

The Relationship between Social Support and the Resilience of Drug Addicts Who Are Being Rehabilitated

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Abstract

This research aims to determine the relationship between social support and the resilience of drug addicts who are undergoing rehabilitation. The respondents in this study were 160 former drug users. The measuring instrument used to measure social support in this research is The Social Provision Scale which was developed by Cutrona and Russell and has been adapted. Another measuring tool used to measure resilience is the Resilience Quotient (RQ) which was developed by Reivich and Shatte. These two measuring instruments have a reliability value of 0.803 for the social support variable and 0.826 for the resilience variable. The results of this study show that there is a positive relationship between social support and resilience in drug addicts of 0.583 ($r = .583$; $P = 0.000$). This means that if drug addicts undergoing rehabilitation have high social support, then their resilience will be high, and conversely if their social support is low then their resilience will also be low.

Keywords *social support, resilience, drug users, rehabilitation.*

INTRODUCTION

NAPZA is an abbreviation of narcotics, psychotropics and other addictive substances. Cases of individuals with drug abuse often occur and experience an increasing trend from year to year. Based on data from UNODC (United Nation Office on Drugs and Crime) in 2013, there were 246 million people in the world or every 1 in 20 people in the world abused drugs. The age range of individuals with drug abuse is between 15 years to 64 years. Indonesia was also declared a drug emergency status in 2015 (Sindonews, 2014).

There are various factors for individuals becoming addicted to drugs, including trial and error, social factors, following group rules, family problems, and so on (Rekto, 2014). Drug use can have negative effects or impacts on users when used continuously, thereby causing addiction. Individuals who are addicted to drugs will find it difficult to stop using drugs and the dose of use will increase. Addiction to drugs can have a negative impact on users. These impacts include emotional, physical, behavioral disorders, social problems, work problems, and even death (Bandi, 2020). The condition of individuals with drug addiction can be restored, one of which is through rehabilitation.

Rehabilitation is a treatment or recovery process that can be carried out by individuals with drug addiction. The aim of rehabilitation is for individuals to be free or free from drug addiction and change their behavior. Apart from that, rehabilitation can be used as a place to prepare before returning to society. There are three stages in rehabilitation, namely medical rehabilitation, non-medical rehabilitation, and the advanced development stage (after care) (Widiyani, 2019). At the medical rehabilitation stage, it begins with a detoxification process so that drug addicts can withdraw from substances (sakau). When users stop using substances suddenly, various conditions can arise, such as symptoms of depression, anxiety,



restlessness, and a strong urge to use drugs again. The next stage, after the doctor deems the drug addict has shown a stable condition, then they will carry out the non-medical phase. In this phase, drug addict residents receive social-based therapy services using the therapeutic community (TC) method for 6 months. After that, residents will be taught several skills that can be used as provisions for them when they return to society, such as computer skills, languages, and so on.

Drug addicts who have completed the rehabilitation process and returned to society are vulnerable to relapse. Relapse is a return to drug use behavior characterized by addictive thoughts, behavior and feelings after undergoing rehabilitation and/or experiencing a period of withdrawal. Replacement can occur when a former drug addict returns to socializing or interacting with his social environment who are also drug users and/or addicts, there is suggestion, being or living in an environment where it is easy to get drugs, and experiencing stress or frustration due to the negative stigma of society (Aztri, 2013). The negative stigma from society towards former drug addicts can make the individual feel low self-esteem, find it difficult to adapt to the environment after rehabilitation, and feel uncomfortable. However, if an individual manages to survive when facing difficulties then he has resilience.

Resilience is needed by individuals with drug addiction and former drug addicts to face various problems that occur. The process of resilience in individuals will enable individuals to survive and rise again to overcome the difficulties they face which are influenced by environmental conditions. According to Santrock (2014), resilience is an individual's ability to adapt positively to behave positively, achieve, and individual resilience in experiencing unpleasant situations. Former drug addicts who have resilience can reduce the various risk factors they experience (Smestha, 2015).

The process of getting rid of drug addiction and returning to society for former drug addicts is not easy. The level of resilience in former drug addicts tends to be low. Due to the risk of the individual experiencing a relapse during or after rehabilitation. So former drug addicts need social support from the environment to help them face the difficult situations or circumstances they face. According to Sarafino and Smith (2011), social support is defined as appreciation, feelings of comfort, help, or attention received from other people or groups. Through social support, individuals feel they are loved, cherished, and can help themselves when they are in an unpleasant situation. Based on research from Aztri (2013), it is revealed that the social support obtained makes individual drug addicts feel valuable and can make sense of life or the difficulties they face. The social support obtained also helps individual drug addicts succeed in assisting the recovery process from their dependence on drugs. This social support can come from family, partner, friends, or the social environment. So that they don't use drugs again (relapse).

Rehabilitation plays an effective role in recovering an individual's addiction to drugs. However, there are several cases where drug addict residents who are undergoing rehabilitation feel that their families do not care about them. They feel that they have damaged their family's good name, are judged badly by the environment, and feel that they have been thrown away or left in rehabilitation for a very long period of time. Apart from that, the family or other people of drug addict residents who are undergoing rehabilitation

do not visit or provide support to them. The process for drug addict residents to get rid of drug addiction is also not easy. They have to fight and survive to overcome difficult situations, re-adapt to the environment, societal stigma, and relapse. So researchers are interested in examining the relationship between social support and resilience in drug addicts who are undergoing rehabilitation.

METHOD

This research uses a quantitative approach method. The quantitative approach is an approach that emphasizes numerical data which is processed using statistical methods (Azwar, 2016). The number of samples used in this research was 160 people. The characteristics of the sample in this study were former drug addicts aged 18 to 41 years. In taking samples, researchers used a non-probability sampling technique with the type of Purposive Sampling. Researchers distributed questionnaires directly to former drug addicts who were in rehabilitation settings. The determination of this amount is adjusted to the researcher's capabilities based on considerations of time, pandemic situation, personnel and research funds.

