

Optimism for Recovery in Rehabilitation Residents at IPWL (Recipient Institutions Required to Report) Sriwijaya, South Sumatra

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Abstract

This research discusses optimism for recovery in rehabilitation residents at IPWL (Compulsory Reporting Recipient Institution) Sriwijaya, South Sumatra. This research uses a qualitative method with a descriptive design. The subject selection technique is using purposive sampling with criteria, Male, 16 - 23 years old, Muslim, Older Status and Older Phase. Data collection methods use interview methods, as well as observation and documentation. The results of this research generally showed that the four subjects The image of Recovery Optimism is to change into a better person, and not want to be involved with drugs again. Factors that influence optimism are family factors such as providing motivation to residents, personal factors, namely changes in the subject that they have made away from drugs and maintaining recovery.

Keywords recovery optimism, resident rehabilitation, IPWL.

INTRODUCTION

Drug abuse in Indonesia is increasingly worrying, demanding serious countermeasures from all parties because it will cause more serious problems if left to drag on. The government has implemented policies such as Law Number 35 of 2009 concerning Narcotics, Law Number 11 of 2009 concerning Social Welfare and Presidential Decree Number 17 of 2008 concerning the National Narcotics Agency (BNN), Provincial Narcotics Agency (BNP), and the National Narcotics Agency. Regency/City Narcotics (BNK) and Government Regulation Number 25 of 2011 concerning Implementation of Mandatory Reporting for Drug Addicts.

Drug abuse in Indonesia is very worrying because it has increased drastically from year to year. Indonesia is a developing country which is influenced by the drug mafia which controls Indonesia's territory by showing an increasing trend in the number of drug crimes in society.

According to 2018 World Drugs Reports data published by the United Nations Office on Drugs and Crime (UNODC), there are 275 million people in the world or 5.6% of the world's population (aged 15 - 64 years) who consume drugs. The rate of drug abuse among students in 2018 (from 13 provincial capitals in Indonesia) reached 2.29 million people, while in 2017 the prevalence rate of drug abuse was 1.77% or 3,376,115 people (aged 10 – 59 years), Drug abuse in the millennial generation or younger generation is only 20% and is now increasing from 24% to 28%. According to data from the National Narcotics Agency (BNN) of South Sumatra Province in 2018, 102,000 residents of South Sumatra's 8.2 million population were drug addicts (bnn.go.id accessed on January 13, 2020, 19.35).

The Indonesian Ministry of Social Affairs as an agency that carries out development in the field of Social Welfare, one of which is the Compulsory Reporting Recipient Institution (IPWL) in the South Sumatra Province area is IPWL "Sriwijaya". IPWL



Sriwijaya is a government-owned social rehabilitation institution which operates in the field of overcoming the problem of drug abuse (Narcotics, Psychotropics and other Addictive Substances) by providing services and rehabilitation for drug abuse victims appointed by the Indonesian Ministry of Social Affairs through the South Sumatra Provincial Social Service. Social Rehabilitation carried out at IPWL Sriwijaya uses the Therapeutic Community (TC) Method, namely by stopping drug abuse and encouraging personal growth, getting to know yourself both emotionally, intellectually, spiritually, behaviorally and skills by using a Therapeutic Community that humans believe can change. from the results of learning that occurs through warnings and actions, understanding, sharing experiences, both handling for children to adults(Arif, 2016).

According to Suardana (in(Darwis, 2018)) rehabilitation is divided into two, namely medical rehabilitation and social rehabilitation. According to Law Number 22 of 1997, medical rehabilitation is a process of integrated recovery activities to free addicts from narcotics dependence, while social rehabilitation is a process of physical, mental and spiritual recovery activities so that addicts can return to carrying out social functions in community life well. According to Suhartanto (in(Darwis, 2018)) medical rehabilitation is successful in eliminating a person from addiction to psychotropic substances. If it is not followed by social rehabilitation, the person will very easily return to their old environment and then the person will return to doing or using illegal drugs, because this problem often occurs among drug users. The phenomenon that occurs in the field is that drug users are admitted to correctional facilities. This is contrary to statutory regulations referring to Law No. 35 of 2009 concerning Narcotics, Article 54 which states that narcotics addicts and victims of narcotics abuse are required to undergo medical and social rehabilitation. Medical rehabilitation is related to treatment and health restoration, while social rehabilitation is the social and metal recovery of drug addicts. Article 55 states that requests for rehabilitation are reported by addicts or their families to medical and social rehabilitation institutions, while underage drug addicts are reported by their guardians.

