

PROCLIVITY TO RELAPSE AMONG MALAY WOMEN: THE CLIENTS INTENTION AND THE EFFECTIVENESS OF THE REHABILITATION PROGRAMS

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1. INTRODUCTION

In the 20th century, it has been identified that the changes in women's roles such as the growing similarities between the social responsibilities of men and women are some of the factors that contribute toward the increased number of drug abuse among women (Medeiros et al., 2017). In the year 2019, 6,330 Malaysian women have been detected using drugs compared to 125,320 male drug addicts (Agensi Anti-Dadah Kebangsaan, 2019). However, based on the statistic provided by the National Anti-Drug Agency (NADA), the yearly increment of women's involvement in drug abuse is higher compared to men with the percentage of 15.8% and 8.4%. Table 1 shows the distribution of women's involvement in drug abuse based on ethnic. From the table, it can be identified that most women involvement in drug abuse are Malay women compared to other ethnicities.

Table 1: Distribution of Women Involvement in Drug Abuse based on Ethnic

Distribution of female involvement in drug abuse based on ethnic and year	Malay		Chinese		Indian		Others	
	2017	792	2017	93	2017	44	2017	67
	2018	785	2018	72	2018	32	2018	64
	2019	847	2019	109	2019	52	2019	123

Sources: National Anti-Drug Agency (NADA) (2020)

Relapse is a situation where during the treatment, the clients are not fully recovered from the addiction which has been caused due to several factors and triggered them to continue consuming drugs. Table 2 highlights the statistics of the relapse cases in Malaysia. Based on the trend from the year 2017-2019, we can see the increment of relapse cases that need to be focused on regarding the triggering factor that has caused the client to relapse (Agensi Anti-Dadah Kebangsaan, 2019). Basically, in the process of recovering from an addiction, the addict needs to be self-assured and confident with the decision to stop consuming drugs. This is because, if the addict lacks assertiveness, it will cause the addict to unable to say no to drugs which then will lead to relapse.

Table 2: Statistics of Relapse Cases in Malaysia

Year	2015	2016	2017	2018	2019
Relapse cases	6,379	7,921	7,482	7,793	8,754

Sources: National Anti-Drug Agency (NADA) (2020)

In this situation, the effectiveness of the Rehabilitation Centre reflects on the modules or programs that have been implemented by the centre which also plays an important role during the recovery process. Through the programs that have been initiated by the Centre, it will be able to assist their clients to optimize their quality of life by minimizing the pain that they are suffering (Wade, 2020). However, the effectiveness of the programs is not able to stand on its own. It is believed that the programs that have been initiated by the Rehabilitation Centre will be more effective if it is being associated with a good intention by the client itself. The clients need to accept and willing to participate in the programs during the recovery process (Choo et al., 2020). Therefore, this study attempts to determine what are the causes of relapse among Malay women whether it is due to the intention of the client, or the effectiveness of the program applied by the Rehabilitation Centre.

2. LITERATURE REVIEW

2.1 Overview of Relapse

Based on a previous study, many causes can trigger the client to relapse such as due to peer pressure (Noor & Kumar, 2017). Having a supportive peer or surrounding is very crucial. This is because, without a supportive surrounding, the tendency to relapse is high. For example, if the client is living in a bad neighbourhood, the drug will be more accessible. The second cause of relapse may be due to the lack of assertiveness (Mughal, 2018). Being in a recovery process from an addiction, the clients themselves need to be confident with the decision that they have made which is to stop depending on drugs. This is because, if they are not confident with the decision made, the tendency to be associated back with drugs will be high. For example, as the client is confident with the decision that they made, it will make them more motivated to recover and have a new future ahead. Other than that, social rejection may also become one of the causes that will lead to relapse (Nasir, Jasni, & Kamaluddin, 2020). A recovering drug addict requires strong social support from society. Without social support, it can affect their emotions which can hurt the recovering addict. For example, the negative perception of society toward the recovering addict can make them feel left out as they keep ignoring them due to their past. With that, those causes will create a triggering effect that can cause the client to relapse.

