

## Research Article

# Sinar Djati Foundation and Empowerment of Islamic Communities Through Client Service Programs Drug Abuse in Bandar Lampung

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**ORCID**Emily Paterson: <https://orcid.org/0000-0001-8351-0097>**Abstract.**

This article deals with the issue of drug usage, narcotics, and psychotropic substances. The Sinar Djati Kemiling Lampung Foundation is one of the institutions where the drug victim service and rehabilitation program is implemented which uses alternative treatment methods in the form of physical, mental, religious, and skills. Sufism therapy is used in overcoming anxiety in clients with drug abuse. It is about how to implement fasting therapy to overcome the anxiety of drug abuse clients, what are the effects of the therapy, and the barriers to it. This research uses a descriptive qualitative method. Data collection methods used are observation, interviews, and documentation. The source person in a study is determined with the use of snowball sampling technique. The fasting therapy is carried out systematically and regularly to overcome anxiety. Apart from the fasting therapy, there are also several activities carried out by clients such as praying, reading the Koran, and praying. Second effect of fasting therapy is to overcome the anxiety of drug clients, it can be said to have succeeded in reducing the level of anxiety in drug clients because the results of interviews with informants were proven to have reduced anxiety among the drug clients. Third, obstacles experienced by researchers when implementing fasting therapy to overcome anxiety i.e., clients find it difficult to manage fasting such as sahur and breaking the fast.

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## 1. Introduction

On the phenomena that exist in this country Still Lots of young people who use drugs (narcotics, psychotropic substances, and substances). addictive or drug is forbidden) Hampi is evenly distributed across all levels public from circles onto Child Street. Especially at times, A Lots vary among students, college students, and even circle offices use it to relieve anxiety. So that moment this is a drug already creeping into the world professionals such as teachers, doctors, artists, and even the government use it.

(1)

They use drugs to relieve the stress or anxiety they experience. However, they do not know the appropriate amount to consume drugs. So that makes him overdosed

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or even addicted. If they experience an overdose usually they throw up until lose life. Different with people who abuse narcotics usually always want to consume it, if They cannot consume it so will always feel worry who has more as if They will die if they don't consume it. (2)The word addict can be interpreted as someone who uses or abuses drugs in a state of dependence on narcotics both physically and psychologically. (3)Another factor is that people become addicted to drugs due to several things, namely being ordered or persuaded, seduced, forced, or deceived. These people are considered victims of drug abuse. A victim of narcotics abuse is someone who accidentally uses narcotics because they are persuaded, deceived, deceived, forced, and/or threatened to use narcotics. (4)

Therefore, there is a solution to treat people who experience drug abuse through drug rehabilitation. Drug rehabilitation is a place or forum for people experiencing drug abuse who want to recover. Drug rehabilitation has several effective methods for treating people who experience drug abuse, such as prayer therapy, dhikr therapy, etc. Drug rehabilitation centers carry out a re-functionalization and development process to enable addicts and victims of drug abuse to be able to carry out their social functions properly in community life. Someone who experiences drug abuse is usually afraid of going to a rehabilitation center and their family still assumes that if they go to a drug rehabilitation center they will pay every month if their family is put in that institution. They don't pay at all if relatives want to be put into a drug rehabilitation center, according to what Mrs. Sukolita Rangga, S.Psi said as the first expert drug counselor at BNN Lampung when filling the PBAK 2021 event at the ballroom of UIN Raden Intan Lampung. (5)

In the book Mahi M. Hikmat, in his book "Beware of Drugs", explains that Narkoba is an abbreviation for narcotics and dangerous substances. (6) If chemical substances are put into a person's body (whether drunk, inhaled, injected, or called an injection) they can change their thoughts, mood or feelings, and behavior. (7)

According to Mr. Rolly Suparso a therapist at Sinar Djati Kemiling Lampung, when researchers conducted pre-research at the agency, he explained that fasting therapy was used to pressure a client not to consume drugs anymore or it could be said to reduce drug consumption. The possibility that he will no longer use the percentage is very small. In contrast, if we use fasting therapy, clients will get used to not consuming these dangerous substances. So that by the time he is allowed to go home, he will already have provisions for managing himself from fasting. (8)

So far, the Sinar Djati Kemiling Lampung Social Welfare Institution has for many years been helping people who experience drug abuse by using several methods to reduce a person's addiction to consuming or using drugs. Before a client enters the Sinar Djati

Kemiling Lampung Foundation, the client must first go through four stages, namely the initial approach stage, the problem disclosure or understanding stage, the service planning stage, and the service implementation stage.

