

Implementation of REBT for Drug Addicts: Meta-Analysis

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Abstract— This study aims to determine the level of Rational Emotive Behavior Therapy (REBT) approach to drug addicts. This significant level will be examined from the results of previous studies. This research uses a meta-analysis method. Meta-analysis is a study of research results in similar problems. The unit of analysis in the study is written documents about the research approach to Rational Emotive Behavior Therapy (REBT) in the form of journal articles and research reports taken purposively based on their suitability with the research theme. The main instrument of this research is the researchers themselves assisted with documentation guidance. Analysis of the data used is the analysis of quantitative data with the percentage and analysis of qualitative data for data from the results of narrative studies of the studies encountered. The results showed that the Rational Emotive Behavior Therapy (REBT) approach plays a role in increasing the ability to control emotions such as anxiety and aggressiveness, the ability to eliminate negative thoughts and self-destructive behaviors, and changes in the support of irrational thinking, with limited behavioral changes.

Keywords— *REBT, counseling, alcohol abuse, drug abuse*

I. INTRODUCTION

Human activities in life are not infrequently faced with a problem. These problems can come because of factors from within the individual itself or because the environment/situation/people influence it. One form of problems that often arises in various countries is related to drug abuse. In developing countries such as Indonesia, the problem of using Narcotics, Alcohol, Psychotropic, and Addictive Substances (NAPZA) is one of the major problems that must be faced. According to the Inspector General. Pol. Drs. Arman Depari as Deputy of the Eradication of the National Narcotics Agency (BNN) RI in *kompas.com* stated that in the development of drug abuse cases in Indonesia at this time is in an alarming condition.

In this case, the problem of drug abuse is a social problem. In this case, the problem of drug abuse is a social problem that has a very complex negative influence. It is said to be complex because these negative influences have multiple implications both in terms of biological, psychological, and social (biopsychosocial) aspects for its users and include also contributing to creating public unrest and eliminating the next generation of the nation. Various

efforts have been made by the government, private sector, or social institutions in tackling, treating and fostering victims of drug abuse. Comprehensive understanding of the intricacies of drug abuse is one thing that must be sought as a preventive effort on this issue. To understand victims of drug abuse is not easy, given the complexity of the drug problem coupled with the complexity of the human problem itself.

In view of the theory of Rational Emotive Behavior Therapy (REBT), looking at humans is basically having a tendency to think rationally and irrationally. This is consistent with the opinion of Nelson-Jonew [1] and Corey [2] states that rational emotive behavior is a cognitive behavioral approach, which emphasizes that problematic behavior in a person is caused by irrational thinking. REBT is used by experts to teach clients to understand and use aspects of rational beliefs in reducing client suffering.

In the process, the Rational Emotive Behavior Therapy (REBT) counseling technique is suitable for turning irrational thinking into rational thinking. When counseling is taking place, the counselor will invite clients to interact in changing irrational thoughts and feelings into rational. Rational Emotive Behavior Therapy (REBT) counseling technique invites clients to identify problems together, so that clients can provide the feedback needed to overcome the client's own problems.

REBT also encourages clients to be more tolerant of themselves and others, and invites them to achieve personal goals. This goal is achieved by getting people to learn to think rationally to change self-destructive behavior and by helping them learn new ways of acting. So in this case as a counselor has a role as a person who helps clients/drug addicts to change the behavior of drug addiction and prevent acts of drug abuse by using the REBT approach in the counseling process.

II. METHODS

This research uses Meta-Analysis design. Meta-analysis can be interpreted as combining the results of several research results. As a research, meta-analysis is a study of a number of research results that have a similar problem topic. The instrument in this study was the researcher himself (Human Instrument). After the research to be studied becomes clear, a simple research instrument will be developed, which is expected to be able to complement the previous data as well as the data compared to the data that has been found. Data

collection techniques in this study is to use documentation techniques. The population in this study are all written documents regarding the REBT approach in the problem of drug addicts. The written documents are in the form of books, articles or journals, and research reports.

