

SUBJECTIVE WELL-BEING PADA PECANDU NARKOBA YANG MENJALANI REHABILITASI DI BADAN NARKOTIKA NASIONAL KABUPATEN SLEMAN

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ABSTRAK

Penyalahgunaan narkoba di Indonesia berkembang sangat pesat yang mana di setiap tahunnya terjadi kenaikan pengguna narkoba. Masa sulit saat menjalani rehabilitasi membuat pecandu narkoba cenderung akan merasakan afek negatif yang menyebabkan individu akan mengalami hambatan dalam mencapai kesejahteraan subjektif, sehingga penting bagi pecandu narkoba untuk dapat mencapai kesejahteraan subjektif agar tidak lagi mengalami relapse. Teori yang digunakan pada penelitian ini mengacu pada teori Subjective Well-Being dari Diener, Scollon, & Lucas (2003). Penelitian ini bertujuan untuk mengetahui gambaran Subjective Well-Being pada pecandu narkoba yang menjalani rehabilitasi di BNNK Sleman dengan menggunakan tiga subjek penelitian. Subjek penelitian merupakan pecandu narkoba yang berusia antara 18-40 tahun yang sedang menjalani rehabilitasi di BNNK Sleman. Penelitian ini menggunakan metode penelitian kualitatif dengan pendekatan studi kasus. Teknik pengumpulan data dilakukan dengan wawancara, observasi, dan dokumentasi. Hasil penelitian ini yaitu subjek pertama dan ketiga cenderung merasakan ketidakpuasan hidup dan afek negatif seperti sedih, kecewa, cemas, dan bersalah telah mengkonsumsi narkoba sehingga kurang merasakan subjective well-being. Sedangkan subjek kedua cenderung memiliki afek positif dan kepuasan hidup sehingga merasakan subjective well-being dengan baik dibandingkan dengan subjek pertama dan ketiga. Terdapat persamaan faktor subjective well-being yang memengaruhi ketiga subjek yaitu faktor spiritual. Subjective well-being sangat penting untuk mengukur kualitas hidup pecandu narkoba yang menjalani rehabilitasi sehingga diharapkan para pecandu narkoba tidak mengalami relapse.

Kata Kunci: *Pecandu Narkoba, Rehabilitasi, Subjective Well-Being*

SUBJECTIVE WELL-BEING OF DRUG ADDICTS UNDERGOING REHABILITATION AT THE NATIONAL NARCOTICS AGENCY OF SLEMAN DISTRICT

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ABSTRACT

Drug abuse in Indonesia is growing, with an increase in drug users every year. Difficult times while undergoing rehabilitation make drug addicts tend to feel adverse effects, which cause individuals to experience obstacles in achieving subjective well-being. Hence, drug addicts need to be able to achieve subjective well-being so that they no longer experience relapse. The theory used in this research refers to the Subjective Well-Being theory from Diener, Scollon, and Lucas (2003). This research aims to determine the subjective well-being picture of drug addicts undergoing rehabilitation at the Sleman National Narcotics Agency using three research subjects. The study participants were individuals struggling with substance abuse, aged between 18-40 years, who were receiving treatment at BNNK Sleman. This study employed qualitative research methods with a focus on case studies. Data was gathered through interviews, observations, and documentation. The findings revealed that the first and third participants tended to experience dissatisfaction with life and negative emotions such as sadness, disappointment, anxiety, and guilt due to their drug use, leading to a decrease in subjective well-being. On the other hand, the second participant exhibited positive emotions and life satisfaction, resulting in a higher level of subjective well-being than the other two participants. All three participants shared spiritual factors that influenced their subjective well-being. Subjective well-being plays a crucial role in assessing the quality of life of individuals undergoing substance abuse rehabilitation, with the hope of preventing relapse.

Keywords: Drug Addicts, Rehabilitation, Subjective Well-Being