

# The Relationship Between Personal Self-Concept, Self-Esteem, and Parents' Parenting Styles with The Involvement Tendency of People Under Surveillance (OKPS) towards Drug Misuse

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## Abstract

This research aimed to study the relationship between personal self-concept, self-esteem, and parents' parenting styles with the involvement tendency of people under surveillance (OKPs) at one chosen National Anti-Drugs Agency (AADK) in Selangor, towards drugs misuse. This quantitative study employed survey research as the method to collect data. A questionnaire as the research instrument was used to evaluate research variables and comprised of five parts: Part A related to respondents' demographic; Part B, Tennessee Self-Concept Scale (TSCS); Part C, Rosenberg Self-Esteem Scale (RSES); Part D, Parental Authority Questionnaire (PAQ); and Part E, Alcohol, Smoking and Substance Involvement Screening Test (ASSIST v3.1). About 278 OKPs at the AADK were selected to become respondents through purposive sampling. Prior to actual research, pilot study was conducted with 30 OKPs as the sample to ensure the reliability of the instrument; where instrument was proven reliable (Cronbach Alpha was ranging from 0.71 to 0.82). Based on the result of this study, only OKPs' personal self-concept that has significant relationship with the involvement tendency towards drugs misuse ( $r=-0.120$ ,  $\alpha = 0.046$ , at  $p<0.05$ ). This implicated that the higher one's personal self-concept, the lower his or her involvement tendency towards drugs misuse.

**Keywords:** Personal Self-Concept, Self-Esteem, Parenting Styles, Drug Misuse, Drug Addiction

## Introduction

In Malaysia, drug addiction and its phenomenon is not something new; instead, the annual rises in the cases of drug addiction is concerning (Ismail et al., 2022). Drug addiction can be defined as "a chronic, relapsing disease", resulting from the prolonged effects of drugs on one's brain (Cheron & Exaerde, 2021); and its misuse may impact negatively on someone or others; on the stability of societies, cultures, economies, and politics; as well as on the

defence of a country. According to Ibrahim (1997), the drug addiction issue was not only involving a group of people with low income, but also the ones with high income - be it youngsters or elders; be it males or females. Referring to Nawi et al., the misuse of drug is higher among young people or youngsters than the elders 2021. This little statement is sufficient to give a country some worries about its future, as today's young generation is the tomorrow's country's light.

One of the methods and efforts to counter the drug issue among youngsters are the emphasisation on the roles of guidance and counselling unit at schools in aiding students by preparing the services of recovery, educations, and prevention of drug misuse. This is because adolescent period (ages 10 to 19; according to World Health Organization) is the critical phase where the initiation of drug misuse and addiction begins (Nawi et al., 2021). According to National Health and Morbidity Survey (NHMS) report reported by Malaysia Ministry of Health (MOH) in 2022, about 60,000 Malaysian teenagers were identified to involve in drug misuse; whilst the other 106,000 have the histories of taking and misusing drugs, in which most of them started to take the prohibited substance at age 14.

Besides, the roles of parents are also important in preventing their children from involving themselves with drug misuse and addiction. Langgulung (1980) stated that parents are responsible in teaching and educating their children as they are one of the closest families to those kids. This statement was also supported by Laile (2002) who wrote in her book that the way a parent nurses his or her children has a high impact on the children's self-esteem. It is vital for a person; especially a growing child, to have a high self-esteem; as it is closely related to the important life outcomes such as relationship and health (Krauss et al., 2021). Plus, a person with high self-esteem would usually have better self-concept (Campbell, 1990, as cited in Chen et al., 2022) than those with low self-esteem. Consequently, the stable self-concept would help ones to distance themselves from falling into low activities such as misusing drug, as they regard themselves as high-value persons.

### **Problem Statements and Research Objectives**

As aforementioned, drug misuse is higher among youngsters than the elders. According to National Anti-Drugs Agency (AADK) (2023), drugs misuse and addicts were comprised of 396 teenagers (ages 13 to 18) (0.4%), and 61,840 youths (ages 19 to 39) (59.6%). Furthermore, there is also an increment from 2021 to 2022 in this case, in which the statistics showed that about 137,176 Malaysians were involved in drugs misuse and addiction in year 2022 (AADK, 2023). This number is higher than year 2021 which is about 123,139 Malaysians who were involved in the case of misusing and addicting to drugs (AADK, 2023). Moreover, the increment in the numbers in a year by 14,037 is not a small number.

