



## Socialization and Physiotherapy Services to Youth Drugs Rehabilitation in Tanon Village, Sragen

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Received: 30-07-2022

Accepted: 05-08-2022

Published: 13-09-2022

### ABSTRACT

Tanon is a sub-district in Sragen Regency, Central Java Province, Indonesia. Drug rehabilitation is one of the efforts to save addicts from the shackles of drugs and the dangers that accompany them; there are three stages of drug rehabilitation in Indonesia, namely medical, non-medical, and advanced rehabilitation. The implementation of the examination activities for adolescents was carried out using a descriptive method, namely providing an explanation of the benefits of physical examination exercises and introducing the role of physiotherapy to adolescents. In this study, the authors included age and health status characteristics in adolescent rehabilitation at the Indonesian Lentera Bangsa Foundation. Drug rehabilitation is one of the efforts to save addicts from the shackles of drugs and the dangers that accompany them; there are three stages of drug rehabilitation in Indonesia, namely medical, non-medical, and advanced rehabilitation. Specific data presenting a physical examination includes an examination of body conditions such as tests of balance, endurance, and agility of adolescents aged 16-25 years before a physical examination and after being given a physical examination, as well as the level of knowledge of adolescents about the function and role of physiotherapy. The results of data from respondents or adolescents indicate that the average level of knowledge about the role of physiotherapy and the benefits of providing physical exercise is in the "less" category due to the lack of physiotherapy graduates in the area where the author took this research.

**Keywords:** adolescents, rehabilitation, drugs.

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### INTRODUCTION

Drugs, or what is now also known as NAPZA, is an abbreviation of Narcotics, Alcohol, Psychotropics, and Addictive Materials/substances. Drugs are addictive ingredients/substances that, when they enter the body, will affect the body, especially the central nervous system/brain (Asmawati et al., 2020). The brain's nervous system will affect the function of thinking, feeling, and behavior in people who use it so that if it is misused, it will cause physical, psychological/mental, and social functioning disorders (Nikolić, 2023). The problem of drug abuse and distribution has spread to all provinces in Indonesia (Tarigan, 2017).

Most people undergoing drug rehabilitation at the Lentera Bangsa Indonesia Foundation are teenagers and most vulnerable to drug addiction. Some of the reasons why they become drug addicts include a lack of confidence, escape from problems, and to get pleasure (Jia et al., 2022). The effects they get from consuming drugs are physical and psychological changes, with the emergence of muscle weakness, dizziness, hallucinations, and others (Amanda et al., 2017).

Drug rehabilitation is one of the efforts to save addicts from the shackles of drugs and the dangers that accompany them (Tyerman et al., 2020). There are three stages of drug rehabilitation in Indonesia, namely medical, non-medical, and advanced rehabilitation. The Indonesian Lentera Bangsa Foundation (YLBI) is a non-governmental organization in partnership with the Ministry of Social Affairs whose activities focus on drug rehabilitation; besides that, YLBI facilitates the outpatient rehabilitation phase

for all ages and inpatient care for children and adolescents. Drug abuse recovery services can be performed using a physiotherapy program approach (Lysa Angrayni & Yusliati, 2018). One approach is an exercise therapy program to improve the quality of movement and function to overcome the effects of drug addiction.

Central Java Province, which can be said to not appear too often in the news about narcotics and criminal drug cases, actually ranks third nationally in terms of prevention of narcotics and illegal drug use after West Java and East Java (Suwanto & Ekaputra, 2015), Central Java Province which is located in the distribution route of goods throughout the island of Java is a different factor in a large number of cases of narcotics and illegal drugs. Victims of narcotics and drug abuse in Central Java are, on average, between the ages of 26-40 years, whose numbers are increasingly worrying from day to day. This, if left unchecked, will undoubtedly damage the lives of the younger generation of the Indonesian nation. Meanwhile, for someone who has already become a user/addict of narcotics and illegal drugs, it is not easy for them to be able to break free from dependence (Maurer et al., 2012). Narcotics and illegal drugs carry much poison into the body; getting rid of these poisons is not tricky. However, it is the mental healing process of the user/addict that is sometimes difficult to cure. So special treatment is needed for users/addicts of narcotics and illegal drugs (National, 2016).

