

# The Effect of Family Support Toward Motivation in Following The Drugs Rehabilitation Program

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## ABSTRACT

**Background:** Children were victims of drugs in Samarinda were at the high level. Some parents feel desperate, shame of the community environment, accompanying their children to consult to various places and it has definitely cost a lot. Efforts of mentoring and support to their children also produce different results. Some of their children, who have been taking drugs want to rehabilitate, but at the end being bored and depressed by the rules of the rehabilitation place.

**Objective:** This study aims to determine the effect of family support on the motivation of patients in following the drug rehabilitation program.

**Methods:** The design of this research is observational analytics by using a survey method. This study was conducted in Samarinda City by involving the Rehabilitation Center of National Narcotics Agency in Tanah Merah Samarinda, East Kalimantan, with the populations are 632 respondents and based on Gay and Diehl theory, it obtained the number of samples are 79 respondents. The data analysis method in this research used Structural Equation Models (SmartPLS) and t (t-test).

**Result:** Based on the research result got the value of family support toward the motivation is 0.366 with the value of the t-statistic is  $3.772 > 1.96$ . The dominant indicator that influences the family support is the indicator of opportunity for nurturance. The dominant indicator that gives effect to motivation is the desire for help indicator.

**Conclusion:** Family support has a positive and significant impact on the motivation of patients with the drug abuse in following the rehabilitation program in Samarinda. The family is advised to maintain and increase supporting, the family is advised to maintain the dominant factor of the opportunity for nurturance and increase the attachment, reassurance of worth, reliable alliance, and guidance and patients are advised to maintain the dominant factor that is desired to be assisted and improve the problem recognition and treatment readiness.

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## I. Introduction

Motivation is a human characteristic that contributes to the level of personal commitment. These include factors that cause, distribute, defend the human behaviour into a certain direction of determination [1]. Specifically, the existence of adequate social support is found to be related to the health status of motivation that leads to certain behaviours, positive behavioural changes can decrease mortality and morbidity [2].

The researchers conducted the interviews in February and March 2017, with several families whose children were victims of drugs in Samarinda. The facts, which were found that some parents feel desperate, feel their enormous depleted energy, in addition to bear the shame of the community environment,



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accompanying their children to consult to various places and it has definitely cost a lot. Efforts of mentoring and support to their children also produce different results. Some of their children, who have been taking drugs for years want to rehabilitate, but at the end that they repeatedly escape from where they are rehabilitated on the grounds of being bored and depressed by the rules of the rehabilitation place. The others are only brought once to the rehabilitation centre and after completion of the rehabilitation program continue to train as counsellor, by reason of feeling aware and self-motivated, feeling sorry for the parents who have supported and sacrificed for their recovery, and the desire to better organize its future.

The two phenomena over on the patients taken to the Rehabilitation Center for the rehabilitation program normally has been a drug abuser for more than two years and even is in a state of highly drug dependence. Previously they always keep a secret about the existence of his behaviour that has become a drug abuser from their family. From the various descriptions above, the authors want to prove how the family support to the motivation of patients in following the rehabilitation program in the city of Samarinda. Further, this study aims to identify the influence of family support toward the motivation of patients in following the rehabilitation program in the city of Samarinda.

## II. Method

This study is an observational analytic research, which explains the relationship between variables through hypothesis testing. Based on the time, this study was cross sectional because it studied the correlation between the variables of cause and effect, with the approach at the same time or "point time approach. This study was conducted in Samarinda in involving the Rehabilitation Center of National Narcotics Agency (BNN) Tanah Merah Samarinda East Kalimantan in March 2017 until December 2017.

The population in this study was all drug abuse patients, who had followed the rehabilitation and hospitalized at BNN Tanah Merah Rehabilitation Center in Samarinda, East Kalimantan, they are 632 patients from January 2013 to March 2017. The sampling in this study was done by using the simple random sampling technique by paying attention on level in the population. The number of samples in this study is 79 respondents, and the determination of the number of samples by using the basic theory of Gay and Diehl [3], who argue that the larger sample tendency is more representative, the results can be generalized and the instrument used is questionnaire instrument.

In this research, all data of the research result are analysed by using SmartPLS program. The data analysis used is a Structural Equation Model (SEM). A complete SEM modelling basically consists of a Measurement Model and a Structural Model.

