

PSYCHOLOGICAL ANALYSIS OF PARENTS WITH RELAPSE CHILDREN

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Abstract

This study aims to determine the psychological condition of parents who have relapsed children. Relapse is defined as a condition where the old pattern of drug abuse (addiction) returns, where drug use (addiction) returns to drug use. The aim of this research is to determine the psychological condition of parents who have relapsed children. The method used in this research is a qualitative method with a descriptive approach with data collection techniques obtained through interviews, observation and documentation. The research subjects were 2 (two) parents who had relapsed children. The supporting informants in this research were 3 (three) people other than the subjects studied. Cognitive, emotional and interpersonal aspects, namely one subject has a bad psychological condition and the other subject has a good psychological condition. The indicators of success for the two subjects are getting closer to Allah SWT, getting support from family and accepting the situation. It is hoped that the research subjects will continue to accept the fact that the child is experiencing a relapse and will not continue to be sad and that their psychological condition will continue to improve.

Keywords: parental psychology, relapse, drugs

Article Information

Received : May 27, 2024

Revised : June 18, 2024

Accepted : June 22, 2024

Introduction

Basically, the distribution of drugs is very widespread in Indonesia. Law number 35 of 2009 concerning drugs provides different treatment for perpetrators of criminal acts of drug abuse. Drug users or drug addicts as perpetrators of drug crimes are threatened with prison sentences (Laksana, 2016). Abuse of narcotics and addictive substances in Indonesia is a very worrying problem, especially among today's teenagers who are increasingly close to drugs (Sahala et al., 2021). This is evidenced by the significant increase in the number of drug addicts, as well as the increasing disclosure of drug crime cases with increasingly diverse patterns and the expanding network of drug trafficking syndicates (Amanda et al., 2017).

On average, drug users use drugs for the first time at the age of 19 years, with a maximum age of 45 years and a minimum age of 12 years (Hayati, 2019). Based on the drug abuse survey infographic published by the National Narcotics Agency (BNN) in 2020, the proportion of drug users in the age group under 25 years reached 18.30%. The BNN study also found that North Sumatra province had the highest prevalence of drug users among all provinces in Indonesia, namely 7.0% (Kumalasari et al., 2023). Drug use among teenagers is due to a lack of knowledge about the impact of drug use (Suryani et al., 2020).

Factors that cause people to abuse drugs include family factors such as lack of love from parents. Parents who are considered successful in their careers, but don't really care about their family, quarrels occur in the family which leads to destruction (family

breakdown). The negative impact on the family is the destruction of harmony which also has an impact on the psychology of the child's parents and can eliminate the family's hopes (Pina & Soedirham, 2017).

Former drug addicts who have undergone rehabilitation and then succeeded in stopping using drugs, do not rule out the possibility of using drugs again in the future (Aztri & Milla, 2013). Even though drug users have been rehabilitated or are in recovery, there is a possibility that they will use drugs again (relapse). In this case, the parents' souls are of course very stressed and confused by the child's relapse. Relapse is a condition where a person returns to using drugs after rehabilitation or recovery efforts. This occurs due to failure of the adaptive response due to the effects of drug use in the past. Apart from that, drug relapse is caused by several factors, including family factors (Pranatha & Rostika, 2017).

People who are addicted to drugs require a very long healing process because drug addiction is often accompanied by periods of recovery and relapse. Regular use of the drug creates drug tolerance and the body continues to require higher doses of the drug to reach the same level. This can be expected due to weak self-control, which can cause relapse in individuals, especially former drug addicts (Wulandari et al., 2020).

Relapse is an inevitable part of a drug user's long journey towards complete recovery. Even if the former user has not used drugs for a long time, signals from the former user can come suddenly, especially if their mood is confused or disturbed and if uncontrolled they will definitely use the substance again (Wuryantari, 2020). BKurniawan et al (2017) concluded that there was no statistically significant relationship between family status and drug relapse behavior among residents of the Tanah Merah Samarinda BNN Rehabilitation Center. A study by Orbon et al (2015) shows that the success rate of rehabilitation programs is only around 20–30%, and the success of rehabilitation for drug users is less than satisfactory because some drug users relapse.