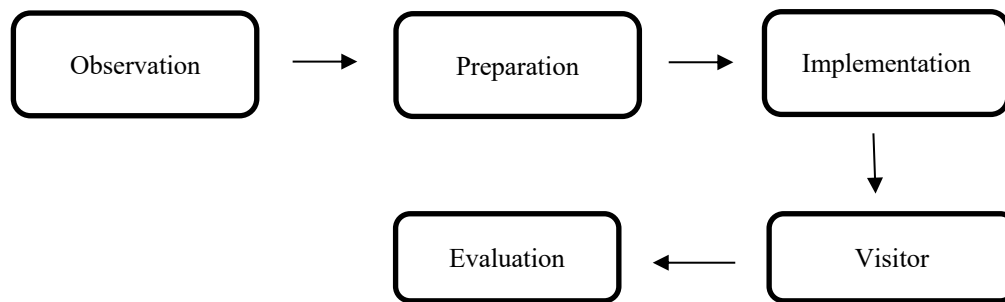
According to the Data Journal for the Prevention and Eradication of Drug Abuse and Trafficking in 2011, law enforcement efforts must also focus on targeting narcotics and drug addicts, not only drug dealers/traffickers (Gukguk & Jaya, 2019) because addicts need more support and access to therapy and rehabilitation services. The participation of the government, especially the Narcotics Agency of Central Java Province, in efforts to prevent and control the dangers of narcotics and illegal drugs in the Central Java region itself is essential. Apart from recording developments in narcotics and drug cases, this institution also strives for optimal handling of someone who has become a user/addict of narcotics and illegal drugs (Simanungkalit, 2012). For this reason, a genuine effort is expected from the Narcotics Agency of Central Java Province to deal with narcotics and drug abuse by establishing a drug rehabilitation center, which combines medical therapy with continuing to the mental and skills rehabilitation stage.

Physiotherapy plays a role in all other aspects of community life, not only for healthy and sick subjects (Ningrum & Pristianto, 2021). The author is interested in increasing physical function and movement in improving the quality of movement in rehabilitated adolescents at the Indonesian Lentera Bangsa Foundation (YLBI). The formulation of the problem to be examined is: "Are there any benefits of giving to improving the quality of physical function and movement in adolescents rehabilitating drugs?" This research aims to educate rehabilitation adolescents about the importance of movement functions in the body (Andini & Indra, 2016).

The target objects of this activity are teenagers who are currently being rehabilitated and are at the Indonesian Lentera Bangsa Foundation (Supriadi, 2019). Based on the YLBI registration book, there are seven teenagers. The teenagers currently in rehabilitation are residents who live in various areas, such as Sragen, Jakarta, and Karanganyar. The age range of teenagers is from 16-25 years. Physical examination activities are carried out every Monday, Wednesday, and Friday at 16.00 WIB - finished.

## **METHOD**

To achieve the objectives described above, the implementation of examination activities for adolescents is carried out using a descriptive method, namely providing an explanation of the benefits of physical examination exercises and introducing the role of physiotherapy to adolescents. Two methods are applied in this program: the presentation method and visiting the Indonesian Lantern Foundation (YLBI). The activity framework is as follows;



**Figure 1. Activity Framework**

**RESULTS AND DISCUSSION**

The examination results are presented in several sections, namely general and specific data. General data contains age and health status. Specific data presents a physical examination, including examination of body conditions such as balance, endurance, and agility tests for adolescents aged 16-25 years before the physical examination and after being given a physical examination, as well as the level of knowledge of adolescents regarding the function and role of physiotherapy (Rismayanthi, 2012).



**Figure 2. YLBI Rehabilitation Adolescent History**

This examination was carried out on January 5, 2022, at 13.00 WIB to know the patient's vital signs condition to provide exercises following the patient's vital sign condition so that the intervention given can affect the patient.



**Figure 3. Physical Fitness Examination (Agility, Endurance, and Balance)**

This examination was carried out on January 10, 2022, at 16.00 WIB to increase the participation of the Faculty of Health Sciences, especially the Physiotherapy Professional Study Program, Muhammadiyah University of Surakarta. We do checks for balance, endurance, agility, and posture checks. Balance exercise is a physical activity to increase body stability by increasing lower extremity muscle strength (Kelman & Woodward, 2013). After the examination, it was found that some of them had results that were below average values, so we made a training program for two weeks.

This study included age characteristics and health status in rehabilitated adolescents at the Indonesian Lentera Bangsa Foundation. The age range for rehabilitation at YLBI is from 16-25 years old. As for the health status of adolescents, it is classified as physically healthy. In this service, the author provides physical examination exercises, which include balance, endurance, and agility tests (Bluto, 2022). In this study, seven respondents underwent rehabilitation at YLBI. The following results were obtained:

