

## AFTER DRUGS: SELF ACCEPTANCE AND SELF ADJUSTMENT OF A JUNKIES PERSONA

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### ABSTRACT

The purpose of this study was to determine the relationship between self-acceptance and self-adjustment of junkies. After living a normal life, junkies usually face life's problems, one of which is problems with personality and with oneself. This study has used an analytical tool in the form of a quantitative correlation research approach. The population of this study was taken from ex-Junkies who had recovered and left a drug rehabilitation centre in West Sumatra Province. The population of 30 ex junkies was determined using the snowball sampling technique. Data collection has used a scale of self-acceptance and self-adjustment scale. Data processing has used the product-moment correlation technique. The results showed that the self-acceptance of ex Junkies in West Sumatra was in the high category. Adjustment to ex Junkies in West Sumatra has been in the high category. There has been a positive and significant relationship between self-acceptance and self-adjustment in ex Junkies, meaning that when self-acceptance increases, self-adjustment will also increase and when self-acceptance decreases, self-adjustment will decrease. These results are influenced by the influence of several factors, the development and maturity of personality elements (intellectual, social, moral, emotional), psychological determinants (experience, learning process), environmental conditions such as family conditions and the environment.

### Introduction

Based on data from the National Narcotics Agency (BNN), drug users in Indonesia have reached 5 million people in all provinces since 2017<sup>1 2</sup>. Specifically for the province of West Sumatra, 63,352 people use drugs in all cities and districts, including the cities of Padang, Payakumbuh, Pasaman, Bukittinggi, and Agam, which are the areas with the highest drug abuse and cases in West Sumatr<sup>3</sup>.

Ex Junkies according to WHO is if someone who was previously addicted to drug use has been able to get rid of drugs for at least two years<sup>4</sup>. Article 58 of Law No. 35/2009 about Narcotics ( Law No. 35/2009 about narcotics ) that ex Junkies are people who have recovered from drug dependence both physically

and psychologically<sup>5 6</sup>. So, ex Junkies is someone who has experienced abuse, use and experience addiction/dependence on drugs and has been declared cured and free from dependence or addiction both physically and psychologically<sup>7 8</sup>.

The ex-Junkies problem was not completely solved during the rehabilitation process<sup>9</sup>. In several cases, many drug abusers were able to recover and no longer use drugs again<sup>10 11</sup>. Some recover without the help of the rehabilitation program provided<sup>12</sup>. By the results of interviews that researchers got from several ex-Junkies, the bigger challenge lies when they have left the rehabilitation process and life back into the world of society<sup>13</sup>. It does not rule out the possibility that the exes will return to rehab and use drugs more than before<sup>14</sup>. Things that can make them return to using drugs include hanging out with friends who are still using drugs and being contacted by drug dealers<sup>15</sup>. Second, the place where he used to use drugs in the past and the third rituals when he used drugs, such as seeing people rolling cigarettes, seeing the tools needed to consume drugs, voices and other things that remind them of drugs<sup>13</sup>.

Ex Junkies have a hard time getting back into society<sup>16</sup>. The feeling of being unable to deal with drug temptations, insecurity, and feeling deprived of trust in the surrounding environment, makes them close themselves, withdraw from social relationships, narrow social interactions, limit communication in the social environment<sup>17</sup>. This is related to the adjustment of ex Junkies when they have decided to stop taking drugs and lead a normal life<sup>18 19</sup>.

Adjustment is how a human effort overcomes meeting his needs overcoming tension, frustration and conflict, maintaining a balance between meeting needs with environmental demands, and also seen from efforts to harmonize the relationship of individuals with reality<sup>20-22</sup>. This individual has adequacy in responding in a mature, efficient, satisfying and healthy manner in his life<sup>17 23</sup>. A person who is well adjusted is if he can control or cope with excessive and non-destructive emotions<sup>17 20 24</sup>. Not using a lot of psychological defence mechanisms that prevented him from seeing objectively the problem he was facing, which led to reasons why he couldn't solve the problem<sup>15 17 18</sup>. A good adaptation is also characterized by being able to cope with feelings of frustration, having the ability to learn and take advantage of previous experiences, and having a realistic and objective attitude<sup>25 26</sup>.

