

Psychological well-being of ex-drug addicted counselee in post-rehabilitation education

Rudi Haryadi

Guidance and Counseling Study Program, Faculty of Teacher Training and Education, Universitas Islam Kalimantan Muhammad Arsyad Al Banjari
Email: haryadi413@gmail.com

Eka Sri Handayani

Guidance and Counseling Study Program, Faculty of Teacher Training and Education, Universitas Islam Kalimantan Muhammad Arsyad Al Banjari
Email: nanda_handayani@gmail.com

Sri Ayatina Hayati

Guidance and Counseling Study Program, Faculty of Teacher Training and Education, Universitas Islam Kalimantan Muhammad Arsyad Al Banjari
Email: nyonyadirga@gmail.com

(Received: 29-January-2020; Reviewed: 03-March-2020; Accepted: 06-April-2020; published: 29-June-2020)

Abstract: This study aims to analyze the level of psychological well-being of ex-drug addicted counselee in post-rehabilitation education. The study was conducted in 2 communities of post-rehabilitation education providers in Semarang city. The level of psychological well-being of 40 respondents was measured by filling in the 18-item psychological well-being scale developed by Ryff ($r = 0.83$; $v = 0.97$). Measurement includes indicators: (1) self-acceptance; (2) positive relationships with others; (3) autonomy; (4) environmental mastery; (5) purpose in life; and (6) personal growth. Hypothesis test results indicate that the level of psychological well-being of ex-drug addicted counselee in post-rehabilitation education is significantly greater or equal to 80 ($t = 49,140$; $sig = 0,000$). Based on the results of this study, it is recommended to further researchers to further explore certain differences in the level of psychological well-being of the counselee by the factors of age, demographics, educational background, and length of abstinence. In addition, further studies with a larger number of samples and questionnaire items are needed so that study results can be generalized to a wider population.

Keywords: Psychological Well-being; Ex-drug Addicted; Post-rehabilitation Education

Abstrak: Penelitian ini bertujuan untuk menganalisis tingkat kesejahteraan psikologis pada konseli eks-pecandu NAPZA dalam pendidikan pasca rehabilitasi. Penelitian dilakukan pada 2 komunitas penyelenggara pendidikan pasca rehabilitasi di Kota Semarang. Tingkat kesejahteraan psikologis 40 responden diukur dengan mengisi 18-item skala kesejahteraan psikologis yang dikembangkan oleh Ryff ($r = 0.83$; $v = 0.97$). Pengukuran meliputi indikator: (1) penerimaan diri; (2) hubungan positif dengan orang lain; (3) otonomi; (4) penguasaan lingkungan; (5) tujuan hidup; dan (6) perkembangan pribadi. Hasil uji hipotesis menunjukkan bahwa tingkat kesejahteraan psikologis konseli eks-pecandu NAPZA dalam pendidikan pasca rehabilitasi secara signifikan lebih besar atau sama dengan 80 ($t = 49.140$; $sig = 0.000$). Berdasarkan hasil penelitian ini, direkomendasikan kepada peneliti selanjutnya untuk lebih mengeksplorasi perbedaan tertentu pada tingkat kesejahteraan psikologis konseli jika ditilik dari faktor usia, demografis, latar belakang pendidikan, maupun lama masa abstinennya. Selain itu, studi lanjutan dengan jumlah

sampel dan item kuesioner yang lebih besar dibutuhkan agar hasil studi dapat lebih digeneralisasi pada populasi yang lebih luas.

Kata kunci: Kesejahteraan Psikologis; Eks-Pecandu NAPZA; Pendidikan Pasca Rehabilitasi



This is an open access article under the CC BY-NC 4.0 license (<http://creativecommons.org/licenses/by-nc-nd/4.0/>).

INTRODUCTION

One thing that has always been a problem in society and requires special attention is the misuse of drugs. The rise of drug trafficking and drug abuse and illegal drugs is recognized by many as a dangerous threat. National drug abuse survey conducted by the National Narcotics Agency (BNN) of 13,710 respondents consisting of junior high school, high school students and students in 2013 mentioned data that in the past year there were 3.9% of respondents who abuse drugs (BNN, 2015). This shows that the problem of addiction cannot be underestimated and requires the participation of all groups and professions in prevention and treatment efforts.

