

SPIRITUALITY AND RESILIENCE IN FORMER DRUG ADDICTS

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Abstract

Having the status as a former drug addict who has served his sentence and rehabilitation, it seems that he faces two biggest challenges when returning to society, namely negative stigma and relapse. When facing the challenges of life in society, the ability to renew oneself is needed which is related to spirituality and resilience. The purpose of this study was to determine the relationship between spirituality and resilience in former drug addicts. The method used was quantitative with a correlational design. A total of 55 former drug addicts became participants using incidental sampling techniques. The research measurement used a spirituality scale ($\alpha = 0.855$) and a resilience scale ($\alpha = 0.930$). The results showed that there was a significant positive relationship between spirituality and resilience in former drug addicts ($r = 0.903$ and $\text{sig.} = 0.000$; $p < 0.01$). Spirituality made a strong contribution to the resilience of former drug addicts by 81.5%. (r^2). This indicates that spirituality is one of the triggering factors for former drug addicts to be resilient, which includes connectedness with oneself, connectedness with other people or nature, and connectedness with transcendental powers.

Keywords: resilience, spirituality, former drug addict

Introduction

BNN data (BNN.go.id), the National Narcotics Agency (BNN) reported that the number of suspects in national narcotics cases was 1,307 people (833 cases) in 2020. The accumulated number of narcotics suspects in 2009-2020 was 9,531 people. The number of cases successfully recorded was 6,128 cases. Throughout 2009-2019, the number of narcotics suspects in the country tended to increase until it peaked in 2018, then decreased until 2020. The number of narcotics suspects in 2018 reached 1,545 people, while the lowest number of suspects in 2010 was 75 people.

Law Number 35 of 2009 regulates drugs, which stipulates that narcotics are synthetic or semi-synthetic substances or drugs derived from plants or non-plants, which can cause decreased consciousness or changes, decreased taste, pain relief, and cause dependence. As explained in Article 127 paragraph 1, anyone who abuses class I narcotics for themselves can be punished with a maximum imprisonment of 4 years, and anyone who abuses class II narcotics for themselves is threatened with a maximum imprisonment of 2 years, and the third group of narcotics abuse can be sentenced to a maximum imprisonment of one year. Then in the Presidential Instruction of the Republic of Indonesia Number 6 of 2018, among others, to be able to release addicts from drug abuse, rehabilitation efforts are needed. According to Law Number 35 of 2009 concerning drugs, drug addicts and victims of drug abuse are required to undergo medical rehabilitation and social rehabilitation.

Often the life of former addicts who have served their sentences and rehabilitation does not go well. Another problem arises when former drug addicts face two of the biggest challenges when returning to society, namely negative stigma and relapse, society assumes

that everything related to drugs is not good or even considered irrational and criminal. (Fraser dkk., 2020; Rondonuwu & Huwae, 2023). Former drug addicts who are addicts who no longer use drugs will still be labeled as the dregs of society, resulting in the possibility that former drug addicts will return to using drugs again (relapse) because of society's attitude of not being able to accept former addicts (Grin, 2016). Research conducted by Razali and Madon (2021) found that around 66% of respondents relapsed after treatment and rehabilitation.

Following up on the data above, the author then conducted a pre-research study on 10 informants who were former drug addicts to see the problems they experienced that led to their inability to be resilient. Based on the interview results, 10 informants revealed that they tended to withdraw from their family and social environment because of the pressure and negative stigma they received as former drug users. 8 out of 10 informants seemed to feel that their current life was meaningless, and it was difficult to get a decent job. In addition, 7 out of 10 informants considered themselves as individuals who were not confident when they were in society, pessimistic in facing the future, and thought more negatively about themselves, because of their status as former drug users. Fuster (2014) revealed that the disappointment and pressure experienced can be paralyzing if individuals allow themselves to be emotionally defeated by defeat. Therefore, the ability to be mentally prepared to face these challenges is needed. The ability to be resilient is one of the abilities needed. Resilience is needed to help individuals bounce back from difficulties and successfully adapt to the demands of stressful situations. Resilience is a dynamic process of positive adaptation to adversity. Gatt et al. (2020) argue that resilience is an individual's capacity to recover from adversity, conflict, confusion, and failure and the ability to make positive changes. High resilience is associated with a healthier lifestyle and good physical performance (Lee et al., 2020).

In line with what Pollak, Hersberger and Webb (2021) stated that no matter how much difficulty a resilient individual experiences, it will not have a major impact on their life, unlike individuals with low resilience. Low resilience is associated with easy self-blame and high levels of anxiety and depression (Liesto et al., 2020). Based on research conducted by Atannisa et al. (2019) that individuals with low levels of resilience cannot assess, overcome, and improve themselves or change themselves from adversity or misery in life. Resilience itself can be described as the human ability to face, overcome, and become strong from the difficulties they experience (Grothberg, 1995). The role of resilience is very important for drug abusers or former drug abusers to provide resilience to these individuals, both to be able to solve the problems that befall them and their resilience. One of the factors that influences resilience is the spirituality that exists in a person (Missazi & Izzati, 2019).

