

A Study on Rehabilitated Drug Addicts and Society Acceptance towards a Rehabilitated Life

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ABSTRACT

The January-December 2013 AADK (Agensi Anti Dadah Kebangsaan) report, one of the contributing factors towards relapse cases in drug addiction is lack of social support from the society when they re-enter the community. To date, studies investigating this aspect are still limited. The current study investigates the aspects of rehabilitated drug addicts and society support or backing perceived by former drug addicts to a rehabilitated life. In-depth interview will be conducted to examine the respondents. The interview will took almost 35 minutes each and open-ended questions will be asked for further investigates the reasons of the relapse. Interviews will also be conducted with society representatives, legal and lawful professions to further investigate issues on studies from a neutral point of view. Overall the result hopes to shows the important agents that can help drug addicts to return to a normal life. The important mechanisms of society support are emotional, practical assistance, socializing, financial assistance, advice or motivation and a caring guidance. Additionally, the post-rehabilitation program should emphasize in providing in a concrete support groups for the rehabilitated addicts.

Keywords: Relapse, Rehabilitated Addicts, Social Support, Drug Addicts, Society Support.

Introduction

All over the world, drug abuse has become a huge problem and is among the most demanding health issue. There is no country or community that has been spared from this scourge. The intense increase in drug invention and trafficking in recent years has caused a growing numbers of drug users worldwide. Like other countries in the world, Malaysia is not exception in facing the challenge of overcoming the problem of drug addiction. Due to its

seriousness, the country has made the call to society to view drug as the nation's number one enemy and has implemented a multifaceted anti-drug strategies that includes law enforcement, preventive educations, treatment and rehabilitation.

Drug usage, abuse and misuse among teenagers and youth have been a significant impact in our country as in it never decreases in trending. "Substance abuse" is a pattern of recurrent use that leads to damaging consequences. The consequences affected may include the failure of completing one's responsibilities as in professions such as students, worker, parent, etc. (Substance abuse, n.d.). Any individuals can develop situations of substance/drug abuse or dependency (Alcohol and drug, 2010). When individual repeatedly miss school or work because they are drunk or "sleeping it off," their behavior may fit the definition of "drug abuse".

Usage and misuse of drugs is an act when either depressing or stimulating the central nervous system, which seems to provide the individual involved with predictable and effective ways to change on how they feel. It is quite frequent one choose the substance or drugs that aid him/her is a way to increase pleasure, or to decrease emotional or physical pain, or to gain sense of social belonging (Alcohol and drug, 2010).

A drug addiction can be classified as one of the psycho-biosocial disease. It is said so because drug addiction is progressive and chronic in nature (Matokrem, 2007). An individual may experience development of physical and psychological dependency on drugs and an immediate discontinuation can cause one to experience the "withdrawal" situation no matter in life or in society.

Society acceptance here, means that the tendency of experiencing life of being valued, respected, loved and cared for others again as in second chance without any intention behind.(Abdul Rahman, Adawiah Dzulkifli, Rahah Sheik Dawood & Mohamad, 2009) It is best explained as society support and acceptance would be a good help for the individual involved dealing with problematic life, stress and helpless situations.

As for the Malaysian context, Chow (2006) examined that, even though the actions and steps taken by the medical community in Malaysia in rehabilitating the addicts has been in a progressive way, but the record or stigma left behind by the former addicts has been overshadowing the rehabilitated effort and make the addicts to seek more help.

Plus, he also stressed on other professions such as, psychologists, substance abuse counselors, medical doctors, social workers, psychiatrics and specific organization to put in more efforts to be part of the "treatment community". Thus, he requests everyone not to put all hope and responsibilities solely on medical community.

On the other hand, Agensi Anti Dadah Kebangsaan annual year (2013) report says that most of the potential relapse cases happen due to the lacking in support by society for the rehabilitated drug addicts whom left the rehabilitation centers and difficulties in for them to live independently without drugs.

Mahmood Nazar, et. al (1999), further stressed on the significance on paying attention on re-established former drug addicts maintaining relationship with family, social activities, career, and healthy life style. A supportive and committed social environment can be a perfect

catalyst in helping addicts towards a rehabilitated life and a failure of society in functioning as mentioned above, would cost heavily on bringing the addicts back to the relapse life.