**Table 1. Balance**

Name	Stand On 1 Foot with Eyes Open		Stand On 1 Foot with Eyes Open		Stand On Boss		Des
	ka	ki	ka	ki	ka	ki	
Nasir	60 S	60 S	60 S	60 S	46.78 S	29.79 S	
Chandra	60 S	60 S	60 S	60 S	60 S	60 S	
Nugroho	60 S	60 S	60 S	60 S	60 S	60 S	
Bachtiar	60 S	60 S	17.67 S	31.12 S	38.44 S	26.68 S	
Prayitno	60 S	60 S	60 S	60 S	60 S	60 S	
Inspiration	60 S	60 S	17.17 S	25.72 S	60 S	14.16 S	
Dias	60 S	60 S	60 S	60 S	60 S	47.19 S	

**Table 2. Agility**

Name	Age	Time	Information
Nasir	18	8.10 S	Excellent
Chandra	16	10.85 S	Excellent
Nugroho	18	7.92 S	Excellent
Bachtiar	16	11.16 S	Excellent
Prayitno	18	7.85 S	Excellent
inspiration	18	12.71 S	Above average
Dias	18	7.52 S	Excellent

**Table 3. Durability**

Name	Pulse	Harvard's	Information
Nasir	80	68,18	Average
Chandra	100	54,54	Below average
Nugroho	116	47.02	Below average
Bachtiar	110	49,58	Bad
Prayitno	18	45,45	Bad
Inspiration	18	57,14	Below average
Dias	18	80,21	Excellent

In the table above, the data obtained from measurements of balance, agility, and endurance in the pre-treatment group before being given exercise resulted in that the average physical examination of the balance in the 1-foot standing category obtained "good" results standing 1-foot closing the eyes there were two each which are included in the "less" category while to stand above bosu there are four which are also included in the "less" category. When the author gave the exercise on standing on bosu, there were obstacles in the form of some respondents needing to be more active and focused, so they were not excited to do the exercises given.

**Table 4. Balance**

Name	Stand On 1 Foot with Eyes Open		Stand On 1 Foot with Eyes Open		Stand On Boss		Des
	ka	ki	ka	ki	ka	ki	
Nasir	60 S	60 S	60 S	60 S	50.42 S	60 S	
Chandra	60 S	60 S	60 S	60 S	60 S	60 S	
Nugroho	60 S	60 S	60 S	60 S	60 S	60 S	
Bachtiar	60 S	60 S	45.13 S	35.50 S	60 S	53.09S	
Prayitno	60 S	60 S	60 S	60 S	60 S	60 S	
Inspiration	60 S	60 S	34.56 S	48.15 S	60 S	14.16 S	
Dias	60 S	60 S	60 S	60 S	60 S	47.19 S	

**Table 5. Agility**

Name	Age	Time	Information
Nasir	18	7.55 S	Excellent
Chandra	16	8.30 S	Excellent
Nugroho	18	6.20 S	Excellent
Bachtiar	16	8.71 S	Excellent
Prayitno	18	6.34 S	Excellent
Inspiration	18	11.68 S	Above average
Dias	18	7.10 S	Excellent

**Table 6. Durability**

Name	Pulse	Harvard's	Information
Nasir	89	68,18	Average
Chandra	97	54,54	Below average
Nugroho	98	47.02	Below average
Bachtiar	105	49,58	Bad
Prayitno	75	45,45	Bad
Inspiration	85	57,14	Below average
Dias	68	80,21	Below average

The table above shows the data obtained from these measurements after being given for two weeks. There is an increase in balance; Balance exercise is a physiotherapy intervention that can overcome problems that affect the balance of posture (Priyanto et al.). The increase in agility was high in sample number 6 because that sample had an average BMI category. In endurance training, even with a normal BMI category, it was difficult for the sample to maintain an upright body position, and it was difficult to concentrate.

## CONCLUSION

The author concludes the results of examination activities at the Lentera Bangsa Indonesia Foundation as follows: The results of data on respondents or youth show that the average level of knowledge about the role of physiotherapy and the benefits of providing physical training is in the "low" category due to the lack of physiotherapy graduates in the area where the author is located. Take this research. The results of the respondent's pre-test data show that the average physical examination of the balance of the 1-foot standing category obtained "good" results, standing 1 foot closing the eyes, there were two each included in the "less" category while standing on Bosu there were four which were also included in the category "less." After the post-test was carried out, there was an increase in the 1-foot standing category and the standing above bosu category, which initially had four respondents to 2. The agility pre-test results showed that the average showed "good" results for the agility category post-test results, namely " good." Whereas for the results of the pre-test for endurance, two people got "good" results, five got "poor" results, and the post-test results for endurance were still the same. Namely, two people got "good" results. Five people got "poor" results. So, in this research activity, it was concluded that there was an effect of providing physical training to rehabilitation adolescents aged 16-25 years at the Lentera Bangsa Indonesia Foundation.

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