

Self-Forgiveness in Former Drug Addict (A Case Study on Former Methamphetamine Addict)

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Abstract. The recovery period is one of the phases that ex-drug users have to go through where in addition to having to withstand physical side effects due to substance use termination, former drug users are also faced with inner turmoil that makes them have to fight against desires that can damage the healing process, like the desire to return to using drugs (relapse) to relieve physical pain. When a former drug user has a tendency to self-forgive and make peace with himself, then it is likely to relieve psychological stress when the healing phase will increase. This study uses a qualitative approach with a case study research model. Research subjects were former drug users who knew drugs since college, using only when they felt frustrated and deeply sad, and decided to stop using drugs for one year. Data validation is done by using triangulation. The results showed that the subject had gone through all stages of self-forgiveness well. Subjects began to improve several important aspects of their lives, such as work, diet and lifestyle. Findings in the study, subjects showed interest in learning religion better.

Keywords: Self-forgiveness, former drug addict

Introduction

Someone who has been involved in substance abuse such as drugs, especially those who have been in contact with the law due to drug abuse, it is not easy to return to a normal life like before they were involved in drugs. Not a few aspects of the lives of former drug users who, if they do not receive enough attention, will make them return to using drugs (relapse). Although a series of rehabilitation programs have been designed as well as possible, it does not guarantee a resident is fully recovered. The case that also happens a lot is that ex-addicts who have been rehabilitated must return to the rehabilitation site with more severe conditions. The recovery process of drug addicts is not a short process and can be done easily. Before it was truly said to be free from drugs, on the way there were times when relapse addicts.

After they went through various painful phases due to breaking up of drugs, they are now faced with an inner conflict about how they restarted their lives, how they will deal with family and society and various other thoughts. For that, when in the recovery process, former drug users need to go through a phase of self-forgiveness in order to be able to go through these critical phases more easily, and minimize the possibility of relapse.

Various forgiveness studies show that forgiveness plays an important role in emotional health (Rainey, 2008). Forgiveness is also found to have a significant relationship to physical and psychological health. Pelucchi, Palleari, Regalia, & Fincham (2014) suggests that forgiveness can eliminate angry emotions. Conversely, unforgiveness described as negative affect, behavior, and cognitive response can lead a person into social function failure and problems in mental and physical health (Vitz & Meade, 2016). Self-forgiveness in former drug users will bring a sense of understanding

of why to act wrong and take back the value in themselves (Spring, 2004). Therefore, a former drug user needs to get a phase of self-forgiveness in him so that the recovery process can be passed more easily.

Self-forgive is a psychological process in which an actor, acknowledging responsibility for wrongdoing, reduces anger and acts better towards himself (for example, shows greater compassion, restores self-esteem and positive self-image (Hall & Fincham, 2005). In line with this view, self-forgiveness is define as "a willingness to leave self-anger in the face of the wrong goals of self-recognition, while fostering a sense of compassion, generosity and self-love" (Enright, 1996).

In contrast to forgiveness in an interpersonal context that does not always imply peace with people who make mistakes, self-forgiveness emphasizes the importance of peace with oneself (Pelucchi et al., 2014). Thompson et al. (2005) argues that self-forgiveness requires revamping, a new understanding of oneself without putting aside the mistakes that have been made, which will later help restore a positive self-image. In short, self-forgiveness is a psychological process whereby a person fully acknowledges that he has committed a mistake, by forgiving, to overcome negative views of himself and reconcile with himself (Pelucchi et al., 2014).

Forgiving yourself does not remove responsibility for actions and sayings of yourself but frees one from self-punishment and from a guilt that is burdensome and makes you unable to do better. Forgiving yourself will bring compassion to the understanding of why acting wrong and taking back what is of value in yourself (Spring, 2004). Self-forgiveness is related to mental health, where people who go through this process show a lack of feeling of depression, anxiety, disbelief and introvert tendencies. In addition, self-forgiveness also relates to one's mental flexibility and emotional stability (Rizkalla, Wertheim, & Hodgson, 2008).

