



Research Paper

The Role of Self-Control and Social Support to Relapse Tendency in Former Drug Addicts in Medan City

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ABSTRACT: Cases of drug abuse and addiction are increasingly occurring, especially in North Sumatra Province (North Sumatra). Of the large number of drug addicts, most of them are repeat addicts and most of them experience relapses even though they have completed or have just completed a rehabilitation program. There are many factors that contribute to the relapse of a drug addict, both internal and external factors. This study looks at self-control as an internal factor and social support as an external factor in influencing the tendency to relapse. The method used in this study is a quantitative method with multiple linear regression analysis. The subjects in this study were 100 former drug addicts in Medan City. The measurement tools used in this study are the relapse tendency scale, self-control scale and social support scale. The results of this study indicate that there is a negative effect of self-control on the tendency to relapse, then there is a negative effect of social support on the tendency to relapse and there is a negative effect of self-control and social support together on the tendency to relapse with an effective contribution of 27.6%. The results of this study are expected to be a reference for related institutions to develop post-rehabilitation programs for former drug addicts by paying attention to ways to increase self-control and social support for former drug addicts to avoid relapse.

KEYWORDS: Relapse Tendency, Self-Control, Social Support, Drug Addicts

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I. INTRODUCTION

Cessation of use and the process of recovering from drug addiction takes a long time and is quite complicated so that it is not uncommon for a former drug addict to experience a relapse or relapse [1]. States that at the time of relapse, individuals return to their addiction patterns or return to their behavioral deviations [2]. There are two factors that influence the occurrence of relapse, namely internal factors and external factors from the individual [3].

Specifically regarding the internal factors that influence the occurrence of relapse, there have been many studies showing that relapse occurs due to internal factors. Research found that psychological factors that play a role in drug addict relapse include internal factors consisting of the effects of dependence, motives to reconnect with other addicts, the view that drugs are a place to escape problems, personality that cannot adapt to a drug-free environment, awareness to return to using drugs, knowledge about the negative effects of drugs, and the tendency of addicts to avoid problems [4]. Several other studies regarding the influence of internal factors that influence the occurrence of relapse found that there were several internal factors referred to, including impulsivity [5] and emotion regulation [6]. Individuals who have been drug addicts usually have low emotional control, are less able to establish good interpersonal relationships, have self-destructive behavior and engage in negative self-defense [7].

From several internal factors that trigger relapse, researchers see that self-control plays an important role in relapse because in the attribute of self-control there are aspects of behavior control, thought control and decision-making control, all three of which are related to the internal factors that cause relapse according to the explanation above [8].

Other studies, as noted above, have also found that apart from internal factors, external factors also influence the occurrence of relapse. A research found several external psychological factors that led to relapse, including families who did not have close emotional relationships, the availability of facilities to return to drugs,

and the absence of family support, companion mentors, and peers in avoiding drugs [4]. Other studies have found several other external factors that influence the occurrence of relapse, namely interpersonal conflict and social pressure [9]; social support and family history [10];

The description above shows that the occurrence of relapse is influenced by various factors, both internal and external. But among the many former drug addicts who tend to experience relapse, in fact the researchers found that there were also those who managed to maintain their recovery for a long period of time. Researchers found this phenomenon in the field and conducted personal interviews with several former drug addicts who had not taken drugs at all (abstinence) for at least two years. Broadly speaking, there are also two factors that play a role during the abstinence process of the former addicts, namely internal and external factors.

The researcher assumes that examining the role of both, namely self-control as an internal factor and social support as an external factor towards relapse tendencies, will be more useful than examining the role of just one factor. Previous studies have also examined more variables related to the phenomenon of drug abuse or the onset of drug addiction and mostly in the adolescent population, while researchers are interested in examining the relationship with the tendency to relapse and in the adult or productive age population so that this study provides benefits that are different from previous studies.

II. RESEARCH QUESTIONS

The questions that will be answered in this research are:

- a. Is there a role for self-control in the tendency to relapse in former drug addicts in Medan City?
- b. Is there a role for social support in the tendency to relapse in former drug addicts in Medan City?
- c. Is there a role for self-control and social support for the tendency to relapse in former drug addicts in Medan City?

