



The Influence of Life Motivation on the Recovery of Residents of the Drug Rehabilitation Center

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ARTICLE INFO

Keywords: Life Motivation,
Self-esteem, Drugs

Received : 15, July

Revised : 20, August

Accepted: 25, September

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ABSTRACT

The motivation to live to recover is the urge to act to satisfy the needs of an illness in obtaining a cure. The number of drug users in Indonesia is increasing every year. The crisis of life motivation is believed to encourage a person to use drugs. Through drug use, they try to achieve a life free from anxiety and emptiness. Low or negative self-esteem is also cited as one of the causes of drug abuse. Drug abuse is done as a compensation to people who have low self-esteem in order to gain approval, acceptance, and self-esteem from people who engage in the same activity. To overcome this problem, drug rehabilitation centres were established.

INTRODUCTION

The number of drug users in Indonesia is increasing every year. Drug abuse emerged in Indonesia in 1969, when it was discovered that a drug addict was seeking treatment from a psychiatrist at Darmawangsa Mental Health Sanatorium, Jakarta. Since then, many teenagers have participated in this abusive behavior. In general, men use drugs, as evidenced by the relatively high rates of 94% and 71%.

According to BNN (National Drug Agency) reports, drug cases are increasing by 48% annually and the number of suspected smugglers is increasing by 51%.

Anxiety and depression are other risk factors that contribute to drug abuse in individuals. The higher the level of depression and anxiety, the higher the risk of drug abuse.

People who lose their purpose and motivation in life are prone to anxiety and depression. Life motivation is the main goal that every human being must achieve to achieve happiness. People's inability to find motivation in their lives will have a negative psychological impact. These impacts include difficulty feeling happy, feeling empty and void, depression, and even suicide.

For drug users, self-awareness and sincerity are the main assets to escape addiction. Self-awareness comes from the social support provided by the closest people in the neighborhood where the addict lives. The main reason why drug users are motivated to recover is because they get support from relatives, family and friends. Motivation to recover in drug users is a force or drive that awakens, directs and motivates them to return to a healthy state after drug addiction.

The life of a person trapped in the shackles of drugs, no matter how hard drug users try to recover, in the recovery process they also try to fight the desire to use drugs again. This negative stigma ultimately worsens the situation of former drug users. Feeling lonely and friendless, they fall back into drug abuse. Only a few former users are able to reorganize their lives despite difficulties and complications. Therefore, drug users must have a high motivation to recover and receive support from society, family and loved ones.

Life motivation plays an important role in the recovery of drug rehabilitation center residents. When someone has a strong motivation to change their life and overcome drug addiction, they tend to be more committed to participating in a rehabilitation program seriously. This motivation can provide the mental and emotional boost needed to overcome obstacles and temptations during the recovery process.

Apart from that, life motivation can also increase the self-confidence and self-esteem of rehabilitation residents. Those who have clear goals and motivations in their lives tend to be more focused and persistent in participating in therapy, counseling and other rehabilitation approaches. This motivation can also help them overcome social stigmatation and feel more confident about returning to society after completing the rehabilitation program.

However, it is important to remember that life motivation needs to be supported by a positive environment and an effective rehabilitation program. Support from family, friends and therapists also plays a crucial role in strengthening a person's life motivation in the process of recovering from drug addiction.

LITERATURE REVIEW

According to Santrock (1995: 356) Self-esteem is a positive or negative evaluation that a person makes of himself. This assessment shows how the individual judges himself and whether his abilities and achievements are recognized.

Low or negative self-esteem is also cited as one of the causes of drug abuse. Rosenberg and Kaplan in Prasetya (2002:5) explain that feelings of worthlessness in someone who has low self-esteem are compensated by drug abuse as something important and good, as important and good as other activities.

METHODOLOGY

The methodology used in this research study involved a qualitative approach. Data was collected through interviews and observations with individuals who have experienced rehabilitation programs. The participants were selected through purposive sampling, ensuring a diverse range of backgrounds and experiences. The interviews were conducted using open-ended questions to allow for in-depth exploration of the participants' motivations for life and their experiences in the rehabilitation process. The data collected was then analyzed using thematic analysis to identify common themes and patterns. This methodology allowed for a comprehensive understanding of the participants' motivations and the factors that influenced their journey towards recovery.