In the rehabilitation center, especially at IPWL Sriwijaya, South Sumatra, residents undergo a rehabilitation process for approximately 4 - 5 months and follow the program and rules that must be followed. Residents who violate the rules will receive a warning or punishment. There are various types of learning punishments, such as cleaning all the facilities in the rehab house, writing something related to the mistake according to the time specified by the counselor, memorizing the "jargon" (rehab words) in the walking paper book. This is one of the advantages of the rehabilitation place. compared to correctional institutions. Residents undergo counseling sessions with counselors to be given motivation to be optimistic in carrying out the recovery process. Recovery efforts for drug victims pay attention to various references related to residents' rights, especially regarding the right to recovery which is carried out comprehensively with the aim of humanizing people, the recovery of drug addicts in the form of medical and psychological guidance is guided by the methods used by the United States, because very medically and psychologically oriented. Total recovery means residents receive detoxification services, nutritional/vitamin therapy and are given emotional control medication. Residents are not only healed through treatment

but through psychological, social, intellectual, spiritual and physical rehabilitation approaches (Sofyan, 2012). Recovery from drug addiction has dimensions and affects aspects of life so therapy is never simple. Recovery is not only related to the physical aspect but also to the psychological, social, cultural, spiritual and religious aspects because victims of drug abuse cannot be cured but only recover at any time. may return to drug abuse. Residents are able to distance themselves from drug abuse and carry out their social functions in the environment, family, school, work and social life so that they can carry out their lives in a reasonable and productive manner. There are several factors that make drug abuse residents recover, one of which is optimism.

According to Seligman, optimism is an overall view, seeing good things, thinking positively and giving meaning to oneself. Optimistic individuals are able to produce something better than the past, are not afraid of failure and try to keep getting up again if they fail (Seligman, 2008). Meanwhile, according to Hadjam (2010) Optimism is a person's ability to positively interpret all events and experiences in their life, starting from a person's thoughts and then manifesting in behavior, so the optimistic person can explain situations that please themselves internally.

This is in line with the theory put forward by Seligman that helplessness and pessimism are not hereditary or a trait that cannot be changed in a person but rather from the results of learning, this learning can form cognitive mechanisms that make individuals tend to view the future with pessimism. Also learning other forms of cognitive mechanisms will make someone tend to look at the future optimistically (Arif, 2016). Recovery optimism is a positive attitude that views everything as the best outcome from the rehabilitation process in the form of efforts to restore the resident's mental condition. Optimism or pessimism is related to cognitive mechanisms, namely efforts to change pessimism into optimism using a cognitive intervention approach or which often uses the principles of cognitive therapy, namely Emotive Behavior Therapy, that individual emotional, cognitive and behavioral experiences are closely related to people's understanding (perception). Because this understanding is based on beliefs to increase individual optimism by identifying and intervening on the individual's perceptions of various events or underlying beliefs.

Based on the explanation above, it is in line with the ideal condition of residents in rehabilitation, namely that residents experience depression or very high stress due to their non-acceptance in rehabilitation which results in the loss of hope for life because their parents or family do not care about them and they are thrown away by their families and make residents undergo an ordinary rehabilitation program. - ordinary, depressed, and thinks he is bad. In line with the optimistic facts that occur in rehabilitation residents over time, residents are able to have strong initiative to solve a problem, have high self-confidence, have courage and are not afraid of failure, and have positive thinking.

