

## Exploring Drug Factors and Recovery among Drug Addicts

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### Abstract

This article explores factors and drug recovery among former drug addicts. This article also tells how the journey of an individual addicted to drugs tries to recover. ' *Pak tam* ' is the nickname used by the respondent because all his friends know him by that name. He has been involved with drugs since the age of 16 and was expelled from school at that time when he was found to be in a semi-conscious state. He was also expelled from school at the age of 16. This situation led him to a bad life pattern because he started to get ridiculed by his family and society. This study focuses on the factors that have pushed *Pak Tam* to get stuck in the drug scene and how *Pak Tam* began to change towards a better and healthier life. These factors can be used to help counselors formulate effective Islamic approach strategies to help this population either at the level of protection, prevention, or recovery.

**Keywords:** Factors, Drug Recovery, Drug Addicts.

### Introduction

The phenomenon of drug addiction in Malaysia is a national issue that covers social, security, economic, and welfare issues. The Malaysian government has declared drugs as the country's number one enemy. For almost a decade, the issue of drug addiction has also developed into a critical problem throughout the country and has resulted in not only the loss of ringgit money but most worrying the loss of human capital which is the backbone of the country's development.

The increase in the symptoms of drug addiction in Malaysia is seen as very worrying. In 2017, a total of 25,922 drug addicts were detected with an average of 18,440 new drug addicts detected while the number of repeat addicts or relapse addicts was 7,482 (AADK, 2017). In other words, every individual seems to be at high risk of becoming a new drug addict,

while the *relapse rate* of drug addiction among drug addicts is still worrying and contributes to the number of drug addicts detected every year. Various reasons can be linked to this drug addiction problem which is considered a lifelong disaster if treated late and there is no awareness from various parties to overcome it collectively and use a holistic approach.

Many past studies have commented on the phenomenon of drug addiction. Factors that are often studied are those involving extrinsic and biological factors such as social, environmental, and genetic issues. Various factors are often associated with drug involvement. According to Kreek et al (2005), drug addiction is a complex problem that is an interaction between environmental factors, drug-induced neurobiological changes, comorbidities, personality traits, and responses to stress. In addition, various genetic variations that affect these factors are also the cause of the seriousness of drug addiction. For example, many studies state that biological or genetic factors cause a person to be more at risk of becoming involved in drug addiction if one of their family members has ever been involved with an addiction problem (Tam & Foo, 2012).

In addition, social factors such as a risky and vulnerable environment with a negative lifestyle are found to contribute to the problem of drug addiction apart from economic status which causes children to be neglected and vulnerable to becoming drug addicts (Spooner & Hetherington, 2004). Pedersen et al (2023) also stated that peer influence and willingness to try are important predictors for teenagers to try drugs. Based on a study conducted by the Ritter (2017), one in six people who are unemployed or have no job are drug and alcohol addicts. According to Henkel (2011), the increase in the number of unemployed individuals causes the number of drug addicts to also increase dramatically and it is a risk factor that causes a person to become involved in drug abuse.

In this article, four factors will be discussed in depth from the aspects of emotional factors, behavioral factors, and cognitive factors. Each of these aspects is explored by relating it to the issue of drug addiction. It is hoped that this article can be used by various parties and government agencies so that the phenomenon of drug addiction can be eradicated more effectively and as quickly as possible. This review can also be used as a basis and guide for the National Anti-Drug Agency (AADK), field experts, psychological and counseling officers, and stakeholders to develop intervention modules for drug addicts that are more accurate and effective based on psychological needs so that the process drug rehabilitation is more effective. In addition, a deep understanding of the psychological factors of drug addiction will help various layers of society, including young people, to repair or improve their psychology with the help of experts so that they are not easily trapped in drug addiction.

