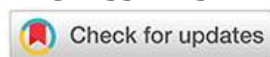


BUILDING THE RESILIENCE OF NARCOTICS CASE PRISONERS IN CLASS IIB SEKAYU PRISON



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ABSTRACT

Resilience, as the ability to recover from stress and trauma, is considered essential in supporting the rehabilitation process of inmates. This study aims to explore how resilience can be built among inmates convicted of narcotic offenses in Lapas Kelas IIB Sekayu and to identify the challenges faced in this process. The study employs a qualitative method, utilizing in-depth interviews, observations, and document analysis for data collection. The first finding shows that the rehabilitation program in Lapas Kelas IIB Sekayu involves various aspects focused on the mental, emotional, and social development of inmates, with support from prison officers and families playing a key role in fostering resilience. The second finding identifies the main challenges in building inmate resilience, including social stigma, psychological pressure, and limited supporting facilities within the prison. By developing resilience, inmates can be better prepared for life after release and reduce the risk of reoffending.

Keywords: *Resilience, Inmates, Narcotics, Rehabilitation, Lapas Kelas IIB Sekayu*



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INTRODUCTION

Drug abuse has become a serious challenge, not only involving legal aspects but also causing widespread social and health impacts (Apriliani, 2022). This phenomenon permeates various layers of society, including within correctional institutions, where narcotics offenders are one of the most vulnerable groups. They not only face social stigma but also significant physical and mental challenges during their incarceration. Drug abuse, as outlined in Law No. 35 of 2009 on Narcotics, poses a threat to the well-being of individuals, families, and communities, necessitating a comprehensive response, ranging from law enforcement to rehabilitation.

Legislation, including Law No. 35 of 2009, not only regulates actions against drug crimes but also provides a legal basis for the rehabilitation of offenders. The principles of rehabilitation and social reintegration are pursued through various programs in correctional institutions, aimed at giving prisoners the opportunity to rebuild their lives. In this context, a holistic approach is required, encompassing legal aspects, mental health, and strong social support.

According to data from the National Narcotics Agency (BNN) in 2021, the number of drug abuse cases continues to rise, including within correctional institutions. One example occurred at the Class IIB Sekayu Prison, where several inmates were involved in the smuggling and consumption of narcotics within the prison (TribunNews, 2018). This phenomenon illustrates that, even though inmates are in a controlled environment, the risk of re-engaging in drug-related offenses remains high.

In line with this, resilience becomes one of the critical factors that can help inmates face challenges during their imprisonment and after release. Resilience, as explained by Reivich and Shatte (2002), is the ability to bounce back from adversity and adapt to stressful situations. Resilience provides psychological strength to cope with trauma, social stigma, and various other pressures. This is also supported by Samuel (Nurinayanti, 2011), who stated that resilience is an individual's ability to remain psychologically stable after experiencing traumatic events.

In the context of narcotics offenders, resilience can be the difference between success and failure in the rehabilitation process. A study conducted by Agustin (2023) found that social support plays a crucial role in building resilience in former drug addicts. Support from family, fellow inmates, and prison officers helps inmates develop mental and emotional strength, which in turn affects the success of their rehabilitation programs. Similar findings were reported by Saputra (2023), who emphasized the importance of social support in the personality guidance process for correctional clients convicted of drug offenses. With strong social support, inmates are better able to cope with psychological pressure and be open to the rehabilitation process.

Additionally, legislation also provides a basis for the importance of care and rehabilitation for inmates. As stated in Article 1 of Law No. 22 of 2022 on Corrections, rehabilitation is part of the correctional function aimed at restoring the physical and mental condition of inmates. In this case, rehabilitation not only helps inmates recover from drug addiction but also assists them in developing resilience to face life after release.

Therefore, a deeper understanding of the importance of resilience and the factors influencing its development is necessary to design effective rehabilitation strategies. This research focuses on how to build resilience in narcotics offenders at the Class IIB Sekayu Prison and the challenges faced in this process. By strengthening inmates' resilience, it is hoped that the risk of them returning to the world of narcotics can be reduced, helping them lead better lives after leaving the correctional institution.