Based on the preliminary study conducted, Ex Junkies who have been interviewed after completing rehabilitation and return to the subject's environment feel insecure, anxious, worthless, afraid, shut up, do not care about outside information, feel low, first give negative label on oneself and not ready to return to the world of society normally<sup>16 18 26 27</sup>. This explains that there are individuals who have poor self-acceptance<sup>22 28 29</sup>. Individuals who have poor self-acceptance will be very vulnerable to being depressed and having difficulty concentrating their thoughts, weakening motivation, and in the end, the individual becomes unable to carry out his abilities in developing himself properly<sup>10 20 30 31</sup>.

Self-acceptance is a realistic and subjective awareness of one's strengths and weaknesses<sup>17 32 33</sup>. This can be achieved by stopping self-criticism and accepting deficiencies as something that exists within the individual, in the form of accepting his imperfections<sup>22 34</sup>. Self-acceptance has an impact on individual adjustment<sup>28 35 36</sup>. A person who has good self-acceptance can make better social adjustments<sup>37</sup>.

### **Method**

This research uses quantitative correlation research<sup>32 36-38</sup>. Correlation research is a type of research to see the relationship of one or more variables with one or several other variables<sup>39 40</sup>. The variables examined in this study

consisted of one dependent variable (self-adjustment) and one independent variable (self-acceptance)<sup>38 41</sup>. This study will look at the relationship between self-acceptance and self-adjustment in ex Junkies[38].

The population in this study were ex Junkies in West Sumatra<sup>42</sup>. The sampling technique uses a snowball sampling<sup>43</sup>. Researchers found 30 research subjects who were divided into five cities/districts in West Sumatra<sup>44</sup>.

Collecting data for this study used two Likert-type scales, i.e the self-acceptance scale and the self-adjustment scale<sup>40 45 46</sup>. On the self-acceptance, scale obtained a validity score of 0.322 - 0.650 and a reliability score of 0.920 with a total item of 41 statements. On the self-adjustment scale obtained a validity score of 0.301-0.707 and a reliability score of 0.934 with a total of 57 statement items.

To see the relationship between two variables, i.e the independent variable (X) self-acceptance and the dependent variable (Y) self-adjustment, researchers used the Product moment correlation coefficient with the help of SPSS software<sup>32 33 47</sup>. The product-moment correlation coefficient by Pearson is intended to describe the relationship between two variables of the same type of interval or ratio. The types of data generated in this study are both interval types, both variable X (self-acceptance) and variable Y (self-adjustment)<sup>38 48-50</sup>.

**Results**

Based on the research that has been done, the results of the normality test of the distribution of the self-acceptance variable obtained the K-SZ value of 0.993 with the Asymp value. Sig (2-tailed) of 0.278 (p> 0.05). The self-adjustment variable has been obtained K-SZ of 1.007 with an Asymp value. Sig (2-tailed) of 0.263 (p> 0.05). The normality test has shown that the two variables in this study are normally distributed. So this research data can be analyzed with parametric statistics because it has met the requirements for a normal distribution. The results of the linearity test on self-acceptance for adjustment were F = 1.472 and p = 0.000 (p <0.05), thus the linear assumptions in this study were fulfilled.

The results of the study have shown ex Junkies self-acceptance can be seen in Table 1 below.

**Categorization of Self-Acceptance Scores (Table 1)**

Formula	Score	Categorization	F	Percentage
$(\mu + 1,5\sigma) \leq X$	$163.97 \leq X$	Very high	6	20.00%
$(\mu + 0,5\sigma) \leq X < (\mu + 1,5\sigma)$	$136.66 \leq X < 163.97$	High	14	46.67%
$(\mu - 0.5\sigma) \leq X < (\mu + 0.5\sigma)$	$109.32 \leq X < 136,64$	Moderate	8	26.67%
$(\mu - 1,5\sigma) \leq X < (\mu - 0.5\sigma)$	$82.04 \leq X < 109.36$	Low	2	6.66%
$X < (\mu - 1,5\sigma)$	$X < 82,04$	Very low	0	0%
Total			30	100%