## III. Results

### 1. Research Model of Partial Least Square (PLS)

In this study, the data obtained were analysed by using the Partial Least Square analysis tool (PLS) with the following results:

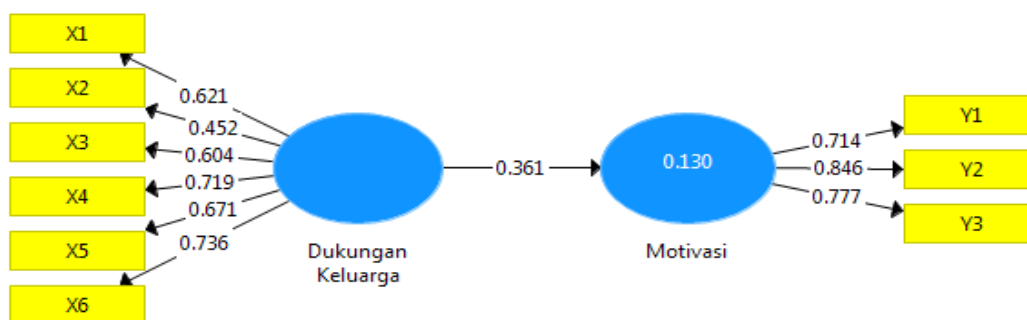


Figure 4.1:  
Initial Research Model

In the research model like figure 4.1 above, the loading factor with over value 0.70 is highly recommended. However, the loading factor with values of 0.50 - 0.60 can still be tolerated, as long as the model is still in development stage. In the initial research model as shown in Figure 4.1, it can be seen that there is a construct on the variable loading factor there is a value below 0.5. Based on this criterion, the indicators whose loading factor value less than 0.50 are eliminated from the analysis. The construction or indicator that must be eliminated as having the loading factor value <0.50 in figure 4.1 above is the indicator X1.2 (I have the opportunity to share the interest / pleasure to do activities together with family).

Based on the value of the loading factor for each indicator of several variables, so obtained a new research model with the figure as follows:

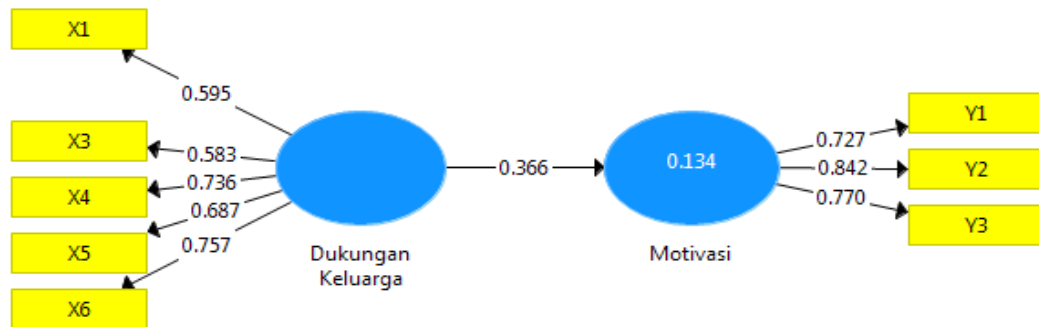


Figure 4.2:  
 New Research Model

Based on Figure 4.2 above, it appears that all of the loading factors are 0.50, so the research can proceed to analyse the measurement model or outer model and the structural model or inner model.

2. Measurement Model or Outer Model

1) Convergent Validity

The validity is assessed by looking at the convergent validity (the size of the original sample estimate / loading factor for each construct). The loading factor above 0.70 is recommended, however, the loading factor 0.50 - 0.60 is tolerable as long as the model is still in development stage. From the output of the research model, found the loading factor above 0,50 and t-Statistic significant (> 1,96 or p-value <0,05). This is evident from Table 4.1. The results for Outer Loading, where original sample estimation > 0,50 and t-Statistic > 1,96, so that research instrument is said to meet the covergant validity.

Table 4.7: Results For outer Loadings

Variable	Information	Original sample estimation
X <sub>1</sub>	Family supporting	
X <sub>1.1</sub>	I feel an emotional closeness and feeling safe with family.	0.595
X <sub>1.3</sub>	I get the family recognition and approval of my potential that I have.	0.583
X <sub>1.4</sub>	I have confidence to solve the problems that I face through the family assistance.	0.736
X <sub>1.5</sub>	I get an advice/suggestion and guidance from my family	0.687
X <sub>1.6</sub>	I feel that my family are able to help to meet my needs.	0.757
Y <sub>1</sub>	Motivation	
Y <sub>1.1</sub>	I want to be free of Drug addiction	0.727
Y <sub>1.2</sub>	I feel the family has paid attention to me to be free from drug dependency.	0.842
Y <sub>1.3</sub>	I want to follow the rehabilitation program activities to be free from Drug dependence and addiction.	0.770

Source: Output SmartPLS

This is evident from Table 4.1. The results for Outer Loading, where original sample estimation > 0,50 and t-Statistic > 1,96, so that research instrument is said to meet the covergant validity.