LITERATURE REVIEW

A study by Agustin (2023) discusses the relationship between social support and resilience among former narcotics and other addictive substance (NAPZA) addicts. The research was conducted using a quantitative research method and measurement scales to collect data from participants who met the criteria. The purpose of this study is to determine the relationship between two variables: social support and resilience in former NAPZA addicts. This study provides new insights in the field of education and has implications for interventions and support programs for individuals undergoing recovery from addiction.

This study uses a quantitative research method with a correlational design. The population in this study consists of former NAPZA addicts in Surabaya. The population sampling technique used is non-discriminative exponential snowball sampling. Participants were recruited by distributing questionnaires to those who met the criteria. The data collection instruments used in this study consist of two scales: the Resilience Scale and the Social Support Scale. The analysis results indicate a positive relationship between social support and resilience in former NAPZA addicts.

The results of the study show that there is a significant relationship between social support and resilience in former NAPZA addicts. This means that the higher the social support received, the higher the resilience developed, and conversely, the lower the social support, the lower the resilience. These findings provide new insights in the field of education and have implications for interventions and support programs for individuals in the process of recovering from addiction.

The relevance of this research lies in its exploration and understanding of the relationship between social support and resilience in NAPZA-related individuals. The data analysis results from the second study also indicate a positive relationship between social support and resilience in former NAPZA addicts. The implications of both studies provide new insights in the field of education and form the basis for interventions and support programs for individuals recovering from NAPZA addiction. Although the two studies differ in context and focus, both contribute valuable understanding regarding the importance of support and resilience in supporting the recovery process for individuals affected by NAPZA addiction.

Saputra and Muhammad (2023) discusses the influence of social support on the effectiveness of personality guidance for correctional clients involved in narcotics offenses. The aim of the study is to determine the impact of social support on the effectiveness of personality guidance for correctional clients involved in narcotics offenses and to provide a clearer understanding of how to improve the rehabilitation process for these clients. This research uses the literature review method by collecting and analyzing previous studies relevant to the research topic.

The study indicates that the level of social support received by correctional clients can influence the effectiveness of personality guidance. Good social support can help clients become more open to the guidance process, increase their motivation, and provide the confidence needed to achieve positive behavioral changes. In addition, the study also provides additional information in the form of descriptions of social support and quality of life based on gender, age, last education level, occupation, and parental income.

The relevance of this research lies in its contribution to understanding the rehabilitation of correctional clients with narcotics cases. Although the two studies used different research methods, with the first using qualitative methods and the second using a literature review, both explore the positive impact of social support on correctional clients. The findings of the second study indicate that the level of social support received

by correctional clients can affect the effectiveness of personality guidance, with good social support helping clients become more open to guidance, increasing motivation, and providing the confidence needed to achieve positive behavioral changes.

Doni and Nabén (2024) discusses the resilience of inmates in Class IIB Maumere Detention Center. Inmates are vulnerable to having low resilience because they are isolated from the outside world and must face psychologically stressful conditions. This study aims to explore and describe how resilience develops in inmates at Class IIB Maumere Detention Center. The research uses a descriptive qualitative method to investigate the resilience of inmates at Class IIB Maumere. A brief profile of Class IIB Maumere Detention Center is also presented, along with data on the informants who will be the subjects of the study.

The research results show that inmates at Class IIB Maumere Detention Center go through stages of submission, endurance, recovery, and growth during their sentence. They face emotional and psychological pressures at the beginning of their incarceration, but with the help of family, officers, and the prison environment, they are able to recover and develop into better individuals. Inmate resilience is the ability to confront, overcome, and grow stronger from the difficulties and problems they face. This indicates that inmates have the potential to recover and grow, especially with support from their surroundings.

The connection between the two studies lies in their shared goal of understanding and describing inmate resilience, illustrating how inmates overcome significant challenges within the prison environment. The research findings demonstrate that inmates have the potential to recover and grow. The first study highlights efforts to build the resilience of narcotics offenders in Class IIB Sekayu Prison, while the second study presents the narrative of inmates at Class IIB Maumere Detention Center who experience the stages of submission, endurance, recovery, and growth during their sentence.

