

# The Effect of Spirituality Methods on Resilience in Drug Users in Ar-Rahman Palembang

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## Abstract

*Increased drug use information from the National Narcotics Agency (BNN) in 2017 experienced an increase in drug use, in 2019 Ar-Rahman's drug use was 34.02% in 2020 by 24.74% until 2021 there was an increase in drug abuse carrying out rehabilitation in Ar -Rahman. Ar Rahman Palembang. In 2021 there will be a significant increase to 41.24% because during this pandemic many people have difficulty in carrying out their activities and many experience layoffs (PHK) so that many people use drugs as an alternative to calm themselves from adversity. This is due to the limited direction. and can't do anything. So for this situation one needs the ability to make and adapt to difficult circumstances and fulfill different demands throughout daily life. This capacity in psychology is known as resilience. Rehabilitation performs various ways to awaken users from drug use, one of which is by providing spirituality. It is not only mental issues that must be considered but also otherworldly abilities to take on an important role. Without spirituality in humans, their lives would feel endlessly empty, they would face adversity while dealing with issues that hindered their psychological research, and more lethally, people would lose the significance of life.*

## Keywords

drug users; rehabilitation;  
 resilience; spirituality



## I. Introduction

The increase in drug use information from the National Narcotics Agency (BNN) in 2017 from January to June there were 423 cases of drug users, a total of 597 became suspects including 592 from Indonesian Citizens (WNI) and 5 people from Foreign Citizens (WNA) ). Though drugs are very important in health care and administration. In fact, with the assumption of misuse, the consequences are very risky for the fate of the Indonesian state, especially if it is accompanied by the circulation of illegal drugs. (Permana, 2018), The institution that fights drugs is the National Narcotics Agency (BNN).

The National Narcotics Agency (BNN) is an Indonesian Non-Ministerial Government Institution that carries out tasks in the field of prevention, trafficking and illicit trafficking of psychotropic drugs, continuous illegal drugs other than tobacco and alcohol. How is the ability to continuously design regional regulations in the field of preventing and destroying the circulation and illicit traffic of tranquilizers, psychotropics and precursors as well as other drugs except tobacco and alcohol drugs, which are further restricted as P4GN. Readiness and

plans for special arrangements for avoidance, strengthening local areas, extermination, restoration, regulation and participation in the field P4GN is a rehabilitation institution and one way that can be done to release ties to drugs is by participating in drug rehabilitation (Kendal, 2010 ). Angrayni & Yusliati, (2018) (2018) is a comprehensive recovery process that includes biopsychosocial and spiritual aspects so that it takes a long time, willpower, patience, consistency and continuous learning. Muchlisini (2020) rehabilitation is an improvement process at people with disabilities so that they are capable of having optimal physical, spiritual, social, work and economic uses. (Ubay, 2021).

The Ar Rahman Drug Rehabilitation Foundation has been appointed as a national reference point for drug addicts. One of the rehabilitation places in Palembang where many residents, school children, students, and even DPRD members are doing rehabilitation in Ar-Rahman, because of the large number of drug users or drug users who are being rehabilitated by Ar-Rahman. There are several stages that occur in Ar-Rahman Palembang from drug use cases from 0-3 months carried out in cells or prisoners in Ar-Rahman with special actors so that clients can mingle and socialize, 3-8 months the client does some positive activities , following the existing activities in Ar-Rahman Palembang.

From 2019 ar-rahman's drug use was at 34.02% in 2020 at 24.74% until 2021 there was an increase in drug abuse that carried out rehabilitation in ar-rahman palembang. In 2021 there will be a significant increase to 41.24% because during this pandemic many people have difficulty in carrying out activities and many have experienced layoffs (PHK) so that many people use drugs as an alternative to calm themselves from their adversity, this is due to limited directions. and being able to do nothing makes someone do anything in drug use that will make significant drug users in 2021. So for this situation the singular need is the ability to make and adapt to difficult circumstances and meet different demands throughout everyday life. This capacity in psychology is known as resilience.

In psychology, an individual who faces the stresses and adversities of life and can manage them with a solid mindset is called resilience. Resilience according to Revich and Shatte (Hendriani, 2018) describes an individual's ability to respond to adversity (difficulty) or trauma faced in healthy and productive ways. Reivich and Shatte (Sekar, 2019) suggest resilience is a person's ability to survive and adapt to a difficult pressure. Reivich and Shatte (Sekar, 2019) suggest that resilience not only allows a person to recover from adversity, but resilience is also able to improve a person's life more positively. The forms of resilience difficulties for drug users in Ar-Rahman, 1) are still given the lowest dose of drugs to reduce the high dose of use, 2) there are demands from parents.

