



## Experience of Outpatient Rehabilitation for Drug Users at the Kenambai Umbai Primary Clinic of the National Narcotics Agency, Jayapura District

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### ABSTRACT

This study explores the experiences of narcotics users undergoing outpatient rehabilitation at the Kenambai Umbai Clinic of the National Narcotics Agency (BNN) in Jayapura Regency using a qualitative approach. The findings reveal that recovery is a complex, multidimensional process involving internal struggles, changes in mindset, family support – particularly from mothers – and challenges due to social stigma. Stigma remains a major barrier, affecting both psychological well-being and access to services post-rehabilitation. Future studies should involve more diverse participants and settings to gain a broader understanding of the rehabilitation experience.

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## **INTRODUCTION**

The pervasive challenge of narcotic abuse represents a complex global health and social phenomenon that transcends national boundaries, demanding sophisticated, nuanced interventions. The United Nations Office on Drugs and Crime (UNODC) World Drug Report of 2021 provides a sobering illumination of this intricate issue, revealing that approximately 275 million individuals aged 15-16 have engaged with narcotic substances at least once annually. This staggering statistic is not merely a numerical representation but a profound indicator of the deep-rooted systemic challenges surrounding substance abuse.

Within this global context, Indonesia presents a unique landscape of drug abuse dynamics that reflects both universal patterns and distinct local characteristics. The National Drug Abuse Survey of 2023 unveils a complex narrative of substance use, documenting 3.6 million residents aged 15-64 involved in drug abuse. While the prevalence has marginally decreased from 2.23% in 2021 to 2.10% in 2023, the demographic composition reveals critical insights. The most impacted populations are productive age groups between 25-49 years, predominantly from trade, transportation, and service sectors, suggesting a profound intersection between economic vulnerability and substance abuse vulnerability.

The consumption pattern in Indonesia demonstrates a nuanced typology of substance use. Cannabis dominates the landscape, accounting for 57.11% of documented usage, followed by methamphetamine and ecstasy at 35.37%. This pattern is not merely a statistical anomaly but reflects complex multidimensional interactions between individual psychological states, social environments, and systemic economic pressures. Researchers like Alexander et al. (2022) argue that drug abuse emerges from intricate networks of personal, social, and environmental factors, rejecting simplistic mono-causal explanations.

The legal and therapeutic response to this challenge in Indonesia is embodied in Law Number 35 of 2009 on Narcotics, which provides a holistic framework for rehabilitation. This legislation represents a paradigm shift from punitive approaches to a more compassionate, health-oriented intervention model. Outpatient rehabilitation programs have emerged as particularly innovative strategies, offering clients the flexibility to undergo recovery while maintaining their daily life structures. This approach recognizes the complex realities of individuals struggling with substance dependencies, acknowledging that complete isolation from social contexts can often be counterproductive.

However, the effectiveness of rehabilitation remains a significant challenge. Longitudinal studies by the National Narcotics Agency (BNN) reveal a sobering statistic: approximately 70% of rehabilitation participants potentially experience relapse. Critical factors such as environmental pressures, social dynamics, and inadequate post-rehabilitation support emerge as fundamental variables influencing intervention success. Scholars like Marlatt and Donovan (2005) and Witkiewitz et al. (2020) have extensively documented how these contextual elements can dramatically impact an individual's recovery trajectory.

The Kenambai Umbai Primary Clinic in Jayapura Regency provides a compelling case study of these broader rehabilitation dynamics. Data from 2024 reveals a complex client profile: of 14 individuals undergoing rehabilitation, 6 dropped out. The client composition is predominantly adolescent, with ages ranging from 12-17 years and a high prevalence of cannabis consumption. This demographic profile underscores the urgent need for age-specific, contextually sensitive intervention strategies.

Adopting an ecological perspective pioneered by Bronfenbrenner (1979), this research seeks to comprehensively explore the intricate interactions between individuals and their environments during the rehabilitation process. The central research purpose is to identify and analyze the outpatient rehabilitation experiences of narcotic users in the Jayapura Regency National Narcotics Agency through a comprehensive narrative approach.

## **THEORETICAL REVIEW**

Drug abuse is a complex problem that has a negative impact on individuals and society. Drugs can cause nervous system damage, mental disorders, and criminal tendencies. Research finds that drug abuse has a negative impact on people's mental health, including increasing levels of anxiety and depression (Elpandi, 2014).

Drug use as a coping mechanism often begins with social experimentation with peers. The main factors that cause individuals to use drugs to deal with stress are the inability to manage emotions, lack of adaptive coping strategies, and the influence of the social environment. However, drug use actually adds new problems such as economic and health problems (Mustofa, 2023).

