

## Poster

2025年9月26日(金) 14:00 ~ 15:10 Poster Session (Foyer 1)

## Poster 11

### [P-11-06] TRI HITA KARANA CONCEPT AS A FRAMEWORK FOR SUBSTANCE USE DISORDER TREATMENT TARGETING FOREIGN TRAVELLERS IN BALI

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**Background:** Bali's resurgence as a global tourism hub coincides with a growing need for specialized substance use disorder (SUD) treatment for foreign travellers, particularly those seeking a spiritual and cultural approach. Tri Hita Karana is a Balinese philosophy that emphasizes maintaining balance in the relationships between humans, God, and nature, to attain harmony and well-being. It may provide a foundation for a holistic approach that integrates spiritual, social, and ecological dimensions into SUD treatment. **Objectives:** This review presents a potential framework for integrating the Tri Hita Karana concept into SUD treatment models for foreign travellers in Bali, with a focus on cultural relevance, therapeutic approaches, and their contributions to holistic recovery. **Methods:** A narrative review approach was employed to identify relevant literature on culture-based SUD treatment, the Tri Hita Karana concept, and SUD treatment practices within the context of tourism and Balinese communities. Scholarly articles, books, institutional reports, and local cultural documents serve as data resources. **Results:** The three dimensions of Tri Hita Karana hold significant potential for integration into treatment components: (1) *Parahyangan* through spiritual therapy and meditation, (2) *Pawongan* through the development of cross-cultural supportive communities, and (3) *Palemahan* through nature-based therapy. This integration might enhance the psychological, social, and spiritual aspects of the patient, thereby improving the effectiveness and sustainability of the recovery process. **Discussion:** The integration of Tri Hita Karana concept into SUD treatment for foreign travellers in Bali offers a contextually relevant and culturally meaningful alternative approach and offers an opportunity to develop an integrative SUD treatment service model that contributes to sustainable tourism and advances public health. Potential challenges, such as intercultural barriers, might be overcome through cross-sectoral collaboration. Further qualitative and quantitative studies are needed to develop an evidence-based model of this treatment approach.