




Technical Application Motivational Interviewing in Overcoming Regret in Adolescents Who Become a Drug Courier

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ABSTRACT

This research is entitled the application of motivational interviewing techniques in overcoming regret in adolescents who become drug couriers in Kandis Village. A Regret is an act that acknowledges all the mistakes that have been made and is serious about not repeating these actions. This study aims to determine the factors that cause adolescents to become drug couriers and to find out the description of the regret experienced by the client in Kandis Village. To find out how motivational interviewing techniques are applied to overcome regret for clients "A,D,J,O,R" in Kandis Village. This study uses a descriptive qualitative approach, which is a research method used to examine natural object conditions. Data collection techniques used are observation, interviews, and documentation. The research results on the factors that cause clients "A,D,J,O,R" to become drug couriers are insufficient economic factors and the magnitude of the influence of the surrounding environment. The description of regret experienced by clients is some of them are worried, life feels uneasy, and distress in the heart because of the actions committed, accompanied by the desire not to do them again. In group counseling with the application of motivational interviewing techniques, five meetings were held with four stages: formation, transition, activity, and termination. The feeling of regret from the client "A,D,J,O,R" has changed, such as no longer being a drug courier, becomes a lesson for the teenager.

INTRODUCTION

In general, the factors that cause adolescents to become drug couriers are due to individual factors such as environmental and social factors, namely environmental factors which are part of the community environment which cannot be separated daily. Adolescent associations that occur in society are very much influenced by various factors, such as level of education, economic level, and level of peers. As a result of this association, humans are naturally familiar with where their environment is as for economic factors where economic factors are the main for drug couriers. The significant unemployment rate in Indonesia is a challenging problem to get a job for teenagers, especially those who do not have a higher education which encourages these people to look for other ways to make money quickly. One way to get involved in drug trafficking, including being a drug courier.

Concerning teenagers who become drug couriers, it is known that the case of teenagers who become drug couriers can be said to be victims. Regarding the case of

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teenagers who become drug couriers, it is still a question of who is the victim who will be involved in this matter. Until this teenager who became a drug courier, even though he was the perpetrator, he could also be said to be a victim.

In the Al-Quran, some verses talk about Allah SWT's commandment that drugs and alcohol are prohibited by religion because they cause damage to self, body, mind, and soul and also so that humans remember about the day of regret with all the things that have been done in life. Described in the Qur'an letter Maryam verse 39, namely:

And warn them of the Day of Regret, when the matter will be decided, and they will be in heedlessness, and they will not believe.

Meaning: And give them warning (Muhammad) about the day of regret, (ie) when all matters have been decided, while they are negligent and they do not believe. (Q.S. Maryam: 39)

According to this verse, Muhammad warned about the day of regret. In the Big Indonesian Dictionary, regret comes from the word regret, which means feeling unhappy (distress, disappointment, and so on) because it has been done wrong (sin, mistake, and so on). Regret is not just an adequate reaction to the results of a wrong decision, and regret is an emotion that directs one's behavior.

According to Regret Theory, regret is the difference between the results obtained based on the actions taken at that time and the good results that might have been achieved. For those who state that the regret theory is how people anticipate if they make the wrong choice, and they consider current anticipation in making decisions. Fear of regret can play a significant role in deterring a person from taking action. The theory of regret can influence rational behavior and can undermine their ability to make decisions in a gain or loss. Regret can be an effect of punishment for young drug couriers.[3] From the above understanding, it can be concluded that adolescents in Kandis village experience regret because they feel unhappy and anxious because of destructive actions or sins where here, the problem faced by the client is regretting the actions he has done and feelings or emotional reactions that take the form of sadness, shame, depression, annoyance, shadows and feelings of guilt.

Tohirin (2013) states that group counseling assists or guides individuals through group activities. Group activities and dynamics must be realized to discuss various things that are useful for solving the problems of individuals who are service participants.[4] In group counseling, individual counseling services are carried out in the group zone. In the process of counseling, relationships are cultivated in a warm, open, and intimate atmosphere. The group counseling process consists of 4 to 12 people.[5]

In this problem, the counselor uses group counseling to help solve the problems that exist with the client. There is in group counseling to give and receive the opinions of others, give ideas, solve problems and make the right decisions and be responsible for the choices that are determined by themselves. In this atmosphere, the counselor can help clients to provide positive things. In this case, the counselor has techniques in overcoming various problems that arise from drug couriers, namely motivational interviewing techniques.

