

COGNITIVE RESTRUCTURING TECHNIQUES FOR CONTROLLING THE SELF-CONTROL OF VICTIMS OF DRUGS ABUSE

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ABSTRACT

This study aims to determine the description of the discretion of victims of drug addiction before implementing group counseling services with cognitive restructuring techniques, to determine the impact of group counseling with cognitive restructuring techniques on self-control of drug abuse victims and to find out the description of self-control after being given group counseling services using this technique. cognitive restructuring. The research in this study used a quantitative approach with experimental research methods. The subjects in this study were 10 adult victims of drug abuse in village X, OKU Timur district. Data collection techniques using questionnaires, interviews and documentation. The data analysis technique used the t-test paired t-test. The results of this study indicate that the effect of self-control on victims of drug abuse after group counseling with cognitive restructuring techniques is categorized as moderate because the average value is 6.72 and after the average value is 8.25. So, it can be concluded that group counseling using cognitive restructuring techniques is effective in increasing self-control for victims of drug abuse, which can be seen from the results and data that $t_{count} > t_{table} = 0.05$, which is 7.504 two.10092 so that H_0 is rejected and H_a is accepted.

Keywords : Cognitive restructuring techniques, self control, drugs.

Preliminary

Drug abuse is a critical problem in society that suspects that it causes many victims, thus it requires perfect handling as a result of which drug users can be free from drug dependence. A victim of drug abuse, according to Law No. 35 of 2009 is a person who accidentally uses narcotics because he is persuaded, tricked, cheated, forced, or threatened to use drugs. As a result, they are required to undergo medical and social rehabilitation.

In overcoming the problem of low self-control in victims of drug abuse, counselors can provide group counseling services. Group guidance means assistance to people in group conditions that are preventive and healing, and coordinated in providing convenience in their development and growth

(Ministry of Religion, 2014). Group counseling is also complemented by meetings using overall vibration. counseling directs the spotlight to help clients make changes by focusing on progress and day-to-day change. This meeting suggestion is relied on to help victims of medication mishandling in dealing with their self-control problems.

To help solve the problem of low self-control of victims of drug abuse through cognitive restructuring techniques, because this technique can help clients in controlling themselves by changing the mindset of victims of drug abuse to be able to achieve the desired goals. Cognitive restructuring technique involves learning principles by changing irrational views into rational ones to achieve better emotional responses so that they are able to provide statements about

themselves. Through cognitive restructuring techniques, it is necessary for victims of drug abuse to be able to control themselves well so that they are able to manage emotions well.

From the clarification above, it seems likely that cognitive restructuring techniques with mental rebuilding procedures can be used to work on calm for substance addiction survivors. Substance addiction victims who have low sobriety can be managed through the administration of group guidance and mental rebuilding strategies. This is because the collection of advice and mental rebuilding procedures is an appropriate administration to help with self-control problems, as too much guidance with mental rebuilding strategies can have an impact on low wisdom issues.

Based on the description of the background above, the researchers are interested in conducting further research on self-control of victims of drug abuse to be used as research in this thesis entitled Cognitive Restructuring Techniques Against Self-Control of Drug Abuse Victims. According to Muhamad & Setiawati that (2020) Cognitive Restructuring is the most common way to find and assess a person's insights, get the effect of special considerations on certain ways of behaving, and look for ways to replace that understanding with more reasonable and more appropriate reasons. According to James & Gilliland, professional counselors use Cognitive Restructuring with clients who need help replacing negative ruminations and understanding with more positive considerations and activities. Meanwhile, according to Dombek & Well-Moran (2011) "cognitive restructuring is dependent on two objective presumptions that constantly reflect on oneself which can be truly influenced through adjustments in context and individual insight".