Most former drug addicts who relapse have experienced negative stigma and dealing with the law. Motivational factors so that drug addicts can finally recover from drug consumption are self-motivation, encouragement from family, those closest to them, and the law. The trigger factor for relapse after rehabilitation is the environment or relationships. The public should not view former drug addicts with a negative stigma, such as isolating and discriminating, because they have positive sides that can be taken from their experiences to be able to recover from drugs and be able to work productively (Access, 2022).

Nurses have a variety of emotional experiences in dealing with adolescent drug users. They feel proud when the patient recovers, but also disappointed when they see the patient experience a relapse. One of the main challenges in rehabilitation therapy is the difficulty in understanding the holistic aspects of the patient and the limitations of support (Mauliddiyah, 2021).

Adolescents who abuse drugs are generally influenced by social factors, curiosity and social pressure. The impact of the definition of drugs includes health problems, psychological disorders, and decreased quality of life (Fish, 2020). Even though they have undergone rehabilitation, former drug users often experience stigma from society which can make it difficult for them to get work, be accepted in social circles, and live a normal life. Social support has a positive influence on resilience. The greater the social support received by an individual, the higher the individual's resilience. Social support plays a role in helping

individuals provide support, overcome problems and assist in adapting to pressure and problems (Laksana & Virlia, 2019).

Outpatient rehabilitation is an effective recovery method for narcotics abusers. Outpatient rehabilitation at BNN Purbalingga Regency is carried out through symptomatic therapy using the Motivational Interviewing (MI) and Cognitive Behavior Therapy (CBT) approaches. This approach helps users develop motivation to change and overcome destructive thought patterns resulting from drug addiction (Fuada, 2024).

Narcotics rehabilitation aims to restore the physical, psychological and social conditions of narcotics users so that they can function optimally again in society. According to Law no. 35 of 2009 Article 54, narcotics abusers are required to undergo medical and social rehabilitation (Cahyani, 2022; Dairse, 2009). In the context of drug rehabilitation, health promotion plays an important role in increasing individual awareness regarding the negative impacts of drugs and behavior change strategies. Health behavior models such as the Health Belief Model are used to explain the factors that influence individual decisions in changing their lifestyle (Notoadmodjo, 2012).

Psychological support is very important in the rehabilitation process. The aim of recovery efforts for someone who uses drugs is to eliminate or reduce the negative impact on their body and psychology. Handling the problem of drug abuse requires a long period of time to increase strong motivation for victims of drug abuse. The role of nurses is very important as providers of nursing care through educational, therapeutic and counseling interventions (Khasana et al., 2022).

Spirituality includes relationships with other people, God, a higher power, hope, strength, guidance, peace, and meaning or purpose in life. Spirituality is considered to have a significant impact on the healing and treatment process of patients suffering from drug addiction. Religiosity/spirituality interventions can reduce the risk of drug use (Laksana & Virlia, 2019).

Rehabilitation not only aims to stop drug use, but also improves the quality of life through mental, emotional and life skills support. Factors such as family support, social stigma, lack of job opportunities, and a conducive social environment greatly influence the success of rehabilitation. The quality of life in question includes the ability to adapt back to society and function in social and economic life (Cahyani & Indah, 2022).

Life skills training includes communication to develop healthy interpersonal relationships, stress management to manage life pressures, social skills, and work skills. With these training aspects, drug addicts are expected to be better prepared to adapt from rehabilitation to a normal life without drug dependence. Support from family and community also plays an important role in the success of rehabilitation (Cahyani & Indah, 2022).

Failure to complete the rehabilitation program (drop out) can be caused by various factors, both related to the client and the treatment and counselor. Factors related to clients include age, stable and supportive social environment, history of previous treatment, and desire to make changes. Factors related to treatment and counselors include the length of waiting time, attention to individual client

needs, haste in providing treatment, and the counselor's attitude towards clients (Mirianti et al., 2021).

Relapse is a difficult problem for drug users, their families and counselors. Relapse can occur because a strong commitment to change does not develop within the individual. Many former drug users who relapse admit that they failed to maintain their commitment to recovery for various reasons such as lack of strong commitment, high-risk situations, risky emotional states, conflict between peers, social pressure, low self-esteem, remembering past "fun" events, not participating in the NA program, and easily becoming complacent (Risky Hardiansyah, 2020). Communication has a crucial role in the success of a rehabilitation program. The communication dimensions of implementing a rehabilitation program are determined by several elements in communication, namely transmission (effective distribution of communication), clarity (clear and unambiguous communication), and consistency (consistent and clear orders to be followed or set) (Fuada & Vina, 2024).