The main requirement for someone who does self-forgiveness is that the person must be fully aware of his wrong behavior and willing to accept responsibility for his mistakes (Pelucchi et al., 2014). States to achieve self-forgiveness there are five stages, namely (Spring, 2004): a) self-confrontation, facing the mistakes committed and the pain caused by the error, b) self-assessment, sharply criticizing self-words and actions because they have hurt themselves and failed to show goodness, c) self-esteem, explores the underlying causes of past behavior, opens up all the supporting factors of stress, personality, biological influences, and past experiences that lead to current conditions, d) self-transformation, trying as well as possible to improve directly to the hurt person, and e) self-integration, accepting the fact that never can correct mistakes in the past, but can atone for sin and change feelings, knowledge and heal themselves.

Method

Subject retrieval procedure in this study used purposive sampling technique. The research subject were selected based on the results of a preliminary study to determine the suitability of the research characteristics and subject availability. The characteristics of the subject in this study were a man named K, aged 33 years. Currently K works as a Java-Bali tourism travel driver. He has known methamphetamine since college, using only when he felt frustrated and deeply sad, then decided to stop using drugs since the beginning of last year.

Interviews used by researchers in the form of in-depth interview technique which is a process of obtaining information for research purposes by questioning face to face between the interviewer and the subject of the study, with or without using interview guidelines where the interviewer and subject are involved in a relatively long social life. Observations made by researchers in the form of unstructured observations in which the implementation process of observation without using observation guides (Bungin, 2007).

Data analysis techniques in processing research data used a thematic analysis model, where the analysis technique is based on the discovery of meaning based on the making of categories and coding. Data validation is done by using method triangulation (interview and observation), time triangulation (data collection is done twice) and source triangulation (using other significant).

Result

Self-confrontation on subject (K) shows that K is an honest person and wants to acknowledge past mistakes he has committed. K was also cooperative and seemed to not cover anything. He wants others to take lessons from the bitter experience he has experienced. However, there is a tendency for subjects to be inferior and pessimistic. K does not have a great desire and sometimes seems to have no hope about the future and happiness.

K is fully aware that every event in his life is his decision and no one can be blamed except himself. Now

he must accept the consequences of his actions in the past. Realizing that until now K has never been dependent on others, including troubling his parents, making him a little satisfied. He was quite proud even though he had fallen ill with drugs, he did not make his family know his situation and became sad. He keeps the bitter experience as close as possible from the family.

Second is self-assessment. K showed a low self-assessment where he felt very limited in terms of physical, psychological and mental. There is deep regret that underlies a negative assessment of him at this time. K did not deny that what he did in the past was indeed his decision, K only regretted why he had to make that decision, using drugs that damaged him and his future. At present, K is difficult to be accepted to work in the travel world, because most of the people in it well known K and knew that K was once a drug user.

Third, self-confidence. Realizing that the main cause that triggered the desire to use drugs at that time was the lack of parental care and affection both materially and psychologically, making K sad and feeling sorry for himself. K still wondering if he had received enough attention and love, of course this will not happen.

Regret also felt by K related to his desire to be accepted into a group when he still did not understand anything. K is a comer who do not have many friends. Because basically K is a person who is sociable and friendly, K knows one group and is eager to join as part of the group. That's when the first time K knows drugs.

Forth, self-transformation. At present, K focus on living a better life. K realizes that he cannot change his past. He can only take lessons and try not to fall back into the same hole. He also realized that there was a possibility after not using drugs for a long time, he would use it again. Therefore, at this time K is really trying to change themselves, how to look at problems and how to overcome them.

K has the desire to take part in rehabilitation, but afraid of not having enough money to pay for medical expenses. K also did not want his family to know that he had been involved with drugs. K saves everything himself and try to get up on his own. He has strong confidence to return to a normal life like before using drugs. He began to organize his life, work hard and pay attention to his body's needs.