Rationale of Study

Relevant research is the result of research that has been done before this research. Research that has been conducted related to this research variable is The results of

research conducted by (Arifudin, 2021), with the title "Services of BK Teachers in Improving Student Learning Motivation Broken Home" (Case Study of Class XI Students of SMPN 1 Balongan. The study results show that counseling teacher services can increase student learning motivation broken home through case studies.

According to Millerd and Rollnick define, motivational interviewing is a process that is carried out to assist conflicts in developing intrinsic motivation to change in achieving counseling goals. As for techniques motivational interviewing ways of thinking in individuals to help change behavior and foster a sense of motivation to change the regrets experienced and to assist in the counseling process. Engineering goals motivational interviewing, namely to encourage individuals to explore and find reasons that have previously been to change their behavior.[6] Using motivational interviewing techniques to be able to help change behavior and motivate teenagers who experience regret of becoming drug couriers.

Based on initial field observations conducted by the researchers found problems in adolescents who became drug couriers in Kandis village. Ultimately, the client felt regret because being a courier was very high risk. From the problems above, one way to overcome the problems faced by these teenagers is through group counseling using techniques of motivational interviewing at where clients can get the opportunity to find problems, solve problems, and can provide motivation.

Research purposes

This research aims to know the technique of motivational interviewing This is the hope that it can change the remorse of the youth who became drug couriers. Because the consequences for teenagers who become drug couriers are hazardous and not suitable for these teenagers, the risk is too high that through this group counseling service, it can reduce or even stop these teenagers from becoming drug couriers anymore. Based on the background above, the researcher is interested in further research and gets the object of research in this thesis with the title "Application of motivational interviewing techniques in overcoming the regrets of teenagers who become drug couriers in Kandis Village, Kandis District, Ogan Ilir Regency."

METHODS

Research Design

This method uses a qualitative approach where this research will apply the technique of motivational interviewing in the format of group counseling to overcome regret in adolescents who become drug couriers. The data sources in this study are divided into two parts: primary and secondary.

Participant and Data Collection Techniques

Primary data sources in this study consisted of five people who were taken by technique motivational interviewing. At the same time, the criteria that become the subject are group counseling services by applying techniques of motivational interviewing when carrying out the counseling process and counselors who meet face to face every day with teenagers who become drug couriers in Kandis Village, Kandis District, Ogan Ilir Regency. Secondary sources are data sources that do not directly provide data to data collectors. The researchers themselves do not attempt secondary data derived from data collection but can be obtained in ready-made or available forms, including books, journals, and articles related to the research being studied.

Instruments and Data analysis

This instrument uses an interview guide based on aspects of regret, consisting of fifteen question items. There are three aspects of regret, namely, the aspect of no longer thinking and considering, the aspect of being able to plan changes, and the aspect of the urge to do it again, so all the instruments can be used for this research. The technique used is data analysis techniques. Data analysis techniques, according to Milles and Huberman in this study, use qualitative data analysis through data reduction, data presentation, and conclusion.

RESULT AND DISCUSSION

Results

This study aims to determine the results of applying motivational interviewing techniques to overcome regret in teenagers who become drug couriers. This implementation was carried out from 17 November 2022 to 17 December 2023 with the client "A,D,J,O,R" in carrying out five group counseling meetings which lasted approximately 1 month for carrying out group counseling using the application of techniques motivational interviewing aims to enable clients to overcome the regrets of teenagers who become drug couriers. Based on the results of the interviews conducted, the following are the stages of group counseling with the application of motivational interviewing techniques to overcome the remorse of teenagers who become drug couriers.

The first group counseling meeting with the application of techniques motivational interviewing to overcome regret in teenagers who become drug couriers.

In the first counseling meeting, the counselor takes an initial approach to building a good relationship so that the counseling process runs smoothly. The counselor asks each client for personal data from name, age, date of birth, and so on. as well as daily activities carried out by clients. When the client looks good, the counselor invites the client to tell all the events that make the teenager say he regrets becoming a drug courier.

At this stage of formation, the counselor invites to formulate the problem or identify the problems being experienced by the client "A,D,J,O,R" is indeed a victim of regret for being a drug courier. When the formulation of the problem has been completed by formulating the purpose of carrying out this counseling, the purpose of this group counseling is that it is hoped that the client will be able to overcome giving up being a drug courier with the application of motivational interviewing techniques.

Then the counselor formulates the problem or identifies the problem experienced by the client. From the results of research conducted by his subordinates, the client "A,D,J,O,R" is true that they are drug couriers that result in regret. After formulating the problem at this meeting, the counselor formulates the objectives of the counseling process to be carried out. This process aims to assist clients in overcoming regrets of teenagers becoming drug couriers with technology motivational interviewing.

