



REALITY COUNSELING FOR DRUG DEPRIANTS IN THE ADJUSTMENT PERIOD IN PRICES

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Abstract

The Mix Method technique is used in this study, which involves data gathering and integration of quantitative and qualitative data in one study to give a more thorough understanding. The goal of this study is to assist new convicts, particularly those implicated in drug cases, in adjusting to and being responsible in a new setting, namely LAPAS Class II A Curup, Rejang Lebong Regency. Based on the context of the problem, questions such as how to adjust to new inmates, particularly drug cases in Class II A Curup LAPAS, before receiving counseling services, how reality counseling can alleviate the anxiety experienced by new inmates, particularly drug inmates in Class II A Curup, and how to adjust to new inmates following the implementation of reality counseling can be posed. The outcomes of reality counseling implementation have made people especially supported by medications more clever in adjusting to the environment they experience. Because the adjustment to the new environment is not only transitory but fresh adjustments are also required when they encounter a new circumstance.

Keywords: Reality Counseling, Drug Prisoners, Self-Adjustment

Introduction,

In Law Number 12 of 1995 concerning Corrections article 1 paragraph 1 explains that correctional is an activity to carry out coaching for correctional inmates based on systems, institutions, and coaching methods which are the final part of the punishment system in the criminal justice system. Paragraph 2 states that the correctional system is an arrangement regarding the direction and boundaries as well as the guidance of correctional inmates based on Pancasila which is carried out in an integrated manner between the coach, the fostered, and the community to improve the quality of correctional inmates so that they are aware of mistakes, improve themselves, and do not repeat criminal acts so that can be accepted again by the community, can play an active role in the development and can live normally as good and responsible citizens. while paragraph 3 explains that correctional institutions, hereinafter referred to as Lapas, are places to carry out coaching for prisoners and correctional students. Paragraph 5 explains that correctional inmates are convicts, correctional students, and correctional clients (Republic of Indonesia, 1995).

Imprisonment in the correctional system is carried out while upholding human dignity. The treatment is intended to keep inmates in a position not only as objects but also as subjects in the coaching process with the ultimate goal of returning the inmates to the midst of society as good and useful people (Haryono, 2017). When a detainee is admitted to LAPAS as a new inmate, of course, he still feels foreign in facing a new environment. Feelings of fear and anxiety will haunt and disturb the psyche of new inmates, including in Class II A Curup LAPAS, Rejang Lebong Regency because in LAPAS they will join other inmates from all levels of society, various types of different criminal cases. In LAPAS, inmates face limited circumstances and binding LAPAS regulations which create a feeling of dissatisfaction which results in mental stress which ultimately leads to pain both physically

and spiritually, (Prawiratama, 2020). To overcome this problem, guidance and counseling are needed for new inmates.

Efforts to foster or guide, which are at the core of the activities of the penal system, are a means of treating inmates in a new way to support new patterns of efforts to implement prison sentences to achieve the success of the state's role in expelling convicts to return to being members of society (Haryono, 2017). Reality therapy is one of the counseling that can be given to new inmates in LAPAS to deal with fear and anxiety as well as bullying by other inmates.

Reality therapy was first developed by William Glasser in the 1950s and 1960s. Glasser developed reality therapy out of his belief that conventional psychiatry was based in large part on faulty assumptions. reality therapy, which outlines principles and procedures designed to assist people in achieving a "success identity", can be applied to psychotherapy, counseling, teaching, institutional management, and community development (Corey, 2005). The goal of reality therapy is to help clients reconnect with the people around them, both old and new. The main goal of therapy is to help clients improve significant relationships in their lives (Corey, 2013). reality therapy is a system focused on present behavior. This reality therapy is active, directive, psychoeducational, and didactic. The relationship between counselor and client is that the counselor assists the client in making a plan to change the client's behavior for the better. Structured/skilled questioning and various behavioral methods are used to encourage clients to evaluate what they are doing. If clients decide that their current behavior is not effective, they develop a specific plan for change and commit to follow it.

Research Methodology,

This research uses the Mix Method approach which is data collection and integration of quantitative and qualitative data in one study so that it can produce a more comprehensive understanding of the problem being studied (Leavy, 2017). While the research model used in this mixed method is the sequential explanatory model (Creswell, 2018).

The research data used are primary data and secondary data. Primary data was obtained from a questionnaire given and through counseling given to new inmates, especially inmates with drug cases at LAPAS Class II A Curup. While secondary data was obtained from literature and literature studies, internet website searches, and also obtained from documentation at LAPAS Class II A Curup institutions.

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Findings and Discussion,

Findings

Pretest results

The purpose of doing the pretest, namely to find out the initial condition of the level of adjustment of the inmates before being given reality counseling. The following presents the pretest conditions of self-adjustment of the inmates especially for narcotics in class II A Curup prison.

