

# Motivational Interviewing Approach in Overcoming Drug Addicts Distrust

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# Motivational Interviewing Approach in Overcoming Drug Addicts Distrust

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## Abstract

**Introduction:** One of the problems experienced by drug addicts is the loss of confidence due to the effects of taking drugs. One of the techniques used in anti-drug rehabilitation dip is to use motivational interviewing techniques. This technique aims to motivate addicts to change. This study aims to know the confidence of drug addicts when newly entered Community-Based Rehabilitation, to see the process of motivational interviewing (MI) techniques in Community-Based Rehabilitation and to see the role of motivational interviewing (MI) technique. **Materials and Method:** The data used is qualitative. The subjects of this study were three drug addicts and one counsellor. The data sources taken in this study are primary and secondary data sources. The data was obtained using interview methods, observation methods and documentation methods. Qualitative data analysis techniques consist of four stages: data reduction, presentation of data (data display), conclusion drawing and verification. From the results of research obtained confidence addict drugs when new to Community-Based Rehabilitation that is, often alone, being close to others, silent, and consistently negative thinking (negative thinking) towards others, feeling afraid, unsure of themselves, always being negative, reluctant to communicate, not serious, irresponsible, closed and pessimistic about what he does. **Result:** In Community-Based Rehabilitation, the four principles are carried out: expressing empathy, developing discrepancy, accepting resistance, and supporting efficacy. **Conclusions:** Motivational interviewing (MI) techniques play a role in overcoming the confidence of drug addicts with changes in attitudes and ways of thinking, changes experienced that is, clients are more serious, responsible, think and be positive, open to others, optimistic, rational thought, and better understand the feelings of themselves and others.

**Keywords:** Self Confidence, Motivational Interviewing, Drug Addicts.

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## INTRODUCTION

Technology development can impact people's lifestyles, resulting in the development of science and technology; many deviant behaviours occur in adolescents. [1] In reality, many factors cause juvenile delinquency and adolescent behaviour disorder in general. Juvenile delinquency referred to here is behaviour that deviates from habit or violates the law. In this case, it is mentioned that the type of juvenile delinquency is social delinquency that does not cause victims on the side of others such as prostitution, premarital sex and drug abuse. [2] Science and technology are very rapidly developing and can impact development, and many deviant behaviours occur in adolescents. [3] In reality, many factors cause juvenile delinquency and adolescent behaviour disorder in general. Juvenile delinquency referred to here is behaviour that deviates from habit or violates the law. In this case, it is mentioned that the type of juvenile delinquency is social delinquency that does not cause victims on the side of others

such as prostitution, premarital sex and drug abuse. [4] The advancement of science and technology is very rapidly developing and can impact people's lifestyles. As a result of the development of science and technology, many deviant behaviours occur in adolescents. [5] In reality, many factors cause juvenile delinquency and adolescent behaviour disorder in general. Juvenile delinquency referred to here is behaviour that deviates from habit or violates the law. In this case, it is mentioned that the type of juvenile delinquency is social delinquency that does not cause victims on the side of others such as prostitution, premarital sex and drug abuse. [6] Researchers found that problems arising from addicts or drug users living in Community-Based Rehabilitation vary based on the field's initial observations. However, researchers focus only on one issue: the distrust experienced by drug addicts who have just entered the rehabilitation centre. This distrust can be seen from the behaviour that arises from addicts. [7] Behaviour arising from addicts who do not have confidence

is difficult to interact with the surrounding environment, often alone, difficult to communicate, and when in society or seminar afraid to ask or do not have courage in asking. [8] Researchers found that problems arising from addicts or drug users living in Community-Based Rehabilitation vary based on the field's initial observations. However, researchers focus only on one issue: the distrust experienced by drug addicts who have just entered the rehabilitation centre. This distrust can be seen from the behaviour that arises from addicts. [9] Behaviour arising from addicts who do not have confidence is difficult to interact with the surrounding environment, often alone, difficult to communicate, and when in society or seminar afraid to ask or do not have courage in asking. [10]

## MATERIALS AND METHODS

### Types of Research

In this study, the approach used is qualitative. Therefore, this study will produce descriptive power based on the content observed in the form of spoken language and writing in interviews from what is observed. [11] This type of research approach is descriptive qualitative. Where the author seeks to tell the problem solving that exists based on the data. [12]

