

# Addicts' Expectations and Hopes towards their Family During Drug Rehabilitation

**Norizan Abdul Ghani\*, Farah Syazrah Mohd. Ghazalli, Berhanuddin  
Abdullah, Zulkifli Mohd., Anas Mohd. Yunus**

University Sultan Zainal Abidin, Terengganu, Malaysia.

\*Corresponding Author: norizabd@unisza.edu.my

DOI: 10.6007/IJARBSS/v7-i12/3634 URL: <http://dx.doi.org/10.6007/IJARBSS/v7-i12/3634>

## Abstract

Rehabilitation from drug addiction is a process of transition from drug dependency towards leaving or at least reducing drug intake. Addicts who attended treatment, on average, had the motivation to mitigate or leave addiction forever because they have high expectations and hopes to build a better life together with their family members. This study was undertaken in order to identify the addicts' expectations and hopes towards their family members in helping out throughout their rehab. This study also aims to find out the addicts' hopes to provide a better future for their family after they are free from addiction. This study uses qualitative methods in which data was obtained through structured interviews using a questionnaire on 32 respondents who are currently following the methadone treatment in the districts of Besut and Jertih, Terengganu. The data were descriptively analysed. The study found that the addicts expect non-material supports such as family support, family acceptance and love whilst hoping to provide material support such as financial assistance to their family. In short, addicts' expectations and hopes are the main motivation for them to undergo rehabilitation because they have goals to achieve, not only for themselves but also for their loved ones.

**Keywords:** *Addicts' Hopes, Motivation, Drug Rehabilitation, Family, Family Supports*

## Introduction

The phenomenon of drug addiction has become a blemish in the country and has a clear impact on the country's social problems. Recovery from drug addiction is a process of transition from dependency on drugs to leaving or at least reducing addiction. The addicts who follow treatment have the motivation to reduce or leave the addiction forever.

Most of the addicts have hopes and plans for a better future in order to become a normal individual. Therefore, family support is strongly expected by the addicts to continue living together and to be accepted again, just the way they are.

This paper will discuss the addicts' expectations during methadone treatment towards their family members and their hopes to contribute, for a better future with their families.

## **2. Literature Review**

Drug rehabilitation demands the readiness of addicts to leave an addictive habit and requires inner and outer strength to withstand pain while fighting addiction. This condition causes depression as they try to resist addiction and to prevent setbacks. Hence, the addicts who are going through methadone treatment need strength to refrain themselves from setbacks (McKeganey, Morris, Meale & Robertson, 2004). Addicts' willingness to go through methadone treatment means that they are mentally ready to recover from addiction, thus family presence is vital as it will provide ample encouragement where addicts can share their problems and get all the support they need to recover (Ruhani, Abdullah, & Nor Ezdiani, 2012).

Families play a major part in the recovery of an addict. Thus family presence is expected because the addicts who are undergoing these rehabilitation programmes in rehabilitation institutions such as government or private support rehabilitation centres or prisons have high hopes to be useful individuals who are able to offer something that will benefit others (Muhd Rashid & Muhd Faiz, 2011). Among the expected aspects include social support, emotional support, practical assistance, financial support, advice and guidance (W.Rafaei, Mariam Adawiah, Shariffah Rahah & Mardiana, 2009) where such support is essential for addicts as well as significant in the effectiveness of the recovery process (Dedi Afandi, Fifia Chandra & Lilik Kurniawan, 2009).

Family and friends' support is crucial in order to motivate the addicts who are going through methadone treatment to fight back against their addiction and to prevent setbacks. Despite the challenges they have to go through before the rehabilitation process, addicts would be able to recover eventually if the problems arising can be resolved before the methadone treatment process begins. The addicts will also be able to follow the rehabilitation programme and keep themselves motivated towards the end (Oji, Sohrabi, Jomehri, Massah dan Molavi, 2016). Such motivation can also be gained through rehabilitation programmes at institutions where addicts are trained to improve their inner strength. This statement is supported by heroin addicts who formerly attended rehab at the institutions. Hence, such emphasis on the building of self-motivated addicts is vital and should be made a priority in any rehabilitation process (Peter, Callahan & Jason, 2016).