On the one hand, the profession of psychology and counseling is starting to enter a new paradigm which sees that humans have positive aspects in themselves which, if developed, can prevent the emergence of mental illness. This paradigm is referred to as positive psychology. Positive psychology aims to develop counseling that can build healthy living conditions that are possible, not limited to counseling to reduce suffering (Seligman, 2010). These healthy living conditions in their development continue to be defined through optimism, self-fulfillment, authentic happiness attainment, and finally well-being.

Well-being is usually handled as a concept related to happiness, quality of life, and life satisfaction. In psychology, the study of well-being has its place. There are two movements that discuss this, namely the hedonic and eudaimonic flow. The hedonic movement focuses on the steps of life in terms of pleasure and happiness which are very subjective (Buchanan, 2011). While the eudaimonic movement, capturing two essence is broader than just being happy and happy, but more to know yourself, and be what you should be. This movement is then referred to as psychological well-being.

A person's psychological well-being can be reflected through philosophical questions such as: (1) the extent to which a person feels their life has meaning, purpose and direction (purpose in life); (2) do they see themselves living according to their own personal beliefs (autonomy); (3) the extent to which they utilize their personal talents and potential (personal growth); (4) how well they manage their life situation (environmental mastery); (5) how deep their connections in relationships are significant (positive relationships with others), and (6) what kind of knowledge and acceptance they have about themselves, including personal awareness and limitations (Ryff, 2014). Together, these dimensions offer important contrasts to indicators that are still focused on feeling good, happy, positive or satisfied with life. It's just that satisfaction must be in line with how a person should function in life and the surrounding community.

One study found a link between the low psychological well-being of a person and the tendency to use drugs. Psychological well-being was found to have a negative correlation with addictive tendencies (Fard, Rajabi, Delgoshad, Rad, & Akbari, 2014). Although it is not yet known whether low psychological well-being affects individuals to tend to use drugs, or it is precisely the use of drugs that makes a person's psychological well-being low (Visser & Routledge, 2007). But what can be clearly identified is stressful life events related to aggression that can lead to peer alienation and lead to an increase in the likelihood of drug use (King & Chassin, 2008).

In addition, studies of 40 drug addicts in Eastern Tehran show that those who have been in abstinence for a long time have higher average psychological well-being scores (Dogaheh, et al., 2013). In this study, an 18 item questionnaire was used to measure the psychological well-being of ex-drug addicts and a mean score of 66.45 was found in subjects who had been abstained for less than 6 months,

and a mean score of 82.80 in subjects who had abstained for more than 6 months. The research gave birth to the assumption that the longer the person's abstinence, the greater the psychological well-being they have.

Based on this rationale, the question arises whether the psychological well-being of a drug addict will continue to increase along with the length of the abstinence experienced? What if the subject continues to be provided with adequate post-rehabilitation education during his abstinence? Therefore, this study aims to examine the level of psychological well-being of ex-drug addicts who have undergone post-rehabilitation education.

METHOD

This study uses a quantitative approach to examine the level of psychological well-being of ex-addict drug counselees. Research respondents were determined using saturated sample techniques at 2 post-rehabilitation education provider institutions in Semarang City, namely Rumah Damping BNN and IPWL Rumah Damai. The number of research samples is 40 people. The average respondent in this study had an abstinence period of more than 6 months.

Respondents were asked to fill in an 18 item psychological well-being questionnaire developed by Ryff (2014) with a reliability rate of 0.83 and a correlation level with the parent questionnaire of 0.97. This questionnaire

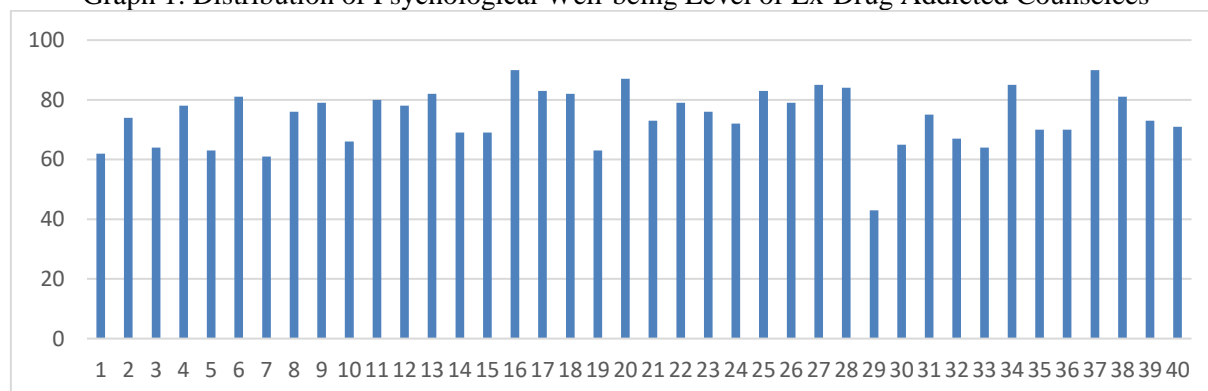
measures 6 indicators of psychological well-being, which is (1) self-acceptance; (2) positive relationships with others; (3) autonomy; (4) environmental mastery; (5) purpose in life; and (6) personal growth.