The Sinar Djati Kemiling Lampung Foundation is one of the places where the Service and Rehabilitation Program for Drug Victims is implemented in the Lampung area which seeks to apply the skills and knowledge we have in healing drug victims through alternative treatment methods in the form of physical, mental, mental, religious and skills. This place was built with the main aim of helping drug victims, so they can return to social function and self-confidence. The Sinar Jati Foundation is an institution that has been appointed by the Ministry of Social Affairs as an Institution Receiving Mandatory Reporting (IPWL) with a decree. Ministry of Social Affairs. No. 113/HUK/2018.(9)

In Law of the Republic of Indonesia Number 22 of 1997 concerning Narcotics, article one defines that narcotics are substances or drugs derived from plants or non-plants, whether synthetic (artificial) or semi-synthetic (mixture) which can cause a decrease or change in consciousness, loss of taste. , reduces or eliminates pain, and can cause addiction or dependence in a person. (10)

Throughout the search writer at least There are three research that explain DRUGS. Journal that First, a journal written by Bachtiar 2022 Lecturer \_ University Pamulang, entitled Danger Drugs and Strategy Prevention. The objective of the study is To give a clear explanation \_ of the impact of the use of drugs in no way \_ precise even can cause death. (11) The second journal, a journal written by Risnawati Valentina in 2019 from the Faculty of Public Health, Diponegoro University, entitled, Analysis of the Quality of Rehabilitation Services According to Service Standards for Drug Abusers at the Peace House, Gunungpati, Semarang. Objective Study to analyze the quality of rehabilitation services according to the provisions of the Ministry of Social Affairs and the National Narcotics Agency.(12) Journal Third, the journal that is written by Hastiana, Faculty Study Program Student Knowledge Health Muhammadiyah University of Parepare entitled, Analysis Factor Abuse Drugs For Inmates in Class IIB Detention Center Sidrap. Objective study This is To understand clearly and in more depth the factors of narcotics abuse for convicts in the Sidrap Class IIB Detention Center. (13)

This is where the role of the Sinar Djati Kemiling Lampung Social Welfare Institution (LKS) Foundation can help addicts get out of the trap of addiction. In this way, the Pamardi Putra Social Welfare Institution (LKS), Sinar Jati Kemiling Bandar Lampung Foundation carries out a rehabilitation function. The Pamardi Putra Social Welfare Institution (LKS), Sinar Jati Kemiling Foundation Bandar Lampung is a place to educate victims of drug abuse to prevent someone from using drugs. When someone offers it

by training psychosocial skills and developing self-confidence, victims of drug abuse are more disciplined and can take responsibility for existing activities. Based on the phenomenon and based on the background of the problem above, research was carried out on this problem and obtained a description which was outlined in this proposal entitled “The Impact of Fasting Therapy in Overcoming Drug Abuse Clients in Sinar Djati Kemiling Lampung.”

## 2. Methods

Method or methodology is something systematic investigation and formulation of the methods that will be used in the study. If you look at this type of research from its location, it is classified as a type of field research using qualitative methods to provide answers to the problems that have been explained by the researcher. With characteristic study Descriptive Qualitative.

Participants or source person in study This is determined with the use technique of Snowball Sampling. In a study this, in fact operational The researcher’s snowball sampling technique began with a set information key on each respondent who will interviewed. (14) Then researcher requests to informant show that the informant next to be considered knows and understands about moderate problem \_ researches the information and so furthermore until the researcher feels Enough. As for the source person in the study, this is therapist Sinar Djati Kemiling Lampung, and Client Abuse NAPZA Sinar Djati Kemiling Lampung, which provides the information needed in the study. Deep data collection study This uses three techniques that are observation, interviews, and documentation with Miles & Huberman data analysis, namely: data reduction, data presentation, and withdrawal conclusion. As for place study namely at the Sinar Djati Kemiling Lampung Social Welfare Institution (LKS).

## 3. Results and Discussion

### 1. The Effect of Fasting Therapy in Overcoming Anxiety in Drug Abuse Clients in Sinar Djati Kemiling Lampung

There are many treatments available in the Islamic world, one of which is fasting therapy. Muslims, especially in Indonesia, should know more about the treatments that Islam offers in health, not just ruqyah, but should also learn about other treatments such as fasting, prayer, dhikr, and du’a therapy. The effect of fasting therapy at Sinar Djati Kemiling Lampung is an effort made by the Sinar Djati Kemiling Lampung Foundation in

the process of improving the body and soul of clients who abuse drugs at this agency. The effects after doing fasting therapy are as explained by Drs. Rolly Suparso as follows:

“ With fasting therapy, there is a positive influence on clients, such as they don't get angry easily, have a broad mindset, slowly without realizing it, it is embedded and begins to form good character, this can be seen from the way the client behaves from the moment he enters until the moment he enters. This is a very significant change. “(8)

Through the implementation of fasting therapy activities, drug abuse clients can learn how to differentiate between positive things and bad things for them talking about fasting therapy, Dra. Diah Permata Bahagia Astuti said:

“ In my opinion, fasting therapy is very influential in overcoming anxiety in drug abuse victims because from fasting abuse victims can control themselves from bad things, from fasting clients can also know the meaning of a healthy life. The fasting therapy carried out by them is not only to control hunger and thirst but also to manage themselves to take positive actions. “From every day the client does fasting therapy without realizing it, the client will experience changes little by little until finally the client can be free from consuming drugs and the anxiety that exists in him disappears completely .”(15)

According to several administrators at Sinar Djati Kemiling Lampung, fasting therapy has a very positive impact on overcoming anxiety in drug clients and can overcome drug clients in carrying out drug use actions. As time goes by, after clients carry out routine fasting therapy, there are significant changes, namely that clients usually always feel anxious if they don't use drugs, now they are no longer anxious, then if they can't sleep, they can sleep soundly without using drugs. The following is an interview conducted by researchers with clients:

a. Client N

Based on researchers' interviews with drug abuse clients in Sinar Djati Kemiling Lampung. The researcher summarized the interview as follows: This client named N is male, 27 years old, and is Muslim. N was charged with Article 127 Paragraph 3 and Article 111 of the Criminal Code. N was born 27 years ago, precisely in 1995, in South Lampung, Lampung Province. N is the child of Mr. S and Mrs. A. Both of N's parents worked as factory workers and farmers. N was raised by his parents and sent to formal state education until he entered senior high school (SMA). N works as a minimarket employee in Bandar Lampung.

