The Effect of Supportive Group Therapy on Post-Rehabilitation Drug User Resilience

Adinda Dwi Karnita[1*], Intan Lailatul Fitria[2], Ulfah Murni Saputri[3], Wiwin Mulyati[4]

[1]Nurse Education, Aminah Islamic Hospital Blitar, Adindakarnita082@gmail.com
[2]Nurse Education, Aminah Islamic Hospital Blitar, fitri123@gmail.com
[3]Nurse Education, Aminah Islamic Hospital Blitar, ulmu83@gmail.com
[4]Nurse Education, Aminah Islamic Hospital Blitar, wiwinm123@gmail.com

ABSTRACT

Personal Protective Equipment (PPE) is a toold designed as a barrier against the penetration of substances, solid particles, liquid or air to protect the wearer from injury, spread of infection or disease. The guard officers of the hospital must in the use of PPE for prevention and control of COVID-19. The purpose of the research is the factors that influence the behavior of the use of PPE of officers in the COVID-19 pandemic. This research uses correlative analysis design with cross sectional approach. Place and date of research in ER, outpatient, Radiology, Laboratory of Hospital in Blitar on November 30 – December 11, 2020. Population for research is hospital front guard officers in total sampling 47 respondent, of 8 general practitioners, 5 specialists, 20 nurses, 2 radiographers, 4 analysts and 12 auxiliary officers. The research instrument uses observation sheets to the behavior of officers PPE usage and availability, COVID-19 knowledge questionnaires and hospital policy knowledge related to PPE. Resulth this research analysis using the Person product moment correlation test showed factors related to the behavior of PPE use is the knowledge of officers about COVID-19, hospital policies related to PPE and availability of PPE officers with a signification value $P = 0.000$. While unrelated factors are age and working life with signification values $P = 0.208$ and $P = 0.387$. Supervise the provision and use of PPE as needed so socialization to officers is important for prevention and control of COVID-19.

Keywords: Supportive Group Therapy; Resilience; Post-Rehabilitation; Drug User.

Background

Drug abuse in Indonesia has entered the category of concern. Currently, victims of drug abuse come from all walks of life, both teenagers and adults, from groups of students and workers. Many young people are frustrated and deeply disappointed, looking for pleasure and peace through drug use. Without them realizing that little by little, they are taking drugs, and over time they become addicted, addicted, and addicted, without them also realizing that drugs physically damage many organs of the body and psyche (psychology), damaging the human mentality (1). Cessation of drug use and the process of recovering from drug addiction is complicated and requires a long time, so it is not uncommon for a drug user who has undergone rehabilitation to experience a relapse or relapse (2).

Based on the National Narcotics Agency (3), as many as 5.8 million people in Indonesia use drugs. Meanwhile, data from the Office of the National Narcotics Agency (BNN) in Blitar Regency, the number of drug addicts in 2015 reached 3,062 people. In addition to the high

prevalence of drug abuse, Indonesia is experiencing other problems of concern that also require resolution. Every year in Indonesia, 6000 drug abusers carry out rehabilitation and around 40% return to becoming drug addicts (4).

When individuals who have completed rehabilitation re-associate with friends who use drugs or dealers, they will be unable to control their desires and suggestions to reuse and experience depression and stress, and relapse will occur (5). Individuals who have been drug addicts have obstacles in interacting because of negative stigma in society, resulting in reduced optimism, reduced problem-solving abilities, and self-confidence (6). If drug addicts have a negative self-concept, they will view their competence psychically (7).

Support from a group (supportive group) that has the same problem creates a feeling of worth (self-compassion). Self-compassion is giving understanding and kindness to oneself when: 1) experiencing failure or making mistakes, 2) encouraging one to develop an attitude of not overestimating oneself for imperfections, 3) weaknesses and failures, and 4) being fully aware that experiences are good and evil is part of human lift (8). Self-compassion is relevant to Barnard & Curry (9) that interaction within a group will create a sense of empathy and kindness to other group members, which will then begin to be directed at oneself.

From the results of the preliminary studies conducted, the chairman of Pondok Loka Jaya Yayasan Tahta Mulia Bhakti Nusantara said that the problem that often occurs with drug users after rehabilitation is community stigma and relapse due to the inability to adapt in society. The number of former drug addicts who experience relapse is 25% of the total former drug addicts who have completed rehabilitation. At Pondok Loka Jaya, the Tahta Mulia Bhakti Nusantara Foundation, there is no therapy to overcome this. So researchers want to add supportive group therapy to strengthen the resilience of drug users who have completed rehabilitation.

Based on the problems above, researchers are interested in examining how supportive group therapy influences the resilience of drug users after rehabilitation.

Methods

This study used a pre-experimental design with a one-group pre-post-test design approach. This research was conducted at Pondok Loka Jaya Yayasan Tahta Mulia Bhakti Nusantara, Blitar Regency, in May-June 2019. The population in this study was all post-rehabilitation drug use at the Pondok Loka Jaya Foundation Tahta Mulia Bhakti Nusantara, Blitar Regency, for 1-2 years. 12 people. In this study, researchers took the entire population as a sample. This study used a resilience questionnaire entitled "The Connor-Davidson Resilience Scale (CD-RISC), created by Connor and Davidson.

