

GAMBARAN *DECISION MAKING* PADA MANTAN PENGGUNA NARKOBA DALAM MENGHADAPI CRAVING

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ABSTRAK

Decision making pada mantan pengguna narkoba dalam menghadapi craving merupakan pilihan yang sulit. Menghadapi craving merupakan suatu tantangan yang harus dihadapi bagi mantan pengguna narkoba dalam pemulihan secara penuh. Tujuan dari penelitian ini untuk mengetahui gambaran decision making pada mantan pengguna narkoba dalam menghadapi craving. Penelitian ini menggunakan metode kualitatif, dengan studi kasus. Pengambilan sampel sumber data dilakukan secara stratified random sampling. Subjek dalam penelitian ini yaitu tiga mantan pengguna narkoba yang pernah menghadapi fase craving di Lembaga Rehabilitasi PABM (Pemulihan Adiksi Berbasis Masyarakat) Nawacita. Teknik pengumpulan data dilakukan dengan cara wawancara, observasi dan dokumentasi. Hasil Penelitian menunjukkan bahwa decision making pada ketiga subjek dalam menghadapi craving melalui aspek decision making menurut Mincemoyer & Perkins (2003), yaitu mengidentifikasi masalah, merumuskan alternatif, mempertimbangkan risiko atau konsekuensi, memilih alternatif, dan evaluasi. Tercapai nya sebuah keputusan harus seimbang dengan kesadaran dan konsistensi dalam diri, serta lingkungan yang dapat membantu untuk pulih dan tidak mengikuti sugesti. Konsistensi dapat bertumbuh jika mendapatkan dukungan dari orang terdekat seperti keluarga, atau lingkungan sekitar yang nyaman. Ketiga subjek mampu mengendalikan diri ketika menghadapi fase craving dengan cara melakukan kegiatan positif, berbicara dengan teman dan konsisten dengan pilihan awal yaitu jauh dari narkoba merupakan pilihan yang tepat untuk mengubah hidup menjadi lebih baik untuk masa depan

Kata Kunci: *Craving, Decision Making, Mantan Pengguna Narkoba, Narkoba.*

DESCRIPTION OF DECISION MAKING IN FORMER DRUG USERS IN FACE OF CRAVING

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ABSTRACT

Decision making for former drug users when facing cravings is difficult. Facing cravings is a challenge that must be faced by former drug users in full recovery. The aim of this research is to understand the picture of decision making among former drug users when facing cravings. This research uses qualitative methods with case studies. Data source sampling was carried out using stratified random sampling. The subjects in this research were three former drug users who had experienced the craving phase at the Nawacita PABM (Community Based Addiction Recovery) Rehabilitation Institute. Data collection techniques were carried out by means of interviews, observation and documentation. The research results show that decision making for the three subjects in dealing with cravings is through the decision making aspect according to Mincemoyer & Perkins (2003), namely identifying problems, formulating alternatives, considering risks or consequences, choosing alternatives, and evaluating. Achieving a decision must be balanced with awareness and consistency within yourself, as well as an environment that can help you recover and not follow suggestions. Consistency can grow if you get support from people closest to you, such as family, or a comfortable surrounding environment. The three subjects were able to control themselves when facing the craving phase by doing positive activities, talking to friends and being consistent with their initial choice, namely staying away from drugs, which is the right choice to change their lives for the better for the future.

Keywords: *Craving, Decision Making, Drugs, Former Drug Users.*