

The Effectiveness of Rehabilitation of Drug Abusers Based on Spiritualism:

Islamic Therapy at the Cipta Wening Foundation, Kuningan, West Java

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Abstract: *This study aims to see how much influence religious activities have on changing attitudes of drug abusers, based on several previous findings that religious activities are one of the recommendations with a spiritual approach for rehabilitation residents through Islamic-based hermitages. One of those who apply this method is the Cipta Wening Foundation, Kuningan Regency, West Java, which has been established for 10 years with a total of 10,000 cases treated and recovered as many as 10,000 residents, including drug residents. This has received appreciation from BNNK Kuningan regarding the contribution of the hermitage to being able to change the attitude of abusers through their religious activities. SOR theory from Ivan Petrovich Pavlov is used to analyze attitude change by involving religious activities as a stimulus received by abusers on cognitive, affective and conative attitude changes by involving the intensity of the duration of taking drugs. This study uses a descriptive quantitative-qualitative approach with literature review data collection methods (library research), observations and interviews with resource persons through the manager of the Cipta Wening Foundation for a qualitative approach and surveys 30 respondents to be analyzed by multiple linear regression test. Simultaneously it is proven that religious activities directly have an influence on changes in attitudes of abusers cognitively, effectively and conatively with an R Square number obtained of 0.226 and the intensity of drug abusers proven to mediate the effect of religious activities on attitude change with an R Square number obtained of 0.343.*

Keywords: *Rehabilitation, Religious Activities, Drug Abusers, Attitude*

Introduction

BNN's Rehabilitation Sector continues to develop the rehabilitation process through positive activities in it. Through the Rehabilitation Information System in bnn.go.id (2019), BNN has carried out various strengthening services for rehabilitation institutions, both government

agencies and community/community rehabilitation institutions. One of them is the Foundation as an independent non-governmental institution that is used as a mediator for the rehabilitation of drug abusers in the BNN Rehabilitation (2021).

Now various foundations have carried out rehabilitation practices involving several methods that have become standard rehabilitation by BNN, including medical, social, spiritual activities and capacity building. A spiritual approach as a form of rehabilitation based on spiritual activities through the internalization of religious values is important.

This religious approach was also carried out at one of the rehabilitation centers in Kuningan, the Cipta Wening Foundation, which is located in Subang District, Kuningan, West Java. Spiritual activities carried out by the manager who is also a counselor are carried out with a humanist religious approach, namely treatment with the willingness and ability of each individual. In addition, this foundation involves religious leaders as mediators from Islamic boarding schools who directly provide spiritual showers in the form of lectures, not a few former drug abusers who were rehabilitated chose to continue the internalization of religion to pesantren.

Thus, in order to support the above background, it is necessary to know how the response of drug abusers who go through the rehabilitation process based on the religious approach is needed. Of course this is interesting to study considering that there is still an assumption that what is taught in religious activities sometimes exceeds the resident's ability to practice worship and take a repentance bath at night which is one of the rituals in it, so it needs to be studied from the point of view of the abusers themselves in perceiving religious activities that are followed during the rehabilitation process and their influence on attitude change, this can then be a consideration and benefit for rehabilitation agents and families who will entrust their family members to foundations that partner with BNN for the rehabilitation process (A. D Prihatiningtyas, 2017) .

Literature Review

Several activities in the religious approach in the rehabilitation of drug abusers include according to Prihatiningtyas (2017), namely through several activities including the Koran, fardhu prayers in congregation, David fasting, hadroh, religious therapy and also ghodog therapy. Then in (Rahman, 2019) the rehabilitation process is carried out with an Islamic counseling guidance approach by going through several activities such as medical detoxification, the inabah method through bathing, dhikr, and prayer activities, and intensive therapy by the coach as a form of self-introduction (Machsun, 2019). 2020). In addition, the role of religious institutions also has a role in providing rehabilitation for drug abusers, such as in research (L Ulfa & Justiatini, 2021). The recovery process is carried out in the form of several activities including coaching prayer, fasting, dhikr, qiyamul lail, bathing repentance, religious lectures, learning aqidah morals, fiqh, reading and writing the Qur'an (Jabar, 2016).