- a) The dominant indicator that influences family support is indicator X1.6 (I feel that my family is able to help me meet my needs) with a 0.757 Loading Factor value (the greatest value compared to other indicators).
- b) The dominant indicator that gives an effect to the motivation is indicator Y1.2 (I feel the family has paid attention to me to be free from Drug dependence). With the value of Loading Factors is 0.842 (the greatest value compared to other indicators).

3. Structural Model or Inner Model

1) Checking the Goodness of Fit Model

The checking model can be seen from the determination value (R<sup>2</sup> / R-square). It means that the model can explain the phenomenon or the variation of motivation can be explained by family support variables is 13.40 percent (0.134 x 100%). While, the rest is explained by the variance of other variables outside of the study model is 86.60 percent (100% - 13.40%), with the explanation on table 4.8 below:

Table 4.8: R – square

	R – square
Family support	
Motivation	0.134

Source: Output Smart PLS

2) T-test Test

In the smartPLS program is done with t-test on each path. The test results can be seen in table 4.9 below:

Table 4.9: Results For Inner Weights

Variable	Original sample estimation	Mean of sub-samples	Standard deviation	T-Statistic	P-Value
Family Support → Motivation	0.366	0.418	0.097	3.772	0.000

Source: Output SmartPLS

Based on table 4.9 above, it can be seen the effect of family support on motivation with the equation:  $Y = 0.366 X$ , where Y is motivation, X is family support. Based on table 5.9 above, it can be known the positive influence and significance variable level. If  $t\text{-Statistic} > 1.96$  means the exogenous variable gives significant influence of endogenous variables and if  $t\text{-Statistic} < 1.96$  then exogenous variable gives an insignificant influence to the endogenous variables with explanation as follows:

The family support has a positive effect on motivation with the value is 0.366, it can be seen also that family support has a significant influence on motivation because it has  $t\text{-statistic} (3.772 > 1.96)$ , so the results of this study accept the hypothesis that is the family support gives a positive influence and significant to motivation.

#### IV. Discussion

##### 1. The influence of family support on motivation

Based on the results of the research, it can be seen that family support gives a positive influence on motivation with a value is 0.366. In addition, it can be seen also that family support has a significant influence on motivation, because it has a  $t\text{-statistic}$  is 3,772 (greater than 1.96), so that the results of this study received a hypothesis stating that family support has a positive and significant impact on the motivation of patients with abuse drugs in following the rehabilitation program.

Family support, which is gained by drug abusers is still diverse. But most of them get a high support. This is probably because most respondents can always interact with their families. This problem is in accordance with the statement, namely the environment that supports the family, primarily plays a role in the healing process of a person with drug dependence. This is because, as not many of those who wish to recover coming from within themselves, more users need parent or family support.

According to [4] state that motivation is a desire within an individual that encourages him to act. Motivation shows the drive and effort to meet or satisfy a need or to achieve a goal. Motivation is a behavioural driver or called energizer of behaviour.

According to [5], recovery from drug addiction can be a long-term process and often requires several episodes of treatment. The drug abuse therapy is divided into two stages of detoxification and post-detoxification. This post-detoxification step is a rehabilitation aimed at restoring the healthy state of health, physical, psychological, social and spiritual. This stage is a long-term process, which in the implementation required motivation, which is the key for drug users to make an activity without drugs.

According to [2] family is defined as a living social system, where relationships are found in a family system, so that changes in a part must cause a change in a system. Motivation is also influenced by other factors. According to [4], among which are internal factors consisting of physical characteristics, gender, personality traits, intelligence and innate traits. In addition, it is also influenced by external factors consisting of environment, education, knowledge and culture. The external factors such as the above, it can be interpreted as social support. With the support of social such as family, will provide a feeling of safe, comfort, calm, and can increase the motivation of drug abusers, patients in the process of therapy and rehabilitation they are undergoing at the Rehabilitation Institute.

The limitations of this study are known through the determination value ( $R^2 / R\text{-square}$ ), which is only 13.40 percent ( $0.134 \times 100\%$ ) means that this model can explain the finding that

motivational variables are influenced by family support. While, the rest is the 86.60 percent (100% - 13.40%) is explained by variations of other variables outside of the research model. The other variables that may affect motivation in this study is one of the disturbing situations of mental and behaviour of patients or participants. This is in line with the International Classification of Disease (ICD-10, 1992), which mentions that drug abuse is a mental and behavioural disorder [6].

### *2. The dominant factors influence on the family support*

The dominant indicator that gives effect to family support is indicator X1.6 (I feel that my family is able to help to meet my needs), with the value of Loading Factors is 0.757.

