

PERSONALITY DYNAMICS OF ADOLESCENT DRUGS USERS DURING THE REHABILITATION PROCESSES AT CIAMIS BNNK IN 2026

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Abstract

This study aims to analyze the personality dynamics of adolescent drug users undergoing rehabilitation at the Ciamis National Narcotics Agency (BNNK). The background of this study is based on the increasing number of drug abuse cases among adolescents, particularly high school students (SMA), which impacts their psychological well-being and personal development, ultimately impacting their future. The method used in this study is qualitative with a phenomenological approach. The subjects consisted of high school adolescents undergoing rehabilitation. Data collection techniques were conducted through in-depth interviews with one of the clients undergoing rehabilitation at the Ciamis BNNK. Observation and documentation were used.

Keywords: Adolescents, Narcotics, Rehabilitation.

A. INTRODUCTION

Adolescent drug abuse is one of the increasingly complex social problems that requires serious attention from various parties, such as friends and parents (Saragih et al., 2024). Adolescents, as an age group in a transitional phase, have a high level of vulnerability to various influences and invitations to engage in negative behavior, including drug abuse. At this stage, individuals experience significant physical, emotional, and social changes, which are often accompanied by emotional instability and a search for identity (Anggara C, 2025).

According to the National Narcotics Agency, drug abuse in Indonesia does not only occur among adults, but has also spread to student populations. This indicates that social environment, peer pressure, and lack of self-control are factors that encourage adolescents to become involved in such behavior. In addition, strong curiosity and the desire to be accepted within peer groups also increase the risk of drug abuse among adolescents.

From the perspective of developmental psychology, Erik Erikson explains that adolescents are in the stage of identity versus role confusion, a phase in which individuals strive to find their identity and social role. When this process does not go well, adolescents may experience identity confusion that potentially drives them to seek escape through deviant behavior, including drug abuse.

Drug abuse itself is defined as the use of substances without legal right or against the law, as stated in Law Number 35 of 2009 concerning Narcotics. In addition, the World Health

Organization states that drug abuse is the use of psychoactive substances that can cause dependence and negatively affect adolescent personality development, such as decreased self-control, emotional instability, and disrupted social relationships (Sitorus et al., 2025).

The impact of drug abuse is not limited to physical aspects, but also has a significant influence on an individual's psychological condition and personality (Muin T, 2025). Adolescents involved in drug abuse tend to experience behavioral changes, such as reduced ability to control themselves, increased negative emotions, and disturbances in social relationships (Alexander et al., 2025). In the long term, this condition can hinder the development of a healthy and adaptive personality.

Personality is an important aspect of the individual that reflects relatively stable patterns of behavior, emotions, and ways of thinking (Cahyani et al., 2025). Gordon Allport states that personality is a dynamic organization within the individual that determines the unique way a person adjusts to the environment. In the context of adolescents who use drugs, personality is not static, but undergoes changes influenced by life experiences, including negative experiences such as drug abuse.

In addition, B. F. Skinner, through behaviorist theory, explains that individual behavior is influenced by the environment through a learning process. This means that the habit of using drugs can be formed as a result of environmental influence, but can also be changed through new learning processes within the rehabilitation environment. To address this problem, various efforts have been made, one of which is through rehabilitation programs (Yuli Y, 2019). Rehabilitation is a recovery process and one of the services provided at BNNK Ciamis. This rehabilitation does not only focus on stopping drug use, but also includes the recovery of the individual's psychological and social condition. Rehabilitation programs are designed to help individuals understand the mistakes they have made, develop self-awareness, and rebuild a more positive and adaptive personality. The rehabilitation carried out at BNNK Ciamis is also a free service program.

During the rehabilitation process, adolescent drug users experience various psychological dynamics that reflect changes within themselves (Komariah et al., 2025). These dynamics may include the emergence of self-awareness, inner conflict, and efforts to improve themselves. This process does not always proceed linearly, but goes through various stages influenced by internal and external factors, such as personal motivation, family support, and the rehabilitation environment.

Personality dynamics in this study refer to changes and developments in the aspects of an individual's personality during rehabilitation. Freud (1923) explains that personality consists of three structures, namely the id, ego, and superego, which interact with one another in shaping individual behavior. In the rehabilitation process, efforts are made to balance these three aspects so that individuals are able to control impulses and act rationally.

Previous studies have shown that rehabilitation plays an important role in improving individuals' psychological well-being. Carol D. Ryff explains that psychological well-being includes aspects of self-acceptance, purpose in life, and positive relationships with others. These aspects can develop along with the recovery process experienced by individuals during rehabilitation.