AADK (2023) stated in their website that youngsters with ages ranging from 15 to 39 dominated the drug misuse cases with 88,214 of them (64.3%) involved in year 2022. In relative to the total population in 2022, these involved youngsters negatively contributed to 0.63% compared to elders with ages 40 years old and above (0.50%), to the population.

These presented data are worrying and there is an urgency to execute a study in regard to this case, *id est* the misuse of the prohibited substance or drug. Therefore, the ultimate purpose of this study is to investigate whether there is a presence of relationship between

personal self-concept, self-esteem, and parents' parenting styles with the involvement tendency of people under surveillance (OKPs) towards drug misuse. Following are the research objectives of this study:

1. To identify the level of OKPs' personal self-concept an AADK in Selangor.
2. To identify OKPs' self-esteem at an AADK in Selangor.
3. To identify parents' parenting styles which are applied on OKPs at an AADK in Selangor.
4. To identify the level of tendency of OKPs to involve themselves in the misuse of drug at an AADK Selangor.
5. To identify whether there is significance between personal self-concept, self-esteem and parents' parenting styles with the involvement tendency of OKPs towards drug misuse at an AADK Selangor.

### **Literature Review**

In this section, the different theory backgrounds would be discussed. They are personal self-concept, self-esteem, parents' parenting styles, and involvement tendency towards drug misuses theories. Theoretical and conceptual frameworks would also be discussed here.

### **Theory of Personal Self-Concept**

Theory of personal self-concept is a theory that explains on how one understands him or herself which encompasses the aspects of physical, social, and psychological. In short, self-concept is a person's understanding of him or herself (Susanto et al., 2020). It is a fundamental matter that influences the ways one sees the world and interacts with other people (Potter, 2005). The theory was then expanded by few psychologists such as Carl Rogers, Roy Baumeister, and Richard Ryan. The theory emphasises the importance of self-concept in humans' motivations, well-being, and development. For example, the self-concept from physical aspect has positive significance with both intrinsic and extrinsic motivation as well as physical performance or well-being (Lohbeck et al., 2021). It can be inferred that personal self-concept plays a vital role in encouraging humans to perform in something excellently.

Azizi and Jaafar (2006) stated that self-concept is defined as a clear definition about oneself. In other words, it is an understandable and sequenced picture of a self-perception. Roger (1951) opposed the idea of subconscious mind controlling humans (cited in Bakar, 2002). He also emphasised that the current experiences hold a greater importance than past experiences. These factors are very related with teens period, where teenagers long for independence or freedom - it is different from adulthood in which overwhelmed by pressures and insistence of life. Studies show that histories of drug addiction started mostly at teens. One of the oldest studies revealed that youngsters from age 16 to 24 years old have taken and misused illicit drugs on at least once in their lifetime (Ramsay & Partridge, 1999; cited in Boys et al., 2001). Morojele and Ramsoomar (2016) also stated that drug misuses were usually developed when teenagers are in the phase of growing up as they seek freedom (cited in Dykes & Casker, 2021).

Steinfeld and Torregrossa (2023) emphasised in their study that adolescence period is susceptible to lifelong effects of drug exposure, as it is the phase where adolescents are undergoing developmental and behavioural changes. This is where the positive personal self-concept holds an instrumental role. According to Pickard (2020), majority of drug addicts have negative self-concept. This is because they tend to think that they have low self-value Pickard

(2020), in which can be described as having low self-esteem. Furthermore, Tharshin et al (2020) reported that the continuous positive personal self-concept and social supports would help youth offender to establish a positive self-concept. It was also reported that self-concept has a great effect on academic performance (Häfner et al., 2018).