Weis [7], developed a social provisions scale to measure the availability of family support. There are six aspects in it, namely: First, Attachment (affection or attachment), namely emotional attachment that gives a sense of security. Second, Social integration refers to the same sense of interest, concern, and recreation. Third, Reassurance of worth (recognition), that is the recognition of competence, skills, and value owned. Fourth, Reliable alliance is belief that there are others who can be relied upon to help solve the problem and the certainty or assurance that the child can expect parents or family in helping all circumstances. Fifth, Guidance (guidance), namely the presence of someone who provides advice and information by the family or parents to the child. Sixth, Opportunity for nurturance (possibly assisted), is a child's sense of family or parent's responsibility to the well-being of the child.

Based on the results of the above research, the indicators that give the dominant influence on the family support are the opportunity for nurturance (possibly assisted), is the patient's or the participants' perception of family responsibilities towards their welfare. This finding can be assumed that family support affects the patient's or participants' desire to heal. Actually the drug abusers (participants) want to stop using drugs. This may be due to guilt feelings in him (Guilty Feeling). This is in line with the opinion of [5], which states that guilt can motivate drug users to stop using drugs that arise from within the individual itself, from outside the individual, and feeling responsible, be responsible for themselves, family, community, government or his God. Self-motivation provides a chance for healing. The rest, it takes the support of medicine, family, and the environment. Healing should not only be physical, but also psychological, like restoring the confidence of drug abusers. Likewise, Family support is the existence, occurrence, and willingness, concern of reliable people, respect and compassion. It is also stated that it is specifically accepted that people living in a supportive environment are in much better condition than those who do not. Support can reduce the impact of stress and directly strengthen the mental health of individuals.

### *3. The dominant factors influence on motivation*

The dominant indicator that gives effect to motivation is indicator Y1.2 (I feel the family has paid attention to me to be free from drug dependence) with the value of Loading Factors is 0.842.

Motivation is a condition and encouragement caused by the motive or reason that appears in a person who encourages him to make efforts in the form of work, behave, certain attitudes and make himself active to keep trying to achieve goals. Furthermore, [8] continued that the motivation has three aspects: First, the problem recognition (recognition of the problem), the problem of acknowledging the possible use of drugs from intrinsic pressure such as the desire to live, free of drugs. Second, Desire for help, which is getting help from the family in the form of encouragement, and attention. Third, Treatment readiness (readiness to follow the treatment), that is when the drug user has acknowledged the problem that they faced and the desire to be assisted then the readiness to follow the treatment in the process of healing. Furthermore, based on the results of research, the

indicator that gives the dominant influence on motivation is the desire for help (desire to be assisted), that is getting help from the family in the form of encouragement and attention. The above findings can be interpreted as something reasonable, because if someone gets good support from the environment, including the families, so someone will be motivated to behave positively. This is in line with the opinion of [2] which states that changes in positive behaviour can reduce mortality and morbidity.

According [9] Support can be given to drug patients who are undergoing the process of therapy and drug rehabilitation can be information and support by providing an information, knowledge about therapy and drug rehabilitation. The instrumental support is in the form of direct assistance, such as: expenses for therapy process and drug dependency rehabilitation and routine visits to rehabilitation Institute.

The emotional supports include the empathy, caring, and caring for family members. With more attention, the patient is not alone in the process of therapy and rehabilitation. The award support can occur through positive expression for someone, encouragement to move forward, and positive comparison with others. With a positive reinforcement, then a behaviour will be improved to a better direction.

## **V. Conclusion**

Associated with the relationships between variable on the models, based on the results of the analysis that has been presented in the previous chapter can be drawn the following conclusions:

1. Family support gives a positive influence on motivation, it can be seen also that family support gives a significant influence on the motivation of patients with drug abuse in following the rehabilitation program.
2. The dominant indicator that influences family support is the indicator of opportunity for nurturance (Patient feels that the patient's family is able to help to meet the patient's needs). The dominant indicator that gives effect to motivation is the desire for help indicator (Patient feels the family has paid attention to the patient to be free from Drug dependence).

## **VI. Suggestion**

1. The family is advised to maintain and improve support, as it can reduce the impact of stress and directly strengthen the mental health of patients with drug abuse in following the rehabilitation program.
2. The family is advised to maintain the dominant factor of Opportunity for nurturance and increase Attachment, Reassurance of worth, Reliable alliance, and Guidance (guidance).
3. Patients are advised to maintain the dominant factor that is the desire for help (desire to be assisted) and improve the Problem recognition (recognition of the problem) and Treatment readiness (readiness to follow the treatment).
4. The Rehabilitation Center is encouraged to facilitate Family Support Group (Family Support Group) program for the family of patients (Residence) following the rehabilitation program at the Rehabilitation Institute.
5. Researchers are further recommended to be able to develop other research models with broader variables in addition to family support and patient motivation, with a larger number of respondents and intervention research design

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