

## Construction Of Drug User Identity At South Sulawesi BNNP Rehabilitation Center

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### **Abstract.**

*This study aims to determine: 1) how the construction of drug user identity is formed and developed in rehabilitation centers 2) how the self-identity of drug users in the community 3) how the role of the environment on the self-identity of drug users. The type of research used is qualitative research with a descriptive approach. The number of informants consisted of 12 people, with the criteria namely: 1) clients who undergo outpatient treatment at BNNP South Sulawesi 2) counselors at BNNP South Sulawesi. Data collection techniques used were observation, documentation, and interviews. Data validity check is done by a member check. Data analysis is data condensation, data presentation, and conclusion. The results of the study found that the construction of the identity of drug users was strongly influenced by their environment, this research occurs that many clients who use drugs because of the incitement of friends and environmental influences and an important point that BNNP be the vanguard to make the clients recover productive and functioning socially in society.*

**Keywords:** Construction of self-identity; client and counselor.

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### **I. INTRODUCTION**

Currently, many of our brothers are experiencing an identity crisis or commonly called a self-identity crisis. They do not know how to behave, principles, and do during a life full of mindset choices that offer their respective truths. The search for identity can also be called an identity crisis. According to Erikson, identity crisis is a stage to make decisions on important issues related to questions about his identity. The identity crisis experienced by teenagers is going well, but some run less well. In the formation of self-identity, some adolescents go through this phase quickly, and some are slow, and there is even the possibility of failure. So, it is not a matter of beating if there are teenagers who violate the norm (abusing drugs) and there are those who behave well in society. Drug Abuse will always exist and is difficult to eliminate because it not only affects the lower middle layer, even all levels of society. Drug Abuse has been eating away at the lives of the people of Indonesia, so it can be said that every region in Indonesia has been infected with this extraordinary crime[1]. It is not without reason that it is called an extraordinary crime. If we look at the impacts it causes, it is very common that narcotics crimes must be eradicated as thoroughly as possible [2]. This is greatly influenced by factors such as internal and external factors, each individual has an interest in trying many things, especially new things. This factor is the cause that can be a reference for why many people abuse drugs. The negative impact of drugs is not only felt by the user, but also negatively affects all other family members who live together. Drug users are found to frequently commit acts of violence within the family, against their wives and children.

As husbands, they are unable to carry out their role as good heads of households, so many wives are forced to carry out their role as wives and breadwinners of the family [3]. According to the integrated assessment data of the South Sulawesi BNNP in October 2022, it explains the number of perpetrators found in each district or city in South Sulawesi. From these results, there are Gowa regency, Takalar, and Makassar city, which accounted for 3 large number of arrests. This is the reason why researchers want to research in the Makassar region. In the data description, the highest number of abuses is found in the first Takalar police station, with a total of 85 people, and in the second position is found in the Makassar Metropolitan Police Resort, with a total of 71 people. This is the reference that in Makassar, there are still many who abuse drugs,

this is evident from the data in 2022, carried out directly by the South Sulawesi BNNP. Narcotics are very good if used properly, but due to the rapid development of the Times and a lack of mindset in using narcotics can lead to abuse, such as for their pleasure [4]. The young generation is vulnerable to being influenced by an environment that supports drug abuse. If this continues in Indonesia, especially in the Makassar region, it will be a bad thing for the future of the nation, which is currently heading for a Golden Indonesia. Rehabilitation is one of the government's efforts in tackling drug abuse.

This effort is an alternative effort or action, because perpetrators of drug abuse are also victims of drug addiction who require treatment or care [5]. This treatment or care is carried out through rehabilitation facilities. The determination of rehabilitation for drug addicts is an alternative punishment imposed by the judge and is calculated as the time served in the sentence. The reality shows that the passing of the verdict by the judge in the narcotics case is still not effective in its implementation. Most drug addicts are not sentenced to rehabilitation as stated in the narcotics law, but are sentenced to prison, even though the provisions of the law guarantee the regulation of rehabilitation efforts, both medical rehabilitation and social rehabilitation for drug abuse and addicts [6]. The concept of rehabilitation is already a lot we hear but not all people who abuse narcotics will get rehabilitation but there are many conditions to be rehabilitated. Moreover, rehabilitation places in each region have quotas that are slightly out of tune with people who abuse narcotics; that is, many enter but few come out. Another way besides rehabilitation is a prison sentence, which is not necessarily able to have a deterrent effect for drug addicts. Many things affect, such as prisons or detention houses, in which there are still people who distribute narcotics. Various efforts have been made by the government, private sector, or community institutions in tackling, treating, and fostering victims of drug abuse. A comprehensive understanding of the intricacies of drug abuse is one of the things that must be pursued as a preventive effort in this problem [7]. Understanding the victims of drug abuse is not easy, considering the complexity of the drug problem, coupled with the complexity of human problems themselves [8]. Every human being must have an identity, which will be constructed by society to label the perpetrators of drug abuse.