The hypothesis put forward in this study reads: "the level of psychological well-being of ex-addict drug counselees in post-rehabilitation education is greater or equal to 80". This hypothesis is then tested descriptively by the one sample t-test formula. In addition, for the purpose of classification, the level of psychological well-being of respondents can be categorized into 5 main categories, which is: very high (91 - 108), high (73 - 90), moderate (55 - 72), low (37 - 54), and very low (18 - 53).

RESULTS AND DISCUSSION

The results of the measurement of psychological well-being of 40 ex-drug addicts in the city of Semarang showed an average value of 74.3, with a standard deviation of 9.56. This value is classified in the high category. This number is slightly smaller than the initial expectation where the level of psychological well-being of ex-drug addicts is predicted to reach 80 or greater. In addition, the level of psychological well-being of the counselee was reported to be quite diverse with the lowest score = 43 (low), and the highest score = 90 (high). Graph of psychological well-being level of 40 counselees can be seen in Graph 1.

Graph 1. Distribution of Psychological Well-being Level of Ex-Drug Addicted Counselees



Nevertheless, the results of the hypothesis test as shown in table 1 show that the calculated t value is greater than the t table value with a significance level of 5% ($t = 49,140 > 0.304$; $\text{sig} = 0,000$). This shows that the

hypothesis which states the level of psychological well-being of ex-drug addicts in post rehabilitation education is greater than or equal to 80 can be accepted in a confidence level of 95%.

Table 1. Hypothesis Test Results for Psychological Well-Being of Ex-Drug Addicted Counselees

	t	table-t	df	Sig. (2-tailed)	Mean differences	95% Confidence Interval	
						Lower	Upper
Psychological well-being	49.140*	0.304	39	0.000*	74.300	71.24	77.36

*significance = $0.000 < 0.005$; SD = 9.563

The tendency to use alcohol and drugs is known to correlate with low levels of psychological well-being. Although it is not yet known for certain whether alcohol and drugs cause low levels of psychological well-being, or low psychological well-being that impacts the use of drugs and alcohol (Visser & Routledge, 2007). This study is used as a reference that underlies the assumption that ex-drug addicts have a low level of psychological well-being. This assumption does not seem to be proven if you look at the measurement results found in this study.

A study suggests that the use of drugs causes a low level of psychological well-being of a person (Bukoye, 2017). The thing that needs attention is the subjects in this study are those who are still active as drug addicts. In other words, there may be an increase in psychological well-being when someone has decided to quit his addiction. Studies show that those who have been in abstinence for a long time have higher psychological well-being scores than those who are in shorter abstinence periods (Dogaheh, et al., 2013). This means that variations in the level of psychological well-being found may be influenced by the length of time that ex-drug addicts are measured to survive in abstinence.

The researcher acknowledged that when taking measurements, the subjects of ex-drug addicts who participated on average had long been in this abstinence condition. Based on data obtained by researchers from the community, almost all subjects have stopped using drugs since about the last 5-6 months. In other words, the level of psychological well-being of ex-drug addicts is at a moderate average because the subject has had a long period of abstinence.

When viewed per component, the results of the study showed that the average ex-drug addict subject was identified as having a high level of self-acceptance, personal growth, and purpose in life. This seems to occur because indeed some of the interventions provided in the field (Rumah Damping ASTAMA and Rumah

Damai) promote spiritual studies, anonymous narcotics, education about addiction issues, and equip ex-drug addict subjects with skills (vocational training). These interventions provide hope and new opportunities for ex-drug addicts to develop in order to achieve ideals that have been forgotten (BNN, 2015). Surely this is a great potential for community counseling for ex-drug addict clients. By gathering them to face problems during abstinence together, they will gain strength to face the challenges of relapse tendencies (Haryadi, 2018).