### **Drugs According to Islam**

Drug Prohibition Law According to the consensus of Islamic scholars, the original law regarding food and drink is halal and can be eaten or drunk (Zuhaili, 2007). As long as no evidence prohibits a certain food or drink, then it is punished as necessary and halal. This statement is based on the words of Allah SWT in surah al-Baqarah verse 22:

Meaning: *It is He (Allah SWT) who created for you all that is on earth.*

However, something that is mentioned as prohibited by other arguments is specifically out of the general meaning of the verse above (Khin, 2005) including in the chapter on food and

drink. Among the things forbidden by Allah SWT and His Messenger are things that can be intoxicating such as drugs and alcohol. The words of Allah SWT in the Qur'an, surah al-Maidah verse 90:

*Meaning: O people who believe! That verily alcohol and gambling as well as idolatry and casting lots with arrow shafts, all of these are dirty from the deeds of the devil. Therefore, you should stay away from it so that you succeed.*

The words of the Prophet SAW: *Meaning: Every intoxicating drink is haram.*  
(Narrated by al-Bukhari and Muslim).

The main reason for banning the drug is the nature and effect of the drug itself which removes sanity based on the consensus of Muslims. So Islam has established a method in issuing jurisprudence that the prohibition of intoxicants can be shared with other intoxicants also based on the words of the Prophet SAW:

*Meaning: Some of my people will drink alcohol that they call not by the name of alcohol.*  
(Narrated by Abu Daud).

Therefore, every intoxicating thing is forbidden in Islam, including drugs. The prohibition does not depend on the name or brand of a thing, it depends on the consequences of the use of that thing, which can lead to the effect of losing sanity.

## **Methodology**

### **Research Design**

The research design is qualitative using a case study. The qualitative research that is used is in the form of a narrative where respondents tell the journey of personal change. Data and information needed to fulfill the objectives of the study are collected through the interview method (Creswell & Creswell, 2023). The interview questions are prepared in a general way without guiding the answers to allow the respondents to explain and describe their experiences (Shank, 2006). Interviews were conducted to gain a deeper understanding of the experiences of the respondents.

Interviews were conducted to understand more deeply the experiences that the respondents went through (Rubin, 2005). Among the interview guides that the researcher has prepared before the interviews are conducted with the respondents are:

1. What drives you to get hooked on drugs?
2. What was the family's reaction to you when they found out about this situation?
3. What has caused difficulties for you throughout life as a drug addict?
4. What are the implications for your family members after you get stuck with drugs?
5. What factors caused you to change as you are now?
6. What are your challenges when you want to change?
7. What are the strengths and principles you hold to continue "istiqamah" ?
8. Do your wife and children know your history? How is their reception?

However, this question guide is not too binding and needs to be flexible based on the response given by the respondent and their willingness to continue the conversation.

Freedom needs to be given to the respondent because during the interview period, the situation where the respondent is sometimes unable to continue the conversation because he still feels traumatized when recounting the experience he went through.

According to Lebar (2015), interviews are conducted in the conduct of a study not intended to answer research questions or to deeply understand life experiences or events. Written consent from the respondent is required to record the interview. If the respondent does not allow the interview to be recorded or feels uncomfortable using the recorder, notes will be made during the interview session (Noah, 2002). The benefits of taking notes compared to using a recorder, the researcher will give more focus and attention to what the respondent told than depending on the recorder alone. Apart from understanding through verbal communication, the respondent's feelings also need to be understood through non-verbal communication.

## **Findings**

### **Respondent Background**

The respondent in this study is Shafiq (not his real name), also known as *Pak Tam*. The respondent was 40 years old when interviewed and was born in the state of Terengganu. He was interviewed during two meeting sessions that took almost 1 hour each meeting. The respondent is a student studying at a government school in the State of Terengganu. He is a native Malay Muslim who was born in the State of Terengganu. His father's mother is also a native of the state of Terengganu. His educational background was excellent when he was in primary school. He received many excellent student awards during that period. Later, he continued his education at a religious school in Terengganu, at the insistence of his family. The respondent's family stated that studying in a religious school is a family tradition. The respondent did not want to become a Ustaz because the respondent saw the future of a Ustaz as not guaranteed and only depended on lectures here and there. He is interested in becoming a Doctor.