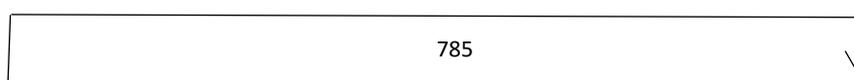
According to Gomes et al (2013) stated that the most important thing for drug abusers in an effort to avoid mental damage is through a religious approach, reaffirmed in the research of Guo & Metcalfe (2019) and Hatta (2010) that understanding religious teachings will tend to be able to avoid drug abuse. As is also being pursued in the Community-Based Intervention (IBM) program, BNN through the Post-Rehabilitation Directorate since 2019 has involved the community as partners in monitoring people in recovery, one of which can be designated as a recovery agent is a religious figure (Ppid, 2021) .

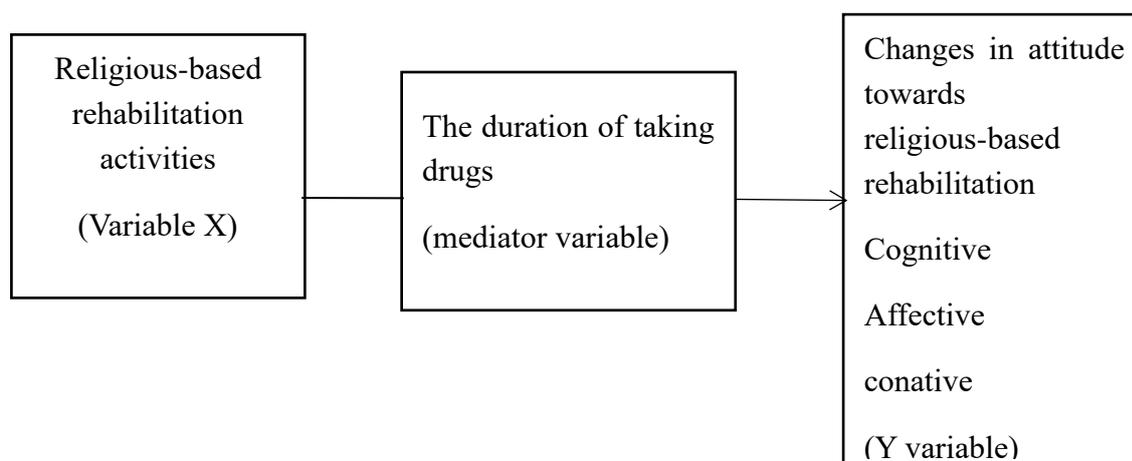
Methodology

The research is descriptive quantitative and qualitative. Secondary data collection was carried out by collecting data from literature reviews (library research), observation and interviewing resource persons through the management of the Cipta Wening Foundation regarding the establishment of a rehabilitation foundation, management structure, cooperation, rehabilitation phase, as well as forms of religious activities carried out during the rehabilitation process for drug abusers and collecting data. primary data through closed interviews with a collection tool in the form of a questionnaire containing a list of written questions. As for the withdrawal of the sample using non-probability sampling techniques, especially purposive sampling , this is because not all residents under the guidance of the Cipta Wening Foundation are drug abusers, so the researchers limited taking relevant samples according to the research objectives, namely as many as 30 respondents from a total of 33 residents fostered at the Foundation. Cipta Wening until the research was carried out on June 18, 2022.

Then for the grouping of the independent variables, namely religious activities (X) which were carried out as a form of rehabilitation for drug users, then the mediator intensity of the duration of taking drugs, and the dependent variable (Y) namely changes in attitudes towards activities. religious aspects include cognitive, affective and conative. Thus, the proposed research model is as shown below:

Figur 1. Research Thinking Framework





Based on the research model, the researcher proposes a hypothesis in accordance with the results of previous sex studies, including:

1. H1 = Religious activities have a positive effect on the attitude of drug abusers

According to Kodir (2016) religious activities by inculcating religious values through the practice of praying, dhikr, and Koran provide a positive effect on the expected change in attitude both physically, mentally and socially so that it can divert drug abusers to not take drugs again . . , implemented, monitored, and evaluated properly during the rehabilitation process can have an impact on true calm, a change in mindset and a change in behavior.

2. H2 = The intensity of drug abuse mediates the influence of religious activities on the attitudes of drug abusers

. The intensity of the duration of taking drugs is predicted to mediate the change in attitudes of drug abusers even though they have gone through religious activities during the process, this is due to a relapse as a result of complicated problems and requires intensive countermeasures according to Unodc (2018). According to Faizin (2016) in his research results reveal that the duration of taking drugs has the potential to affect the level of optimism for the recovery of drug abusers in the rehabilitation process with religious activities.