III. LITERATURE OF VIEW

3.1 Relapse Tendency

Relapse is a term that refers to a return to previous alcohol or drug use or abuse –whether it is a single incident or a repeated behavior [11].

Aspects contained in the tendency to relapse [12], namely:

- a. Anxiety and Intention to use drugs
This aspect explains the emergence of individual anxiety to return to using drugs and sometimes memories of drug use reappear. Individuals also have the desire and intention to use drugs again.
- b. Emotionality problems
Individuals have difficulty dealing with emotional problems such as fighting strong urges to taste drugs in their mouths, feeling pressured by other people and situations around them, feeling annoyed, tired, bored and lonely.
- c. Compulsivity for drugs
A very strong urge in the individual to use drugs until there is a willingness to do anything to get drugs.
- d. Positive expectancies and lack of control over drugs
Individuals have positive expectations of using drugs such as drugs can increase self-confidence, drugs can improve conditions and make the body strong. Individuals also feel unable to control themselves to refuse when exposed to drugs.
- e. Lack of negative expectancy for the drug
Low negative expectations of drug use, such as individuals not worried about the effects of drugs, feel they can handle the effects of drug use, and think that their lives will be fine or will not be disturbed if they use drugs.
- f. Insight into illness
Lack of individual awareness of the dangers of drugs to their health, such as thinking that individuals are able to control their use so as not to damage their health and are able to stop using them without help from others.

3.2 Self-Control

Self-control is the ability of individuals to determine their behavior based on certain standards such as morals, values and rules in society in order to lead to positive behavior [13].

Tangney, et al in 2004 developed a measuring tool to measure self-control based on several aspects, namely:

- a. Self-discipline
This aspect assesses the individual's self-discipline in doing something, such as focusing on tasks and goals, and being able to refrain from other things that can interfere with his focus on the task at hand or the goals to be achieved.

- b. Deliberate/Non-impulsive
Individuals tend to do things with certain considerations so that they are careful and not in a hurry. Individuals who have good or non-impulsive impulsive control are able to be calm in acting or making decisions.
- c. Healthy habits
Individuals with a tendency towards healthy habits will be able to reject something or habit that can have a bad impact on them even though it is fun. The individual will prioritize things that have a positive impact even though the impact is not received directly.
- d. Work ethic
This aspect assesses how individuals work and carry out their daily activities. Individuals with work ethics are able to complete tasks properly without being affected by things outside their duties.
- e. Reliability
This aspect assesses an individual's ability to deal with a challenge. Individuals who have reliability are able to carry out long-term plans in certain achievements and will consistently regulate their behavior to realize each of these plans.

3.3 Social Support

Social support is a process that occurs between individuals with one party having the perception that they feel loved and valued and the other party providing assistance to individuals who are experiencing pressures in their lives [14].

Cutrona and Russell put forward aspects of social support based on Weiss's theory in 1974. The following aspects of social support are meant:

- a. Attachments
Attachment allows individuals to gain emotional attachment so as to create a sense of security for those who receive it. People who receive this kind of social support feel safe, secure, and peaceful, which is shown by a calm and happy attitude. The most frequent and common source of attachment is a spouse, family member, close friend or relative who is intimate and has a close relationship with the individual.
- b. Social integration
Social integration allows individuals to gain a feeling of belonging to a group which allows them to share interests, concerns and carry out recreational activities together and can eliminate feelings of anxiety.
- c. Reassurance of worth
Individuals get recognition for their abilities and qualities that make them feel accepted and valued. This recognition can come from other people such as family, institutions/agencies, schools/organizations, or certain communities.
- d. Reliable alliance
The individual realizes that he has other people who can be relied upon and will provide assistance to him when he experiences difficulties.
- e. Guidance
Individuals have social relationships that enable individuals to obtain information, advice, or advice needed to meet needs and overcome problems they face. Guidance can come from teachers or mentors, community leaders, elder figures, parents, etc.
- f. Opportunity for nurturance
The feeling that he is needed by others is one aspect of interpersonal relationships. Individuals will feel that other people also need it or even depend on it for psychological well-being.

3.4 Former Drug Addicts

In the elucidation of article 58 of the Narcotics Law it is said that former narcotics addicts are people who have recovered from dependence on narcotics physically and psychologically [15].