This research sample was taken using Purposive Sampling technique. This is because the data or information to be obtained from the sample is determined based on its suitability with the theme of this study. Analysis of the data used is the analysis of qualitative data for the data of the results of the narrative study of the researches that were found.

III. RESULT AND DISCUSSION

Result

The studies on REBT approach in the problem of drug addicts obtained were as many as 5 studies. The research was obtained through downloading the results and research reports on the internet through various international and domestic journals. The research results and research reports obtained are studies that have the same theme. Then all the journals obtained are analyzed one by one to find out specifically and in detail about the similarities and differences. Further elaboration of each of the above titles is explained in detail in the following section.

1. Analysis Results Based on Research Objectives

The various objectives regarding the application of the REBT approach in national journals and international journals have several objectives. The objectives in the various studies include testing the effect of REBT in reducing future anxiety of drug abuse in rehabilitation, analyzing the effect of REBT and home assignments in reducing aggressive behavior, analyzing the effects of the REBT approach in reducing anxiety, testing REBT therapy in reducing depression and improving positive concepts counselee, analyzes the effect of REBT exposure on drug abuse in high school students. Based on various studies on 5 types of journals or research documentation can be explained in detail in table 1 as follows.

Table 1. Research Purpose of REBT Therapy for Drug Abuse

No	Research Purpose	Frequency	Percentage (%)
1	Evaluate/Test	2	40%
2	Analyzing Influence	3	60%
Amount		5	100%

2. Design Based Analysis Results

Various kinds of research on the application of REBT therapy to drug addicts were found using several research models or designs which include: Single experiments, quasi-experiments, and case studies. In detail the various models of exposure to five studies on the application of REBT therapy can be described in table 2 as follows.

Table 2. Research Design of REBT Therapy for Drug Abuse

No	Research Design	Frequency	Percentage (%)
1	Experiment	1	20%
2	Quasi-Experiment	3	60%
3	Case Study	1	20%
Amount		5	100%

3. Analysis Results by Population/Samples

Based on the population or sample used in various studies obtained on the application of REBT therapy consisting of adolescents and adults, patients from Ofogh Addiction Treatment Clinic in Zarand, Drug users in Malaysia, high school students in Ibadan, an ex-drug user who has aggressive behavior. The results of the analysis of the five results of the implementation of REBT therapy research, the study sample can be seen in Table 3 below.

Table 3. Population/Sample of REBT Therapy for Drug Abuse

No	Population/Research Sample	Frequency	Percentage (%)
1	Teenagers and Adults	1	20%
2	Patients from Ofogh Addiction Treatment Clinic in Zarand	1	20%
3	Drug Users in Malaysia	1	20%
4	Teenagers	1	20%
5	Women	1	20%
Amount		5	100%

4. Analysis Results Based on Collection Methods/Techniques

Data collection methods or techniques used in various research results obtained about the application of REBT therapy consist of: interviews, questionnaires/questionnaire, observation, documentation. Based on a review of five studies on the application of REBT therapy, the data collection methods / techniques used can be seen in table 4 below.

Table 4. Collection Methods/Techniques of REBT Therapy for Drug Abuse

No	Methods/Techniques of Collecting Research	Frequency	Percentage (%)
1	Interview	1	20%
2	Questionnaire	2	40%
3	Observation	1	20%
4	Documentation	1	20%
Amount		5	100%

5. Analysis Results Based on Analysis of Data Used

Data analysis techniques used in five types of research on the application of REBT therapy that was found consisted of: qualitative descriptive data analysis, graphical visual analysis, Statistics, Two-Way ANOVA, ANCOVA and MCA. Research analysis data can be seen in Table V below.