### **Theory of Self-Esteem**

According to Feshbach et al (1996), self-esteem is a perception towards oneself, positively or negatively. Duffy et al (2006) stated that self-esteem is how one evaluates him or herself, and contributes to something that can benefit him or herself. Therefore, self-esteem can be inferred as the level of one's trusts to him or herself which has values, influences, and importance. Rosenberg et al (1995) long ago stated that self-esteem influenced one's behaviours and his or her views towards him or herself and the others. In addition, Woolfolk et al (2012) stated that self-esteem theory is a theory that explains on how one evaluates him or herself which is basing on his or her abilities, behaviours, and personalities. According to Woolfolk et al (2012), the theory has four components which were: (1) Criteria of oneself. It is referred to one's evaluations towards his or her abilities, performance and qualities; (2) Feelings, in which referring to positive or negative emotions experienced by oneself; (3) Thinking, which refers to one's confidence and views towards him or herself; and (4) Attitudes. It refers to one's actions and behaviours.

In addition, the theory was developed by Abraham Maslow: Maslow's Hierarchy of Needs. This theory focused on humans' basic needs that were seen psychologically and physiologically. Maslow's theory emphasised that every person has five basic needs: (1) Physiological needs; (2) Needs for safety; (3) Needs for love; (4) Needs for self-esteem; and (5) Needs for self-actualisation (Mok, 2008).

The theory believes that self-esteem would influence the satisfaction of life, psychological well-being, resilience, assertiveness, and one's social relationships. This means that low self-esteem would cause an individual to experience depression and mental disturbance, and vice versa. Consequently, the persons with low self-esteem would find something that can give them "comforts" such as indulging themselves in drugs addiction. Xia et al (2022) wrote in their article that a person with low self-esteem has the tendency to misuse illicit substances like drugs in order to fulfil their needs of self-esteem, therewith letting those prohibited chemicals to take control on their emotions.

### **Theory of Parents' Parenting Styles**

In the early years of studying parenting styles conducted by Baumrind in 1966, 1967 and 1971, it was found that there were three different styles of parenting which were authoritarian, authoritative, and permissive Kuppens & Ceulemans (2019), which was known as Baumrind's Typology of Parenting Styles. Parents who used authoritarian approach as their styles of parenting were often apply a one-way communication, where their children have to obey their established rules (Sanvictores & Mendez, 2022). According to hypothesis of Baumrind (1991), the children nursed by authoritarianed parents were usually afraid to make a decision, voice out their opinions, and irresponsible towards their own choices. To put it simply, parents with this style of nursing are overbearing and too controlling.

Permissive parenting style is a total contrast to authoritarian's. Parents with this style are not strict with their children - they tend to fulfil their children's wants and too lenient. This approach has allowed their children to fully take control over themselves without them - the parents - intervening in the shaping of those kids' behaviours (McWhirter et al., 2023). Mensah and Gyimah (2018) reported that this parenting style would stunt children's potential success in academic. However, a study conducted by Muhliawati and Purwadi (2023) revealed that parents with permissive parenting style produced good outcomes, where their children were not involved in disruptive behaviours as well as able to handle their emotions very well.

The third parenting style is authoritative. A study conducted by Nor and Ahmad (2021) revealed that parents with authoritative parenting styles were able to reduce negative and disruptive behaviours among youth. This was aligned with what Baumrind has stated that authoritative parenting style fell between the extreme styles of authoritarian and permissive, where parents' demandingness and responsiveness on their children were high Kuppens & Ceulemans (2019) which lead their children to have excellent academic achievement and self-efficacy (Hayek et al., 2022).

### **Theory of Involvement Tendency towards Drugs Misuse**

In this study, theory of self-efficacy by Albert Bandura (1977) was used as the base. This theory is different from other theories because it took into account humans' cognitive mechanisms which was able to predict one's decision-making. Paraphrasing Bandura's quote on self-efficacy theory, this theory let one to judge his or her capabilities in organising and executing his or her required action course to achieve desired outcomes (Bhathy and Sethy, 2022). According to Nurdin et al (2021), one's personality has a major contribution to drugs addiction. The formation of personality formed during childhood would not stay the same; they will undergo changes as the children growing up and learnt lessons from surrounding and important individuals (Nurdin et al., 2021). Fu et al (2019) emphasised that personality was assumed as the most effective bench mark to differentiate individuals and predict drugs misuse. In addition, in a research conducted by Idris et al (2020); which its purpose was to determine factors that stop the relapse among addicts; revealed that negative emotions, social pressures and conflicts could hinder interpersonal relapse. This presented data implied that there was the importance of providing the soon-to-be-released addicts with knowledge on methods and strategies to overcome the relapse.