Research Design in the case of study research, one of the most important things is to create a research design. A strategy in achieving a goal in carrying out the research setting can be used to carry out the overall implementation of research. [13]

### Data Source

- a. In the research process to obtain various sources of data and information that can be used in this study, the author conducts data retrieval with a data source consisting of Primary data obtained from informants in BAPAS during the implementation of research. Data obtained by carrying out observation observations and interview results directly. Primary information is self-managed personal data as needed. [14]
- b. The authors' secondary data in the study from various supporting sources by taking literature review, books, articles in journals, the internet, legislation, and concept theories related to Motivational Interview. [15]

### Data Collection Techniques

Data collection includes efforts to collect information through observations and interviews, whether structured or not, documentation, visual materials, and efforts to design and record/record information. [16]

#### a. Patisipative Observation

Observations made by the author directly down to the field observed individuals' behaviour and activities at the research site. Then the observations will be used as writing by recording or recording in a structured or semi-structure way,

such as the question the author wants to ask. [17] Researchers are also involved in various roles during the implementation of observation. In making observations, authors can ask common questions to be asked to the source by giving their views. With these participants' observation, the data obtained will be wholly sharp until they know at the macro level of each visible behaviour. [18]

#### b. Interview

In conducting qualitative interviews, the author performs interviews face-to-face. Then interview by phone or engage by showing a Discussion Group consisting of up to eight participants. In questioning, group discussions will undoubtedly be open and will generate views and opinions from participants. [19]

c. Documentation In the process of documentation, research is essential. The author collects qualitative documents. These documents can be public documents such as Reports from the unit and private documents such as emails and letters. Documentation is also included in the form of photographs, recordings, various audio and visual materials. [20]

### Research steps

The steps that will be taken to interactive model research the data that has been collected are:

#### a. Data categorization

This step involves retrieving the writing or image data that has been collected during the collection process, segmenting sentences or images into categories, then labelling these categories to be developed when analyzing text or image transcripts. [21] This description involves trying to convey detailed information about a specific person, location, or event. Doing this is a process in the collection, categorizing data to understand the meaning to be conveyed. So it will generate data in the form of words. [22]

#### b. Data Reduction

In doing data, a reduction focuses on simplifying data by providing essential points by showing detailed and systematic reports in the form of descriptions. The desired data processing will be easily classified and know which data does not need to be used, produce a good direction from the author's observations, and make it easier to find data when needed. [23]

#### c. Display classification of data

In presenting the data, the author seeks to show the overall results of the research conducted. Using data classification and data grouping can be understood and analyzed following the desired purpose. [24]

#### d. Interpretation and verification of data

After various stages are carried out in the final process,

conclusions and verification of the research results are provided. Included in identifying and discussing one or more existing strategies for checking the accuracy of research results. [3] To improve the accuracy of research results using Triangulation, a different source of information data,

examining the evidence coming from that source and using it to build coherent justification of themes. Then apply member checking to know the accuracy of the research results. Bringing the final report back to the participants to check that the information is accurate. [25].

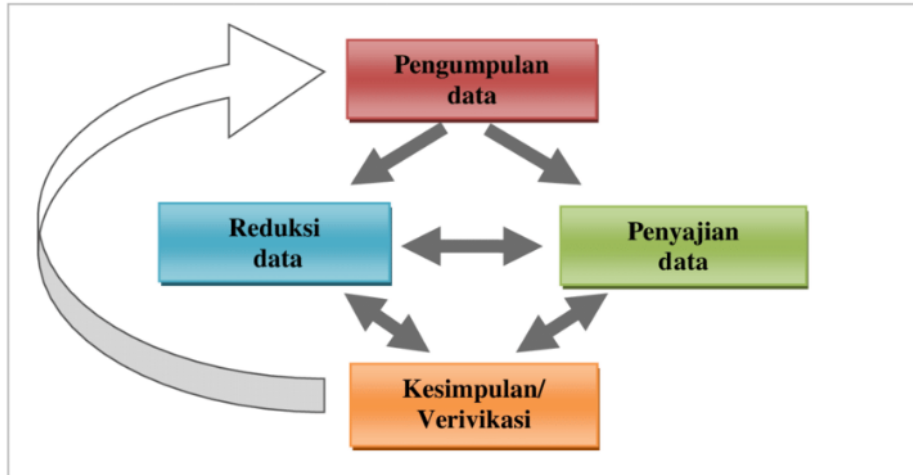


Figure 1: Data Analysis Process

Source: Secondary Data Stages and Flow of Interactive Model Data Analysis Techniques (26)