Findings & Discussion

Findings

This study begins with a data quality test to see the feasibility of the items in the questionnaire used as a research tool by testing the validity and reliability. With the results of Cronbach Alpha > 0.70 (Nunnally in Sugiyono, 2004). The next test is to do a descriptive statistical test to describe the percentage of each aspect of the attitude of drug abusers towards religious activities carried out at the Cipta Wening Foundation which can be seen in table 1 below.

Tabel 1. Descriptive statistics on the Dependent Variable (Attitudes of Abusers towards religious activities at Yayasan Cipta Wening

Dimensi	Item	Disagre		Disagree		Doubtful		Agree		Strongly agree		Weig ht
		e (1)		(2)		(3)		(4)		(5)		
		F	%	f	%	f	%	f	%	f	%	
Cognitiv e										33		
						5.	17.0	10.	.0			
	SK12	0	0%	0	0%	0	%	0	%	15	50.0%	130
										33		
						3.0	2.	7.0	10.	.0		
	SK13	0	0%	1	%	0	%	0	%	17.0	57.0%	133
										43		
						1.	3.0	13.	.0			
	SK14	0	0%	0	0%	0	%	0	%	16.0	53.0%	135
										43		
						4.	13.0	13.	.0			
	SK15	0	0%	0	0%	0	%	0	%	13.0	43.0%	129
Affectiv e										37		
						3.0	3.	10.0	11.	.0		
	SK16	0	0%	1.0	%	0	%	0	%	15	50.0%	130
										37		
						7.	23.0	11.	.0			
	SK17	0	0%	0	0%	0	%	0	%	12.0	40.0%	125
										37		
						3.	10.0	11.	.0			
	SK18	0	0%	0	0%	0	%	0	%	16.0	53.0%	133
										37		
						3.0	1.	3.0	11.	.0		
	SK19	0	0%	1.0	%	0	%	0	%	17.0	57.0%	134
Conative										30		
						3.0	9.	10.0	17.	.0		
	SK20	0	0%	1.0	%	0	%	0	%	17.0	57.0%	132
										30		
						3.	10.0		.0			
	SK21	0	0%	0	0%	0	%	9.0	%	18.0	60.0%	135
										40		
						4.	13.0	12.	.0			
	SK22	0	0%	0	0%	0	%	0	%	14.0	47.0%	130

												33
				13.0			10.		.0			
SK23	0	0%	4.0	%	0	0%	0	%	16.0	53.0%	128	
	1										37	
	.	3.0			3.	10.0	11.	.0				
SK24	0	%	0	0%	0	%	0	%	15.0	50.0%	129	

Based on the overall calculation on each item of the questionnaire on the dependent variable (Attitudes of Abusers towards religious activities at the Cendekia Foundation) it was obtained $1703/1950 \times 100\% = 87.0\%$. While the perception score of abusers on religious activities at the Cipta Wening Foundation is $1435/1650 \times 100\% = 87.0\%$.

Furthermore, the test is carried out to determine the significance of the influence of drug abusers' attitudes on religious activities carried out at the Cipta Wening Foundation through simultaneous hypothesis testing, which can be seen in the table 2 following:

Table 2. Simultaneous Hypothesis Testing Dependent Variable: Attitudes of abusers towards religious activities at Yayasan Cipta Wening

Independent Variable	F Count	F table	Sig.	Coefficient Determination	of Description
of Religious Activities at Bina Cendekia Foundation	8.173	3.354	.008	.475	Accepted

Dependent Variable: Attitude of abusers towards religious activities at Cipta Wening Foundation

Simultaneously affects the attitude of drug abusers to religious activities at the Cipta Wening Foundation with an *R Square* number of 0.226.

Furthermore, the test was carried out by involving the mediator variable, namely the intensity or duration of taking drugs from the abuser, the following results were obtained:

Table 3. Simultaneous Hypothesis Testing for Dipender Variables: Attitudes of abusers towards religious activities at the Cipta Wening Foundation through the mediator variable: duration of taking drugs

Independent Variable	Count	F table	Sig.	Coefficient Determination	of Description
of Religious Activities at the Bina Cendekia Foundation	7.050	3.354	0.037	-.393	Accepted

Dependent Variable: Attitude of abusers towards religious activities at Cipta Wening Foundation

Mediator Variable: Duration of drug use

The standard coefficient of the effect of the intensity of drug use on attitude change is -0.393 with a significance of 0.037. Because the coefficient is negative and the significance is less than 5% alpha ($0.037 < 0.05$), the intensity of drug use is proven to have a negative effect on attitude change with a percentage of 34.3% of the *R Square* 0.343 where the remaining percentage is influenced by other factors beyond the intensity of the duration. taking drugs. This indicates that the higher the duration of the drug abuser, the lower the attitude towards the abuser will decrease.

