

ANALYSIS OF RECOVERY MOTIVATION IN DRUG ABUSE CASES INJURED REHABILITATION IN PRISON

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Abstrak

Background: Motivation to recover for drug abusers in prison have psychological and social challenges in their recovery process. motivation to recover from drug addiction is the key to designing an effective and comprehensive rehabilitation program. **Objective:** This study aims to analyze the motivation to recover in prisoners involved in drug abuse cases at Class II B Polewali Penitentiary. Motivation to recover is a crucial aspect in the rehabilitation process for individuals facing drug addiction, especially in a prison environment that is often full of psychological and social challenges. **Method:** This study uses a descriptive analytical approach with an observational study design, involving 40 prisoners as samples. The sampling method was carried out using total sampling, which includes the entire population of drug abuse prisoners in the prison. The results of the analysis show that the majority of respondents are between 20 and 44 years old, with most having a prison term of 1-5 years. **Result:** In terms of motivation to recover, it was found that 57.5% of respondents were at the precontemplation stage, indicating that they had not fully realized or considered the need for positive behavioral changes. Meanwhile, 42.5% of respondents were at the contemplation stage, where they began to realize the problem and consider changes. **Conclusions:** Recovery motivation is influenced by detention length, psychological conditions, and the prison environment, where stress, anxiety, and depression reduce readiness to change. Comprehensive rehabilitation and targeted interventions are needed to enhance prisoners' motivation for recovery.

Keywords : Drug Abuse Cases, Motivation, Recovery, Rehabilitation, Prison

Introduction

Motivation to recover from drug abuse is closely linked to issues of mental health. The United Nations Office on Drugs and Crime (UNODC) reported that approximately 275 million people used drugs in 2020, and 36 million individuals faced mental disorders in 2021. The COVID-19 pandemic led to a notable increase in marijuana use by 42% across 77

countries in 2021 (UNDOC, 2023) . Those convicted of drug abuse are sentenced to imprisonment in Correctional Institutions. According to Law Number 12 of 1995 on Corrections, prisoners, referred to as Community Inmates (WBP), are individuals who are serving a sentence involving the loss of their freedom (Undang-Undang Republik Indonesia No 12 Tahun 1995 Tentang Pemasyarakatan).

Low motivation to recover is a common issue among drug users who are addicted and struggle to overcome their dependency. This lack of motivation can be influenced by psychological factors such as anxiety, which may arise from negative perceptions or the environment within the prison system. Psychosocial issues like anxiety, stress, and depression can significantly impact an individual's recovery process. For drug abusers, high levels of anxiety are often linked to diminished motivation to address their addiction and engage in recovery efforts (Widianti et al., 2016).

The number of drug abusers, including both convicts and general users, has risen markedly. Drug abuse prevalence has increased from 0.20% in 2019 to 1.21% in 2021, with a notable rise in urban areas. Particularly significant is the increase in drug exposure among individuals aged 15-24 and 50-64, with rural areas also seeing a rise. According to the Indonesia Drug Report, people aged 15-64 who are unemployed or involved in household management face a higher risk of drug exposure, regardless of whether they live in urban or rural areas. The average age at which individuals first use drugs is relatively consistent across both rural and urban populations, ranging from 30 to 40 years (BNN, 2023).

According to the 2019 BNN survey, the most commonly used drugs are marijuana, crystal methamphetamine, and ecstasy. The report from that year indicates that the typical age for first drug use ranges from 17 to 19 years, with the highest number of users falling within the productive age group of 35-44 years. The five most frequently consumed drugs include marijuana, crystal methamphetamine (including ecstasy and amphetamines), nipam (such as koplo pills), dextro, and gorilla tobacco. The most recent BNN report from 2022 confirms that marijuana remains the most widely abused drug from 2019 through 2021 (BNN, 2023).

Drug users often face high rates of recidivism due to relapse. Research by (Chan et al., 2019) identifies a key factor contributing to relapse as a lack of motivation to recover. This study, conducted at the Balerenik Foundation, examined relapse behavior among drug abusers. It highlights that motivation to recover is influenced by both intrinsic factors, such as personal willpower, and extrinsic factors, including the influence of peers, counselors, social workers, and rewards from the Foundation. Consequently, having strong motivation is essential for individuals undergoing the recovery process from drug abuse (Chan et al., 2019).

Prisoners often fall into drug abuse due to insufficient motivation to recover (Lindasari et al.,). They frequently experience feelings of hopelessness and isolation, leading them to use drugs as a way to escape. In this scenario, respondents in the pre-test were still in the precontemplation stage. Moreover, the duration of incarceration affects motivation to recover (Walton R, 2015). Research highlights several factors that can hinder motivation to recover among drug-abusing prisoners, including the length of detention, awareness, and recidivism tendencies. Specifically, the length of incarceration can significantly diminish motivation to change.

