



Self Actualization In Drug Addicts In Rehabilitation Centers Based On Maslow's Hierarchy Of Needs Theory

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Abstract

This study aims to determine the description of self-actualization of NAPZA addicts who are undergoing rehabilitation at a rehabilitation center based on Maslow's need theory. Qualitative research using a case study approach to otret every phenomenon in the focus of this research. the data collection methods used are observation, interviews and documentation. 2 subjects in this study, namely subject A and subject B, became primary data sources, while the parents of each subject became secondary data sources. The data obtained was processed with data triangulation. The results of this study are that the two subjects have similarities, namely starting to recognize drugs from the influence of the social environment, especially the friendship environment. Although the two subjects have similarities, these two subjects have differences in the causes of relapse. Subject A, the cause of relapse felt is a sense of suggestion or a high desire to use and the inability to control these suggestions. Subject B has a cause of relapse that dominates social factors, often inviting and being invited by his friends to consume drugs. The differences in the causes of relapse experienced by individuals can be used as a basis by rehabilitation parties in providing further therapy in order to get more significant results.

Keywords: Drug Addicts, Maslow's Hierarchy Of Needs Theory, Self Actualization

1. INTRODUCTION

The misuse of narcotics, psychotropic drugs, and other addictive substances (NAPZA) is a significant issue encountered by several nations, including Indonesia. According to data from the National Narcotics Agency (BNN), there has been a substantial rise in the prevalence of drug use between 2020 and 2023. The drug usage prevalence in Indonesia in 2020 amounted to 2.8% of the whole adult population. The percentage rose to 3.2% in 2021 and then grew to 3.5% in 2022. The prevalence in 2023 was recorded as 3.8% [1]. This increase shows how urgently effective answers are needed to solve this problem. For persons with drug addiction, rehabilitation centres serve a vital role in enabling recovery. Programmes for rehabilitation seek to restore mental and physical health in addition to ending drug use, therefore improving

people's quality of life. Self-actualization—that is, the realisation of one's highest capacity and the realisation of the largest need in Maslow's hierarchy of needs—is a fundamental part of the rehabilitation process [2]. Self-actualization is the process of realising and embracing one's genuine self as well as of reaching personal gratification by means of life goals. For people undergoing continuous recovery from drug addiction, this procedure is very vital.

Regarding the United Nations Office of Drugs and Crime's 2021 report, during the last four years the number of drug users has increased. The primary catalysts for the rise in drug usage are societal pressure, psychological stress, and convenient availability of narcotics. Furthermore, the COVID-19 pandemic has been a contributing factor to the rise in drug use. Amidst the COVID-19 pandemic, people have been looking for ways to cope with mental health issues caused by social limitations and economic instability [3].

Rehabilitation facilities provide several courses meant to help people overcome drug addiction in order to solve this problem. Among these programmes are social rehabilitation projects, psychological counselling, and medical care. Still, the development of self-actualization is a key component sometimes viewed as absolutely necessary for rehabilitation. Self-actualization is the road a person takes to reach their best potential and experience satisfaction with their life. According to Maslow's hierarchy of needs theory, self-actualization comes highest on the pyramid and can only be reached once all other basic needs have been satisfied [2].

Drug recovery depends much on self-actualization since it helps individuals to create a positive new sense of self, boost their confidence, and set important life goals. Previous research show that self-actualization helps people who suffer with substance abuse on their road of recovery. For example, a 2019 Smith and Jones study found that those suffering with addiction who engaged in rehabilitation programs that gave self-actualization first priority had better rates of success in preserving long-term sobriety. Those who reached self-actualization reportedly had better stress management, a more positive view of life, and less occurrence of relapses according to [4].