The reason why N used group 1 narcotics, namely crystal methamphetamine, was caused by his friend. N used class one narcotics at the age of 23 years, N previously used it because it was offered for free by his friend because he felt uncomfortable. N used it only a little. After that, N continued to ask his friend to give him methamphetamine,

then his friend told N to buy methamphetamine from one of the couriers in his area. Then N bought the crystal methamphetamine from a courier introduced by his friend. Because N often bought methamphetamine with the courier, N was offered to sell methamphetamine to other people. N was lured into getting 0.2 grams of crystal methamphetamine for free a day, and if N succeeded in selling the methamphetamine, N would get 40% of the profits from the sale. N sold 0.1 grams of methamphetamine for 100 thousand rupiah. Then N dared to bring 100 grams of methamphetamine to sell to buyers and N used it for himself too. Finally, N was arrested by police officers from the Hunt and Attack Team (BUSER). When N was interrogated by the police, he was forced to confess and asked who the methamphetamine dealer was until finally, N gave information to the authorities. Because N was cooperative with the police, N had his sentence reduced and admitted that N was addicted to class one narcotics and always felt anxious if he didn't use them, the police guided N and asked the trial judge for advice to give N drug rehabilitation at Sinar Djati Kemiling Lampung.

Factor N took part in Fasting Therapy at Sinar Djati Kemiling Lampung to cure his habit of consuming methamphetamine, he could not escape from consuming methamphetamine just as he had previously been unable to abstain from smoking cigarettes. N always feels anxious and has difficulty sleeping if he doesn't consume crystal methamphetamine. N said that he consumed methamphetamine 3-4 times a week or once every 2 days. N consumed methamphetamine.

N admitted that after undergoing fasting therapy for several months there, he felt that he was able to stop using methamphetamine. He also said that the anxiety he experienced when not using methamphetamine gradually disappeared. (16)

b. Client A

Based on researchers' interviews with drug abuse clients in Sinar Djati Kemiling Lampung. The researcher summarized the interview as follows; This client named A is male, 25 years old, and is Muslim. A was charged with Article 127 Paragraph 1-3 of the Criminal Code. I was born 25 years ago, precisely in 1997, in Bandar Lampung City, Lampung Province. A is the son of Mr. G and Mrs. I. Both of A's parents worked as police and civil servants. A was raised by his parents and sent to formal state education until he entered senior high school (SMA). A doesn't have a job, A always relies on deliveries from his parents.

The cause of A using Group 1 narcotics, namely crystal methamphetamine, is caused by a lack of family harmony. A's father always quarrels with his mother after work, even if it's just a trivial matter, says A. Sometimes A's father always says he wants to divorce his mother. That's where A feels heartbroken. He's stressed thinking about what if his

parents divorce. That's where he likes to reflect in the elephant park located there. City Center A used Class One narcotics at the age of 24 years or only 1 year. Because he always looked like a confused person in the park, A was approached by another person and offered an illicit item, namely methamphetamine, to A. Then A used the methamphetamine at home along with the suction method. For a whole year, he used methamphetamine until he felt calm, A did this so he wouldn't feel dizzy due to his parents' fight. Finally, A's father suspected that his son was underweight and why his son was always locked in his room, then from there his father found a methamphetamine suction device in his son's room, said A. Then A was invited by his father to the West Tanjung Karang Police to find out who the methamphetamine dealer was and A was referred. to drug rehabilitation in Sinar Djati Kemiling Lampung.

Factor A uses methamphetamine to relieve the stress he is experiencing because his parents want to divorce, resulting in A wanting to find an instant way to relieve stress by consuming methamphetamine regularly. A doesn't know what bad effects he will experience in the future, all he knows is how the tiredness in his life disappears to the point that A becomes addicted to drugs and if he doesn't use crystal methamphetamine, he feels anxious, dizzy, feels like he is going to die, etc. A said that after he did fasting therapy at Sinar Djati Kemiling Lampung for 1 month he felt pleasure, and he was able to live without crystal methamphetamine. Because of this, his father did not divorce his mother, then A said that fasting therapy makes us calm and feel like we are living a new life because we get closer to Allah SWT.(17)

c. Client R

Based on researchers' interviews with drug abuse clients in Sinar Djati Kemiling Lampung. The researcher summarized the interview as follows: This client named R is male, 36 years old, and is Muslim. R was caught in the case of Article 127 Paragraphs 1-3 of the Criminal Code. R was born 36 years ago, precisely in 1986, in Bandar Jaya Central Lampung, Lampung Province. R is the son of Mr. J and Mrs. K. Both of A's parents worked as a builder and domestic workers. R was raised by his parents and sent to formal state education until he entered junior high school (SMP). R has a job as a motorbike washer.