Results of a preliminary study on 9 - 10 January 2020 conducted by researchers on four subjects undergoing rehabilitation at IPWL Sriwijaya, South Sumatra. The first subject with the initials "DS" stated that the subject "DS" was optimistic about recovering by taking action to change himself to be better than before, wanting to take courses, staying away



from old friends and making his parents happy and apologizing to his parents. The following is an excerpt from an interview with the subject "DS":

"At the beginning of my first visit, sis, I was brought here. I didn't accept it yet, but after a while it came to me that I wanted to recover, sis, I wanted to change my bad habits, I wanted to win over my friends, but if I was invited to a gathering, I wouldn't be fierce, I wanted to take a course, sis, son. I'm happy, and I want to apologize for what I've done wrong all this time." (Interview on January 9, 2019)

The second subject with the initial's "Z" stated that subject "Z" was optimistic that he wanted to recover by finding happiness away from drugs, focusing on his way of life and going to school. The following is an excerpt from an interview with subject "Z":

"At first, sis, when I came here, I was forced to because he was brought here, but after that I wanted to find happiness away from drugs, focus more on my way of life to be more successful in accepting myself, continue going to school and I want to recover, sis." (Interview on January 9, 2019)

The third subject with the initials "MSB" stated that the subject "MSB" was optimistic about recovery so that in the future he would no longer use it, he wanted to work and change his life and avoid his old environment and look for a new one. The following is an excerpt from an interview with the subject "MSB":

"Surrender bae sis when I was brought here because he was a TO, when I came in I wanted to split but I was too old sis and then he appeared in me sis, I am optimistic about recovering, in the future I will no longer make fun, I already want to play and "My life has changed, sis, my son is avoiding the old environment, sis, he wants to look for a new environment." (Interview on January 10, 2020)

The fourth subject with the initials "AH" stated that subject "AH" was optimistic that he would recover a long time ago and be able to work, to get rid of yesterday's thoughts and stay away from old friends. The following is an excerpt from an interview with the subject "MUA":

"The first time I was here, I was shocked, sis, because I was arrested by the BNN, then I was brought here, I started to rebel, then it also emerged within me, but then I wanted to recover, sis, but I was able to do something to get rid of the thoughts I had yesterday, I wanted to get away from them. from my friend from yesterday, bae." (Interview on January 10, 2020)

Based on the phenomenon above, 2020 researchers knew that after undergoing the rehabilitation process, the four subjects admitted that they were more accepting of the situation, experienced positive changes in attitude, and were confident to recover and look for more useful activities in the future so that they would not do the same thing again so that the residents were optimistic about wanting to recover. Thus, researchers are interested in studying the phenomenon entitled Recovery Optimism in Rehabilitation Residents at IPWL Sriwijaya, South Sumatra.

METHOD

This research uses a type of qualitative research with a descriptive approach, namely research that reveals certain social situations by describing true reality, formed by words based on data collection techniques and analysis of relevant data obtained from natural situations. According to Denzin and Lincoln, qualitative research is collecting data in a natural setting by interpreting phenomena that occur and involving various existing methods (Moleong, 2014).

The method used in this research is the descriptive method. According to Anggito and Setiawan(2018)In this step, the researcher must describe an object, phenomenon, or social setting which will be outlined in narrative writing, meaning that in writing the data and facts collected are in the form of words or images rather than numbers. When writing a qualitative research report, it contains quotations of data (facts) revealed in the field to provide support for what is presented. As according to (Whitney in (Nazir, 2013)) that the descriptive method is a search for facts with correct interpretation. Descriptive research studies problems in society as well as the procedures that apply in society and certain situations, including relationships, activities, attitudes, views, as well as ongoing processes and the influences of a phenomenon.

Research subject

In qualitative research, the term sample can be changed to subject, informant, participant or research target. Therefore, the author chose to use the term subject as the research sample. The technique used to determine subjects in this research was purposive sampling. Purpose sampling is a technique for sampling data sources with certain considerations. There were three research subjects, the subject criteria in this research were as follows:

1. Man
2. Aged 16 - 23 years.
3. Muslim
4. Older Status
5. Older Phase

Method of collecting data

The data collection method is the most strategic step in research, because the main aim of research is to obtain data. The data collection technique used in this qualitative research is as follows:

1. Observation

Research observation is a data collection method used to see, observe and observe the behavior of subjects for certain purposes (Herdiansyah, 2010). The type of observation used in this research is non-participant observation, namely the researcher is not involved and is only an independent observer. The researcher makes a schedule with the subject, then the researcher pays attention to the subject and the surrounding environment and takes notes.