**Figure legends**

Figure 1 : Secondary Data Stages and Flow of Interactive Model Data Analysis Techniques [32]

**ETHICAL CLEARANCE**

This study was approved by Research Ethics Committee, Departement of Community Guidance, Politeknik Ilmu Pemasarakatan, Number. SDM.5.SM.09.03 - 2589

**RESULTS**

Drug Addict's Confidence When New to Community-Based Rehabilitation.

From the results of interviews, confidence drug addicts when newly entered community-based rehabilitation, as follows :

TABLE 1: Drug Addicts Confidence When New to Community-Based Rehabilitation

Subject	Client's Confidence When New to Drug Rehabilitation
SA	This SA client feels his confidence is lost, scared, embarrassed, shy, unsure of himself, always think negatively, reluctant to communicate, still closed and pessimistic about what he is doing.
RA	RA clients feels unaware of what he has done, irresponsible to himself, and his thoughts are still everywhere. He, considers himself the most correct, always thinks negatively, feels foreign in new environment, is often alone, silent and does not believe in self-ability and does not like crowds
AR	AR client feels doesn't know what to do yet, is negative thinking, doesn't believe in others, doesn't mean what he wants to do, is selfish, doesn't care about the environment, is silent, shy, chaotic and doesn't know the direction
Program Manager	Clients are reluctant to follow the rehabilitation process. Clients are difficult to communicate, silent, difficult to interact with, unwilling, close to others and often alone.

**Table legends**

**Table 1 :** The thing that the client feels when he first enters rehabilitations, feeling unconfident, behaviour that often arises in the client is, often alone, being close to others, being silent, shy and consistently pessimistic thinking (negative thinking) towards others, not serious, reluctant to communicate, and suspicious about what he does.

The things that the client feels when he first enters rehabilitations are, feeling unconfident. The behaviours that often arises in the client are often alone, closed to others, silent, shy and consistently pessimistic (negative thinking) towards others, not serious, reluctant to communicate, and suspicious about what he does.

Motivational Interviewing (MI) Approach Implementation Process.

**a. Express empathy**

The counsellor conducts the motivational interviewing approach process, and the counsellor expresses his empathy towards the client, where the counsellor is just silent and listens to what the client wants to tell. The counsellor also builds the client's trust in the counsellor so that the client feels confident and trust in the counsellor, and the client is encouraged to tell the problem he or she is facing. [26]

**b. Developing Discrepancy**

Developing a discrepancy means that the counsellor helps the client skillfully explain thoughts and feelings; counsellors use open questions. Counsellors ask clients to describe their days, convey empathy, express feelings and the meaning of statements from clients, and counsellors also offer summaries during motivational interviewing sessions. [27] Accepting Resistance the receiving resistance means the counsellor acknowledges the resistance the client is experiencing during the change process, provides feedback, recalls the client's statements about the motivation to change, adds additional thinking to the client that the client has never thought of, and still puts the client in charge of the problem.

**c. Supporting Self-Efficacy**

In supporting self-efficacy, counsellors can encourage confidence and support changes to improve the client's life and encourage clients by using change questions on the client. Role of Motivational Interviewing Approach in Overcoming Distrust in Narcotic Addicts.

**d. Confidence in Self-Ability**

In the interview, a client feels a change after following the counselling process using a motivational interviewing approach, and his confidence can be resolved. The client's change experienced in the client's self-assurance consists of a shift in attitude, thinking, and seriousness in doing something. [22]The client, before entering rehab and has not followed the counselling process, his way of thinking is still negative, his attitude is also negative, and he has not done anything.

**e. Optimistic**

The client feels a change after following the counselling

process using a motivational interviewing approach, and his confidence can be resolved. [28] The changes experienced by the client from a sense of optimism are: good-looking to face something, use the ability effectively, be open, be well-funded in dealing with the problem.

