

**Lampiran 1 : Lembar Checklist Critical Appraisal Cross Sectional JBI**

**Peninjau :**

**Penulis :**

**Catatan Nomor :**

**Tanggal :**

**Tahun**

	Ya	Tidak	Tidak Jelas	Tidak Dapat Di Terapkan
1. Apakah kriteria untuk dimasukkan dalam sampel didefinisikan dengan jelas?				
2. Apakah subjek penelitian dan pengaturannya dijelaskan secara rinci?				
3. Apakah paparan diukur dengan cara yang valid dan dapat diandalkan?				
4. Apakah objek, kriteria standar digunakan untuk pengukuran kondisi?				
5. Apakah faktor perancu diidentifikasi?				
6. Apakah strategi untuk menangani faktor perancu dinyatakan?				
7. Apakah hasil ukur dengan cara yang valid dan dapat diandalkan?				
8. Apakah analisis statistik yang digunakan sesuai?				

**Penilaian Keseluruhan :**

- Termasuk
- Mengecualikan
- Cari Info lebih lanjut

**Lampiran 2 : Hasil Lembar Checklist Critical Appraisal Cross Sectional JBI**

*Hubungan Dukungan Sosial Dengan Self Esteem  
 Pada Klien Rehabilitasi Narkoba  
 (Literature Review)*

*Instrument Joanna Briggs Institute (JBI)  
 Critical Appraisal Checklist for Analytical Cross Sectional*

Studi Pengulas : Dapid Arian

Tanggal : Kamis, 23 Juli 2020

Penulis : Mohd Syukri

Tahun : 2019

Catatan Nomor : p-ISSN: 2654-718X

	Iya	Tidak	Tidak Jelas	Tidak Dapat Dijelaskan
1. Apakah kriteria untuk dimasukkan dalam sampel didefinisikan dengan jelas?	✓			
2. Apakah subjek penelitian dan pengaturannya dijelaskan secara rinci?		✓		
3. Apakah paparan diukur dengan cara yang valid	✓			

dan dapat diandalkan?				
4. Apakah objek, kriteria standar digunakan untuk pengukuran kondisi?	✓			
5. Apakah faktor perancu diidentifikasi?		✓		
6. Apakah strategi untuk menangani faktor perancu dinyatakan?	✓			
7. Apakah hasil ukur dengan cara yang valid dan dapat diandalkan?	✓			
8. Apakah analisis statistic yang digunakan sesuai?	✓			

Instrument ini dikutip dari Aromataris E, Munn Z (Editor). *Manual Reviewer Joanna Briggs Institute. The Joanna Briggs Institute*, 2017. Tersedia di <https://reviewersmanual.joannabriggs.org>

Hubungan Dukungan Sosial Dengan *Self Esteem*  
 Pada Klien Rehabilitasi Narkoba  
*(Literature Review)*

*Instrument Joanna Briggs Institute (JBI)*  
*Critical Appraisal Checklist for Analytical Cross Sectional*

Studi Pengulas : Dapid Arian

Tanggal : Kamis, 23 Juli 2020

Penulis : Filiz Ersogucu, Sibel Karakas

Tahun : 2016

Catatan Nomor : dx.doi : j.apnu 2016.03.007

	Iya	Tidak	Tidak Jelas	Tidak Dapat Dijelaskan
1. Apakah kriteria untuk dimasukkan dalam sampel didefinisikan dengan jelas?	✓			
2. Apakah subjek penelitian dan pengaturannya dijelaskan secara rinci?	✓			
3. Apakah paparan diukur dengan cara yang valid dan dapat diandalkan?	✓			

4. Apakah objek, kriteria standar digunakan untuk pengukuran kondisi?	✓			
5. Apakah faktor perancu diidentifikasi?		✓		
6. Apakah strategi untuk menangani faktor perancu dinyatakan?	✓			
7. Apakah hasil ukur dengan cara yang valid dan dapat diandalkan?	✓			
8. Apakah analisis statistic yang digunakan sesuai?	✓			

Instrument ini dikutip dari Aromataris E, Munn Z (Editor). *Manual Reviewer Joanna Briggs Institute. The Joanna Briggs Institute*, 2017. Tersedia di <https://reviewersmanual.joannabriggs.org>

Hubungan Dukungan Sosial Dengan *Self Esteem*  
 Pada Klien Rehabilitasi Narkoba  
*(Literature Review)*

*Instrument Joanna Briggs Institute (JBI)*  
*Critical Appraisal Checklist for Analytical Cross Sectional*

Studi Pengulas : Dapid Arian

Tanggal : Kamis, 23 Juli 2020

Penulis : Qilong Cao and Ying Liang

Tahun : 2017

Catatan Nomor : DOI: 10.1177

	Iya	Tidak	Tidak Jelas	Tidak Dapat Dijelaskan
1. Apakah kriteria untuk dimasukkan dalam sampel didefinisikan dengan jelas?	✓			
2. Apakah subjek penelitian dan pengaturannya dijelaskan secara rinci?	✓			
3. Apakah paparan diukur dengan cara yang valid dan dapat diandalkan?	✓			

4. Apakah objek, kriteria standar digunakan untuk pengukuran kondisi?	✓			
5. Apakah faktor perancu diidentifikasi?	✓			
6. Apakah strategi untuk menangani faktor perancu dinyatakan?		✓		
7. Apakah hasil ukur dengan cara yang valid dan dapat diandalkan?	✓			
8. Apakah analisis statistic yang digunakan sesuai?	✓			

Instrument ini dikutip dari Aromataris E, Munn Z (Editor). *Manual Reviewer Joanna Briggs Institute. The Joanna Briggs Institute, 2017.* Tersedia di <https://reviewersmanual.joannabriggs.org>

Hubungan Dukungan Sosial Dengan *Self Esteem*  
 Pada Klien Rehabilitasi Narkoba  
*(Literature Review)*

*Instrument Joanna Briggs Institute (JBI)*  
*Critical Appraisal Checklist for Analytical Cross Sectional*

Studi Pengulas : Dapid Arian

Tanggal : Kamis, 21 Juli 2020

Penulis : Mengfan Xia, Chunyu Yang

Tahun : 2019

Catatan Nomor : DOI: 10.1002

	Iya	Tidak	Tidak Jelas	Tidak Dapat Dijelaskan
1. Apakah kriteria untuk dimasukkan dalam sampel didefinisikan dengan jelas?	✓			
2. Apakah subjek penelitian dan pengaturannya dijelaskan secara rinci?	✓			
3. Apakah paparan diukur dengan cara yang valid dan dapat diandalkan?	✓			

4. Apakah objek, kriteria standar digunakan untuk pengukuran kondisi?	✓			
5. Apakah faktor perancu diidentifikasi?	✓			
6. Apakah strategi untuk menangani faktor perancu dinyatakan?	✓			
7. Apakah hasil ukur dengan cara yang valid dan dapat diandalkan?	✓			
8. Apakah analisis statistic yang digunakan sesuai?	✓			