## **METHODOLOGY**

This research adopts a qualitative approach with a phenomenological design to explore in depth the life experiences of narcotics users who are undergoing outpatient rehabilitation at the Kenambai Umbai Pratama Clinic, Jayapura Regency National Narcotics Agency. Through a series of intensive semi-structured interviews, researchers sought to understand the subjective perspectives of the informants regarding their struggle with addiction, the changes in thinking patterns and self-awareness they experienced during the rehabilitation process, the forms of social support they received from the surrounding environment, the sources of motivation that encouraged them to recover, and the challenges of social stigma they faced as former narcotics users.

The selection of informants in this study was carried out using a purposive sampling technique, where the inclusion criteria included individuals who had or were currently undergoing a narcotics rehabilitation program at the clinic, as well as professional staff from various disciplines who were directly involved in providing rehabilitation services to clients. In total, there were 9 informants who participated in this research, consisting of 4 narcotics users who were undergoing rehabilitation, 2 family members of the users, 1 person in charge of the clinic, 1 addiction counselor, and 1 nurse. Primary data in this research was collected through a combination of in-depth interviews, participatory observation, and relevant documentation studies, then processed and analyzed using qualitative data analysis techniques which include stages of data reduction, presenting data in the form of matrices and diagrams, and drawing conclusions or verification.

To ensure the validity and trustworthiness of the data obtained, researchers applied several triangulation strategies, including data source triangulation by comparing information obtained from various informants, as well as time triangulation by collecting data in different periods. Apart from that, the researcher also extended the observation period in the field to build better rapport with the informants and gain a more comprehensive

understanding of the research context. The depth and thoroughness of data analysis was also increased through the process of reading interview transcripts repeatedly, coding data systematically, and discussing with colleagues to check the consistency of interpretations. As part of efforts to maintain research quality, a series of data validity tests were also carried out, including credibility tests using the member checking method, transferability tests by providing rich descriptions of the research context, dependability tests by auditing the entire research process, and confirmability tests by critically reflecting on potential researcher bias.

## **RESEARCH RESULTS**

The results of this research reveal that the informants experienced intense and deep emotional struggles in their efforts to escape the trap of narcotics addiction. Many of those who initially decide to undergo rehabilitation are driven by feelings of love and responsibility towards their parents, especially the mother who is often described as the figure most affected by their addictive behavior. However, several informants also admitted that their initial decision to participate in a rehabilitation program was based more on pressure or coercion from the family, or even as a consequence of the legal problems they faced due to narcotics abuse.

During their rehabilitation journey, most informants reported significant positive changes in their perspective and self-awareness. Through a series of therapy and counseling activities, they gradually begin to realize the dangers and long-term negative impacts of narcotics dependence, both on their physical health, psychological well-being and social relationships. This deeper understanding in turn fosters in them a stronger determination and desire to free themselves completely from addiction and build a healthier and more meaningful future.

Social support, especially from maternal figures and other core family members, was consistently identified by informants as a key factor that played a vital role in the success of the rehabilitation process they underwent. Informants who feel the presence of sincere and consistent support from the people closest to them tend to show higher resilience and commitment in following the rehabilitation program to completion. On the other hand, several informants also conveyed their experiences of facing rejection, stigmatization, and feelings of alienation from the wider social environment, including from their own extended families. This situation often causes emotional upheaval in itself and becomes an additional challenge that they must face in their recovery efforts.

In terms of motivation, the informants revealed that there was a combination of intrinsic driving factors, such as the desire to change into a better person and achieve higher life aspirations, with extrinsic factors, such as encouragement or demands from the family or legal authorities. Although initially extrinsic motivation is often more dominant, as the rehabilitation process progresses, many informants gradually develop stronger intrinsic

motivation and make it the main basis for their commitment to recovery and maintaining a drug-free lifestyle on an ongoing basis.

Apart from the positive achievements achieved, the informants also openly voiced the serious challenges they faced related to the social stigma attached to their status as former narcotics users. Both during rehabilitation and post-rehabilitation, they often have to deal with various forms of discrimination, exclusion and negative views from the community around them. This situation often triggers feelings of low self-esteem, hopelessness and doubt in them about being able to return to living a normal social life. This strong and widespread stigma not only impacts the informants' psychological well-being, but also significantly hinders their access and opportunities to fully re-engage in various aspects of life, such as education and work.

## DISCUSSION

The findings resulting from this research are closely related to several main theoretical concepts in the field of health behavior change, such as the Health Belief Model developed by Rosenstock (1974). This model emphasizes the importance of individuals' perceptions of their vulnerability to an illness, the seriousness of possible consequences, the benefits gained from adopting healthy behavior, as well as their belief in their own ability to make changes as important predictors for the emergence of motivation and real action to change risky behavior. In the context of drug rehabilitation, the findings of this research indicate that changes in informants' perceptions of the risks and negative impacts of addiction, as well as their increased awareness of the benefits of living drug-free, contribute positively to their motivation and commitment to recovery.