**f. Objective**

An interview can be concluded that the client feels a change after following the counselling process by using a motivational interviewing approach, and his confidence can be resolved. The shift experienced by the client is the client when looking at a problem or something under the moral truth.

**g. Responsible**

As a result of the interview, the client feels a change after following the counselling process using a motivational interviewing approach, and his confidence can be resolved. The difference experienced by the client from a sense of responsibility, that is, the client is willing to bear everything that the client has consequences.

**3 Rational and Realistic**

Based on the results of the interview above, it can be concluded that the client feels a change after following the counselling process by using a motivational interviewing approach, and his confidence can be resolved. [29] The shift experienced by the client from a rational and realistic sense of thought is that the client is more aware in analyzing a problem or a thing and an event using studies that are acceptable to will and following reality.

**DISCUSSION**

Confidence of drug addicts when new to Community-Based Rehabilitation

The confidence of drug addicts when they enter a drug rehabilitation centre can be seen from the client's behaviour. Client behaviour that is often seen and felt by the client, among others, difficult to interact with the surrounding environment, often alone, difficult to communicate, closed with others, bad-looking in the face of everything, being negative, not responsible for yourself, not seriously to change, when looking at the problem is not following the moral truth, and always want to be understood. [30] In line with the explanation that adolescents involved in drugs usually experience impaired bodywork function and behaviour due to addictive substances/opiates contained in various types of drugs. Emotionally want to be alone, have poor communication patterns, and have a closed personality (introvert).

**Motivational Interviewing (MI) Approach Implementation Process)**

- a. The motivational interviewing approach aims to help clients develop intrinsic motivation to change and achieve counselling goals. The process of implementing the motivational interviewing (MI) approach is Building relationships: according to counsellors, building relationships is the first step in the counselling process because clients and counsellors must know each other and establish emotional closeness. [31] Counsellors should build client trust in counsellors, and counsellors show that clients can trust counsellors. Counsellor develops rapport, as well as intertwined client trust in counsellors.
- b. In the motivational interviewing approach, the counsellor expresses this sense of empathy, providing warmth, sincerity, optimistic assumptions, listening reflectively, accepting ambivalent feelings, emotional appreciation, and directing the view in a more realistic direction. Identification and assessment of problems: according to the counsellor, as the counselling process progresses, the counsellor begins to discuss and clarify the goals.
- c. In the mi process, it can be said to develop a discourse, where the counsellor helps the client skillfully understand the various thoughts and feelings of conflict in the client. Here also the counsellor can use open questions, the counsellor asks the client to describe the client's days, and the counsellor helps the client recognize the strengths of the client, and the counsellor also conveys his sympathy, and the counsellor also offers a summary so that the conversation does not widen everywhere.
- d. They were facilitating counselling: the intent of facilitating counselling here when counsellors receive

client resistance. Accepting this resistance means that the counsellor acknowledges that resistance is an important and often experienced part of the client's change process, and at this stage, the counsellor provides feedback to the client, and the counsellor also recalls the client's previous statements about the motivation of changing to the client. Also, the counsellor adds additional thoughts or something that the client may not have previously considered, but at this stage, the face-to-face counsellor places the client as the party responsible for the problem and the resistance to address the issue.

- e. Evaluation: A measure of the success of counselling will be seen in the progress of client behaviour that develops positively. In the motivational interviewing approach, there is a general principle of motivational interviewing: supporting self-efficacy means that counsellors encourage client confidence and support changes to improve the client's life and encourage clients to change, using the motivations provided by the counsellor.

The motivational interviewing approach's counselling process is in line with Miller and Rolnick, who identify four general motivational interviewing principles: developing discrepancy, expressing empathy, supporting self-efficacy, and accepting resistance.

The Role of Motivational Interviewing Approach in Overcoming Distrust in Drug Addicts.

