

The 11th International, Invention, Innovation & Design 2022

# INDES 2022

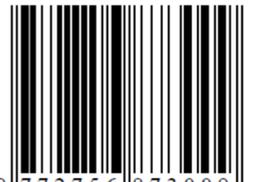
*Ushering in the Age of Endemic*

**THE 11TH INTERNATIONAL INNOVATION,  
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**EXTENDED ABSTRACTS BOOK**



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## DRUG ADDICTION RECOVERY TEST- DART

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### ABSTRACT

Psychological studies on drug addiction recovery have been developing alongside the global drug problem. The recovery of drug addicts is crucial for them to reintegrate into society and lead normal lives. This research aims to create a drug rehabilitation instrument and assess the recovery level of drug addicts treated at the Cure & Care Rehabilitation Center (CCRC) in Besut, Terengganu, involving 123 drug addicts who received treatment there. The instrument was built based on a conceptual framework formed and elaborated from previous studies by other researchers called the Drug Addiction Recovery Test (DART). Factor Analysis (FA) is used to determine the validity of the psychometric items of the instrument that are directly related to drug addiction recovery. This study found that the Cronbach Alpha value for the four DART components was 0.790 for DDA, 0.873 for DPRA, 0.881 for DRA, and 0.845 for CMSA. In terms of the level of respondent recovery, this study shows that 52.03% of respondents can be released completely, 36.59% of respondents can be released as outpatients, 8.94% of respondents cannot be released and need monitoring, and 2.44% of respondents cannot be released and need to undergo intensive treatment. This study proves that the instrument that was built can be used to measure the level of recovery of drug addicts undergoing drug treatment at the rehabilitation center.

**Keyword:** drug addiction recovery test, drug recovery

### 1. INTRODUCTION

Drug recovery is a personal process of individual change that focuses more on attitudes, values, goals, skills, and roles (Anthony, 1993). Recovery also refers to a new meaning in one's life after successfully overcoming the tragedy of drug addiction (Miller, 2001). Being able to cope with addiction means that drug addicts go through a difficult phase, and this can lead to better changes in their lives. Drug addicts often want to stay in recovery by finding a suitable job in the community to continue their lives (Mental Health Advocacy Coalition, 2008). There are three stages of recovery: early recovery, middle recovery, and late recovery (Matokrem, 2007). Drug Addiction Recovery instrument is a tool that can be used to measure the level of drug addiction recovery among drug addicts based on the context of Malaysia. This study highlights four components namely drug dependence, relapse, drug resiliency and mental strength based on previous research.

Drug dependence is closely linked to a psychology component (World Health Organisation, 1964). Individuals involved in this situation are always happy and in a comfortable state enjoying the satisfaction of continuous drug taking. Mental state is one of the most affected parts of the substance (drug) consumption while the physical state is a very strong factor in the reliance on continuous or repeated drug use. There are two possible explanations for drug dependence, namely physical and psychological dependence (Leventhal et al., 2008). For the component of drug possible relapse, relapses occur due to one's inability to experience life without drugs. From a process perspective, an individual will experience addiction as a process that evolves over time, with relapses being shaped in many ways. Relapses may be interpreted as a return of drug use to a similar level as before the pre-treatment in terms of quantity or duration of drug use. On the other hand, resilience has been defined as the ability to withstand stress. Individuals who persist in their capacity may be called 'stoic,' not weak 'or' invincible (Werner & Smith, 1982). Endurance terminology generally refers to the ability to bounce back from any resistance, pressure, or trauma, and to successfully cope with and adapt to difficult situations. Resilience is a person's quality in terms of their ability to cope with suffering (Connor & Davidson, 2003). A characteristic of personality that can be categorized as resilience is strength in oneself (Buckingham et al., 2001; Peterson & Seligman, 2004). Moreover, mental strength is the ability of a person's mind to continually work toward an individual's goals or changes in themselves regardless of the obstacles in their life. Mental strength is a skill that an individual can develop as a practice in one's life.

This study helps the government under the National Anti-Drugs Agency (NADA) and Private Drug Rehabilitation Centre to develop an instrument and analyse the stage of addiction recovery among drug addicts by assessing addiction recovery based on four components namely drug dependence, relapse, drug resiliency and mental strength based on previous research.

## **2. METHODOLOGY**

The research method used was quantitative on the 123 treated addicts in Cure and Care Rehabilitation Centre (CCRC) in 2019. Researchers took about a day to complete data collection and each person needed about 60 minutes to complete the questionnaire. The questionnaire was collected and then compiled by the end of November 2019. The components covered in the instrument are drug dependence, relapse, drug resiliency and mental strength. The instrument used to collect information for this study was built based on a conceptual framework formed and elaborated from previous studies by other researchers. The four components measured the level of drug recovery of residents undergoing rehabilitation treatment at CCRC based on the instruments constructed. This instrument also went through several processes of content validity, such as determining the definition of the content domain, item construction and subject matter expert who are the expert in the area of related study (Rico et al., 2012; Krosnick & Presser, 2010; Rowley, 2014). The data was analysed using descriptive analysis on each variable using SPSS software.

### 3. FINDINGS

The results of the study found that a total of 64 respondents equivalent to 52.03% were completely exempted from CCRC. The study respondents were drug free and were able to return to the society as well as lead a normal life. Subsequently, a total of 45 study respondents were discharged as outpatients, which is equivalent to 36.59%. They can receive treatment as outpatients at Cure & Care Clinics, CCSC, CCH, Baitul Islah, PKI and retirement homes to help drug addicts recover. A total of 8.94 %, which is equivalent to 11 study respondents could not be released and needed to be given monitoring. Next, the lowest percentage of 2.44 %, equivalent to 3 respondents of the study could not be released and needed to undergo intensive treatment. Overall, this study proves the formation of the conceptual framework related to the four components. Additionally, it has been developed and named the Drug Addiction Recovery Test (DART) instrument and validated psychometrically. In addition, it had been demonstrated that in practice, this study uses Factor Analysis (FA) to reveal significant items involving components and subcomponents of drug addiction recovery. In addition, this is a self-developed tool formed through in-depth definitions from past studies by previous researchers in the field of psychology.

### 4. CONCLUSION

As previously mentioned, several components discussed are relevant to be predictors of drug addiction recovery. Meanwhile, these aspects can also lead to drug addiction recovery. The study was also to measure the accuracy of the factors to assess the level of recovery of drug addicts in more depth based on the psychology of internal measurement of human beings. This study is also a new study that has not been explored in previous studies in the context of Malaysia. Therefore, this study benefits both government and non -government agencies and can also be a good solution to the problem of drug rehabilitation in Malaysia.

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