Leaving aside of Malaysian laws which include the death penalty, drug usage among people or population in Malaysia, especially the young ones increasing steadily every year. As we look back at history, once Malaysia announced and declared the issue of drugs problems growing big and a national emergency a strict deterrent measures and a planned military mode set up rehabilitation were started focusing on “cold turkey” detox (Chiang,n.d.).

As always, some issue will just never stop no matter how much one tries to stop or prohibits it from happening in which our nation, Malaysia by the end of 1996, our government that time declared the military style rehabilitation had largely failed and as in most of the countries whom failed, we were losing the fight and war against drugs too.

In Malay Language it is known as “Dadah”. The function of the after effect of any drugs especially when one misuse it as a whole can be severe and painful, whether it’s an illicit or legal prescription drugs. According to Chiang, n.d, Malaysia has become one of the most or highest in statistics when it comes to HIV disease due to drug abuse reason among the Asian region.

As a result, the cost or the after effect to the community and families, tons of death tolls and rehab failures has emerged among us. Past studies has shown us that as for the among the youngster whom involved in drug misuse or abuse, there are several important figure that can be successfully rehabilitated to be drug free with an efficient individual, social and community based program. Suggestions impose that youngster whom involved in addiction and drug abuse can be changed their behaviors towards drug usage with proper intervention and rehabilitation programs.

Problem

Having a life that ensures or emphasizes on close relation with friends, relatives, parent and sibling, problem with drug abuse will increase our life physically, mentally and socially. It is human nature as most of us being closely involved with someone, such as a family member, spouse or friend, problems and situations will soon arise as the one whom displays drugs or substance abuse or addictive behavior, has a tendency to lead to emotional conflicts, and problems in managing relationships and getting along with others as in routine.

This research will try to investigate on how one’s society group accepts former addicts back to normal life and the opinions from several sections of fragmented society will be looks on to form a majority point of view upon rehabilitees addicts fate. Potential discrimination and out casting one addict is always there as when one attempts to misuse or abuse drugs is always viewed from a negative way and punishable actions.

Therefore, it was suggested that social support which is available in our nation at the grass root level within community, which includes the family, should be investigated. The study also aims to investigate, the social support between the drug addicts and non-addicts, social support being received by the former addicts from three different ethnic groups namely the

dominant race, Malays, Chinese and Indians, and social support received by drug addicts and non-addicts based on the place of one originated from.

Objective

The objective of this study is to examine the possible societal factors that influence one to take drugs and get addicted to it and the main cause of relapse occurrence within re-established or rehabilitated drug addicts. The transition from the on-going rehabilitation process to re-established ex drug addicts is a very important process and surveillance at this particular period toward addicts can be considered as a must process.

It is because drug addiction can be considered as a type of disease because one can only feel “drug-free” feeling if it is only for the last breath of life (based on the interviews received). One can only achieve a perfect rehabilitated life with full society support and backing besides, willpower on anti-drug and “coping skills”(analysis on overcoming problems related drug addiction) . Thus, it is recommended that the societal support and backing in Malaysia at the basis level within the community, inclusively the family, relatives, friends and peers should be studied.

At this point, researcher would like to explicitly inform that in no way this research is going to attack any race or religion and sensitive issues or questions in particular. This paper would like to point out the fundamental opinion behalf former drug addicts and equalities they deserve for being rehabilitated, especially when the people involved or characteristic of inequalities being discussed later on in the study.

Literature Review

Based on the society acceptance issue towards former/rehabilitated drug addicts and how addicts find it hard to catch up with the normal independent and drug-free life back after rehabilitation, researches has come out with a research questions as a foundation for the study.

The study will looks on from the society support such as parents, relatives and friends socializing, practical assistance, emotional, financial assistance, the advice and guidance. It also looks on the societal factors that contribute for a possible relapse and complicates the re-established/rehabilitated drug addicts towards a rehabilitated life.

As for the rehabilitated drug addicts, society backing and support is one of the major role that determines their second chance or rehabilitated life. Dimensions, such as, family, relatives, friends, and the place that one addict grew up and still living at the same place are the determinants or main elements of their rehabilitated life.

