

COMPREHENSIVE THEORETICAL STUDY: IMPLICATIONS OF DRUG ABUSE AND PREVENTION AND OVERCOME STRATEGIES

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Abstract

A theoretical review of the abuse of narcotics, alcohol, psychotropic substances, and other addictive substances (NAPZA) is a complex global problem with multidimensional implications, encompassing health, psychological, social, and economic aspects. This study aims to present a comprehensive theoretical review by reviewing key literature to identify in-depth the main implications of NAPZA abuse and evaluate the effectiveness of developed prevention and response strategies. The results of the review indicate that the implications of NAPZA are not limited to individual physical and mental damage (such as impaired cognitive function, depression, and the risk of infectious diseases), but also exacerbate family dysfunction and increase the socio-economic burden on the country. In the context of response, this study highlights a shift in focus from a retributive approach to an integrated multidisciplinary approach. Effective prevention strategies emphasize school- and family-based interventions, strengthening self-resilience, and relevant educational campaigns. Meanwhile, response emphasizes a rehabilitation model that combines medical therapy, psychosocial therapy, and social reintegration. This research provides a strong theoretical foundation for policy makers, health practitioners, and educators in formulating more adaptive and evidence-based intervention programs to address the challenges of drug abuse today.

Keywords: *Drugs, Abuse, Psychosocial Implications, Prevention Strategies*

Abstrak

Tinjauan teoritis penyalahgunaan Narkotika, Alkohol, Psikotropika, dan Zat Adiktif lainnya (NAPZA) merupakan masalah global yang kompleks dengan implikasi multidimensional, mencakup aspek kesehatan, psikologis, sosial, dan ekonomi. Penelitian ini bertujuan untuk menyajikan kajian teoritis komprehensif dengan menelaah literatur kunci guna mengidentifikasi secara mendalam implikasi utama dari penyalahgunaan NAPZA serta mengevaluasi efektivitas strategi pencegahan dan penanggulangan yang telah dikembangkan. Hasil telaah menunjukkan bahwa implikasi NAPZA tidak terbatas pada kerusakan fisik dan mental individu (seperti gangguan fungsi kognitif, depresi, dan risiko penyakit menular), tetapi juga memperburuk disfungsi keluarga dan meningkatkan beban sosial ekonomi negara. Dalam konteks penanggulangan, kajian ini menyoroti pergeseran fokus dari pendekatan retributif ke pendekatan multidisiplin terintegrasi. Strategi pencegahan yang efektif ditekankan pada intervensi berbasis sekolah dan keluarga, penguatan ketahanan diri, dan kampanye edukasi yang relevan. Sementara itu, penanggulangan ditekankan pada model rehabilitasi yang menggabungkan terapi medis, terapi psikososial, dan reintegrasi sosial. Penelitian ini memberikan landasan teoritis yang kuat bagi pembuat kebijakan, praktisi



kesehatan, dan edukator dalam merumuskan program intervensi yang lebih adaptif dan berbasis bukti untuk mengatasi tantangan penyalahgunaan NAPZA di masa kini.

Kata Kunci : NAPZA, Penyalahgunaan, Implikasi Psikososial, Strategi Pencegahan

I. INTRODUCTION

The abuse of narcotics, alcohol, psychotropic substances, and other addictive substances (NAPZA) has long been recognized as a transnational and multidimensional public health problem and social security issue. This phenomenon not only threatens the physical and mental integrity of individuals involved but also undermines the social, economic, and security fabric of a nation. In Indonesia, despite various efforts, the prevalence of drug abuse, particularly among those of productive age, remains a serious challenge that requires ongoing attention and management. Data shows that illicit drug trafficking is increasingly sophisticated, with the emergence of new types of psychoactive substances (NPS) complicating detection and prevention efforts.