### **Theoretical Framework**

Figure 1 shows the theoretical framework for this study. Theory of social learning was used to explain the theory of self-concept. Self-efficacy theory which was introduced and developed by Albert Bandura was utilised to explain drugs addiction; whilst Maslow's hierarchy of needs theory and Rosernberg theory were used to explain self-esteems. The last theory used to explain parents' parenting styles was Baumrind's theory.

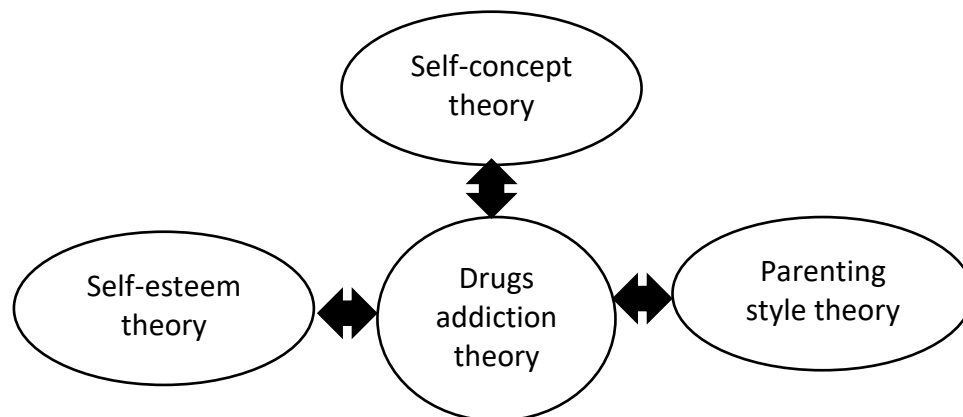


Figure 1. Research Theoretical framework

**Conceptual Framework**

Figure 2 shows research conceptual framework. This framework worked as this research’s guidelines in order to maintain research’s purposes or objectives and hypothesis (Darusalam & Hussin, 2018). Researcher built this conceptual framework based on Fitts’s (1965) personal self-concept, Rosernberg’s (1979) self-esteem, and Buri’s (1991) parenting styles. These three were the independent variables in this research; whilst the involvement tendency was the dependent variable.

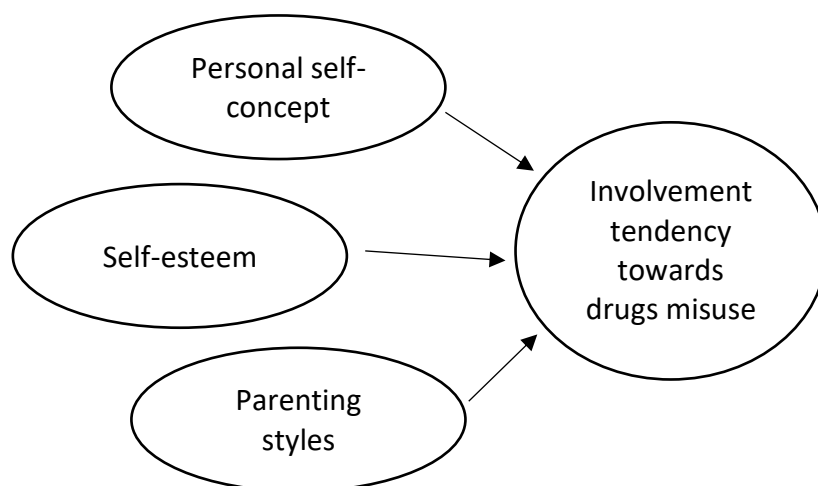


Figure 2. Research Conceptual framework

**Methodology**

**Research Design**

This study employed the combination of descriptive and correlation studies, with quantitative correlational as the research design. The use of this approach was to describe the relationship between studied variables within researched population SAGE Publications (2016), *id est* people under surveillance (OKPs) at one National Anti-Drugs Agency (AADK) in Selangor. Researcher has employed survey research as a method to collect data.

