

ABSTRAKSI

**MAKNA HIDUP DUA ORANG PENGGUNA NARKOBA JENIS SABU-SABU
DI LEMBAGA REHABILITASI “KUNCI” NANDAN YOGYAKARTA
TAHUN 2011/2012 MENURUT TEORI VICTOR FRANKL
(LOGOTERAPI: STUDI KASUS)**

Oleh
F. Endang Dwi Wilastuty

Penelitian ini bertujuan untuk mengetahui gambaran makna hidup pengguna sabu-sabu. Penelitian ini dilakukan terhadap dua subyek yaitu ZE dan EI masing-masing berusia 17 tahun, pengguna narkoba jenis sabu-sabu yang sedang menjalani rehabilitasi di Lembaga Rehabilitasi “KUNCI” Nandan, Yogyakarta sejak bulan Januari sampai dengan April 2012.

Konsep Logoterapi yang digunakan mengacu pada teori Victor Frankl (2004), yang merupakan perjuangan untuk menemukan makna hidup dalam hidup seseorang dan merupakan motivator utama orang tersebut. Data tentang makna hidup dikumpulkan melalui wawancara mendalam (depth interview) dengan ZE dan EI, pendamping dan motivator. Pengujian keabsahan data dilakukan dengan metode triangulasi dari berbagai sumber data. Data analisis secara kualitatif dengan menyusun data secara sistematis, teratur, terstruktur, dan mempunyai makna sesuai dengan tujuan penelitian.

Hasil penelitian menunjukkan bahwa ZE dan EI setelah melalui fase rehabilitasi, dan menjalani program-program rehabilitasi mengalami perkembangan positif. (1) Dari aspek tujuan hidup, pada awalnya kedua subyek tidak dapat memahami apa sebenarnya tujuan hidupnya. Seiring dengan proses rehabilitasi, subyek kemudian dapat merumuskan tujuan hidup yaitu melepaskan diri dari ketergantungan terhadap sabu-sabu sehingga subyek tidak lagi mengkonsumsi narkoba. (2) Dari aspek kepuasan dan kebebasan hidup, kedua subyek memiliki kembali rasa tanggungjawab. Mereka lebih bertanggungjawab dalam menjalankan program rehabilitasi yang telah dijadwalkan. (3) Dari aspek sikap terhadap kematian dan keinginan bunuh diri juga berubah, kedua subyek mulai memikirkan resiko penggunaan sabu-sabu terhadap kematian dengan membuang jauh-jauh keinginan bunuh diri. (4) Dari aspek kepantasan hidup, kedua subyek menyadari bahwa apa yang mereka lakukan dimasa yang lalu adalah tidak pantas dan tidak perlu diulang.

ABSTRACT

**A CASE STUDY ON THE MEANING OF LIFE FOR TWO CRYSTAL
METHAMPHETAMINE USERS AT THE “KUNCI” NANDAN
REHABILITATION INSTITUTE IN 2011/2012 ACCORDING
TO VICTOR FRANKL’S LOGOTHERAPY**

By

F. Endang Dwi Wilastuty

This thesis presents a study of the “meaning of life” for crystal methamphetamine users based on the research conducted on two 17-year-old crystal methamphetamine users, ZE and EI, who underwent rehabilitation at the “KUNCI” Nandan Rehabilitation Institute, Yogyakarta from January – April 2012.

Logotherapy, as used in this case study, refers to the theory of Victor Frankl (2004) and is based on the concept that the concept of the “meaning of life” is a major motivator in one’s life. Data were collected through in-depth interviews with the research subjects ZE and EI, and their treatment supervisors and motivators. The validity of the collected data was tested using the triangulation technique of cross-verification of the various data sources. The data were analyzed qualitatively and compiled in a systematic, organized, and structured manner, which reflected a meaning consistent with the objectives of the study.

The results showed that following the rehabilitation phase, both subjects showed positive development in their individual recoveries. These developments included (1) Regaining a sense of purpose. Before beginning rehabilitation, subjects were unable to comprehend or value the purpose of their lives. Through the rehabilitation process, subjects were able to make a full recovery from their dependence on crystal methamphetamine and thus were able to formulate life goals free from the influence of drugs. This return of a sense of purpose acted as a motivator, which encouraged subjects to fully complete their rehabilitation program. (2) Regaining a sense of responsibility. Through the rehabilitation process, subjects regained a sense of responsibility in regards to the level of satisfaction and freedom they enjoyed and were responsible for in their lives. They accepted more responsibility for their progress in the rehabilitation program. They became more eager and willing to participate in rehabilitation sessions. (3) A change in attitude towards death and loss of suicidal ideation. Prior to rehabilitation, subjects did not take the risks of crystal methamphetamine use into consideration nor did they consider the possibility of death as a result of their drug use. However, during the rehabilitation process subjects regained a sense of responsibility for their lives and were able to acknowledge and comprehend the seriousness of death, the possibility of death and the danger in which they had placed themselves. They were also able to acknowledge the risks they need to take into consideration when contemplating drug use, and how to overcome and avoid suicidal ideation. (4) A realization and understanding of appropriate behavior. Through the rehabilitation process subjects became aware of the inappropriateness of their past drug use and the imperativeness of not relapsing.