



Original Article

The Influence of a Family Support Group on the Motivation of Drug Users Undergoing the Rehabilitation Process in Syifa Medika Clinic Addiction Rehabilitation Center

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ABSTRACT

Introduction: One form of intervention is the rehabilitation of drug users. This takes time, money and effort. It takes a family support group to ensure that the drug users are motivated. The aim of this research was to determine the influence of family support on the motivation of the drug users undergoing rehabilitation at Syifa Medika Clinic in Kediri.

Methods: This study used a correlation analytical design and a cross-sectional approach. The population of this research consisted of all of the drug users undergoing the rehabilitation process with the 25 samples taken using the accidental sampling technique. The independent variables of family support and motivation are needed to undergo rehabilitation process. These variables were collected using a questionnaire and analyzed using the Spearman Rank test.

Results: The results of this study show that most of the respondents have positive support, totaling 15 respondents (60%). Nearly half had low motivation, totaling 12 respondents (40%). No family support relationships were found to pair with the motivation to undergo rehabilitation among the drug users (Spearman, $p = 0,000 < 0,05$: H_0 is rejected). The level of relations included 'quite strong' and 'positive' (+0,732).

Conclusion: Family support allows the drug users to obtain emotional closeness, causing a sense of security and a high motivation to undergo rehabilitation.

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INTRODUCTION

Narcotics are drugs that are needed in medicine and science. Every year, the number of drug users (narcotics, psychotropics and addictive substances) is increasing. Drug abuse cases are icebergs. This means that there are fewer visible cases than there are invisible ones. Drug distribution is almost unavoidable and it is increasing almost all over the world where residents can get drugs from individuals (WHO, 2003), (Eliza, diah, 2018). On the other hand, the family support of the drug users when undergoing rehabilitation is still not optimal. This means that the users find it difficult to escape dependence (Eliza, diah, 2018). Based on the final

report of the 2014 National Survey, the estimated number of drug abuse users was 3.8 to 4.1 million people in the age group of 10 - 59 years old in Indonesia (undang undang no 9 1976 tentang narkotika, 1976). In 2014, East Java was ranked first as having the largest number of drug users in Indonesia. From the results of the interviews, 4 residents who underwent rehabilitation said that a lack of support from their family meant that they were too lazy to go to rehabilitation. There needs to be the motivation and desire within oneself to recover and to try to make changes in their behavior to better meet their needs (Cristina et al., 2015) (Soekidjo Notoatmodjo, 2010).

Table 1. Family support

No	Support	Frequency	%
1	Negative	10	40
2	Positive	15	60
	Total	25	100

Table 2. The motivation to undergo rehabilitation among the drug users.

No	Motivation	Frequency	%
1	Low	12	48
2	Medium	2	8
3	High	11	44
	Total	25	100

Table 3. Data analysis via the Spearman rho test

No	Variable	Coefficient correlation	P value
1	Family support and rehabilitation motivation	0,732	0,000
	Total	25	100

MATERIALS AND METHODS

The research design used in this study was correlational and analytical. The approach used in this study was cross-sectional. The researcher conducted observations of the dependent variable and of the independent variables. These were related to family support and the motivation to undergo rehabilitation among the drug users (nursalam, 2008), (S Notoatmodjo, 2010).. The population in this study was all of the residents undergoing the rehabilitation process at the Medica Clinic, totaling as many as 492 patients who used narcotics. The Syifa Medika Clinic of the Addiction Rehabilitation Center was the study location. The accidental sampling method obtained 25 samples between March and April 2016.

The data collection method used was a questionnaire in order to assess the level of family support using the Family Support Questionnaire (FSQ). This instrument aimed to measure the level of family support. The FSQ has 12 questions divided into 6 favorable items and 6 unfavorable items (Mutiah, 2014) (Azwar, 2002). Motivation was collected using a questionnaire to assess the motivation present when undergoing rehabilitation. The questionnaire was assessed using a validity and reliability test at the BNN drug rehabilitation center. There were 14 valid and reliable questions with the value of the reliability test being 0.774. The questionnaire was divided into 9 favorable items and 5 unfavorable items.

The data was analyzed using SPSS version 16. The Spearman rho test was used to look for relationships between the two variables. This study intended to look for strong relationships between the two variables in particular (S Notoatmodjo, 2010).

RESULTS

The results of the study show that the majority of the respondents had positive family support at 60%. This shows that the family paid attention to the family members undergoing drug abuse rehabilitation.

Table 3.2 shows the motivation to undergo rehabilitation among the drug users.

The results of the research into the motivation to follow the drug abuse rehabilitation program determined that most of the respondents have a weak motivation at 48%. Those with a high motivation total 44%. This situation illustrates that the respondents have different psychological responses related to the motivation to complete the rehabilitation program.

The correlation analysis conducted using the Spearman rho test obtained a p value of 0,000. This means that there is a relationship between family support and the motivation to participate in the rehabilitation program. The result of the correlation coefficient was 0.732. This means that the correlation is very strong between the two variables.

DISCUSSION

Family support in this study shows that 60% of the respondents provide positive support. This is due to the condition of the current respondents facing drug dependence. They are mentally and psychologically in an unstable state and they realize that it is wise if their family gives their best support. In addition, 48% of the respondents' motivation when undergoing the rehabilitation process was in the low category. Motivation increases the impulse that compels the respondents to behave according to certain motives. This indicates the systematic relationship between a response or a set of responses and a certain impulse state. If the impulse according to the researchers refers to the low motivation associated with the process of drug rehabilitation, then a routine when undergoing rehabilitation must be done so then the patient does not relapse back to using drugs. This influences the results of the process of rehabilitation and the results of the rehabilitation process itself. The intention is that the resident recovers as well as becoming productive (S Notoatmodjo, 2003), (Pantjalina, 2014), (Ahmadi, 2007)

The relationship between family support and the motivation to undergo rehabilitation among the drug users according to the researchers is due to their family support allowing the residents to obtain

emotional closeness. This gives rise to a sense of security and comfort so as to arouse enthusiasm to recover. This is so then they can return to their normal life. This is also supported by the self-motivation to provide themselves with opportunities. This leads to recovery 40% of the time (Ardhian, 2018), (Padila, 2012).

The role of the family in providing positive material, informational, social and instrumental support will have an impact on the family members undergoing the treatment process. The family members will feel accompanied and cared for in the rehabilitation program (Hamzah B Uno, 2012).

CONCLUSION

In this study, it was proven that there was a relationship between family support and the motivation to undergo rehabilitation among the drug users at the Syifa Medika clinic in Kediri. This means that the level of relationship was quite strong and that the direction of the relationship was positive. This means that the rehabilitation process results in the residents recovering.

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