2.2 Reviewing the Treatments at the Rehabilitation Center

It is important to focus on the effectiveness of the programs as it will help the clients to optimize their quality of life (Wade, 2020). By assessing the effectiveness of the programs, the centre can examine whether the applied programs are suitable for their client to be fully recovered. The programs that are being applied need to be adaptable by the client. For example, if the centre focuses specifically on women, the centre needs to ensure that their programs are more feminine based so that they can fit in the situation that is faced by their clients.

Based on the studies that have been conducted by previous researchers, it is found that there are numerous studies related to the programs that have been initiated at the rehabilitation center. However, several differences have been focused on in each of the studies. This is because each study examines different types of treatment which will come out with a different level of effectiveness. Below are several past studies that have been gathered which partially related to this research.

Table 3: Type of Treatments conducted at the Rehabilitation Center

Year	Author	Research Title	Type of treatment	Findings/Limitations
2016	Qiu Ting Chie et al.	Substance Abuse, Relapse and Treatment Program Evaluation in Malaysia: Perspective of Rehab Patients and Staff Using the Mix Method Approach	1. Vocational workshops 2. Spiritual studies 3. Counseling 4. Recreational activities	1. Limited activity range 2. Limited job links
2018	Mohamed M.N., Marican S.	Treatment and Rehabilitation of Substance Use Disorder: Significance of Islamic Input in Malaysia	1. Spirituality	1. Religious inputs also need to associate with evidence-based drug treatment
2019	Jaafar et al.	<i>Perbandingan Aspek Psiko-Sosial Pelatih Sebelum dan Selepas Menjalani Program Pemulihan Melalui Terapi Kerja dalam Projek Pertanian</i>	1. Psycho-social	1. The treatment is too specific which will cause a lack of skill being possessed by the clients
	Rahimi et al.	<i>Keberkesanan Pelaksanaan Intervensi Pengurusan Kontingensi (CM) Serta Pandangan Klien Selepas Mengikuti Intervensi Berkenaan</i>	1. Contingency Management	1. Findings were inaccurate due to the restricted setting at the centre

Table 3 shows the numerous studies that have been conducted by past researchers in Malaysia. It is found that there is a lack of treatment that focuses mainly on women as most of the module is being studied on male clients. This is because, to provide a recovery process for women, it is important to also include a trauma curriculum as part of the treatment. Hence, the suggested treatment model that will be studied in this study will be further clarified in the discussion section.

2.3 The intention of the drug addict in entering the Rehabilitation Centre

Other than measuring the effectiveness of the Rehabilitation Centre, it is also important to be focusing on the intention of the addicts as they enter the center. The intention will determine the willingness of the clients during the recovery process. This is because their intention will drive them toward their goals to be heal from the addiction. There are two types of intention which are voluntarily or involuntarily. Voluntary involves clients, who are willing to recover themselves from the addiction problem. As for involuntarily, it refers to the clients which are not willing or being forced to enter the rehabilitation center.

Clients who volunteer to enter the rehabilitation center will be more determined to participate and be fully recovered from the addiction. This is because the voluntary clients understand the need for the treatment hence, they can determine whether the program initiated by the center well functions with their body or not. On the other hand, if the clients are not willing to participate, it might affect the effectiveness of the treatment. This is because, the clients will become passive during the treatment process as they are not willing and ready to be in that situation (Greenfield, 1985). For example, past researchers have found that the involuntary client will be less motivated to change compared to voluntary clients (Opsal et al., 2019). This proves that the intention to enter the rehabilitation center plays a crucial role in

determining the effectiveness of programs that will be able to combat the issue of relapse.

3. DISCUSSION

As discussed in the literature review, including Women Integrated Treatment (WIT), it can help to complement the current treatment that has been applied at the Rehabilitation Center. This is because, it is believed that adding a WIT model, can further assist the center during the recovery process of their women clients.