Nevertheless, each individual has a different experience in undergoing the rehabilitation process. Therefore, it is important to study in depth the personality dynamics experienced by adolescent drug users, especially in the context of rehabilitation. A qualitative approach is considered appropriate for exploring individuals' subjective experiences and understanding the meanings they attach to the changes they undergo. Based on this explanation, this study focuses on the personality dynamics of adolescent drug users during the rehabilitation process at BNNK Ciamis. This research is expected to provide a deeper picture of the process of personality change among adolescents and serve as a consideration in developing rehabilitation programs.

In the local context, research on the personality dynamics of adolescent drug users within the National Narcotics Agency (BNN) of Ciamis Regency is still relatively limited. In fact, each region has different social and cultural characteristics that may influence the rehabilitation process as well as the personality dynamics of individuals. Therefore, this study becomes important in providing an empirical description of the experiences of adolescent drug users undergoing rehabilitation at BNNK Ciamis.

However, each individual has a unique experience in undergoing the rehabilitation process. Differences in background, life experience, and psychological condition cause the personality dynamics experienced by each adolescent to differ as well. Therefore, an individual approach becomes important in order to understand the process of change in depth.

B. LITERATURE REVIEW

Erik Erikson's Psychosocial Development Theory

Erikson explains that adolescence is the stage of identity versus role confusion, namely a phase in which individuals are striving to form a stable identity and understand their social role more clearly (Erikson, 1968). At this stage, adolescents tend to experience inner struggles between the need to discover their true identity and the risk of confusion about their direction in life. When the process of identity formation does not proceed well, adolescents become more vulnerable to negative environmental influences, including deviant behavior such as drug abuse. In the context of rehabilitation, this theory is relevant because the recovery process is not only related to stopping substance use, but also concerns the reconstruction of a healthier and more adaptive self-identity. Thus, Erikson's theory can be used to explain that personality changes in adolescents during rehabilitation are closely related to the process of searching for, struggling with, and affirming self-identity. Indicators of Erikson's Theory:

- Clarity of self-identity
- Role confusion
- Self-acceptance
- Direction and purpose in life
- Consistency of social roles

Sigmund Freud's Psychoanalytic Theory

Freud (1961) views personality as a dynamic system composed of three main structures, namely the id, ego, and superego, which continuously interact in influencing individual behavior (Freud, 1961). The id represents instinctive drives and the pursuit of immediate gratification, the ego functions as a rational mediator, while the superego serves as the moral controller based on values and norms. In the case of adolescent drug users, deviant behavior

can be understood as a condition in which impulsive urges are more dominant than rational and moral control. During the rehabilitation process, individuals attempt to rebuild the balance between impulses, reality-based considerations, and moral awareness in order to control their behavior in a healthier way. Therefore, Freud's theory (1961) is highly relevant for explaining the inner dynamics, psychological conflicts, and changes in self-control experienced by adolescents during rehabilitation. Indicators of Freud's Psychoanalytic Theory (1961):

- Dominance of impulsive drives
- Ability of self-control
- Rational consideration
- Moral awareness
- Internal psychological conflict

B.F. Skinner's Behaviorist Theory

Skinner (1953) explains that individual behavior is formed, maintained, or changed through a learning process influenced by the environment, especially through the mechanisms of reinforcement and punishment (Skinner, 1953). From this perspective, drug abuse behavior is not viewed as something that simply appears on its own, but rather as the result of learning experiences strengthened by a particular social environment. Adolescents may continue using drugs because the behavior once produced effects considered pleasurable, gained acceptance from a group, or reduced the psychological pressure they felt. On the other hand, within the rehabilitation environment, individuals are introduced to new and more adaptive learning patterns through habituation, positive reinforcement, rules, and consistent guidance. Thus, Skinner's theory (1953) is relevant for explaining that personality and behavioral changes during rehabilitation are also influenced by a relearning process in a more directed environment.

Indicators of Skinner's Behaviorist Theory (1953):

- Environmental stimuli
- Behavioral responses
- Positive reinforcement
- Negative reinforcement or consequences
- Formation of new habits

C. RESEARCH METHODOLOGY

This study employed a qualitative method with a phenomenological approach to understand the personality dynamics of adolescent drug users during the rehabilitation process. This approach was chosen because it allows for in-depth exploration of individual subjective experiences.