Objects observed include physical appearance, verbal and nonverbal communication, interaction with the environment and activities carried out.

2. Interview

Research interviews are a research method that involves collecting data through direct verbal interaction between the interviewer and the respondent (Moleong, 2014). This research used semi-structured interviews. Semi-structured interviews characterized by open questions, flexible but still controlled, there are interview guidelines that are used as benchmarks in terms of flow, sequence and use of words (Herdiansyah, 2010).

3. Documentation

Research documentation is a method of collecting data by viewing or analyzing documents created by the subject or other people about the subject. Documents can be in the form of writing, images, or monumental works by someone (Herdiansyah, 2013).

Data analysis

Data analysis is an effort made by working on data, organizing data, sorting it into manageable units, synthesizing it, looking for and finding patterns, finding what is important or learned and deciding what to tell others. (Moleong, 2014). The data analysis method in research uses the Miles and Huberman technique as follows:

1. Data Reduction (Data Reduction)

Reducing data means summarizing, selecting the main things, focusing on important things in the form of themes and patterns.

2. Data Display (Data Presentation)

Data presentation is carried out in the form of short descriptions in the form of charts, relationships between categories, flowcharts and the like.

3. Conclusion Drawing/ Verification (Conclusion Drawing/ Verification)

The data that has been concluded can answer the problem formulation that has been formulated from the start because the problem and problem formulation are still temporary and develop after the researcher is in the field.

Validity of Research Data

In qualitative research, findings or data can be declared valid if there is no difference between what the researcher reports and what actually happened to the object under study. Then the meaning of reliability in qualitative research is that reality is multiple, dynamic/always changing, so that nothing is consistent and repeats itself as before. Furthermore, to determine the validity of the data, inspection techniques are needed (Moleong, 2014).

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1. Extension of Observation

Extending the observation means that the researcher returns to the field to make observations, interview again with data sources that have been encountered or are new.

2. Triangulation

Triangulation in credibility testing is defined as checking data from various sources (source triangulation to test credibility by checking data that has been obtained through several sources).

This research uses data triangulation, namely the use of more than one data collection method in a single case. Data collection methods that are generally carried out in qualitative research are interviews, observation, FGD, documentation, and so on (Herdiansyah, 2013).

3. Hold Member Check

Member check is the process of checking data obtained by researchers with data providers. The purpose of member checking is to find out how far the data obtained matches what was provided by the data provider. If the data found is agreed upon by the data providers, it means the data is valid, making it more credible or trustworthy (Sugiyono, 2009).

RESULTS AND DISCUSSION

Subject Background

1. Subject DS

Subject DS talks about himself being 16 years old, from the Sri Kembang Tanjung Batu Meranjat area, the 2nd child of 3 siblings, the last subject's education did not complete junior high school which was the reason because he was not enthusiastic about school, the subject's parents worked as farmers, and the type of use he used. used include crystal methamphetamine and drinking.

2. Subject Z

Subject Z tells about himself who is 16 years old, from the Sri Kembang area, the 5th child of 5 siblings, the last one who did not finish junior high school had the reason for being dismissed from school in the 9th grade of junior high school because he often fought with his friends and teachers, the subject is an orphan, His mother worked in tapping, and the types of drugs he used were methamphetamine, inek, drinks, aibon, and almost all the drugs he had used.

3. MSB Subject

Subject MSB tells about himself, 21 years old, from the Sri Bendung area, the 1st of 3 children, the subject graduated from high school and after finishing school the subject worked at Alfamart, his father worked as a driver while his mother worked as an NGO in his village, the subject is a drug users and dealers, and the types of drug used, namely crystal methamphetamine, inek and marijuana.

4. Subject AH

Subject AH tells about himself who is 23 years old, from the Palembang Sungai Batang area, the subject has graduated from vocational school, the subject has worked as a housing security guard in the KM 9 area, his mother worked as an ustazah, the subject has



also entered the criminal world such as collecting money, beating people, motorbike theft, and the type of use used, namely marijuana, inek, methamphetamine, Penang tubor.

