

## **The ability to refuse drink and improve wellbeing**

### **ABSTRAK**

The motivational interviewing approach is a client-centered counselling style for eliciting behaviour change by helping clients to explore and resolve ambivalence. It has been shown to be more effective than other treatments for reducing risky behaviours and increasing client engagement and compliance with the treatment. Building their strength and motivation to refuse from heavy drink as well to improve well-being becomes the aim of this study. Purposive sampling by using Alcohol Use Identification Test (AUDIT) was employed to recruit hazardous and harmful drinkers among the indigenous communities of Sabah. A quasi-experimental design using pre-test and post-test was chosen for this study to assess the effectiveness of Motivational Enhancement Intervention. A total of 56 villagers in the West Coast Division of Sabah have participated in this study. Data were analysed by using IBMSPSS version 26.0. The study found that there was a significant difference reported in drinking refusal self-efficacy and subjective wellbeing in the experimental group before and after intervention. These findings are significant to provide direction for the next action plan for intervention purposes aims to reduce the alcohol-related harm among the indigenous communities of Sabah.