The reason why R used group 1 narcotics, namely marijuana, was seeing his uncle using marijuana as a cigarette. Before R used marijuana, R was an acute smoker, R used cigarettes from elementary school, to be precise in grade 3. Then when R was playing at his uncle's house, his uncle was busy rolling marijuana for cigarettes, previously R thought that his uncle was rolling tobacco and then making it into cigarettes. sold cheaply, apparently, his uncle was selling marijuana cigarettes in Bandar Jaya. After finding out that it was marijuana, R asked his uncle for 2 cigarettes and his uncle

allowed it. Starting from there, R used marijuana when R was 20 years old. Until finally R's wife found out that R's husband had been using marijuana as a cigarette for a long time, then his wife reported R to the authorities and R was sentenced to prison for 2 years and drug rehabilitation for 1 year. R felt that if he didn't smoke marijuana, his mouth would taste sour and bitter and he even felt like he would be very anxious if he didn't use marijuana.

Factor R uses group one narcotics (marijuana) because he saw his uncle and has been smoking since childhood. R has always wanted to stop using marijuana, but he finds it difficult and he feels anxious if he doesn't use marijuana as a cigarette substitute for tobacco. According to him, the taste of marijuana is better and calms him down, when burned, marijuana is not as heavy as smoking guava or cayenne cigarettes, said R, the R factor took part in Fasting Therapy activities at Sinar Djati Kemiling Lampung to get rid of his anxiety and his marijuana addiction. R said that after he did Fasting Therapy at Sinar Djati Kemiling Lampung for 3 months he felt that his body was not weak, he realized that he was now diligent in worshiping, previously he liked to cough. Since doing fasting therapy he doesn't cough anymore. He said it was like there were no problems in the world. (18)

#### d. Fad Client

Based on researchers' interviews with drug abuse clients in Sinar Djati Kemiling Lampung. The researcher summarized the interview as follows: This client named Fad is male, 24 years old, and Muslim. Fad was caught in the case of Article 127 Paragraphs 1-3 of the Criminal Code. Fad was born 24 years ago, precisely in 1998, in Bandar Lampung, Lampung Province. Fad is the son of Mr. P and Mrs. S. Both of Fad's parents work as civil servants. Fad was raised by his parents and sent to formal state education until he entered Senior High School (SMA). R now works at the authorities.

The reason why Fad used Class 1 narcotics, namely crystal methamphetamine, was because his friend told him to try the evidence, which made him feel numb on his tongue and calm. Fad often does overtime work or night duty, he follows his superiors to catch drug couriers, because of the fatigue he often experiences and so that he is fit to carry out his duties he often tries crystal methamphetamine until finally his superiors find out and he is immediately referred by his superiors to an orphanage. DRUG rehabilitation in Sinar Djati Kemiling Lampung Fad's factor was using class one narcotics, namely crystal methamphetamine, because his friends and work demands felt stressed and tired, so he used crystal methamphetamine as a means of calming himself. Fad said that he had been carrying out fasting therapy at Sinar Djati Kemiling Lampung for 2 months and a half. He had felt the benefits provided by fasting therapy, and he felt he had been able



to control himself from using methamphetamine because of fasting therapy. A said that in the past I rarely prayed so that when I had a problem I would run there, but since I was rehabilitated, every time I had a problem I would draw closer to Allah SWT.(19)

e. Far Client

Based on researchers' interviews with drug abuse clients in Sinar Djati Kemiling Lampung. The researcher summarized the interview as follows; This client named Far is male, 25 years old, and is Muslim. Far was caught in the case of Article 127 Paragraphs 1-3 of the Criminal Code. Far was born 22 years ago, precisely in 2000, in Bandar Lampung, Lampung Province. Far is the son of Mr. S and Mrs. W. Both of Far's parents worked as civil servants. Far was raised by his parents and sent to formal state education until he entered senior high school (SMA). Far is currently studying at a State University in Lampung. Far's reason for using Class 1 narcotics, namely crystal methamphetamine, was because his friend told him to try it at the boarding house. Previously, he was very hesitant, then he dared to try it to find out what crystal methamphetamine tasted like. Until finally Far and his friends had a party with alcohol (old people's brand of red wine) and crystal methamphetamine at the boarding house. After that, Far asked his friend where to buy it, and then his friend told him who the seller was, from there Far felt addicted to crystal methamphetamine. Far said that when he gets a lot of assignments from his lecturers, he always feels stressed and confused so that he doesn't get stressed, he uses crystal methamphetamine to get rid of the stress in his mind and then continues with the assignment. Far always used methamphetamine before working on reports or assignments given by his lecturer. Far used methamphetamine when he entered the 5th semester of college. Because Far was afraid that things would get worse, he dared to report it to the authorities and was directed for rehabilitation at Sinar Djati Kemiling Lampung.

The factor is that F used class one narcotics, namely crystal methamphetamine because of his friend's invitation when he was boarding. Far said that he also felt that if he didn't use methamphetamine he would feel lonely and empty in his life. Far doesn't want his life to be ruined because of the influence of crystal methamphetamine. Since Far took part in the Fasting Therapy activity at Sinar Djati Lampung, Far has felt a family that protects him, Far's parents know about their child's actions and both parents continue to support their child on the right path. Far said that since he had been doing fasting therapy for more than 2 months he felt calm and comfortable. (20)

From the results of interviews conducted by researchers with drug abuse clients in Sinar Djati Kemiling Lampung, researchers concluded that the factors a person uses NAPZA are influenced by family factors and the playing environment. On average, clients

who use drugs are active smokers, because people who like to smoke tend to be more likely to be exposed to drugs than people who don't smoke. Because cigarettes are the initial gateway to drug use in Indonesia. Here's how to use it and the name of the drug used:

TABLE 1: Names of drugs and how to use them.