The latest data from the National Narcotics Agency (BNN)'s National Drug Abuse Survey shows that despite massive efforts, millions of people of productive age (15-64 years old) are still exposed to or involved in drug abuse. Reports even indicate that vulnerable groups such as adolescents (15-24 years old) and housewives are at increased risk of exposure, particularly in urban areas. The complexity of the problem is exacerbated by the emergence of difficult-to-detect New Psychoactive Substances (NPS) and increasingly sophisticated and organized illicit trafficking networks. Therefore, Indonesia is in a situation that demands a more intelligent and evidence-based intervention approach.

The implications of drug abuse extend far beyond physical harm (such as organ damage and the risk of infectious diseases) and psychological harm (such as depression, anxiety, and cognitive impairment). Socially, this phenomenon imposes a heavy burden in the form of family dysfunction, decreased work and academic productivity, increased crime rates, and social stigma that hinders the recovery process. Although efforts to Prevent and Eradicate Drug Abuse and Illicit Trafficking (P4GN) have been implemented, challenges remain in finding the most effective and sustainable intervention model. Strategies must encompass promotive and preventive efforts (such as early education, strengthening family resilience, and digital communication) as well as curative and rehabilitative efforts (medical and psychosocial therapy, and social reintegration). This description highlights the importance of a comprehensive theoretical review.

Given the complexity of this problem, a thorough theoretical understanding of the root causes, impacts, and effectiveness of existing interventions is necessary. Previous studies have often focused on one aspect (e.g., solely prevention in schools or solely medical rehabilitation), leaving gaps in holistic understanding. Therefore, this comprehensive theoretical review is relevant and urgent, serving as a foundation for unifying diverse concepts and frameworks within a single scientific narrative. To realize a prosperous Indonesian society, continuous improvements in treatment and health services, including the availability of narcotics as medicines, are also needed. In addition to scientific development efforts including research, development, education, and teaching, availability is necessary through production and import activities. Health development, as an integral part of national development, is directed towards achieving awareness, willingness, and ability to live a healthy life for every citizen, enabling them to achieve optimal health. This is achieved through various health efforts, including the provision of public health services. Although narcotics are essential for treatment and health services, their misuse or use in accordance with treatment standards, especially when accompanied by illicit drug trafficking, can have very detrimental consequences for individuals and society, especially the younger generation. Drugs are easily obtained, and can even be self-mixed, making them difficult to detect. Illegal drug factories have been found in Indonesia. Drug use occurs outside of medical indications, without a doctor's instructions or prescription, and is pathological (causing disorders) and disrupts activities at home, school or university, the workplace, and social settings. Drug dependence results from substance abuse accompanied by tolerance (increasingly high doses) and withdrawal symptoms, characterized by an irresistible desire, a tendency to increase doses, and physical and psychological dependence. Drug crime is an international crime, organized crime, with extensive networks, substantial financial support, and sophisticated technology. Drugs have a wide range of negative impacts: physical, psychological, economic, social, cultural, defense, and security, and so on. If drug abuse is not properly addressed, it will damage the nation and state. Therefore, effective cooperation from all components of the nation is needed to combat drug abuse. (Pandiangan & Siringoringo, 2019)

Based on the urgency and challenges mentioned above, this study aims to present a comprehensive theoretical review by systematically reviewing key literature to analyze and categorize in depth the multidimensional implications of drug abuse. It also identifies and

evaluates theoretically proven effective prevention and response strategies, highlighting a paradigm shift toward an integrated (multidisciplinary) approach.

II. RESEARCH METHODS

This study employed a Systematic Literature Review (SLR) design. This method involves systematically and structured identification, selection, evaluation, and synthesis of data from published scientific literature. The primary focus is on literature that provides theoretical overviews, empirical findings, and conceptual models related to the topic under study.