Instrument ini dikutip dari Aromataris E, Munn Z (Editor). *Manual Reviewer Joanna Briggs Institute. The Joanna Briggs Institute*, 2017. Tersedia di <https://reviewersmanual.joannabriggs.org>

Hubungan Dukungan Sosial Dengan *Self Esteem*  
 Pada Klien Rehabilitasi Narkoba  
*(Literature Review)*

*Instrument Joanna Briggs Institute (JBI)*  
*Critical Appraisal Checklist for Analytical Cross Sectional*

Studi Pengulas : Dapid Arian

Tanggal : Kamis, 22 Juli 2020

Penulis : Arief Pratama, Endang Retno

Tahun : 2014

Catatan Nomor : ISSN: 2502-5791

	Iya	Tidak	Tidak Jelas	Tidak Dapat Dijelaskan
1. Apakah kriteria untuk dimasukkan dalam sampel didefinisikan dengan jelas?	✓			
2. Apakah subjek penelitian dan pengaturannya dijelaskan secara rinci?		✓		
3. Apakah paparan diukur dengan cara yang valid dan dapat diandalkan?	✓			

4. Apakah objek, kriteria standar digunakan untuk pengukuran kondisi?	✓			
5. Apakah faktor perancu diidentifikasi?	✓			
6. Apakah strategi untuk menangani faktor perancu dinyatakan?	✓			
7. Apakah hasil ukur dengan cara yang valid dan dapat diandalkan?	✓			
8. Apakah analisis statistic yang digunakan sesuai?	✓			

Instrument ini dikutip dari Aromataris E, Munn Z (Editor). *Manual Reviewer Joanna Briggs Institute. The Joanna Briggs Institute*, 2017. Tersedia di <https://reviewersmanual.joannabriggs.org>

Hubungan Dukungan Sosial Dengan *Self Esteem*  
 Pada Klien Rehabilitasi Narkoba  
*(Literature Review)*

*Instrument Joanna Briggs Institute (JBI)*  
*Critical Appraisal Checklist for Analytical Cross Sectional*

Studi Pengulas : Dapid Arian

Tanggal : Kamis, 19 Juli 2020

Penulis : Ernawati, Muhammad Qasim

Tahun : 2018

Catatan Nomor : ISSN : 2549-5127

	Iya	Tidak	Tidak Jelas	Tidak Dapat Dijelaskan
9. Apakah kriteria untuk dimasukkan dalam sampel didefinisikan dengan jelas?	✓			
10. Apakah subjek penelitian dan pengaturannya dijelaskan secara rinci?	✓			
11. Apakah paparan diukur dengan cara yang valid dan dapat diandalkan?	✓			

12. Apakah objek, kriteria standar digunakan untuk pengukuran kondisi?	✓			
13. Apakah faktor perancu diidentifikasi?	✓			
14. Apakah strategi untuk menangani faktor perancu dinyatakan?		✓		
15. Apakah hasil ukur dengan cara yang valid dan dapat diandalkan?	✓			
16. Apakah analisis statistic yang digunakan sesuai?	✓			

Instrument ini dikutip dari Aromataris E, Munn Z (Editor). *Manual Reviewer Joanna Briggs Institute*. The Joanna Briggs Institute, 2017. Tersedia di <https://reviewersmanual.joannabriggs.org>

### **Lampiran 3 : Lembar Bimbingan Skripsi**

## **CATATAN BIMBINGAN SKRIPSI**

**Nama** : Dapid Arian

**NIM** : AK.1.16.011

**Judul Skripsi** : Hubungan Dukungan Sosial dengan *Self-Esteem*  
pada Klien Rehabilitasi Pecandu Narkoba  
*(Literature Review)*

**Pembimbing utama** : Titin Mulyati, S. Kp., M. Kep

**Pembimbing Pendamping** : Rd. Siti Jundiah, S. Kp., M. Kep

No	Hari/Tanggal	Catatan Pembimbing	Paraf Pembimbing
1.	Sabtu, 01/02/2020	Acc judul yang di ajukan  lanjut cari jurnal dari study  pendahuluan	Titin Mulyati, S. Kp., M. Kep
2.	Sabtu, 21/02/2020	<ul style="list-style-type: none"> <li>- Judul perbaiki &gt;konsul pembimbing 2</li> <li>- Latar belakang diawali dengan masalah umum</li> <li>- Kesinambungan alinea diperbaiki</li> <li>- Data study pendahuluan</li> </ul>	Titin Mulyati, S. Kp., M. Kep

		<p>diperbaiki</p> <ul style="list-style-type: none"> <li>- Lanjutkan bab berikutnya</li> </ul>	
3.	Jumat,22/05/2020	<ul style="list-style-type: none"> <li>- Perubahan metode (literature review)</li> <li>- Kesinambungan kata diperbaiki</li> <li>- Perbaiki bagian bab 3</li> </ul>	Titin Mulyati, S. Kp., M. Kep
4.	Minggu,24/05/2020	<ul style="list-style-type: none"> <li>- Perbaiki penulisan, jenis, besar huruf</li> <li>- Perbaiki alenia</li> <li>- Perbaiki penulisan Bahasa asing</li> <li>- Jurnal terkait dengan penelitian berapa dari luar dan berapa dari dalam</li> <li>- Penambahan pengertian dari pico</li> </ul>	Titin Mulyati, S. Kp., M. Kep
6.	Rabu,03/06/2020	<ul style="list-style-type: none"> <li>- Acc siding up</li> </ul>	Titin Mulyati, S. Kp., M. Kep
7.	Kamis,12/03/2020	<ul style="list-style-type: none"> <li>- Acc judul</li> <li>- Lakukan study pendahuluan terkait tema</li> </ul>	Rd. Siti Jundiah, S. Kp., M. Kep

		<ul style="list-style-type: none"> <li>- Pelajari teori yang mendukung</li> </ul>	
8.	Sabtu,11/04/2020	<ul style="list-style-type: none"> <li>- Perbaiki bab 1 sedikit lagi, bab2 acc, bab 3 sedikit lagi</li> <li>- Setelah di perbaiki acc siding up</li> </ul>	Rd. Siti Jundiah, S. Kp., M. Kep
9.	Jum'at,17/04/2020	<ul style="list-style-type: none"> <li>- Perbaiki definisi operasional</li> <li>- Beri pengertian pada sampel</li> <li>- Perbaiki bagian ujji validitas dan realibilitas instrumen</li> </ul>	Rd. Siti Jundiah, S. Kp., M. Kep
10.	Kamis,30/04/2020	<ul style="list-style-type: none"> <li>- Pergantian metode menjadi literature review</li> <li>- Baca panduan</li> <li>- Pembuatan bab 3</li> </ul>	Rd. Siti Jundiah, S. Kp., M. Kep
11.	Selasa,02/06/2020	<ul style="list-style-type: none"> <li>- Acc siding up</li> </ul>	Rd. Siti Jundiah, S. Kp., M. Kep
12.	Senin, 27/07/2020	<ul style="list-style-type: none"> <li>- Perbaikan setelah S. Up</li> <li>- Cari jurnal terkait judul</li> </ul>	Titin Mulyati, S. Kp., M. Kep

