



Submission date: 02/09/2019

Accepted date: 15/10/2019

**GUEST EDITORS: COUNSELING PSYCHOLOGY, DRUG PREVENTION  
AND REHABILITATION ISSUES**

*Editor Tamu: Psikologi Kaunseling, Isu Pencegahan dan Pemulihan Dadah*

Dini Farhana Baharudin, Mohd Rosmizi Abd Rahman, Siti Nubailah Mohd Yusof,  
Nurhafizah Mohd Sukor and Haslee Sharil Lim Abdullah

Universiti Sains Islam Malaysia

dini@usim.edu.my  
nubailah@usim.edu.my  
nurhafizah@usim.edu.my  
sharil@usim.edu.my

This special issue is a selection of seven articles that are research-based. The articles were extracted from the Master of Counseling (Substance Abuse), Universiti Sains Islam Malaysia students' research reports. The students were assisted by their respective supervisors to produce the articles as a form of academic training to disseminate their research findings through journal publication.

The common theme of the articles is drug addiction and rehabilitation. The articles relate the theme with the various psychological constructs. Drug addiction has become one of the most serious health issues all over the world. Malaysia is no exception in facing the challenge to overcome the problem of drug addiction (National Anti-drug Agency, 2018). Based on the statistics by the National Anti-drug Agency (National Anti-drug Agency, 2018), the number of detained drug addicts were 17,474 for new cases and 7,793 relapse cases in 2018 respectively as compared to 2017 about 18,440 new cases and 7,482 relapse cases. Even though there is a slight decrease of new cases, there was an increase for relapse cases. Therefore, the reported data explicates that after drug addicts have been discharged from the rehabilitation treatment program, most of them failed to sustain the free of drug lifestyle (Fauziah and Naresh Kumar, 2009). Undeniably, in line with the purpose of having a drug-free society (Amin al- Haadi Shafie, Azad Athahiri Anuar, Norsayyidatina Che Rozudi, Wan Ahmad Zakry Wan Kamaruddin, Nurul Ashikin

Miskam, & Musa Mohamad, 2018), the Malaysian government through various agencies has implemented action strategies to hinder drug use. This includes law enforcement, prevention programs, treatment and rehabilitation (National Anti-drug Agency, 2018; Scorzelli, 1992). However, from these three, only drug prevention and rehabilitation are directly related to counseling psychology.

Drug prevention is part of the efforts by Malaysian government to reduce the number of people involve with drugs by stopping them from starting its usage and abuse (MAMPU, 2019). To achieve this aim, one of the interventions is by providing psycho-educational drug prevention programs and campaigns to increase people's awareness about drugs. Most drug prevention programs are targeted at schools especially those identified as high-risk schools (Tan, Yee, Sulaiman, Said, Danee, & Lua, 2018). The article entitled "Relationship Between Emotional States and Coping Styles Among High Risk Students" helps provide some informative insights on secondary school students at high-risk schools. It was written by Mohd Khairul Anuar Rahimi, Kamal Abdul Rahman, and Farhana Sabri (2019). This study identified the coping styles among high-risk students and examined the relationship between emotional states and coping styles among high-risk secondary school students.

Another article that has chosen school as the focus was co-produced by Nurhafizah Mohd Sukor and Siti Zubaidah Hussin (2019). They examined self-efficacy and its influence on job satisfaction among Substance Abuse Prevention Program (PPDa) teachers. PPDa teachers play the major role in implementing preventive programs as well as treatment sessions at school (Evansburg, 1995). Hence, to ensure effectiveness, it is important to ensure the teachers' well-being. The findings showed that PPDa teachers are at the moderate level of self-efficacy and low level of job satisfaction. There was no significant difference in self-efficacy based on gender and experience in handling PPDa program. There was also no significant difference in job satisfaction based on experience in handling PPDa program. However, there was a significant difference in job satisfaction based on gender. The findings also revealed that there was a significant positive relationship between self-efficacy and the level of job satisfaction.

Protective and risk factors are two elements that is focused on in drug prevention. Protective factors are those associated with reduced potential for drug use while risk factors are those that make drug use more likely (National Institute on Drug Abuse, 2002). Research show that the family can be either protective or risk factor that may influence the addictive process and its remediation (Dini Farhana Baharudin, Abdul Halim Mohd Hussin, Melati Sumari, Sarina Mohamed, Mohd Zaliridzal Zakaria & Rezki Perdani Sawai, 2014; Fauziah and Naresh Kumar, 2009). To explore more

about how parents may influence the behavior of their children, Siti Nubailah Mohd Yusof, Ahmad Shamimi Abu Bakar, and Rezki Perdani Sawai (2019) co-wrote the third article entitled “The Relationship Between Parenting Style and the Risk of Drug Abuse among Youth”. One of the important findings showed that there is a significant correlation between permissive parenting style and drug abuse risk ( $r = .61$ ).