Recent studies by [5] on rehabilitation programs integrating self-actualization training shown that the general well-being of persons suffering with drug addiction improved. Those who reached higher degrees of self-actualization in the course found notable improvements in their social and emotional well-being. Moreover, they showed improvements in social activities and personal contacts, therefore supporting a more complete recovery [5]. In this need, Maslow in [6] assumes that basic or low-level needs must be met or feel fulfilled first before fulfilling higher-level needs. The five needs in this hierarchy are motivating. Needs at the low level have more power to be prioritised than needs at the higher levels; therefore, the needs at the lower level must be met first so that subsequent needs can also be met properly. Here are some types of Maslow's Hierarchy needs, namely: 1.) Physiological Needs, 2) Safety

Needs, 3. Social Needs, 4. Esteem Need, 5. Self-Actualization. There are several criteria possessed by self-actualizing people, namely: 1) Independent of psychological illness, 2) Have fulfilled the hierarchy of needs, 3) Upholding B values, 4) Uses All of Their Potential

This study aims to describe self-actualization in drug addicts undergoing rehabilitation at a rehabilitation center. Through a case study approach, this research will explore the experience and process of self-actualization experienced by two main subjects and their significant others. The data collection techniques used include observation, interviews, and documentation, with data analysis using data triangulation.

This study is expected to provide a deeper understanding of the importance of self-actualization in the recovery process of drug addicts, as well as the factors that support and hinder the process. Thus, the results of this study are expected to contribute to the development of a more effective and comprehensive rehabilitation programme.

2. METHODOLOGY

The research being done here is a qualitative study using a case study methodology. [7] states that case studies are useful when researchers want to answer the questions "how" and "why" about a particular phenomenon. This design allows researchers to investigate the dynamic self-actualization of narkoba teeth in a non-invasive manner within the context of rehabilitation.

The subjects in this study consist of two individuals with characteristics who are not yet ready to begin narkoba rehabilitation at the rehabilitation center. Purposive sampling is used in the subject selection process, whereby the subject is chosen based on certain criteria that are relevant to the study's objectives. In addition, important others of both subjects will be consulted in order to provide a perspective on the data that is obtained, or as second-hand data.

In this research, data collection is done using three primary techniques: observation, questionnaires, and documentation. 1) Observation: Participant observation is carried out to ascertain the subject's behavior, interactions, and daily activities in the rehabilitation center. This method enables researchers to obtain data in a clear and concise manner. As stated by [8], observation can provide insights into context and subject matter that may not be fully revealed by wawancara alone. 2) Wawancara: Wawancara is intended to explore the experiences, insights, and subjective knowledge on self-actualization. 3) Documentation: Perform document analysis to increase the amount of data obtained from alternative data collection techniques. Documents analyzed in this study include rehabilitation guidelines, subject-specific private journals, and other pertinent documents.

Data analysis is carried out using the triangulation technique, in which data obtained from many sources (such as observations, documents, and wawancara) are analyzed collaboratively to yield more reliable and valid results. As explained by [9], data triangulation is an effective technique to ensure data validity in quantitative research. Differential length analysis of the data

- 1) Coding: Information obtained from observations, interviews, and documentation is reduced to a small number of units and assigned a code. This coding is done to identify the primary themes that emerge from the data.
- 2) Categorization: Once a code has been identified, it is next placed in a more specific category. This categorization helps researchers organize data and identify emerging patterns.
- 3) Analysis and Interpretation: After being classified, the data is then analyzed and interpreted to address research questions. Data interpretation is carried out by connecting the data with pertinent theories and the research context.

3. RESULT AND DISCUSSION

OUTCOMES

SUBJEK A

1. Physiological Needs

In general, physiological demands were satisfied prior to becoming an addict. Nevertheless, physiological demands, including the need to eat and sleep, started to go unmet after one became an addict. The patient, who was an addict, went four days without eating at all. During that time, he just smoked and sipped coffee on occasion. The individual claimed that he had once made himself eat bread against his will, but it made him queasy. The patient reported that he also had trouble sleeping after using methamphetamine. If the effects of the drug prevented him from falling asleep, he would pass the time by playing video games till the next morning.