		- Lanjut ke penelitian	
13.	Selasa, 04/08/2020	<ul style="list-style-type: none"> <li>- Buat abstrak</li> <li>- Perbaiki huruf besar, penulisan Bahasa asing</li> <li>- Perbaiki point-point materi</li> <li>- Perbaiki kerangka konseptual</li> <li>- Perbaiki penulisan table</li> <li>- Pada BAB V harus menjawab tujuan</li> </ul>	Titin Mulyati, S. Kp., M. Kep
14.	Rabu, 12/08/2020	<ul style="list-style-type: none"> <li>- Penulisan abstrak tanpa alinea atau tanpa paragraph baru</li> <li>- Perbaiki spasi setelah tanda “,” (koma)</li> <li>- Perbaiki penulisan manfaat penelitian</li> <li>- Penulisan Bahasa asing</li> </ul>	Titin Mulyati, S. Kp., M. Kep
14.	Kamis, 13/08/2020	<ul style="list-style-type: none"> <li>- Acc siding akhir</li> <li>- Buat lembar bimbingan dan riwayat hidup</li> </ul>	Titin Mulyati, S. Kp., M. Kep

15.	Rabu, 05/08/2020	<ul style="list-style-type: none"> <li>- Perbaiki BAB IV</li> <li>- Hasil JBI jelaskan</li> <li>- Perbaiki cara pembuatan tabel</li> </ul>	Rd. Siti Jundiah, S. Kp., M. Kep
16.	Rabu, 12/08/2020	<ul style="list-style-type: none"> <li>- <i>Critical appraisalnya</i> meggunakan apa</li> <li>- Ada jurnal yang tidak sesuai</li> </ul>	Rd. Siti Jundiah, S. Kp., M. Kep
	Sabtu, 15/08/2020	<ul style="list-style-type: none"> <li>- Jurnal yang digunakan 6</li> <li>- Perbaiki abstrak</li> <li>- ACC siding akhir</li> </ul>	Rd. Siti Jundiah, S. Kp., M. Kep

**Lampiran 4 : Hasil cek *Plagiarism***

**Plagiarism Checker X Originality Report**



Plagiarism Quantity: 26% Duplicate

Date	Kamis, Agustus 13, 2020
Words	3727 Plagiarized Words / Total 14274 Words
Sources	More than 161 Sources Identified
Remarks	Medium: Plagiarism Detected - Your Document needs Selective Improvement.

HUBUNGAN DUKUNGAN SOSIAL DENGAN HARGA DIRI PADA KLIEN REHABILITASI PECANDU NARKOBA (LITERATURE REVIEW) SKRIPSI Diajukan Sebagai Salah Satu Syarat Untuk Mencapai Gelar Sarjana Kependidikan DAPID ARIAN NPM. AK.1.16.011 PROGRAM STUDI KEPERAWATAN FAKULTAS KEPERAWATAN UNIVERSITAS BHAKTI KENCANA 2020 LEMBAR PERSETUJUAN JUDUL : HUBUNGAN DUKUNGAN SOSIAL DENGAN HARGA DIRI PADA KLIEN REHABILITASI PECANDU NARKOBA

## Lampiran 5 : Pembuktian jurnal

21.35 ☰ 4G

← JURNAL 5.pdf

JOURNAL OF ISLAMIC NURSING

**PENGARUH DUKUNGAN KELUARGA DAN DUKUNGAN KONSELOR ADIKSI TERHADAP MOTIVASI UNTUK SEMBUH PADA PECANDU NARKOBA DIBALAI REHABILITASI BNN BADDOKA MAKASSAR**

Ernawati, Muhammad Qasim  
Keperawatan, STIKES Nani Hasamaddin Makassar  
(email : ernakespro@yahoo.co.id)  
Keperawatan, STIKES Nani Hasamaddin Makassar  
(email : gasimqasim63@yahoo.co.id)

**Abstract**  
*In 2014 the number of drug abusers in Indonesia is estimated about 3,8 to 4,1 million people who have used drugs within a year in the group age around 10-59 years old. In other words, there is about 1 of 44 to 48 people of them which is 10-59 years old who still or ever used drugs in 2014. The purpose of this research is to know the influence of family and counselor support on motivation to recover of the drug addicts in rehabilitation center of BNN Baddoka Makassar. This research used an analytical observational with cross sectional approach. The research was conducted at BNN Baddoka Rehabilitation center in Makassar on May – July 2017. The number of population was 123 people and the number of sample was 55 respondents. The sampling technique used purposive sampling. The sampling technique used purposive sampling. The data collection used questionnaire and Chi-square statistical test was used in the data processing. Based on the statistical test result, there were influence between family support and motivation to recover of the drug addicts ( $p=0,012$ , less than the value  $\alpha=0,05$ ) and there were influence of counselor support on motivation to recover of the drug addicts by ( $p=0,000$ , less than the value  $\alpha=0,05$ ). Finally, it can be concluded that there is influence of family and counselor support on motivation to recover of the drug addicts in the rehabilitation center of BNN Baddoka Makassar.*

**Keywords :** The Influence Of Family, Addiction Counselor Support, Motivation To Recover

**1. PENDAHULUAN**  
Tingginya angka penyalahgunaan narkoba disebabkan karena produksi narkoba yang terus meningkat sehingga mudah didapat, jaringan komunikasi yang semakin canggih dan faktor sosial ekonomi. Alasan berikutnya adalah karena lintas gender, lintas usia dan lintas lapisan, artinya pengguna narkoba sudah makin meluas, meliputi laki-laki dan wanita, tua muda, hingga berbagai kelas ekonomi di masyarakat (Isnaini, Y 2011).  
World Health Organization (WHO) menyatakan bahwa jika terdapat satu kasus berarti yang terjadi ada sepuluh kasus dan tingginya angka kematian per hari karena penyalahgunaan narkoba yaitu 2-3 orang per harinya. Hal ini belum menggambarkan data yang sebenarnya karena sering penyebab kematian yang sebenarnya tidak diungkap oleh keluarga karena rasa malu. Serta bahaya penyakit menular hepatitis B/C dan HIV/AIDS, laporan menunjukkan 80% pengguna narkoba dengan jarum suntik menderita hepatitis B/C dan 40-50% tertular HIV. Penyebabnya adalah pemakaian jarum suntik yang tidak steril dan bergantian (Isnaini, Y 2011).  
Menurut laporan tahunan pengguna obat sedunia United Nations Office on Drugs and Crime (UNODC) menyebutkan bahwa pengguna narkoba pada tahun 2011 sebanyak 240 juta orang tahun 2012 sebanyak 243 orang, sementara pada tahun 2013 sebanyak 246 juta orang pengguna narkoba. (UNODC, 2015)

Pada Tahun 2014 Indonesia Jumlah penyalahgunaan narkoba diperkirakan ada sebanyak 3,8 juta sampai 4,1 juta orang yang pernah pakai narkoba dalam setahun terakhir (*current users*) pada kelompok usia 10-59 tahun di tahun 2014 di Indonesia. Dengan bahasa lain ada sekitar 1 dari 44 sampai 48 orang dari mereka yang berusia 10-59 tahun masih atau pernah pakai narkoba di tahun 2014 (Laporan BNN, 2014).

