The Relationship Between Self-Control and the Tendency to Relapse Among Drug Abusers Undergoing Social Rehabilitation at Sentra Insyaf Medan

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ABSTRACT

Drug abuse has emerged as a major and deeply concerning challenge, particularly due to the high incidence of relapse among abusers. One of the crucial factors to consider in preventing relapse is self-control. This study aims to identify the relationship between self-control and the tendency for relapse among drug abusers undergoing social rehabilitation at Sentra Insyaf Medan. This research employed a quantitative analytic method with a correlational design, involving 98 respondents selected through purposive sampling based on specific inclusion criteria. Data were collected using two questionnaires: a self-control questionnaire and a relapse tendency questionnaire developed based on indicators of addictive behavior, relapse history, and intention to reuse drugs. Data analysis was conducted using the Spearman Rank correlation test. The results showed that 39.8% of drug abusers had low self-control and 41.8% exhibited a high tendency for relapse. A significant negative relationship was found between self-control and the tendency for relapse, with a p-value of 0.001 (< 0.005) and a correlation coefficient (r) of -0.564, indicating that higher self-control is associated with a lower tendency for relapse. These findings highlight the importance of strengthening rehabilitation programs to support the development of self-control, emotional regulation, and decision-making skills in order to prevent relapse among drug abusers.

Keyword: Self-Control, Relapse Tendency, Drug Abusers, Rehabilitation

1. Introduction

Drug abuse has become a serious and alarming case, making it one of the main national issues. As a developing country, Indonesia is a region vulnerable to the distribution of illegal drugs. Life in the modern era is increasingly concerning, marked by the high level of public activity, rising cases of depression, and a lack of parental attention toward their children. Drug abuse has extensive adverse effects, including physical, biological, social, psychological, economic, cultural, and various other aspects (Hariyanto, 2018)

The National Narcotics Agency (2022) stated that the prevalence rate in the past year for drug abuse cases increased from 1.80% in 2019 to 1.95% in 2021. The most significant rise occurred in urban areas. Drug abuse generally begins with initial use influenced by offers, persuasion, or pressure from peers. Curiosity and the intention to try also trigger it. As a result, repeated use becomes easier, ultimately leading to addiction and dependence on drugs (Mintawati & Budiman, 2021)

Many factors influence drug abuse. In a scientific study written by Oktir Nebi in 2021, titled Factors Causing Drug Use Among Communities, these factors include personality factors, where drug use is perceived to make the user brave and cool; family factors, such as a lack of family supervision and control; educational factors; vulnerable population factors; unhealthy environmental factors; peer or group influences; and low individual self-control (Nebi, 2019)

Individuals with strong self-control are able to manage their impulses and desires, thus avoiding deviant behavior (Nurhaini et al., 2018). Self-control influences every aspect of life, including behavior and actions. According to Kochanska & Knaack and Michel, the ability for self-regulation originates in childhood as stable individual differences that emerge early. However, it can also improve as part of the development of executive functions, according to Diamond & Lee (Xin Zhao, et al., 2021).

Self-control plays an essential role in helping individuals adapt. When self-control is weak, individuals tend to exhibit harmful behaviors. Those with low levels of self-control often fail to regulate their primary behaviors, misinterpret the stimuli they face into appropriate responses, and struggle to choose suitable actions. This can lead to aggressive behavior. The inability to exercise self-control frequently triggers various problems such as fights, theft, robbery, corruption, and even drug abuse (Zulfah, 2021).

The high rate of drug use is influenced by poor self-control in individuals, particularly regarding repeated drug use, often referred to as relapse. Therefore, improving the quality of self-control among individuals, especially drug users undergoing rehabilitation, is essential to reducing the prevalence of drug use and relapse. Relapse is a significant factor contributing to the increasing drug usage rates. Drug addiction requires a long recovery process, as addiction is often accompanied by cycles of recovery followed by relapse (Wulandari, et al., 2020).

According to research (Dewi, B., 2023) employing a quantitative method to analyze the effect of self-control on relapse intention in correctional institutions, self-control significantly influences relapse intention. The study found a positive and significant correlation with an r-value of 0.302, indicating that self-control influences relapse intention by 30.2%. Factors affecting the relationship between self-control and relapse intention include Attitude Towards Behavior, Subjective Norm, and Perceived Behavioral Control.