3.5 Research Conceptual Framework

The conceptual framework based on the dynamics between variables can be seen from the figure:

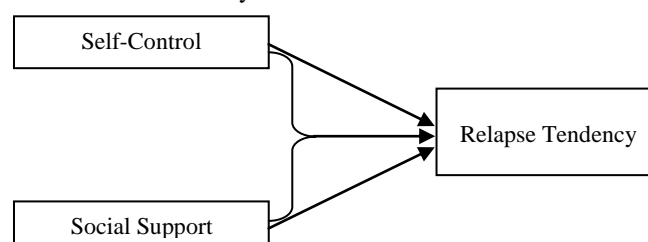


Figure1: Conceptual Framework for the Role of Self-Control and Social Support Against Relapse Tendency

3.6 Research Hypothesis

- a. H1 : There is a role for self-control towards the tendency to relapse in former drug addicts in Medan City. The higher the subject's self-control, the lower the tendency to relapse. Vice versa, the lower the subject's self-control, the higher the tendency to relapse.
- b. H2: There is a role for social support in the tendency to relapse in former drug addicts in Medan City. The higher the subject's social support, the lower the tendency to relapse. Vice versa, the lower the subject's social support, the higher the tendency to relapse.
- c. H3: There is a role for self-control and social support together for the tendency to relapse in former drug addicts in Medan City. The higher the subject's self-control and social support together, the lower the subject's tendency to relapse. Vice versa, the lower the self-control and social support together, the higher the tendency to relapse.

IV. MATERIAL AND METHOD

This study uses a quantitative approach with multiple linear regression analysis. The research was carried out by collecting data through a questionnaire which was compiled based on measurements of the variables studied. The item format used is in the form of a statement with five categories of response choices that move from strongly disagree to strongly agree. Score options consist of 1 (strongly disagree), 2 (disagree), 3 (neutral), 4 (agree) and 5 (strongly agree). A score of 1 indicates the individual strongly disagrees that the statement describes him/herself and a score of 5 indicates the individual strongly agrees that the statement describes him/herself.

4.1 Relapse Tendency

The variable relapse tendency in this study will be measured based on the risk theory for relapse by Ogai, et al which consists of six aspects, namely anxiety and intention to use drugs, emotionality problems, compulsivity for drugs, positive expectancies, lack of control over drugs, lack of negative expectancy for the drug and insight into illness.

4.2 Self-Control

The self-control variable will be measured with a self-control scale developed from the theory of Self Control by Tangney, et al which consists of 5 aspects, namely self-discipline, deliberate/non-impulsive, healthy habits, work ethic and reliability.

4.3 Social Support

The social support variable in this study will be measured based on social support theory from Cutrona and Russell based on the previous concept of social support by Weiss in 1974. There are five aspects of social support based on the concept of social support by Cutrona and Russell, namely attachment, social integration, reassurance of worth, reliable alliance, guidance and opportunity for nurturance.

V. RESULT

5.1 Research Hypothesis Test

The results of the Multiple Regression Test can be seen from the following table 5.1 below:

Table 5.1
The Multiple Regression Test
ANOVA^a

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	3022.914	2	1511.457	18.458	.000 ^b
	Residual	7943.086	97	81.887		
	Total	10966.000	99			

a. Dependent Variable: RelapseTendency

b. Predictors: (Constant), SocialSupport, Self-Control

Based on table 5.1, it can be seen that the calculated F value = 18,458 with a significance value of p = 0.000 (p < 0.05), while the F table value for N = 100 and a significance of p = 0.05 is 3.09. Thus the calculated F value is greater than the table F value (18.458 > 3.09). So it can be concluded that self-control and social support have a joint and significant effect on the tendency to relapse in former drug addicts.