Resilience is generally characterized by a number of characteristics, namely 1). the ability to deal with difficulties, 2) toughness in dealing with stress or rising from the trauma experienced. However, the problems faced by convicts of narcotics crimes are quite complex compared to other crimes. Resilience is a dynamic process whereby individuals are able to adapt positively in stressful conditions or significant adversity (Hendriani, 2018). Individual characters who have good resilience have the following characteristics (Imron, 2018): 1). Acceptance is faithful to reality. 2). A deep belief, and often supported by deeply held values, that life is meaningful, and 3). Incredible ability to improvise and adapt to change.

According to Reisnick, et al (2011), there are several factors that influence and have a significant role on individual resilience abilities, namely 1) self-esteem, 2) spirituality, 3) positive emotions and one of the sources that is the focus of research, namely, 4) related to the social support provided by the environment for him (Sintiya, 2020).

Hook (2013) argues that spirituality can strengthen the resilience possessed by individuals by increasing hope, can strengthen beliefs about the meaning, purpose of life and social assistance from the spiritual group that is followed. (Savika, 2021).

Spirituality is a singular type that communicates its faith to the creator through love that is carried out in daily life, for example, prayer, fasting, dhikr, praying and other worship (Amir & LeSekolah Ataswati, 2016). Worship is an individual way to get closer to the creator (Ali, 2003). Thus, spirituality includes the search for meaning for unity, connectedness, transcendence and high abilities possessed by individuals (Shavika, 2021) in the rehabilitation of Ar-Rahman in increasing spirituality in rehabilitation residents by using spirituality therapy. The existing treatment for rehabilitation of Ar-Rahman Palembang there are several therapies, namely religious or spiritual therapy, community therapy, medical therapy. Religion is vividly brought out as a major theme and it seems to have a stronger influence on how the people (Eskandari, 2020). Religion has the potential to be used as a tool to achieve political power in a nation, which may lead to inter-religious and inter-religious conflict itself (Nuruddin, 2019). The state is obliged to realize harmony in social and state life, guaranteeing harmony between religions and between adherents of religion, guaranteeing the freedom of everyone to have a religion and social freedom in social life (Fadrusiana, 2019). On the positive side, amaliah dhikr is indeed enough to get full attention for researchers whose point of study is focused on the Sufistic world. Amaliah dhikr as a method of purification of the soul that is 'powerful' treats various kinds of mental illness, especially drug dependence and adds an explanation of the harmful effects of drug use and its effects anywhere (Muvid, 2019).

Rosito (2010), revealed that spirituality combines efforts to seek, find, and follow something significant throughout everyday life. Understanding this significance will evoke positive feelings both during the time spent seeking it, tracking it, and following it. A hard work to find it will cause an impulse that combines the desire to achieve a goal despite facing obstacles, from outside and from within, in that drive combines the power of courage, determination, joy (Siadari, 2016).

Spirituality (Yani, 2008) has several characteristics 1). spiritual development 2). relationship between spirituality. 3). health and illness. Taylor (Astaria, 2010) there are several important factors that can affect a person's spirituality, namely: 1) developmental stage, 2) family 3) ethnic and cultural background, 4) previous life experiences, 5) crisis and change, 6) separated from spiritual ties (End, 2020).

### **1.1 Research Purposes**

The purpose of this study was to determine the effect of the spirituality method on resilience in drug users in Ar-Rahman Palembang.

### **1.2 Research Benefits**

The results of this study are expected to provide theoretical and practical benefits. The benefits that can be obtained from this research are:

1. Theoretical benefits
  - a. This research is expected to provide benefits and increase knowledge in knowledge. Thus, this research is expected to be a reference source for future studies on the same problem as well as perfecting new relevant findings.
2. Practical benefits
  - a. drug users
  - b. With this research, one can maintain and protect oneself from repeating the same mistakes, can open and add insight in spirituality and continue to live positively.
  - c. For related institutions.
  - d. Can make a positive contribution to society, contribute and provide insight to the community about the harmful effects of drugs.

## II. Research Method

The population is a generalization of the area consisting of objects or subjects that have certain quantities and characteristics determined by the researcher, to be studied and then drawn conclusions, while the sample is part of the number and characteristics possessed by the population (Sugiyono, 2012). The population of drug users in the rehabilitation of Ar-Rahman Palembang is 35 people and the age range is 25-45 years. Not all of the population is used as a study because it is still in the recovery process, the research sample is 10 drug users.