This research discusses the description of recovery optimism in rehabilitation residents at IPWL Sriwijaya South Sumatra and the factors that influence recovery optimism in rehabilitation residents at IPWL Sriwijaya South Sumatra. The subjects in this study were residents who had undergone 4 - 5 months of rehabilitation with the initials DS, Z, MSB and AH, all four of whom were in the older status and older phase at the IPWL Sriwijaya South Sumatra rehabilitation with an age range of 16 to 23 years.

Based on the results of research findings that discuss the picture of recovery optimism among rehabilitation residents at IPWL Sriwijaya, South Sumatra, there are differences in the picture of optimism they feel and experience. Then there are factors that influence recovery optimism among rehabilitation residents at IPWL Sriwijaya, South Sumatra. In order to obtain a clear picture and influence factors, the researcher will describe the themes one by one.

The first theme explains the background of the subject. Based on the age of the subjects it can be said that the four subjects have different ages, subjects DS and Z are 16 years old, subject MSB is 21 years old while AH is 23 years old and the background of each of the four subjects is very different and the fourth type of drug The subjects used were methamphetamine, inek, marijuana and drinks.

The second theme explains the understanding of drugs. From their respective understandings about drugs, the four subjects initially had an understanding about drugs after using drugs which made the four subjects become dependent on drugs and made their minds calm. In line with the theory that explains narcotics, namely substances that cause certain effects for those who use them by inserting the drug into their body, these effects are anesthesia, loss of pain, stimulation, enthusiasm and hallucinations. The dangers of using narcotics not in accordance with regulations, which can cause addiction/dependence on narcotics (drugs)(Rosdiana, 2018).

This is contrary to the teachings of the Islamic religion which is based on the Koran and Hadith that wine is an object that causes drunkenness, because wine linguistically includes all objects that can confuse the mind, whether in the form of liquid or solid substances, as Allah SWT says in Al- Qurán surah Al-Baqarah verse 219 which means: "They ask you about wine [136] and gambling. Say: "In both there is great sin and some benefit for humans, but the sin of both is greater than the benefit." and they ask you what they earn. Say: "which is more than necessary." Thus, Allah explains His verses to you so that you think, [136] All intoxicating drinks."

The third theme explains the first time you used drugs. Based on the results of the research conducted, the four subjects used drugs as a result of their friend's invitation. The results of this research are in line with research conducted by Dadang Hawari (2000) which has the conclusion that in general cases of drug abuse are committed in adolescence, namely 97% because during adolescence they experience an unstable emotional state, have a great desire to try and are easily influenced by the environment and peers, due to offers,

persuasion or pressure from individuals or a group of people to him which causes the individual to want to try and use.

The fourth theme explains the reasons for using drugs. From each of the four subjects the reason for using drugs is because they are given to them and invited by their friends, where during this period of adolescence they are very vulnerable to following everything, they see, such as following their friends because teenagers still want to try, their emotions are still unstable, they don't have a handle yet. still searching for identity.

The fifth theme explains relationships with family. Based on the results of research conducted by the four subjects, their relationships with their families were all good. In a family where there are good relationships between members, children learn to work together, share their feelings with others, thus forming social attitudes that facilitate social relationships and are colored by warmth and familiarity, forming the principles of good group life as the basis of their life in society (Gunarsa, 2008).

The sixth theme explains the reasons why the subject decided to go to rehabilitation. Subject DS and Subject Z were accompanied by their parents, subject MSB was taken by their parents while subject AH was taken by BNN. According to Article 103 paragraph 2 of Law no. 35 of 2009 concerning drugs, that drug addicts can carry out punishment in social protection to no longer use drugs and the treatment process is in accordance with the rehabilitation program, then the four subjects can be admitted to rehabilitation which is defined as a place that provides skills and knowledge training to avoid drug dependence (Soeparman, 2000).