Wuryantari and Ghozali's (2020) research concluded that self-confidence has a small but still relevant influence on relapse prevention. Yulia (2015) concluded that respondents did not receive support from their families and there was a significant relationship between family support and the frequency of relapse of drug addiction. Based on previous research, this research is relatively new because it carries out psychological analysis from the cognitive, emotional and interpersonal perspectives of parents and children who experience relapse.

Every child who experiences a relapse is caused by several factors. According to Marlatt and Gordon (Larimar, Palmer, & Marlatt, 1999), factors that influence the tendency to relapse include high levels of negative emotional states, social pressure, positive emotional states and situations that risk high levels of stress. Risk situations that can cause individuals to return to using drugs are expectations of results and especially positive thoughts about the impact of drugs and breaking taboos (Wulandari et al., 2020).

This research examines the psychology of parents who have relapsed children. Children who are declared to be using drugs are very bad in the community and in this case experienced a relapse, where they had been declared cured and had not used drugs but apparently relapsed again. Of course, parents who have children who relapse receive comments from the surrounding environment. Comments and words from other people can influence the psychology of parents who have relapsed children. Most parents feel sad, disappointed, stressed and embarrassed because they have a relapsed child. In an effort to understand this issue, the aim of this research is to determine the psychology of parents who have relapsed children which can be studied from the perspective of cognitive, emotional and interpersonal aspects.

Method

This research is a qualitative research. According to Sugiyono (2019) qualitative research methods are research methods that are based on the philosophy of positivism and for natural object conditions, the researcher as the key instrument, data collection using triangulation (combined) techniques, data analysis is qualitative and the results are more about meaning than generalization. Thus, the qualitative research method is research that has the aim of discovering in-depth phenomena with data collection techniques using triangulation (combination), qualitative data analysis and results (Haryono, 2023).

The descriptive approach is research to understand a phenomenon regarding what the research subject experiences. This research data collection method uses interviews, observation and documentation methods with the aim of collecting some information which will later become research data so that the data obtained is relevant to the problem or topic that the researcher is conducting. Researchers try to prove the phenomenon and collect data based on the results of interviews in the field regarding the psychology of parents of relapsed children, as well as documentation in the form of photos and research letters.

The data analysis technique used is domain analysis which is carried out starting from reducing data, presenting data and drawing conclusions. The data source comes from informants, totaling 2 (two) parents who have relapsed children. The data sources in this research were obtained through oral and written information. Oral data can be obtained from the results of observations and interviews conducted with 2 (two) parents who had relapsed children in Pematang Sijago Village, Seisuka District, Batu Bara Regency. Meanwhile, the written data in this research are the results of supporting theories in books or journals related to supporting the variables studied, namely the psychological analysis of parents of relapsed children. The data source was validated through method triangulation by conducting interviews with 3 (three) individuals other than the subjects studied.

Result and Discussion

The research results focus on the psychology of parents who have relapsed children. Data results from both subjects have shown that both subjects sometimes show physiological responses, such as sadness, disappointment, stress and shame. As for cognitive responses, such as sometimes the subject feels relaxed, feels guilty and resigned to the situation and feels like he has failed in educating the child. Meanwhile, the level of stress experienced by the two subjects showed that the burden they felt was very heavy when they found out that their child had relapsed and they felt ashamed of the surrounding community. Even so, it is hoped that both subjects will maintain their psychological well-being. Further data obtained from this research is psychological in terms of three aspects and indicators of success which can be seen in the following table 1:

Tabel 1. Main Theme and Superordinate Theme

No	Parent Theme	Superordinate Theme
1	Psychological	Cognitive Emotion Interpersonal Relations
2	Success Indicators	Getting close to Allah Get support from family in the form of words of encouragement and also get advice Accept the situation