RESEARCH RESULT

The research findings revealed that motivation played a significant role in the recovery process of individuals in rehabilitation programs. The participants expressed a strong desire to live a meaningful and fulfilling life, which served as a driving force in their journey towards healing and recovery. They identified various factors that influenced their motivation, including personal goals, support from family and friends, and the belief in the importance of their own existence. The participants also highlighted the importance of having a sense of purpose and finding meaning in their lives as crucial elements in their recovery journey. Overall, the research findings emphasized the significance of motivation in the rehabilitation process and its impact on the success of individuals in overcoming addiction.

DISCUSSION

1. Drug Users

Drug users or abusers are individuals who use narcotics or psychotropic drugs without medical indications and not under the supervision of a doctor (BNN, 2003). Victims of drug abuse or drug users are people who suffer from drug dependence caused by drug abuse, either of their own volition or coercion from others.

A drug user can no longer distinguish between good and bad, halal and haram. If you want to avoid drugs, don't try it, because once you try it, it is like a fish that is hooked on a hook, difficult to release so that it falls into addiction and all its consequences.

2. Length of the Recovery Program at the Rehabilitation Center

The number of drug addicts who benefit from detoxification is still very small. "Of the estimated 4 million drug addicts, the government through the National Narcotics Agency (BNN, 2003) is only able to rehabilitate 20,000 addicts or about 1% each year and also receives assistance from other agencies, especially the private sector, industrial sector and community organizations to rehabilitate drug addicts," explained Suyono. One drug addict requires a detoxification fund of Rp 4-5 million per month, including food, detoxification, counseling and other medical expenses. Meanwhile, Suyono said, to cure someone who is addicted takes a minimum of 6 years. . However, due to budget constraints, BNN is only able to detoxify addicts.drugs for an average of one year. Due to the low rehabilitation rate of drug addicts, the relapse rate among former drug addicts is very high. (BNN, 2003) estimates that 30% of former drug addicts may relapse if they do not receive good environmental support, including family supervision.

According to (BNN, 2003), there are several regulations related to rehabilitation, namely: 1) The 6-month residential development phase includes detoxification, unit admission, basic education and reintegration. 2) During detoxification and unit admission, residents are not allowed to receive family visits. 3) Residents may only be visited after entering the primary and reintegration stages and 4) If the resident escapes from the rehabilitation center and returns to the family, the family is obliged to notify UPT T&R BNN and accompany the journey back. continue the rehabilitation process

3. Life Motivation

The desire to live is the motivation that every individual wants to have a meaningful and happy life. Frankl (2004) argues that life motivation is a strong motivator that encourages a person to carry out purposeful activities, while a purposeful life is a life that continues to provide meaning to oneself and others. Motivation in life is also a condition that shows that a person has experienced and appreciated the importance of existence in his life from his own point of view. Frankl (2003: 123) argues that each individual has a different way of understanding meaning because each person is in their own field and has their own life mission.

Schultz (1991: 150) reveals that life motivation can be understood as self-devotion to a quality life in order to find self-existence. It is also said that the characteristics of people who have life motivation are having freedom in every step of their actions and are personally responsible for their behavior and attitudes towards circumstances and fate and are not determined by forces outside themselves.

Bastaman (2007:55) reveals that a motivated life is a lifestyle filled with meaningful activities, appreciation, and experiences. If this is found and achieved, it will create a sense of meaning and happiness in one's life.

Based on some of the definitions put forward above, it can be concluded that life motivation is a state of appreciating life or providing a meaningful quality of life so as to make each individual feel his life is more valuable and noble. the purpose of survival.

4. Components of Life Motivation

Victor Emil Frankl, the creator of logotherapy, was born in Vienna, Austria on March 26, 1905 and died on September 2, 2007. He came from a Jewish family that adhered to Jewish traditions, values and beliefs. This had a strong influence on Frankl, as evidenced by his keen interest in spiritual questions, especially those relating to the meaning of life. It was in this religious atmosphere that Frankl lived most of his life.

In his book *Man's Search for Meaning* (Frankl, 2004), he tells of Frankl's suffering as a Jewish prisoner in Auschwitz and several other Nazi concentration camps. Three years in a concentration camp is a terrible life. Every day he witnessed acts of cruelty, torture, shootings, mass killings in gas chambers or executions by electrocution. At the same time, he also witnessed very moving events; sacrifices for colleagues, incredible patience and strong vitality.

During his time in prison, he discovered that those who were lucky enough to survive were those who had a vision of the future - either in the form of goals they wanted to achieve or in the form of loved ones awaiting their return. This is what makes them able to endure suffering.