The identity of the perpetrators of drug abuse is not a single (single identity) but plural (multiple identities). There are at least 2 (two) types of identity of a person, namely self-identity (self-identity) and social identity (social identity). The concepts we hold about ourselves we can call self-identity, while the expectations and opinions of people form our social identity [9]. Self-identity in adolescents is formed through relationships made with people around, such as interaction with parents, family, and peers. Teenagers also tend to spend more time with their peers than with their parents. The intensity of adolescents spending time with their peers will be very influential to be able to learn the role, shaping behavior, and forming attitudes, where all of these things will greatly affect the development of self-identity in adolescents [10]. The focus of the study or problem in this study is to analyze the effectiveness of drug rehabilitation provided by the government of South Sulawesi, especially in the Makassar area. The authors are interested in analyzing the effectiveness of rehabilitation. Is it better than a prison sentence, and whether rehabilitation is only for addicts or can it be for traffickers, in this case, traffickers who are the main figures in the spread of narcotics in the Makassar area. This research Proposal is expected to be able to solve the problems of the authors examine the problems regarding the effectiveness of narcotics rehabilitation in South Sulawesi, especially the Makassar area.

## II. METHODS

To obtain a comprehensive understanding of the construction of the identity of drug users in the rehabilitation center of South Sulawesi BNNP, then used data collection techniques were used, including semi-structured interviews, direct observation, and documentation. These methods are applied simultaneously, ensuring the triangulation of data to underline crucial issues. Inductive content analysis is considered useful for extracting the main themes in the research process. Primary Data can be obtained directly from addicts and Related Agencies, in this case, South Sulawesi BNNP, who have been interviewed directly. In addition, data analysis in this study involves data reduction, data presentation, and conclusion. Data validity in this study was carried out through internal validation, dependability, and certainty of objectivity [11]. Finally, take notes to make it easier for researchers to gain deeper knowledge about the data.

When reading the findings, the researchers simultaneously described, classified, and interpreted [12]. Researchers examined data, both from transcripts and documents, to ensure there was agreement. In case of disagreement, discussions are held until the data and themes are agreed upon by the researcher.

### III. RESULT AND DISCUSSION

This research was conducted from February to March 2025, at the National Narcotics Agency of South Sulawesi province, Makassar City, Maccini Sombala Village, Tamalate District. The number of informants was 13 people who were counselors and addicts. The National Narcotics Agency of South Sulawesi province was established on April 11, 2011, in conjunction with the inauguration of the head of the South Sulawesi BNNP, Kombes Pol Drs. Richard M. Nainggolan, MM, MBA. At first the BNNP Sulsel office was located at the Celebes Convention Center, and in 2012 occupied a new office located at Jalan Manunggal 22, Maccini Sombala Village, Tamalate District, Makassar City.

BNN South Sulawesi province was formed, marked by the inauguration of Drs. Richard Marolop Nainggolan, S.H., MBA as head of BNN of South Sulawesi province by the Commissioner General. Pol Gories Mere as head of BNN RI at the time. Efforts to establish cooperation between BNN RI and the Government of South Sulawesi, which at that time was led by Drs. H. Syahrul Yasin Limpo, S.H., M.H as governor of South Sulawesi. Support personnel employed as many as 45 people who come from several regional work units within the Government of South Sulawesi with disciplines that have a variety that gives its color in the operations of BNNP South Sulawesi in the first year of operational organization to date. The name and position of the counselor who became the Rehabilitation Division of the National Narcotics Agency of South Sulawesi province as follows :

**Table 1.** Counselor Department

No	Name	Of Department
1.	Sudarianto, SKM., M.Kes	Coordinator of the Addiction Counselor
2.	Nurdiana F.N, SKM., M.Kes	Addiction Counselor
3.	Nurul Qalgi, SKM., M.Kes	Addiction Counselor
4.	Arfina Rachman, SKM	addiction counselor
5.	Aksan Aswandi, S.Psi	Addiction Counselor
6.	Made Raditya Astawa, S.Kep	Counselor
7.	Ismaya Putri Utami, S.Kep	Counselor
8.	Eny Susilawati, S.Gz	Addiction Counselor
9.	Gusti Rahayu Suroto, S.H., M.H	Addiction Counselor
10.	Haryadi Lau, S.Sos	Companion Post Rehabilitation
11.	Andi Hardi Ilmansyah, S.M	Companion Post Rehabilitation
12.	dr Siata Oktaviani, S.Ked	Doctor
13.	Misma Mais, S.Psi., M.Psi, Psikolog	Psychologist
14.	Asnidar, A.Pt	Pharmacist