Di Sulawesi Selatan dan Barat Jumlah Kasus Narkoba dilihat dari hasil survei Badan Narkotika Nasional dan POLRI 2013, dikemukakan bahwa jumlah kasus Narkoba untuk Provinsi Sulawesi Selatan dan Barat dimana pada tahun 2010 sebanyak 413 , pada tahun 2011 sebanyak 521 Orang dan pada tahun 2012 sebanyak 645 orang, jika mengamati hasil ini menandakan ada peningkatan kasus setiap tahunnya. (KEMENKES RI, 2014)

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Namun bila keluarga hanya menyuruh mereka untuk berhenti tetapi tidak mewujudkannya dalam dorongan positif, hasilnya tidak akan nyata. Sugesti yang dimunculkan dari obat-obatan itu akan lebih kuat daripada suruhan untuk berhenti dari orang lain. Dukungan keluarga sangat berperan penting bagi pengguna dan sangat membutuhkan dukungan orangtua untuk sembuh daripada yang mempunyai tekad besar untuk lepas (Isnaini, Y kelamin terbanyak yaitu jenis kelamin sebanyak 48 responden (87,5%).

**Tabel 2 Distribusi Frekuensi R**  
**berdasarkan Umurdi Balai Rel**  
**BNN Baddoka Makassar**

Umur	n	%
10-19 Tahun	48	87,5%
20-29 Tahun	7	12,5%

21.35 ☰ ☰ 4G ☰

← JURNAL 4.pdf

## ARTICLE IN PRESS

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### Social Functioning and Self-Esteem of Substance Abuse Patients

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<sup>a</sup> Erciyes Hospital for Psychiatry and Neurological Diseases, Bursa, Turkey

<sup>b</sup> Department of Psychiatry Nursing, Faculty Health of Sciences, Ataturk University, Erzurum, Turkey

#### ABSTRACT

**Aim:** This descriptive study was conducted to examine the levels of social functioning and self-esteem in individuals diagnosed with substance abuse.

**Material and Method:** The study was conducted at the ADAMTEMI (Alcohol and Substance Abuse Treatment Center) of a psychiatric hospital in the Elazığ province in Eastern Turkey between January 1, 2014 and February 1, 2015. A total population of 1,000 patients were seen in this clinic, and the sample consisted of 200 patients who comply with the research criteria and agreed to participate in the study. A Socio-Demographic Questionnaire, Coopersmith Self-Esteem Scale (SES) and Social Readjustment Scale (SRS) were used for data collection. Percentages, averages, standard deviations and Pearson's correlation were used for data analysis.

**Results:** This study found that the patients' mean score on the Self-esteem Scale was  $50.97 \pm 18.03$ . Their score on the SES was  $50.24 \pm 10.21$ . A significant correlation between patients' self-esteem and the age of first substance use was detected ( $p < 0.001$ ). A significant correlation was detected between their social functioning and the duration of their substance use ( $p < 0.005$ ). This study found a positive significant correlation between social functioning and self-esteem ( $p < 0.001$ ).

**Conclusion:** This study found that substance abuse patients have a medium level of self-esteem and social functioning. A significant positive correlation between social functioning and self-esteem was found. It was also found that the age of first substance use and self-esteem are directly correlated. Counseling to increase patients' levels of self-esteem and improve their social functioning is recommended.

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Addiction is a disease that may emerge due to the abuse of one or more substances. It causes a variety of physical and psychological symptoms in case of withdrawal. It is treatable, but may recur, and it causes addicts to value their substance abuse more than previously valued activities (Akyol et al., 2014; Çelik, Erkut, Cinar, Küçükçençeli & Külcü, Bayrak, 2014; Yorgancıoğlu & Tunc, 2009).

Average opiate usage prevalence among adults is estimated to be approximately 0.4% (EMCDDA, 2014). In Turkey, it is estimated to be 1–8/1000 (EMCDDA, 2014). Marijuana is the most widely used drug in Europe and Turkey (Devlet Denetleme Kurumu, 2014; UNODC, 2014). Despite the fact that the level of prevalence of substance abuse of students of ages 15–16 varies greatly from country to country as of 2011, recent data estimate that approximately one-fourth of students of ages 15–16 use illegal drugs (EMCDDA, 2014). Substance abuse behavior and its prevalence among the youth are issues of concern for many countries (Fuchs, 2014).

The rate of substance abuse and use is lower in Turkey than the United States and European countries (Altıaylı & Balci, 2014). However, substance use frequency in Turkey is higher than the normal population growth rate (Altıaylı & Balci, 2014). Turkey is affected negatively both by local and international factors. Local factors include the lack of a legal economy for substance possession (Devlet Denetleme Kurumu, 2014). As the youngest European country and with its rare bulge in youth population, Turkey is the most important target of this global threat (Karaca, 2014).

Today, substance abuse is one of the most important public health issues faced by all societies (Karataş & Kübler, 2004). Gradual increases have been observed in the rates of substance abuse and diseases, morbidity and mortality compared to all other preventable disorders (Gezlek, 2015). Substance use is an extremely costly and destructive social disease that has negative effects on family life, public safety and the economy in a negative way (Gezlek, 2015).

In addition to the medical dimension of substance abuse, its psychosocial and economic dimensions are also very important (Ceylan, Yanık, & Gönçer, 2005). One of the most important indicators of psychosocial health is valuing oneself. Self-esteem, which represents the emotional dimension of the self, means self-acceptance, self-respect and self-assessment regarding one's own values (Vaidir & Capar, 2010). It has been determined by numerous studies that individuals with low self-esteem have a tendency toward substance use to satisfy their need for self-esteem and to control their

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## ARTICLE IN PRESS

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emotions and behavior (Satam, 2011; Toker, Tiryaki, Özgürler, & İskender, 2011; Zengin & Altay, 2014). Self-confidence, social support and the ability to work effectively are important preventive factors (Turan, Ünal, Duman, & Akgül, 2011).