### **Peer Influence – Trapped With Smoking**

When he was in the religious school, he was very active in school activities. However, the respondent said that he had started to feel uneasy with other students who started bothering him. The respondent calmly said that at that time he was forced to smoke cigarettes by his friends. The respondent has avoided them many times but ended up getting stuck as well. Cigarettes were given to him for free by the respondent's friends. He was addicted to smoking almost every day, and if he couldn't get cigarettes for free, then the money given by his father was spent. The respondent's academics are deteriorating. Mom and Dad were called to the school. The respondent was embarrassed at that time. However, that shame had to be reinforced when his father slapped him in front of the teacher and principal of the school at that time. Father is a rather hot-tempered person. The respondent's father could not accept the situation. His father could not accept that his son had started smoking cigarettes at the school. The first warning was issued by the school to the respondent. If the matter is repeated then the school has to expel the respondent from the school. The respondent's friends who were invited to get stuck with cigarettes have all been expelled from school because of many issues that cannot be saved anymore. The respondent was saved because his father was a known person and the respondent's father had also pleaded for the school to give his son a chance.

### **Expelled from School**

When all his friends have been removed, he is a bit lonely and depressed because they are good friends, he said, these good friends mean the same thing that destroys him. They are the only ones who will treat and befriend him at that time. Friends who are not addicted to cigarettes that are considered clean and holy will look down on the respondent. The respondent began to be stressed by the cynical views of friends who were supposedly good but were poisonous and put pressure on him. They never give people a chance but always want to punish others. They feel they are members of heaven and the respondents feel as if they are members of hell. As a result of the pressure, the respondent did not go to school. Respondents started going to *shopping malls* during school hours. At that time, the respondent was in the fourth grade, which was 16 years old. More and more often the behavior of this respondent is sniffed out by parents and the school. the respondent was called with his parents to school. This time the respondent was expelled from school because the respondent no longer had self-discipline and fought against the respondent's father. Respondents are influenced by friends who always meet at *shopping malls*. It is more accurate that the respondents met in this shopping mall are drug addicts. But at that time, the respondent did not take any drugs, only served their burdens. That is the biggest mistake of the respondents because that is the first trap that the respondents themselves lead to getting involved with drugs.

### **Driven From Home**

When the respondent was expelled from school, the respondent's father was very disappointed with the respondent. When he arrived home, the respondent's father immediately threw all the respondent's belongings out of the house. The Respondent's father continued to drive the Respondent out of the house. The respondent's father felt very disappointed with the respondent's uncontrollable attitude and fighting and no longer respecting him. The respondent's father's decision at that time was because he was worried that the respondent's attitude would affect the respondent's 3 younger siblings who were still in school and still 12 years old in total. The respondent's mother tried to stop the respondent's father from driving the respondent away, but the respondent's father was so angry that everyone in the family was quite afraid of him at that time. The respondent did not even take all his things but kicked and threw all the bags into the trash can and ran out of the house.

### **Stuck with Drugs**

The respondent lost his way and kept looking for his friends who were in the shopping mall. He continued to make friends and begged to ride once with those friends. The respondent's friends at that time put a condition that if they wanted to live together, they had to be involved with drugs as well. He is often described with the pleasure of smoking drugs as feeling calm, losing all problems and not having to think about others. When the self has lost its identity, then the respondent's life is ruined at that moment. Once you've tried it, it's hard to leave. He was addicted almost every day. Arrested, remanded already integrated with the respondent. The respondent began to feel that this was the worst life in his life because the respondent's life was no longer manageable. Where is the future of the respondent who originally wanted to become a doctor? For almost 4 years the respondent was involved and drifted with drugs without purpose. The news of his father being seriously ill made him suddenly wake up from a dark world. His father was sick in the hospital for almost 2 weeks. At that time, the respondent took care of his father with his mother's permission. The

respondent begged for forgiveness from his mother and father. His father is in a very critical condition, able to see and speak but his speech is rather weak. The respondent's father saw the respondent taking care of him, washing his feces and his tears continued to flow. The respondent saw the situation in a state of actual tears. The respondent loves his father's mother very much because his parents always want the best for the respondent. However, respondents who are influenced by friends have caused themselves to drift away. School is nowhere without SPM. Forced to work by selling drugs to get a supply of drugs for himself.