Researchers conducted a survey of several rehabilitation places that met the research criteria. Researchers distributed data to three rehabilitation places in the Jakarta area and its surroundings, namely the Indonesian Natura Recovery Foundation rehabilitation clinic, Friends Foundation Rehabilitation, and the Lido National Narcotics Agency Rehabilitation Center. This was done considering the existence of regional restrictions due to the pandemic.

The data collection method used in this research is a questionnaire using a scale technique. In this research, researchers used data collection techniques in the form of scale techniques. The scale used is the Likert scale, the Likert scale consists of a number of questions and respondents will respond to the statement using four alternative answers such as, very suitable (SS), suitable (S), not suitable (TS), and very unsuitable (STS).

The measuring tool used in this research is the Resilience Quotient (RQ) which was adapted from Reivich and Shatte (in Pribastuti, 2011) to measure the level of resilience. This scale has a Cronbach alpha coefficient value of 0.884, which means it is reliable. Apart from that, researchers also adapted the scale The Social Provision Scale adapted from Cutrona and Russel (in Putra, 2015). The Social Provision scale is used to measure social support which has six aspects, namely attachment, social integration, recognition, dependence on being relied on, guidance, and the opportunity to feel needed. This scale has been proven to be reliable and valid as shown by the Cronbach's alpha coefficient value of 0.886. These two scales use expert judgment to test the validity of the social support and resilience scales.

RESULTS AND DISCUSSION

Based on research involving 160 respondents who were former drug users, the researchers wanted to know whether there was a relationship between social support and respondents' resilience. In the correlation test using Product Moment it can show a result of 0.583 ($r = .583$; $p < 0.05$), so the data can be said to have a relationship between social



support and the resilience of former drug users, and therefore the results of the alternative hypothesis are accepted.

The correlation coefficient obtained can be said to be a moderate correlation and is positively correlated. This means that if former drug addicts have high social support then their resilience will be high, and conversely if their social support is low then their resilience will also be low. The results of this research can be concluded that social support is very important to help someone be resilient and can also help from a psychological aspect, when they experience a problem that makes them depressed in life, the role of social support can play a role in encouraging them to get up and gradually overcome it. these problems.

This research shows that the majority who filled out the questionnaire were aged 24-29 years as many as 58 people with a percentage value of 36.3%, in the 30-35 year age range there are 32 people with a percentage of 20.0%, and there are 36 people aged 36-41 years with a percentage of 16.2%.

Table 1. Frequency of Age Distribution

	Age	Frequency	Percent
Valid	18-23	44	27.5
	24-29	58	36.3
	30-35	32	20.0
	36-41	26	16.2
	TOTAL	160	100

The majority of drug users who are undergoing rehabilitation have moderate social support, 117 people with a percentage of 73.1%, 2 people with high social support with a percentage of 1.3%, and 41 people with low social support with a percentage of 25.6%. %.

Table 2. Category of Respondents on the Social Support Scale

Category	Score	Frequency	Percentage
Low	22-44	2	1.3%
Currently	45-67	117	73.1%
Tall	68-89	41	25.6%
Total		160	100%

Taylor (2015) revealed that individuals who receive high levels of social support tend to have lower stress levels. So, they are better able to overcome difficult situations and experience positive things in their lives more positively. This can be interpreted as if drug users have high social support, the level of stress they experience can also be lower, and they can undergo a better rehabilitation period, even if, for example, they experience a relapse and lose direction which makes them sink again, they still have people. who encouraged them and supported them to be able to go through the entire rehabilitation process. So that they can get back on their feet until the former drug addicts can leave the rehabilitation center and be declared clean of illegal drugs. Therefore, this is where the important role of social

support is, all the support received can help former drug users to be able to get up to undergo the entire rehabilitation process.

The role of social support is very beneficial for an individual if it comes from other people close to him who he automatically trusts and cares about him. As stated Sarason (2007) said that social support can be beneficial for individuals if it is obtained from someone they can trust so that they can understand that there are other people who care, appreciate and love them. The majority of the percentage of resilience of drug users who are being rehabilitated is in the medium category, namely 88.8% with 142 people, while for the high category it is 0.6% with 1 person, and for the low category it is 10.6% with 17 people. The majority of drug users currently undergoing rehabilitation in the moderate category are aged 24-29 years with a rehabilitation period of 1-3 months. According to Schure, Odden, & Goins (2013) in their research, states that high levels of resilience in individuals are correlated with lower levels of depression, as well as having better mental and physical resilience and health. So if drug users who are being rehabilitated have high resilience then they will be stronger to face the rehabilitation process and easily adapt in a rehabilitation environment that has a different situation compared to when drug users were in their daily lives before entering rehabilitation. And based on Aztri's (2013) research, it shows that former drug addicts who have succeeded in recovering from addiction to illegal drugs are those who have a feeling of worth because they have a social support role and they can also interpret life and the meaning of the difficulties they go through, which is a something that can be faced and overcome positively.

CONCLUSION

Based on the results of the data analysis that has been obtained, the hypothesis proposed in this research is that there is an acceptable relationship between social support and the resilience of drug addicts who are being rehabilitated. There is a positive relationship between social support and the resilience of drug users. This means that if drug users who are undergoing rehabilitation receive high social support, the level of resilience that drug users have is also high, and conversely, if drug users receive low social support, their resilience will also be low. The suggestion for future researchers is that researchers should first conduct a survey of the data collection locations, so that the number of respondents matches the target they wish to research. Next, the researcher helped the respondent and supervised when the respondent filled out the questionnaire.

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