

## ABSTRACT

### ASSOCIATION BETWEEN DURATION OF METHAMPHETAMINE USE AND THE SEVERITY OF WITHDRAWAL SYMPTOMS AMONG PATIENTS IN THE BNN KALIANDA NARCOTICS REHABILITATION CENTER 2025

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**Background:** Methamphetamine is a stimulant narcotic with a high potential for dependence. Discontinuation of use, particularly after long-term consumption, may trigger withdrawal syndrome with varying intensity, affecting patient comfort and the success of rehabilitation. In Indonesia, studies specifically examining the relationship between duration of methamphetamine use and the intensity of withdrawal symptoms remain limited. This study aimed to determine the association between the duration of methamphetamine use and the intensity of withdrawal symptoms among patients undergoing narcotics rehabilitation.

**Methods:** This study employed an analytic observational design with a cross-sectional approach. The subjects consisted of 21 methamphetamine-using patients undergoing rehabilitation at the Narcotics Rehabilitation Center of BNN Kalianda in 2025. Data on the duration of methamphetamine use were collected through structured interviews, while withdrawal intensity was assessed using the Amphetamine Cessation Symptom Assessment (ACSA) questionnaire. Univariate analysis was conducted to describe respondent characteristics, and bivariate analysis was performed using Spearman's correlation test with a significance level of  $p$  value  $< 0.05$ .

**Results:** All respondents were male (100%), with a median age of 31 years (21–42 years). The median age at first methamphetamine use was 24 years (13–39 years). Most respondents had used methamphetamine for more than three years (52.4%). Withdrawal intensity was predominantly mild (66.7%). Bivariate analysis demonstrated a statistically significant correlation between the duration of methamphetamine use and withdrawal intensity ( $p$  value = 0.032  $r$  = 0.47).

**Conclusion:** There is a significant association between the duration of methamphetamine use and the intensity of withdrawal symptoms among patients undergoing narcotics rehabilitation at the BNN Kalianda Rehabilitation Center.

**Keywords:** duration of use, methamphetamine, withdrawal,

## ABSTRAK

### HUBUNGAN LAMA PENGGUNAAN METAMFETAMIN DENGAN INTENSITAS GEJALA *WITHDRAWAL* PADA PASIEN REHABILITASI NARKOTIKA DI LOKA REHABILITASI NARKOTIKA BNN KALIANDA 2025

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**Latar Belakang:** Metamfetamin merupakan narkotika stimulan dengan potensi ketergantungan tinggi. Penghentian penggunaan, khususnya setelah pemakaian jangka panjang, dapat memicu sindrom *withdrawal* dengan intensitas yang bervariasi dan berpengaruh terhadap kenyamanan pasien serta keberhasilan rehabilitasi. Di Indonesia, kajian yang secara spesifik menelaah hubungan durasi penggunaan metamfetamin dengan intensitas gejala *withdrawal* masih terbatas. Penelitian ini bertujuan untuk mengetahui hubungan antara lama penggunaan metamfetamin dan intensitas gejala *withdrawal* pada pasien rehabilitasi narkotika.

**Metode:** Penelitian ini menggunakan desain analitik observasional dengan pendekatan *cross-sectional*. Subjek penelitian berjumlah 21 pasien rehabilitasi narkotika pengguna metamfetamin di Loka Rehabilitasi Narkotika BNN Kalianda tahun 2025. Data lama penggunaan metamfetamin diperoleh melalui wawancara terstruktur, sedangkan intensitas *withdrawal* diukur menggunakan kuesioner *Amphetamine Cessation Symptom Assessment* (ACSA). Analisis univariat digunakan untuk menggambarkan karakteristik responden, dan analisis bivariat menggunakan uji korelasi Spearman dengan tingkat signifikansi  $p\text{-value} < 0,05$ .

**Hasil:** Seluruh responden berjenis kelamin laki-laki (100%) dengan median usia 31 tahun (21–42 tahun). Median usia pertama kali menggunakan metamfetamin adalah 24 tahun (13–39 tahun). Sebagian besar responden memiliki lama penggunaan  $>3$  tahun (52,4%). Intensitas *withdrawal* didominasi kategori ringan (66,7%). Analisis bivariat menunjukkan korelasi bermakna antara lama penggunaan metamfetamin dan intensitas *withdrawal* ( $p\text{-value} = 0,032$ ;  $r = 0,47$ ).

**Kesimpulan:** Terdapat hubungan bermakna antara lama penggunaan metamfetamin dan intensitas gejala *withdrawal* pada pasien rehabilitasi narkotika di Loka Rehabilitasi Narkotika BNN Kalianda. Korelasi menunjukkan semakin lama riwayat penggunaan metamfetamin, semakin tinggi kecenderungan intensitas gejala *withdrawal* yang dialami.

**Kata Kunci:** lama penggunaan, metamfetamin, *withdrawal*