This research was conducted on two subjects with the initials S and B. This research was supported by three supporting informants who were 2 families of subject S, and neighbors of subject B with the aim of providing additional information to complement the results and discussion in qualitative research. The research object is parents who have 2 relapsed children who can be seen in the following table:

Table 2 Criteria for Research Subjects

No	Initials	Age	Occupation
1	S	60 Year Old	Housewife
2	B	54 Years	Entrepreneur

Table 3 Criteria for Supporting Informants

No	Initials	Age	Occupation
1	SR	32 Years	Housewife
2	WK	40 Years	Entrepreneur
3	WM	80 Years	Housewife

This section presents the content of the interviews and discussion of the thematic analysis carried out on qualitative data, which was collected from direct interviews. The interview excerpts with parents (Informant S) are as follows:

Have you accepted that your child will be declared to be using drugs again after being rehabilitated?

"To be honest, I haven't accepted this and I think at the moment my thoughts are not good and I think I have failed in educating children, but because I have support from my parents, namely my mother and also my daughter, they are the best listeners and provide words of encouragement with me and I told him everything I felt and finally I tried to accept the situation."

How do you feel after you find out that your child is using drugs again?

"In a situation like this I feel very sad and quite disappointed and of course I feel guilty towards myself because I failed to educate my child and I am also ashamed of the surrounding community, he is the child I love the most but he is also the one who made my life destroyed"

How does the surrounding environment respond after finding out that your child is using drugs and what is the mother's response in a situation like this?

"The environment around me says that my child doesn't get enough attention from his parents and his parents don't care about the child's interactions, that's why the child returns to using drugs and my response is really disappointed, why would someone say something like that? As much as possible, I always advise my child not to fall into drugs again and I asked my son to change and not bring shame to the family."

The interview excerpts with supporting informants (SR Informants) regarding providing support are as follows:

"I have provided support to my mother by listening to all the stories and also giving words of encouragement so that my mother can accept this situation."

From the contents of the interview above, informant S has poor cognitive, emotional and interpersonal relationship aspects. The interview excerpts with parents (Informant B) are as follows:

Have you accepted that your child will be declared to be using drugs again after being rehabilitated?

"I have accepted that my child is using drugs again, even though my child was initially rehabilitated and declared cured but in the end he used drugs again, I can only pray and confide in Allah in every prayer so that I can accept the reality and be given the strength to accept it. "This situation is like this and I also have support from my family so that I don't end up in sadness, so my heart feels relieved."

How do you feel after you find out that your child is using drugs again?

"When I found out that my child was using drugs again, my heart immediately became sad and disappointed, but I didn't want to dwell on sadness which would make me stressed later, I also had a job so I focused on work so I didn't think too much and I asked Allah in every Pray so that my child can receive guidance and can change into something better."

How does the surrounding environment respond after finding out that your child is using drugs and what is the mother's response in a situation like this?

"For the local community, not many people ask about my child, it seems like they don't want to hurt me and respect me. Even if someone asks, I don't mind it either. Because slowly I have accepted the fact that my child is using drugs again."

Excerpts from interviews with supporting informants (Informants WK and WM) regarding the response of the surrounding environment to the subject are as follows:

"There is a good relationship between the subject and the surrounding environment because the surrounding community doesn't really mind and seems to respect the subject in a situation like this."

From the interview, informant B had good cognitive, emotional and interpersonal relationship aspects. Subjects were obtained through direct interviews with parents who had relapsed children. Some children still experience relapse after being rehabilitated and declared cured, where in a situation like this the parents will definitely feel disappointed and experience a bad psychological condition. A parent with the initials S is one of the parents who is experiencing a bad psychological condition. There are also parents with the initials B who experience good psychological conditions.