The problem of substance abuse emerges as an important social issue that negatively affects social functioning, disrupts social harmony and causes negative social interactions (Ceylan et al., 2005). Social functioning is the ability to work, sustain interpersonal relations and take care of oneself (Ateş Budak, 2011). Antisocial individuals negatively affected by substance abuse have a tendency to commit crimes (Çipir et al., 1995). Substance use pushes individuals into homicidal and/or suicidal behavior and causes crime (Altuner, Engin, Güner, Alyay, & Akgül, 2009). Drug users are three times more likely to commit crimes than non-users (Ateş Budak, 2009).

Research is needed to prevent the increase of substance abuse and the problems it causes. Acquiring broader information on the prevalence of substance use, making retrospective assessments, making rela-

#### Instrument

##### Socio-Demographic Questionnaire

This form was constructed by the researcher to determine the personal characteristics, characteristics regarding substance use and family properties and has 14 questions in total. Introductory information form has questions that aim at determining individual characteristics such as age, marital status, level of education, substance use characteristics such as the type of substance, duration of use and age of onset, and family properties.

##### Coopersmith Self-Esteem Scale (SES)

This scale was developed by Stanley Coopersmith (1965) for children aged 10–14 years and for adults in particular. Coopersmith (1965) conducted a study in the United States and found the test-retest reliability of the scale to be 0.65 and 0.76 (Tufan & Turan, 1987). Coopersmith test vehicle's found



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## Hubungan Antara Dukungan Sosial dan *Self Esteem* pada Remaja Penyalahguna Zat yang Sedang dalam Masa Rehabilitasi

Arief Pratama Herdiyanto  
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### Abstract.

The aimed of this study was to find out the correlations between social support with self esteem in adolescents substance abusers who is undergoing rehabilitation program. Social support theory by Cohen & McKay (1985) and self esteem theory by Coopersmith (1967) were used as the references for this study. This study was conducted on 35 adolescents (12-22 years old) respondents who have the substance abuse condition in the rehabilitation. The sampling technique used in this research was purposive sampling. A translated questionnaire about Interpersonal Support Evaluation List (ISEL) by Cohen & Hoberman was used as an instrument to measure the social support, while translated questionnaire by Coopersmith named Coopersmith Self Esteem Inventory (CSEI) was used to find out the self esteem. The Reliability score of ISEL scale 0.88. The Reliability score of CSEI 0.879. Data analysis was performed with Spearman's Rank technique using SPSS 16.0 for windows.

The result showed a non significance value ( $p$ ) 0.282 between social support and self esteem. This study concluded that there was not a significant correlations between social support and self esteem in adolescents substance abusers.

**Keywords:** Social Support, Self Esteem, Adolescence, Substance Abuse

**Abstrak.** Penelitian ini bertujuan untuk mengetahui apakah terdapat hubungan antara dukungan sosial dengan self esteem pada remaja penyalahguna zat yang sedang dalam masa rehabilitasi. Dukungan sosial dalam penelitian ini menggunakan teori yang dikemukakan oleh Cohen & McKay (1983), sedangkan untuk self esteem menggunakan teori yang dikemukakan oleh Coopersmith (1967).

Penelitian ini dilakukan pada 35 remaja (12-22 tahun) yang tengah mengalami rehabilitasi atau penyalahgunaan zat di Surabaya. Teknik Sampling yang digunakan oleh peneliti adalah purposive random sampling. Alat pengumpulan data menggunakan kuesioner dukungan sosial berupa skala yang diterjemahkan dari Interpersonal Support Evaluation List (ISEL), sedangkan alat ukur self esteem menggunakan kuesioner berupa skala translasi dari Coopersmith Self Esteem Inventory (CSEI). Reliabilitas untuk skala ISEL adalah sebesar 0,88a, sedangkan reliabilitas skala dari CSEI adalah 0,879. Analisis data pada penelitian ini dilakukan dengan teknik Spearman's Rank dengan menggunakan bantuan program SPSS 16.0 for windows.

Berdasarkan analisis data yang dilakukan hasil uji hubungan antara dukungan sosial dengan self esteem pada remaja penyalahguna zat yang sedang dalam masa rehabilitasi

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menunjukkan nilai sig ( $p$ ) sebesar 0,282. Hasil analisis data pada remaja penyalahguna zat menunjukkan bahwa tidak terdapat hubungan yang signifikan antara dukungan sosial dengan self esteem.

**Kata Kunci:** Dukungan Sosial, Self Esteem, Remaja, Penyalahgunaan Zat



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## HUBUNGAN JENIS, LAMA PEMAKAIAN DAN HARGA DIRI DENGAN RESILIENSI PENGGUNA NAPZA FASE REHABILITASI

*RELATIONSHIP OF TYPES, OLD USE AND SELF ESTEEM WITH RESILIENCE OF REHABILITATION PHASE USERS*

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### ABSTRAK

Fenomena penyalahgunaan narkotika, psikotropika, dan zat adiktif lain (Napza) di kalangan generasi muda semakin mencemaskan karena telah menjangkau hampir seluruh lapisan masyarakat. Tujuan penelitian ini adalah untuk mengetahui hubungan jenis napza, lama pemakaian dan harga diri dengan resiliensi pengguna pada fase rehabilitasi. Penelitian ini telah dilaksanakan di RSJD Provinsi Jambi, BNN Kota Jambi, dan yayasan Natura Kota Jambi dengan melibatkan responden sebanyak 65 orang melalui teknik total sampling. Hasil penelitian menunjukkan sebagian besar pengguna napza adalah pemakai lama, harga diri rendah dimiliki oleh sebagian besar responden, dan responden yang memiliki resiliensi sedang adalah terbanyak. Penemuan yang lain menunjukkan adanya hubungan bermakna antara lama pemakaian dengan resiliensi pengguna, adanya hubungan bermakna antara jenis napza dengan resiliensi pengguna, dengan adanya hubungan bermakna antara harga diri dengan resiliensi pengguna. Hasil temuan ini layaknya dapat digunakan sebagai salah satu bahan acuan dalam pemberantasan penyalahgunaan napza yang sering terjadi dimasyarakat melalui penyuluhan-penyuluhan, ataupun tindakan-tindakan yang diperlukan oleh pihak yang terkait.

**Kata kunci:** napza; lama pemakaian; harga diri; resiliensi; rehabilitasi

### ABSTRACT

*The phenomenon of abuse of narcotics, psychotropic and other addictive substances (drugs) among the younger generation is increasingly worrying because it has reached almost all levels of society. The purpose of this study was to determine the relationship between drug types, duration of use and self-esteem with user resilience in the rehabilitation phase. This research has been carried out in RSJD Jambi Province, Jambi City National Narcotics Agency, and Jambi City Nature Foundation involving 65 respondents through total sampling technique. The results showed that the majority of drug users were long-time users, the low self-esteem was owned by most respondents, and the respondents who had moderate resilience were the most. Another finding showed a significant relationship between the duration of use and user resilience, there was a significant relationship between types of drugs and user resilience, with a meaningful relationship between self-esteem and user resilience. These findings can be used as a reference in combating drug abuse that often occurs in the community through counseling or actions needed by the parties concerned.*

**Keywords:** Napza; long usage; self-esteem; resilience; rehabilitation

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### PENDAHULUAN

Permasalahan penyalahgunaan napza saat ini menjadi momok yang menakutkan karena telah sampai pada tingkat anak-anak Sekolah Dasar. Secara universal penyalahgunaan napza dapat mengancam dan merusak masa depan pengguna, bahkan dapat membebaskan kejahatan-kejahatan lainnya akibat dari ketergantungan terhadap napza tersebut. Narkotika, Psikotropika, dan Zat Adiktif (NAPZA) adalah bahan/zat/obat yang bisa masuk ke dalam tubuh manusia dan mempengaruhi tubuh terutama otak/susunan saraf pusat, sehingga menyebabkan perubahan kesehatan fisik, psikis, dan fungsi sosialnya karena terjadi kebiasaan, ketagihan (adiksi), ketergantungan.