Fifth, self-integration. One of the things that K does as a form of self-improvement is to get closer to parents, especially his mother. Actually, K is someone who is compassionate, he loves his mother very much. He also takes great care of his mother's feelings. K realized that his mother was one of the boosters who were able to motivate him to be better at this time.

K felt that his past experience using drugs had a big impact on his life today. Including the way K thinks and looks at something. He began to think that if he later married and had children, he would take good care of his children. He also believes that the power of religion is very large, where when he chooses to stop using drugs and strengthen his religion, K feels more confident in him that he can overcome all.

Discussion

Drug abuse and other additives are divided into three broad categories, namely primary dependence, reactive dependence and symptomatic dependence (Hawari, 2009). In this study, K included in the first class, namely primary goals which were characterized by anxiety and depression tendencies that are common in people with unstable personality tendencies. In addition, the beginning of K using drugs is as a form of escape from the problem, the desire to be accepted in a particular group and the desire to experiment. K tend to feel more comfortable, more relaxed, more confident and not easily tired.

The way K faces pressure or problems which in this case is called a coping strategy, leads to emotional focus coping which is a set of cognitive processes that lead to a goal to reduce emotional suffering and the form of behavior is the avoidance of avoiding problems and keeping distance (Lazarus, 2006). This is in line with the subject of research, where K tend to avoid problems that cause pressure, go away from people and places involved in a problem and tend to avoid (avoidance). Avoidance carried out by K leads to drug use which in turn causes new problems that have a greater impact on the K's life.

This seems to be related to the interpersonal relationship of K, especially with the family. Children who do not live with their parents have a high probability of being involved in drug abuse (Thompson et al., 2005; Woodyatt & Wenzel, 2013). K live separately with parents and family since college, feel a lack of attention and affection. In addition, the relationship is less harmonious with the mother where K assumes that her mother tends to ignore it and only concern for her brother, adding vulnerability to him.

After going through the phase of dependency, K finds himself on the wrong path, because what is obtained is only a false moment of excitement. Precisely the damage caused is greater than the destruction of the K's life. K is begin to realize his mistakes and move to change his-self. Self-forgiveness as what has been explained before contains meaning in which a person fully acknowledges that he has committed a mistake, tried to forgive, reconcile with himself and take value from himself (Pelucchi et al., 2014) . In subject of the study, after realizing the mistakes made, K began to enter stage one towards self-forgiveness where the confrontation began to arise in him regarding the reality and sadness he had to face at this time (Spring, 2004).

The second and third phases are not easy to pass through K. There is a tendency to blaming or blaming others and situations. A negative assessment of the self-image appears. This is a critical point where if K cannot overcome his current negative self-perception, stress vulnerability will increase. The main requirement for someone who does self-forgiveness is that the person must be fully aware of his wrong behavior and willing to accept responsibility for the mistakes he has made (Hall & Fincham, 2005). K is began to recognize the factors that caused him to use drugs and began to classify the

types of problems, which ones he could face which he should avoid, in order to return his mental and physical well-being.

In phases four and fifth, K begins to rearrange his life and moves to leave his dark past. He realized that life's problems would always come and go, and the most important thing was how to cope with them. Rainey (2008) suggests that forgiving both yourself and others will improve emotional health. K tries to reconcile with him and forgives those who are involved in his past. He wants to repair everything that has been damaged and hopes to live a normal life again, improve himself, meet life companions and live happily. Finally, based on the presentation of the results of the study and discussion, it is known that K has fulfilled the five stages of self-forgiveness.

Conclusion

Based on the result and discussion of this study, we can conclude that subject has gone through the five stages of self-forgiveness well and as a result now the subject has a better perspective on his future. Subject begins to correct some important aspects of his life, such as work, diet and lifestyle. Subjects also showed interest in learning religion better. There are number of things that can affect the possibility of the relapse phase returning to former drug users, where in this study the subject still cannot control his emotions well when facing a new pressure by avoiding problems that cause the possibility of drug use as an escape from problems re-emerging.

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