

Determinan berhenti pakai Narkoba suntik : studi penyalahgunaan Narkoba di 17 provinsi tahun 2008 = Determinants of cessation injecting drug use : study of drugs abuse in 17 province 2008

Harvina Sawitri, author

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Abstrak

[ABSTRAK

Narkotika dan obat-obatan terlarang merupakan permasalahan global saat ini. 3,3-6,1% penduduk dunia menggunakan obat-obatan terlarang. Di Indonesia 1,99 % penduduknya menggunakan narkotika dan obat-obatan terlarang dan 7% dari jumlah tersebut merupakan pengguna narkoba suntik. Pemakaian narkoba dapat mengakibatkan bermacam-macam gangguan mental dan perilaku dan mengakibatkan terjadinya berbagai penyakit. Sedangkan pemakaian jarum suntik bergantian pada pengguna narkoba suntik dapat meningkatkan angka infeksi HIV, Hepatitis B, dan Hepatitis C. Karena penggunaan narkoba suntik mengakibatkan banyak dampak buruk, oleh karena itu perlu adanya upaya untuk menanggulangi hal ini. Harm reduction (pengurangan dampak buruk) merupakan salah satu upaya penanggulangan narkoba. Program ini telah terbukti dapat menurunkan angka pemakaian narkoba dengan menyuntik.

Desain penelitian ini adalah menggunakan desain potong lintang dengan mempertimbangkan variabel waktu. Analisis yang digunakan adalah analisis survival menggunakan metode Kaplan Meier untuk melihat hubungan antara variabel dependen dan independen dan untuk pemodelan multivariatnya dilakukan dengan Regresi Cox. Sampel penelitian ini adalah 268 pengguna narkoba suntik pada Survei Penyalahgunaan Narkoba di Indonesia tahun 2008 yang dilakukan oleh Badan Narkotika Nasional.

Pada lama pemakaian narkoba suntik pada responden, waktu paling sedikit adalah 3 bulan dan waktu paling lama adalah 348 bulan (29 tahun). Umur paling muda pengguna narkoba suntik adalah 15 tahun dan paling tua 44 tahun. Faktor yang berhubungan dengan berhenti pakai narkoba suntik adalah umur, jenis kelamin, mengikuti rehabilitasi, tidak pernah mengikuti detoksifikasi, tidak pernah melakukan pengobatan sendiri, dan anggota keluarga tidak ada yang pakai narkoba. Tinggal bersama keluarga mempunyai peluang 1,50 kali lebih cepat untuk berhenti pakai narkoba suntik, pengguna narkoba suntik yang bekerja mempunyai peluang 1,24 kali lebih cepat untuk berhenti pakai narkoba suntik, pengguna narkoba suntik yang hanya menggunakan 2 zat atau kurang mempunyai peluang 1,68 kali lebih cepat untuk berhenti pakai narkoba suntik, dan pada pengguna narkoba suntik yang tidak tahu frekuensi menyuntik peluangnya 2,07 kali lebih cepat untuk berhenti pakai narkoba suntik. Mengikuti program harm reduction atau tidak mempunyai peluang yang sama untuk berhenti pakai narkoba suntik. Hal ini disebabkan karena belum optimalnya pelaksanaan program harm reduction dan keterampilan petugas penjangkauan yang belum

adekuat.

Oleh karena itu sasaran program sebaiknya dilakukan pada umur sedini mungkin dan laki-laki juga menjadi fokus utama. Harm reduction perlu dioptimalkan lagi programnya secara menyeluruh dengan tidak hanya berfokus pada beberapa program tertentu. Karena kalau secara jangkauan, sebagian besar pengguna narkoba telah dapat menjangkau program, tetapi hasil yang didapatkan belum memenuhi target program. Perlu adanya peningkatan konseling secara individu antara petugas penjangkauan dengan pengguna narkoba untuk lebih memotivasi pengguna narkoba supaya dapat merubah perilakunya dari berisiko menjadi tidak berisiko.

;Narcotics and illegal drugs is a global problem. About 3.3 to 6.1% of world population uses illegal drugs. In Indonesia, 1.99% of the population using drugs and illicit drugs and 7% of them are injecting drug users. Drug uses can lead to many mental and behavioral disorders and caused various diseases. And using drugs with needles in intravenous can increase the rate of HIV infection, Hepatitis B and Hepatitis C. Because of injection drug use caused many adverse effects, therefore there is a need for efforts to tackle this. Harm reduction is one of drugs prevention. This program has been shown can reduce the number of injecting drug use.

The design of this study is use a cross-sectional design with time variable into the consideration. This analysis used survival analysis which Kaplan-Meier is used to see the relationship between the dependent and independent variables for modeling and multivariat performed with Cox regression. The research sample is 268 injecting drug users in Indonesian Survey on Drug Abuse conducted in 2008 by BNN.

At the time of injecting drug use among respondents, the time is at least 3 months and a maximum was 348 months (29 years). The youngest age of injecting drug users is 15 years old and the oldest is 44 years. Factors associated with cessation of injecting drug use is age, sex, join rehabilitation, never join detoxification, didn't have self efficacy, and no family member who used drugs. Living with family has chances 1.50 times faster to stop injecting drug use, injecting drug users who have a job 1.24 times faster to stop injecting drug use, injecting drug users who only use two substances have a chance of 1.68 times faster to stop injecting drug use and injecting drug users who do not know the frequency of injecting has chances 2.07 times faster to stop injecting drug use. Register to harm reduction program or not have the same opportunities to stop injecting drug use. This is due to non optimal implementation of harm reduction programs and the skills of outreach workers who have not been adequate.

Therefore, the target of program should be done at the earliest possible age and men are also a major focus. Harm reduction programs need to be optimized more thoroughly by not only focusing on a particular program. Because in range, the majority of drug addicts have been able to reach the program, but the results obtained do not meet program targets. Need

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