METHOD

This research uses a descriptive qualitative method, aimed at providing an in-depth picture of how resilience is built among narcotics inmates at Class IIB Sekayu Prison. This method was chosen because qualitative research allows the researcher to explore complex phenomena in detail within a specific context, providing a deeper understanding of the factors influencing the development of inmate resilience and the challenges faced during the process.

Interviews were conducted directly with narcotics inmates at Class IIB Sekayu Prison, correctional officers, and the inmates' families. The purpose of these interviews is to delve deeper into the inmates' perceptions of the challenges they face, the role of social support in the rehabilitation process, and how their resilience was formed during their time in prison. The interviews were semi-structured, allowing flexibility in exploring relevant topics and giving respondents the opportunity to share their experiences in-depth. Observations were made of interactions between inmates and correctional officers as well as between inmates during the rehabilitation programs. The researcher observed daily activities within the prison, including mental and personality development sessions, social activities, and the dynamics of interactions between inmates and their environment. The purpose of the observation is to capture elements that cannot be expressed through interviews, such as emotional expressions, inmates' adaptation patterns to prison conditions, and the social support they received.

The official documents analyzed in this research include the rehabilitation policies implemented at Class IIB Sekayu Prison, such as the standard operating procedures (SOP)

for rehabilitation, inmate development program evaluation reports, and regulations related to rehabilitation and resilience within correctional facilities, such as Law No. 35 of 2009 on Narcotics and Law No. 22 of 2022 on Corrections. Document analysis was conducted to understand the legal foundation underlying the implementation of the rehabilitation program and to ensure alignment between field practices and the established regulations.

RESULTS AND DISCUSSION

Building Resilience in Narcotics Inmates at Class IIB Sekayu Prison

The issue of drug abuse in correctional institutions is not only related to criminal aspects but also brings about complex social and health impacts. Drug dependence often leads to the breakdown of family relationships, loss of jobs, and disconnection from society. Drug abuse also causes significant physical and mental health problems, such as infectious diseases and psychological disorders. In facing this issue, a resilience-based rehabilitation approach is crucial to help inmates cope with the challenges they face during imprisonment and after their release (Apriliani, 2022).

Resilience, as defined by Reivich and Shatté (2002), is the ability to bounce back from difficulties, manage stress, and trauma in a healthy and productive way. At Class IIB Sekayu Prison, this resilience-based approach is applied in a comprehensive rehabilitation program, which empowers inmates with skills and strategies to cope with stress and challenges. The program reflects a rehabilitation approach that not only focuses on physical and mental recovery but also develops inmates' emotional and mental strength to deal with life after release.

The Head of the Inmate and Student Development Section explained that:

"We provide counseling to inmates about the risks they might face after release and how they can prevent falling back into the drug world."

This statement aligns with resilience theory, which emphasizes the importance of preparing for future risks through appropriate knowledge and strategies (Grotberg, 2001).

One inmate, Inmate 1, expressed:

"I have become more aware of the risks I might face after being released, especially concerning drugs."

This admission shows that the preventive programs and counseling provided at Class IIB Sekayu Prison successfully increased inmates' awareness of the risks they may face outside prison and prepared them with the necessary skills to avoid re-engaging in criminal behavior.

1. Preventive Function

The preventive function in rehabilitation at Class IIB Sekayu Prison focuses on counseling and skills training aimed at preventing inmates from returning to the drug world after release. This program helps raise inmates' awareness of the risks and provides them with the tools needed to face challenges outside of prison. According to the Head of the Inmate and Student Development Section:

"We provide counseling to inmates about the risks they might face after release and how they can prevent falling back into the drug world."

Preventive guidance theory, as explained by Sukardi (2008), shows that appropriate intervention can prevent future problems by identifying potential

risks and implementing preventive measures. A literature review by Prayitno and Erman Amti (2004) also supports this view, showing that effective preventive guidance can help individuals better prepare for challenges.