No.	Drug name	No.	There are various ways to use it
1.	Alcohol	1.	Orally
2.	Heroin (cocaine)		
3.	Methadone/ Subutex	2.	Nasal
4.	Barbiturates (luminal)		
5.	Benzodiazapines/sedatives (Nipam, sanax, aprazolam)	3.	Supp
6.	Cocaine	4.	Sublingual
7.	Amphetamine (shabu-shabu)		
8.	Cannabis (marijuana, hashish)	5.	Suck
9.	Hallucinogens (Magic Mushroom, LSD)		
10.	Inhalants (Aibon glue, petrol thinner, LPG)	6.	Injection/injection

## 2. The Process of Implementing Fasting Therapy to Overcome Anxiety in Drug Abuse Clients in Sinar Djati Kemiling Lampung

Fasting Therapy is the process of providing targeted assistance continuously and systematically, meeting face to-face between the therapist and the client, then providing advice or suggestions to the drug abuse client face to face ( face to face ). In principle, the therapy process is carried out individually ( between two people ), namely between the client and the therapist who provides consultation on what therapy is suitable for the client. (21)

The process of implementing fasting therapy to deal with anxiety in drug abuse clients in Sinar Jati Kemiling Lampung is carried out individually and in groups. Fasting therapy is carried out every day according to the problems faced by drug abuse clients, every 04.00 WIB the client will be woken up to do sahur and carry out worship activities morning prayers, and exercising in the morning after exercising the client will be guided to the counseling room to find out whether there are any obstacles in carrying out fasting therapy and asked whether there are any changes in the client and the therapist will see the client's development from day to day when carrying out fasting therapy. (8)

The therapy carried out at Sinar Djati Kemiling Lapung is by the criteria for fasting therapy formulated by Machasin in his research on mental disorders and psychotherapy

from an Islamic perspective based on the Koran, namely; Tadzkir (Remembering Allah SWT) which is implemented with Fasting Therapy, dhikr and prayer. (22)Fasting Therapy at the Sinar Djati Kemiling Lampung Social Rehabilitation Home plays a healing role in providing treatment services and the formation of good morals to create a healthy mentality as the ultimate goal.

Clients who abuse drugs when undergoing the process of implementing therapy at the Sinar Djati Kemiling Lampung Social Rehabilitation Home usually experience feelings of anxiety, insomnia, sadness, and instability because they feel that their lives are being restrained by drugs. Usually, clients before undergoing the fasting therapy process feel like they are living freely without anyone controlling their lives and they are free to consume as many drugs as they like and are even free to do anything. However, after they underwent the fasting therapy process at the Sinar Djati Kemiling Lampung Social Welfare Institution, their lives became someone who regulated and controlled them. There are also Nazpa Abuse clients who feel happy undergoing the therapy process because in this place they feel calmer, safer, and more comfortable with the presence of a new family who cares for them by providing advice and love. Some of the students' feelings or conditions when undergoing the fasting therapy process are sad because they cannot live freely to carry out all activities or actions. Drug Abuse Clients will be monitored and must also be regulated.

Drug Abuse Clients who feel sad, and anxious, have trouble sleeping, and have tantrums, usually during the fasting therapy period, some try to hide, want to leave the Sinar Djati Kemiling Lampung Foundation, and some even run away. Meanwhile, drug abuse clients who feel happy will feel calm and always listen to advice from their mentors (therapists, counselors, therapists) and they will even be diligent in praying. After drug abuse clients were at the Sinar Djati Kemiling Lampung Foundation, their condition was felt to be better. The clients even said that after undergoing fasting therapy or the rehabilitation process at the Sinar Djati Kemiling Lampung Welfare Institute, they were able to get rid of all forms of drugs. Drug Abuse Clients also say that being at the Sinar Djati Kemiling Lampung Drug Rehabilitation Foundation has an atmosphere full of family and affection.

The process of implementing fasting therapy at the Sinar Djati Lampung Social Welfare Institution is carried out to help clients recover from the trap of drugs and clients can return to living a normal life by the teachings of the Islamic religion. This is the general aim of fasting therapy expressed by Drs. Rolly Suparso said that fasting therapy aims to help individuals realize themselves as complete humans to achieve happiness in life in this world and the afterlife. The general aim of fasting therapy is to

form the attitudes and behavior of beneficiaries who are faithful and devout, as well as clients who abuse drugs so they can worship Allah SWT, recover clients from drug addiction, have positive attitudes and behavior, and be able to function socially. In simple terms, the aim of holding fasting therapy itself is so that drug abuse clients can remember and fear Allah SWT again. Indirectly, if they have been instilled with fear of Allah, they will think that if they repeat the same mistake they will incur a big sin and punishment from Allah SWT.