Drug users often experience relapse within a timeframe of 1 month to 1 year after completing treatment programs. Variations in the definition of relapse result in differences in relapse rates. Based on data from the Directorate of Mental Health and NAPZA at the Ministry of Health in 2018, the rough relapse rate was recorded at 24.3% (claims data). Meanwhile, NAPZA relapse rates at BNN before post-rehabilitation programs were as high as 90%, but after post-rehabilitation programs, the relapse rate dropped to 30% (Raharni, et al., 2020).

Research by (Kurniawan, n.d.) found that the age group of 17-24 years is the most vulnerable period for drug abuse. Even after completing rehabilitation programs, individuals remain at risk of relapsing. Relapse often occurs because individuals return to the same environment where they used drugs and socialize with fellow drug addicts. Negative stigma in society toward drug addicts also affects the former users' desire to relapse. On the other hand, for users aged 30-41 years, relapse tendencies are more often caused by household problems such as economic difficulties, divorce, or work-related issues.

Efforts to reduce relapse rates among drug addicts focus on preventing relapse. The goal of this prevention is to eliminate substance dependence by changing behavior and enhancing the motivation of drug users to quit and avoid returning to drug use (Ngai, et al., 2020).

Similar studies discussing self-control and relapse intensity have previously been conducted in correctional facilities, such as at Class II B Muara Sabak Prison, East Tanjung Jabung Regency, by Dewi, B. (2023), and at Class IIA Sungguminasa Prison by Diza (2021). However, the novelty of this study lies in its different research setting a Social Rehabilitation Center, which distinguishes it from prior research conducted in prisons. This difference is significant, as the characteristics of the location, economic conditions, and cultural factors in rehabilitation centers vary considerably from those in correctional facilities. These contextual differences are expected to influence the research findings and offer new perspectives that were not captured in previous studies. Moreover, this study aims to make a meaningful contribution to addressing specific local problems. Although similar topics have been explored before, updated data and information are still required to better reflect the current realities. Therefore, this research focuses on collecting current and context-specific data, providing a more accurate and relevant understanding of the present situation.

This study will be conducted among drug abusers undergoing social rehabilitation at Sentra Insyaf Medan. It is important to assess how self-control affects the tendency to relapse among individuals undergoing social rehabilitation. The above explanation motivated the researcher to examine "The Relationship Between Self-

Control and Relapse Tendency Among Drug Abusers Undergoing Social Rehabilitation at Sentra Insyaf Medan."

2. Methods

The design in this research is a plan created by the researcher to collect and analyze data. This study is a type of quantitative research with an analytic correlational design using a cross-sectional approach, which discusses the dynamics of the correlation between risk factors and effects, with an observation approach and data collection conducted simultaneously at one point in time (point time approach) (Abduh et al., 2022).The population in this study consists of individuals undergoing Social Rehabilitation at Sentra Insyaf Medan, with a total of 130 residents. The sample size used in this study is 98 residents, calculated using the Slovin formula. The research instruments include a questionnaire consisting of demographic data, self-control questionnaires, and relapse tendency questionnaires. Data analysis used univariate and bivariate analysis. Univariate analysis is used to obtain frequency distribution results based on the variables of self-control and relapse tendency. Univariate tests are conducted using descriptive analysis and presented in the form of frequency tables. Bivariate analysis is a method to explore the relationship between variables, represented through cross-tabulation (Eddy Sarwono et al., 2021)Bivariate analysis is performed to understand the relationship between the independent variable of self-control and the dependent variable of relapse tendency, using Spearman's correlation method for association and correlation. The research ethics have been approved with the ethical clearance number 1282/KEPK/USU/2024.

3. Results

The research results illustrate the frequency distribution of demographic characteristics and the percentage of each variable, namely self-control of drug abusers and the relapse tendency of drug abusers undergoing social rehabilitation at Sentra Insyaf Medan, as well as the relationship between self-control and relapse tendency among drug abusers undergoing social rehabilitation at Sentra Insyaf Medan

3.1. Demographic Characteristics of Drug Abusers Undergoing Social Rehabilitation at Sentra Insyaf Medan

The research results on the demographic data of drug abusers undergoing social rehabilitation at Sentra Insyaf Medan showed that the majority of drug abusers were in the 26-35 year age range, also referred to as early adulthood, with 46 people (46.9%). For gender, the majority of drug abusers were male, totaling 98 people (100.0%). Regarding religion, the majority of drug abusers were Muslim, with 68 people (69.4%). In terms of ethnicity, the majority of drug abusers were Batak, with 60 people (61.2%). The majority of educational levels were at the high school level, with 60 people (61.2%). For marital status, the majority of drug abusers were unmarried, with 55 people (56.1%). Regarding the type of drug ever used, the majority had used methamphetamine, with 61 people (62.1%). For the duration of the rehabilitation program, the majority had been in rehabilitation for 5-9 months, totaling 74 people (75.5%). As for relapse history, the majority of drug abusers had never experienced relapse, with 58 people (59.2%). See Table 1 below.