Furthermore, the counselor explains the commitment and roles between the counselor and the client at this meeting. The counseling process is carried out 5 times and is held once a week. This counseling activity is carried out at the counselor's house in the village of Kandis, Kandis District, Ogan Ilir Regency. After the forming process is implemented, there are several stages in the technique of motivational interviewing, namely the stage before contemplation, where at this stage, the counselor explains the activities undertaken at the next phase of overcoming adolescent regrets and

implementing using techniques of motivational interviewing. Furthermore, in this stage, the counselor briefly explains the group counseling process with the application of motivational interviewing techniques and preparing members for the following schedule, time, place, and activity. This was closed with thanks for the participation and respondents.

The second group counseling meeting with the application of techniques motivational interviewing to overcome regret in teenagers who become drug couriers.

Before carrying out counseling as usual, you will start by greeting and asking how the client is "A, D, J, O, R" and activities that are carried out every day and praying together so that the counseling process runs smoothly. At this transitional stage, the counselor explains again about the group counseling process, and the goals, and principles of counseling and begins to use technical steps. motivational interviewing to know an experience that the client has passed, so all clients are expected to mourn and leave the events that have occurred. This is intended to obtain the entirety of the client's regrets "A,D,J,O,R".

Then in this meeting, to solve the problems being faced by the client, a counselor must provide comfort so that it is easy for the client to tell his problems. besides that, the counselor must address body language and be a good listener. As well as, the counselor must be skilled in exploring problems so that it can be the goal of the counseling carried out.

Continuing the previous counseling process as for the contemplation stage, the client "A,D,J,O,R" can express the problems they usually experience and identify the characteristics of the symptoms of regret experienced by the client "A,D,J,O,R". In this stage, the counselor allows the client to think that the regret that has occurred is a form of reflection or contemplation. To the client, the bottom line is that regret is over but everything is following the client's self.

The third meeting of group counseling with the application of techniques motivational interviewing to overcome the remorse of drug couriers.

This research continues the next meeting, which begins by shaking hands and asking about the client's news and mood "A,J,O,R" first so that the relationship will be better and not awkward in carrying out counseling. In this stage of activity, continuing the counseling process helps clients to believe in themselves so they can overcome the regrets of teenagers who become drug couriers; even if the teenager wants to change himself, that must be because of his own will, not from someone else After that the counselor takes action on the client so that the client can commit to making changes and is serious about overcoming regrets by continuing from the previous stage, namely the determination stage. Client "A,D,J,O,R" is able to recognize and identify the actions he wants to take to overcome the regrets experienced by adolescents so that client "A,D,J,O,R" is able to take the steps he wants to take to overcome the problems he is facing. Counselors help clients "A,D,J,O,R" by providing motivational support contained in techniquesmotivational interviewing to do in a better direction and help overcome regrets on clients "A,D,J,O,R".

Fourth meeting of group counseling with the application of motivational interviewing techniques to overcome regret in teenagers who become drug couriers

Starting with asking how the client is "A,D,J,O,R" as usual greeting and asking the client whether they still feel comfortable in this counseling process. The last fourth meeting was a result of the previous counseling process whether he had behaved not as a drug courier. From the implementation of previous counseling whether the client has behaved not to act as a drug courier anymore with the results obtained, namely the client "A,D,J,O,R" that the client's desire already has the desire not to become a drug courier again and realize the regrets that have occurred and can be even better to change himself not to become a drug courier again.

In the action stage continuing from the previous stage the client "A,D,J,O,R" has his own responsibility to make changes because of the technique motivational interviewing centered on the client, but the counselor tries to encourage and assist the client in overcoming the problems experienced by the client "A,D,J,O,R" so that it is hoped that the client can make changes. The results obtained from this stage are that the client decides for himself what actions to take in overcoming the problems at hand.

It is The fifth meeting of group counseling with the application of techniques motivational interviewing to overcome regret in teenagers who become drug couriers. At this termination stage, the counselor refreshes the activities carried out previously and knows the developments related to the regrets experienced by the client "A,D,J,O,R". For the level of maintenance found in the technique of motivational interviewing the presence of action in the client's activities determines the actions that have been suggested by the counselor and client. Furthermore, the client only needs to combine and understand the suggestions that have been submitted so that the client can make changes following the actions that have been chosen to make changes, and the client is committed to making changes in overcoming the problems experienced. The essence of this stage is that the client "A,D,J,O,R" can commit to maintaining positive changes onwards even though the counseling or treatment process has been completed so that it is hoped that they can implement positive changes in overcoming adolescent regrets of becoming drug couriers by applying techniques motivational interviewing and hopefully remain consistent with changes in a much better direction.