Berdasarkan *World Drug Report* dari *United Nations Office on Drugs and Crime* (2012) sekitar 200 juta orang di seluruh dunia menggunakan napza jenis narkotika dan psikotropika. Napza ilegal Kanabis merupakan jenis napza yang paling sering di gunakan diikuti dengan amfetamin, kokain, dan opioida (Natsir, 2012). Syarif & Tafa, (2008) mengatakan di berbagai negara sekitar 50% pengguna narkoba suntik (penasun) hidup dengan HIV/AIDS, bahkan di beberapa wilayah di



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RESEARCH ARTICLE

WILEY COMMUNITY PSYCHOLOGY

## The relationship among social support, self-esteem, affect balance and loneliness in individuals with substance use disorders in China

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### Abstract

This study analyzed the potential mediating role of self-esteem and affect balance on the relationship between social support and loneliness. Respondents were 426 substance use disorders from the Shifosi and Dalianshan rehab facilities in China who had completed the Multi-dimensional Scale of Perceived Social Support, Rosenberg Self-Esteem Scale, Positive and Negative Affect Scales, and UCLA Loneliness Scale. The results indicated that self-esteem and affect balance fully mediated the relationship between perceived social support and loneliness and all the paths, ranging from social support through self-esteem and affect balance to loneliness, were significant. Finally, we analyzed possible approaches to decreasing individuals with substance use disorders' loneliness.

### KEYWORDS

social support, self-esteem, affect balance, loneliness, individuals with substance use disorders

### 1 | BACKGROUND

Loneliness is an important indicator of individual mental health that can directly affect an individual's psychological state and physical well-being (Courtin & Knapp, 2017). In a recent report, researchers predicted that loneliness would reach epidemic proportions by 2030 unless proper interventions are established (Linehan et al., 2014). Loneliness is a painful subjective experience or psychological feeling characterized by lack of satisfactory relationships (Liu, Gou, & Zuo, 2016), and while numerous studies have shown that loneliness is associated with depression (Fried et al., 2015), high stress (Smith, Theeke, Culp, Clark, & Pinto, 2014), sleep disturbance

\*Xia and Yang have contributed equally to this work.

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XIA AND YANG

(Fekete, Williams, & Skinta, 2018), physical inactivity (Shankar, McMunn, Banks, & Steptoe, 2011), violence (Holt-Lunstad et al., 2012), and even mortality (Holwerda et al., 2014), the research on loneliness intervention is still very scarce. Therefore, it is necessary to further our understanding of these risk factors. The existing research on loneliness is mostly concentrated on adults (Courtin, & Knapp, 2017) and children (Zeddyk, Cohen, Eisenhower, & Blacher, 2016), and there has been little research on the problem of loneliness among individuals with substance use disorders (SUDs). Loneliness is a negative emotional state that causes individuals with SUDs to feel isolated and alone. Emotional support for individuals with substance use disorders can lead to a relatively closed state of mind that causes them to feel lonely, and loneliness weakens aspects of self-control ability and determination that could help



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Article

## Perceived social support and life satisfaction in drug addicts: Self-esteem and loneliness as mediators

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SAGE

Qilong Cao<sup>1</sup> and Ying Liang<sup>2</sup>

### Abstract

This study was designed to investigate the mediation effects of both self-esteem and loneliness on the relationship between social support and subjective well-being in drug addicts. In all, 110 participants, all drug addicts from Guangdong Fangcun Brain Hospital, completed the questionnaire. Pearson's correlation analysis showed that perceived social support was positively related to self-esteem and life satisfaction and was negatively correlated with loneliness in drug addicts. Structural equation modeling estimated by the Bootstrap method indicated that loneliness and self-esteem partially mediated the association between perceived social support and life satisfaction. These findings provided insights into the association between perceived social support and life satisfaction in drug addicts.

### Keywords

drug addicts, life satisfaction, loneliness, perceived social support, self-esteem

### Introduction

In recent decades, social support, an important area of psychology, has been a major concern of researchers (Bastardo and Kimberlin, 2000; Sarriera et al., 2015; Yi et al., 2016). In fields such as sociology, psychiatry, social epidemiology, and nursing, there have been an increasing number of studies on social support (Lett et al., 2005; Montes-Berges and Augusto, 2007). Numerous studies have shown that social support had a significant correlation with mental health, quality of life, and well-being (Davey et al., 2014; Rigby, 2000; Liang and Guo, 2015). Social support is an important and effective psychological resource which allows individuals to cope with stress and bad moods. It was found that those who obtained support from family, friends, or specialists showed a higher sense of happiness or life satisfaction (Brannan

et al., 2013; Nabi et al., 2013). In general, social support is divided into two types: received social support and perceived social support (Oh et al., 2014). Received social support is the actual support from the people around an individual. Perceived social support is the subjective perception and assessment of support from family, friends, and others, involving emotional experience and the formation of attitudes