*The success of counselling will be seen in the progress of client behaviour that develops positively if the client is serious about changing. From the research results obtained, the motivational interviewing approach can overcome the client because, with this approach, the client feels a very significant change in the client, and the client feels confident. [31] After following the counselling process, the client is confident in his ability, objective, responsible, rational, and realistic.*

**Table 2: The Role of Motivational Interviewing (MI) in Overcoming Distrust in Drug Addicts**

Client	Before motivational interviewing (MI)	After being given Motivational Interviewing (MI)
SA	Before SA, followed the motivational interviewing (MI), he didn't feel confident, felt fear, shame, and shy, not sure of himself always thought negatively, was reluctant to communicate, still close, not serious with what he experienced and felt irresponsible for what he did, and pessimistic about what he did.	After being given motivational interviewing, SA underwent many changes, from his attitude, the way of thinking and chemistry. He started to be confident in his capabilities. SA feels more earnest to change. SA is also able to think positively. SA is beginning to understand others. SA also looks at the issues according to the moral truth. SA feels more responsible for himself and more accepting of consequences, and he has been able to overcome the problems he faces.
RA	Before following motivational interviewing, RA felt unaware of what he had done, was irresponsible to himself, considered himself the most correct, always thought negatively, do not mean, felt a lone in a new environment, was often alone, silent and didn't believe in self-ability and didn't like crowds.	After being given motivational interviewing, RA felt many changes, both from thinking and behaving. RA is more earnest, positive thinking, and believes in self-ability. Nowadays, when looking at a problem, RA is entirely objective in finding out advanced moral correctness.
AR	Before following motivational interviewing (MI), AR didn't know what to do, had negative thinking, didn't believe in others, didn't mean what he wanted to do, was selfish, didn't care about the environment, and was silent. His mind was still chaotic, he didn't have any direction, was closed to others, and pessimistic at everything.	After being given motivational interviewing, AR feels a positive influence. AR is more earnest to change, and already has the motivation to change. He has better understanding, appreciates others, thinks positively and is confident in his abilities. When looking at an issue, AR is objective enough and considers first before making a decision. AR feels more responsible for the problem. Furthermore, AR is more thorough in making decisions and using common sense and moral truth.

**Table legends**

**Table 2:** The table above can be concluded between before the client follows the motivational interviewing process after following motivational interviewing behaviour displayed differently. Before following the motivational interviewing process, clients feel Minder, difficult to communicate, often alone, negative, closed to others, pessimistic, not serious, selfish and think negatively and irresponsible. Whereas after following the motivational interviewing process, the client feels the changes in the client's self, the changes experienced by the client, namely, the client is more serious, responsible, think and be optimistic, open to others,

reason, and better understand the feelings of himself and others.

## CONCLUSION

Confidence In Drug Addicts When New To Community-Based Rehabilitation. When a new addict enters drug rehabilitation, the addict feels confident that he is missing behaviour that often arises in the addict, often alone, being closed to others, being silent, embarrassed, Minder and consistently negative thinking towards others., feeling afraid, unsure of himself, always being negative, not caring about the environment, reluctant to communicate, not serious, irresponsible, closed and pessimistic about what he does.

Motivational Interviewing Approach Process In the Motivational interviewing approach, the counsellor expresses this sense of empathy, providing warmth, sincerity, optimistic assumptions, listening reflectively, accepting ambivalent feelings, emotional appreciation, and directing views in a more realistic direction to the client. Develop a discrepancy, where the counsellor helps the client skillfully to understand the various thoughts, feelings of conflict in the client, and here also the counsellor can use open questions, the counsellor asks the client to describe the client's days, and the counsellor helps the client recognize the strengths of the client. The counsellor conveys sympathy, and the counsellor also offers a summary so that the conversation does not widen everywhere. Counsellor receives client resistance. Accepting this resistance means that the counsellor recognizes that resistance is an important and often experienced part of the client's change process, and at this stage, the counsellor provides feedback to the client. The counsellor also recalls the client's previous statements about the motivation of changing to the client, besides, the counsellor also adds additional thoughts or something that the client may not have previously considered, but at this stage, the counsellor's gaze puts the client in charge of the problem and resistance to address the issue. Supporting this self-efficacy means counsellors encourage client confidence and support changes to improve the client's life and encourage clients to change, using the counsellor's motivations.

The Role of Motivational Interviewing Approach In Overcoming Distrust In Drug Addicts. The motivational interviewing approach is said to work when the client experiences a change in the client, from the results obtained that the client changes after following the motivational interviewing process. The changes experienced by clients after following the motivational interviewing process are, clients are serious, responsible, think and be positive, open to others, optimistic, rational thinking, and better understand the feelings of themselves and

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# Motivational Interviewing Approach in Overcoming Drug Addicts Distrust

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