If one of these factors fails them, the possibilities or chances of going back to the addiction life is always likely active. Addicts, addicted or even the relapsed one deserves humanity and second chance as we, the society don't have the rights in judging their life.

Many articles have written and report the danger or drugs and we Malaysians are one of the top listed country once in drug trafficking but every mistakes deserves second chance for my opinion and especially the rehabilitated ones. It is said so because no punishment is greater than the punishment given by the society especially when it comes to put casting someone from a certain group of people and making it into a culture.

In other words, we can take the term “Deviance” in sociology as it refers to any behavior, belief, or condition that violates significant social norms in the society or group in which it occurs (Kendall, 2008). Although we usually think of deviance as a type of behavior, people might just think or regard as deviant if they express a radical or unusual belief system.

Thus, we can apply this term and sociological application to former addicts’ situation too. By resolving this research question above, the study should tell us on our current societal order and its’ status in perceiving the former addicts back to rehabilitated life.

What is Drug Addiction or Substance Abuse?

Questions always arise on how does a drug abuse begin and used. It’s getting started as one individual particularly during teenage years going through crisis in shaping identity. It doesn’t matter whether it is a positive identity or a negative identity at this age because at the end of the day, it is all depending on the experience one going through and also the environment one grew.

According to Shahid Ismail and Nazar Muhammad, there are few types of antisocial behavior and drug addiction or abuse/ misuse is just one of the types of the antisocial behavior being in a particular teenager itself and mostly due to stress reasons. They also suggested parents’ pessimist attitude towards controlling the discipline of their children since childhood, autocratic leadership, broken relationships, poor treatment within family members gives pressure to the children and thus, his or her emotions unstable leads to the addiction path as part of the antisocial behavior.

Shahid and Nazar goes on to clarify that drug abuse or addiction no more small matter and it should be given proper attention and importance as facts such as lots of drug cases has been unsolved and has been part of routine since 1980s, involving teenagers mostly from 14 to 17 years old as the beginners and main addicts. One of the report from mainstream newspaper “Utusan Malaysia” on 11th April 2000, 3 people found dead after drug addiction. They were alleged abused 4 tin gums at Cheras, Kuala Lumpur on 10th April, which means previous day thus, concludes misuse of drugs can cause death instantaneously.

On the other hand, medical journal on “Classification of Substance-Related Disorders” clarifies that drug abuse is a pattern of repeated use that leads to harmful and negative consequences. Destructive consequences may involve failure to encounter one individual’s responsibilities, putting in situations where stuff used is physically dangerous such as an example: mixing with drinks (Substance abuse, n.d.)

It is relevant with the point of drug addiction and abuse as the determining feature of drug abuse is whether an outline of drug using behavior becomes repeatedly linked to harmful consequences. Drug abuse thus slowly with a time of progress or long period of time would develop into drug dependency, a more severe disorder associated with emotional signs of dependence.

Relapse

Relapse is a difficult and problematic challenge in the treatment of all behavior disorders. According to Fauziah (2008), she describes relapse as dynamic, complex and unpredictable. She also further examined that relapses can be more explained as addiction means, misuse, usage or intake of psychoactive material after one had received drug addiction rehabilitation or treatment, mentally or physically.

The development of the external crisis such as uncertainty in managing problems, weak, stress, or the doubtful thinking that all issues cannot be resolved and immature thinking (Ibrahim,2009).

This can be further explained as relapsed addicts usually go through confusion and do exaggerate due to the inability to think clearly, the trouble to remember things, unable to regulate their feelings and failure in anger management and incapable to manage feelings and emotions.

According to Moos (2007), looking from the study of psychological elements said that, anxiety is one of the main elements especially for ex marijuana addicts' faces low self-efficacy, a term defined as situation in which one individual feels confident and capable of performing a certain behavior. Rehabilitated drug addicts who experiencing low self-efficacy would have the tendency to go back to addiction after their release from treatment right at that moment.

Rehabilitation

Additional key purpose of relapse emphasized by the addicts was about the rehabilitation programme. There was a statement that the rehabilitation programme at the centre that they attended had not been effective. Also, some former addicts in the study reported that they have not been well-informed about post-rehabilitation programme (Social support among, n.d)

In addition, some suggestions claims that they were not interested in participating in the post-rehab programme, or quit from the programme due to lack of interest. An in-depth study on this matter could throw valuable information on the attractiveness and efficiency of aftercare programmes.