**Population and Sampling**

Prior to the research, the people under surveillance (OKPs) were selected through purposive sampling. Out of 1,083 OKPs at the chosen National Anti-Drugs Agency (AADK), about 278 of

them were selected to become research samples. This number was determined with the aid of Cohen et al (2011) table of sampling size:

Table 1

*Table of sampling size of Cohen, Manion and Morrison (2011)*

Population (N)	95% Confidence, 5% Error Margin
1000	278

Researcher chose to use 5% sampling error (significance level ( $\alpha$ )=0.05) with level of confidence 95%. In addition, Cochran's sample size formula (1977) was also used in order to increase the reliability of the sample numbers (Bartlett, Kotrlik & Higgins, 2001). In addition, the samples or the respondents were comprised of OKPs who have been at the chosen AADK for curing and recovering for three months and above.

### Research Instrument

As aforementioned, this study employed survey research, which means researcher used questionnaire as the instrument as the means to collect related data. The instrument comprised of five parts for data collection of people under surveillance (OKPs) at the chosen National Anti-Drugs Agency (AADK) in Selangor; which were:

1. **Part A, questionnaire about oneself.** The questions in the questionnaire were related to respondents' demographics or backgrounds. The items included were genders, ages, and races.
2. **Part B, Tennessee Self-Concept Scale (TSCS)** which was comprised of five points Likert scale to be responded by respondents: (1) Not true at all, (2) Not true, (3) Not Sure, (4) True, and (5) Very true; and consisted of 16 questions related to OKPs' personal self-concept that encompassed their behaviours, self-satisfaction, and self-identity. The mean score for this sub-category was 65; where respondent with score more than 65 showed high or positive self-confidence, and vice versa:

Table 2

*Score of TSCS*

Scores of Personal Self-Concept	Scores
Low	0 - 64
High	>65

3. **Part C, Rosenberg Self-Esteem Scale (RSES).** This part consisted of 10 items and were used to evaluate OKPs' self-esteem on the effects of different parents' parenting styles. The questionnaire was formed by four points Likert scale, which were (0) Very agree, (1) Agree, (2) Disagree, and (3) Very disagree. In addition, the normal (positive) score for this part was ranging from 15-25; lower than 15 indicated low score; and scores scored more than 25 would imply that the respondent has high score, which means high self-esteem:

Table 3

*Score of RSES*

Level of Self-Esteem	Scores
Low	0 - 14
Normal (positive)	15 - 25
High	>25

4. **Part D, Parental Authority Questionnaire (PAQ).** Researcher has adapted PAQ which was sequenced by Buri (1991) that consisted of two parenting styles - authoritative and permissive - only, instead of three (another one was authoritarian) like in the original. Overall, there were 15 items in the adapted questionnaire: Eight items were used to evaluate authoritative parenting style, and the other seven items were employed to evaluate permissive parenting style of the OKPs. The questionnaire was fully basing on OKP's views and opinions on their parents.
5. **Part E, Alcohol, Smoking and Substance Involvement Screening Test (ASSIST v3.1).** This part consisted of eight questions that encompassed the experiences of OKPs in taking amphetamine, alcohol, tobacco, and other illicit substances in their lifetime and for the last three months. However, researcher has adapted the instrument by choosing questions related to the research only. The following table shows the scores of ASSIST v3.1:

Table 4

*Score of ASSIST v3.1*

ASSIST score	Risk Level
0-3 (except alcohol)	Low
4-26 (except alcohol)	Moderate
27+	High

### Pilot Study

Based on the results of pilot study conducted prior to the actual research (sample = 30 OKPs), all the three independent variables (TSCS, RSES, PAQ) as well as the dependent variable (ASSIST v3.1), were found to be reliable questionnaires. The reliability coefficient - Cronbach Alpha - for all the five questionnaires were ranging from 0.71 to 0.82:

Table 5

*Reliability of the questionnaires used*

Sub-scales	No. of Items	Cronbach's Alpha
TSCS	16	.71
RSES	10	.70
PAQ (Mother)	15	.78
PAQ (Father)	15	.79
ASSIST v3.1	8	.82



### Data Collection Method

As aforementioned, researcher has employed survey research as a method to collect data. Questionnaires were distributed to people under surveillance (OKPs) at one National Anti-Drugs Agency (AADK) located in Selangor. In addition, secondary data were obtained by researching related past articles, journals, and statistics, which played instrumental roles in this study.