There are four stages of addiction motivation that can be used in assessing the addicts' motivation and can be made as a guide in the addicts' programme development which include pre-contemplation, contemplation, action and retention. During the pre-contemplation stage, addicts have no sense of commitment to change and rely solely on their family members. In the contemplation stage, addicts are aware of the rehabilitation programme and are willing to go through it but still remain addicted to drugs (safe dose intake) and are uncertain if it is worth the effort to effect change. In the action stage on the other hand, the addicts are well aware of their addiction and seek professional help to fight their addiction, sign up and follow rehabilitation programmes up to the end and strive to be good samaritans. The last stage is

retention, where addicts continue to undergo follow-up treatment despite the completion of the rehabilitation programme. These stages of motivation can also be used as a measure of success for addicts following a recovery programme (Ferreira et al, 2015).

Family support is a very important aspect of assistance that the drug addicts need during the drug rehabilitation programme. This support works as an encouragement that helps the addicts continue their treatment. Research by Farah Syazrah et al. (2017) is aimed at seeing the importance of family support and its relationship with the motivation of the addicts to recover during the treatment process at Baitul Cakna Terengganu. Data were obtained through Focus Group Discussion (FGD) with eight respondents who were residents of Baitul Cakna Terengganu. Studies have found that respondents received support from their families; family relationships were increasingly friendly, making addicts more confident and eager to recover and want to return to their family. Family support for addicts should be given consistently and involve the surrounding communities so that a positive environment can be created for the sake of addict's recovery.

### **3. Methodology**

This study uses qualitative methods in which the data were obtained through a structured interview using a questionnaire on 32 respondents who were following methadone treatment in the districts of Besut and Jertih, Terengganu.

### **4. Discussion**

#### **i. Forms of Addicts' Expectations Towards their Family**

The findings show that all addicts look forward to support from their families. However, the forms of expected support are different. Here is a descriptive analysis of addicts' expectations in the form of support needed by the family according to percentage.

The majority of addicts expect more non-material support than material. Analysis shows that the majority of addicts (96.3%) expect emotional support and skill assistance while 3.7% expect financial assistance from family members to survive.

**Table 1: Non-Material Support Expected by the Drug Addicts**

<b>No</b>	<b>Forms of Support</b>	<b>Percentage (%)</b>
<b>1.</b>	Attention	25.9
<b>2.</b>	Trust	25
<b>3.</b>	Support	59.2
<b>4.</b>	Restore family ties	5.5
<b>5.</b>	Acceptance	38.8
<b>6.</b>	Love	37
<b>7.</b>	Financial	3.7
<b>8.</b>	Freedom	5.5
<b>9.</b>	Prayers	9.2
<b>10.</b>	Education	5.5

Table 1 shows the expectation addicts need from their family in terms of non-material support. The non-material support addicts expect from their family members to recover from addiction include continuous support for their recovery (59.2 percent). For them, families rooting for their recovery plays a large part in their recovery process.

Family acceptance (38.8 percent) and love (37 percent) are also two of the most important types of support expected by the addicts who are going through rehabilitation programmes. Addicts fighting addiction also expect their family to care about them by giving ample attention to them and their progress (25.9 percent). All of these expectations, if given by the families of addicts, will positively affect the addicts fighting their addiction. Families of addicts need to believe that addicts should be given the chance to prove themselves in rehabilitation and should be given ample support for all aspects throughout their rehabilitation process.

Besides continuous prayers from their families, addicts also expect their family members to provide formal education for their future, as well as religious knowledge as a guide to prevent setbacks. All of the above expectations are set out in the questionnaires distributed to the addicts during the two-day session with the addicts and their families.

Additionally, addicts also expect their family members to accept them just the way they are, without social stigma and try to understand that they are in the process of fighting their addiction.

## **ii. Addicts' Hopes**

Data analysis shows that all addicts provide more than one hope that they want to offer to their families. These hopes can be divided into two large categories which include material and non-material hopes.

In the context of material, hope, most of the addicts expect that they can provide financial support (57.4 percent). This clearly states that most addicts want to provide financial support to their families. These addicts hope that they can get a job and have enough money to support their families, particularly their parents. The non-material form of hope that the addicts want to offer their families is as shown in Table 2.

**Table 2: Addicts' Hope**

No.	Forms of Hope	Percentage (%)
1.	Make their family happy	51.8
2.	A good example in family	14.8
3.	Change	25.9
4.	Rebuild relationships	11.1
5.	Build a family	11.1
6.	Study	5.5
7.	Not a burden	5.5
8.	Take care of the family	12.9
9.	Spend quality time together	5.5
10.	Play their roles	16.6

Table 2 shows that most addicts hope that they can make their families happy. This is due to the feelings of guilt after abandoning their families. Addicts also want to change and be better individuals after being addicted for so long. They want to be good examples to their family members and play an important role in their families, to be appreciated and accepted by them. Additionally, addicts also want to restore family ties to rebuild their family relationships. Addicts also hope to care for and spend more quality time with their families. Norizan et al (2015) in her study found that families play a significant role in the addicts' lives and most of them dreamed of a better life after they recovered from addiction. For the addicts, their parents, spouses and family members' support can have a positive affect on their rehabilitation process in fighting against addiction.