Table 5. Data Analysis of REBT Therapy for Drug Abuse

No	Analysis of Research Data	Frequency	Percentage (%)
1	Qualitative Description	1	20%
2	Visual Graphic	1	20%
3	Statistics	1	20%
4	ANOVA Two-Way	1	20%
5	ANCOVA and MCA	1	20%
Amount		5	100%

Discussion

Data from the mapping of research titles will be used as a basis for answering each problem in this study. These problems are related to the achievement of research objectives. So if we see from the goal of the REBT approach

itself is according to Glading [3] focused on helping people to realize that they can live more rationally and productively. REBT helps clients stop making demands and feel upset through "chaos". Clients in the REBT approach are expected to be able to express some negative feelings, but the main goal is to help the client not to give an emotional response beyond what is appropriate for an event.

View of Human Nature

Humans have the tendency to look after themselves, be happy, think, love, socialize, and self-actualize [2]. In addition, according to Ellis [2] humans tend to blame themselves and even others if they have not achieved what they want. Then the drug becomes one of the client's ways in venting the failure he received.

Thinking Process

Based on the Rational Emotive Behavior Therapy (REBT) approach, individuals have three levels of thinking, namely thinking about facts and evidence that occur, conducting assessments based on facts and evidence, and beliefs about the process of inference and evaluation of Froggatt [4].

According to Nelson [1], the individual mind is on three levels, namely:

- a. Cold thoughts are thoughts that are descriptive in nature and contain little emotion
- b. Warm thoughts are thoughts that lead to a preference or rational belief, contain elements of evaluation that affect the formation of feelings
- c. Hot thoughts are thoughts that contain an element of high evaluation and feeling.

Purpose of REBT Counseling

The purpose of REBT is to change irrational and illogical behavior into rational and logical so clients can develop themselves. Irrational behavior such as self-destructive behavior. The REBT approach [4] assumes that individuals have the following characteristics:

- a. Irrational thoughts originate from irrational learning processes obtained from parents and culture
- b. Humans as verbal creatures and think using symbols and language
- c. Emotional disturbances can be caused by continuous self-verbalization, perception and attitude towards the event itself
- d. Individuals have the ability to change the direction of their personal and social life
- e. Negative thoughts and feelings can be attacked by re-organizing perceptions and thoughts so that it becomes logical.

Rational Emotive Behavior Therapy (REBT) Counseling Stages

According to George & Cristiani [4] in the counseling process with a rational emotive behavior approach there are several stages that are carried out by the counselor and counselee, namely:

Step 1

The process by which the counselee is shown and based that they are illogical and irrational. This process helps the counselee understand how and why it can be irrational. At this stage the counselee is taught that they have the potential to change this.

Step 2

The counselee is helped to believe that negative thoughts and feelings can be challenged and changed. At this stage the counselee explores ideas to determine rational goals.

Step 3

The counselee is helped to continually develop rational thoughts and develop a rational philosophy of life so that the counselee is not trapped in problems caused by irrational thinking.

Rational Emotive Behavior Therapy REBT Counseling Techniques

There are various techniques that are cognitive, affective, and behavioral that are tailored to the client's condition. Some of the techniques referred to include the following:

Homework assignments. The technique is carried out in the form of home assignments to train, familiarize yourself, and internalize certain value systems that demand the expected behavior patterns. With home assignments given, the client is expected to reduce or eliminate irrational ideas and feelings and illogical, study certain materials that are assigned to change the logical aspects of the logic, conduct certain exercises based on the given task. Implementation of homework assessment provided by the counselor, reported by the client in a face-to-face meeting with the counselor.

This technique is intended to foster and develop an attitude of responsibility, confidence in oneself, and the ability to direct oneself, manage the client's self and reduce his dependence on the counselor.

Assertive technique. This technique is used to train the client's courage in expressing certain behaviors that are expected through role playing, training, or imitating social models. The main purpose of assertive training techniques is: encouraging the client's ability to express various things related to his emotions:

- a. Awakening the client's ability to express his own human rights without rejecting or opposing the rights of others;
- b. Encouraging clients to increase self-confidence and ability; and
- c. Improve the ability to choose assertive behavior that is suitable for yourself.

A-B-C-D-E Framework

The A-B-C-D-E framework is central to REBT theory and practice. An important part of the REBT counseling approach is the A-B-C personality theory. This theory refers to the three components of experience in which a person can ascertain whether his belief system is distorted.

