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The Effect of the Intervention of William Glasser's Reality Module ('D'RWG) on Drug Abuse Among Young Residents of the Cure and Care Rehabilitation Clinic (CCRC)

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ABSTRACT

This study was conducted to see the effect of the Intervention of William Glasser's Doing Reality Module ('D'RWG) on drug abuse among young residents of the Cure and Care Rehabilitation Clinic (CCRC). The objective of this study is to analyze the factor of drug abuse, to examine the steps to be taken to overcome the factor of drug abuse, and to know the effect of the 'Doing Reality William Glasser' ('D'RWG) module on drug abuse among the residents of the Cure and Care Rehabilitation Clinic (CCRC). The study was conducted at a Cure and Care Rehabilitation Clinic located in Kedah. This study involved eight respondents. This study is in the form of qualitative which was conducted through face-to-face interviews. The data were analyzed using three themes: (1) affection towards the family (2) family ecology, community and cultural factors, and (3) prevention and education programs. The findings showed that all respondents were able to give their ideas and share experiences while engaging in drug abuse. Respondents were also able to provide some suggestions to combat drug abuse symptoms, especially in adolescents.

INTRODUCTION

The symptoms of drug abuse that are spreading among the Malaysian community, especially teenagers are of great concern to all parties. Drug abuse not only brings destruction to the individual but also causes other social problems such as sexual activities, abortion, rape, robbery, and suicide that ultimately threaten the harmony of a country (Nur Afzan Muhammad, 2012). Teenagers are easily influenced and subsequently engage in symptoms of drug abuse that affect the personal health as well as mental health of adolescents. Excessive use of drugs in medicine invites social problems. This is because consuming high doses of drugs causes teenagers to relieve the stress they are experiencing as well as makes teenagers extremely addicted. When teens start getting addicted to drugs, teens don't seem to be able to get on with life without taking drugs. They feel their daily routine is incomplete without taking drugs.

Statistics show that a total of 30,847 drug addicts were identified in 2016 compared to 2015 which recorded only 26,668 drug addicts. Within a year alone, drug symptoms increased by 4,179 cases (Utusan Online, 2017). Although the government has launched various programs and campaigns to prevent the symptoms of drug addiction, but there is also an increase among drug addicts. Among the campaigns carried out by the National Anti-Drug Agency is the public awareness campaign. The public awareness campaign aims to disseminate information on the dangers of drugs to all levels of Malaysian society so that the community, especially teenagers are aware of the impact that will be experienced if they deviate in the world of drugs. If we see symptoms of drug-of-mouth among the people by ethnicity, ethnic ranked first, followed by ethnic Chinese in second and third place was occupied by Indians. Ethnic Malays recorded as many as 20,956 cases, followed by 1,947 cases of ethnic Chinese, in turn, are Indians, totaling 1,760 cases (National Anti-Drug Agency, 2017).

Drugs are the enemy of the country. Therefore, the role of each party such as parents, schools, media, government, and non-government is very important in combating the symptoms of drugs that are spreading rapidly, especially among adolescents. This is because the youth of a country is an important pillar in the development of the country as well as future national leaders who need to be educated and guided on the right path.

In Malaysia, smuggling, distribution, abuse, and drug addiction are major issue that poses a threat to national security and society. Among the scholars who discuss this problem are Abdullah & Iran (1997) and Winer (1986), giving us the view that these smuggling activities occur almost daily at the borders of the country. When looking at why drugs can be smuggled from abroad to enter the country easily or even distribute drugs abroad easily it may be due to border control factors that are not very systematically controlled. This will directly affect the integrity of the immigration officials serving at the borders of a country in addition to affecting the credibility of the country. However, some countries allow the use of drugs, namely marijuana which is one of the types of drugs such as the Netherlands, Germany, Argentina, and Spain. Its use may be for medicine or as a commodity for profit (Brownfield & William, 2011). There are various types of drugs available in the market such as opiates which consist of opium, morphine, and heroine, condiments, marijuana, hallucinogens, and depression. In fact, when a drug is taken in excess, that is an overdose, or taking in too much quantity will cause a person to start feeling delusional. At one point, the individual did not know clearly what he was doing. This also invites various social problems such as sexual activities, rape, suicide, and road accidents.