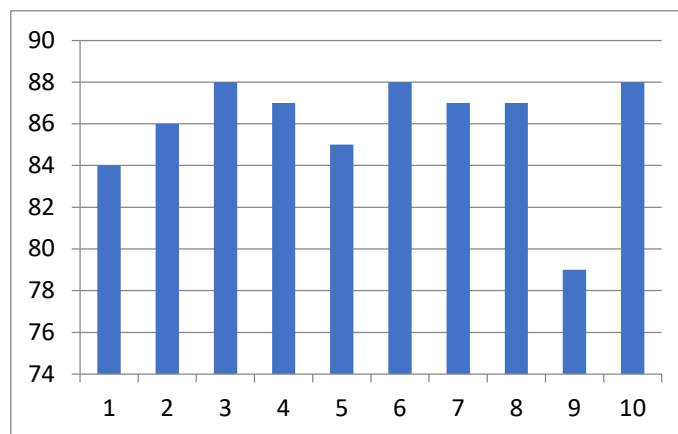


Figure 1. Pre-test Result

The data obtained from the pretest results show that out of 10 inmates, 7 people have a low level of adjustment and 3 people have a moderate level of adjustment. 85.9 and is in a low category. The following is an overview of the conditions of student adjustment in the experimental group and the control group. The Pretest result data can be seen in Table 1 below.

Table 1. Pre-Test Result

Interval	Kategori	Frekuensi	N	%
142 – 170	Sangat Tinggi	0	0	0
115 – 141	Tinggi	0	0	0
88 – 114	Sedang	3	0	30
61 – 87	Rendah	7	7	70
34 – 60	Sangat Rendah	0	0	0
Jumlah		10	10	100

Based on Table 1 it is known that out of 10 inmates, 70% (7 people) have low self-adjustment and 30% (3 people) are in the medium category.

Posttest results

After being given reality counseling in 10 (ten) meetings with the specially assisted members of the drug community for about two months, the researchers then measured the adjustment level of the specially assisted members of the drug community. The measurement results can be seen in the following figure.

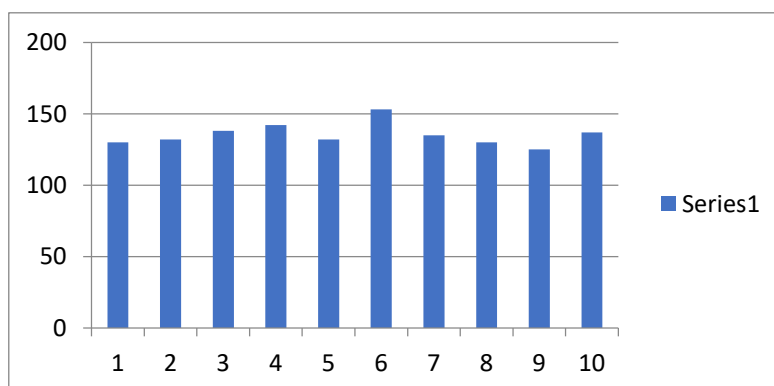


Figure 2. Pre-test Result

Based on the post-test results, it can be seen the difference in scores between the pretest and post-test results. The results of the post-test showed that out of 10 inmates, 2 inmates were in the very high category and 8 inmates were in the high category.

The following is an overview of the condition of the level of adjustment of specially assisted members of the narcotics class II A Curup prison. Posttest result data can be seen in the frequency distribution table below.

Interval	Kategori	Frekuensi	N	%
142 – 170	Sangat Tinggi	2	2	20
115 – 141	Tinggi	8	8	80
88 – 114	Sedang	0	0	0
61 – 87	Rendah	0	0	0
34 – 60	Sangat Rendah	0	0	0
Jumlah		10	10	100

Based on the table above it is known that out of 10 inmates who have a very high level of adjustment 20% (2 inmates) and students who have adjustment in the high category are 80% (8 inmates).

Data Hasil Pretest dan Posttest Penyesuaian Diri Warga Binaan Khusus Narkoba dalam LAPAS Kelas II A Curup

Data penelitian yang diperoleh sebelum dan sesudah diberikan layanan konseling realitas dapat dilihat pada gambar berikut.

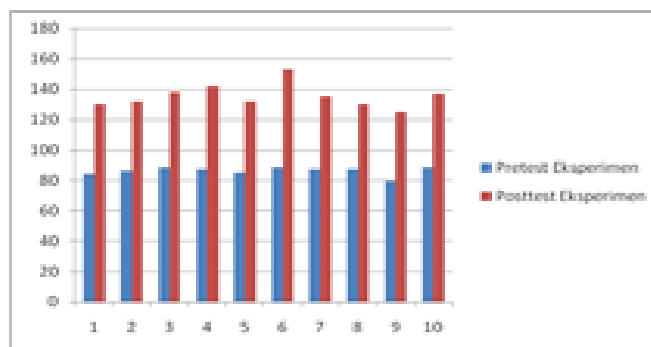


Figure 3: Histogram of Pretest and Posttest Results of Self-adjustment of Specially Fostered Drug Residents in Curup Class II A Correctional Institution

Based on the picture above, it can be seen that the self-adjustment of specially assisted narcotics in LAPAS Class II Curup increased after being given the treatment of reality counseling services. Based on the results of the analysis conducted, it can be seen that the Asmyp. Sig. (2-tailed) the adjustment of self-adjustment of specially assisted students in LAPAS Class II A is at least 0.005 or the probability is below alpha 0.05 ($0.005 < 0.05$), from these results it can be concluded that there is a difference in the adjustment of specially assisted members drugs in class II A prisons was sufficient before and after being given reality counseling. Based on the data obtained, it can be interpreted that the level of self-adjustment of specially assisted members of narcotics in LAPAS Class II A has increased considerably after being given Reality Counseling.