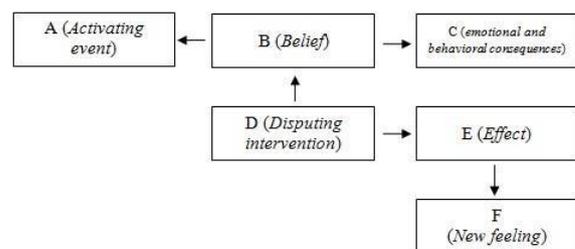


Diagram 1. A-B-C-D-E Framework

A - Activating event, is an event that originates from others or originates from oneself. Individuals sometimes make

suspicion of an event with an irrational mind. B - Belief, belief or belief system, namely the cognitive component as a person's reaction to events. This person's beliefs can be in the form of rational beliefs and irrational beliefs that are formed naturally based on individual evaluations of events.

C - Consequence, is a consequence of irrational beliefs. These consequences can include aspects of cognitive, feeling, and behavior. This irrational belief causes psychological barriers to individuals. In REBT counseling, the A-B-C theory is further developed with the addition of D and E, so that it becomes the A-B-C-D-E model.

D - Disputing, is a direct confrontation with the counselee's irrational beliefs. The counselor tries to draw the counselee's irrational attention and confront critically with his most basic values, then encourage the counselee to change the irrational mind by thinking rationally, and make a more realistic and adaptive assessment of the problem situation he is facing. E - Effect, the expected effect after intervention by the counselor through disputing. If the implementation of REBT counseling is effective, the symptoms of anxiety experienced by the counselee will disappear. The counselee will see a different situation for the problems he faces. The counselee becomes more realistic, thinks rationally and logically, is flexible, tolerant, and is able to accept, direct, and respect himself. This condition will encourage counsees to improve themselves and change the way of thinking, attitudes, perceptions and beliefs that are irrational counsees with rational ways of thinking, beliefs, attitudes, and perceptions, so that the counselee can develop themselves and improve self-actualization optimally through behavior positive cognitive and affective [5].

Application; the Practice of REBT with A-B-C-D-E Framework

Dryden & Branch [6] explains that the preliminary event (A) is usually an aspect of an individual's situation that has the potential to trigger his beliefs (B). Event antecedents (A), i.e. all external events that are experienced or exposed to individuals. Preceding events in the form of facts, events, behavior, or attitudes of others. Divorce of a family, graduation for students, and admission selection for prospective employees are antecedent events for someone.

The main difference between the REBT approach and others for cognitive behavioral therapy is in its emphasis on beliefs (B). In Rational Emotional Behavior Therapy, trust is the core of individual emotions and behavior. That belief is the only cognition that is B in ABC theory in Rational Emotional Behavior Therapy. Belief (B) is a person's beliefs, views, values, or self-verbalization of an event.

A person's beliefs are of two kinds, that is rational beliefs and irrational beliefs [2]. Rational beliefs have the characteristics of a) flexible or non-extreme, b) consistent with reality, c) logical, d) largely functional in emotional, behavioral and cognitive consequences, and e) Mostly help individuals in pursuing basic goals and objectives [6]. Irrational beliefs have the characteristics of a) rigid or extreme, b) inconsistent with reality, c) unreasonable, d) largely dysfunctional in emotional, behavioral and cognitive consequences, and e) largely detrimental to individuals in pursuing basic goals.

Dryden & Branch [6] said that emotional and behavioral consequences (C) are consequences of the

antecedent event (A). These consequences can be emotions, behaviors, and thoughts. This consequence is not a direct result of but is caused by several intermediate variables in the form of belief (B) both rational and irrational beliefs.