The sampling technique used was purposive sampling. According to Sugiono (2007) purposive sampling is the technique of selecting samples with certain considerations or based on certain criteria. The criteria by sampling are:

1. Ar-Rahman fostered residents
2. Enter rehabilitation 0-3 months
3. Still given a low dose / drug
4. Still quarantined

Based on the characteristics and views of the specified criteria, there were 10 people who liked this research to completion. Therefore, the sample used in this study was 10 people for the experimental group.

The data collection method in this study used the following methods:

- a. Observation Method

That is a strategy to collect information by paying attention to the subject.

- b. Interview Method

That is the strategy of gathering information by meeting drug clients as complementary information.

- c. Initial Questionnaire

Initial questionnaires were distributed as a useful data collection method to strengthen the results of previous observations and interviews. Subjects were asked to fill out a list of statements that had to be answered "yes" or "no", and were asked to write down the reasons.

- d. Measuring instruments

The measuring instrument used to measure the spiritual used was giving the scale to the subject to find out the subject's spirituality in the use of the spiritual method, the subject was asked to give a response to each scale statement. The scale used is the Likert scale. Liker scale is used to measure attitudes, opinions or perceptions of a person or group of people about social phenomena. The answer to each instrument item has a gradation from very positive to very negative. For the purposes of quantitative analysis, the answers from the instruments are given a score.

This study uses experimental quantitative methods. The design used in this study was one group pretest-posttest, so in this study there was a pretest before being given treatment and a posttest after being given treatment. The method used in this study is a quasi-experimental research method, namely an experimental research method without dividing groups by random (nonrandomized) and with the aim of finding the effect of certain treatments on others under controlled conditions.

This one-group research design is a non-randomized one-group design, pretest and posttest, this design is a design that has met the requirements to conduct experimental

research, therefore conclusions regarding the effect of VB on VT. This design can be described as follows (Sugiyono, 2009).

### III. Discussion

#### 3.1 Results

After the treatment was given to the subject, the researcher then took measurements again to the subject of 10 people who followed the therapy, the results obtained from the measurement results were then analyzed using a corelated data analysis technique t-test / paired sample t- test, namely a technique to see the difference or comparison of the initial score with the final score of a measuring instrument. The pretest and posttest scores on the research subjects are shown in the table below.

**Table 1.** Pretest-Posttest Scores

Subject	<i>pretest</i>	<i>Posttest</i>
1	161	222
2	159	211
3	145	199
4	155	198
5	163	227
6	171	221
7	167	226
8	157	205
9	163	209
10	159	210
11	149	221
12	155	210
13	151	223
14	169	218
15	164	204
16	155	193
17	148	205
18	173	212
19	166	200
20	145	196
21	162	206
22	156	225
23	164	194
24	153	194
25	158	188
26	160	231
27	167	191
28	155	190
29	149	172
30	156	193

Based on the table above, it can be seen that the pretest and posttest scores are different, the data in table 30 above shows a difference in scores between before being given treatment and after being given treatment.

**Table 2.** Resilience Level Assessment

Score	Resilience level	Number of subjects (pretest)	Number of subjects (posttest)
145	Low resilience	1	-
146-188	Medium resilience	29	2
189-231	High resilience	-	28
Total		30	30

Based on the table above, it can be seen that there is a change in the number of subjects from each level of resilience, at the time of the pretest the number of subjects who experienced low resilience in 1 person and moderate resilience 29 people, while at the posttest the number of subjects who experienced a high level of resilience in 28 people experienced resilience 2 people.

### Assumption Test

#### 1. Normality Test Results

The distribution normality test was conducted to determine whether any of the data used in this study were normally distributed or not. The normality test was carried out with Kolmogorov-Smirnov through SPSS-20, the rule used to determine the normality of the data distribution was that the distribution was said to be normal if  $p > 0.05$  while it was said to be abnormal if  $p < 0.05$ .

**Table 3.** Summary of Normality Test Results

	KS-Z	P	Information
<i>Pretest</i>	0.086	0.200	Normal distribution
<i>Posttest</i>	0.112	0.200	Normal distribution

Based on the results of the normality test of the Kolmogorov-Smirnov test in the pretest, it was obtained that  $p = 0.200$  ( $p < 0.05$ ), and  $KS-Z = 0.086$ . and on the implementation of the posttest  $p = 0.200$  ( $p > 0.05$ ) and  $KS-Z = 0.112$  so that  $p > 0.05$  then the pretest and posttest data as a whole can be said to be normally distributed, so that data analysis can be continued into the hypothesis.