It was stated that hopes for the future gained from life lessons and the desire to make changes in former addicts play an important role in the process of recovery from drug addiction (Aztri & Milla, 2013). It is this aspect of hope, acceptance, and desire to change that seems to influence the measurement scores on components of purpose in life, self-acceptance, and personal growth.

This is a good thing because having a higher level of well-being, especially the purpose of life, can provide strength to motivate oneself adaptively and proactively, encourage continuous learning and develop greater emotional regulation skills over time (Schaefer, et al., 2013). Low life goals also predict relapse. So it is important to have high life goals in order to reduce the potential for relapse (Martin, MacKinnon, Johnson, & Rohsenow, 2011). Furthermore, with high self-acceptance, it also allows individuals to change from self-destructive tendencies to self-fulfilling situations that involve harmony in their lives (Garcia, Nima, & Kjell, 2014).

Slightly different from the three components that have been mentioned, the components of positive relationships with others, autonomy, and environmental control in the average subject of ex-drug addicts in this study were identified to be in the medium category. A study has mentioned that socio-emotionally, ex-drug addicts still tend to be passive in socializing with others (Ardiantina, 2016). The results of this study can be used as

an explanation of the scores of positive relationship components with others on ex-drug addicts that are not too high. Another reason that could be the cause is the negative stigma that is still inherent in this population.

Negative assumptions and stigmatized feelings from the environment reduce the self-efficacy of ex-drug addicts to be able to socialize with the new environment (Ibrahim & Kumar, 2009). While it is known from studies that self-efficacy affects psychological well-being. Someone who has low self-efficacy, may have low psychological well-being (Siddiqui, 2015). In this study it is not proven what the level of self-efficacy of ex-drug addicts is, so it is not known with certainty whether with an average level of psychological well-being, the self-efficacy of ex-drug addicts is also in the same category.

Furthermore, psychological well-being is basically influenced by several factors. The first factor is age. Age affects the differences in the level of psychological well-being of each individual. Generally adolescents, young to middle-aged adults have an increase in psychological well-being over time, whereas older adults experience a decline in well-being in the years to come (Ryff, 2014). This explains the findings obtained by researchers about the level of psychological well-being of ex-drug addicts. Subjects who participated in the measurement of psychological well-being in this study were almost all aged around teens to middle-aged (15-50 years). At these ages, psychological well-being tends to increase so it is natural that the average level of psychological well-being of the subjects is in the high category.

Next is the factor of religion and spirituality. Religious participation is related to psychological well-being. Almost all aspects of the well-being of eudaimonia are related to the active involvement of a person with religious activities (Greenfield, Vaillant, & Marks, 2009). People who have a high religious tendency, actively participate in religious activities, and join in a religious affiliation are reported to have a better level of health, happiness, and well-being than those who do not (Green & Elliott, 2010). About 57.5% of the subjects measured were ex-drug addicts in Rumah Damai. The interventions given at Rumah Damai are known to focus more on spiritually based interventions. As such, this seems to contribute to the results of the measurements made.

Then the problem of someone's involvement in a meaningful work also has a relationship with psychological well-being (Lindfors, Berntsson, & Lundberg, 2007). Components of life goals and personal growth are aspects that contribute high to career commitment (Strauser, Lustig, & Çiftçi, 2008). All ex-drug addicts in Rumah Damping ASTAMA are given daily vocational interventions for career development every day. This intervention can be said to be the most dominant in the Rumah Damping ASTAMA. This might also contribute to the results of measurements taken considering that ex-drug addicts in the Rumah Damping ASTAMA took part in 42.5% of all participants involved.

Most of the ex-drug addict subjects involved in participating in the measurement are known to have varied educational backgrounds. Almost all of them have graduated from high school to university (86%). Some of them even had established professions before getting involved with addiction. Basically, the educational background also influences a person in responding to the environment, behaves, and has good psychological well-being (Ryff C. D., 2014). Participants who have a higher educational background than others have more effective ways of keeping themselves psychologically prosperous.

Another thing that might affect the results of the measurement of psychological well-being in ex-drug addicts is related to demographic factors. The psychological well-being scale used by researchers is a scale adopted directly from the construct developed by Carol Ryff (Ryff, 1989; Ryff & Singer, 2008). Testing of this scale does produce a good reliability coefficient ($r_{xy} = 0.752$), but the construct on this scale may not be 100% relevant for use in Indonesia. As Indonesia has a variety of cultures that also characterize every characteristic of the participants involved, cultural biases in measurement can occur.