Results

This research was conducted at Pondok Loka Jaya Yayasan Tahta Mulia Bhakti Nusantara, Blitar Regency, in May-June 2019 with a sample of 10 respondents.
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Univariate analysis
Univariate analysis in this study can be seen in table 1 below :

Table 1: Frequency distribution of the characteristics of the respondents

Characteristics	F	%
Gender		
Men	8	80
Women	2	20

Education		
Primary school	1	10
Junior high school	4	40
Senior high school	3	30
Bachelor/Diploma	1	10
No School	1	10
Usia		
12-16 years (early teens)	1	10
17-25 years (late teens)	1	10
26-35 years (early adulthood)	3	30
36-45 years (late adulthood)	5	50
Profession		
Entrepreneur	8	80
No Job	2	20
Type of drug		
Marijuana	1	10
Crystal meth	7	70
Dextro	1	10
Use all	1	10
Live with		
Parents	5	50
Child and husband/wife	4	40
Alone	1	10
Support from family and environment		
Yes	4	40
No	6	60
Ever relapsed		
Yes	3	30
No	7	70

Based on the table above, 80% of the eight respondents were male, 40% had junior high school education, the age of post-rehabilitation drug users at Pondok Loka Jaya Yayasan Tahta Mulia Bhakti Nusantara aged 36-45 years, namely five people (50%). Most respondents work as entrepreneurs, namely eight people (80%). Most drugs used by drug users after rehabilitation at Pondok Loka Jaya Yayasan Tahta Mulia Bhakti Nusantara are methamphetamine as many as seven people (70%). Post-rehab drug users who experienced relapse did not experience relapse since completing the rehabilitation period; 1) as many as seven people (70%) lived at home with their parents, 2) as many as five people (50%), and 3) as many as six people (60%)) did not receive support from family or environment.

Bivariate analysis

The results of the independent variables and the dependent variable, followed by bivariate analysis, namely to determine the effect of supportive group therapy on the resilience of drug users after rehabilitation. In this study, the Wilcoxon signed-rank test was used with the following results:

Table 2

Resilience category	Pretest		Post-test	

Correspondent[*]

	F	%	F	%
Low	5	50	0	0
Average	4	40	4	40
High	1	10	6	60
Total	10	100	10	100
Wilcoxon signed-rank test p = 0,005				

Table 4.4 above shows the pretest and posttest results on drug users after rehabilitation at Pondok Loka Jaya, the Tahta Mulia Bhakti Nusantara Foundation, Blitar Regency. The pretest observations showed that five (50%) respondents were post-rehabilitation drug users with low resilience. After supportive group therapy, resilience increased to good, with six people (60%) having high resilience. Based on the Wilcoxon signed rank test statistical test, it was found that there was an increase in motivation before and after the peer group support intervention was carried out with a probability value of 0.005 to 0.05. This result shows that it can be concluded that there is an influence of supportive group therapy on post-rehabilitation drug user resilience.

Discussion

The results showed that the independent variables affected the dependent variable; from the analysis, it was found that supportive group therapy affected post-rehab drug abuse resilience. In this study, ten respondents showed changes in pretest and posttest scores. The result showed that the pretest with an average score of 39.1 and the posttest 72.6, an increase of 47.06 points. From the research, it was found that before Supportive group therapy was carried out with ten respondents, it was found that five people (50%) had low resilience. After the supportive group therapy was carried out, there was a change that had a high motivation of 6 people (60%). Of 50% of the total respondents who initially had low resilience, three people had experienced an increase to the medium resilience category, and 2 of them entered the high resilience category.

Supportive group therapy is a group of no more than eight people who come with various problems, meet regularly at agreed times, listen to each other, share difficulties, and find solutions together. The activities carried out in supportive group therapy are 1) the Expression of emotions, 2) Receiving information, and 3) the Implementation of coping strategies (10). Supportive group therapy provides an opportunity for group members to exchange physical and emotional experiences. Interaction within the group creates a sense of empathy and kindness for other group members, who then feel this empathy and kindness towards themselves, which is called self-compassion (9). Post-rehabilitation drug users who have successfully recovered from their addiction have feelings of worth and are able to interpret life and the difficulties they face as something positive (11).

Supportive group therapy activities can be applied to post-rehabilitation drug users to build resilience. Supportive group therapy activities can be implemented with the support of existing facilities according to the stages of supportive group therapy with the help of an official facilitator in the Pondok Loka Jaya Environment, the Tahta Mulia Bhakti Nusantara Foundation

Conclusions and Recommendations

The results of this study prove that supportive group therapy has an effect on resilience to drug abuse after rehabilitation, namely p = 0.005 at a significance of $\alpha = 0.05$. Because of the influence resulting from supportive group therapy, it is recommended that institutions to improve service quality by adding supportive group therapy to their post-rehabilitation

program.
Acknowledgment

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