### Findings

Table 6 shows the respondents' demographic in terms of genders, ages, and races. Based on the table, 258 (92.8%) of the respondents were males, and the other 20 (7.2%) were females. Next, majority of the respondents were comprised of OKPs with ages between 21-40 years old (40.6%), followed by ages ranging from 20 to 30 years old (34.2%); 41-50 years old (16.9%); 51-60 years old (6.8%); 18-19 years old (1.1%); and 61-70 years old (0.4%). Most of them were Malays (220 OKPs, 79%), followed by 27 Indians (9.7%); 18 Chinese (6.5%); and 13 natives (4.7%). This result showed that people under surveillance (OKPs) at the chosen National Anti-Drugs Agency (AADK) in Selangor were mostly constituted of Malays.

Table 6

#### *Respondents' Demographic*

Demographic Variables	<i>f</i>	%
<b>Genders</b>		
Male	258	92.8
Female	20	7.2
<b>Ages ( M=2.96 ; SP=0.93)</b>		
18-19	3	1.1
20-30	95	34.2
31-40	113	40.6
41-50	47	16.9
51-60	19	6.8
61-70	1	0.4
<b>Races</b>		
Malay	220	79.1
Chinese	18	6.5
Indian	27	9.7
Native	13	4.7

Table 7 shows mean and standard deviation of all the variables studied in this study. Referring to the table, the mean ( $\bar{x}$ ) of respondents' personal self-concept is 56.43 ( $s=5.35$ ). As mentioned before, the mean score for this sub-category was 65, which means the mean of personal self-concept of respondents were lower than mean score. This implied that the people under surveillance (OKPs) at the said AADK have low or negative personal self-concept. The same goes for OKPs' self-esteem - Table 7 shows mean of respondents' self-esteem is 14.88 ( $s=1.68$ ), which was lower than the aforementioned mean scale (15-25). This result implicitly hinted that the overall self-esteem of OKPs at the chosen AADK was low.

Next, based on Table 7, it can be inferred that most of OKPs' parents - both mothers and fathers - parenting styles are authoritative ( $\bar{x}$ =25.77,  $s$ =6.46;  $\bar{x}$ =25.34,  $s$ =2.92, respectively), as its mean is higher than permissive's ( $\bar{x}$ =17.29,  $s$ =5.24;  $\bar{x}$ =17.18,  $s$ =5.08, respectively).

In addition, Table 7 shows that the tendency to drugs addiction of OKPs at this AADK is falling into moderate category (ASSIST score's scale, 4-26=moderate) with mean = 25.89 ( $s$ =15.2). This implied that most OKPs at this AADK has a moderate tendency towards the misusing of drugs and the addiction to them.

Table 7

*Mean and standard deviation of studied variables*

	<b>Variables</b>	<b>Mean (<math>\bar{x}</math>)</b>	<b>Standard Deviation (s)</b>
	Personal self-concept	56.43	5.35
	Self-esteem	14.88	1.68
Mother's Parenting Style	Permissive	17.29	5.24
	Authoritative	25.77	6.46
Father's Parenting Style	Permissive	17.18	5.08
	Authoritative	25.34	2.92
	Tendency to drugs addiction	25.89	15.2

Table 8 shows the results of Pearson correlation coefficients ( $r$ ) between independent variables namely personal self-concept, self-esteem and parents' parenting styles, and dependent variable which was OKP's tendency towards drugs misusing and addiction. Based on the results, it was shown that there were weak negative correlations between OKPs' personal self-concept ( $r$ =-0.120) with their tendency to involve the drugs misuse and addiction. The correlations also have significance  $\alpha = 0.046$  at  $p < 0.05$ . Thus, it can be inferred that there was a significant relationship between OKPs' personal self-concept and their tendency to involve themselves in drug misuse and addiction. Hence, null hypothesis that stated there was no significance between these two variables, was rejected.