Spirituality is a multidimensional phenomenon that produces universal experiences, part of social construction and individual development throughout life (Bahar, 2016). Spirituality can be interpreted as an individual's struggle to find the meaning of life so that they experience a connection with the essence of life which includes a connection with oneself, others or nature and a connection with God (Meezenbroek et al., 2012). Spirituality is a series of motivational characteristics, general emotional forces that drive, direct, and choose various individual behaviors (Piedmont 1999).

Research conducted by Sánchez (2020) states that spirituality and resilience are interrelated. Individuals who have spirituality are more aware that life will experience difficulties and suffering that must be gone through with the abilities they have so that they are able to resolve any difficulties being experienced. In line with research by Palacio and Limonero (2020) who stated that spirituality has a significant relationship with resilience. Conversely, research by George (2019) found that spirituality was indicated to have a negative correlation with resilience.

Referring to the results of previous studies, researchers consider that the topic of the relationship between spirituality and resilience still has urgency to be studied because it still has pros and cons. Moreover, in this study the subjects taken were former drug addicts, it is very likely that they will experience the pressures that will be faced after they stop using drugs, leave rehabilitation, and return to community life. Thus, this study aims to determine the relationship between spirituality and resilience in former drug addicts. The hypothesis proposed is that there is a significant relationship between spirituality and resilience in former drug addicts.

Method

This type of research is quantitative with a correlational design. A total of 55 former drug addicts were involved as research participants using incidental sampling techniques. The characteristics of the participants used were former drug addicts, men and women aged 20 years and over, who had used drugs for 1-3 years, and had undergone rehabilitation for less than 1 year. Demographic data of the participants are described in Table 1.

Table 1. Demographic Data of Participants

Participant Characteristics	Frequency	Percentage
Gender		
Male	40	75%
Female	15	25%
Total	55	100%
Age		
20-25 Years	10	18,2%
26-30 Years	20	36,4%
31-35 Years	25	45,4%
Total	55	100%
Duration of Drug Use		
1 Year	15	27,3%
2 Years	17	30,9%
3 Years	23	41,8%
Total	55	100%
Length of Rehabilitation		
3 Months	13	23,6%
4 Months	20	36,4%
5 Months	8	14,5%
6 Months	9	16,4%
7 months	5	9,1%
Total	55	100%

Data collection used two psychological scales, namely the spirituality scale and the resilience scale. Both scales were then made into a questionnaire with a google form design and distributed online. Data collection was carried out for 2 months.

The spirituality scale was compiled by researchers based on Piedmont's theory (1999) which includes aspects of religious practice, universality, and relatedness. The spirituality scale consists of 16 items using the Likert model consisting of four response options, namely very appropriate (SS), appropriate (S), inappropriate (TS) and very inappropriate (STS). An example of an item on this scale is "I believe that the life I am currently living as a former drug addict has a positive meaning for me to be better". From the results of the item discrimination power, all items passed ($p > 0.30$) with a Cronbach's Alpha value of 0.855.

The resilience scale was compiled by researchers based on Grotberg's theory (1995) which includes aspects of external or environmental support (I Have), individual strengths consisting of feelings, attitudes and personal beliefs (I Am), and interpersonal skills in the

form of communication, group commitment, and problem solving (I Can). The resilience scale consists of 38 items using the Likert model consisting of four response options, namely very appropriate (SS), appropriate (S), inappropriate (TS) and very inappropriate (STS). An example of an item on this scale is "Although as a former drug addict, I am someone who can also achieve success". From the results of the item discrimination power, all items passed ($p > 0.30$) with a Cronbach Alpha value of 0.930. Testing of research data using the product moment test from Karl Pearson. Data testing was carried out with the help of SPSS series 17 for windows.

Result and Discussion

In Table 2, the spirituality scores obtained by most former drug addicts are in the high category with a percentage of 90.9% (average 52.571 with a standard deviation of 4.003). Meanwhile, the resilience scores obtained by most former drug addicts are in the high category with a percentage of 72.7% (average 124.754 with a standard deviation of 8.777).

Table 2. Categorization of Research Variables

Variable	Average	StD	Percentage	Description
Spirituality	52,571	4,003	90,9%	High
Resilience	124,754	8,777	72,7%	High

From the calculation of the Karl Pearson correlation test in Table 5, a correlation coefficient value of 0.903 was obtained with a sig. 0.000 ($p < 0.01$). This shows that there is a significant positive relationship between spirituality and resilience in former drug addicts. The contribution given by the spirituality variable to the resilience variable is 81.5% (r^2), meaning that spirituality is one of the strong factors contributing to the resilience of former drug addicts.

