



UNIVERSITI SAINS ISLAM MALAYSIA

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Research & Development in Drug & Substance Abuse

An Exploratory on Psycho-Spiritual Approach in Drug Treatment and Rehabilitation in Malaysia

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Drug threat in Malaysia

- Presently, substance or drug abuse is our nation's biggest threat to our younger generation as most incidents involve adolescents and young adults, particularly school students, making them in the high-risk group.
- Halim et. al. (2010) found that most Malay youths became involved in drug abuse during high school years (13 to 18 years old).
- In addition, Halim et. al. also discovered that peers play a huge role in drug abuse and addiction among teenagers.

- A total number of 325,646 of drug addiction cases for the period of 2007-2011 have undergone rehabilitations and treatment in government drug rehabilitation centres, in prisons and in drug treatment programmes in the community.
- The numbers kept rising within the abovementioned five years period. For example, the total number of drug addicts undergoing treatment in 2007 were 63,884, and in 2008 were 58,744, but increased to 76,442 in 2011. (Malaysian National Anti-Drug Agency, AADK Report, 2012).

- The great majority of drug addicts in Malaysia are youth and teenagers. Recent statistics by the National Anti-Drug Agency (NADA) of Malaysia has indicated that more than 60 percent out of 13,481 registered substance abusers for year 2013 alone involved the youth.
- The drug menace is not only a problem among adults but also has a gradual influence among the adolescent. NADA also highlighted that 137 individual under the age of 18 years old were also detected involved in addiction (NADA, 2014).

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- The issues of substance abuse have attracted academicians and researchers from various disciplines of knowledge and backgrounds.
- Interestingly, some drug related studies have seen the combination of academicians from the social sciences and natural sciences as well as medical doctors.
- These efforts undoubtedly have lead to the establishment of more comprehensive findings.

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- The research on drug treatment and rehabilitation have gained the most popular themes compared to others themes.
- Among the topics of research in this regard are:
 - *The Effectiveness of Drug Rehabilitation Module on the Motivation Achievement among inmates in Malaysia.*
 - *Has Malaysia's Drug Rehabilitation Effort been Effective?,*

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- - *Developing validity and reliability of a drug addiction module among drug addicts who are Undergoing Treatment at Rehabilitation Centers*
- - *Spiritual and Traditional Rehabilitation Modality of Drug Addiction in Malaysia.*



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- The second popular themes are related to after care treatment particularly relapse related matters. Among the topics are:
 - *Factors Effecting Drug Relapse in Malaysia: An Empirical Evidence, Relapse Prevention: Strategies and Techniques.*
 - *Self-efficacy and Relapsed Addiction Tendency; An Empirical Study.*





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- Meanwhile study on Drug prevention is not as popular compared to the earlier two themes. Among the studies are:
 - - *Drug Prevention Education in Schools: the Malaysian Experience*
 - - *Family Factors and Peer Influence in Drug Abuse: A Study in Rehabilitation Centre.*





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- Special attentions have also been given to the studies on the impact of drug on socio-legal and health perspectives
- Among the topic under this theme are:
 - - *Malaysian Drug Treatment Policy an Evolution from Total Abstinence to Harm Reduction*
 - - *Illicit Ketamine Induced Frequency of Micturition in a Young Malay Women,*



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- - *Drug Abuse and Criminal in Penang, Malaysia: A Multivariate analysis and Absence of antiretroviral Therapy and Other Risk Factors for Morbidity and Mortality in Malaysian Compulsory Drug Detention and Rehabilitation Centers.*
- In coming years, we can expect many more scholars and researchers in Malaysia will explore and venture in research related to drug related issues.
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RESEARCH ON INTEGRATION OF PSYCHO-SPIRITUAL THERAPY IN DRUG TREATMENT IN MALAYSIA

- This paper then is organized to deal with a relatively new focus of research on drug problems in Malaysia, an integration of Psycho-Spiritual therapy in drug treatment and rehabilitation.
- Therefore this paper is aimed to examine the experience of psycho-spiritual approach in recovery from drug addiction with 58 respondents who are undergoing intervention programs at two drug treatment and rehabilitation centers located in the city of Selangor, Malaysia.





RESEARCH ON INTEGRATION OF PSYCHO-SPIRITUAL THERAPY IN DRUG TREATMENT IN MALAYSIA

- The main aim of this study was to examine the experience of psycho-spiritual approach in recovery from drug addiction with recovering addicts who are undergoing intervention programs at two drug treatment and rehabilitation centers located in the city of Selangor, Malaysia.



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- The psycho-spiritual approach utilized by the treatment and rehabilitation agencies was positively experienced by the respondents. Experiences were divided into three subcategories which include spiritual understanding, emotion, and action.
- From the analysis of the data, the psycho-spiritual approach utilized by the treatment and rehabilitation centers were positively experienced by the respondents in terms of spiritual understanding, emotion, and action.

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- Subcategory spiritual understanding shows the highest percentage (81.97%), followed by action (74.71%) and emotion (70.69%). For subcategory spiritual understanding, Item 27 (*Kekuatan jiwa saya hari ini adalah bersandar pada kekuatan Tuhan*) shows the highest percentage (94.8%), while Item 5 (*Saya yakin tidak akan terjerumus lagi dengan masalah dadah*) shows the lowest (56.9%).

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- An examination of the respondents' responses to items on spiritual practices show that responses can be divided into ten categories:
- (1) prayer (*solat*)
- (2) night prayer (*qiyam al layl*),
- (3) recitation of the Quran
- (4) recitation of *surah* Yaseen,
- (5) remembrance of Allah (*dzikr*)
- (6) remembrance of the Prophet (*selawat*), (7) recommended/optional fasting, (8) short reminders (*tazkeerah*), (9) repentance bath (*mandi taubah*), and (10) meditation (*khulwah*).

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- The findings of this study supports that psycho-spiritual approach is another intervention that complements the holistic and multidimensional perspective in treatment of addiction (Kissman & Maurer 2002, Priester, Scherer, Steinfeldt, Jana-Masri, Jashinsky, Jones, & Wang, 2009, Rioux, 1996). Psycho-spiritual approach alone is already proven effective in 12 Steps Alcoholic Anonymous programs which is strongly suggestive of Judeo-Christian beliefs (Tonigan, Toscova & Connors, 1999).



RESEARCH ON INTEGRATION OF PSYCHO-SPIRITUAL THERAPY IN DRUG TREATMENT IN MALAYSIA

- In conclusion, respondents in this study appeared to have had a generally positive experience of the psycho-spiritual intervention programs. The findings also show the benefits and areas for further improvement of the program at the agencies involved. The agencies allow the respondents to gain new insights of looking at their situation and themselves, they learn different ways and means of handling their problems, gather more knowledge and understanding from psycho-spiritual approaches that they find useful





RESEARCH ON INTEGRATION OF PSYCHO-SPIRITUAL THERAPY IN DRUG TREATMENT IN MALAYSIA

- In spite of the limitations, this study supports previous studies that spirituality is an important aspect in recovery from addiction (Seghatholeslam, Habil, Sulaiman, Rashid, & Zahari, 2014). It also provides some interesting results that are worth consideration by agencies and counselors in the treatment and rehabilitation of drug addiction.



THANK YOU SO MUCH FOR
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