3.1 Women Integrated Treatment Model

According to Covington et al. (2008), having a program that focuses on the lens of women is very crucial. This is because most of the existed programs usually being designed to fit both genders. Most of the women addict has experienced a traumatic experience in their life which has caused them to be associated with drugs (Covington, 2008). Thus, it is important to include trauma recovery during the treatment process. In WIT model, it comprises three fundamental theories which will act as a guideline for the development of the treatment module.

Relational-Cultural Theory (RCT)	This theory focuses on linking the understanding of women's addiction thus create a treatment program that can be more effective toward women. Past researchers have highlighted that RCT also can be part of feminist theory as it also focuses on the significance and impact of gender on personal and societal relationships (Alvarez & Lazzari, 2015). Furthermore, RCT is useful in working with those who experienced trauma caused by interpersonal victimization (Kress et al., 2018). For example, RCT will describe the outcome of the growth-fostering relationship and the impact of being disconnect.
Addiction Theory	As for addiction theory, the focus is to understand every aspect of addiction. The aspect of addiction can be in terms of physical, emotional, and spiritual of women. Basically, as for women, they usually do not use drugs in isolation (Covington, 2008). For example, applying addiction theory can help the researcher to understand why addicted women live in an environment that considers that addiction and drug dealing is a common issue.
Trauma Theory	The other theory that has been focused on is the WIT model in trauma theory. In this theory, trauma is not only limited to only those who have suffered from the violence. This is because people who witness violence are also included among traumatize, people. Trauma is an event and response toward the event. This means that, if an individual happens to be in a negative event, their response toward the event will also be negative. For example, the response could be in terms of fear, helplessness, or horror which has been initiated due to the violent event (Covington & Bloom, 2006).

Based on the above theories, the past researcher has come out with two curriculums that have been designed to treat women with a history of addiction and trauma (Covington et al., 2008). The first curriculum is Helping Women Recovery (HWR), it is a combination of psychoeducational, cognitive-behavioural, expressive arts, and relational approaches. The sessions involve four modules such as self, relationships, sexuality, and spirituality. Those modules have been highlighted as it is identified as relapse triggers. The other curriculum is Beyond Trauma (BT). As for BT, it focuses on the area of violence, abuse, and trauma, the impact of trauma, and healing from trauma. This treatment aims to assist women in their expression. This is because, most of the trauma victims will experience feelings of grief, loss, fear, shame, and anger. Hence, this curriculum will assist the victim to develop coping skills such as the development of emotional wellness. This study suggests that, including HWR and BT during the treatment process, it can increase the efficiency of the treatment, especially if involves treating women clients.

4. CONCLUSION

To conclude, every treatment has its strength to combat the issue of addiction. Finding the most effective treatment is very crucial, however, this study suggests that adding WIT in the treatment progress, can create a better module to deal with women addicts. Other than that, this study also wanted to focus on the intention of the clients themselves as they enter the Rehabilitation Center. This is because, the association of intention and the effectiveness of the program, may help to reduce the proclivity to relapse among the clients. By referring to figure 1, it illustrates how the proposed model treatment works. With that, this proposed model treatment is expected to assist in filling the gap of the recovery process that has been implemented at the Rehabilitation Centre Malaysia especially among women.

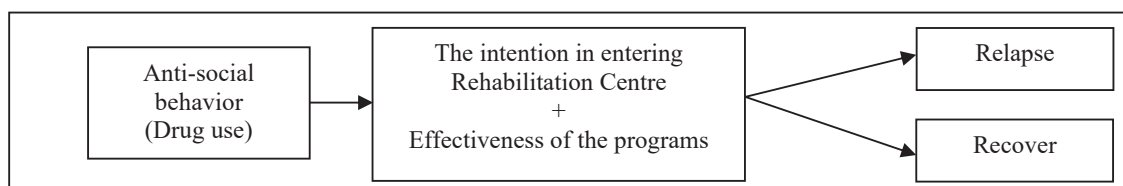


Figure 1: Illustration of Proposed Model Treatment

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