#### 2. Hypothesis Test

Statistical analysis used in this study is a paired sample t-test which aims to determine whether there is a difference or not before spirituality therapy is carried out.

**Table 4.** Hypothesis Test Results

	mean	T	p	Information
<i>Pretest</i>				
<i>posttest</i>	47.96667	18,996	0.000	Very significant

Results Based on the hypothesis test using the paired sample t-test, it was obtained  $t = 18.996$  and  $p = 0.000$ , so that  $p < 0.01$ . It can be said that the proposed hypothesis is accepted,



it also shows that there is a significant influence of spirituality methods on the resilience of drug users in Ar-Rahman Palembang.

### 3.2 Discussion

The normality test was carried out to find out the items of the measuring instrument were well distributed. The results of the normality test showed that the p value at the pretest = 0.200 ( $p < 0.05$ ) which means significant, and p at the posttest = 0.200 ( $p > 0.05$ ) which means significant. Statistical testing was carried out to determine the effect of spirituality methods on resilience in drug users, the results of the paired sample t-test statistical test obtained  $t = 18.996$ ,  $p = 0.000$  ( $p < 0.01$ ). The t test in this study serves to assess the difference between a certain value and the average value of the population group. This shows that there is a significant effect of spirituality methods on resilience in drug users in Ar-Rahman Palembang.

At the pretest stage, the subjects were 30 people. After screening the PSS-14 tool, it was found that the number of subjects who experienced high resilience was 28 people and the subject of moderate resilience was 2 people, a pretest was carried out to determine the initial resilience score possessed by the research subject. Resilience according to Richardson (2002) is the process of coping with stressors, difficulties, changes, and challenges that are influenced by protective factors, this psychological resilience will reflect how the strength and resilience that exists within a person.

One type of therapy that can help increase resilience is spirituality therapy, because the benefits of spirituality therapy are as a means or way for a person to carry out activities, think positively and be closer to the creator god. Where in spirituality therapy is taught techniques in getting closer to God, calming oneself through dhikr, prayer, besides that it is also expected that spirituality therapy of the subjects becomes a person who has more stable and positive emotions. At the time of treatment, the subject can train thoughts, emotions, patience by way of experiencing dhikr, worship.

Spirituality can be explained from various approaches and various dimensions that affect spirituality. First, spirituality is seen from aspects that are formed within a person, as identity, awareness, centered on core values, and having balance. Second, spiritual is seen from external aspects, such as the concept of divinity, philosophy, and value system. Third, spiritual views from the environment, such as relationships with family, friendship and love. Fourth, spiritual which is formed from nature such as from various beauty and amazement to the laws of nature.

Spiritual psychotherapy is defined as a series of healing processes for various psychiatric problems by optimizing the spiritual potential of humans, aiming to realize one's existence in determining meaning, values, morals, and love for greater powers and fellow living beings, whether from religious teachings or notes. This concept allows humans to place themselves and live more positively with full wisdom, peace, and true happiness.

The measurement after the treatment (posttest) was carried out a week after the spirituality therapy activities ended for the therapy participants, the posttest was carried out when the final measurement was carried out. At this stage the scale given is the same as the scale given at the pretest because the concept of the correlated paired sample t-test technique is to measure something with the same measuring instrument before and after treatment, this measurement is carried out to determine the final score of the subject's resilience after treatment (treatment) is given.

Based on the results of research that has been carried out on subjects who experience resilience, the results of spirituality therapy have an effect on research subjects, from the numbers obtained through resilience measuring tools, it is known that 28 research subjects

showed an increase in scores after doing spirituality therapy and 2 subjects remained and did not decrease score altogether.

The score possessed by the subject before being given spirituality therapy treatment and after being given spirituality therapy treatment showed a change with a score range of 145-231. At the pretest the number of subjects who experienced low resilience was 1 person and 29 people were moderately resilient, while at the posttest the number of subjects who experienced an increase in low-level resilience to moderate levels was 2 people and 28 people experienced high resilience from the moderate level of resilience.

Based on the results of the above discussion, it can be concluded that spirituality therapy can be used as a method or form of effort to increase the level of resilience that occurs in individuals, and can be applied in everyday life.

#### IV. Conclusion

Based on the results of the study, it can be found that there is an influence of the spirituality method on the resilience of drug users in Ar-Rahman Palembang.

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