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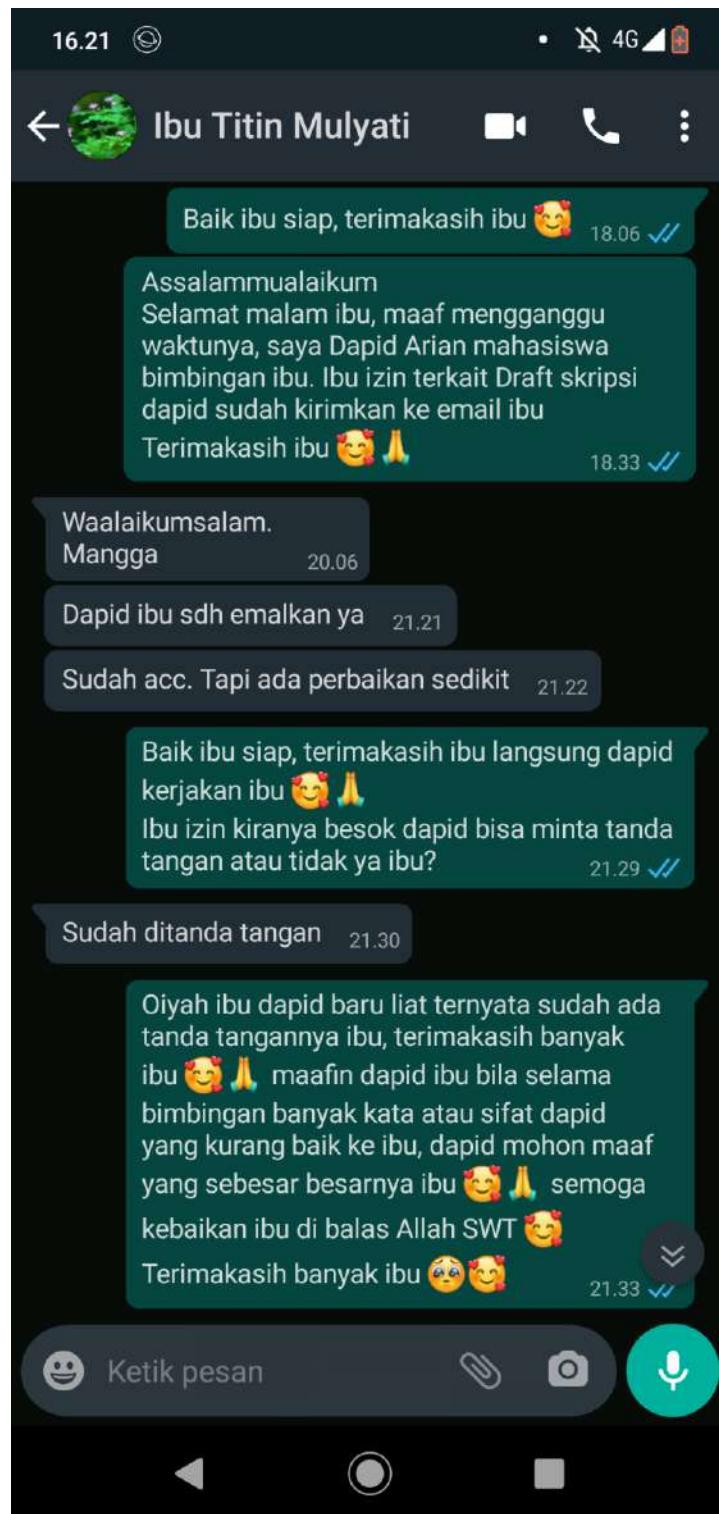
(Melrose et al., 2015). According to Oh et al. (2014), perceived social support plays a more important role in predicting and judging individual mental health than received social support, and is more important in terms of promoting individual subjective well-being.

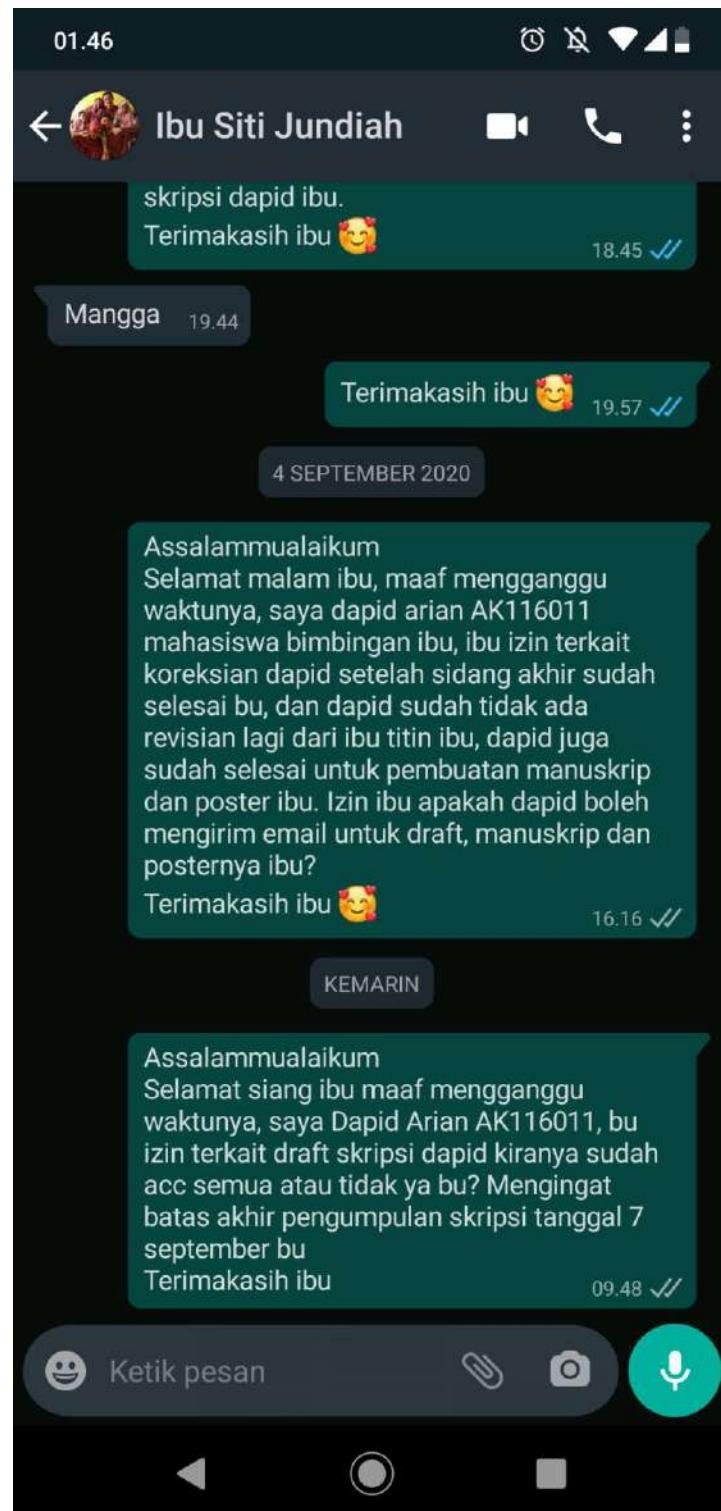
Studies have revealed that many factors have