Fasting therapy itself can prevent various diseases and can make a person more devout, as the word of Allah SWT explains in the Al-Qur'an, surah Al-Baqarah, verse 183 which reads:

O you who believe! Fasting is enjoined upon you as it was enjoined upon those before you so that you may attain piety," (QS. Al-Baqarah 2: Verse 183)

As mentioned in the verse above regarding fasting therapy, humans must concentrate their thoughts and feelings, purify their soul and body, and make their limbs reverent by doing fasting therapy. A situation like this will elevate the soul and human level above physical impulses, freeing oneself from the shackles of lust and closing the door to Satan's seduction. Because fasting therapy that is carried out solemnly will direct the whole body and soul to Allah, turning away from problems/loving the world. This fasting therapy guidance is accompanied by the hope of preventing cruel acts, one of which is drug abuse and overcoming the anxiety experienced by drug abuse clients. Fasting therapy is a medium for relationships and communication between man with God accompanied by prayer and du'a.

According to Drs Rolly Suparso, he said that " complete detachment from various world problems and life problems during fasting therapy will automatically create a comfortable, peaceful state, a calm soul and a mind free from the burdens of life in the world. ."(8)

The peaceful state and calm spirit produced by prayer therapy influence relieving nervous tension that arises from the various pressures of daily life and reduces anxiety, restlessness, worry, lack of self-confidence, and fear suffered by clients who abuse drugs. (23)

As stated by Zakiah Daradjat, the true peace of life, peace of mind, or inner happiness of a person depends on many factors, namely financial/economic, social, political, customs, etc. Likewise, someone who has problems related to criminal law has to make up for all the problems at the Sinar Djati Lampung Foundation, a place for drug rehabilitation. Life in Lampung's djati rays is very different from life at home, making them have to be able to adapt to a new environment with various pressures and problems that

exist within them. So, in situations like this, a program is needed to provide provisions to increase faith and piety and to obtain physical and mental health for drug abuse clients. In the process of implementing Fasting Therapy to overcome anxiety in clients who abuse drugs, it is carried out by adjusting the client's schedule and several other sources. As for steps therapist during the implementation process of fasting therapy:

a. Problem identification is the first step in this research to carry out the fasting therapy process. This step is used by researchers to explore clients' problems with drug abuse

b. Diagnosis, diagnosis is the determination of a deviant condition or abnormal/abnormal condition through basic thoughts and considerations. From this diagnosis, the problem determined by the therapist is anxiety in drug abuse clients in Sinar Djati Kemiling, Lampung. This problem is caused because the client feels there is an opportunity to use NAPZA, there are also clients who use NAPZA to relieve the burden in life.

c. Prognosis, prognosis is a prediction about the possibility that will happen in the future by paying attention to various aspects of the client. The therapist determined that drug abuse behavior was caused by a lack of religious knowledge regarding the prohibition of consuming drugs and a lack of parental attention towards the client. In this case, the therapist prescribes fasting therapy to increase awareness of the dangers of drugs and increase the client's faith in drug abuse so that the client does not repeat his actions in the future.

d. Treatment or therapy is the process of assisting a therapist with clients who are experiencing problems. In this case, the therapist uses fasting therapy to overcome anxiety as a treatment given to clients who abuse drugs. The reason the therapist chooses fasting therapy is because fasting therapy is a training for someone, especially Muslims, to be patient in resisting hunger, and thirst and preventing lust. Practicing self-control and overcoming lust is a process of learning to have a strong will, a firm will, not only controlling lust but also behavior that is especially important in life, namely doing good to others and carrying out obligations as Muslims. In providing this treatment, the therapist asks the client to fast from the moment he enters the rehabilitation center until he is deemed to be able to control himself. At this stage, the therapist advises the client to fast even though he is free from the dangerous effects of drugs.

e. Evaluation and follow-up, in this stage the therapist can find out the extent of the success or progress of the assistance that has been provided in the process of implementing Fasting Therapy as a treatment or therapy.

In obtaining research data regarding the response of drug abuse clients to the implementation of therapy to overcome anxiety in drug abuse clients in Sinar Djati

Kemiling Lampung, researchers conducted interviews with 10 drug abuse clients in Sinar Djati Kemiling Lampung. General responses and benefits felt by clients who abuse drugs when participating in fasting therapy at Sinar Djati Kemiling, Lampung. This will be explained below:

#### 1) General Response

Based on the results of the interview with 5 respondents, the majority state with existing therapy fasting was implemented at the Sinar Djati Kemiling Lampung Foundation. This can be known from details under this:

- a. Seven people said they were happy (70%)
- b. Two people said it was mediocre (20%)
- c. One person said they were forced (10%)

From the details above, it can be seen that the response from drug abuse clients at Sinar Djati Kemiling Lampung is generally good because 70% of them feel happy and when doing fasting therapy they experience calm within themselves and they feel closer to Allah SWT.

#### 2) The Effect of Fasting Therapy

With the existence of fasting therapy at the Sinar Djati Kemiling Lampung Social Welfare Institution, clients who abuse drugs experience many benefits in the healing process using the fasting therapy method. After receiving fasting therapy at Sinar Djati Kemiling Lampung, the following are indicators of success:

Fasting therapy in treating clients who abuse drugs can be described as implementing fasting therapy for clients given individually and in groups. Providing fasting therapy methods to individual students is carried out routinely by therapists. From the research that researchers have conducted on fasting therapy to treat anxiety in drug abuse clients, the effect is felt by the clients who take part in the therapy. Before participating in fasting therapy, clients admitted that they lacked religious knowledge and had no purpose in life. But after following this fasting therapy, praying, and reading the Koran, drug abuse clients increased so that they could be enthusiastic about living a new life.