When looking back at the causes of drug symptoms in teenagers, family factors play an important role. Families that do not have a complete structure will begin to impact development from an early age. For example, if a family is constantly quarreling, the children feel stressed and harmony in the house will be miss out. By doing so, teenagers will find a way out to escape from the stress experienced at home. One way is to meet and spend time with friends. Maybe his or her friend had the same problem and took drugs to relieve the stress. So, directly this individual will also be

influenced by his or her partner by consuming drugs. Teenagers will find that when taking drugs they will feel calm and not have to think about any problems. Teenagers will also daydream in their world. It should be a parent need to constantly monitor the children's movements and get to know the children's friends so that the children do not make the wrong choice in choosing friends that can affect the children's lives. This is because teenagers are now easily influenced by the invitation of friends in addition to having the feeling of wanting to try. Parents also want to spend time with their children and take note of their children's development whether at home, school, or when the children are out of the home. Children will feel that they are always taken care of by both parents and they will not choose drugs as a solution to the problems they face.

A study was stated that one of the factors that cause teenagers to engage in drug abuse symptoms is the peer factor (Nor Farhana Binti Azhan & Saralah Devi Mariamdarani Chethiyar, 2018). Teenagers are very easily influenced by the persuasion or invitation of peers even though they know that the drug has a very negative impact on themselves that can lead to drug addiction. When teens start to get addicted, they don't seem to be able to carry out their daily routines without drugs.

According to Sharifah Nur Fatimah Binti Sharom & Saralah Devi Mariamdarani Chethiyar (2018), stated that feeling of wanting to try is a factor in the occurrence of drug abuse symptoms among teenagers. This is because they found that the parents of the teenagers are very busy with their workloads so that they do not spend time with their children which can be another factor why teenagers are involved in the symptoms of drug abuse. When parents are busy with their works, children feel neglected and parents do not care about them.

Factors such as antisocial behavior, poor parental monitoring, and low academic achievement cause teenagers to engage in drug abuse symptoms (Hj Mohd Muzafar Shah Bin Mohd Razali, 2015). Drug addicts also have personality and environmental problems in addition to various psychosocial issues as well as health problems. Among the issues that are often experienced by addicts are depression, anxiety, suicide attempts, AIDS, and Hepatitis.

Teenagers who are lack personality and often engage in illegal behavior and are unable to comply with established societal norms are found to be trapped in drug abuse (Ismail, Ghazalli & Ibrahim, 2015). Such teenagers, for example, have disciplinary cases at school because they are unable to accept and adapt to the environment around them such as school, teachers, and schoolmates. Further, the development of children before the stage of the teenager who grew up in an environment more vulnerable to criminal activity typically produces, buys, and distributes drugs, witnessing drug use including drug injections will affect the thinking of the person.

Another study by Nur Afifah Izzati Binti Mohd Yahya & Saralah Devi Mariamdaran Chethiyar (2018), who mentioned that economic factors also play a role in the lives of teenagers to be involved in drug abuse. By distributing drugs, teenagers will earn money in large quantities to buy the essentials and household expenses to cover household needs.

In conclusion, the researcher has provided some views and opinions from previous studies on drug abuse. Most past studies have discussed individual factors especially teenagers being involved in drug abuse. It is usually a family, peer influence, personality, and economic factors.

METHODS

The study design used for this study is a qualitative method. This qualitative method focuses more on evidence and requires observation rather than focusing on numerical. In this study, the researcher also used a quasi-experimental method. It aims to test the effectiveness of this method through respondents' answers based on questions posed by the researcher before and after the interview, pre, and post. There were two questions asked by the researcher to the respondents, namely what were the respondent's feelings before and after the interview and what were the respondents' views on the researcher before and after the interview.

This study was conducted at Cure and Care Rehabilitation Center (CCRC) located in Karangan, Kedah Darul Aman. The number of respondents selected for the study was eight young CCRC residents and all these respondents ranged in age from eighteen to twenty-two years old. This qualitative study requires the researcher to visit the

location that has been selected to collect data from the respondents. It is known as a field study. Among the methods used to obtain information for the study from the respondents is the interview method. Respondents come from various backgrounds such as religion, age, educational level, and socioeconomic status. All respondents were also selected using the purposive sampling technique and they gave consent to be respondents before the study was conducted. One feature that has in common among all respondents is that all of them are involved in drug abuse.

RESULTS AND DISCUSSION

Researchers found that the respondents missed their families in terms of spending time with family members, longing for property such as homes, cars, and pets, and the responsibilities of a child to parents. All respondents acknowledged their mistakes and regretted not being able to discharge their responsibilities towards family members as entrusted. Respondents realized that at an early age as a teenager, they should be as well as set the best example or model for family members, especially for siblings. Unfortunately, due to being caught up as a drug trafficker, he failed to carry out all of those responsibilities.