Pengasih

PENGASIH Malaysia was initiated as a Self-Help Group in 1987 by 4 former drug users. As the group grew bigger and drug-related issues in Malaysia became chronic, the need to transform itself into a healing movement became inevitable. Thus, PENGASIH Malaysia was founded as a registered Malaysian NGO in 1991.

The successful formation of PENGASIH was the result of strong support given by our beloved patron, the late Tan Sri Megat Junid bin Megat Ayob, the Minister of Domestic Trade and Consumer Affairs. Currently, our patron is the Deputy Minister of Higher Education, Dato' Saifuddin Abdullah.

The member of PENGASIH has worked really hard from the beginning in spreading their healing messages within the Malaysian public. Eventually, the activities in Drug Prevention,

Intervention and Rehabilitation progressively began to gain acceptance and recognition in Malaysia as well as an abroad.

In a way to achieve the vision and goals effectively, PENGASIH had works closely with domestic and international bodies. Thus, they love to learn from others and love to share what they knew. And because of this belief, it has brought PENGASIH to several parts of the world.

PENGASIH had gain more friends with the same mission towards Drug-free Lifestyle. They had garnered a lot of involvement from most of Asia Pacific country and Europe such as Pakistan, Afghanistan, India, Iran, Sri Lanka, the Maldives, Indonesia, Singapore, Brunei, Philippines, Thailand, China, Russia, Australia, South Africa, Austria, Spain, Italy, Peru and USA. This is to make sure that they could share and find out the best solutions to overcome with the problems.

In spite of PENGASIH who has affiliated with the World Federation of Therapeutic Communities Inc, based in New York where PENGASIH's President, Yunus Pathi, is currently the 2nd Vice President of WFTC, they also affiliated with Asian Federation of Therapeutic Communities (AFTC) based in the Philippines, Daytop Inc in New York, PERTAPIS Singapore, AIN Society Singapore and National Anti-Drugs Agency Malaysia. PENGASIH will continue to strive for excellence in their Therapeutic Community efforts.

Methodology

This study will employ the use of qualitative research methods to examine the question of society factors in contributing possible relapse and complications faced by re-established or rehabilitated drug addicts towards a rehabilitated life. The methods specifically will consist a series of interviews with pre-selected a respondent who has been selected using purposive sampling techniques. The data collected will be investigated or examined to understand the respondents' viewpoint on the research questions. For this precise study the technique used will be in-depth interviewing. The purpose for this is, in-depth interviewing is perfect for collecting takes on delicate subjects such as proposing a more complete image of what happened and why. Moreover among all the other qualitative research method in-depth interviewing is the most suitable.

An advantage of in-depth interviewing is it may also provide a more relaxed environment in which to collect information, and the respondents may feel more comfortable having a conversation with you about the questions asked as opposed to filling out a survey as it will be conducted face to face.

The nature of this study commands will look for an expert opinion on the subject area, as it is an issue demanding experience and knowledge in the concepts, factor, elements, determinants of society regarding backing and support that they give towards rehabilitated drug addicts. Thus, the sampling method that will be used is a type of non-probability sampling, specifically purposive sampling.

It is the most common qualitative sampling technique. The researcher makes a decision on the optimal sample to most effectively answer the research question. This may be based on

knowledge of the group selected, the available literature, the nature of the research objectives and evidence from the study itself.

A View on Drugs

Looking from the scenario, drug abuse is no longer a new issue. It has become the most ancient problems to most of the country in this world. And that is how governments of the world look at it. A drug was a trading commodity at one time. But since the Geneva Convention (No.1) in 1925, Geneva Convention (No.2) in 1931 and New York Narcotics Declaration in 1961, governments started rethinking about the impacts of drug abuse on societies.

It is an aims to make sure the continuous recovery from addiction as the main goal of all former drug users. The journey of the drugs fighting is not an easy path to take. It filled with a haphazard assortment of challenges and difficulties. Only those who are steadfast enough will continue with the recovery path. They are usually well equipped with the right knowledge, skills, support and genuine sincerity.