The seventh theme explains rehabilitation activities. The four subjects are equally believed to be older status whose task is to help run, supervise and carry out instructions from the MOD, in line with the results of observations by researchers in the field when collecting data, because to become older status you must meet special criteria including not having a history of violations and having good behavior, the selection of the four subjects as senior status in accordance with the word of Allah in the holy book Al-Quran, believers who do good in the world will definitely receive a reward in the form of goodness. Allah says in surah az-zumar verse 10 which means: "Say: "O My faithful servants. Fear your Lord." People who do good in this world obtain goodness. and Allah's earth is vast. Indeed, only those who are patient will have their rewards filled without limit."

The eighth theme explains the relationship with residents, counselors and staff. The relationship between the four subjects is very good, this is according to Pearson in (Candra, Harini, & Sumirta, 2017) that humans are social creatures, which means they cannot establish relationships alone, but instead establish relationships with other people to recognize and understand each other's needs, form interactions with other people, and try to maintain these interactions based on relationships between individuals and each other, where One individual can influence another or vice versa.

The ninth theme explains the desire to change. From the expressions of the four subjects, the desire to change was caused by the parents and within the subjects not to use drugs and to have goals for the future.



The tenth theme explains how the subject faces a problem. From the expressions of the four subjects, the way to solve problems before and after rehabilitation has changed, where the changes before rehabilitation, the four subjects solve problems by leaving the house and seeking peace by using drugs, after being in rehabilitation, the four subjects solve problems in a good way and more patient.

The eleventh theme explains changes within the subject. From the expressions of the four subjects that there were changes, namely before rehabilitation and after rehabilitation, the four subjects had positive changes after rehabilitation, these changes were based on changes in the individual where these changes were caused by the maturation process and experiences that occurred in the individual himself (Sunaryo, 2004).

Islam emphasizes that changes occur in aspects of the self (inner change) which include awareness and knowledge, attitudes, beliefs, motivation, morality and spirituality. This is explained in the Al-Quran surah Ar Ra'd verse 11 which means: "For humans there are angels who always follow them in turn, in front of and behind them, they guard them by Allah's command [767]. Indeed, Allah does not change the condition of a people until they change the condition [768] of themselves. and if Allah wills evil for a people, then no one can resist it; and there is no protector for them but Him." [767] For every human being there are several angels who take turns guarding him and there are also several angels who record his deeds. and what is desired in this verse is the angel who takes turns guarding him, called the Hafazhah Angel.[768] God will not change their situation, as long as they do not change the causes of their decline."

Islam generally supports positive and permanent change, not just temporary or momentary, only under certain conditions (Kusumawati, 2018). This is in the Al-Qur'an surah Al-Isra verse 67 which means: "And if danger strikes you in the sea, whoever you call to except Him will surely be lost. So, when He saves you on land, you turn away. and man is always ungrateful."

The twelfth theme explains the parents' reaction when they find out that the subject is using drugs. The four subjects were scolded by their parents. This is also reinforced by the results of observations by researchers in the field that the four subjects were sad when they expressed their parents' reactions to finding out that the subject had used drugs and there were also that the four subjects were very sorry for the actions they had committed so far.

The thirteenth theme explains the opinions of people around who know the subject uses drugs. From the expressions of the four subjects, it can be concluded that the opinions of people around them are disappointed.

The fourteenth theme explains the subject's attitude when other people reprimand him. From the expressions of the four subjects, it can be concluded that the four subjects had an improvement in their attitude when they were reprimanded by other people, whereas previously the four subjects, when reprimanded by other people, did not accept the reprimand, and this made the four subjects respond to reprimands from other people and stay away from home, whereas now the four subjects can accept and listen to warnings from others. This is in line with the egocentric factor where this factor explains that individuals who believe have confidence in their abilities to overcome all the challenges they will face,

namely individuals who are optimistic and have high motivation will try hard to prepare themselves to achieve the goals they achieve and face. a challenge is a test (Sofia, 2009).

The fifteenth theme explains about after leaving rehabilitation. From the expressions of the four subjects, it can be concluded that the four subjects had different reasons after completing the rehabilitation program, subject DS wanted to take a welding course, subject Z wanted to continue school, subject MSB wanted to work while subject AH locked himself away first to plan the subject's future wishes by How to work. Residents who have completed the rehabilitation program have not been able to say that the resident is well, where residents who have completed the rehabilitation program must start from the beginning again to live normally and the resident can be said to have recovered if the resident is already busy and has no thoughts of using drugs are back.