Table 1 Frequency Distribution and Percentage of Characteristics of Drug Abusers Undergoing Social Rehabilitation at Sentra Insyaf Medan, (n = 98)

Demographic Data	Frequency (*f*)	Percentage (%)
Age Categories		
Late Adolescence (17-25 thn)	35	35,7
Early Adulthood (26-35 thn)	46	46,9
Late Adulthood (36-45 thn)	16	16,3
Early Elderly (46-55 thn)	1	1,0
(Depkes,2009)		
Gender		
Male	98	100,0
Religion		
Christianity	30	30,6
Islam	68	69,4
Ethnicity		
Batak	60	61,2
Minang	5	5,1
Javanese	21	21,4
Malay	11	1,2
Banjar	1	1,0

Table 1 Continued

Demographic Data	Frequency (*f*)	Percentage (%)
Education Level		
Elementary School	9	9,2
Junior High School	21	21,4
Senior High School	60	61,2
Bachelor's Degree	8	8,2
Marital Status		
Single	55	56,1
Married	43	43,9
Type of Drugs Used		
Methamphetamine	61	62,2
Cannabis and Methamphetamine	20	20,4
Inex	1	1,0
Ecstasy,Methamphetamine,Cannabis	9	9,2
Amphetamine	2	2,0
Methamphetamine,Cannabis,Ecstasy, and alcoholl	5	5,1
Rehabilitation Duration		
1-4 months	22	22,4
5-9 months	74	75,5
10-12 months	2	2,0
Relapse History		
Yes	40	40,8
No	58	59,2

3.2 Self-Control of Drug Abusers Undergoing Social Rehabilitation at Sentra Insyaf Medan

The research results show that the self-control of drug abusers undergoing social rehabilitation at Sentra Insyaf Medan is mostly low, with 39 people (39.8%) exhibiting low self-control. See Table 2 below.

Table 2 Frequency Distribution and Percentage of Self-Control in Drug Abusers Undergoing Social Rehabilitation at Sentra Insyaf Medan (n = 98)

Self-Control Categories	Frequency (*f*)	Percentage (%)
High Self-Control	28	28,6
Medium Self-Control	31	31,6
Low Self-Control	39	39,8

3.3 Tendency of Relapse in Drug Abusers Undergoing Social Rehabilitation at Sentra Insyaf Medan

The research results show that the tendency of relapse in drug abusers undergoing social rehabilitation at Sentra Insyaf Medan is mostly high, with 41 people (41.8%) exhibiting a high tendency of relapse. See Table 3 below.

Table 3 Frequency Distribution and Percentage of Relapse Tendency in Drug Abusers Undergoing Social Rehabilitation at Sentra Insyaf Medan (n = 98)

Relapse Tendency Categories	Frequency (*f*)	Percentage (%)
High Relapse Tendency	41	41,8
Medium Relapse Tendency	34	34,7
Low Relapse Tendency	23	23,5

3.4 Statistical Test of the Relationship Between Self-Control and Relapse Tendency in Drug Abusers Undergoing Social Rehabilitation at Sentra Insyaf Medan

The analysis of the relationship between self-control and relapse tendency in drug abusers shows a negative r value (r = -0.564), which means that the higher the self-control of drug abusers, the lower the tendency of relapse. The relationship between the independent variable (self-control) and the dependent variable (relapse tendency) is moderate (r = -0.564). Further statistical testing shows a significant and meaningful relationship between self-control and relapse tendency in drug abusers undergoing rehabilitation at Sentra Insyaf Medan, with a p-value of 0.001 (<0.005). Based on the Spearman correlation analysis, it can be concluded that the null hypothesis (H0) is rejected and the alternative hypothesis (Ha) is accepted, meaning

there is a relationship between self-control and relapse tendency in drug abusers undergoing social rehabilitation at Sentra Insyaf Medan. The results can be seen in Table 5.4 below.