Motivation to recover is the level of readiness of an individual to change harmful or unhealthy behaviors in their life, such as smoking habits, excessive alcohol consumption, or other health problems. It reflects the willingness and intention of an individual to achieve a better state physically, mentally, or emotionally (Olivier et al., 2020) . Motivation is an internal drive that drives a person to make efforts that influence behavior and act towards achieving certain results or goals (Cook & Artino, 2016).

Drug abusers tend to have low motivation to recover. Based on research conducted by

(farhanzon) it shows that environmental factors can contribute to relapse and inhibit motivation for recovery among drug addicts. On the other hand, according to Lander et al (2013) the experience of loss and grief among prisoners is closely related to drug abuse and their motivation to change. The losses experienced, such as relationships and freedom, are often triggers for starting the journey of recovery. This is related to negative thoughts and perceptions in individuals (Lander et al., 2013).

Low motivation to recover in drug abuse prisoners has the potential to be a critical obstacle in rehabilitation and healing efforts. The implications include a high risk of returning to drug abuse habits and difficulty in rebuilding a positive life. Drug dependence is still felt by drug abuse prisoners and affects the desire and motivation to recover. Low motivation in prisoners is one of the causes of delayed healing. For this reason, strong motivation and a desire to recover are needed for individuals who are caught in drug abuse. For this reason, the role of mental health nurses in correctional institutions, especially in dealing with drug abuse cases, has a very important role in providing assistance to individuals involved in this problem. In the context of mental health care, a broad and diverse approach is needed to face the challenges faced by those who are caught in drug abuse. Based on the background above, the author is interested in conducting research on the analysis of motivation to recover in drug abuse prisoners in prisons undergoing rehabilitation.

Method

This study was conducted using a descriptive analytical approach with an observational study design. This study describes and analyzes the motivation to recover in drug abuse convicts in Class II B Polewali Prison. The population in this study was 40 people, the sample in this study were drug abuse convicts who had the status of drug users. The sampling method in this study used total sampling, namely the entire population was included in the research sample.

Results

Table 1.
Frequency Distribution of Respondents' Characteristic

Characteristic	Frequency (n)	Percentage (%)
Age		
<20 years	2	5
20-44 years	30	75
>45 years	8	20
Detention Time		
<1 years	18	45
1-5 years	17	42,5
>5 years	5	12,5
Total	40	100

Based on tabel 1 the demographic characteristics of 40 respondents showed that the majority of respondents were aged between 20 and 44 years as many as 30 (75%). Further analysis of the respondents' detention period showed that the majority had a detention period of 1-5 years. experience of detention period of less than 1.5 years, with the same proportion

between the two groups (45%).

Table 2.
Level of Motivation

Characteristic	Frequency (n)	Percentage (%)
Level of Motivation		
<i>Pre-Contemplation</i>	23	57,5
<i>Contemplation</i>	17	42,5
Total	40	100

Based on tabel 2 of this study, it can be concluded that after the administration of Positive Self-Talk to the control group, the majority of respondents were at the precontemplation level, reaching 23 respondents (57.5%), while 17 other respondents (42.5%), were at the contemplation level. This indicates that most individuals in the control group have not fully realized or considered positive behavioral changes. In contrast, the intervention group showed a different pattern, where after the intervention, most respondents were at the contemplation motivation level of 30 (75.5%), and 7 others were at the preparation level.

Discussion

In this study, there were 40 respondents with the results of the study of demographic characteristics based on age in the control group, namely the majority were 20-44 years old, as many as 30 respondents (75%). This proves that the increase in the number of drug abusers is most common in productive age. Research conducted by Vasilenko et al (2017) revealed that the prevalence of substance use disorders by age and gender peaked in the twenties (32% for men at age 25 and 24% for women at age 22) and then decreased gradually with age, with very few men or women reporting Alcohol after age 75. Drug abuse by age is also increasing at all age levels. According to the National Survey on Drug Use and Health (NSDUH), sponsored by the U.S. Department of Health and Human Services, in 2021, 3.3 percent of the population aged 12 and older (or about 9.2 million people) had misused opioids (heroin or prescription painkillers) in the past year (Center for Behavioral Health Statistics, 2022).

The release of a chemical called dopamine in the brain, which is associated with pleasure, tends to be higher in men than women when they are exposed to drugs such as stimulants, alcohol, and nicotine. According to (Becker et al., 2017) that differences in brain structure between the sexes may have an impact on how a person responds to drug abuse, how progressive brain changes occur after exposure to drug abuse, and whether addiction is caused by the drug experience. In addition, evidence from basic laboratory studies also discusses sex differences in four different contexts.