Inmates who participated in this counseling program, such as Inmate 1, stated that the program helped them understand the risks they might face after release:

"I have become more aware of the risks I might face after being released, especially concerning drugs."

This aligns with resilience theory, which states that adequate preparation and knowledge can reduce the negative impact of the risks faced (Grotberg, 2001).

2. Curative Function

In addition to the preventive function, the rehabilitation program at Class IIB Sekayu Prison also emphasizes a curative function that focuses on emotional support. Counseling is one of the main methods used to support inmates in dealing with personal and social issues they experience during imprisonment. The Head of the Inmate Care Subdivision explained:

"We provide emotional support and counseling to help them face the problems they encounter, both personal and social."

Emotional support through counseling helps inmates develop effective coping skills to deal with the stress and trauma they face. Curative guidance theory, according to Sukardi (2008), emphasizes that this support is crucial for addressing existing problems. Grotberg (2001) also emphasized that emotional support plays a crucial role in strengthening individual resilience, especially in the context of inmates who experience severe stress in prison environments.

Inmate 2, who had participated in counseling, reflected on the benefits of the program:

"The support from the officers and counseling helped me understand my problems and how to deal with them."

This support enabled inmates to not only face their personal problems better but also helped them develop the skills needed to cope with the emotional pressure they experience.

3. Developmental Function

The developmental function in the rehabilitation program at Class IIB Sekayu Prison focuses on skills training designed to prepare inmates for life after release. Training provided, such as sewing, farming, and other skills, is designed to help inmates develop potentials that can be used as a livelihood after leaving prison. The Head of the Inmate and Student Development Section stated:

"We help develop their potential by providing skills training, such as sewing, farming, and other skills that can be useful in society."

According to Sukardi (2008), developmental guidance theory emphasizes the importance of helping individuals develop their personal and professional potential to achieve optimal growth. The skills training program at Class IIB Sekayu Prison reflects this principle by providing inmates with relevant skills to improve their job opportunities and support their social reintegration after release.

Program evaluation results showed that inmates who participated in skills training felt more confident in preparing for the future. Inmate 3 stated:

"Here I learned sewing skills. I hope this will help me after being released."

This acknowledgment aligns with the literature, which states that developing practical skills can enhance inmates' sense of competence and self-confidence (Grotberg, 2001; Reivich & Shatté, 2002). By providing relevant skills, this program plays a crucial role in preparing inmates for life outside prison and supporting their successful social reintegration.

4. Educational Function

The educational function at Class IIB Sekayu Prison focuses on providing knowledge about the dangers of drugs and essential life skills to prepare inmates after their release. This education program includes relevant information on drug risks and teaches inmates how to face challenges outside of prison. The Head of the Registration and Community Guidance Subdivision explained:

"Our education program aims to provide knowledge about drugs as well as life skills so they can adapt well after release."

According to Sukardi (2008), educational theory in guidance emphasizes the importance of providing relevant knowledge to help individuals adapt to future life challenges. Effective education acts as a facilitator that helps inmates understand the consequences of their actions and prepares them for life after release (Grotberg, 2001).

Inmate 1, who participated in this program, reported:

"I have learned a lot about how to live better, and this has helped me prepare for the future."

This statement confirms the importance of education in preparing inmates for life after release and supporting them in developing relevant life skills (Reivich & Shatté, 2002). This education program helps inmates understand existing risks and teaches them the necessary skills to successfully adapt to life outside prison.

5. Consultative Function

The consultative function in the rehabilitation program at Class IIB Sekayu Prison aims to assist inmates in the decision-making process, both during imprisonment and after release. Through consultative guidance, inmates are provided with advice and support in making important decisions that affect their quality of life inside and outside the prison. The Head of the Inmate Care Subdivision explained:

"We provide advice and guidance to them, especially when they have to make important decisions, both during their imprisonment and after release."

Consultative guidance theory, according to Sukardi (2008), emphasizes the importance of support in decision-making to help individuals choose the best alternatives in the situations they face. Consultative guidance serves to provide an objective perspective and help inmates evaluate the options available.