According to Sugiyono, qualitative research methods are used to examine the conditions of practical objects, with the researcher as the key instrument and triangulation as the data collection technique. This approach allows researchers to gain a comprehensive understanding of the phenomenon under study. The phenomenological approach was used because this study focuses on the lived experiences of adolescent drug users during the rehabilitation process. Phenomenology aims to explore the meanings individuals attach to their experiences. This

aligns with Cresswell's opinion that phenomenology is used to understand the essence of a person's experience of a particular phenomenon.

This research was conducted at the National Narcotics Agency (BNN) in Ciamis Regency. This location was chosen based on the consideration that this institution directly handles rehabilitation programs for drug abusers, including adolescents. The subjects in this study were high school-aged adolescents who were currently undergoing or had undergone rehabilitation at the BNNK Ciamis. By using qualitative methods and a phenomenological approach, this research is expected to provide an in-depth picture of the personality dynamics of adolescent drug users in the rehabilitation process at the Ciamis BNNK.

D. RESULT AND DISCUSSION

Condition Before Rehabilitation

Based on the interview results with one of the narcotics abusers, adolescent drug users showed unstable personality conditions before undergoing rehabilitation. The informant tended to have low self-control, unstable emotions, and was easily influenced by the peer environment. The informant also revealed that drug use began due to peer influence and the desire to be accepted within the social circle, because the informant felt that otherwise they would not be appreciated. He stated, *“At first, I was just following my friends, so I would look cool and not be excluded by them.”*

Condition During Rehabilitation

While undergoing rehabilitation at the National Narcotics Agency (BNN) of Ciamis Regency, the informant experienced various personality dynamics that indicated a gradual process of change. The initial stage of rehabilitation was marked by the emergence of rejection and discomfort. Some informants admitted feeling pressured and having difficulty adapting to the existing rules. However, over time, self-awareness regarding the mistakes that had been made began to emerge. He said, *“At first, it was really hard to change and stop, but I began to realize that this behavior could slowly destroy me, and I also have life goals.”*

Condition After Rehabilitation

After undergoing the rehabilitation process, the informant showed quite significant personality changes. These changes included increased self-control, emotional stability, and improved ability to establish better social relationships. He also expressed changes in his perspective on life. They began to have life goals and a desire to improve themselves. He stated, *“Now I can think more about the future, stay away from those toxic friendships, and I do not want to fall into the same thing again.”*

The results of the study show that the personality dynamics of adolescent drug users underwent significant changes during the rehabilitation process. Before rehabilitation, the unstable personality condition indicated problems at the stage of identity development, as explained by Erik Erikson, who states that adolescents are in the phase of *identity versus role confusion*.

The strong environmental influence on drug use behavior is also in line with Skinner's (1953) behaviorist theory, which states that individual behavior is influenced by the environment and the learning process. During the rehabilitation process, the emergence of inner conflict and self-awareness indicates the presence of psychological dynamics within the

individual. This can be explained through Freud's (1961) psychoanalytic theory, which emphasizes the interaction among the *id*, *ego*, and *superego* in controlling behavior.

After rehabilitation, the changes in a more positive direction indicate an improvement in psychological well-being, in which individuals are better able to accept themselves, have life goals, and establish positive social relationships. Thus, the rehabilitation process at the National Narcotics Agency (BNN) of Ciamis Regency functions not only as an effort to stop narcotics use, but also as a process of reshaping adolescent personality into something more adaptive and more positive.

E. CONCLUSION

Drug abuse among adolescents is a complex problem influenced by various factors, such as peer environment, psychological condition, and the process of identity searching during adolescence. These conditions make adolescents vulnerable to personality disturbances, such as low self-control, emotional instability, and difficulties in social adaptation.

In this context, the rehabilitation process carried out at the National Narcotics Agency (BNN) of Ciamis Regency has a significant role in supporting the recovery of adolescent drug users. Rehabilitation functions not only as an effort to stop substance use, but also as a process of guidance and the reconstruction of the individual's personality.

The personality dynamics of adolescents during the rehabilitation process show changes that occur gradually, beginning with an unstable initial condition, then entering an adjustment phase marked by inner conflict and self-awareness, and finally reaching a stage of more positive change. These changes are reflected in improved self-control, emotional stability, and the development of more mature and directed patterns of thinking.

Thus, it can be concluded that the rehabilitation process makes an important contribution to reshaping the personality of adolescent drug users into a more adaptive one, enabling them to live social lives more effectively. Therefore, the success of rehabilitation is determined not only by the programs provided, but also by environmental support and the individual's own life context in undergoing the process of change.

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