

ABSTRAK

Penelitian ini bertujuan untuk mengetahui Komunikasi Interpersonal Konselor Dalam Melakukan Pendampingan Bagi Pecandu Narkoba (Studi di Panti Rehabilitas Narkoba Yayasan Permata Atjeh Peduli di Kota Lhokseumawe). Fokus penelitian menganalisis komunikasi interpersonal menggunakan indikator menurut Joseph A. Devito, serta hambatan komunikasi interpersonal yang muncul. Penelitian ini menggunakan metode deskriptif kualitatif dengan teknik pengumpulan data melalui observasi dan wawancara terhadap tujuh informan dari latar belakang budaya berbeda. Hasil penelitian menunjukkan bahwa komunikasi interpersonal konselor dalam pendampingan pecandu narkoba telah berjalan baik berdasarkan konsep Joseph A. Devito yang meliputi keterbukaan, empati, sikap mendukung, sikap positif, dan kesetaraan. Konselor membangun kepercayaan, memahami kondisi pasien, memberikan dukungan, serta memperlakukan pasien secara setara. Namun, masih terdapat pasien yang membutuhkan waktu lebih lama untuk terbuka dan aktif berkomunikasi. Hambatan komunikasi interpersonal konselor meliputi prasangka dan kurangnya kepercayaan pasien serta kondisi psikologis dan emosional yang tidak stabil. Hambatan tersebut diatasi melalui pendekatan bertahap, komunikasi personal, menjaga kerahasiaan, pemberian dukungan emosional, serta keterlibatan kegiatan kelompok dan keluarga dalam proses rehabilitasi. Disarankan pihak yayasan dan konselor diharapkan dapat mengembangkan strategi pendampingan yang lebih efektif dalam menghadapi perubahan psikologis, emosional, dan motivasi pasien melalui peningkatan komunikasi personal, kegiatan pendukung, serta keterlibatan keluarga agar pasien tetap termotivasi menjalani rehabilitasi.

Kata Kunci: Komunikasi Interpersonal, Konselor, Pecandu, Narkoba, Rehabilitas.

ABSTRACT

This study aims to examine the interpersonal communication of counselors providing support to drug addicts (a study conducted at the Permata Atjeh Peduli Foundation drug rehabilitation center in Lhokseumawe City). The research focuses on analyzing interpersonal communication based on Joseph A. DeVito's indicators, as well as identifying the interpersonal communication barriers that arise. A qualitative descriptive method was employed, with data collected through observation and interviews with seven informants from diverse cultural backgrounds. The results indicate that the counselors' interpersonal communication during the support process was effective, aligning with Joseph A. DeVito's concepts of openness, empathy, supportiveness, positiveness, and equality. Counselors successfully built trust, understood patients' conditions, provided support, and treated patients as equals. However, some patients required more time to open up and engage in active communication. Barriers to interpersonal communication included patient prejudice and lack of trust, as well as unstable psychological and emotional states. These obstacles were addressed through a gradual approach, personal communication, maintaining confidentiality, providing emotional support, and incorporating group and family activities into the rehabilitation process. It is recommended that the foundation and counselors develop more effective support strategies to address changes in patients' psychological, emotional, and motivational states specifically by enhancing personal communication and support activities, and fostering family involvement to ensure patients remain motivated throughout their rehabilitation.

Keywords: Interpersonal Communication, Counselor, Addicts, Drugs, Rehabilitation.