Inmate 2 stated:

"I often seek advice from officers about decisions I have to make, and it has been very helpful."

This acknowledgment shows that the consultative support provided by prison officers helps inmates make better decisions, in line with resilience theory, which states that guidance in decision-making can enhance individuals' ability to face challenges more effectively (Reivich & Shatté, 2002).

6. Challenges in Building Resilience in Narcotics Inmates at Class IIB Sekayu Prison
Based on the research, several key challenges exist in efforts to build resilience in narcotics inmates at Class IIB Sekayu Prison. These challenges include internal and external factors that affect the effectiveness of the rehabilitation process and the development of inmates' mental resilience.

- a. Limited Facilities and Resources

One of the biggest challenges is the limited facilities and resources available at Class IIB Sekayu Prison. The Head of the Inmate and Student Development Section revealed:

"We have limited facilities, such as specific spaces for training or counseling, which makes the rehabilitation process less optimal than expected."

Limited space used for various activities restricts the effective implementation of the rehabilitation program. Additionally, the number of trained officers to provide counseling and emotional support is also limited, so not all inmates receive the full attention they need. The Head of the Inmate Care Subdivision also added:

"The staff available for emotional counseling is also limited, so not all inmates can receive full attention."

These limitations in facilities and resources affect the quality of rehabilitation that can be provided to inmates. According to studies by Reivich and Shatté (2002), adequate facilities and support from trained human resources are essential to help individuals build resilience. Grotberg (2001) also stated that the success of rehabilitation programs greatly depends on the availability of sufficient facilities and support. Therefore, improving facilities and providing additional training for staff is a priority to increase the effectiveness of rehabilitation.

- b. Social Stigma and Emotional Pressure

Social stigma against former drug users poses a significant challenge in the rehabilitation and social reintegration process for inmates. Inmate 1 expressed:

"I'm afraid that after I get out, I won't be accepted by society; they still see me as an addict."

This stigma causes inmates to feel rejected by society and damages their self-confidence, which ultimately hampers their ability to build resilience.

In addition, the emotional pressure experienced during imprisonment, such as guilt and isolation from family, worsens the inmates' psychological conditions.

Inmate 2 stated:

"Sometimes I feel very lonely and pressured; the guilt is overwhelming, making it hard to think positively."

This emotional pressure increases the risk of stress and reduces inmates' motivation to focus on rehabilitation. Reivich and Shatté (2002) emphasize that severe emotional pressure can hinder the process of building mental resilience.

c. Lack of Social Support

Social support, both from family and friends, is a crucial element in building inmates' resilience. However, many inmates at Class IIB Sekayu Prison face challenges due to the lack of this support. The Head of the Registration and Community Guidance Subdivision explained:

"Many of them have been abandoned by their families or friends because of drug issues."

Inmate 3 also expressed:

"I no longer have any relationship with my family; they never visit me, so I have to struggle on my own."

The literature shows that strong social support is an important factor in the recovery process and building resilience (Grotberg, 2001). Support from family and friends can help inmates feel more connected and emotionally supported, strengthening their mental resilience. The lack of social support can make inmates feel isolated and difficult to focus on rehabilitation.

d. Prison Environment Conditions

The physical and social conditions in the prison, such as overcrowding and lack of privacy, also pose a significant challenge in the rehabilitation process. The Inmate Care Section staff explained:

"The conditions inside the prison are not ideal; it is often overcrowded, which adds to the stress level for the inmates."

Inmate 1 added:

"Sometimes it's hard to talk about personal problems because the environment here is not very supportive; people prefer to stay quiet."

An unsupportive environment, both physically and socially, increases inmates' stress and hinders the rehabilitation process. According to Grotberg (2001), an unconducive environment can increase the risk of stress and reduce individuals' ability to develop mental resilience. Therefore, creating a more supportive environment is essential for the success of rehabilitation programs.

e. Lack of Specific Drug Rehabilitation Programs

Another challenge is the lack of specific rehabilitation programs designed to address narcotics inmates. The Head of the Inmate and Student Development Section revealed:

"The existing rehabilitation programs are not specific enough to address narcotics inmates, so many of them do not receive the help they need."