Furthermore, a determination test (R) was carried out to determine the influence of self-control and social support variables on the tendency to relapse in former drug addicts. The results of the determination test can be seen from table 5.2 below:

Table 5.2
Determination Test Results
Model Summary^b

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.525 ^a	.276	.261	9.049

a. Predictors: (Constant), SocialSupport, Self-Control
b. Dependent Variable: RelapseTendency

Based on Table 5.2 above, it is known that the correlation coefficient (R) is 0.525 which means that there is a relationship between self-control and social support together with the tendency to relapse in the subject and this relationship is classified as moderate. Table 5.2 above also shows the value of the determinant coefficient (R²) of 0.276. This value indicates that the effective contribution of self-control and social support variables together to the tendency to relapse in research subjects is 27.6%, while the rest (72.4%) is influenced by other factors not examined in this study.

Then, to determine the relationship between each independent variable (self-control and social support) to the dependent variable (relapse tendency), it is necessary to look at the partial correlation coefficient shown in table 5.3 below:

Table 5.3
Partial Correlation Test
Coefficients^a

Model	Unstandardized Coefficients		Standardized Coefficients	T	Sig.	Correlations			Sum of Squares and Cross-products
	B	Std. Error	Beta			Zero-order	Partial	Part	
1 (Constant)	76.336	8.453		9.030	.000				
Self-Control	-.805	.171	-.448	-4.715	.000	-.508	-.432	-.407	-3096.800
SocialSupport	-.263	.171	-.146	-1.534	.028	-.331	-.154	-.133	-2013.200

a. Dependent Variable: RelapseTendency

Based on table 5.3, it can be seen that the partial correlation value of self-control and relapse tendency is -0.432 with a significance of 0.000 (p < .05), meaning that self-control has a significant effect on relapse tendencies. Negative values indicate that the direction of the relationship between the two variables is negative. Thus the first hypothesis in this study is accepted, namely that there is a role of self-control in the tendency to relapse in former drug addicts in Medan City. The higher the subject's self-control, the lower the tendency to relapse.

The relationship between social support and the tendency to relapse can also be seen from table 5.3 above. The partial correlation value of social support and the tendency to relapse is -0.154 with a significance of 0.028 (p < .05), meaning that social support has a significant effect on the tendency to relapse with a negative relationship. From these results it can be concluded that the second hypothesis in this study is accepted, namely that there is a role for social support in the tendency to relapse in former drug addicts in the city of Medan. The higher the subject's social support, the lower the tendency to relapse.

The regression equation can also be seen from Table 5.3 above. The multiple linear regression equation with two predictor variables can be described by the formula $Y' = B_0 + B_1X_1 + B_2X_2$ (Y is the tendency to relapse, B₁X₁ is the regression relationship between the tendency to relapse and self-control, B₂X₂ is the regression relationship between the tendency to relapse and social support). The regression equation between relapse tendencies and social support can be described as follows:

$$\text{Relapse Tendency} = 76.336 - 0.805X_1 - 0.263X_2$$

Figure 2: Multiple Regression Equation

Based on the regression equation above, it can be concluded that the constant value of the relapse tendency is 76,336. Furthermore, it can also be concluded that if self-control increases by 1 time, then the tendency to relapse will decrease by -0.805 and if social support increases by 1 time, then the tendency to relapse will decrease by -0.263.

VI. DISCUSSION

6.1 The Role of Self-Control Against Relapse Tendency in Former Drug Addicts in Medan City

Based on the results of the previous statistical analysis, it is known that the first hypothesis of this study is accepted, namely self-control plays a role in the tendency to relapse in former drug addicts in Medan City. Statistical tests show that the role in question is a negative role. That is, the higher the level of self-control, the

lower the tendency of the subject to relapse. Conversely, the lower the level of self-control, the higher the tendency for the subject to relapse.

The results of the research above show that self-control has a significant role in the level of the subject's tendency to relapse. This is in line with the results of Sukmadewi's research in 2010 which found that individuals who are able to develop self-control will be successful in building self-reliance and skills in refusing drugs [16]. Baumeister also states that self-control is needed to direct behavior, especially in resisting impulses or impulses in order to be able to resist distractions or temptations that arise [17].

Several previous studies have used approaches to increase self-control in dealing with the risk of relapse in drug addicts. Self-control training is known to help individuals deal with high-risk situations of substance abuse, helps individuals to acquire coping strategies and helps individuals to be more resistant to unwanted pressure from friends [18].