Fasting therapy is carried out every day every month, especially for new drug abuse clients. Before carrying out fasting therapy, the client is asked to take a big bath and perform ablution. Ablution is one of the most important first steps before undertaking fasting therapy and other therapies. Because ablution has many benefits, people whose bodies are exposed to drugs are unclean, dirty, and in a state of sin because they have consumed drugs that have been forbidden by Allah SWT. Apart from that, substances in the bodies of drug abuse clients can be dangerous to their health. To cleanse their

TABLE 2: Indicators of the Effect of Fasting Therapy in Sinar Djati Kemiling Lampung.

No	Client Name	Initials	Anxiety Level	Implementation of Fasting Therapy	
				Before	After
1.	N		Light	The body sweats excessively, there is no appetite	The body does not sweat, appetite increases
2.	A			The body is always tired	Fit Body
3.	R		Heavy	Difficulty sleeping, hallucinations, always feeling anxious if you don't use drugs, afraid of meeting other people	I can sleep soundly at night don't feel restless and don't experience hallucinations anymore
4.	Far		Currently	Always feeling dizzy, irritable, having tantrums	I don't always feel dizzy anymore
5.	Fad			Feeling dizzy, and dry mouth, tantrums	No longer feeling dizzy
6.	S		Light	The body becomes weak,	The body becomes strong
7.	D			Sweating, shaking	No more sweating and shaking
8.	Ag			Feeling itchy on the body	No longer feeling itchy
9.	G			Body shaking, difficulty communicating	No longer feeling itchy
10.	F			Palms sweaty, heart pounding	Reduced sweating in the palm area, and no panic in front of crowds

bodies of these dangerous substances, drug abuse clients must purify themselves both physically and psychologically, namely by repenting. Water is poured all over their bodies so that blood circulation flows smoothly and normally and the nerves in their bodies are not tense. After performing ablution, the person's mind becomes clear and free from negative things. and by performing ablution in a clear state of mind, they will concentrate more on carrying out their worship and get closer to Allah SWT.

From the results of the analysis of the implementation or process of fasting therapy for drug abuse clients at the Sinar Djati Kemiling Lampung foundation, it shows that this therapy helps clients recover from the influence of drugs and can cure anxiety in drug abuse clients so they can deepen spiritually. With the influence of fasting therapy,

it can treat clients suffering from drug abuse. Fasting Therapy at Sinar Djati Kemiling Lampung is very influential in the healing process for drug abuse and also at the Sinar Djati Lampung Foundation it is quite effective in fulfilling the aim of holding fasting therapy.

C. Factors & Barriers Barriers to Implementing the Effect of Fasting Therapy in Overcoming Anxiety in Drug Abuse Clients in Sinar Djati Kemiling Lampung

#### 1. Factors of Influence of Fasting Therapy

The component contains research results obtained by researchers through data collection methods. The data collection methods used by researchers in this research are the observation method and interview method as the main/core method, as well as the documentation method as a supporting method. Method observation writer uses to obtain data about form role played by drug abuse clients. The next method the documentation writer uses complements the data obtained through the method of Observation and interviews at Sinar Djati Kemiling, Lampung.

The research that researchers have made, this research is about the title The Effect of Fasting Therapy in Overcoming Anxiety in Drug Abuse Clients in Sinar Djati Kemiling Lampung. Then the researchers saw that morals (good morals) are indeed an important thing that all humans must have and they are applied not only from adulthood but from the time they find out who their parents are/from childhood because nature and character are inherited from both parents. Here the researcher also wants to explain the factors that influence fasting therapy in overcoming anxiety in drug abuse clients in Sinar Djati Kemiling Lampung when the researcher conducted research there, the factors were as follows :

##### a. Hablum Minallah

The first factor is Hablum Minallah, namely Relationship to Allah SWT. This means that when a client who abuses drugs wants to get rid of his anxiety and asks for healing from drug use, he must truly repent, so that Allah SWT will make it easier for the client to recover from his illness and his habit of using drugs. The relationship with Allah is very important because, from the relationship with Allah, the client will feel that he is always being watched, from there the client will not carry out his habits of drug abuse, the Hablum Minallah factor is like the first-time Repentance, Prayer, Fasting, and Dhikr so that Allah makes it easier to carry out Therapy. Fasting is the next factor, namely

##### b. Hablum Minannas

The second factor is Hablum Minannas, namely relationships with humans, meaning that abused clients have approached themselves with Allah SWT, such as doing prayer



therapy. Clients must also be monitored by therapy to know the client's progress from day to day. Hamblum Minaans factors such as in addition to fasting therapy, clients must carry out activities to get closer to a good environment, create harmonious family relationships, and self-management so as not to repeat drug abuse in the future. by doing Fasting Therapy. The following are human relationship factors when carrying out therapy:

#### 1) Client Support to Heal with a Decent Life

This is an effort to help clients who abuse drugs meet the standards required for Social Welfare Service Recipients (PPKS) to be able to live a decent life physically, mentally, and psychosocially. Support for fulfilling the needs of a decent life is carried out by providing social assistance, assistance with basic facilities and infrastructure, as well as assistance with other basic needs to achieve healing for clients. Basic needs are food, clothing, shelter, access to education and health.