Table 4 Statistical Test of the Relationship Between Self-Control and Relapse Tendency in Drug Abusers Undergoing Social Rehabilitation at Sentra Insyaf Medan

Variable 1	Variable 2	r	p-value
Self-Control	**Relapse Tendency**	$-0,564$	0,001

4. Discussion

4.1 Self-Control of Drug Abusers Undergoing Social Rehabilitation at Sentra Insyaf Medan

Based on the results of this study, it was found that the self-control of drug abusers undergoing social rehabilitation at Sentra Insyaf Medan is at a low level, with the majority at the low self-control level, totaling 38 individuals (38.8%). This is influenced by the age of the drug abusers undergoing social rehabilitation at Sentra Insyaf Medan, with the majority aged 26-35 years, also referred to as early adulthood. Self-control can be influenced by several factors, including internal factors such as age, and external factors such as the environment and family (Wulandari, et al., 2020).

Self-control is influenced by internal factors such as age and maturity, where as a person gets older, their ability to control themselves tends to improve. Maturity refers to the stages of change that occur regularly in individuals, controlled by genetic factors. Essentially, individual development follows a pattern that is genetically determined, unless there are barriers or disruptions from the environment, such as life experiences, which can have a negative impact (Setiawan, E. A. 2023).

In line with the demographic data results of drug abusers undergoing social rehabilitation at Sentra Insyaf Medan, it shows that the majority are aged 26-35 years, also known as early adulthood, with 46 individuals (46.9%). This aligns with the research of (Agustina, n.d.2017), which states that drug abuse typically occurs at productive ages, ranging from 20 to 40 years old.

Self-control is an individual's ability to regulate, control responses, and adapt, allowing them to change behavior, resist temptations, manage moods, and act to achieve personal goals. In general, every individual needs to have high self-control to avoid undesirable outcomes. However, in drug abusers, self-control tends to be low, making them more vulnerable to engaging in deviant behavior, such as drug abuse and relapse. The lower the self-control in drug abusers, the greater the likelihood of undesirable negative impacts (Hunavi, n.d.)

Self-control reflects an individual's ability to make decisions based on cognitive considerations, integrating planned behaviors to achieve desired goals or outcomes. Individuals with low self-control often have difficulty assessing the consequences of their actions, making them more prone to impulsive decisions. Conversely, individuals with high self-control tend to be more mindful of appropriate ways to behave and adjust their actions according to the situation (Chita et al., 2015)

Education level affects an individual's cognitive development. Among high school students, there is a tendency to use drugs as a coping mechanism to face or avoid problems and manage psychological pressure. This is influenced by the frequent pressure from peers, where they feel the need to gain social recognition. A strong belief in peer opinions encourages the desire to fit in and be accepted by the social group (Pisanu et al., 2019)

Based on the education level, the study found that the majority of drug abusers had a high school education level, totaling 60 individuals (61.2%), in line with the research of Ramadhini et al., n.d.2021)which showed that the majority of drug abusers based on education level were at the upper secondary education level (high school/vocational school), with a total of 26 individuals (61.9%).

4.2 Relapse Tendency of Drug Abusers Undergoing Social Rehabilitation at Sentra Insyaf Medan

Based on the results of this study, it was found that the relapse tendency among drug abusers undergoing social rehabilitation at Sentra Insyaf Medan is high, with 44 individuals (44.9%) exhibiting a high relapse tendency. This is also reflected by the low self-control of drug abusers undergoing rehabilitation at Sentra Insyaf Medan. In line with the research by Diza (2021), the study showed that from 95 research subjects, 45 participants fell into the high relapse category, which represents 47.37%.

According to the study by Belva (2023) on self-control and relapse intensity, interviews with BM, one of the drug abusers, revealed that relapse occurs when the individual has money. This indicates that low self-control among drug abusers increases the likelihood of drug consumption when they have money. Relapse is a condition in which an individual who abuses drugs cannot limit or control their addictive behaviors, which can be triggered by several factors, including biological, psychological, and social factors (Apriani, n.d.)

The type of drug and the duration of drug use are linked to the occurrence of relapse. In addition, there are various internal factors that influence relapse, including aspects directly related to the drugs themselves, such as the type of drug, duration of use, consumption method, frequency of use, and the amount consumed (Sundari, n.d.)