Based on Table 1 above, it has been seen that the majority of research subjects have a high level of self-acceptance in the high category where there are 14 people. This number is 46.67% of the 30 research subjects. It can be concluded that the majority of ex-Junkies' level of self-acceptance is in the high category. The results of the adjustment to ex Junkies in West Sumatra can be seen in Table 2 below:

**Categorization of Self-Adjustment Scores (Table 2)**

Formula	Score	Categorization	F	Percentage
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$(\mu + 1,5\sigma) \leq X$	$22,7 \leq X$	Very high	4	13.33%
$(\mu + 0,5\sigma) \leq X < (\mu + 1,5\sigma)$	$19,1 \leq X < 22,7$	High	15	50%
$(\mu - 0,5\sigma) \leq X < (\mu + 0,5\sigma)$	$15,1 \leq X < 19,1$	Moderate	11	36.67%
$(\mu - 1,5\sigma) \leq X < (\mu - 0,5\sigma)$	$11,3 \leq X < 15,3$	Low	0	0%
$X < (\mu - 1,5\sigma)$	$X < 11,4$	Very low	0	0%
Total			30	100%

The categorization of the adjustment scale in the table above, it has been found that the majority of research subjects have a high level of adjustment where there are 15 people. The amount is 50.00% of the 30 subjects of the study. It can be concluded that the majority of the level of adjustment on ex Junkies is in the high category.

Based on the results of the correlation analysis that has been done, the correlation between self-acceptance and self-adjustment is obtained by a correlation ( $r_{xy}$ ) of 0.894,  $p = 0.000$  ( $p < 0.05$ ) indicating that the working hypothesis is accepted. So it can be concluded that there is a significant positive relationship between self-acceptance and self-adjustment on ex Junkies. The higher the self-acceptance, the higher the self-adjustment and the lower the self-acceptance, the lower the self-adjustment.

Based on the results of the research conducted, it has been found that the majority of research subjects tend to a high level of adjustment. In this case, ex Junkies has sufficient ability to respond in a mature, efficient, satisfying and healthy manner in his life. A person who is well adjusted when he can achieve satisfaction in his efforts to meet needs, overcome tension, is free from various psychological disorders, frustrations and conflicts.

The results of the study of the self-acceptance variable on ex Junkies have found that the majority of research subjects' level of self-acceptance is in the high category. The self-acceptance of ex Junkies has enabled them to judge their actions and traits, as well as encouraging self-improvement as a means of personal change and improvement. Self-acceptance of ex Junkies has realistic and subjective awareness of the strengths and weaknesses of each ex Junkies. This they can achieve by stopping criticizing themselves and accepting deficiencies as something that exists in the individual, in the form of accepting his imperfections.

Several factors have influenced self-acceptance in ex Junkies, i.e having self-understanding, having realistic expectations, support from the environment, the absence of heavy emotional pressure, a stable self-concept. Ex Junkies already have a good self-understanding of themselves by no longer having feelings of guilt for the bad things they did in the past, no longer feeling that the badness of the past will always make them bad, dare to show their abilities and strengths, and accept their shortcomings and badness. Ex Junkies has good self-acceptance that can be achieved by stopping criticizing oneself, accepting all the shortcomings and bad things that have been done as something that does exist in an individual, in the form of accepting his imperfections.

The results showed that there has been a significant positive relationship between self-acceptance and self-adjustment in ex Junkies. Ex Junkies self-adjustment is influenced by several factors, the development and maturity of personality elements (intellectual, social, moral, emotional) psychological determinants (experiences, learning processes), environmental conditions such as family conditions and the surrounding environment.

## Conclusion

Based on the results of research and hypothesis testing, it can be concluded that the self-acceptance of ex Junkies in West Sumatra is in the high category. The self-adjustment of ex Junkies in West Sumatra is in the high category. There is a significant positive relationship between self-acceptance and self-adjustment in ex Junkies, meaning that when self-acceptance increases, self-adjustment will also increase and when self-acceptance decreases, self-adjustment will also decrease. These results are influenced by the influence of several factors, the development and maturity of personality elements (intellectual, social, moral, emotional), psychological determinants (experience, learning process), environmental conditions such as family conditions and the environment.

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