The intervention approaches applied in rehabilitation programs, especially Motivational Interviewing (MI) and Cognitive Behavioral Therapy (CBT), have also been proven to have a significant impact in facilitating changes in thinking and increasing the informants' self-awareness. This finding is in line with various previous empirical studies which affirm the effectiveness of these two approaches in overcoming addiction problems (Jhanjee, 2014; Magill & Ray, 2009). MI, which focuses on exploring and resolving ambivalence as well as strengthening intrinsic motivation through empathetic communication, is proven to help informants to independently find strong reasons and encouragement to change. Meanwhile, CBT, which emphasizes the identification and modification of maladaptive thought patterns and behavior, helps informants to develop more effective coping skills and relapse prevention strategies.

Social support, especially from the family as the closest environment, has been confirmed as a reinforcing factor that is essential for successful rehabilitation. This is in line with various theories and models of behavior change that highlight the significant role of interpersonal support in facilitating and sustaining lifestyle change (Green & Kreuter, 2005). However, the findings of this research also reveal that there are challenges in terms of coordination and teamwork among professionals involved in rehabilitation services. This situation has the potential to reduce the effectiveness and synergy of rehabilitation services as a whole, thus requiring further attention and improvement efforts.

The social stigma experienced by the informants, both during and after undergoing rehabilitation, can be understood as a manifestation of environmental barriers that often prevent individuals from adopting and maintaining healthy behavior. Various previous research results confirm the negative impact of stigma, not only on individuals' psychological well-being, but also on their opportunities to access health, education and employment services (Janulis, 2020; von Hippel et al., 2018). In the context of this research, the widespread and deep-rooted stigma towards narcotics users reflects the strong public perception that tends to associate narcotics dependence as a moral failure rather than as a medical problem that requires professional treatment.

This research is not free from several limitations that need to be taken into consideration in interpreting and generalizing the findings. First, this research involved a relatively limited number of informants and only focused on one rehabilitation location. Second, as qualitative research, the results of this research emphasize the depth and richness of data rather than statistical generalizations. This limitation opens up opportunities for further studies with broader and more diverse coverage, both methodologically and geographically, in order to gain a more comprehensive understanding of the dynamics and challenges of narcotics rehabilitation.

## **CONCLUSIONS AND RECOMMENDATIONS**

Based on the results of the analysis and discussion above, several main conclusions can be drawn from this research. First, outpatient rehabilitation for narcotics users at the Kenambai Umbai BNNK Jayapura Pratama Clinic is a transformative process that involves complex and multidimensional personal struggles. Changes in thought patterns, increased self-awareness, and strengthening intrinsic motivation are important indicators that mark the progress of the recovery process undertaken by the informants. Second, social support, especially from maternal figures and the nuclear family, is confirmed as an essential factor that contributes positively to the success of rehabilitation. Third, social stigma towards narcotics users is still a significant challenge that needs to be addressed seriously, because it has a negative impact not only on psychological aspects, but also on individual access to various essential services after rehabilitation.

The success of rehabilitation is not only determined by the quality of clinical intervention alone, but is the result of synergistic interactions between individual aspects, interpersonal support from the family, the effectiveness of professional teamwork, and a conducive social climate in society. An approach that is holistic, integrative and involves the active participation of various stakeholders is thus a vital prerequisite for optimizing the outcomes of rehabilitation programs, not only in the context of this research, but also more broadly. Only with collaboration and commitment from all parties, the dream of building a society that is healthier and free from narcotics abuse can be realized in reality.

## **FURTHER STUDY**

Observing the conclusions obtained, there are several recommendations that can be considered for further research in this area. First, it is necessary to expand the scope of research by involving more informants from various demographic characteristics and backgrounds, as well as by including other rehabilitation locations that have different contexts. It is hoped that this initiative will produce a more comprehensive and representative picture of the experiences and challenges of drug rehabilitation at a broader level.

Second, further research can further explore the dynamics of relationships and the role of family members in the rehabilitation process, including exploring factors that can increase their involvement and support. Findings from studies such as these can provide a basis for the development of interventions that involve families more strategically and effectively, to maximize rehabilitation outcomes.

Third, considering the strong social stigma towards narcotics users, future research needs to examine in more depth the effectiveness of various community-based intervention approaches in reducing stigma and discrimination. The results of this study can contribute to the design of anti-stigma programs that are more evidence-based and responsive to local contexts, so as to promote a more inclusive and supportive environment for the social reintegration process of former drug users.

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