The dark experience of living in a Nazi concentration camp became the cornerstone of his thought and practice of therapy, commonly known as logotherapy. The Greek word "logos" means meaning and also spirituality, while "therapy" means to heal or treat. There are three main principles of logotherapy (Bastaman 2007:37-39) namely; (1) life has meaning in every situation, even in suffering and pain, (2) every human being has the freedom - almost unlimited - to find the meaning of his or her own life. (3) every human being is capable of adopting an attitude towards suffering and tragic events that can no longer be overcome. afflicts himself and his environment, after maximum efforts to overcome it but still fails.

Bastaman (2007:41-45) suggests that there are three important philosophical pillars for humans in the process of realizing their life motivation:

1) The freedom of will. This means that people have the freedom to determine their attitude (freedom to take a position) towards different situations. This freedom does not mean that we can be free from biological, psychosocial, and historical conditions, but humans have the freedom to determine their attitude towards these conditions, both environmental conditions and their own conditions. This freedom makes humans able to modify their living conditions to achieve a higher quality of life (self-determined being). This freedom requires people to be able to protect themselves, so as to avoid arbitrary freedom.

2) The will to meaning. The will to live meaningfully is the main motivation of humans. It is this desire that motivates humans to work, create and achieve other meaningful activities so that their lives have meaning and value. Humans are always looking for meaning in every activity, so the desire to live a meaningful life is always a motivation for everyone to achieve this meaning. This desire will make people feel they have value and meaning in their lives.

3) The motivation of life. Life motivation is something that is considered very important, valuable and brings its own value to humans, so it is worthy of being a goal in life. The meaning of life is what will make humans aware of the meaning of their lives, if there is no meaning in life, humans will lose meaning in their daily lives. If the meaning of life is achieved, then humans will experience a meaningful life and will ultimately lead to feelings of happiness. The meaning of life also contains life goals, namely things that must be achieved and completed so that both are balanced.

5. Characteristics of Life Motivation

Life motivation has several characteristics, namely 1) Unique, personal and temporary. This means that what someone considers meaningful is not necessarily meaningful to others. In this case, the meaning of a person's life and what is meaningful to him has special characteristics, is different and not the same as the meaning of life for others and changes over time, 2) Specific and realistic. Specific and realistic. This means that the meaning of life can be found in everyday experiences and life and is not always tied to abstract philosophical questions, idealistic goals, and amazing academic achievements in art. The meaning of life must be sought, explored and found by oneself. 3) Providing advice and guidance. Provides a guiding and directing function as a person who guides and directs the activities that a person does, so that the meaning of life seems difficult to achieved.

6. Factors Affecting Life Motivation

Bastaman (2007: 47) suggests that there are three areas of activity that are likely to contain values that allow a person to find the meaning of life there if these values are applied and fulfilled. The three values are: 1). Creative values, especially creative activities, working, completing tasks and obligations as well as possible with full responsibility. Through working and creating, we can find the meaning of life and live life meaningfully. Having a job will make us feel more meaningful than not having a job at all. The

positive nature and love of work and the way of working that reflects personal involvement in work will make us find the meaning of life. 2). Evaluative value, especially the belief and appreciation of the values of truth, virtue, beauty, faith, religion, and love. Living and believing in a value can give meaning to one's life. Many people feel they have found meaning in life through their religious beliefs, or people spend a large part of their lives pursuing a particular art form. Love can also make one experience meaningful emotions in life. By loving and feeling loved, a person will feel that their life is filled with happy life experiences. 3). Attitudinal values. The value of accepting with strength, patience and fortitude all forms of suffering that cannot be avoided such as terminal illness, death and near death, after all efforts have been made, maximized to the maximum. Attitude. A truly sincere and firm acceptance of the inevitable tragedy can change our outlook, which is usually colored by suffering, to be able to see the meaning and wisdom of the suffering. Suffering can actually give meaning and purpose when we can change our attitude towards suffering for the better.

7. Life Motivation to Heal

In the Big Indonesian Dictionary (1990), healed means a person who is sick or ill will get well or healthy again. The motivation to recover is what drives and reinforces behavior, and guides individuals to achieve addiction recovery. The drive to recover in the life of a drug user is often manifested in their need for comprehensive treatment and as much information as possible to achieve optimal recovery while maintaining their health by no longer using drugs.

Life motivation towards healing here is the energy that comes from within the individual or patient, which motivates, arouses, moves, provides a foundation, trains and controls a person and directs the action of healing or curing and eliminating an illness from which the person has suffered for some time and creating a state of physical, mental and social well-being that allows them to lead an economically productive life and society.