However, it was a different case for correlations between variables OKPs' self-esteem and their tendency to misuse drugs and addict to them. Based on the table, there was weak positive correlations between these two variables;  $r=0.030$ ,  $\alpha = 0.619$  at  $p > 0.05$ . Based on this result, the null hypothesis was accepted: There was no significance between OKPs' self-esteems and their tendency to involve in the misuse of drugs.

Furthermore, based on Table 8, the results show that there were no significant relationships between all four sub-constructs of parents' parenting styles with the tendency of OKPs towards the misuse of drugs. Hence, the null hypothesis was accepted; rejecting all the hypothesis that stated that there was significance between these variables.

Table 8

*Correlation coefficients between personal self-concept, self-esteem, and parents' parenting styles towards OKPs' tendency to misuse and addict to drugs.*

				Parenting Styles			
		Personal Self-Concept	Self-Esteem	Permissive - Mother	Authoritative - Mother	Permissive - Father	Authoritative - Father
OKPs' Tendency	R	-0.120	0.030	-0.83	-0.051	-0.076	-0.54
	Sig. (2-tailed)	0.046	0.619	0.167	0.398	0.204	0.373

In conclusion, only variable personal self-concept of OKPs that has significant relationship ( $r=-0.120$ ,  $\alpha=0.046$ , at  $p<0.05$ ), which means the research hypothesis was accepted; rejecting null hypothesis.

## Discussion and Implications

### Results Discussion

*"Addiction is just a way of trying to get at something else. Something bigger. Call it transcendence if you want, but it's like a rat in a maze. We all want the same thing. We all have this hole. The thing you want offers relief, but it's a trap." - Tess Callahan*

The above quotes by Callahan was closely related to the purpose of this study: To determine the relationship between personal self-concept, self-esteem and parents' parenting styles with the tendency of people under surveillance (OKPs) at a chosen National Anti-Drugs Agency (AADK) located in Selangor, towards the misuse of drugs. Based on results analysis in the previous section, it was revealed that only one variable has significant relationship with the OKPs' tendency to misuse drugs, which was personal self-concept. Their negative correlations implied that the higher the personal self-concept the OKPs have, the lower their tendency to misuse drugs. Thus, it can be inferred that for someone to have high or positive personal self-concept is an important matter, as it could encourage someone to do something good or the otherwise. As Maslow (2012) has stated in his writing, the personal self-concept was something that everyone built by him or herself to achieve his or her personal visions or goals. When these goals have been achieved, the owner of those visions would found contentment and life satisfaction (Maslow, 2012). In addition, this result was also aligned with the study conducted by Tharshini et al (2020), where there was significant relationship between self-concept and community's awareness by offering social supports towards youthful offender in Malaysia. This may enhance those young people's personal self-concept as they feel the value in their presence.

Even though there was no significant relationship between OKPs' self-esteems and their tendency to involve in drugs misuse and addiction, the result of this study revealed that most of the OKPs at the chosen AADK in Selangor has normal level (positive) of self-esteem. Moreover, this result was supported by Williams et al (2020) who suggested that there was no significance between self-esteem and the involvement in the misuse of drugs among

teenagers. Hence, there may be other factors that influence their involvement towards this unhealthy activity, such as drugs accessibility and society pressures. In addition, Brown et al (2021), through their analysis on other studies and researches, also found that there was no significant relationship between one's self-esteem and their involvement in the misuse of drugs. More so, the family history and mental disturbance may be some of the contributors for a person to take and misuse drugs.

As discussed before, there was no significant relationship between parents of OKPs' parenting styles and the involvement of OKPs in the misuse of drugs. However, data obtained showed that majority of OKPs' parents were applying authoritative parenting style in their home. It can be concluded that the ways of parents nurse their children have no direct relation to how those children would behave in the future. In addition, it was said that parents with authoritative parenting styles have the tendency to educate their children democratically. This means that the children would be given opportunities by them to change family's rules; with a condition that those children would not change those rules to do negative things (Baumrind, 1968). Thus, it can be inferred that parents with authoritative parenting style put lots of trusts into their children as they can voice out their opinions as well as evaluate those rules. The only cons of this styles were that there may be a slight chance for the children to misuse this trusts.