*Source: BNNP General Section South Sulawesi, 2025*

#### A. Construction of self-identity in rehabilitation centers

Drug abuse rehabilitation is divided into two, namely Medical Rehabilitation and Social Rehabilitation. Medical rehabilitation is a process of integrated therapeutic activities to free drug addicts from drug dependence. While social rehabilitation is a process of integrated recovery activities, both physical, mental, and social, so that drug addicts can recover and can carry out social functions in community life. As happened in the National Narcotics Agency of South Sulawesi province, it is about how to reshape the identity of drug addicts to return them to the community.

##### 1. Precontemplation

The precontemplation stage is the initial phase in the rehabilitation process at the National Narcotics Agency of South Sulawesi province (BNNP Sulsel), where clients do not yet have the awareness or desire to change. At this stage, the client does not take seriously the effects of drug use and tends to deny the existence of a problem. The main challenge for counselors is to build client awareness of the risks of substance abuse and foster strong relationships for the rehabilitation process to be effective. Based on interviews with counselors and clients, the rehabilitation process begins with health screening and emotional relationship

coaching, such as calling clients with the familiar greeting “bro” or “sis”. Clients who come voluntarily tend to be more consistent in undergoing all stages of rehabilitation than clients who are arrested by the police. Counselors use this approach to arouse the client's doubts about the substance used and explore their feelings towards their family and the surrounding environment, to grow awareness and desire to change.

From the experience of clients, family encouragement, such as parental grief or responsibility for children, becomes an important factor that motivates them to change. Clients who come to BNNP in person show a strong will, and it is proven that many complete the program until the final stage and enter the post-rehabilitation phase. An empathic and gradual counselor approach is needed to foster client confidence and align rehabilitation goals so that clients can recover, return to productivity, and be accepted by society. Counselor efforts at this stage focus on education, building trust, and raising awareness through an empathic approach and providing an understanding of the negative effects of drugs. Clients who come voluntarily usually have a strong urge from family to change, while the results of the questionnaire also showed that the negative impact of drugs is much more dominant than the perceived pseudo-benefits of the client. The rehabilitation process at South Sulawesi BNNP emphasizes the importance of a personal approach in dealing with clients at the precontemplation stage, by building trust, realizing the risks of substance abuse, and reconnecting clients with family and social values. The success of rehabilitation largely depends on the readiness and seriousness of clients, in particular those who come voluntarily, as well as the strategy of counselors who adapt the approach to the background and motivation of each individual.

## 2. *Contemplation dan Preparation*

The Contemplation stage is the phase in which the client begins to think about the possibility of change, although he is still overcome by doubts and does not yet have a definitive decision. External factors, such as family support, as well as emotional impulses from life experiences, are often the main triggers in this process. The role of counselors at this stage is to stimulate the client's awareness by explaining the benefits if they stop using drugs and the adverse effects that will occur if they continue to abuse, especially from aspects of physical health and social life. Counselors also develop an empathic approach and build personal relationships with clients through intrinsic and extrinsic motivation. This approach includes examining the religious or moral values previously held by the client, as well as encouraging them to empower themselves and take responsibility for the recovery process. Strategies such as greeting kindly, smiling, and showing genuine concern have proven effective in fostering comfort and openness on the part of the client. Interviews with some clients show that they began to open up after feeling valued and trusted by the counselor.

The shyness and suspicion that initially prevented communication gradually turned into trust, thanks to the patient and consistent approach of the counselor. This stage also demands great patience from the counselor, since they should not force changes, but rather facilitate so that the motivation comes from the client's awareness. Counselors play an important role in normalizing doubts, building intrinsic and extrinsic motivation, and delving into the client's values. Education and counseling are directed to identify internal and external factors causing addiction. Change is expected to grow from the client's awareness, not from the counselor's coercion, so self-reflection is the key to forming a deep readiness for change. The Contemplation stage in the rehabilitation of drug abuser clients at South Sulawesi BNNP is a crucial moment that determines the client's readiness for recovery. Counselors play a central role as patient listeners and facilitators who motivate without forcing, as well as helping clients find their own reasons and ways to change. This stage, which is closely related to the preparatory stage, must be carried out with the right approach so that the client feels comfortable and has mental readiness to undergo further rehabilitation processes.

