaran exemplifies such a comprehensive solution. It provides an integrated trajectory that amalgamates therapeutic recovery, vocational skill enhancement, and social reintegration efforts. This framework not only seeks to restore the individual's physiological and psychological well-being but also endeavors to reconstruct their identity and societal role through continued support and vocational training. Consequently, it is essential for the legal framework to embrace and advocate for rehabilitation-oriented interventions as an integral component of a more extensive solution framework aimed at addressing drug-related offenses in a comprehensive manner.

The distinction between statutory law and practical law becomes especially pronounced in the context of drug policy and rehabilitation. Statutory law, which consists of formalized regulations and legal codes, lays out the entitlements and responsibilities that govern individual behavior within society. However, it is through the lens of practical law—how these regulations are interpreted, implemented, and experienced in everyday life—that the true impact of these laws is realized. YCKB's rehabilitation initiative exemplifies this transition from theory to practice by transforming punitive measures into constructive pathways for personal growth and recovery. This initiative aligns closely with the principles of social justice, seeking to address the underlying issues that contribute to substance abuse and criminal behavior.

By prioritizing rehabilitation over retribution, YCKB underscores the importance of tailoring legal applications to reflect the complexities of human experiences and the evolving needs of society. The Foundation adopts a holistic approach that goes beyond mere compliance with the law; it embodies a commitment to the essence of justice itself. This commitment is evident in its efforts to create supportive environments where individuals who have previously faced incarceration can re-enter society with a renewed sense of dignity, purpose, and community support. Effective justice, as demonstrated by YCKB, is not solely about enforcing legal standards; it is also about fostering conditions that facilitate successful reintegration and empower individuals to reclaim their lives. Through this multifaceted strategy, YCKB not only adheres to the letter of the law but also champions its spirit, advocating for a justice system that is compassionate, inclusive, and ultimately transformative.

## Discussion

### A. Effectiveness of Social Rehabilitation Program in Recovery of NAPZA Abuse Victims

Social rehabilitation for drug abuse victims is an important part of efforts to recover individuals who experience social dysfunction due to addictive substance dependence.<sup>39</sup> According *Undang-Undang Nomor 11 Tahun 2009* concerning Social Welfare, social rehabilitation aims to restore and develop a person's ability to return to carrying out his social functions reasonably in social life. In the context of Yayasan Cinta Kasih Bangsa (YCKB) in Ungaran, social rehabilitation for NAPZA victims is carried out through a series of systematic stages and based on a holistic approach. This approach not only focuses on the physical and mental recovery of clients, but also includes social and economic aspects

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<sup>39</sup>Andri Winjaya Laksana, 'The Legal Position of Islamic Boarding School (Pesantren) as a Rehabilitation Effort for Narcotics Abuse', *International Journal of Law Reconstruction*, 5.2 (2021), pp. 317–27.

to ensure their social functioning after completing the program.<sup>40</sup> Therefore, the effectiveness of the social rehabilitation program implemented at YCKB is a crucial aspect in assessing the success of NAPZA abuse recovery.

One of the first stages that determine the effectiveness of social rehabilitation at YCKB is the screening process. This stage aims to identify the client's initial condition, including the type of drugs used, social background, and factors that trigger the use of addictive substances. Through biodata forms and initial interviews, social workers can gain a deeper understanding of the client's history of drug abuse and psychosocial condition. This initial identification is important in determining the most appropriate type of intervention for each individual, considering that each case has different characteristics. During this stage, YCKB also provides information to clients about the rehabilitation program overview, facilities available, and costs involved. This transparency in information delivery helps improve clients' readiness to undergo the rehabilitation process and builds their commitment to complete the program successfully.<sup>41</sup>

After the screening process, the next stage is assessment, where social workers or social assistants conduct a more in-depth evaluation of the client's condition. This assessment covers various aspects such as personal identity, education history, employment history, family conditions, health status, and the client's legal background. This approach allows rehabilitation workers to understand the factors that influence drug use patterns and the obstacles that clients may face in the recovery process. In addition, the assessment is also the basis in determining whether the client will participate in outpatient or inpatient rehabilitation. Flexibility in the choice of rehabilitation method is very important because it takes into account the client's level of dependency and their readiness to undergo a recovery program.