III. RESEARCH RESULTS

Addiction should be understood as a chronic brain disease, in accordance with the Brain Disease Model of Addiction. Addictive substances cause permanent changes in the reward and inhibitory control circuits in the prefrontal cortex. Consequently, recovery requires more than willpower, but also medical and psychological interventions to regenerate brain function. Research shows a high prevalence of co-occurring disorders, with drug abuse often occurring alongside mental disorders such as major depression, Generalized Anxiety Disorder, or personality disorders. Substance use often becomes a maladaptive self-medication. This emphasizes the need for integrated treatment, rather than addressing addiction and mental disorders separately. Beyond the individual impacts, drug abuse imposes a massive social and economic burden. Data show a positive correlation between substance abuse and increased crime rates, family dysfunction, decreased labor productivity (caused by absenteeism and workplace accidents), and high healthcare costs. These findings justify that drug treatment is a public investment, not just an individual health issue, consistently highlighting that the social reintegration phase is the most vulnerable and crucial. Failed reintegration (discrimination, difficulty finding employment/education) is a strong predictor of relapse. Therefore, ongoing post-rehabilitation support and the elimination of social stigma are absolute prerequisites for long-term recovery.

A. Multidimensional Implications of Drug Abuse

Theoretical studies underscore the broad implications of drug abuse. From a health and physiological perspective, addiction is understood through the Brain Disease Model of Addiction, which asserts that substance use causes permanent changes in the brain's reward circuitry, leading to organ damage and the risk of infectious disease transmission.

Psychologically, addiction often co-occurs with mental disorders (co-occurring disorders) such as depression and anxiety, creating a cycle that worsens an individual's mental health. Meanwhile, from a social and economic perspective, implications include family dysfunction and breakdown, a drastic decline in academic and professional productivity, increased public health costs, and a significant contribution to crime rates. All of these impacts require a handling approach that is no longer partial, but holistic.

B. Effective Prevention and Response Strategies

Successful drug treatment is based on a spectrum of integrated interventions. The most effective prevention strategies focus on primary prevention through strengthening resilience and life skills at an early age, utilizing school- and family-based interventions. For response (curative and rehabilitative), a paradigm shift has occurred from a retribution-based approach (punishment) to a health- and recovery-based approach (treatment). A proven successful rehabilitation model adopts a Biopsychosocial Spiritual (BPSS) approach. This intervention combines medical therapy (detoxification and pharmacotherapy), psychosocial therapy (such as Cognitive Behavioral Therapy/CBT), and, most importantly, social reintegration to prevent relapse and ensure former users return to full function in society. Long-term success depends heavily on synergy between all stakeholders, from the National Narcotics Agency (BNN), the Ministry of Health, to local communities.

1. Drugs

The word "narcotics" comes from the word "narcotic," which means something that can relieve pain and can cause stupor, including anesthetics and narcotics. According to medical terms, narcotics are drugs that can relieve pain and aches originating from the visceral area or the organs of the chest and abdominal cavity, can also cause a stupor or long-lasting daze in a state of consciousness and cause addiction or dependency. Narcotics in Law No. 22 / 1997 are Papever Plants, Raw Opium, Cooked Opium, such as Opium, Jicing, Jicingko, Medicinal Opium, Morphine, Coca Plants, Coca Leaves, Raw Cocaine, Ekgonine, Marijuana Plants, Marijuana Resin, Salts or derivatives of morphine and cocaine. Narcotics are drugs or substances that can calm the nerves, cause unconsciousness, or anesthesia, eliminate pain and aches, cause drowsiness or stimulation, can cause a stupor effect, and can cause addiction or dependency, and are determined by the Minister of Health as Narcotics. (Eskasasnanda & Prodi, 2014)