Another article that also looks at youth is an article which focuses on the relationship between religiosity and risky behavior of taking drugs among youth. This article was written by Mohamad Rosdi Mahmud, Mohd. Zaliridzal Zakaria, and Dini Farhana Baharudin (2019). Earlier studies found that religion and spirituality are also considered as protective factors against drug abuse among youth (Kulis, Hodge, Ayers, Brown, & Marsiglia, 2013). Hence, this article measured the relationship between religiosity and risky behavior of drug use using the Religiosity and Personality Index (MRPI) and the Drug Abuse Screening Test (DAST-20) as instruments in this study. The findings were presented, and the implications discussed.

Treatment and rehabilitation of people involved in drug abuse and addiction is not simple as it is considered a chronic disease. Most clients need long-term or repeated care to stop using completely and recover their lives. Treatment are usually multi-dimensional ranging from out-patient to residential approach with different types of modalities (National Institute on Drug Abuse, 2019). In the next article, female Muslim clients in a drug rehabilitation centre were the subjects of study. This article was co-written by Haslee Sharil Lim Abdullah and Salina binti Abdullah (2019) in which they examined the clients’ cognitive distortion and resilience. It was found that there was no significant mean difference of cognitive distortion and resilience mean scores based on Al-Quran reading competence and academic qualification. It was also found that there was an indirect insignificant correlation between cognitive distortion and resilience.

In addition, two articles that follows highlights people in the recovery of drug addiction. Recovery from drug addiction is a journey and takes a lifetime to maintain sobriety (National Institute on Drug Abuse, 2019). Farhana Sabri, Nur Afidah Abdullah, and Mohd Khairul Anuar (2019) wrote the article on “Defense Mechanisms and Self-Control in Recovering Substance Abuse Clients”. It aims to investigate types of defense mechanisms in recovering substance abuse clients and its relation to self-control level.

In the final article by Brindha Vijayakone and Haslee Sharil Lim Abdullah (2019), the focus was on self-compassion and self-control among recovering addicts. The

results of the study showed an average level of self-compassion and self-control amongst recovering addicts. There were no significant differences in recovering addicts' self-compassion and self-control mean scores based on age, race, marital status, educational level and duration involved in drugs. Results also showed there was an inverse correlation between self-compassion and self-control ( $r = -0.48$ ,  $n = 190$ ,  $p < 0.001$ ).

To sum up, the articles in this special issue addressed drug-related issues with the various psychological constructs involving different segments of the population. The articles provide some insights to those who are directly involved in drug prevention and treatment programs. The articles are not only limited to the academics and researchers interested in issues related to drug prevention and rehabilitation, but also parents, teachers, counselors, social workers, practitioners could benefit from the articles published in this special issue of the journal.

## REFERENCES

- Amin al-Haadi Shafie, Azad Athahiri Anuar, Norsayyidatina Che Rozudi, Wan Ahmad Zakry Wan Kamaruddin, Nurul Ashikin Miskam, & Musa Mohamad. (2018). Menangani relaps dengan teknik terapi tingkah laku dan kognitif (CBT). *Al-Abqari Journal of Islamic Social Sciences and Humanities*, 13, 39-47.
- Dini Farhana Baharudin, Abdul Halim Mohd Hussin, Melati Sumari, Sarina Mohamed, Mohd Zaliridzal Zakaria & Rezki Perdani Sawai. (2014). Family intervention for the treatment and rehabilitation of drug addiction: An exploratory study. *Journal of Substance Use*, 19(4), 301-306.
- Evansburg, M. (1995). Drug Assessment Team: Teachers' role in drug abuse intervention. *NASSP Bulletin*, 79(570), 104-108.
- Fauziah Ibrahim & Naresh Kumar. (2009). Factors Effecting Drug Relapse in Malaysia: An Empirical Evidence. *Asian Social Science*, 5(12), 37-44.
- Kulis, S., Hodge, D.R., Ayers, S., Brown, E.F., & Marsiglia, F.F. (2012). Spirituality and religion: Intertwined protective factors for substance use among urban American Indian youth. *The American Journal of Drug and Alcohol Abuse*, 38(5), 444-449.
- MAMPU (The Malaysian Administrative Modernization and Management Planning Unit). (2019). Drug prevention. Retrieved from <https://www.malaysia.gov.my/portal/content/28900>.
- National Anti-drug Agency. (2018). Statistics of drug addicts by case status 2014-2018. Retrieved from <https://www.adk.gov.my/en/public/drugs-statistics/>.

- National Anti-drug Agency. (2018) About NADA. Retrieved from <https://www.adk.gov.my/en/corporate-info/about-nada/>.
- National Institute on Drug Abuse. (2002, February 1). Risk and protective factors in drug abuse prevention. Retrieved from <https://archives.drugabuse.gov/news-events/nida-notes/2002/02/risk-protective-factors-in-drug-abuse-prevention>.
- National Institute on Drug Abuse. (2019). Treatment approaches for drug addiction. Retrieved from <https://www.drugabuse.gov/publications/drugfacts/treatment-approaches-drug-addiction>.
- Scorzelli, J.F. (1992). Has Malaysia's antidrug effort been effective? *Journal of Substance Abuse Treatment*, 9, 171-176.
- Tan, H.J.R., Yee, A., Sulaiman, A.H., Said, M.A., Danee, M. & Lua, A.C. (2018). Effects of a school-based substance use prevention program on students in Malaysia. *JUMMEC 2018*, 21(1), 40-46.