2. Safety Needs

Since the subject became an addict, his level of awareness has increased, and it can be concluded that in this instance, his need for emotional stability is not being met. The subject clarified that using drugs causes him to become unstable, irritable, selfish, and "parno". The patient experiences "parno" when he sees someone well-groomed, sporting black shoes, a leather jacket, and other police officer-like attire. The subject experiences fear not only from encountering the police but also from meeting his mother. Concerning the residence, the subject rented a different boarding house from the one he used with his wife; he did so on purpose in order to use the boarding house for drug usage.

3. Love and Belonging Needs

The subject was a socially outgoing person before developing an addiction. The subject has become an addict and frequently isolates himself, especially from people who are not addicts. The subject claimed that he interacted with other addicts more frequently than he did with non-addicts; this could have happened because the subject thought that fellow addicts understood him better than they did. After marriage, the subject believed that his wife was less concerned about the home; in his opinion, she had shown him more love during their courtship. Additionally, the subject's wife frequently had negative opinions of him and did not value the efforts he had made after their marriage.

4. Esteem Needs

One of the things the subject lists as an example of an appreciation requirement is self-confidence. The subject in this instance claimed that his self-confidence had dropped since he became an addict. In addition, the subject said that he no longer gave a damn about what other people thought of him or about his own self-worth, explaining that as an addict, he was only concerned with himself and did not give a damn about his surroundings. Because he lacks the drive to realize his full potential and abilities, the subject will find it difficult to self-actualize as a result of the preceding four unmet demands.

5. Self-Actualization

The person struggles to reach his full potential and abilities because he lacks motivation due to four unfulfilled needs. This is because of the anxiety the subject went through when he was an addict, which led to paranoia, feeling uneasy in public, and a lack of concern for his surroundings. The individual has solely discussed how he can use drugs and experience the affects since he became an addict. Beginning with physiological requirements, substance misuse lessens the fulfillment of the need for self-actualization.

SUBJECT B

1. Physiological Needs

Eating, drinking, sleeping, having sex, and other homeostatic needs. The subject claimed that his physiological demands were satisfied before he developed an addiction, and that he used to eat normally, three times a day. The subject's resting hours and sleep habits were similarly typical in the past; they included sleeping until after half past twelve and waking up early to go to work. The subject claimed that within a day of becoming an addict, he was unable to eat anything and had no hunger at all. He also claimed that the subject had lost interest in his formerly regular diet and did not give much thought to his physiological needs. Additionally, the subject has an erratic sleep pattern; the drugs he has taken prevent him from making the most of the

night that should be spent resting. The energy that the person ought to have and utilize for work has then been used up for the previous night, by morning. The subject's only food during his addiction was ice, cigarettes, and coffee. The subject claimed to have an ulcer, yet he did not feel hungry or lightheaded as long as the drug's effects persisted. The subject also claimed to only have ingested coffee, cigarettes, and ice. As per the subject's statement, the impact of the psychoactive substances he consumes is what causes his body to feel sore and plummet after the influence or effect wears off.

2. Safety Needs

In question is the demand for both mental and physical security, including protection, fear, anxiety, and physical safety, among other things. Having a stable career with a good wage is a source of security for grownups. In this instance, one could argue that the subject's need for security was met prior to his addiction as he did not suffer from a great deal of concern or anxiety. Then, following his addiction, the patient reported experiencing occasional feelings of anxiety, worry, and paranoia. The reason for this is the subject's dread of being taken into custody by the police for using illegal narcotics. If the patient comes across individuals who resemble the police in any way—for example, by wearing shoes, having their hair nicely done, or wearing black jackets—his fear will rise. Nevertheless, the subject made an effort to keep up his demeanor and attitude in order to avoid raising suspicions.