The social rehabilitation process at YCKB does not only focus on the medical aspects, but also includes various psychosocial interventions that aim to increase the client's resilience. One of the main interventions is counseling, which aims to help clients recognize the triggering factors of drug use and develop strategies to cope with emotional distress that may lead to relapse. Counseling is conducted individually or in groups and provides space for clients to express their feelings and receive support from rehabilitation staff and fellow clients.<sup>42</sup> In addition, psychoeducation activities are also an important part of social rehabilitation, where clients are given an understanding of the negative impact of drugs on physical and mental health, as well as skills in managing stress and emotions.

In addition to the psychosocial approach, social rehabilitation at YCKB also emphasizes skill development and economic independence. Clients are given skills training tailored to their interests and talents, such as cooking, sewing, or other skills that can be a provision to get a job after completing the rehabilitation program. This skills program is very important in preventing relapse because it provides clients with productive alternatives

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<sup>40</sup>Hesri Mintawati and Dana Budiman, 'Bahaya Narkoba Dan Strategi Penanggulangannya', *Jurnal Pengabdian Kepada Masyarakat Abdi Putra*, 1.2 (2021), pp. 62–68.

<sup>41</sup>Sukma Oktaviani and Gonda Yumitro, 'Ancaman Bahaya Narkoba Di Indonesia Pada Era Globalisasi', *Jurnal Education and Development*, 10.2 (2022), pp. 137–43.

<sup>42</sup>Sulung Faturachman, 'Sejarah Dan Perkembangan Masuknya Narkoba Di Indonesia', *Historis: Jurnal Kajian, Penelitian Dan Pengembangan Pendidikan Sejarah*, 5.1 (2020), pp. 1–12.

in living life after rehabilitation.<sup>43</sup> In some cases, clients who have completed skills training at YCKB have found employment in the garment industry, demonstrating that the program has a real impact in helping former drug users return to society in a more productive role.

Another important aspect in the effectiveness of social rehabilitation programs is spiritual guidance and community support.<sup>44</sup> Spiritual formation at YCKB is conducted as part of a holistic approach to strengthen clients' moral and spiritual values in facing life's challenges. This coaching is expected to provide intrinsic motivation for clients to abandon bad habits and build a healthier life.<sup>45</sup> YCKB also involves families in the rehabilitation process through family support group programs and home visits. Family support plays an important role in maintaining successful rehabilitation as a supportive environment can help clients avoid negative influences after leaving the foundation.<sup>46</sup>

Based on an analysis of the social rehabilitation program at YCKB, it can be concluded that successful rehabilitation depends not only on medical aspects, but also on a comprehensive social, economic and psychological approach. The programs implemented at YCKB have demonstrated effectiveness in improving the well-being of clients, both in terms of physical and mental recovery, as well as social reintegration. However, challenges such as community stigma towards ex-drug users and limited access to employment are still obstacles in the sustainability of client recovery. Therefore, the sustainability of social rehabilitation needs to be supported by more inclusive policies and the involvement of various parties in creating a supportive environment for former drug users so that they can live independently and productively in the community.

## **B. Long-term Impact of Social Rehabilitation on Social Reintegration and Client Independence**

Social rehabilitation programs have a very important role in helping addicted individuals to not only recover physically and mentally, but also prepare them to return to society productively. Recovery from addiction is not just about eliminating dependence on substances, but also involves the transformation of lifestyle, mindset, and social and economic skills that enable individuals to be independent and function optimally in their social lives.<sup>47</sup>

One of the main aspects of social rehabilitation programs is job skills training. Clients who have undergone treatment often face major challenges in finding employment, both due to lack of skills and stigma from society. Therefore, rehabilitation programs often include skills training relevant to the world of work, such as technical skills (e.g. sewing, cooking, or mechanical repair), digital skills, as well as entrepreneurial development. With

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<sup>43</sup>Mikha Dewiyanti Putri, Prih Utami, and Teddy Cipta Lesmana, 'The Implementation of Rehabilitation Assessment as Legal Protection for Narcotics Abusers in Indonesia', *Jurnal Dinamika Hukum*, 22.1 (2022), pp. 154–67.