PENGASIH also offers an opportunity to recovering users the much needed knowledge, skills and support during their treatment and rehabilitation. However, this is still not enough. The programs need to be strengthening by giving a treatment to the families too on how to help of the recovering users as well.

Families will be the first who suffered greatly when their partners, children or siblings were hooked or getting involved on drugs. The traumas that the families faced are mostly unpleasant, damaging and bitter. They must be treated very well for each of their psychological injuries. The first step is to gain trust, rekindle hope and amended the broken ties between them.

Then it is need to prepare the families on how to manage the recovering users when they return home. They should know the right way to monitor recovery progress and deal with their issues, properly.

According to PENGASIH, family support has major impact on former users. This is based on their past experience handling the subjects. Former users tried their very best to maintain in their path of recovery and they became productive citizens. They are ready to help each other in self-help groups.

To achieve even better and faster results through the path in the fight against drug abuse, local communities and Governments must support the efforts of NGOs. The support does not mean moral support only but also includes a material support, logistical support as well as financial support. Only then they will be able to taste the pleasure of having successful demand reduction results.

Social Support

The inability to get jobs among former addicts who were cleared from rehabilitation centers coupled with lack of financial funds, caused the addicts to go back to addictions. According to Yunus (1995), the employers always took an advantage towards the former addicts by paying them a low salaries without taking into consideration their qualifications and

experience. It is then causing dissatisfactions amongst the former addicts that eventually caused them to quit from their jobs.

Indeed, as an associate of a community, each individual should show certain roles to help the fight against drugs, nevertheless their status in the community. Lacking cooperation from the community, the government's aspiration to rehabilitate former addicts and to crack them into worthwhile citizen would not be accomplished because of the society's prejudicial attitude that does not want to accept wholly, the repented addicts.

Drug misuse problems are often connected with important difficulties in the personal lives of the consumers and/or of their families. (Buckley, 2009) These may include breakdown in family life and personal relationships, poor educational success, financial crisis, and loss of employment or of the home.

The nature and level of support and backings required by individuals fluctuates and may also change with the progressive treatment, and well-timed facilitated of supports can influence the likelihood of successful treatment outcomes. Many of those receiving treatment for drug usage are early school leavers, with poor educational fulfillment and a background of unemployment.

While training programs and mainstream education are important foundations in the rehabilitation and therapy process. For some, special programs in the areas of basic education and training such as the pre-Community Employment stabilization initiative are foreseen to ensure that those with the greatest skill and competence deficiencies also have an opportunity to progress. (Buckley, 2009)

Impressions

According to Ibrahim & Kumar (2009), the community in our nation, still discovering a challenge to agree drug addicts for the mistakes they have done. At the contemporary time community support, in totality, is vital to help cracking the negative opinion on former drug addicts

The community should change their thinking. They should be more abundant and accept the former addicts back as a new member who comes back into their fold. The community need also to play lively role in fighting against drug trafficking and misuse within their community, by cooperating with the authorities.

Apart of that, the community should be ready to guide the former addicts so that they would not trap again in the drug addiction. Through various intervention programs, arranged by drug prevention agencies and non-governmental organizations, it is hope that we could overcome the matters though it is not as easy as we thought.

Acceptance and Rejection

Gaining society family acceptance is important in order to avoid relapse. There were statements that show to us the acceptance given by the respondent's family. Acceptance is one of the significant fundamentals that family should do for the former addicts to change.

Basically, family should accept each other whether they are problematical person or not. (Ibrahim & Kumar, 2009) In part, acceptance in family will indirectly change the view and the person will think over the problem again. The acceptance in the family will lead them to think all over again and want to change.

To coin society rejection we can explain in a better way as according to Mardi. G 2004, drug abuse is part of culture that can be classified as oppose the norms cited or set by the apparent group of society. In other words it is also behavior that breaks and contradicts the moral code set by a society in a given time.

In relation to our study, according to De Leon (1996), the moral code breaking acts by the drug addicts can be classified as fraud cases, trafficking, depending on others to move on in life as in being lifeless, and laziness. Thus, as one is already involved with addiction sub-culture, he or she tend to get committed with drug abuse or addiction and addicts would do anything as desired to grant their wish and a rightful path don't really matter from this situation (Yunos,2004).

