

## Self-Concept and Stigma in Narcotics Addicts in Clinics Pratama Narcotics Rehabilitation LRPPN BI Medan

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### Abstract:

Drug addicts during their rehabilitation encounter problems regarding how people label them which is called "stigma" which can affect the drug addicts' self-concept. The research aims to find out the self-concept and stigma of Drug Addicts in Pratama Drug Rehabilitation Clinic of LRPPN BI Medan. This descriptive quantitative research is conducted in Pratama Drug Rehabilitation Clinic of LRPPN BI Medan using a total sampling technique. The research questionnaires consist of demographic questionnaires, self-concept questionnaires, and internalized stigma questionnaires. The result indicates that the self-concept of 58 respondents (93,5%) falls in a positive category and 4 respondents (6,5%) fall in a negative category. Meanwhile, 34 respondents (54,4%) feel a negative stigma from the society. It is recommended that society not label or give a negative stigma on drug addicts but motivate them to have self-confidence and motivate them to recover from addiction.

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## INTRODUCTION

Drugs are non-food substances that if smoked, injected, swallowed, inhaled, or drunk, affect the work of the brain which when entering the human body will affect the human body, especially the brain, so that it can cause disturbances in physical health, psychological, and social functions due to habits, addiction and dependence on these drugs (Prayudi, 2019). Drug abuse is the use of one or several types of drugs periodically or regularly outside medical indications, resulting in physical, psychological health problems and impaired social function.

Drug abuse in the world continues to increase where almost 12% (15.5 million people up to 36.6 million people) of users are heavy addicts. According to the World Drug Report in 2012, drug production increased, one of which is estimated that opium production increased from 4,700 tons in 2010 to 7,000 tons in 2011 and according to the same study in terms of types of narcotics, marijuana is ranked first in terms of abuse at the global level with prevalence rates of 2.3% and 2.9% per year. Cases of drug abuse in Indonesia from year to year also continue to increase where in 2008 there were 3.3 million (3,362,527) with a prevalence of 1.99% to in 2011 to 4 million (4,071,016) with a prevalence of 2.32% and it is predicted that the figure will continue to increase in 2015 to 5.1 million (5,126,913) with a prevalence of 2.8%. Students and college students are estimated to be around 5.3% drug addicts (Sholihah, 2015).

One of the efforts to break away from drug dependence, but the process is quite long and not easy is rehabilitation. The drug rehabilitation process is very difficult to go through and can make a person feel depressed, so there are often many problems that arise in rehabilitation, including rehabilitation patients who often run away because they cannot stand the rehabilitation process (Sholihah, 2015). The problem faced by drug addicts who are being rehabilitated is facing the views given by the community in the surrounding environment. These views are in the form of stigma, which is a consequence given to someone because of their actions. Various kinds of stigma given by people outside drug users such as parents, friends, and the community will affect their self-concept to be positive or negative. A drug user often gets stigmatized by the surrounding environment which eventually sticks to him and affects his self-concept (Trysal, 2022). The resulting stigma takes the form of negative labeling, stereotypes, discrimination, different treatment, and exclusion, which leads to a tendency to hide illnesses to avoid discrimination, avoid health services, and prevent healthy behavior (Widowati et al., 2022).

The results of research conducted by Ita Purnama Sari state that the self-concept of the research subject is a positive self-concept. The first is in terms of views, the research subject gets support from his children so that it spurs the subject to continue to change for the better every day. The second is in terms of environmental attitudes, in this case the environment around the subject provides good support so that the subject has a positive self-concept and brings the subject to be able to stop narcotics dependence (Yulianti, 2016).

The results of Alifya's research found that non-drug abusers have a higher positive self-concept and ideal self while drug abusers have a higher negative self-concept and are not ideal (Alifya et al., 2022). A person trying to get out of drug addiction goes through several very difficult stages. One of these stages is how to accept stigma from society. Therefore, research on self-concept and stigma in drug addicts at the Rehabilitation Clinic is important.