Lastly, as has been mentioned in the previous section, the tendency of OKPs at this AADK to involve in the misuse of drugs were moderate. It can be inferred that with some helps and supports, these people may be able to completely leave those illicit and dangerous substance. In a research conducted by Ahmad et al (2022), it was revealed that the community participation in a program of drug elimination, was still low. This was worrying as awareness among communities in a society was instrumental in order to reduce the case of drugs misuse, especially among young people. In addition, Wazir et al (2020) emphasised that the appreciation of faith; in which comprised of understanding, feelings, and practices; plays a vital role in protecting one's faith, hopefulness, gratefulness, and everything that related to humans' spiritual needs.

In short, the result of this study revealed that it is instrumental for everyone to build a strong personal self-concept regarding him or herself; as this dimension has vital role in influencing one's personal decision, in which the decision may not only affects him or herself, but also the close people like families and friends as well as the society s/he living in.

### **Research Implications on Theoretical**

To reiterate, it was revealed in this study that personal self-concepts significantly related to the involvement tendency of people under surveillance (OKPs) at one National Anti-Drugs Agency (AADK) located in Selangor, towards the misuse of drugs. In this research context, personal self-concept refers to the ways a person views and evaluates himself that comprised of personal identity, self-value and self-esteem elements. The outcome of this construct towards the dependent variable implied that any changes in one's self-concept may influence his or her tendency towards the drugs misuse. For example, someone with negative self-concept was likely to misuse drugs as a way to escape from anything that overwhelmed him/her. This may be not occurred to people with positive self-concept because they believe in themselves. Plus, the fact that there were negative correlations between self-concept and

involvement tendency towards drugs misuse have solidified the theory of Carl Rogers about self-concept, where the existence of congruence between real experiences and self-understanding.

### **Research Implications on Practical**

As the result revealed that the relationship between personal self-concept and the involvement tendency of people under surveillance (OKPs) towards the misuse of drugs, it suggested that the strengthening of positive personal self-concept was such a vital matter. For instance, a drug prevention program must emphasises the strengthening of positive self-concept through education, counselling and activities that promote the enhancement of self-values and self-esteem. A program that commemorates students' academic and co-curriculum excellent achievements was some of the examples that can be done to strengthen young people's personal self-concepts.

Furthermore, the absence of significance between OKPs' self-esteem and involvement tendency towards drugs misuse implicated that a more comprehensive approach has to be employed in order to overcome the issue of drugs misuse; especially among teenagers. For example, school authorities can run a program that emphasises on the importance and powers of peer influence by - for instance - introducing them to positive social networks and circles. In addition, it is suggested for schools to expand a program that encourages the formation of students' assertiveness and aids them in making a right decision.

Besides, even though there was no factual data about the influence of parents' ways of nursing their children on the children's involvement tendency towards drugs misuse, good parents should educate their children in suitable ways - based on their needs and aligned with their ages. Plus, busy parents should not have use their busyness as an excuse for their children to feel isolated.

### **Suggestion for Future Studies**

As the focus of this research was only on people under surveillance (OKPs) at only one National Anti-Drugs Agency (AADK) located Selangor, it is suggested for future study to be conducted at a much larger scale in terms of numbers of sample or respondent; and from other AADKs in Selangor. In addition, it is also suggested so that other methods of collecting data are employed, such as observing and interviewing the OKPs to delve further into the OKPs' views and experiences as well as to collect data from different points of views.

### **Conclusion**

As a conclusion, personal self-concept is instrumental in someone's life. It could influence one's decision making; to the better self or otherwise. Based on this study, it evidently showed that the people under surveillance (OKPs) at the chosen National Anti-Drugs Agency (AADK) located in Selangor, who have negative or low personal self-concept, more tend to involve themselves in the misuse of drugs. Plus, referring to respondents' demographic, most of them are Malays. In general, it is known Malays in Malaysia are all known as Muslims; thus, it is important for them to strengthen their faith and hopefulness to their Creator as this strong faith is one of spiritual ways to recover from the unhealthy activities like misusing and addicting to drugs. They can use their free time to do something beneficial, such as interacting

and socialising with good circles instead of indulging themselves in temporary pleasures that endangered their lives, and maybe the others' too.

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