#### 2) Social Care for Drug Abuse Clients

It is a service to fulfill affection, safety, attachment, and well-being. Social care and/or care for drug clients is carried out by caring for, nurturing, and providing ongoing attention, as well as assisting with facilities and infrastructure for social care and/or drug clients to achieve recovery from drug use.

#### 3) Family support

This is an effort to assist family members in the form of emotional support, knowledge, and parenting skills for drug clients and/or social care, relationship skills within the family, as well as support for understanding the problems faced.(24) Family support is carried out by assisting the family and/or strengthening capabilities and responsibilities family social responsibility and providing equipment assistance for the family or family members.(25) Family support consists of one's own family and a substitute family.(26) This means the family itself, namely the family that truly has blood ties from the drug client to motivate him to recover, and the substitute family, which means the family within the agency who always guides the client at all times to do fasting therapy to get healing. The substitute family is the therapist, therapist, counselor, and foundation administrator.

#### 2. Barriers to Fasting Therapy

The implementation of fasting therapy at the Sinar Djati Kemiling Lampung Foundation also experienced obstacles that occurred in the implementation process. One of them is that it is difficult to be invited to go to sahur and perform morning prayers together. This is due to the past lives of drug abuse clients where they were far from religious values. The client's lack of acceptance of the current situation usually occurs

in drug abuse clients who have just entered Sinar Djati Kemiling Lampung. As stated by Mr. Rolly Suparso, a worker social there. The following is an explanation of the obstacles found by researchers in implementing fasting therapy in overcoming anxiety in drug abuse clients in Sinar Djati Kemiing Lampung, the obstacles are:

a. Information Extraction

This means that the researcher wants to dig deeper into the client's information. Clients tend to remain silent as if they are afraid of being interviewed by researchers, so that is one of the obstacles encountered by researchers.(27)

b. Clients Difficult to Talk

This means that when researchers conducted interviews with drug abuse clients at the Sinar Djati Kemiling Lampung Foundation, several clients stammered in communicating and their way of speaking was difficult to understand due to the effects of drug use.

c. Not Fasting

What is meant is fasting therapy, it is very difficult for new clients to be asked to carry out fasting therapy, where fasting therapy fasting can help clients who abuse drugs to be able to control themselves but new clients who abuse drugs find it very difficult to follow the therapist's recommendations for fasting therapy which is useful in treatment. By fasting, treatment will be easier and faster so that you can recover as before.

d. New Clients Always Resist Therapist's Orders

This obstacle means that new clients who abuse drugs do not want to carry out fasting therapy for recovery because new clients are usually not used to it and need to adapt to a new environment.

e. Clients Always Lie

What this means is that clients who abuse drugs during interviews are always complicated in conveying information, the information given is always changing. This makes it difficult for researchers to record his biography.

f. Clients Always Arrive Late

This obstacle means that clients go from the dormitory to the counseling room to conduct interviews and find out the client's progress there. Clients take a very long time to get to the counseling room, resulting in wasted time.(28)

g. There is no support from the client's family

Lack of support from the family for drug abuse clients. clients who are undergoing fasting therapy and other treatments in Sinar Djati Lampung, as well as a reduction in

outpatient clients, there are even some who only take treatment for a few meetings without completing the treatment process (for outpatients).(29)

#### h. Lack of Public Trust in Fasting Therapy

The a lack of public trust in the treatment offered by the Islamic religion, one of which is fasting therapy.(30) People prefer medical treatment for psychological matters and some even face matters outside of their faith, such as visiting shamans or people who have occult knowledge.(31) People who experience mental problems prioritize instant methods for healing rather than referring to religion with fasting therapy to solve mental problems.(32)

#### i. The client injured himself

The final obstacle is that the client injured himself during the initial fasting therapy.(33) The injury referred to is by scratching the hand with a stone or ceramic shard, sometimes the client also hits his head against the wall.(34) That is where the obstacles experienced by researchers in conducting research.(35)

## 4. Conclusion

Based on the research results and discussion that the researcher presented in the previous chapter. Researchers will present several conclusions from the results of research conducted regarding “The Effect of Fasting Therapy in Overcoming Anxiety in Drug Abusing Clients in Sinar Djati Kemiling Lampung” It can be concluded that the process of implementing Fasting Therapy at the Sinar Djati Lampung Foundation to overcome Anxiety is carried out systematically and regularly. This scheduling is very important for managing time because apart from fasting therapy, there are also several activities carried out by clients such as praying, reading the Koran, and praying. Researchers also suggest that drug clients practice Islamic values in their daily lives to prevent them from repeating their actions and convince them that previously they intended to recover from drugs due to fasting therapy to believe that the only one who provides complete healing is Allah SWT. The effect of fasting therapy at the Sinar Djati Lampung Foundation to overcome the anxiety of drug clients can be said to be successful in reducing the level of anxiety in drug clients at the Sinar Djati Foundation because it has been proven from the results of interviews with informants and has been proven to reduce the anxiety of drug clients in Sinar Djati Lampung Foundation. The obstacles experienced by researchers when implementing fasting therapy to overcome anxiety at the Sinar Djati Kemiling Lampung Foundation were that clients were difficult to regulate in carrying out fasts such as fasting and breaking the fast. Clients also often

injure their hands or body parts, which hinders the implementation of fasting therapy for these clients.

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