<sup>44</sup>Sri Purwatiningsih, 'Penyalahgunaan Narkoba Di Indonesia', *Populasi*, 12.1 (2001), pp. 37–54.

<sup>45</sup>Abdul Razzaq Al-Issawi and Idris Al-Kubaisi, 'Social, Psychological and Media Dimensions and Their Relationship to Addiction (An Applied Study at the Anbar Rehabilitation Center)', *College of Basic Education Research Journal*, 20.2–1 (2024), pp. 70–71.

<sup>46</sup>Shane O'Mahony, "'The Area I'm from Is Very Rough": Drug Users' Views on the Role of Social and Economic Factors in Their Experiences of Drug-Related Harm', *Journal of Ethnicity in Substance Abuse*, 24.1 (2025), pp. 57–85.

<sup>47</sup>Bayu Puji Hariyanto, 'Pencegahan Dan Pemberantasan Peredaran Narkoba Di Indonesia', *Jurnal Daulat Hukum*, 1.1 (2018), pp. 201–10.

these skills in place, clients have a greater chance of getting a job or even starting their own business, which in turn can increase their economic independence and reduce the risk of returning to a supportive environment for addiction.<sup>48</sup>

In addition to economic aspects, social rehabilitation also often includes spiritual guidance as part of the recovery process. Many faith-based or spirituality-based programs emphasize the importance of moral values, self-reflection, and community support in helping clients maintain inner peace and cope with the pressures of life without returning to old habits. These programs are usually conducted through spiritual counseling sessions, group prayer, or meditation that aim to strengthen an individual's motivation to lead a healthier and more meaningful life.<sup>49</sup>

In addition, psychosocial support through individual and group counseling also plays an important role in helping clients overcome trauma, anxiety, or low self-esteem that may arise from their past experiences. With assistance from professionals such as psychologists, social workers, and peer mentors, individuals undergoing rehabilitation can acquire healthier coping strategies in facing life's challenges.<sup>50</sup>

Rehabilitation does not stop when an individual completes the main program. One important factor in successful long-term recovery is the existence of an aftercare program, which is designed to provide continued support for individuals once they have returned to the community. The program includes periodic counseling sessions, support groups, as well as access to resources that help clients stay on their recovery path.

Relapse prevention is a major concern in aftercare programs, as many individuals experience the temptation to return to substance use due to social pressure, economic problems, or emotional stress. Therefore, rehab programs often teach coping strategies, such as mindfulness, stress management, and conflict resolution techniques, to better prepare individuals for the challenges they encounter in their daily lives.

Returning to society after undergoing rehabilitation is not an easy process.<sup>51</sup> Clients often face challenges in re-establishing relationships with their families and social circles. Many of them experience distrust from their families or difficulty in being accepted back into society due to the negative stigma towards former substance users.<sup>52</sup> Therefore, the rehabilitation program also seeks to facilitate family reconciliation through family therapy, mediation, and educational sessions for those closest to the client so that they can better understand the recovery journey that is being undertaken.

Community support is also a key factor in the social reintegration process. The presence of support groups, faith-based communities, or social organizations that care about recovery can provide a more positive environment for clients to return to healthy interactions. Conversely, persistent social stigma can prevent individuals from finding employment, building social relationships, or even gaining access to the services they need.

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<sup>48</sup>Susi Delmiati, 'Implementation of Medical Rehabilitation and Social Rehabilitation for Addicts and Victims of Drug Abuse', *Ekasakti Journal of Law and Justice*, 1.1 (2023), pp. 21–29.

<sup>49</sup>Muhammad Fariz Hummam, 'The Implementation of Medical Rehabilitation and Social Rehabilitation as an Instrument for the Prevention of Recurrence of Narcotics Abuse by Perpetrators and Victims', *Ratio Legis Journal*, 1.4 (2023), pp. 757–71.