2. Types of Narcotics

Several types of narcotics include: opium, a white sap exuded from the seed pods of the *Papaver sammi vervum* plant, which then solidifies and dries to a black-brown color and is processed into raw opium. Morphine, a medicinal ingredient used as a sedative and pain reliever, is derived from opium. Marijuana, a wild plant that can be intoxicating or poisonous, grows in tropical and subtropical regions, depending on the local season and climate. Cocaine, a plant that can be used as a stimulant. Most cocaine grows in South America, India, and Java. Heroin, unlike morphine, still has medicinal value. Heroin is derived from opium, after undergoing a meticulous chemical process and has a much stronger effect than morphine. Shabu-shabu, a crystal-like spice, is used in medicine. small white, odorless, and easily soluble in alcohol water. Its use will immediately be active, many ideas, not feel tired even after working for a long time, not feel hungry, and have great self-confidence, seventh ecstasy is a substance or material that is not included in the category of narcotics or alcohol, and is a type of addictive substance that is classified as simultansia (stimulant), eighth putaw is a typical Chinese drink that contains alcohol and a type of heroin that is related to marijuana, its use is by inhaling through the nose or mouth, and injecting into the blood vessels, ninth alcohol is included in addictive substances, which cause addiction and dependence, so it can cause poisoning or drunkenness tenth sedative or hypnotic in the medical world there are types of drugs that are effective as sedatives, and this group includes psychotropic class IV. (Stumpf & Stumpf, 1985)

3. The Dangers of Drug Use

The brain and nerves are forced to work beyond their actual capacity under unnatural conditions. Blood circulation and the heart are affected by the contamination of the blood by substances with very strong effects. As a result, the heart is stimulated to work beyond its intended capacity. Respiration will not function properly and fatigue will occur very quickly. Using more than the body's tolerance dose will result in a horrific death. Both mental and physical dependence can develop, leading to serious conditions due to drug withdrawal. (Rahayu et al., 2014)

4. Drug Abuse

The Subversion Factor: By "socializing" drugs in the target country, the population or nation in that country will gradually forget their obligations as citizens. This type of subversion does not usually occur in isolation and is usually accompanied by subversion in the cultural, moral, and social spheres. Economic factors cause drug addicts to constantly require narcotics as part of their daily needs, with doses tending to increase. Compared to other commodities, narcotics are a profitable commodity, despite the significant threats and risks (Simangunsong, 2009). Environmental factors stem from factors outside the family environment, such as the existence of international drug syndicates that attempt to penetrate every barrier within the country, either for profit or subversion. With their well-organized networks, drug syndicates strive to create new consumers and expand their marketing of narcotics and hard drugs. Environments that are already contaminated by drug abuse habits easily attract new victims. This environment is usually created by the efforts of drug dealers and narcotics agents or accomplices of drug syndicates. It is also created by the arrival of newcomers to a community bringing souvenirs, driven by curiosity and a desire to try them among their peers.

1. Environment

Environment, an environment free from supervision and guidance. This type of environment is aspired to by groups of young people seeking their own freedom. With violence, fighting, rape, crime, and other negative actions, including the free and excessive use of narcotics and hard drugs, this type of environment provides very strong stimuli for adolescents whose souls demand freedom and greatness. This environment is also often a source of distribution for narcotics and other hard drugs.

2. Factors from Within the Family Environment

In large cities, competition between individuals is secretly fierce. In this unofficial competition, people are driven to pursue careers or wealth by any means, including neglecting their families. Meanwhile, mothers who are becoming closer to their children are also becoming infected with the plague of social gatherings, business, shopping, and a thousand and one other activities that begin to strain communication between parents and daughters. The home, which serves as a shelter, a place to relieve longing for one another, and a place to bond between parents and children, will gradually transform into a mere place

of rest. This situation will encourage sons and daughters to seek outside activities, just like mothers and fathers. (BNN, 2016)

5. Drug Prevention and Control

There are several simple ways to combat the drug crisis, namely: General Prevention. The government has made efforts by issuing: Presidential Instruction No. Law No. 6 of 1971, Law No. 9 of 1976, Decree of the Minister of Health No. 65/Menkes.SK/IV/1997, Decree of the Minister of Health No. 28/Menkes/Per/I/1978 concerning Narcotics Deviation, Law No. 22 of 1997 concerning Narcotics Crimes

a) Within the household, make the home a shelter for the whole family in the broadest sense. Harmonious communication among all family members is essential. The relationship between father, mother, and child must be harmonious, fostering mutual respect and the deepest affection. Parental openness to children, to a certain extent, will provide opportunities for children to take on limited responsibilities within the household, even if only in a very small sense. Children's participation in responsibilities, no matter how small, will be a source of pride for the child as a respected member of the family.