The sixteenth theme explains how to help rehabilitation run smoothly. From the fourth expression, researchers can conclude that it helps rehabilitation run smoothly by teaching, obeying, following all programs in rehabilitation and instructions from MOD and diverting the mind from drugs. This is also in accordance with the existing rehabilitation program at IPWL Sriwijaya South Sumatra.

The seventeenth theme explains future motivation. From the four subjects it can be concluded that they have different motivations, such as having the intention to change by not using drugs, staying away from their previous environment, working, making their parents happy, and continuing school or taking courses. Motivation is the drive that comes from self-awareness to be able to achieve success, motivation is found in internal motivation where people who have internal motivation are characterized by hard work efforts without being influenced by the external environment (Dariyo, 2003).

In the eighteenth theme, explaining the parents' wishes to the subject. From the statements of the four subjects it can be concluded that the parents of the four subjects have different desires for the four subjects, the parents of subject DS want the subject to continue school but the subject has the desire to take a welding course and the parents of the subject agree, the wishes of the parents of subject Z must be pray often and don't sleep too often by looking for experience, the parents of subject MSB want the subject to change in the future by not using drugs again, don't often argue with their parents, while subject AH the subject's parents want the subject the same as other parents, namely they want their child to be successful and change do not use drugs.

The nineteenth theme explains optimism in the subject. Based on the results of research conducted by the four subjects, there is optimism in themselves who are far from drugs and have changed for the future. This is also in line with support from people around them such as parents, where parents have an important role for the four subjects because encouragement from parents makes them rise from their past. According to Seligman Optimism is an overall perspective, in seeing good things and thinking positively and easily in giving meaning to the individual (Seligman, 2008).

The twentieth theme explains how to maintain recovery. From the expressions of the four subjects, researchers can conclude that maintaining recovery is by not using drugs again, staying away from the old environment and finding something to do so that there are



no thoughts of using drugs. This is in accordance with research conducted by Hidayati, Winarni, and Rachmawati(2020)Recovery is needed to restore the individual's function and role during the recovery process, they have hope for their life. This is also in line with the rehabilitation program which is carried out for 4-5 months by IPWL Sriwijaya South Sumatra, where at the achievement of 4-5 months of rehabilitation it can be said that they have been able to recover in terms of emotional maturity, thoughts and a lot of learning that was gained while in rehabilitation and can be applied when they are already there. in the environment.

CLOSING

Conclusion

Based on research findings and discussions regarding recovery optimism among rehabilitation residents at IPWL Sriwijaya, South Sumatra, the picture of recovery optimism for the four subjects is that there is very high inner optimism and positive thinking. However, there are differences in the way the four subjects' express optimism about recovery, namely that Subject DS is optimistic about not using drugs and wants to work. In subject Z, the subject is optimistic that he has to think ahead, change so that he no longer thinks about drugs, wants to continue school and open a business. The subject of MSB is very optimistic in the subject, the subject has been able to maintain a distance from the previous environment and has the intention to change and has no thoughts of using drugs again. Subject AH, with the subject's optimistic aspirations to change by avoiding the drug environment, has future motivation. From the results above, it can be concluded that the four rehabilitation residents have a picture of recovery optimism, namely, to change into better people, and do not want to be involved with drugs again.

Meanwhile, the factors that influence recovery optimism in the four subjects are family factors such as providing motivation to residents, personal factors, namely changes in the subjects that they have made away from drugs and maintaining recovery.

Suggestion

The suggestions proposed by the research from the results of this research are as follows:

1. Subjects should be more selective in choosing friends to hang out with, choose friends who can have a positive influence on themselves. Then, researchers have high hopes that the four subjects will consistently maintain optimism about recovery and try to become better individuals.
2. Both parents should pay more attention and supervise their children's interactions, because in essence children really need guidance and love from both parents.
3. For future researchers to conduct more interesting research on recovery optimism in rehabilitation residents and the factors that influence recovery optimism in residents. With other and broader methods using other variables that are relevant to be discussed by researchers.

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