Thus, when one acts opposing the norms set by the society it automatically rejects them out of the whole socialization system and a proper social chain wouldn't progress. This is because, when one already involved and into this addiction life, one can never find the way out and every normal routine society judgments and activity being carried on would be a contradictory statements for the addicts.

Besides, rejection of society can also be part of the social inequality as suggested by Alan S.Berger in his lecture on "Social Stratification on Social Class and Social Mobility". He coined on social inequality that it is a phenomenon that members of society has different amount of wealth, prestige and power.

Thus, as one of the respondent quoted "the society always has the power to decide what is right and wrongful doings", that sums up the rejection in the study. There is an existence of "prejudice" behavior, a term that defined as an attitude which influences an individual to prejudge entire categories of people unfairly. This kind of concept gives an effect towards the addicts to change and come back to the society.

This attitude is rigid, often emotionally loaded, and resistant to change; "re-fencing" and closed mindedness. In our case, we can take the way society look at the rehabilitated drug addicts' community and the rejection one individual receives in his or her rehabilitated life. Thus, "prejudice" then lead to the "discrimination" and so call to a rejection.

"Discrimination" on the other hand means that conduct of act resulting in unfair, unequal, or harmful treatment based upon a prejudice. One may confront discrimination by concentrating on attitudes, behaviors, or both (Berger, 2006). It is usually most active to begin with the discriminatory behaviors in order to provide some relief for those discriminated against.

Sensing Hope

Recovering addict always seeks and sensing hopes to fully recover from their addictions. In order to sense the hope to recover, family support plays an important roles during this

phase. Respondent had stated the statements that demonstrate the support received. Several studies have shown that support from family is importance to the drug addicts.

Hence, to confirm successful recovery, it is suggested that family members and important others participate in the addicts recovery process. From scholars opinions, sensing the confidence for support are important as acceptance. (Ibrahim & Kumar, 2009).

Former addicts need supports from the family and surrounding for not returning to drugs. Without support, the former addicts might have the attention to relapse because of they have lower self-esteem and self-confident. Support is like the device in other to maintaining recovery among the former addict and support from significant person is needed.

Peer Influence and Pressure

Peer influence or peer pressure is the maximum mentioned answer given by the participants in the study particularly at the beginning of teenage years about Form two during secondary schooling period. Old friends influencing former addicts to pick up the drug taking habit after they were discharged from rehabilitation center is also one of the fact that scares rehabilitated drug addicts to move out from the rehab centers and joining back the community.

The relationship which described the addicts with friends more than a close friend is due to common experience the individual involved and peers and friends' shares. Sharing experience between peers here I mean that social issues commonly that each of them go through such as expulsions from secondary schooling due to discipline problems, regular problems with the lawful profession like Police and most of the friends, including individual involved has drug addiction as in lower level (weed intake) within family members.

Other than that hatred towards education given by parents and school is also one of the factors involved among peers and friends. Thus, for one to release stress and overcome such hatred, respondent felt drug addiction with friends with same category would solve most of the problem they go through.

Discussion

The study was carried out to identify the complications that rehabilitated drug addicts going through towards a rehabilitated life and to identity how society support affect this situation at this point of their life. And this was true for all the dimensions of the research investigated such as socializing (antisocial), emotional, inability of getting jobs, advice and guidance or backings.

Hence, the study come up with the findings suggesting that an avoidance of society rejection towards rehabilitated drug addicts is very important or vital as the evidence is also supported from the literature above.

For instance, it was informed by SPT Narcotics branch investigative officer and report in AADK journal (2013) that relapse cases were due to the deficiency in community support for the addicts to live freely or independently of drugs once they released from the rehabilitation centres.

Inspector Haslinah further claimed, if society continue to refuse in playing their part in cooperating with the authorities in fighting against this issue, the mission established by our government as “Drug-free” country coming 2015 will never be achieved due to the circumstances in which the same people (addicts) re-entering rehabilitation centers with relapse cases.

The findings from the current study is also parallel with the previous studies by Wan Rafaei Abdul Rahman and Mariam Adawiah Dzulkifli whom revealed that poor family relationship support to be an important factor in driving people to drug addiction. The above-mentioned findings concentrated on a very significant issue of providing sufficient family support, for the addicts so as to warrant they do not return to drugs.