The respondents also missed spending time with family members during their stay at the Cure and Care Rehabilitation Clinic (CCRC). However, some respondents expressed a lack of love and concern among parents, causing the respondents to be involved in drug abuse. Parents should be concerned about their children despite their busy careers. Parents should also be aware of their children's friends and observe the children's movements from time to time aimed at preventing children from violating societal norms as well as national laws such as drug abuse crimes. Fights between parents, conflicts between parents and siblings as well as divorce can be a factor in children seeking out-of-home fun. Children feel that they are not feeling peace and happiness in the house due to the factors that researchers explain above. Drugs are one of the ways children look to get rid of the stress they experience at home. The findings of this study can be attributed to the study by Md Khairilhisham Bin Che Ideris & Saralah Devi Mariamdaran Chethiyar (2018). Family institutions that lack the element of affection

especially for their children are a factor in the children seeking to find the fun outdoors. Teenagers who love their parents will feel that they are neglected, neglected, and lonely will begin to look for alternatives through social interaction with others. Friends are a place for teenagers to share problems and will feel like they are being cared for by friends. Teenagers start having a run with friends to avoid feeling lonely and bored as a result of busy parents having career arrangements.

From the analysis of the data, the data showed that several factors caused the respondents to engage in drug abuse. The study has found that the factor is family institutions. Parents want to display and inculcate positive values in their children from an early age. Parents must give adequate love to their children. Spending time with the children should be inculcated since the children. Such activities should be carried out weekly during the holidays so as not to create a gap between parents and children. Children will find it fun to see that parents spending time with their children are not considered at home or outdoors. Failure of parents to spend time with their children can lead to children finding new people, i.e. friends to have fun with. The findings of the researchers are related to AG Mohd Fakri Bin Yussof & Saralah Devi Mariamdarani Chethiyar (2018) who argues that looking back at the main factors that drive teenagers to follow friend shifts is due to family factors. Teenagers lack the attention and affection from parents causing teenagers to love to spend time with friends.

Some respondents noted that low family incomes caused respondents to act as drug dealers to obtain money to help families. If a family is experiencing a financial crisis and the children want to work to ease the burden on the family, then parents should know the type of job and monitor their children not to choose jobs that provide non-halal income such as drug sales. Based on a study by Nur Afifah Izzati Binti Mohd Yahya & Saralah Devi Mariamdarani Chethiyar (2018), it is thought that economic factors play a role in the lives of teenagers. When a teenager's life is financially difficult, then drugs are the way to solve financial problems by becoming drug mules.

The next factor is the communication factor. Poor communication among family members can also be the cause of teenage malfunction in drug

abuse. Parents need to think before uttering words especially in front of their children. Parents should avoid using abusive words when interacting with their children. If parents do that, surely the children do not like being at home and will start looking for something that can calm the mind like drugs.

All respondents agreed with the peer influence factor which caused the respondent to get caught up in drug abuse. Choosing a friend also has a role to play in an individual's life. A good friend and having a positive attitude will affect other partners in the right way. Bad friends, for example, have a negative attitude that will affect their peers improperly as explained in the study of Gopal Subramanian, Surenthiran Pillai A/L Venayagam Pillai & Saralah Devi Mariamdarani Chethiyar (2018). The results showed that teenagers are susceptible to friend shifts or persuasion due to age factors unless the teenager has high endurance and self-esteem to think before acting.

Environment and time media factors are also the cause of youths engaging in drug abuse. The house environment can include parental conflicts with children, conflicts between husband and wife as well as poor communication in the family causing the children's peace of mind to be disturbed. Media factors of time especially movies can influence teens to engage in the symptoms of drug abuse. Movies or television shows that have drug elements or show how to take and sell drugs can influence the mind and think of an individual, especially teenagers.

CONCLUSION

Drug abuse among teenagers is of great concern to all parties and more and more these symptoms are becoming more prevalent. Despite having laws, penalties, and fines if pleaded guilty to drug abuse cases, the rate remains high. Respondents also sought to express their feelings towards the family throughout their stay at the CCRC. The researchers focused more on feelings and involvement factors in the symptoms of drug abuse among the respondents. Respondents realized that life at the CCRC could be taken for by the teen so that teenagers do not fall on track to affect the future. The researchers list three themes and each theme is divided into subthemes. All the themes are related to each other and also meet the research objectives set by the researchers.

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