## **5. Conclusions**

Based on the above discussion, it can be deduce that the addicts' expectations and hopes are the main things that make them strong and sane to go through rehab. It also helps them build their potential and encourages them to recover. Family support is also very crucial in an addict's life as they go through recovery. This study found that most of the addicts agreed that their family plays a major role in their lives and they look forward to their family's love, affection and attention.

Both addicts and their families play a major role in determining the success of the rehabilitation programme. When addicts have their families rooting for them, not only are they able to fully recover from their addiction, but they will also be able to improve their families' well-being. Families of addicts need to understand their roles and responsibilities towards the former addicts (their loved ones) and help them gain their self-esteem and improve their self-confidence thus rebuilding a new, happy family.

## **Appreciation**

This project was funded by the Niche Research Grant Scheme (NRGS-KPM) UniSZA / NRGS / 2013 / RR057, Universiti Sultan Zainal Abidin (UniSZA), Terengganu. We would like to thank the Malaysian Higher Education Ministry and UniSZA for the financing and facilities provided.

## References

- Afandi, D., Chandra, F. & Kurniawan, L. (2009). Correlation between Social Support and Drug Abuse Screening Test Test-10 among Senior High School Students at Pekanbaru District, Riau Province, Indonesia. *Jurnal Ilmu Kedokteran, Vol 2 No 1, ISSN 1978-662X*.
- Ferreira, A.C.Z., Capistrano, F.C., Souza, E.B., Borba, L.O., Kalinke, L.P., Maftum, M.A. (2015). Drug Addicts Treatment Motivations: Perception of Family Members. *Rev Bras Enferm. 2015;68(3):415-22. DOI: <http://dx.doi.org/10.1590/0034-7167.2015680314i>*
- Mckeganey, N., Morris, Z., Neale, J. & Robertson, M. (2004). What Are Drug Users Looking For When They Contact Drug Services: abstinence or harm reduction?. *Drugs: Education, Prevention and Policy, Vol. 11, No. 5, 423–435, October, 2004*.
- Rajuddin, M.R. & Ahmad, M.F. (2011). Pengharapan Pelatih Pusat Serenti Terhadap Latihan Vokasional Di Pusat Serenti Tampoi, Johor. *Journal of Educational Psychology and Counseling, volume 2, Jun 2011, Pages 209-243 / ISSN: 2231-735X*.
- Ghani, N.A. et al. (2015). Social Support for the HIV/AIDS Community: A Case Study of Komuniti Cakna Terengganu (KCT), Malaysia, *Mediterranean Journal of Social Sciences, Vol 6, No 1 S1, p. 232-241. ISSN 2039-2117 (online)*.
- Oji, A., Sohrabi, F., Jomehri, F., Massah, O., & Molavi, N. (2016). Role of Motivation for Behavior Change in Treatment Retention Amongst a Group of Illicit Drug Users: A Study From Iran. *Iran J Psychiatry Behav Sci. In Press (InPress):e8325, 2016, 1-5, doi: 10.5812/ijpbs.8325*.
- Peterson, A. W., Callahan, S. & Jason, L.A. (2016). Motivation for Change in Heroin and Opiate Users. *DePaul Discoveries: Vol. 5: Iss. 1, Article 7*.
- Ruhani M.M., Abdullah, M.N., Omar, N.E. (2012). Keperibadian Dan Sokongan Sosial Penghuni Puspén: Implikasi Terhadap Program Pemulihan. *Jurnal Kemanusiaan Bil. 20 ISSN: 1675-1930*.
- Rahman, W.R.A., Dzulkifli, M.A., Dawood, S.R.S & Mohamad, M. (2009). Sokongan Sosial kepada Pengguna Opiat Dadah dalam Kalangan Kaum Melayu, Cina, dan India di Malaysia. *Jurnal Agensi Anti Dadah Kebangsaan (AADK)*.

## Corresponding Author

Norizan Abdul Ghani, Faculty of Applied Social Sciences, University Sultan Zainal Abidin, Terengganu, Malaysia. Email: [norizabd@unisza.edu.my](mailto:norizabd@unisza.edu.my)