### **Final Message**

The respondent's father was sick and could not wake up again. The respondent took care of his father in the hospital with all his heart. The love cannot be expressed when seeing the respondent himself crying about the situation. The researcher was quite moved by the respondent's narration. The respondent at that time was only 20 years old. However, the responsibility as a child is still fulfilled even after 4 years he disappeared because he was chased away by the respondent's father. The respondent was treated very well by his mother. Which mother does not love her child when the respondent is the only child in the family? Throughout the treatment period, the respondent was busy taking care of his father and did not take drugs, but there were effects. The respondent will sleep for a long time and feel distracted. The respondent will ask his mother for permission to go out for a while and the respondent is in pain and is unable to leave the drug. Then the respondent took drugs and alcohol for a certain period. Then returned to his father. His father began to speak to the respondent with tears welling up in his eyes. His father requested that the respondent give up drugs, self-medicate, and return to the home to take care of his mother and siblings. The respondent continued to cry listening to his father's message. The respondents were quite surprised by the situation. His father's high hopes for the respondent. His parents love the respondent very much. The respondent took care of his father very well and did not expect his father to live long. The respondent felt very guilty and cried non-stop. He was heartbroken when he told the researcher about this situation. The respondent and his mother were together in the funeral bath at the hospital as a final tribute to his father. The respondent feels longing for what his late father asked the respondent to do before he breathed his last, which is to take care of his mother and sister. The actual weight is what the respondent's father asked for. But the respondent's heart at that time became strong with the support of his mother. That is the importance of family support in respondents changing themselves for the better.

### **Phases of Treatment at the Rehabilitation Center**

The respondent returned to his mother's and father's house after completing the funeral arrangements. At first, the respondent felt a bit awkward with his younger siblings because 4 years had already passed and his younger siblings were all grown up. The difference of 4 years is very significant for the respondents. The respondent's younger sister was a bit clumsy at first because she was 16 years old. However, the support and love shown by his mother made them brothers and sisters respect the respondent very much. The respect helped the respondents to change. The strength within the respondent gets stronger when the relationship and family support gets stronger. The mother discussed with the respondent what the late father of the respondent asked to be done. The respondent continued to agree and would follow what his mother would do. His mother continued to contact her friends to ask about the best drug rehabilitation center that could help the respondent. To summarize

the story, the respondent entered a private rehabilitation center which is paid for 1 year. After a year he was allowed to return home. The respondent looked very good at that time and the respondent said that the experience at the rehabilitation center was quite horrible and painful because many things had to be done with mental, physical, emotional endurance and so on to change. In the rehabilitation center, many people entered but remained unchanged. The rehab center has set the condition that anyone who is forced to go to the rehab center will not stay changed but instead, individuals who come voluntarily to change have a very high potential to fully recover. The respondent has the strength and passion to recover. Only a strong individual can survive and change to leave drugs forever. The most important thing is to have a purpose in life. When the respondent has understood what the purpose of life is and what he needs to do. He planned a lot of actions when he got out of the rehabilitation center. There he learned a lot of religious knowledge from teachers who taught about Aqidah, Fiqh, and Sufism. He is quite used to hearing it because his father is also a person who values religious knowledge in life.

### **Bearing the Responsibility to Take Care of Mother and Family**

He arrived home with a very big responsibility to fulfill his father's wishes. He invited all his siblings and his mother to visit his father's grave. He started doing what he had planned during his time at the rehabilitation center. He started the first step by working in a car repair shop. His work performance is so good that he is liked by his boss and friends in the workshop. His boss has opened another branch and has handed over the responsibility of the workshop to the respondent. Respondents feel grateful for the sustenance that God has given them. Allah is Great, He stated that when we change to approach Allah, we will always be taken care of by Allah. Unexpected fortune. Since the respondent managed the workshop, the number of customers also increased because they liked the service provided. This workshop is known for being an honest workshop that does not take advantage of customers. The price is also very reasonable. This sustenance is actually for his family, especially his younger siblings who are still studying. His mother is a housewife, but since his late father's death, only his pension has been earned as a fixed income. My mother took sewing wages in addition to helping out at parties during the school holidays. After the respondent's income was strong, the respondent asked his mother not to work anymore, the respondent wanted to fulfill what he had promised to his late father. The respondent wants his mother to be a full-time housewife who takes care of her younger siblings' food and drink. The respondent misses the situation. The respondent bears this responsibility wholeheartedly. The happiness on the face is reflected when the respondent tells about this moment. He is happy when he feels that he is very useful to others. He hopes that his younger siblings will succeed brilliantly in the afterlife.