## 3. *Action*

The Action phase is an important phase in the rehabilitation process, where the client begins to implement the change plan that has been agreed upon in previous sessions. Counselors have a crucial role in ensuring that the action is carried out by the client, as well as exploring obstacles if the action has not gone as expected. An intensive and unhurried counseling approach is the strategy used so that each client feels deeply cared for and gets assistance that suits their needs and personality. Each client shows a different

response to this stage of the action. Some clients can stop using drugs directly, and others need a gradual process. Counselors recognize that a client's success in taking action does not mean they are “cured” completely, but rather enter a long-term recovery process. In this case, the counselor must continue to guide the client to remain consistent, especially facing temptations from the surrounding environment or triggers from within that can cause relapse. Testimonials from clients indicate that emotional factors, such as seeing family suffering, are strong triggers for stopping the use of drugs. However, the biggest challenge in this stage is to maintain mental stability and prevent the client from returning to old habits. Therefore, the role of the counselor and family support should go hand in hand as the main foundation that helps the client stay on the path of recovery and not fall back into the cycle of abuse.

#### 4. *Maintenance (Client Changes)*

The maintenance phase is an advanced phase of rehabilitation in which the client begins to implement behavioral changes that have been designed with the counselor. In this stage, the client is required to maintain consistency and manage symptoms such as *kliyengan* or a sense of imbalance, which often appear as a result of the cessation of the use of prohibited substances. Counselors play an important role in providing input that helps clients survive and avoid the desire to re-use drugs by establishing behavioral diversion strategies and strengthening self-control. Clients indicate that the rehabilitation materials they receive help manage the urge to wear again. For example, some clients learn to replace negative urges with positive activities such as playing games or taking ablutions to calm themselves down. In addition, emotional support from counselors and a sense of care are important factors that increase their motivation to recover, especially for those who have previously lost family support due to addiction.

However, the big challenge in this stage is the risk of relapse, or relapse, because the client's brain still stores the memory of the sensation of substance use. Counselors liken this challenge to a strong desire for a favorite food that has not been eaten for a long time, and then the taste will reappear and can tempt the client to “just try it once.” Therefore, personal and group guidance is needed, where clients share experiences, build relationships with fellow survivors, and strengthen each other so as not to fall back into old habits. The maintenance phase is important in maintaining the stability of the client's recovery from drug addiction, with the main strategy of personal and group guidance focusing on strengthening motivation, self-control, and ongoing social support to prevent relapse and ensure lasting behavior change.

### **B. The Role Of The Environment On The Identity Of Drug Users**

#### 1. *Family Environment*

The family environment plays an important role in shaping and restoring the self-identity of drug users. Most clients at the National Narcotics Agency of South Sulawesi province (BNNP Sulsel) admit that the onset of drug use is often triggered by tenuous relationships or poor communication patterns with family. Some cite harsh upbringing or lack of attention as factors that lead them to seek escape in a negative friendship environment, which ends up introducing them to drugs. Although the initial relationship with the family was less harmonious, almost all clients stated that family support was the main force in the rehabilitation process. When clients are caught or begin rehabilitation, many of them realize that only family remains and provide emotional and moral support. This form of support varies, ranging from advice, accompaniment to the BNNP, to direct consultation with the counselor to monitor the progress of the client. The family becomes the only environment that is permanent and does not leave the client in a state of decline. Even in situations full of disappointment, many parents still give their child a second chance to change and recover. Clients realize that the existence and acceptance of family can strengthen their commitment to undergo the rehabilitation process and reshape a more positive and responsible self-identity.

#### 2. *Community environment and friendship*

Community environment and friendships play a significant role in shaping the identity of drug users. In the process of socialization, the individual is exposed to various social influences that can be both positive and negative. In the case of clients at the National Narcotics Agency of South Sulawesi province (BNNP Sulsel), the majority admitted to falling into drug use due to peer influence. The invitation to try methamphetamine or alcohol collectively, especially in a Hangout or work environment, becomes the initial door to addiction. From the testimonials of clients, it can be seen that social pressure and curiosity are the



main factors for them to try drugs. Many of them initially just jump on the bandwagon, such as buying meth or drinking alcohol with friends, without realizing that it can develop into an addiction. Ease of access, including purchases through social media, also worsens the condition because it makes drugs even easier to get, even without direct interaction with the seller.