## METHOD

The research design used in this research is descriptive research with quantitative research. This research was conducted at the LRPPN BI Medan Narcotics Rehabilitation Clinic in May 2023. The population in this study were 62 narcotics addicts who were in rehabilitation at the LRPPN BI Medan Narcotics Rehabilitation Clinic. The number of samples taken was 62 samples using total sampling technique with inclusion criteria full awareness (*compos mentis*), cooperative in research, and can read and write. Data collection techniques in this study used demographic data questionnaires, self-concept questionnaires and internalized stigma questionnaires. The research data were analyzed by univariate data analysis with descriptive statistical methods for demographic data, self-concept, and internalization stigma in narcotics addicts at the LRPPN BI Medan Narcotics Rehabilitation Primary Clinic. Research data are presented in the form of frequency distribution tables and percentages. Data processing from the distribution of structured questionnaires is presented in the form of narratives and frequency distribution tables.

## RESULT

Table 1. Frequency and Percentage Distribution of Respondent Characteristics (n=62)

Nutritional Status	Frequency (f)	Percentage (%)
Age (years)		
12-16	2	3.2
17-25	10	16.1
26-35	23	37.1
36-45	22	35.5
46-55	5	8.1
Sex		
Male	58	93.5
Female	4	6.5
Religion		
Buddhist	5	8.1
Islamic	40	64.5
Christians	17	27.4
Prior Education		
Elementary	3	4.8
Middle School	16	25.8
High School	38	61.3
Diploma	2	3.2
Undergraduate	2	3.2
Master	1	1.6

Table 1 shows that most of the drug addicts were aged 26-35 years, as many as 23 people (37.1%). The gender of drug addicts was mostly male, as many as 58 people (93.5%). Most of the drug addicts' religion was Islam, as many as 40 people (64.5%). Most of the drug addicts' previous education was high school, as many as 38 people (61.3%).

Table 2. Distribution of Respondents Self-Concept (n=62)

Self-Concept	Frequency (f)	Percentage (%)
Positive self-concept	58	93.5
Negative self-concept	4	6.5

Table 2 found that the self-concept of narcotics addicts at the LRPPN BI Medan Narcotics Rehabilitation Pratama Clinic was that narcotics addicts who had a positive self-concept were 58 people (93.5%), and narcotics addicts who had a negative self-concept were 4 people (6.5%).

Table 3. Distribution of Respondents' Stigma (n=62)

Self-Concept	Frequency (f)	Percentage (%)
Positive Stigma	28	45.2
Negative Stigma	34	54.8

Table 3 found that the stigma on drug addicts at the LRPPN BI Medan Narcotics Rehabilitation Primary Clinic was negative stigma on drug addicts as many as 34 people (54.8%) and positive stigma on drug addicts as many as 28 people (45.2%).

## DISCUSSION

### Self-Concept of Narcotics Addicts at the Clinics Pratama Narcotics Rehabilitation LRPPN BI Medan

Based on the results of research from 62 drug addicts, 58 drug addicts (93.5%) have a positive self-concept and as many as 4 drug addicts (6.5%) have a negative self-concept. The self-concept felt by narcotics addicts at the Clinics Pratama Narcotics Rehabilitation LRPPN BI Medan is in the positive self-concept because the majority of narcotics addicts choose statements that indicate that the self-concept of narcotics addicts at the Clinics Pratama Narcotics Rehabilitation LRPPN BI Medan is positive.

Positive self-concept is obtained from the results of aspects of personal self-knowledge in statement P1 in the questionnaire which states that the client feels that the client is angry and P5 which states that the client can control himself in various situations. In research (Yoseva et al., 2019) states that based on research data, drug addicts who are undergoing rehabilitation have a positive self-concept, where Calhoun (1990) also explains that individuals who have a positive self-concept are individuals who know themselves well.

Drug addicts also have a positive self-concept if they have aspects of hope and future plans within themselves. As contained in statement P3 in the questionnaire which states that the client is confident to achieve something the client wants and statement P20 which states that the client can build good relationships with the community after discharge. This research is in line with (Alifya et al., 2022) that individuals who have a positive self-concept will design goals that are in accordance with reality, namely goals that have a high probability of being achieved, are able to face life in front of them and consider that life is a process of discovery. This research is also in line with (Asridayanti et al., 2020) that drug users in correctional institutions have a high or positive self-concept, this is because prisoners in correctional institutions have been given guidance, have hopes and a sense of optimism to realize these hopes after release.