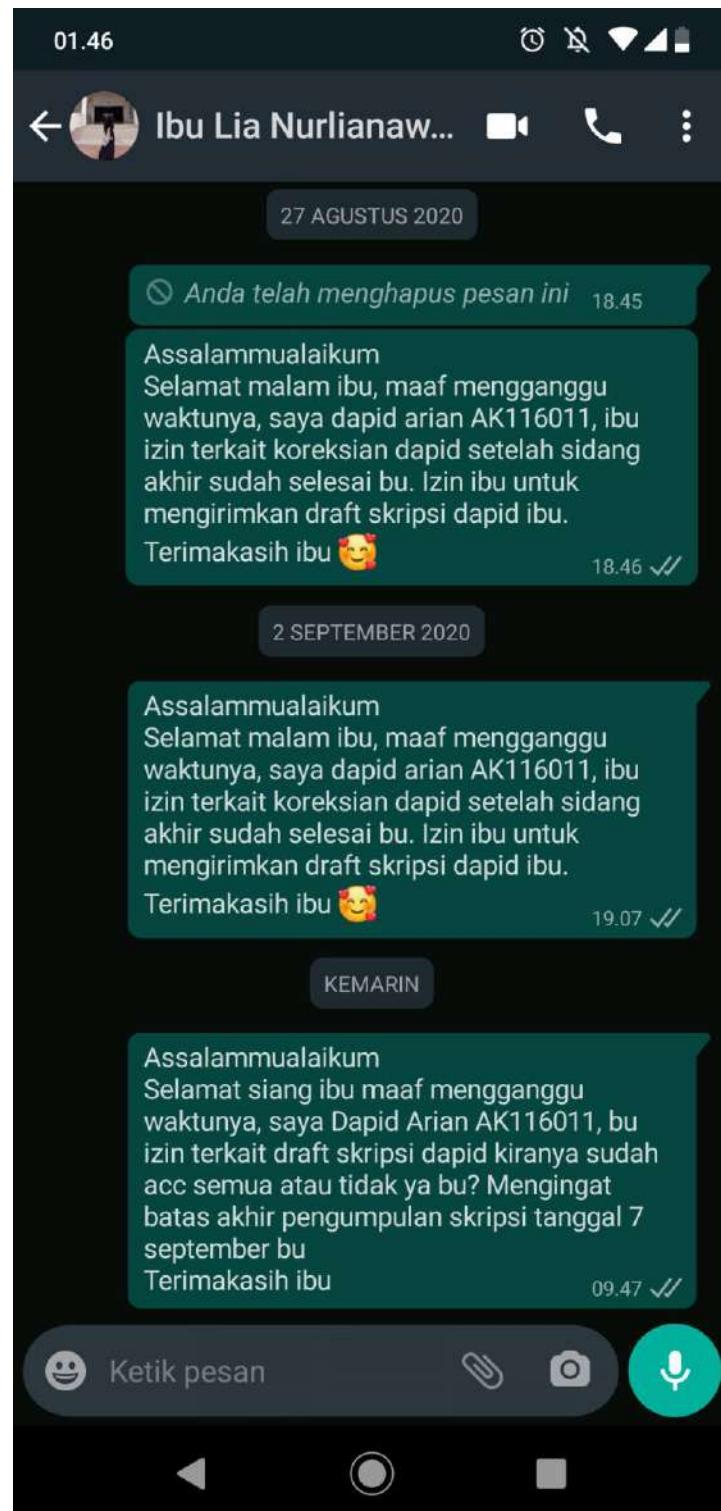
been identified as potential mediators between social support and subjective well-being, such as self-esteem and loneliness. Self-esteem is a positive evaluation of one's own worth, and it is considered to be an important factor in determining subjective well-being (Kong and You, 2013; Tian, 2016). Previous studies have shown that perceived social support is positively related to self-esteem and negatively related to loneliness (Kong and You, 2013; Tian, 2016). Loneliness is defined as a negative emotional state resulting from a lack of social support and social interaction (Kong and You, 2013; Tian, 2016).

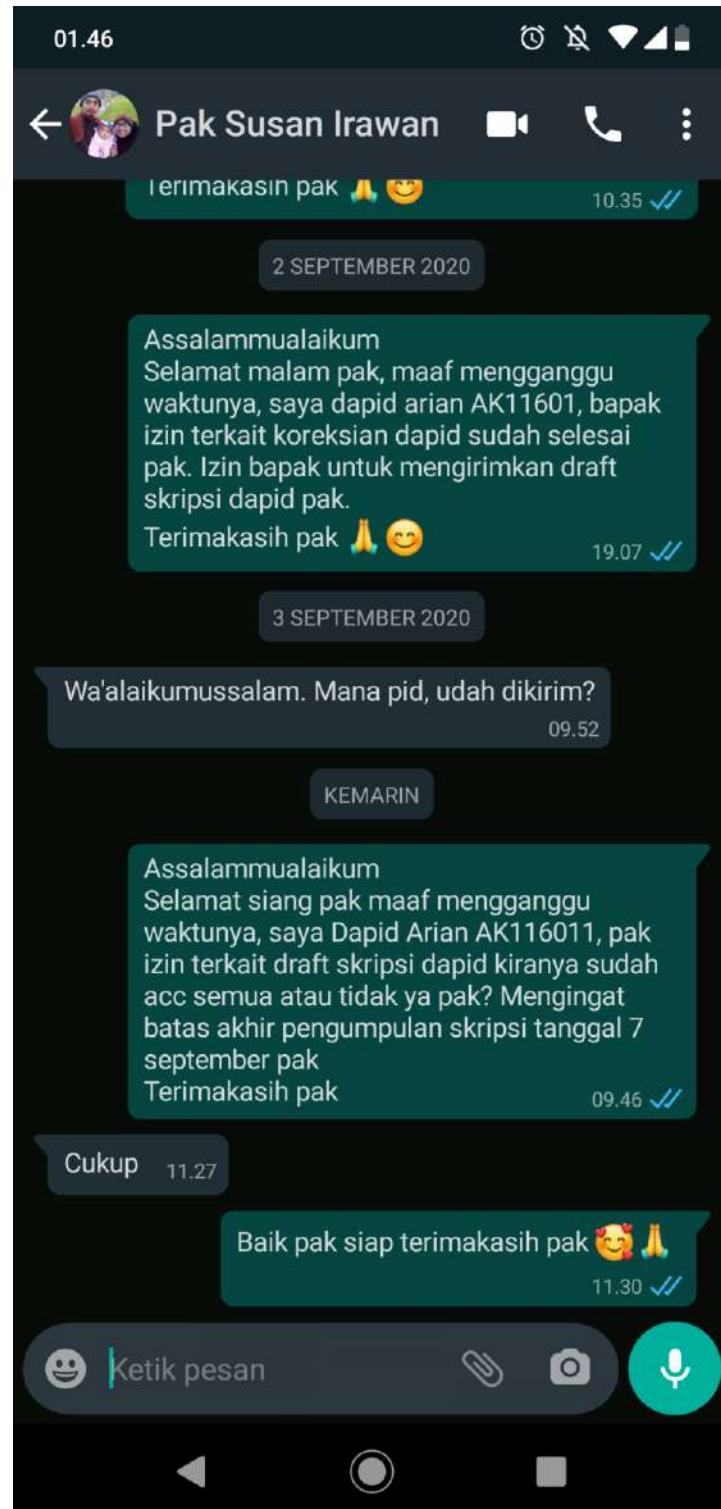
Loneliness is negatively related to self-esteem as well as having a negative correlation with loneliness. Meanwhile,



**Lampiran 6 : Bukti ACC draft skripsi**







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