b) Outside the household, the environment outside the household is a separate community that is an inseparable part of daily activities. In this environment, a distinct society with diverse socioeconomic backgrounds, cultures, religions, and many other differences will emerge, all converging into one group. Drug influence easily enters and spreads within this environment. Therefore, this group must be quickly redirected to activities where these differences are not barriers, such as sports, arts, environmental protection, social activities, and supporting other positive activities.

c) The entire community participates with the government. Despite the threat of severe penalties for drug dealers and syndicates, violations persist, perhaps because the trade is highly profitable or because of the serious nature of the subversion. The destruction of marijuana plants occurs everywhere, yet new plants are still found. This problem must be faced jointly by all levels of society, along with government officials, in its eradication. The community must be responsive to anything that could lead to drug crimes. (Iriani, 2016)

6. Treatment

This is an effort that must be undertaken immediately if an individual shows positive signs of narcotics/hard drug addiction. It is recognized that the "disease" caused by narcotics

addiction presents its own unique set of problems and differs from other illnesses. Due to the complexity of this problem, which involves both organobiological and sociocultural aspects, treating narcotics and hard drug dependence is extremely difficult. Nevertheless, efforts to treat victims of narcotics/psychotropic drug dependence must be implemented quickly. Treatment is not only a matter of detection and supervision; it also requires continuous psychiatric evaluation and guidance, even after the patient has returned to society. Community participation, understanding, and acceptance are also essential to help the patient lead a normal life. For acute patients, treatment facilities with adequate care (intensive unit carts) should be provided. In critical situations, immediate intervention must be administered before the patient receives intensive medical care. (Hairina & Komalasari, 2017)

7. Rehabilitation

Rehabilitating victims into the community is a last resort, but it is quite complicated due to the presence of "post-addiction syndrome." After treatment, patients still exhibit symptoms of anxiety, depression, and a desire to use drugs. Their emotional state remains highly unstable, and they are highly susceptible to environmental influences. This is due to a disturbance in their basic personality structure, resulting in unstable adjustments and self-control. Given the complexity of this problem, which involves many aspects of community life, collaboration with other agencies (a multidisciplinary approach) is necessary, as is the limited availability of treatment and rehabilitation facilities and trained professionals.

IV. CONCLUSION

Drug abuse is a complex and multidimensional social health crisis. Its implications include permanent damage to brain and mental function, as well as serious dysfunction in social and economic structures. Effective solutions are integrated and adaptive interventions that prioritize prevention, supported by a holistic and comprehensive rehabilitation model (BPSS), which ensures ongoing medical, psychosocial, and social reintegration support. Drug prevention and control are efforts undertaken by the government and the wider community to realize the full potential of Indonesian human resources, particularly in the fields of treatment and health services. Using narcotics and other hard drugs without strict control and supervision, and in violation of applicable laws, is a crime, as it is highly detrimental and poses a significant danger to human life, society, and the nation.

The government's policy and implementation of the integrated prevention curriculum program aims to integrate life skills and resilience-building modules into the formal education curriculum, mandatory and structured, starting from elementary school, as a form of evidence-based primary prevention. Law enforcement, health, and social welfare institutions must improve coordination. The handling of drug user cases should be encouraged to prioritize therapeutic and rehabilitative approaches (treatment) rather than purely retributive (punishment) approaches, especially for early-stage users. Rehabilitation centers should be encouraged to adopt and fully implement the standardized Biopsychosocial Spiritual (BPSS) model. The government needs to provide funding and training support to ensure the quality of medical, psychosocial, and spiritual therapy is met, and policies should explicitly support the post-rehabilitation phase. This includes partnerships with the business sector for employment programs for former users, as well as programs to strengthen community support networks to minimize the risk of relapse. Strict supervision and control of the availability of narcotics used for medicine and health services are needed. Furthermore, the development of drug science and treatment demands a paradigm shift from a focus on punishment to a focus on public health-based recovery, supported by the synergy of integrated prevention and rehabilitation programs.

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