### **A lot of charity**

Many respondents gave alms as a sign of gratitude for the blessings God had given them. He is a successful person in the afterlife because he always works diligently and takes care of prayer time. He also emphasized the importance of prayer and almsgiving to the workers in the workshop. The workshop is also getting bigger and can accommodate 10 cars in a period. The importance of charity depends on the intention of the giver. The respondent felt he was very sinful during those four years. So the respondent always increases charity so that God can wipe out his past sins. The effect of this almsgiving also gives a lot of peace to the respondents. He is also heavily involved in the activities organized by the mosque in the respondent's parish.

### **Family Support**

The respondent married at the age of 29 when all his siblings had successfully entered university. His mother was proud of the respondent. His mother knows what the respondent went through is a black history that is very difficult to forget. His mother asked the respondent to get married. Her mother has found a match for the respondent. The respondent accepted it with an open heart and at that time the respondent hoped that his wife would be able to support and help with all his family's affairs. Alhamdulillah, now after 11 years have passed, the reality has become a reality where his wife is a very good person and takes care of every need of his mother, siblings, and children. His wife is also a housewife and an orphan. Respondents stated that not all journeys of a drug addict are the same. Individual types are not the same. Respondents stated that family support is very important to change. Without family support, it is really difficult because most of society still looks at individuals who are drug addicts. He has experienced the cynical and skewed view of most of the community towards him. Strong respondents with family support and a lot of positive thinking. Respondents stated that it is not the community that helps in difficult times and they just like to gossip and gossip. That is the mentality of today's society that is difficult to change. They can't change, so we have to change.

He shares a lot of the joys and sorrows of his life with anyone willing to make his story a helpful experience.

### **Order To The Community**

People will always gossip because they need the capital to chat. But it should be remembered that every addict has an impact on society. Therefore, everyone in the community should stop looking askance at ex-drug addicts or drug addicts and instead find a way to protect their children from getting caught up in drug addiction. In this highly sophisticated age without borders, everything can be invaded, including drugs. Therefore, every movement of children needs to be monitored. Children need attention. Children's mistakes need to be corrected and not simply punished. Respondents stated that never drive children out of the house because the consequences are very bad. The mistake made at that time may not have been big, but when it has been driven away the mistake has become more serious. There is a case where the respondent was found to be the father of the chicken. Children need support. This support is very strong inside when someone wants to help. Please don't insult me because they don't want to be like that either. Everything went wrong. To return to the base of the road, not everything is strong.

### **Discussion, Implications and Recommendations**

#### **Lessons for the Helping Profession and Malaysian Law**

From the results of interviews and observations, the summary of the factors that make respondents addicted to drugs is as follows:

1. Peer influence.
2. Start Smoking.
3. Kicked out of school.
4. Kicked out of the house by family members.
5. Tests hit me and started blaming God and not being confident in God's provisions.
6. The main trigger is when other friends persuade you to get involved with drugs because of the fun of taking drugs and getting rid of stress.



Among the things a counselor can do are:

1. Focus on recovery and not just finding the cause.
2. Start with good relationships and unconditional acceptance
3. Focus on aqidah before jurisprudence - raise awareness of the afterlife, fear God, and hope only in God.
4. Provide healthy lifestyle alternatives that they can see for themselves.
5. Accept that treatment is gradual and time-consuming. Counselors should be patient with the respondent's behavior that has not yet been corrected. Focus on faith and prayer of repentance first, then step away from drugs for the sake of Allah SWT. Then followed by a life of praying five times a day, earning a halal income, eating halal food, and attending religious classes regularly.

### **Conclusion**

The drug issue is a challenge for the country, family, community, and especially counselors who are involved in dealing with it. This issue is getting worse when society does not care about them and continues to label them as society's trash and should be avoided. This article has explained the experience and factors of a respondent who is addicted to drugs for the actions of the parties involved in the field of law enforcement or intervention.

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