NIDA in suggests providing cognitive-behavioral therapy (Cognitive-behavioral Therapy) to help individuals recognize, avoid and overcome situations that tend to trigger drug use or by providing incentives such as vouchers or small gifts to encourage individuals to maintain abstinence behavior. This is in line with research results which indicate the importance of self-control in avoiding relapse [19].

6.2 The Role of Social Support Against Relapse Tendency in Former Drug Addicts in Medan City

Based on the results of the previous statistical analysis, it is known that the two research hypotheses are accepted, namely social support plays a role in the tendency to relapse in former drug addicts in Medan City. Statistical tests show that the role in question is a negative role, which means that the higher the social support, the lower the tendency of the subject to relapse. Conversely, the lower the social support, the higher the tendency for subject relapse.

This is in accordance with the statement of researcher before, that if addicts who are undergoing or have finished undergoing rehabilitation receive high social support, their quality of life will also be higher. High social support is mainly obtained from the family and is needed continuously and comprehensively to prevent or even eliminate the risk of relapse [20].

Furthermore, other researcher before said that the family plays an important role when the individual is in a rehabilitation period and when the individual returns to his social environment [21]. It is important for individuals to receive this social support against the tendency to relapse because when individuals have recovered and are "ready" to enter society, there will usually be rejection of them which causes frustration in the individual so that it affects the occurrence of relapse [22].

Other factors that affect relapse apart from social support can come from anywhere, such as the internal factors discussed in the previous subheading. Other external factors that have an influence on relapse are the presence or absence of interpersonal conflict and social pressure [9].

6.3 The Role of Self-Control And Social Support Together Against Relapse Tendency in Former Drug Addicts in Medan City

Based on the results of statistical analysis, it is known that the three hypotheses of this study are accepted, namely self-control and social support jointly play a role in the tendency to relapse in former drug addicts in Medan City. The results showed that the role of the control variable on relapse tendency was greater than that of social support on relapse tendency. This finding is in line with a qualitative study on the Experience of Former Drug Addicts, Motivation and Relapse After Rehabilitation by Salsabilla, et al in 2022, that the six informants assessed internal motivation, namely self-will and encouragement as the main motivation to be able to recover from drugs. Furthermore, external motivation that comes from family, friends and the law also influences them to recover from drug addiction [23]. Nisrina, et al in 2022 based on her research on the experiences of former drug addicts, motivation and post-rehabilitation relapse found data that self-factor is the highest source of internal motivation for recovering from drugs, while external motivation such as from family, friends, and the law can also influenced them to recover from drugs [23].

Self-control according to the results of this study and supported by the results of other studies described above does have a bigger role in the low rate of relapse tendency. However, the existence of social support for individuals with high self-control will contribute more to the tendency of relapse in these individuals. This is in accordance with the statement that the higher the social support and self-awareness of a drug addict, the higher the motivation to recover will be [24]. This is because the role of social support is able to support the recovery process for former drug addicts by growing self-esteem and confidence [25].

The results show that the role of the two independent variables together in the tendency to relapse is greater (27.6%) than the role of each independent variable in the tendency to relapse. It can be concluded that the role of internal and external factors must go together to mitigating the risk of relapse in former drug addicts. There are many internal and external factors that are not explained in this study. However, through this research, it can be seen that self-control as an internal factor and social support as an external factor are factors that play a negative role in the tendency to relapse in former drug addicts in Medan City.

VII. CONCLUSION

The following are some conclusions obtained from the research results:

- a. Self-control has a negative and quite significant role in the tendency to relapse in former drug addicts in Medan City. This shows that the higher the self-control, the lower the tendency to relapse in former drug addicts in Medan City. Conversely, the lower the self-control, the higher the tendency to relapse in former drug addicts in Medan City.
- b. Social support has a negative role in the tendency to relapse in former drug addicts in Medan City. This shows that the higher the social support, the lower the tendency to relapse in former drug addicts in Medan City. Conversely, the lower the social support, the higher the tendency to relapse former drug addicts in Medan City.
- c. Self-control and social support together have a negative and quite significant role in the tendency to relapse in former drug addicts in Medan City. This shows that the higher the self-control and social support, the lower the tendency to relapse in former drug addicts in Medan City. The lower the self-control and social support, the higher the tendency to relapse in former drug addicts in Medan City.

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