Based on the results of research regarding the cognitive aspects or thoughts experienced by the subject, where parents accept the condition of children who use drugs again or relapse, it can be said that the parents have poor cognitive abilities and initially did not accept it because the child is also the child most loved by the subject, but it turns out It was the child who was very disappointing but after the parents received support from the family where the family became the best listeners and gave words of encouragement and also the parents drew closer to Allah by always praying and also confiding in Allah in every prayer so that it made the parents feel relieved and not stuck in sadness and with that parents can also accept the situation that has been experienced.

According to Bernard (2013, p. 158), self-acceptance is a person's ability to fully and unconditionally accept circumstances. Based on Bernard's opinion that acceptance of the situation means accepting the situation completely, in line with the concept of unconditional acceptance of the situation, one must accept the characteristics. Therefore, parents who have a relapsed child are expected to be able to positively accept the situation that has occurred in their life (Dewi, 2017).

The subject can also accept the situation by approaching Allah by always praying and confiding in Allah in every prayer. By doing this the subject feels relieved and does not get lost in sadness. Every problem faced by the subject always tries to return everything to Allah. The subject will continue to ask for help while continuing to look for a way out and the subject is sure that God will give him a way out. This is in accordance with God's promise that he will not give problems beyond his servant's ability so that the subject faces a problem no matter how big he is, he is still confident that he can solve it according to God's promise.

The subject also sees other people's problems that are bigger but can still be solved, this makes the subject even more confident in his faith that every problem has a solution. Not only when facing problems, when they find out their child is using drugs again, the subject doesn't immediately blame anyone. The subject believes that Allah understands what is best for him. God has prepared something better. The subject believes there will always be wisdom behind the events he experiences. The subject is even more optimistic and continues to pray so that the child can change for the better and not use drugs again (Nasution, 2016).

On the other hand, the subject can accept the situation by getting support from the family where the family listens to the story experienced by the subject and the family gives words of encouragement and also advice to the subject, so that the subject does not continue to be sad.

The family has an important role in the healing process. According to Harmoko (2012), a role is a set of behaviors expected by other people towards a person according to their position in a system. The role of the family is very necessary to help the relapse healing process, because the family provides important resources to provide health/nursing services for themselves and other people in the family. The role of the family is divided into two, namely formal roles such as providing, managing the household, caring for the family, both healthy and sick, socializing children, and so on. Meanwhile, the informal roles of the family include encouraging, harmonizing, comforting, family caregivers, and so on.

Types of family support according to Nevid (2005) in Ekasari and Hafizhoh (2009) consist of: Emotional support which includes expressions of empathy, concern and concern for the person concerned. Appraisal support occurs through positive expressions of respect (appreciation) for others. Instrumental support includes direct assistance, such as helping with work when experiencing stress. Informational support includes providing advice, instructions, suggestions or feedback.

Family support is the attitude, actions and acceptance of family members. Family members perceive that supportive people are always ready to provide help and assistance if needed. The family is used as a service unit because family health problems are related and influence each other among family members and will also affect the families around them (Yulia, 2017).

Thus, parents who have relapsed children are expected to be able to accept the situation by carrying out the success indicators discussed in this research, namely the subject getting support from the family, getting closer to Allah. By doing this, the subject can accept the situation they are experiencing, such as the research results that have been obtained.

Based on the results of research regarding the emotional aspects and what was felt by the subject, the subject felt very sad and disappointed, and felt guilty towards himself for failing to educate his children and also ashamed of the surrounding community, where this incident made the parents stressed and devastated.

According to Coleman and Hammen in (Hude, 2006) there are four functions of emotion in human life, namely: Emotion as communication, functions as intrapersonal and interpersonal communication at the same time. Emotions are a source of information about a person's success, longing for health and knowing it when we feel in good health, looking for beauty and knowing that we have obtained it when we feel aesthetic pleasure within ourselves. Emotions as energy generators (energizers), emotions generate and mobilize someone's energy, anger moves someone to attack, fear moves us to run and love encourages someone to come closer and make out. Emotions as carriers of information, how a person's condition can be known from our emotions. If someone is angry, they know that they are being hindered or attacked by someone else, sadness means losing something they like, happiness means gaining something they like (Sofyan Mustoip et al., 2023).