Corey [2] said that disputing (D) is the application of scientific principles to opposing thoughts that tend to defeat oneself and the irrational beliefs that individuals have. There are three parts in the disputing stage, which are as follows: a) Detecting irrational beliefs, that is, counselors find irrational counselee beliefs and help counsees to find their irrational beliefs through their perceptions, b) Debating irrational beliefs and then the counselee argues with his dysfunctional beliefs by learning how to think irregularly logical and empirical. Also, by learning how to argue strongly and act by their beliefs, and c) Discriminating irrational beliefs. Finally, the counselee learns to distinguish between irrational beliefs (self-defeating) and rational beliefs (self-helping).

The final result of the A-B-C-D process is Effect (E). Effect (E) is an effective philosophy that has a practical side. A new and effective belief system consists of replacing unhealthy thoughts with healthy ones. If successful in doing so, a new feeling (F) will emerge, which is a new feeling device. Through this process, REBT helps individuals learn how to recognize emotional anatomy that is, learn how feelings are related to the mind. Thoughts about an experience can be characterized in four ways: positive, negative, neutral, and combination.

Based on research analysis and review of the results of several studies on the application of REBT therapy, individuals who have irrational thoughts that lead to negative thoughts can influence self-destructive behavior. Negative thoughts that become the source of anxiety in the subject, among others: fear of losing parents, fear of losing a boyfriend, and cannot forget the past. The subject admitted that negative thoughts caused the subject to not be able to control his emotions, often angry and disturbing people around him [7]. The existence of behaviors that tend to be aggressive can be eliminated by the REBT therapy approach. In addition to aggressive behavior, REBT can also eliminate negative thoughts, and develop the ability to regulate emotions from individuals [8]. For this reason, the application of REBT therapy encourages clients to be more tolerant of themselves and others, and invites them to achieve personal goals. This goal is achieved by getting people to learn to think rationally to change self-destructive behavior and by helping them learn new ways of acting.

In the case of drug addicts in changing their behavior with REBT therapy, the counselor not only reduces the problem of drug addiction but how the counselor needs to help the counselee to leave the drug continuously. This is emphasized by the counselor so that the counselee does not have a negative self-concept [9]. In the counseling process carried out by counselors against drug addicts can use a variety of methods in counseling. One method that can be done by counselors is group counseling. Interventions with REBT in group counseling processes can be successful if the counselor can become skilled, competent and dedicated [10].

Cases of drug addicts do not only occur in adults but can also occur in adolescents. Syamsu Yusuf [11] Adolescents as a period of development towards independence or personal independence need to have maturity in determining the choices faced in their lives. The inability of adolescents to achieve emotional independence

will cause the inability of adolescents to think rationally. Many of them are involved in drug abuse because of frustration, poverty, lack of parental supervision, peer influence and pleasure [12].

From the review of the results of the study, it is generally obtained some data that the REBT approach can have a positive impact on the problem of drug addiction as follows: (1) the client can reduce the future anxiety he experiences. After leaving rehabilitation, (2) the client can reduce his aggressive behavior when experiencing drug addiction, (3) the client can consciously reduce drug use. (4) Clients can change destructive lifestyles for the better.

The right REBT approach will bring addicts to abandon drug use. In addition to fostering rational thinking about solving problems, the counselee must also provide knowledge about the effects of drug use that can be detrimental even to harmful users.

IV. CONCLUSION

Based on the results of research and research discussion, it can be concluded that the Rational Emotive Behavior Therapy (REBT) approach to drug addicts plays a role in increasing the ability to control emotions such as anxiety and aggression, the ability to eliminate negative thoughts and self-destructive behavior, as well as changes in irrational thought support, with limited behavior change. So this REBT approach is effective for clients or counselees who experience drug addiction problems.

Optimal REBT approach can keep the addict from drugs and even help him to live peacefully by making him think rationally and solving the root of the problem by changing the addict's mindset through replacing unhealthy thoughts with healthy ones. Through this process, REBT helps individuals learn how to recognize an emotional anatomy, that is, learn how feelings are related to positive thoughts. REBT also encourages clients to be more tolerant of themselves and others, and invites them to achieve personal goals. This goal is achieved by making people learn to think rationally to change self-destructive behavior and by helping them learn new ways of acting.

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