3. Love and Belonging Needs

The subject's prior needs for existence and love were met, particularly when he lived near to his parents in the hamlet. The subject experienced the warmth and coziness of the family there. Even though he was envious of his younger brother, the subject started to feel loved and like a member of the family again after his mother clarified that the subject's demands were greater at his age. The subject's parents also gave him advice when he was discovered using double LL tablets. The subject then spent more time with friends while he was in Surabaya because he felt lonely and isolated from his parents. In this situation, it was possible that the subject took anything to fit in with the friends, including using methamphetamine.

4. Esteem Needs

Competence and knowledge that is valued by others are the main focus of this need in the context of reputations, followed by self-esteem, which encompasses freedom, independence, and confidence in front of others. The patient believes that, among other things, he lacks confidence in his appearance and ability to complete duties. The individual claimed that he lacked confidence in his ability to complete a new assignment because he was worried about receiving subpar outcomes.

5. Self-Actualization

It is possible to conclude that the four criteria listed above are insufficient, particularly given his history of addiction. In the sense that the subject is unaware of his strengths and limitations, understands his purpose in life, and does not reach his full potential, the subject has not been able to actualize himself sufficiently. This became clear when the participant was asked to write short-, medium-, and long-term plans during the session. The subject replied that no one can predict the future, thus it was best to just go with the flow of his life, even though the student had provided an example of the task.

It is clear from this that the subject's requirements were unmet until they started attempting to develop a psychoactive substance addiction. Nevertheless, the subject made sufficient attempts to start meeting his demands as a result of his rehabilitation. Beginning with basic physiological needs, such as eating a regular diet every three days, being taken into consideration for other families, being protected from worry as a way of expressing a desire for security, receiving love and care, and the need for appreciation, which the subject is still pursuing. The needs that have not been sufficiently addressed gradually start to be addressed as long as the patient stays in a rehabilitation facility. This will affect MIF's journey towards self-actualization, as he gradually realizes his own potential, as well as his aspirations, objectives in life, and strengths and limitations.

In this case study, the client has a history of three drug-related incarcerations—two as an addict and one as a drug dealer—and is suspected of suffering from dependent syndrome after ingesting “koplo tablets” in 2017. The subject intended to stop using drugs, but his mother caught him just as he was ready to start using again, thus after becoming clean for a month, he frequently encountered relapses. The main signs of dependence syndrome that the subject exhibits are a strong desire to use psychoactive substances as demonstrated by his inability to control his sense of suggestion, difficulty controlling behavior as demonstrated by his strong desire to consume when in a supportive environment and in possession of the item, proven tolerance as demonstrated by his attempt to increase the dose in order to achieve the same effect, and continued use of psychoactive substances despite experiencing physical pain as demonstrated by his bloody cough and lack of appetite after using them.

The subject relapses for a variety of reasons, including those related to gender, personality, physical and mental health, and ease of drug acquisition. Gender factors come into play in this situation because men are generally bold and rebellious. Men also tend to stick together and will go to great lengths to fit in. For example, if one member of the group uses drugs, other members are likely to follow suit. The subject's friends invited him to use drugs at a birthday celebration. It was there that the subject consumed methamphetamine for the first time, when his pals had him drink it without

providing any more information. Educational factors also played a role in this incident; the subject had recently graduated from high school and lacked sufficient understanding regarding drugs at the time. Next, personality factors: in this case, the subject's extroverted personality, which makes them more likely to abuse drugs, and the fact that the subject is a vulnerable adolescent who is easily carried away by bad things—both of which contributed to the subject's first drug use in high school. In addition to the influence of physical conditions, the subject also uses methamphetamine to calm his mind when he feels overthinking and tired of the problems he is facing. These factors together make the subject's physical and mental conditions less fit. He uses methamphetamine to get the effects, one of which is increased energy that makes him eager to work. The final factor is ease of access to drugs. The subject believes that drugs are very easy to obtain, especially if we have money and many dealer acquaintances. The subject has previously stated that he or she still uses methamphetamine in his or her cell while incarcerated, which indicates that drugs are easily obtained in the subject's immediate vicinity.