The results of this study also show that the most commonly used drug is methamphetamine, with 61 individuals (62.2%) using it. This aligns with the Distribution Map Based on Drug Type in North Sumatra, where methamphetamine users dominate. Areas with high drug use intensity, marked by light green on the map, are found in districts such as Tanjung Morawa, Perbaungan, and Bajenis. Methamphetamine is the most commonly used drug in these areas (Widjiyati et al., n.d.)

Methamphetamine is one of the most commonly abused drugs in society. Its popularity among addicts is due to its relatively affordable price and easier availability compared to other drugs. Methamphetamine triggers the release of neurotransmitters such as dopamine, norepinephrine, and serotonin in the body. The changes resulting from the release of these neurotransmitters can increase energy, physical endurance, motor activity, and create feelings of euphoria or happiness (Ramadani et al., 2023)

Based on the duration of rehabilitation, the majority of drug abusers undergoing social rehabilitation at Sentra Insyaf Medan have undergone rehabilitation for 5-9 months, with 74 individuals (75.5%) in this category. This differs from the planned rehabilitation duration at Sentra Insyaf, where the target program duration is 6 months. However, in reality, many drug abusers have not been able to return to society even after completing 6 months of rehabilitation due to several factors, including lack of family participation and the individual's inability to fully recover.

In line with research by Beaulieu, M., et al. (2021), it is stated that a longer duration of treatment/rehabilitation is associated with positive outcomes in terms of reduced substance use, improved work capabilities, and decreased criminal activity as well as relapse. The study shows that individuals receiving planned long-term treatment or support have a 23.9% higher chance of not using substances again compared to those receiving standard, shorter treatment.

4.3 The Relationship Between Self-Control and Relapse Tendency in Drug Abusers Undergoing Social Rehabilitation at Sentra Insyaf Medan

Based on the results of this study, there is a significant relationship between self-control and relapse tendency in drug abusers undergoing social rehabilitation at Sentra Insyaf Medan. Statistical testing using the Spearman test resulted in a p-value of 0.001 (<0.005) and an r value of (-0.564), indicating a negative relationship between self-control and relapse tendency. This means that the higher the self-control of drug abusers, the lower their tendency to relapse.

According to the Spearman correlation test, an r value of +1 indicates a positive relationship, while an r value of -1 indicates a negative relationship. The interpretation of the Spearman correlation values is as follows: very low/weak (0.00 – 0.19), low/weak (0.20 – 0.39), moderate (0.40 – 0.59), high/strong (0.60 – 0.79), and very high/strong (0.80 – 1.00) (Ayu Pertama et al., 2019)

The results show that there is a moderately significant negative relationship between self-control and relapse tendency in drug abusers undergoing social rehabilitation at Sentra Insyaf Medan. This means that if self-control improves or is higher among drug abusers undergoing social rehabilitation at Sentra Insyaf Medan, their relapse tendency will be lower. Conversely, if the self-control of drug abusers is poor/low, the tendency for relapse will be higher. Therefore, it can be concluded that the research hypothesis is accepted.

The findings of this study are consistent with previous research conducted by (Wahyuni et al., 2022)on the relationship between self-control and drug abuse behavior. The study showed a relationship between self-control and drug abuse behavior. The correlation test using Pearson's product-moment yielded a correlation coefficient of -0.342 with a p-value of 0.032 (p < 0.05), indicating a negative relationship between self-control and drug abuse behavior. Thus, it can be concluded that the higher an individual's self-control, the lower the likelihood they will be involved in drug abuse, and conversely, the lower their self-control, the higher the likelihood they will engage in drug abuse behavior.

Self-control is the ability of an individual to prevent and limit harmful behavior, including relapse or returning to drug use. Research shows that good self-control is necessary for drug abusers to reduce the tendency for relapse. Individuals with low self-control are more likely to engage in criminal behavior without considering the consequences (Marsela, 2024)Therefore, self-control is needed as an effort to prevent relapse tendencies in rehabilitation, and it needs to be enhanced for drug abusers.

5. Conclusion

Based on the results of the study conducted on the relationship between self-control and relapse tendency in drug abusers undergoing social rehabilitation at Sentra Insyaf Medan, it shows that the self-control of drug abusers in this rehabilitation center is low, while their tendency to relapse is high. It can be concluded that there is a relationship between self-control and relapse tendency in drug abusers undergoing social rehabilitation at Sentra Insyaf Medan.

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