<sup>50</sup>Gilza Azzahra Lukman and others, 'Kasus Narkoba Di Indonesia Dan Upaya Pencegahannya Di Kalangan Remaja', *Jurnal Penelitian Dan Pengabdian Kepada Masyarakat (JPPM)*, 2.3 (2021), pp. 405–17.

<sup>51</sup>Zulfa and Purwandari, 'Pola Keluarga Remaja Berisiko Penyalahgunaan Napza'.

<sup>52</sup>M L John, I J J Otene, and G E Antenyi, 'An Overview of Drug Abuse: Causes, Effects, and Control Measures', *Asian Journal of Medicine and Health*, 21.11 (2023), pp. 263–68.

Therefore, efforts to educate the public on the importance of supporting ex-substance users need to continue to create a more inclusive environment.<sup>53</sup>

Social rehabilitation programs not only focus on cessation of substance use, but also provide holistic support that includes job skills training, spiritual guidance, psychosocial support, as well as aftercare programs to ensure the sustainability of recovery<sup>54</sup>. In addition, challenges in social reintegration such as stigma and limited access to employment need to be addressed through a more inclusive approach.<sup>55</sup> With the right support in place, individuals who have recovered from addiction can return to being productive members of society and have a better quality of life.

## CONCLUSION

The execution of social rehabilitation initiatives by the Cinta Kasih Bangsa Foundation serves as a tangible manifestation of restorative legal theory, particularly within the domain of recovery from substance abuse. Restorative justice prioritizes the restoration of individuals over punitive measures and endeavors to reintegrate participants into the community through significant and supportive interventions. The Foundation's methodical framework comprising screening, assessment, social rehabilitation, and program conclusion demonstrates a paradigm wherein the application of law substantiates the principles codified in legal texts, such as the entitlements to health, dignity, and social welfare. By employing a comprehensive rehabilitation strategy that encompasses counseling, psychoeducation, physical engagement, skill development, pharmacotherapy, and spiritual mentorship, YCKB actualizes legal principles within a societal context. These initiatives have notably enhanced clients' physical and psychological health, fortified their social reintegration, and augmented their ability to live independently results that are pivotal to restorative methodologies in modern legal discourse.

Anticipating future developments, the rehabilitation initiative at YCKB can be further optimized through continuous assessment and refinement of its services to ensure alignment with the dynamic legal and societal imperatives. The prospective outlook is for this paradigm to not only maintain its current operations but also broaden its scope and effectiveness, thereby mitigating societal stigma and guaranteeing that the rights of individuals affected by substance abuse are comprehensively acknowledged and safeguarded. Consistent with the principles of legal pluralism and human rights-oriented methodologies, it is imperative that institutions such as YCKB persist in functioning as intermediaries between established legal structures and the tangible difficulties encountered by marginalized groups. Through persistent community involvement, robust policy advocacy, and interdisciplinary collaboration, social rehabilitation can evolve into a transformative legal framework—effectuating a shift from punitive measures to empowerment, and affirming that recovery constitutes both a legal entitlement and a fundamental human right.

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<sup>53</sup>Deny Setiawan Wayoi and others, 'Implementing Management of the Physical Fitness Education Program for the Drug Rehabilitation Patients in Drug Addict Therapy Centre', *Retos: Nuevas Tendencias En Educación Física, Deporte y Recreación*, 60, 2024, pp. 309–19.

<sup>54</sup>Paula Mayock and Shane Butler, 'Pathways to 'Recovery' and Social Reintegration: The Experiences of Long-Term Clients of Methadone Maintenance Treatment in an Irish Drug Treatment Setting', *International Journal of Drug Policy*, 90 (2021), p. 103092.

<sup>55</sup>Tarmizi Tarmizi and Sintong Marbun, 'Rehabilitation And Execution Of The Death Penalty In Narcotics Offenses', *International Asia Of Law and Money Laundering (IAML)*, 1.2 (2022), pp. 123–27.

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