Reexamining the variables that affect the subject's decision to use drugs using the Skinner theory approach model, we find that the subject was a favored child growing up as he was the youngest and his parents allowed him some degree of freedom in terms of not being overly controlling. Although the subject was allowed freedom, his parents always encouraged him to behave politely. The mother once told the subject to try not to do bad things in the home because it would make his parents look bad. In addition, the father once told the subject that he must take responsibility for all of his actions. The subject's freedom and the signals from their parents can serve as reinforcers that impact their conduct in the future. This was made clear when the subject began smoking in grade three of junior high school. After graduating from high school, the subject started using crystal methamphetamine, but not before using coppola pills in the second grade. The subject did not feel sorry for his parents if he was discovered to be an addict, so he rented a particular boarding house to use methamphetamine after recalling his mother's advice.

Rewarding conditions that raise the likelihood of a behavior returning are known as positive reinforcers (Skinner in Feist, [6]). The onset of good feelings after consuming drugs—the subject feels more relaxed and his body feels lighter—was in this case the subject's positive reinforcer during his time as an addict and relapse. In the meanwhile, the subject experiences physical discomfort when abstaining from drug use; this causes the subject to feel weak and relapse, which prompts the subject to resume drug use with the intention of doping.

In the case of the addict, the type of punishment was when, upon his release from prison, the subject's father threatened to have him removed from the family if he continued his bad behavior. However, this did not change the subject's bad behaviors. This aligns with the aspect of punishment in Skinner's theory, which states that punishment diminishes pleasurable stimuli, suppresses behavior, and is unpredictable

because it does not dictate what should be done (Skinner in Feist, [6]). The purpose of this punishment is to prevent the subject from repeating his actions, even though being threatened by his father does not ensure that the subject will be able to stop his bad behavior; rather, the threat is only a temporary form of behavior suppression. The individual surrendered when he was taken into custody and placed in prison since he believed that this was the inevitable outcome. This is consistent with the message from his father; the subject's father just threatened him instead of being forceful in this situation. Furthermore, if there are any other consequences of the subject's punishment, they are conditioning on unpleasant feelings of stimulus that are less favorable to the behavior being punished. This is consistent with Skinner's argument regarding punishment, which holds that the impact of punishment is a negative emotional side effect [10]. Furthermore, the subject is merely serving their sentence in prison and does not learn any lessons there. Unfortunately, in this instance, the subject still does not know how to make his actions as an addict lessen or cease later, only based on the negative emotions he feels. The subject feels guilty and sad for his actions, and this feeling can withstand the subject's behavior as an addict in the future.

4. CONCLUSIONS

The starting point or catalyst for the participants' drug-trying is where the two subjects' similarities lie. Both were impacted by their social surroundings. Subject B was recruited by friends to try copo pills in junior high school, but the work environment persuaded the subject to use methamphetamine. Subject A was invited by friends to try double L pills in high school and was duped by them to try methamphetamine. Both acknowledged that the subject's social surroundings had a significant impact on him and that he hardly ever learned what drugs were on his own. Furthermore, both began out of curiosity and developed a sense of drug addiction in the end.

The reason for the relapse distinguishes the two subjects. Subject A believed that her inability to manage her strong want to use and her sense of suggestion were the reasons behind her relapse. If the subject has supplies of methamphetamine in his home, he will be more likely to desire to use it and his ability to control his suggestions will deteriorate even while he is in custody. Furthermore, the individual said that their own discretion was more important than outside influences when it came to the choice to use methamphetamine alone as opposed to with others.

The subject's capacity to regulate his feelings is different because he has served multiple sentences, which has improved his ability to do so and prevent him from dragging on. In the meanwhile, subject B believes that the dominant social factor is what caused his relapse. He frequently invites his friends to use drugs, and he also stated that he prefers to use drugs in groups, which further supports the idea that

social factors have a significant impact on the subject. In addition, subject B is less able to control his emotions because this is the first time he has ever dealt with the authorities.

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