Narcotics inmates require rehabilitation programs specifically designed to help them overcome addiction and build emotional resilience. Grotberg (2001) emphasized that more specific and focused rehabilitation programs can

improve the recovery of individuals with drug addiction problems. Developing more focused rehabilitation programs is an important step to enhance inmates' resilience against the temptation to return to the drug world.

CONCLUSION AND SUGGESTION

Based on research on how to build resilience in narcotics inmates at Class IIB Sekayu Prison, it can be concluded that a resilience-based rehabilitation approach plays an important role in supporting inmates in facing complex challenges during imprisonment and after release. Resilience, as defined by Reivich and Shatté (2002), is the ability to bounce back from difficulties in a healthy and productive way. The rehabilitation program implemented at Class IIB Sekayu Prison includes counseling, emotional support, skills training, and educational support, all of which contribute to strengthening inmates' mental and emotional resilience.

The preventive function in the rehabilitation of narcotics inmates at Class IIB Sekayu Prison helps raise awareness of the risks they will face after release by providing relevant information and training. The curative function through emotional counseling provides crucial support to help inmates cope with emotional pressure and trauma, and to develop effective coping skills. Additionally, the developmental function through skills training aims to prepare inmates for life after release with useful skills for social and economic reintegration.

However, there are several challenges affecting the effectiveness of rehabilitation, including limited facilities and resources, social stigma, lack of social support, overcrowded prison environments, and the absence of specific rehabilitation programs for narcotics cases. Overcoming these challenges is a key step in improving the effectiveness of rehabilitation programs. By providing better facilities, strengthening social support, and creating more focused rehabilitation programs, Class IIB Sekayu Prison can better support inmates in building resilience and preparing for life after release.

Based on the research findings on building resilience in narcotics inmates at Class IIB Sekayu Prison, several recommendations can be proposed to improve the quality of program implementation in the future:

1. Improvement of Facilities and Resources

The limited facilities and resources at Class IIB Sekayu Prison are a significant barrier to the rehabilitation program. Therefore, it is recommended that the correctional institution invest in improving rehabilitation-specific facilities, such as counseling and training rooms. Additionally, further training for prison staff is necessary so they can provide deeper emotional and psychological support to inmates. Increasing the number of trained personnel is also needed to ensure all inmates receive adequate attention and guidance.

2. Reducing Social Stigma through Public Education Programs

The social stigma faced by former drug users is a major barrier to their reintegration into society. To address this, a broad public education campaign should be conducted to emphasize the importance of supporting former inmates who have undergone rehabilitation. This program can involve correctional institutions, local governments, and civil society organizations to reduce stigma and facilitate smoother reintegration for released inmates.

3. Increasing Social Support for Inmates

The lack of social support from family and friends can worsen the rehabilitation process for inmates. Therefore, programs that facilitate the restoration of

relationships between inmates and their families should be promoted. Prisons can organize family counseling sessions or special meetings to help mend relationships damaged by drug involvement. Additionally, creating a social support community within the prison, such as peer support groups, can help inmates feel more connected and emotionally supported.

4. Developing Specialized Narcotics Rehabilitation Programs

The current rehabilitation programs are not fully designed to meet the specific needs of narcotics inmates. It is recommended that the prison develop rehabilitation programs specifically tailored to address drug addiction. These programs can include behavioral therapy, addiction counseling, and more intensive support to help inmates overcome their addiction. With a more specific approach, inmates can more easily build the mental and emotional resilience needed to prevent relapse after release.

5. Strengthening Post-Release Reintegration Programs

The temptation to return to the drug world after release remains a serious challenge for former inmates. To combat this, it is recommended that correctional institutions collaborate with local governments and non-governmental organizations (NGOs) to strengthen post-release reintegration programs. These programs should include ongoing support, such as job guidance, safe housing, and community support, so that former inmates do not return to high-risk environments. Strong social support and networks are crucial to preventing relapse and ensuring the long-term success of rehabilitation.

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