Discussion

There is in this counseling process it seems to the client's progress in a more positive direction. In the process of applying the technique of motivational interviewing there are several stages, namely the stages before contemplation, contemplation, determining action, and maintenance there are several stages to encourage and motivate clients to change to improve life by using the motivations provided by the counselor. From the results of the counseling process that has been carried out with clients, it can be obtained from the level of regret, being able to be better than before. It can be seen from the client's own admission that it seems that all clients want to change and no longer want to become drug couriers.

At this last meeting, the counselor gave input and hope to the client "A,D,J,O,R" with a sense of regret that has occurred. The hope is that in the future, it will not do that again towards a better direction, realizing that previous regrets can change and not become drug couriers again.

Discussion of the application of techniques motivational interviewing in dealing with regrets in adolescents who become drugs couriers, group counseling is carried out with "A, D, J, O, R" clients which are carried out for 5 meetings with four stages, namely the formation stage, the transition stage, the activity stage, and the termination stage. At

the formation stage, namely the first meeting, the counselor builds a good relationship with the client, formulates the problem, the stage before contemplation and explains the goals or plans expected and explains the roles and responsibilities of the researcher as a counselor and client as counselee, and negotiates or discusses making an agreement on time and place of implementation

- a. The transitional stage, namely at the second meeting, explained the group counseling process, the goals, and principles of counseling and also started using technical steps. motivational interviewing and entered with the stages of contemplation that exist in the technique motivational interviewing to know an experience that the client has passed, so all clients are expected to mourn, and leave the events that have occurred.
- b. In the activity phase, namely at the third and fourth meetings, the researcher maintains a good relationship with counseling so that it is always maintained so that group counseling is done with techniques motivational interviewing can run smoothly as expected. After conducting interviews for the first and second meetings the counselor has dug up some information about the problems faced by the client and solved the problem with the determination stage and the action that becomes a change to be carried out taking the path of change and is committed to achieving the counseling goals that have been actively agreed upon.
- c. The final stage of the counseling process is the fifth meeting. At the final stage of the counseling process, the counselor provides advice and input to the client, and here the client feels there has been a change after attending group counseling which has been carried out with the application of techniques motivational interviewing.

The counselor uses techniques of motivational interviewing with adolescents to help explore and overcome in changing the behavior of adolescents in a more positive direction. In this case, the counselor provides an overview of the problem of saturation to direct the client in overcoming what is experienced so that the client can understand or be aware of the incompatibility, between the feelings and actions chosen by the client. For this reason, clients need help directing, waiting, and encouraging youth motivation to stop being drug couriers.

In technique motivational interviewing focuses more on how clients can be motivated to create change. In using motivational interviewing, It should be understood that motivation is a process or a lonely condition for change, so the goal is to facilitate clients in building a level of motivation to change and not become drug couriers. So the counselor needs to give encouragement to carry out the process or step by step to make changes for the better. To generate client motivation and provide facilities for clients to make changes so that counsees can make changes for the better.

Furthermore, the results show the application of the techniques of motivational interviewing very positive effect in reducing adolescents becoming drug couriers. Indicators of the success of this treatment can also be seen from research that has been conducted on clients to understand, regarding the factors that cause adolescents to become drug dealers. So that it creates motivation for clients to make changes to no longer be drug couriers. Indicates that there are differences in technical treatment motivational interviewing. The difference will be more visible the more often the technique is given motivational interviewing so that it keeps teenagers from repeating becoming drug

couriers and teenagers getting better at coping with change. Based on the description of this process, it can be said that the implementation of the technique-motivational interviewing can stop the regret of the client "A,D,J,O,R" becoming a drug courier, and this becomes a lesson for the teenager not to repeat being a drug courier.

CONCLUSION

From the results of the research on the application of motivational interviewing techniques in overcoming regret in adolescents who became drug couriers in Kandis Village, it can be concluded that it went as expected. The process of applying counseling is carried out for five meetings with four stages, namely the formation stage of building a good relationship between the subject and the researcher, the transitional stage explaining the group counseling process, objectives, principles, and the technical step of motivational interviewing, the activity stage of gathering information on existing problems faced by clients and helping solve problems and the termination stage is evaluating and ending counseling. With group counseling, clients know more about what regret is and the impact that occurs as a result of being a drug courier. Application of group counseling with techniques motivational interviewing in overcoming regret on the client shows better results because the client "A, D, J, O, R" feels a change after this group counseling.

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