Table 3. Karl Pearson Correlation Test

Variable	<i>r</i>	<i>Sig.</i>	Description
Spirituality-Resilience	0,903**	0,000	Accepted

The results of the study showed that there was a significant positive relationship between spirituality and resilience in former drug addicts, which means that the research hypothesis was accepted. The higher the spirituality, the higher the resilience. This study is in line with the views of Carneiro et al. (2019) that spirituality supports the realization of individual resilience. Likewise, what was expressed by Shelton et al. (2019) that high spirituality is positively related to resilience. Resilient individuals can bounce back from adversity, stressful conditions, and other negative things. With resilience, individuals will be able to adapt positively which can then create creative solutions to the problems they face. Individuals who bounce back from negative conditions will have a higher level of resilience (Finley, 2018).

Resilience is the ability to survive, adapt, and strengthen oneself in order to face problems and adversity in stressful conditions so that they change into a stronger person. Resilient individuals will be able to adapt to their conditions and develop their potential so that they can get out of a depressed condition (Panigrahi & Suar, 2021). Grotberg (in Hendriani, 2018) explains that there are three aspects that indicate an individual's resilient behavior, including I have (external supports), I am (inner strengths), I can. I have describes the external support given to individuals, high external support can control stress better when facing stressful experiences, I am describes the source or motivation that the

individual himself has to try to rise from adversity, and I can individuals have problem solving and then communicate it.

From this study, former drug addicts are dominated by the high category, which means that former drug addicts are able to fulfill aspects of resilience, namely I Have, indicating that former drug addicts have great support from outside (in this case family, friends, or their environment) so that it supports former drug addicts to increase their resilience. I Am, indicating that former drug addicts have great strength from within themselves and are aware of who they are. I Can, former drug addicts find solutions to the problems they face, and can establish interpersonal relationships. These three aspects lead to how former drug addicts learn to understand the changes that occur and are able to evaluate each event, then make positive breakthroughs so as not to get caught up in stressors that prevent them from existing (Shuja et al., 2021).

Good resilience can be achieved through spirituality factors (Syukrowardi, et al., 2017). Spirituality is able to provide basic meaning in life and find oneself connected to a larger context, and encourage someone to rise again from adversity. According to Carneiro, Navinchandra, Vento, Timo'teo, & Borges (2018) spirituality is able to contribute to resilience, so that someone has greater resilience and as a result they are able to rise again. In addition, spirituality is a factor in preventing suicidal ideation, drug and alcohol abuse and psychological problems (Carneiro et al., 2018).

Resilience based on spirituality helps in forming a systemic mindset when faced with life's trials or potential threats, so that they are able to recover more quickly from adversity, fear, anxiety, and sadness as a result of these trials, surviving difficult times and individuals can interpret their lives more positively, guide strong beliefs, can reduce anxiety and make feelings relaxed (Nahri, 2021). Spirituality is associated with lower levels of depression (Watkins, et al. 2016). This is because connectedness with God or something higher is associated with neural changes in the brain that can make individuals feel more peaceful, safe, and happy (Wright et al., 2022). Belief in the universality of life makes individuals assume that the difficulties faced are part of a larger plan or provision (Reis & Menezes, 2017). This belief can make individuals able to analyze problems from a more universal perspective and can view a problem more optimistically. Spirituality allows individuals to feel positive emotions and enthusiasm for life (Fachrunnisa et al., 2019). Spirituality is also related to resilience, and can shape resilience (Jones et al., 2016; Cherry et al., 2018).

The results of the study showed that former drug addicts have a high spirituality categorization. This shows that they have tried hard to be spiritually aware, and believe in the power of God. Then, being able to carry out worship based on one's own awareness, and taking advantage of worship for oneself, understanding self-confidence in one's own connection with the universe and a sense of responsibility, maintaining the balance of the universe, understanding the purpose of life, having faith in the existence of another life after death, and the connection of individuals who are part of reality. In line with the results of research from Ozawa, et al. (2017) that spirituality helps individuals to assess and find the meaning and purpose of various events experienced, which then with this understanding individuals can be more resilient even though they are experiencing difficulties (Hesketh et al., 2014). Spirituality allows individuals to do healthy coping and can contribute to increasing resilience when experiencing difficulties (Das et al., 2018). Thus, spirituality has an important role in describing individual resilience. Specifically, increasing spirituality can increase individual resilience.

This study has provided a positive picture for former drug addicts who can become resilient. However, this study is not free from limitations experienced and can be several factors that can be considered by future researchers in further refining their research. Some limitations include quantitative research models that have not been able to explain causality. Therefore, it is necessary to study further with qualitative methods, diversity in

research participants can still be explored. Age, gender and cultural differences can still be specified more deeply.

Conclusion

The results of this study indicate that there is a significant positive relationship between spirituality and resilience in former drug addicts. The average categorization of spirituality and resilience in former drug addicts is high, which means that the higher the level of spirituality, the higher the resilience. Spirituality provides an effective contribution to the resilience variable of 81.5% while 18.5% is influenced by other factors not examined in this study. This study can be used as a reference for former drug addicts who are experiencing various pressures, it is hoped that they can maintain spirituality and resilience well by always believing in themselves or being optimistic in achieving a goal, believing in transcendental powers, and establishing good relationships with others and the environment in order to be able to overcome difficulties.

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Author Contributions Statement

All authors played their respective roles and contributed fully to this research.

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