Discussion

Profile of the Cipta Wening

Foundation The Cipta Wening Kuningan Foundation was legally established on Friday, August 30, 2013 it started as an active and caring community and tried to facilitate it through a forum known by the Foundation towards youth. Especially for former drug addicts and teenagers who have dropped out of work and those who have had problems in their families. The foundation also tries to accommodate a collection of youths from different life backgrounds with different problems in the Subang district and its surroundings, such as the Ciarnis district, and the Cikijing sub-district which is part of the Majalengka district.

Various problems faced, most of them have social problems, work, families who are in need, some of them even have fallen into promiscuity and free sex and drug use (Pandiangan & Siringoringo, 2019). Even to the point of having an abortion and experiencing "fear" in facing the life that will be faced. In addition, there are also among them who have never carried out religious orders, even though they have actually received religious education on the grounds of being shy, lazy, afraid and boring (Putri, 2018).

With the background of "PEKSOS" (Workers and Social Activists) in the Special Region of Yogyakarta, which has been criss-crossed in several Street Children Shelters in the Special Region of Yogyakarta, the Head of the Yayasan Cipta Wening Kuningan Mukdiana, S.Sos.I (Kang Iyan) tried to give a touch "holistic" to the problems they face, by trying to provide free Counseling services, Spiritual Coaching (Five Times Prayer, Fasting, Shodaqoh, Tadarus Al-Qur'an, Dhikr and Prayer), Mental Coaching (Don't usually accept without trying and work, Doing a job even though the value may be, etc.), Social Development (how to get along and communicate in the community and interact in the community). With the hope, of course, that all communities who are members of a forum that is known until now the "Cipta Wening" Foundation can interact well, even better, even though they have been labeled "negative" in the past.

Vision and Mission of Cipta Wening Foundation

Vision

1. Closing the empty space that exists in the younger generation (including drug addicts, former drug addicts, teenagers dropping out of school and teenagers dropping out of work) , by exploring all the potential of each individual to become an independent generation .
2. Creating a forum for exploration for young people, with various backgrounds, the potential to become an actualization that has benefits for them, their families and the nation
3. Help restore the "nature" of the younger generation in general, especially those who have "fallen" in taking drugs.

Mission

1. Prevent all young people from abusing drugs and falling into other social “diseases”.
2. Providing solutions for all young people, especially those who have been involved in drug abuse, as well as other social “diseases”, to become “street” entrepreneurs.
3. Providing Mental and Spiritual Guidance as an effort to empower former drug addicts and the like, in facing life competition with other individuals and groups.

B. Service Targets and Spiritual Approaches at the Cipta Wening Foundation

Service targets at this Foundation include: Modern Holistic Medicine, Community Component Rehabilitation Institutions (Lrkm), Post Rehabilitation & After Care Services, Legal Aid Services, Legal & Social Advocacy Services, Addiction Counseling Services , Youth Counseling, Family Counseling And Social Counseling, Entrepreneur Training, Self Empowerment Art Training, Illusionary & Metaphysical Arts Training, Medicinal Plant Cultivation & Processing Training, Freshwater Fish Cultivation Training, Tabulampot And Organic Vegetable Training, Modern Holistic Medicine Training, Meditation Training , Collection of Medicinal Plants, Mazelis Dhikr, Meditation Studio, Storytelling Studio, Joint Business Group "Cipta Aghniya Sejahtera", Event Organizer (EO), Reading Studio "Ngartos Sadaya", Farmers Business Group "Cipta Muda Mandiri", and Waroeng Gedor.

The Islamic therapy that is carried out using a spiritual approach includes Dhikr Assembly, Dhikr Meditation, Self Empowerment Art, Motivational Guidance, Youth Counseling, Metaphysics Art, Cultivation and Collection of Native Indonesian Medicinal Plants, Youth Skills Training, "Street" Entrepreneur Development, Gardening Training Without Chemicals , Traditional Medicine Training, Mental Rehabilitation and Drugs, Environmental Care for the Future etc.

The Influence of Religious Activities of the Cipa Wening Foundation on Changes in Attitudes of Drug Abusers

Based on the results of sample measurements of drug abusers, it can be seen that there is a significance in Islamic spiritualism-based rehabilitation activities on attitude changes in drug abusers. Wening's creation. Spiritual activities, which are generally carried out directly by the builder at the Cipta Wening Foundation, do not escape the participation of religious leaders from the surrounding boarding schools involved, including counselors who also rely on the human side as part of Islamic values based on humanity.