An environment permissive to the use of prohibited substances tends to make it difficult to attempt to change one's identity. Bad habits that are already entrenched in society, such as the normalization of alcohol or drug consumption in relationships, make it easier for individuals to fall into them. Behavior change becomes difficult when healthy environmental support is not available, so the rehabilitation process must involve self-awareness and the courage to break away from negative friendship circles. The environment of society and friendships has a great influence on the formation of the identity of drug users, since social pressure, a sense of acceptance and easy access to prohibited substances are the main triggers of abuse; therefore, building a healthy and supportive social environment is very important in the process of prevention and recovery[6].

### **C. Identity of drug users in the community**

#### *1. Family Counseling*

Family plays an important role in the formation of the self-identity of drug users, especially in the rehabilitation process. Families who do not support or have bad characteristics, such as an accusatory environment, lack of affection, or broken home conditions, are at risk of encouraging clients to return to consuming drugs[13]. Therefore, family counseling is an important step so that family members can understand the client's emotional condition and needs without being judgmental. Family counseling implemented in the National Narcotics Agency of South Sulawesi province emphasizes the importance of non-repressive communication and the provision of personal space for clients. The counselor first conducts a session with the family to explain how to accompany the client wisely, including not prohibiting or accusing directly so as not to trigger a relapse. This approach aims to create a supportive and conducive family environment for the recovery process. This proves that the family is a key element in the successful recovery of the identity of drug users. Family counseling has proven to be very important in the process of recovering a drug user's self-identity because emotional and practical support, understanding, and family involvement can speed up the rehabilitation process and prevent the client from returning to addictive behavior.

#### *2. Community Stigma*

The Stigma of society towards former drug users is a great challenge in their social reintegration process. The term "user" is often used in a pejorative tone, especially in densely populated neighborhoods such as Makassar, thus creating negative labels such as failure or no future. This view not only burdens individuals who want to recover, but also their families, who are often the target of ridicule and social pressure [14]. Clients' experiences show that societal stigma can cause them to feel ashamed, isolated, and lose social support. Some clients claim to get cynical treatment from neighbors who know their past, even when they are trying to change. Nevertheless, some environments provide support, especially when they are aware of the client's sincere intention to recover for the sake of a family or a better life.

Counselors from the National Narcotics Agency of South Sulawesi province emphasize the importance of equipping clients with social skills to deal with stigma before they return to society. This education includes how to deal with negative comments wisely so as not to trigger excessive stress or the desire to return to using drugs. This strategy is considered important to maintain the mental resilience of clients and prevent them from relapsing due to social pressure. Community Stigma against former drug users is a serious obstacle in the process of recovery and social integration, but with family support and adequate mental debriefing, clients still have a great chance to recover and live a better life in society.

#### *3. Community-based interventions (CBI)*

Community-Based Intervention (CBI) is a drug use recovery and prevention strategy that focuses on empowering local communities, especially in high-risk areas. CBI is designed to deal with low-level drug users and trial and error, by involving community leaders as the spearhead of implementation. This Program is an effective alternative because many people still feel embarrassed or afraid to access formal rehabilitation services. CBI Program includes a series of activities such as socialization, drug problem mapping, and direct

action in the field. The involvement of the community and former drug users is considered effective in revealing the real conditions in their respective environments. However, limited funding is a major challenge in the development of this program, which is currently only being implemented in Gowa and Maros regencies in South Sulawesi. CBI is a strategic and efficient approach to preventing and addressing low-level drug use in the community by empowering local leaders and local resources to build collective awareness, reduce stigma, and create a more caring environment for recovering drug users.

#### IV. CONCLUSION

Based on the research findings and discussion of the results of research on the construction of the identity of drug users in the Rehabilitation Center of BNNP of South Sulawesi, which has stages in rehabilitation conducted for clients, the following conclusions can be drawn :

1. The construction of self-identity in the rehabilitation center, namely: Precontemplation, Contemplation, Preparation, Action and Maintenance is a way for counselors to be able to get information and trust from clients and has the goal of forming clients ' self-awareness to be confident in themselves and others.
2. The self-identity of drug users in the family and community is family counseling, community Stigma, and Community-Based Interventions. Stages are carried out on families and communities to better accept clients who have recovered.
3. The role of the environment on the identity of drug users, namely: family environment, community environment, and friendships. Stages that look at how the role of family, community, and friendship influences the nature of the client.

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