Thus, according to the researchers in this study, every parent will definitely feel bad emotions and feel very psychologically devastated if their child returns to using drugs after being rehabilitated and declared cured. The emotions and what they feel will certainly feel very deep sadness and very heavy disappointment. It can even reach the stage of stress and also feeling guilty towards oneself for failing to educate children and also feeling embarrassed towards the surrounding community.

Based on the results of research regarding aspects of interpersonal relationships and also behavior that arises in the community regarding the conditions experienced by the subject, Informant S in the surrounding environment said that children do not receive enough attention from their parents and parents do not care about the child's social interactions, which is why children return to using drugs and the response Informant S was really disappointed, why would someone say something like that? As much as possible, Informant S always advises children not to fall into drugs again and asks children to change and not embarrass the family. In contrast to informant B, the local community doesn't ask many questions about children like them. don't want to hurt the subject and respect the subject. Even if someone asks about the subject, don't mind it. Because slowly the subject has accepted the fact that the subject's child is using drugs again.

According to the results of the research above, the factors that make children relapse are the family itself, where there is a lack of parental control, "parents are too busy so they rarely have time to control family members, children who lack family attention are more likely to seek attention outside and they also look for busyness. with his friends." Not all drug abuse by teenagers starts from a broken home, all children have the same potential to be involved in drug abuse. Applying discipline and responsibility to children will reduce the risk of children being trapped into drug abuse. Children who have responsibilities towards themselves, their parents and society will consider several things before trying to use drugs (Nebi, 2019).

It can be concluded that parents who have children who relapse are expected to be able to give themselves a positive assessment which can be done by having the right indicators of success. Each subject already knows the indicators of success regarding the situation they have experienced by getting closer to Allah SWT, receiving support from their family and accepting the situation positively. Creating a good psychological condition can start by trying to accept the situation by always praying to Allah to be able to accept reality and asking that the child receive guidance and not use drugs anymore and also the need for support from the family so that they don't feel sad, trying to build a

relationship. good interpersonal relations with family and neighbors so that they can give each other positive feedback in terms of social support.

Researchers will discuss further the psychological aspects according to Walgito's theory discussed in this research, namely as follows:

Aspects of Psychological Conditions

Psychological conditions are related to the three aspects discussed in this research, namely cognitive, emotional and interpersonal relationships. Disappointment and stress are manifested by various symptoms arising from cognitive, emotional and behavioral aspects in interpersonal relationships. Individuals who experience disappointment and stress will include symptoms from the three aspects discussed in this research. The cognitive aspect includes the following symptoms: poor concentration, memory problems, constant worry and anxiety, and seeing only negative things. Emotional symptoms include depression, agitation, irritability, and loneliness. Behavioral symptoms include: ignoring responsibilities, changes in appetite, sleep disturbances, smoking, using alcohol or drugs, and various nervous actions such as nail biting (Attia et al., 2022).

The psychological condition of parents who have relapsed children can be viewed through three aspects proposed by (Walgito, 2020), namely: First, the cognitive aspect is related to perception, memory, learning, thinking and problem solving. In human life, cognitive processes play an important role in decision making for each individual, in line with cognitive processes being the basis for the emergence of prejudice. If a person or a group perceives another person or another group and includes what is perceived as a certain category of condition (Sofyan Mustoip et al., 2023).