Well-being and happiness in western concept lies in personal achievement, so it requires personal autonomy and freedom. Whereas in the Asian context, happiness lies in interpersonal relationships, more inherent between oneself and social relationships (Ryff, et al., 2014). These contrasting cultural differences give rise to cultural biases in the measurement of psychological well-being carried out. This can be an explanation of the question why the components of autonomy and

environmental control in the subjects measured are not in the high category. From this it can be drawn that the use of eudaimonia extracts derived from western philosophies does not seem so relevant to be used entirely, but needs further adaptation.

In the end, even though the findings show that the level of psychological well-being of ex-drug addicts in Semarang is in the medium and high category, the potential for relapse remains. Data from the National Narcotics Agency of the National Narcotics Agency (BNN), Drug Addiction Hospital (RSKO), and the Indonesian National Police (POLRI) show that about 65.17% of drug abusers who participate in inpatient and outpatient programs are old users who experience relapses (Astuti & Ismandari, 2014). This data shows that even those who have been abstained have the potential to relapse using drugs.

This is why the psychological well-being of ex-drug addicts still needs to be improved. Increased psychological well-being can reduce the potential for addiction for someone (Fard, Rajabi, Delgoshad, Rad, & Akbari, 2014). The higher the level of psychological well-being of ex-drug addicts, the lower their potential for relapse. The high level of psychological well-being can be a predictor of the decline in relapse rates in ex-drug addicts. Although assuming so, due to time constraints this study has not been able to prove whether the high psychological well-being really minimizes the potential for relapse.

CONCLUSION AND SUGGESTION

Based on the results of the study, it can be concluded that the level of psychological well-being of ex-drug addicts in post-rehabilitation education is significantly greater or equal to 80. This level of psychological well-being is classified at a high level, quite different from the level of psychological well-being assumed so far. This may be caused by several factors including the length of the abstinence experienced by the counselee (min. 6 months), the condition of the counselee who has undergone various post-rehabilitation education, counselee involvement in the community and in meaningful activities, age factors, and demographic factors that are different from previous studies. Even so, this study has not empirically tested these factors on the level of psychological well-being of ex-addict drug

counselees.

Based on the findings obtained from this study, it is recommended to further researchers to further explore whether there are certain differences in the level of psychological well-being of the counselee if judging from the factors of age, demographics, educational background, and length of abstinence. In addition, it is recommended that previous researchers be able to measure psychological well-being by using a larger number of samples and a larger number of questionnaire items, so that they are more reliable in obtaining generalizations about the psychological well-being level of ex-addict drug counselees..

REFERENCES

- Ardiantina, D. (2016). Studi Kasus Kehidupan Remaja Mantan Pecandu Narkoba. *Jurnal Bimbingan dan Konseling*, 5(1), 1-12.
- Astuti, R., & Ismandari, F. (2014). Gambaran Umum Penyalahgunaan Narkoba di Indonesia. *Buletin Jendela Data dan Informasi Kesehatan*. 1, pp. 1-52. Jakarta: Kementerian Kesehatan RI.
- Aztri, S., & Milla, M. N. (2013). Rasa Berharga Dan Pelajaran Hidup Mencegah Kekambuhan Kembali Pada Pecandu Narkoba Studi Kualitatif Fenomenologis. *Jurnal Psikologi*, 9(1), 48-63.
- Bhandari, S., Dahal, M., & Neupane, G. (2015). Factors Associated With Drug Abuse Relapse: A Study On The Clients Of Rehabilitation Centers. *Al-Ameen Journal of Medicine and Science*, 8(4), 293-298.
- BNN. (2015). *Laporan Akhir Survei Nasional Perkembangan Penyalahgunaan Narkoba Tahun Anggaran 2014*. Jakarta: Badan Narkotika Nasional Indonesia.
- Buchanan, T. (2011). Attention Deficit/Hyperactivity Disorder and Well-being: Is Social Impairment an Issue for College Students with ADHD? *Journal of Postsecondary Education and Disability*, 24(3), 193-210.
- Bukoye, R. O. (2017). Academic Stress and Drug Abuse as Factors Inhibiting Psychological Well-Being Among Undergraduates: It's Counselling Implications. *European Scientific*