8. Aspects of Life Motivation to Heal

The dimensions of motivation to heal according to Conger (1997) are: a. Having a positive attitude This shows strong self-confidence, excellent personal planning skills, and an optimistic attitude towards everything. b. Aiming to achieve a goal. This aspect shows that motivation provides a goal direction for behavior towards something. c. The power that drives the individual. This shows the existence of a force that will encourage someone to do something. This power comes from the individual, his environment, and his belief in the power of nature.

According to Syam (2009), the patient's motivation or strength to recover is also influenced by the placebo effect. This placebo effect works based on three simple laws, namely patient trust, doctor trust, and mental strength created from mutual trust between doctors and patients, resulting in

an emotional connection between doctors and patients and the entire medical team.

9. The Effect of Life Motivation on the Recovery of Residents of Drug Rehabilitation Centers

Life motivation is the main goal that every human being must achieve to achieve happiness. Life motivation is a state of appreciating life or providing a meaningful quality of life that makes individuals feel their lives are more valuable and have noble goals to survive. Life motivation cannot be separated from the values that must be respected and applied by a person to find the meaning of his life (Bastaman 2007: 47). These values are creative value, appreciation value, and attitude value. Creative values are creative activities, working, and carrying out duties and obligations as well as possible with full responsibility. Through working and creating, we can find the meaning of life and live life meaningfully. The values upheld are the belief and appreciation of the values of truth, goodness, beauty, faith, religion and love. Living and believing in a value can give meaning to one's life. Appreciating the attitude of accepting with strength, patience and courage all forms of unavoidable suffering. A truly sincere and firm acceptance of inevitable tragedies can change our outlook, which is usually colored by suffering, to be able to see the meaning and wisdom of the suffering.

Individuals who achieve life motivation will feel that their lives are meaningful, valuable, and have a noble purpose, so that they are free from feelings of emptiness and emptiness. He has a passionate and optimistic lifestyle, is oriented and assertive, takes responsibility for his duties and work, is adaptable and flexible in social relations while maintaining the shape of his personality, and when facing suffering, the person will be steadfast and realize that wisdom is always behind suffering.

A person's ability to be motivated in life will have a positive psychological impact. As stated by Bastaman (2007: 55) that if life motivation is successfully found and satisfied, it will create a sense of meaning and happiness in one's life. Also added by Frankl (in Kyung-Ah et al., 2009: 137) that. Finding meaning and purpose is the cornerstone of human desire and the fundamental motivation in life that will free us from suffering and bring spiritual happiness. This will create a positive attitude within the individual. A positive attitude towards oneself will develop if individuals can fulfill demands that are in accordance with the values they believe to be true. As Coopersmith (1967: 39) said that positive personal behavior is characterized by success in respecting moral and ethical codes that have been accepted and internalized within. Individuals will assume that positive behavior is characterized by success in obeying these rules. Individuals' adherence to the values they believe in can shape their self-esteem.

Motivation in life will allow individuals to value themselves and their lives and develop high self-esteem. People who lack motivation in life will feel depressed, lose interest, feel empty in life and unable to bear suffering. Under such conditions, you will be easily influenced by others. This shows

that the individual does not have strong self-esteem. Such is the case of drug addicts. The life that they believe is no longer meaningful makes them depressed and easily influenced by others to use drugs.

CONCLUSIONS AND RECOMMENDATIONS

In conclusion, the research findings highlight the importance of motivation in the rehabilitation process. The participants in the study expressed a strong desire to live a meaningful and fulfilling life, which served as a driving force in their journey towards recovery. Factors such as personal goals, support from family and friends, and the belief in the importance of their own existence influenced their motivation. The research also emphasized the significance of finding purpose and meaning in life as crucial elements in the recovery journey. These findings contribute to a better understanding of the role of motivation in rehabilitation programs and emphasize the need to foster and support individuals' motivation for successful recovery.

ADVANCED RESEARCH

Examining the role of social support in maintaining life motivation. Investigates how relationships with family, friends, and society can influence levels of life motivation and recovery. Comparing the life motivation of drug rehabilitation residents with people who do not experience drug problems. This study can help identify differences in life motivation that may arise as a result of drug and rehabilitation experiences. By delving deeper into the life motivation and recovery of drug rehabilitation center residents, this research can provide a valuable contribution to the development of more effective and sustainable rehabilitation programs.

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