

Emotional Stability of Addiction Counselors at Al-Jannah Mandatory Reporting Admissions Institutions Jambi Province

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ABSTRACT

BACKGROUND addiction counselors who work in the Mandatory Reporting Admissions Institutions have an important role in the rehabilitation process. Addiction counselors have demanding roles and workloads and responsibilities when interacting directly with the residents. Emotional stability is needed in order to carry out the role well and not interfere with the activities and focus of work on addiction counselors.

PURPOSE This study was conducted to determine the description of emotional stability and the factors that influence emotional stability in addiction counselors at the Al-Jannah mandatory Reporting Admissions Institution, Jambi Province

METHOD This study uses a qualitative method with a phenomenological approach. Methods of collecting data using in-depth interview techniques. Data analysis with Interpretative Phenomenological Analysis (IPA). The criteria for addiction counselor participants who are actively working at the Mandatory Reporting Admissions Institution, have worked for at least 3 years as an addiction counselor at the Al-Jannah mandatory Admissions Institution, Jambi Province, male or female, and aged 30-45 years.

RESULT Things that describe the emotional stability of addiction counselors at the Al-Jannah mandatory Reporting Admissions Institution Jambi Province are giving appropriate reactions, taking positive meanings, emotional control, facing challenges, role demands. There are also influencing factors, including happy to help, feeling satisfied, feeling comfortable, being mature, understanding the conditions, adjusting, maintaining commitment, gratitude, being sincere to the problems faced, responding casually.

CONCLUSION AND SUGGESTION of the three participants, the characteristics of emotional stability in each participant are described in facing the demands of the role and workload as addiction counselors. This research is expected to be able to add information about emotional stability.

Keyword: Emotional Stability, Addiction Counselors, Mandatory Reporting Admissions Institution

Stabilitas Emosi pada Konselor Adiksi di Institusi Penerimaan Wajib Lapor Al-Jannah Provinsi Jambi

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ABSTRAK

LATAR BELAKANG Konselor adiksi yang bekerja di Institusi Penerimaan Wajib Lapor memiliki peranan penting dalam proses rehabilitasi. Konselor adiksi memiliki tuntutan peran, beban kerja, dan tanggung jawab ketika berinteraksi secara langsung dengan residen. Dibutuhkan stabilitas emosi agar dapat menjalankan peranan dengan baik dan tidak mengganggu aktivitas serta fokus kerja pada konselor adiksi.

TUJUAN penelitian ini dilakukan untuk mengetahui gambaran stabilitas emosi dan faktor yang mempengaruhi stabilitas emosi pada konselor adiksi di Institusi Penerimaan Wajib Lapor Al-Jannah Provinsi Jambi.

METODE penelitian ini menggunakan metode kualitatif dengan pendekatan fenomenologi. Metode Pengumpulan data dengan menggunakan teknik wawancara mendalam. Analisis data dengan *Interpretative Phenomenological Analysis* (IPA). Kriteria partisipan konselor adiksi yang aktif bekerja di Institusi Penerimaan Wajib Lapor, telah bekerja selama minimal 3 tahun sebagai konselor adiksi di Institusi Penerimaan Wajib Lapor Al-Jannah Provinsi Jambi, jenis kelamin laki-laki atau perempuan, dan berumur 30-45 tahun.

HASIL Hal yang menggambarkan stabilitas emosi pada konselor adiksi di Institusi Penerimaan Wajib Lapor Al-Jannah Provinsi Jambi adalah memberikan reaksi yang sesuai, mengambil makna positif, kontrol emosi, menghadapi tantangan, tuntutan peran. Adapula faktor yang mempengaruhi, diantaranya senang menolong, perasaan puas, perasaan nyaman, bersikap dewasa, memahami kondisi, penyesuaian diri, menjaga komitmen, kebersyukuran, ikhlas pada masalah yang dihadapi, menyikapi dengan santai.

KESIMPULAN DAN SARAN dari ketiga partisipan, tergambar karakteristik stabilitas emosi pada setiap partisipan dalam menghadapi tuntutan peran dan beban kerja sebagai konselor adiksi. Penelitian ini diharapkan mampu menambah informasi mengenai stabilitas emosi.

Kata Kunci: Stabilitas Emosi, Konselor Adiksi, Institusi Penerimaan Wajib Lapor