Further analysis of the respondents' detention period shows that the majority have a detention period of 1-5 years. In the results of the study, the characteristics of respondents based on the length of detention period were mostly <1 year, as many as 18 respondents (45%). The detention period has a significant impact on a person's recovery process, especially for individuals involved in drug use and dependence. Research by Runlo revealed that the study found that approximately 83 percent of the 121 formerly incarcerated individuals reported a history of drug use, with 29.8 percent using drugs within one day of release. By two weeks post-release, half of the participants had returned to drug use, with

gender and a history of heroin use emerging as significant predictors of time-to-drug use. These findings highlight the importance of discharge support programs that specifically address healthy decision-making for women and heroin users to prevent immediate relapse.

According to Wojciechowska et al (2021) the study highlights the significant health challenges faced by individuals leaving penitentiaries, including poor health status, inadequate housing, and limited access to medical services, which impede their social reintegration. The research, which involved extensive interviews and observations across various detention centers and prisons in Poland, found a strong link between neglect of health issues and increased social exclusion, revealing that state institutions rarely address these critical concerns for ex-prisoners. Research conducted by Bukten et al (2020) explains that participants who spent longer in prison tended to experience a greater decrease in the frequency of drug use than those with shorter detention periods, although all participants experienced a decrease.

Based on the results of this study regarding motivation levels, it can be concluded that the majority of respondents were in the precontemplation stage (23 respondents; 57.5%), while 17 respondents (42.5%) were in the contemplation stage. This indicates that most individuals in the control group were not yet fully aware of or considering positive behavioral changes. The stages of motivation in the Transtheoretical Change Model (Prochaska & DiClemente, 1983) consist of five main stages: precontemplation, contemplation, preparation, action, and maintenance. Precontemplation refers to the stage where individuals are unaware of the problem or the need for change, while contemplation is when individuals start to recognize the problem and consider taking action. Preparation involves getting mentally and physically ready to make changes soon, action is when individuals actively implement desired behavioral changes, and maintenance is the stage of sustaining changes and preventing relapse. This process emphasizes the importance of awareness and readiness in behavior change. The motivation assessment in this study was based on the URICA questionnaire grounded in Prochaska's theory (1983) (Hashemzadeh et al., 2019).

Theoretically, the precontemplation stage in the Transtheoretical Change Model (Prochaska & DiClemente, 1983) explains that individuals in this phase may be unaware of their problems or the need for change. Motivation tends to be very low, and individuals often have no plans to take action. Those in this stage often appear resistant, unmotivated, unprepared, and unwilling to change. They may also focus more on the negative aspects of change rather than recognizing its benefits. Individuals in this stage typically have no intention to change and often state, *"I don't feel there is any problem with my behavior, so there is no reason to change anything"* (Hashemzadeh et al., 2019).

However, in this study there were also respondents who had a contemplation level of motivation to recover. In theory, the precontemplation level of motivation according to the Transtheoretical Change Model (Prochaska & DiClemente, 1983), Mozdeh explained that at this stage, individuals begin to realize their problems and consider making changes. Motivation increases because they begin to think about the benefits of change and the risks of current behavior (Hashemzadeh et al., 2019). The ambivalence and doubt that occurs at this stage cause people to remain stuck in "contemplation" for at least six months. In general, people at this stage are more open to receiving information about their behavior and seeking solutions to improve it. They may make comments such as, "I know I have a problem, and I think I should do something about it." This behavior is also known as chronic contemplation or procrastination behavior (Rowell-Cunsolo et al., 2018).

The factors that influence the level of motivation to recover in drug abusers are Intrinsic and Extrinsic factors. Based on research by the Balerenik Foundation, relapse behavior in drug abusers. Various factors influence motivation for recovery, and one of them

is the motivation to recover. This study shows that motivation for recovery is influenced by various factors. Internal factors, such as the will that comes from the individual himself, and external factors, such as the influence of the surrounding environment such as friends, counselors, social workers, and incentives provided by rehabilitation institutions, have a significant impact on motivation for recovery (Tavakoli Ghouchani et al., 2016)

Thus, the results of this research analysis show that the level of motivation to recover in drug abuse prisoners is still low. According to research conducted by Austin (2023), the factors that influence drug abuse in the prison environment consist of internal and external factors. Internal factors include the tendency of individuals to try drugs before entering prison, while external factors involve easy access to drugs in prison and pressure from fellow prisoners. In addition, environmental conditions such as overcapacity in prison and lack of supervision from prison officers also have an impact on drug abuse in prison (Henry, 2020)

Conclusion

Based on this study, it can be concluded that the motivation to recover among drug abuse prisoners in Class II B Polewali Penitentiary is still relatively low, with the majority of respondents at the precontemplation stage (57.5%) and some at the contemplation stage (42.5%). These results indicate that many prisoners have not fully realized or considered the need for behavioral change, thus affecting their rehabilitation process. Factors such as length of imprisonment, psychological conditions, and prison environment also affect their level of motivation. Therefore, a comprehensive approach and better support are needed to increase motivation and support an effective recovery process for drug abuse prisoners.

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