Based on the research results, negative self-concept can be seen in statement P19 which states that there are still clients who often feel humiliated because of their actions. This data shows the need for coaching and improving self-concept in drug addicts to help drug addicts adjust themselves so that they can reduce the risk of relapse and be able to solve problems in drug addicts. This is in line with research (Yoseva et al., 2019) which states that there is a positive relationship between self-concept and self-adjustment in drug addicts at the Sibolangit Center Rehabilitation Center.

Researchers assume that the self-concept of drug addicts is negative due to the stigma that is still circulating and reducing the client's self-concept. Society views this behavior as a negative act, so that drug addicts who are trapped in this behavior will experience disturbances in their self-concept so that they need to improve their self-concept to become more positive again.

### Stigma towards drug addicts at the Clinics Pratama Narcotics Rehabilitation LRPPN BI Medan

Based on the results of research from 62 respondents, 34 people (54.8%) had negative stigma and 28 people (45.2%) had a positive stigma. The stigma felt by drug addicts at Clinics Pratama Narcotics Rehabilitation LRPPN BI Medan is in the negative stigma because most drug addicts choose statements that show that society has a negative stigma towards drug addicts. The 5 highest negative stigma statements that researchers got in the questionnaire were:

P2 : The client regrets telling some people that the client uses drugs.

P3 : Client felt that family members stopped contacting him after learning that he used drugs

P6 : The client feels that people physically move away from the client when they find out that the client uses drugs

P10 : The client felt the need to hide his status as a drug user

P15 : The client feels ashamed for attending rehabilitation.

Stigma in drug addicts occurs because drug addicts experience aspects of fear of being known (Fear of Disclosure) which can be known through P10, where clients feel the need to hide their status as drug users. The results of this study are in line with research conducted (Diatmika, 2016) that the dominant stigma felt by clients is that they will be very careful to tell that they are drug users even though they have received treatment at PTRM.

Stigma in drug addicts also occurs because drug addicts experience aspects of social withdrawal (Social Withdrawal) which can be seen through P3 and P6 where clients feel that loved ones stop contacting and physically people stay away from clients when they find out that clients use drugs. This is in line with research (Yulianti, 2016) that the experience felt by clients while using drugs is stigmatized in the form of avoidance of their environment because of their condition as drug users. Another thing that is felt is that the people who are around them become distant. Social stigma seems to be the biggest challenge for drug addicts and an obstacle in exposing drug addiction ( Darmawan et al., 2023).

In addition, the researcher also assumed that stigma causes drug addicts to withdraw from treatment efforts (Self-Exclusion), supported by P15 who stated that clients feel ashamed for attending rehabilitation. This is also supported by research (Riski, 2016) that current sick clients (drug users), due to their own mistakes often become obstacles in the treatment they undergo. In addition, research (Trysal, 2022) also states that there are still many people who give a negative view even though drug addicts have been declared cured and are eligible to return to society, even though the addicts themselves have the desire to recover and return to normal as before.

Based on the research results, positive stigma can be seen in statement P19 which states that there are still clients who feel that other people feel comfortable around drug users. The data shows that rehabilitation centers are also very helpful for former drug users to return to being a better person and bring life changes towards a more positive direction because the various programs provided really support their recovery both physically and mentally. Positive stigma will give a good meaning so that it tends to have a positive impact on individuals, on the other hand, negative stigma will be given to someone who is considered to deviate from the norm (Alifya et al., 2022).

## **CONCLUSION**

Based on the results of research conducted at Clinics Pratama Narcotics Rehabilitation LRPPN BI Medan, it can be concluded that drug addicts have a positive self-concept and the stigma on drug addicts is negative stigma.

It is hoped that nurses will pay attention to services at the Clinic Rehabilitation to support success in the rehabilitation of drug addicts. Then, other researchers can further examine whether there are factors that cause drug addicts to have a positive self-concept while drug addicts feel negative stigma.

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## CONFLICT OF INTEREST

This research has no conflict of interest with any party.

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