From the above theory, it is possible to reason that this mental rebuilding procedure is zero addition to the consideration of changes or self-statements that are negative

or irrational, by involving the principle of learning in the mind to be able to change a negative thought. Cognitive restructuring is used for people whose personality is captivated, shows doubt and pressure under certain circumstances, or is carried away by ordinary life problems using drastic measures. "In this case cognitive restructuring for young people and children with tension problems. By discriminating between the considerations that trigger the sensation of tension, children can find ways to challenge their own self-defeating contemplations with coping thoughts" (Velting, Setzer & Albano, 2006).

According to Gufron & Risnawati (2014) serenity or wisdom is a guideline for a person's physical, mental, and behavioral processes, ultimately a cyclical development that shapes itself. As Berk explains, balance is the singular capacity to oppose an emergent desire or motivation that conflicts with behavior that is contrary to common practice.

Gilliom states that calmness is a single capacity consisting of three angles, to be more specific the capacity to control oneself or limit behavior that frightens or hinders others, the capacity to help others and the capacity to follow pertinent guidelines, and the capacity to communicate desires. or once again a sentiment towards another person, without harming or insulting another person.

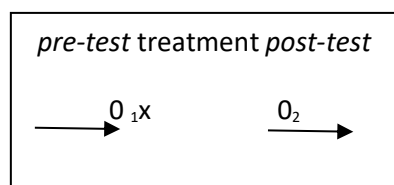
Method

In this study, researchers used a quantitative approach. The quantitative research is closely related to the adherents of the positivistic paradigm of science. The principles and laws for the adherents of the positivistic view say that it is the general nature that governs the social environment as well as the physical environment based on the assumption that the main thing in the social environment is a reality that is independent or independent and relatively constant to changes in time and background.

The design used in this research is a one group pre-test and post-test design which includes several implementation steps by testing the pre-test to measure the dependent variable. As for the implementation of the experiment and the implementation of post-test testing to measure the results of the dependent variable. Therefore, the impact of treatment was determined by comparing the scores from the pre-test and post-test results.

The type of pre-experimental research is the type of research used by the researcher. The pre-experiment is a design prepared by researchers in giving treatment to the object to be studied without a control group, Latipun (2002: 68).

Table I
Pre and Post



Results and Discussion

Before and after the results of the pre-test and post-test scores were given the level of positive self-concept development to students, while the students were in the low category with the percentage reaching 49.45%, and after being given post-test treatment the students' positive self-concept development level was given. with a percentage of 86,129% in the high category. Thus the level of positive self-concept development in the class at SMP Negeri 4 Satu Atap Batauga, especially in class VIII students, has increased by a percentage of 36.67% when researchers have provided counseling techniques and services.

Table II
Comparison of Pre-test–Post-test Scores of Bullying Victims

Name	%	
	<i>.Pre- test</i>	<i>Post-test</i>
TA	54,38	91,22

PA	48,24	94,73
YT	53,07	85,08
LK	43,42	90,35
PT	46,49	78,50
CK	51,31	75,43
LO	45,17	97,36
PG	53,50	76,31
Total	395,58	688,98
Average	49,45	86,129

Conclusions and suggestions

Based on the results of the statistical analysis carried out by the researcher in the researcher, namely the researcher by testing the Wilcoxon obtained P value = 0.013 then the researcher will be consulted with the value of at a significance level of 5%. Pvalue < (0.013 < 0.05) thus means that H0 is rejected. So the researcher concludes that the Assertive Training technique used by researchers with group counseling can develop a positive self-concept in individuals at OKU Timur

Suggestion

1. For Other Researchers

By taking into account all the limitations of this study, the researcher proposes several things or suggestions to further researchers to be taken into consideration.

2. For Students

For students who have become subjects in this study, suggestions from researchers are as follows:

- Increase the courage to express what is in your thoughts and feelings through communication and group counseling with teachers and friends, both in the school environment or in the community.
- Try to train yourself continuously to avoid bullying behavior through guidance and counseling services available at schools.
- Apply what has been obtained through group counseling services and try to develop self-management skills to become better through the use of

guidance and counseling services available in schools.

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