Second, the emotional aspect is a complex response that involves many activities and physical changes that depend on character and mood and also a complex reaction that contains a high degree of activity and changes in physicality and is related to strong feelings. So emotions are stronger than feelings, and changes in behavior often occur, relationships with the environment are sometimes disturbed. Crow and Crow define emotions as a turbulent state within the individual which functions as an inner adjustment to the environment to achieve individual well-being and safety. According to Hude (2006) emotion is a psychophysiological symptom that has an effect on perception, attitudes and behavior. Emotions in principle describe human feelings facing various different situations. Emotions are also human reactions to various real situations so there are actually no good emotions or bad emotions. Emotions give color to human life.

Third, interpersonal relationships are relationships between two or more people who have fixed communication patterns and influence each other and relationships consisting of two or more people who have consistent interaction patterns, that interpersonal relationships are when two individuals establish a relationship, the individual's life will be intertwined with other people, what one does will influence the other (Kaizen et al., 2023). Interpersonal relationships are relationships consisting of two or more people who have consistent interaction patterns (Sofyan Mustoip et al., 2023). Sears states that interpersonal relationships are when two individuals establish a relationship, the individual's life will be intertwined with other people, what one does will influence the other (in Lestari, 2010).

In the process of fulfilling their needs, humans form relationships with other people. The needs that humans have include: physiological needs (eating, drinking), safety and protection needs, love needs, and appreciation needs from other people. These needs influence relationships, because our needs cannot be separated from those of other people, because of our nature as social creatures where there are patterns of social interaction (Sofyan Mustoip et al., 2023).

With regard to the subject's psychological condition, social life will also respond to the subject's psychological condition. Cognitive plays a role in an individual's decision making, and cognitive also refers to an individual's experience in accordance with their cognitive processes which are the basis for the formation of prejudice. Emotions play a role in causing feelings of pleasure or displeasure towards other people which can describe an individual's feelings when facing various different situations. Interpersonal relationships play a role in showing the size of the tendency to act and showing people's behavior towards the surrounding environment regarding what they think, feel and do (Saleh, A. A., 2018). Based on this explanation, the researcher focuses on these three aspects in order to find out the psychological conditions of S and B. Individual behavior always experiences three psychological aspects, namely cognitive, emotional and social based on the individual's personality and based on things that are thought, felt and done.

Research conducted by Suhana (2019) has shown that in this way, parents lose patience, their minds become confused, their problem-solving abilities become dysfunctional, they even feel like they have lost direction and control, they feel embarrassed, anxious, depressed, constantly worried. regarding the child's whereabouts and condition, sadness, and can even cause very strong anger due to certain events caused by the child's addiction. In line with this, the psychological condition of the subject feels ashamed of the surrounding community for the child's actions and feels lost because he feels he has failed in educating the child.

As stated by Reivich and Shatte (2002), parents of addicted children always blame external circumstances for the situation that befell them, and always blame the environment for the situation that befell their child. Drug addiction in a person can actually be caused by the child's negative social environment, However, if the person is able to recognize their weaknesses, needs and expectations for themselves, whatever happens, the addiction is not necessarily caused by their social environment. The environment they face is bad and they cannot easily let environmental influences influence their idealism.

Conclusion

The results of this study show that parents who have relapsed children have different psychological conditions in cognitive, emotional and interpersonal relationship aspects. Both subjects knew the indicators of success regarding having a child who experienced a relapse which was done by getting closer to Allah SWT, getting support from the family and slowly accepting the situation.

The limitations of this research are that during the research the information was not satisfactory so the researcher had to carry out in-depth observations to dig up detailed information, and it was difficult to manage time due to the busyness of the informants. Future researchers are advised to observe data more accurately and provide straightforward solutions to subject problems. In addition, they are expected to provide updates by trying different methods in order to provide new references.

Acknowledgments

Thank you to the Pematang Sijago village office for allowing the research to be carried out, as well as to the informants who were willing to be respondents in this research.

Author Contributions Statement

LHS contributed to conducting research with direct observations in the field and in-depth interviews as well as presenting the research results in a scientific article which aims to fulfill graduation requirements. M contributed as director and supervisor in research and writing articles.

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