- Journal*, 13(8), 60-74.
- Chong, J., & Lopez, D. (2008). Predictors of Relapse for American Indian Women After Substance Abuse Treatment. *Journal of The National Center*, 14(3), 24-47.
- Dogaheh, E. R., Jafari, F., Sadeghpour, A., Mirzaei, S., Maddahi, M. E., Hosseinkhanzadeh, A. A., & Arya, A. R. (2013). Psychological Well-Being and Quality of Sleep in Addicts under Methadone Maintenance Treatment. *Research Papers*, 1(2), 71-75.
- Fard, A. E., Rajabi, H., Delgoshad, A., Rad, S. A., & Akbari, S. (2014). The Possible Relationship between University Students' Personality Traits, Psychological Well-being and Addiction Potential. *International Journal of Social Science Studies*, 2(2), 120-125.
- Garcia, D., Nima, A. A., & Kjell, O. N. (2014). The Affective Profiles, Psychological Well-Being, and Harmony: Environmental Mastery and Self-Acceptance Predict the Sense of a Harmonious Life. *PeerJ*, 1-21.
- Green, M., & Elliott, M. (2010). Religion, Health, and Psychological Well-Being. *Journal of Religion and Health*, 49, 149-163.
- Greenfield, E., Vaillant, G., & Marks, N. (2009). Do formal religious participation and spiritual perceptions have independent linkages with diverse dimensions of psychological well-being? *Journal of Health and Social Behavior*, 50, 196-212.
- Haryadi, R. (2018). Prospek Konseling Komunitas bagi Individu Eks-Pecandu Narkoba (Studi Pada Lembaga Pasca-Rehabilitasi Narkoba Di Kota Semarang). *Konseli (Jurnal Bimbingan dan Konseling)*, 5(1), 73 - 84.
- Ibrahim, F., & Kumar, N. (2009). Factors Effecting Drug Relapse in Malaysia: An Empirical Evidence. *Asian Social Science*, 5(12), 37-44.
- Lindfors, P., Berntsson, L., & Lundberg, U. (2007). Total workload as related to psychological well-being and symptoms in full-time employed female and male white-collar workers. *International Journal of Behavior and Medicine*, 13, 131-137.
- Martin, R. A., MacKinnon, S., Johnson, J., & Rohsenow, D. J. (2011). Purpose in life predicts treatment outcome among adult cocaine abusers in treatment. *Journal of Substance Abuse Treatment*, 40, 183-188.
- Ryff, C. D. (2014). Psychological Well-Being Revisited: Advanced in the Science and Practice of Eudaimonia. *Psychotherapy and Psychosomatics*, 83, 10-28.
- Ryff, C. D., Love, G. D., Miyamoto, Y., Markus, H. R., Curhan, K. B., Kitayama, S., . . . Karasawa, M. (2014). Culture and the promotion of well-being in East and West: Understanding varieties of attunement to the surrounding context. In G. A. Fava, & C. Ruini, *Increasing psychological well-being in clinical and education settings: Interventions and cultural contexts* (Vol. 8th, pp. 1-19). New York: Springer.
- Schaefer, S. M., Boylan, J. M., Reekum, C. M., Lapate, R. C., Norris, C. J., Ryff, C. D., & Davidson, R. J. (2013). Purpose in Life Predicts Better Emotional Recovery for Negative Stimuli. *Plos ONE*, 8(11), 1-9.
- Schwartz, R. P., Kelly, S. M., O'Grady, K. E., Mitchell, S. G., Peterson, J. A., Reisinger, H. S., . . . Brown, B. S. (2008). Attitudes toward buprenorphine and methadone among opioid-dependent individuals. *American Journal of Addicton*, 17, 396-401.
- Seligman, M. E. (2010). *Flourish: Positive Psychology and Positive Intervention*. Michigan: University of Michigan.
- Sharma, A. K., Upadhyaya, S. K., Bansal, P., Nijhawan, M., & Sharma, D. (2012). A Study of Factors Affecting Relapse in Substance Abuse. *Indian Journal of Science and Technology*, 2(1), 31-35.
- Siddiqui, S. (2015). Impact of self-efficacy on psychological well-being among undergraduate students. *The International Journal of Indian Psychology*, 2(3), 5-17.
- Strauser, D., Lustig, D., & Çiftçi, A. (2008). Psychological well-being: its relation to work personality, vocational identity, and career thoughts. *Journal of Psychology*, 142, 21-35.
- Vasquez, C., & Castilla, C. (2007). Emociones Positivas y Crecimiento Postraumatico en el Cancer de Mama. *Psicooncologia*, 4, 385-404.