Hogan in Corey et al (2011) states that counselors as effective community workers need to develop self-competence through cultural awareness in order to understand the differences between other individuals they face. This certainly indicates that, although the majority of the assisted residents at the Cipta Wening Foundation are Muslim and come from the majority Sundanese (West Java) tribe, each of them has a different character in re-accepting the teachings of Islam which is intended to help calm soul and restore their mentality, so that human values must still be carried out side by side with the religious aspect that is carried out, without having to force the inmates to carry out worship practices perfectly at the beginning, but gradually.

Within a certain period of time, the assisted residents will be able to re-learn the teachings of Islam through the practice of worship and memorizing prayers to perfect their worship, including through prayer and dhikr. The activities carried out are by re-establishing akhlakul karimah through religious activities recommended in Islam and based on the Qur'an. According to (Muhamad Saltut in Tantowi, 2002) grouping some of the instructions from the Qur'an into 3 groups, including:

1. Guidance of belief and aqidah where thirst is embraced by mankind and is contained in faith and the Oneness of God
2. The instructions related to pure morality by explaining various religious and ethical norms that are good and can be followed by humans as daily instructions
3. The legal basis that must be followed in human relations with Allah SWT and between humans as a guideline regarding Islamic law

The significance of attitude change in drug abusers who have passed the stage of religious-based rehabilitation also depends on the length of time the abuser has consumed drugs. Based on the explanation from the manager, it is possible that the abuser who has been very dependent on drugs for a long time will also affect his acceptance of information and participation in the worship practices that are taught. Reported on data from the National Narcotic Board (BNN) (in Views & Siringoringo, 2019) drug dependence will have an impact on psychological, physical and social. Psychologically, the more dependent on drugs, the abuser can potentially experience Amoy syndrome, causing depression which affects slower

thinking power, lack of concentration and depression. This can result in the slowness of abusers in participating in rehabilitation activities.

Conclusion

Based on the results of a survey taken from 30 respondents of drug abusers who were rehabilitated at the Cipta Wening Foundation until June 18, 2022 as a whole it can be concluded that drug abuse residents who have participated in religious activities lead to a positive attitude towards Islamic-based activities at a total percentage of 87.0% with interpretation of the “very good” score. This shows that the majority of residents agree or agree with religious activities that intersect with the ease and aspects of spirituality obtained during the activity shown from direct actions in the form of participation during religious activities, practicing prayer, prayer, and reading the Koran, realizing that consuming drugs are prohibited and far from the religious values adopted so that they regret not to repeat taking drugs again, as well as the element of coercion at the beginning which according to the resident is a bit burdensome but this becomes a strategy to trigger the resident's habit to get used to the activities that will be passed, the coercion that This is done by considering the readiness and willingness of the resident so that it is still carried out in stages. If an individual can receive a certain stimulus or stimulus well, it will have an effect on the positive attitude obtained (Solomon, 2013). Then the intensity of the duration of taking drugs is proven to mediate the influence of religious activities on changes in the attitudes of drug abusers.

Spiritual activities, which are generally carried out directly by the builder at the Cipta Wening Foundation, do not escape the participation of religious leaders from the surrounding boarding schools involved, including counselors who also rely on the human side as part of Islamic values based on humanity. This certainly indicates that, although the majority of the assisted residents at the Cipta Wening Foundation are Muslim and come from the majority Sundanese (West Java) tribe, each of them has a different character in re-accepting the teachings of Islam which is intended to help calm soul and restore their mentality, so that human values must still be carried out side by side with the religious aspect that is carried out, without having to force the inmates to carry out worship practices perfectly at the beginning, but gradually.

SUGGESTIONS

1. In the rehabilitation process there is a need to involve or emphasize elements of spiritualism, especially the implementation of certain religious rituals according to the religion and religious beliefs of each resident.
2. BNN may undertake cooperation agreements/Memorandum of Understanding (MoU) with Islamic boarding schools throughout Indonesia to become educational institutions/advanced care for graduates of the Rehabilitation Center/

LRKM/post-rehabilitation/aftercare in order to strengthen and strengthen spiritual, mental, and emotional through the deepening of Islam.

3. This can also be applied to residents with religious beliefs other than Islam, BNN can cooperate with *boarding schools* in accordance with the religious beliefs of their respective residents.

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- 4) Etc.

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