Discussion

The basic concept of reality counseling

The principles of reality counseling are geared toward achieving proper engagement, genuinely honest, human relationships in which the individual first in his life cares enough about himself, not only to accept himself but to help him meet his needs in the real world. Reality

counseling involves not only helping the counselee recognize his needs in the actual world but also meeting those wants in the real world so that the individual does not reject his existence in the future. All humans have the same physiological and psychological needs, competent people may describe these needs differently, but there is no serious dispute that in all cultures and all degrees human beings have essential needs. The counselor is rarely concerned with meeting the physiological needs for food, warmth, and rest. According to Glasser (1999), counselors must focus on two essential psychological needs: the desire to love and be loved, and the need to feel useful to ourselves and others.

The basic concept of self-adjustment

Fatimah (2008: 194) states, "Self-adjustment is a natural and dynamic process that aims to change individual behavior so that relationships occur that are more in line with environmental conditions." This illustrates that adjustment is a process that always experiences development in changing the behavior of an individual.

A person is said to have good adjustment abilities (well-adjusted person) if he can make mature, efficient, satisfying, and healthy responses. It is said to be efficient, meaning that it can respond by expending energy and time as sparingly as possible. It is said to be healthy, meaning that the responses are under the nature of the individual, institution, or group between individuals, it is even said to be satisfactory, that this healthy nature is the most prominent characteristic description to see and determine that an adjustment is said to be good.

Ideally, a person can adjust himself well to other people or to the environment in which they live, but in reality, he does not always individuals will succeed in adjusting themselves. This is due to certain obstacles or obstacles that cause individuals to be unable to make optimal adjustments. These obstacles can come from within him (limitations) or maybe from outside himself.

Schneiders (1964:121) states, "Personality itself functions as a primary determinant of adjustment". Self-personality is an important key to self-adjustment. This personality is influenced by five factors, namely: (1) the physical condition (physical condition), (2) development and maturation (development and growth), (3) psychological determinants (psychological influence), (4) environmental condition (environmental condition), (5) cultural determinants including religion (culture and religion).

Fatimah (2008: 195) explains that self-adjustment is divided into two forms, namely positive self-adjustment and inappropriate self-adjustment (misadjustment). Individuals who are classified as able to make positive adjustments are characterized by the following: (1) do not show excessive emotional tension, (2) do not show any self-defense mechanisms, (3) do not show personal frustration, (4) have rational consideration in self-direction, (5) learn from experience, and (6) be realistic and objective. Meanwhile, self-adjustment is characterized by defensive reactions (self-defense mechanisms), attack reactions, and escape reactions.

Self-adjustment of Special Assisted Drug Residents in Class II A Curup LAPAS

Adjustment is the first step for a human being to get along with the surrounding environment. someone who has a good adjustment, he will easily get along and adapt to the new environment he faces. Therefore it is necessary to try to help new inmates adjust to the LAPAS environment, one of the efforts is to provide services using reality counseling which has proven to be effective in helping improve the self-adjustment of inmates, especially drugs in Curup class IIA prisons.

Schneiders (in Ghufiron & Risnawita, 2010: 50) argues that people are said to be less able to adapt or have low self-adjustment when sadness, disappointment, or hopelessness develops and affects their physiological and psychological functions. Individuals become unable to use their thoughts and attitudes properly so they are unable to cope with the pressures that arise in a good way. Individual failure in adjustment can cause, among other things: excessive emotional tension, wrong

self-defense mechanisms, personal frustration, irrational considerations in self-direction, failure to learn from experience, and being unrealistic and not objective.

The results obtained from the implementation of this reality counseling have made the people specially assisted with drugs more intelligent in adjusting to the environment they face. Because the adjustment to the new environment is not only temporary but when they face a new situation, new adjustments are also needed.

Conclusion

The outcomes of the application of this reality counseling have made the individuals who have been specifically supported with medications more clever in adjusting to their surroundings. Because the adjustment to the new environment is not only transitory but fresh adjustments are also required when they encounter a new circumstance. Individuals who can make positive adjustments exhibit the following characteristics: (1) no excessive emotional tension, (2) no self-defense mechanisms, (3) no personal frustration, (4) rational consideration in self-direction, (5) learn from experience, and (6) be realistic and objective. Meanwhile, defensive reactions (self-defense systems), assault reactions, and escape reactions characterize self-adjustment.

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