Having said that, friends seem to play a vital role particularly in terms of financial assistance because addicts perceived poorer financial support compared to non addicts should be noted. This may be due to the probability that addicts often hanging out with other drug addicts whose financial conditions are also poor.

Drug addiction is equally affected in rural and urban areas regardless of the familiar home or residence addicts. Hence, the place of domicile may not be an important determinant in predicting addiction; rather, the social support received particularly from community is decisive in prevention and rehabilitation course.

Suggestion on transferring to a new state or environment were given to the addicts and they claimed no matter where they go they can make friends with another drug addicts as they can recognize easily with one who is already involved with this issue and they named this phenomenon as “aura”.

Besides, a systematic programme should be planned and implemented in educating the family of the on-process family especially the most closest person to the individual involved on how to play a more supportive role in assisting their children who have been involved in drug-addiction due to the findings discussed above on the advice and motivation which sometimes sensitive and might trigger psychologically towards the addicts.

Another relevant theme studied that might divert the interest of addicts to relapse was the efficiency of the rehabilitation programs being offered. An in-depth study on this issue threw valuable information on the attractiveness and effectiveness of aftercare programmes. For example, better mechanisms may be found that former rehabilitated drug addicts might be interested in attending the three months course provided by the sub branch of AAK, Cure and Care Clinic based on the statement made by the respondents who went through treatment with it.

The fore mentioned qualitative findings are also connected to another main reason of relapse as perceived by the addicts, that is, boredom. It is stated that when the inmates were back to the society, they regularly had a lot of free time that lead them to boredom. As they did not have any other coping tools, they tend to overcome it by getting back to their old friends who seem to receive them well.

This condition may be escaped if they continue with the aftercare or advance recovery programme by attending personal self-help group in the public. By being dedicated to the

aftercare programmes, they will be capable of to obtain social support which will aid them to cope with boredom and life stresses.

And lastly, the factor that one is being afraid of losing friend is one of the elements that have been found in the study. This is because when one is so low in confidence especially in socializing, he or she eventually becomes antisocial and only stick to the friend or anyone who treats them in a way that addicts would like.

It is reported that addicts when hanging out with bad company they would rather accept the fact that at least their friends who is also an addict is paying attention towards them and easy to socialize with instead of going out there and meet new people.

Conclusion

From the study, it shows that the society plays an important part in relapse cases and fresh drug addicts to be rehabilitated. Besides, the study also showed that this Narcotics crime is no more a joke or a routine issue where we as part of community can just ignore minding our work. This is a situation that every single part of this society needs to invest in effort and co-operation in fighting against nation's number one enemy, drug.

The study also shows the, important agents that can help the drug addicts to return back to the rehabilitated and normal life are improvisation of societal backings, employee's support, family and good mature relationship and selecting good bunch of friends or in other words healthy people and environment selection.

Studies also suggesting that relapsed addicts amongst drug addicts in Malaysia involved by the addicts who are lack of strong self-efficacy to avoid temptations, challenges and hurdles in life they living through. It is considered that the rehabilitated drug addicts are very sensitive people, easily emotional and stressed by the social pressure from the living environment. Failure of their good judgments in managing their life which would be safer and drug-free environment couldn't happen due to the impact of the weak personality and self-efficacy.

Even though the drug rehabilitation programs thought them to rehabilitate in an effective way to help them rehabilitate from the drug effects and received strong backings from the family, friends and relatives, they are still trapped and no able to free from drug due to continuing chained by the community.

The effect of the rehabilitated drug addict being tagged as 'no good' individuals and the society's 'trash' by community after their release cause them to feel uneasy to socialize with the society and push them to be an antisocial. The situation would becoming worst and worried when efforts in getting jobs among the former addicts met the dead end.

This is because most firms are prejudicial and has no confidence in their capability to contribute in the productivity of the nation. The expression from the society leads to a low self-esteem among them. It creates a conflict and psychological imbalance among the addicts seems they didn't get a trust from the society.

These misperceptions are the factors that drove former addicts to the old habits by going back to drugs, after they faced the difficulties and challenges upon the changes of their new lives.

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