

Relationship Between Self-Confidence and anxiety in Rehabilitants at the Tanah Merah Rehabilitation Center, East Kalimantan

Arief Budiman¹, Izzeh Afkarina¹, Linda Dwi Novial Fitri¹, Dwi Pratiwi¹

¹ UPTD Puskesmas Loa Bakung, Samarinda, Indonesia

Article Info

Article History :

Revised: January 2025

Available online: February 2025

Keywords :

Self-confidence, Anxiety, Rehabilitants

Corresponding Author :

Arief Budiman

E-mail : ab783@umkt.ac.id

ABSTRACT

Background & Objective: Drugs stands for narcotics and illegal drugs. Which can reduce or change consciousness, reduce to eliminate pain, and can cause dependence. This study aims to analyze the relationship between self-confidence and anxiety in rehabilitants at the Tanah Merah rehabilitation center in East Kalimantan. **Method:** This study used a quantitative design method, the population in this study were 89 rehabilitants at the Tanah Merah rehabilitation center, East Kalimantan Badan Narkotika Nasional (BNN), the sampling technique used was total sampling, data analysis using the Chi Square test and the instruments used were the Self Confidence Scale questionnaire and the Hamilton Rating Scale for Anxiety. **Result:** The results of statistical tests regarding the relationship between self-confidence and anxiety obtained a value of $P = 0.774$ which is higher than the significant level of $\alpha 0.05$, so it can be concluded that the hypothesis H_a is rejected and H_o is accepted. **Conclusion:** This study shows that the level of self-confidence does not significantly affect the level of anxiety in the population studied.

Introduction

Drugs stands for narcotics and illegal drugs. Which can reduce or change consciousness, reduce to eliminate pain, and can cause dependence. Drugs are included in the class of illegal drugs because their use can cause serious health risks and can harm individuals, society, and the environment. Narcotics can affect the central nervous system and change a person's perception, thoughts, mood, and behavior (Nur Asrah Bahar et al, 2023).

The drug problem in Indonesia requires special attention from all circles, especially community leaders (zabda, 2017). They must be involved in preventing and overcoming drug abuse; the community needs to build social institutions that play an

active role in realizing the dangers of drug abuse. The increase in drug abuse in Indonesia is increasingly alarming, and community leaders must be directly involved in providing character education to the millennial generation to prevent the biggest threat to this nation (Kristiano et al, 2018).

The fact that drugs are still widespread in Indonesia makes it an interesting subject of discussion. Even Indonesian artists can be the target of the circulation of these illegal substances, not just young people. This situation captures the attention of the public and causes a lot of wide-ranging discussions. The growing number of people using or addicted to drugs poses a danger to their own well-being as well as the country and their future (BNN RI, 2019).

Drug abuse or misuse of narcotics, psychotropic drugs and other addictive substances in Indonesia shows a threshold of concern. Various online media reports or government news reports, show high numbers and the widening reach of this drug abuse (Irianto, 2020).

Objective

The purpose of this study was to identify the description of the rehabilitant's self-confidence, in addition to identifying the description of the rehabilitant's anxiety during treatment and analyzing the relationship between self-confidence and anxiety.

Method

This research design uses quantitative research methods with a correlation approach, The population in this study was conducted among adults at the Tanah Merah BNN in East Kalimantan with a total of 89 rehabilitants. To determine the size of the sample taken from the population, the researcher used a total sampling technique with a sample of 89 rehabilitant clients. The instruments used in this study were the self-confidence scale instrument for the self-confidence questionnaire and the Hamilton Rating Scale For Anxiety instrument for the anxiety questionnaire.

Univariate data analysis uses variable frequency distribution formulas and bivariate analysis to test between independent variables and dependent variables. The statistical test performed in the study was chi square. The error rate used was 5%.

Results

The results of measuring the self-confidence of rehabilitants in the red soil rehabilitation center of East Kalimantan province are as follows:

TABLE 1. An overview of rehablitan self-confidence

No	Variabel	N	%
1.	Self-Confidence		
	High	85	95.5
	Low	4	4.5
	Total	89	100.0

Furthermore, the results of measuring the anxiety of rehabilitants in the red soil center in the red soil rehabilitation center of East Kalimantan province are as follows:

TABLE. 2 Overview of rehabilitan anxiety

No	Variabel	N	%
1.	Fear		
	None	50	56.2
	Medium	39	43,8
	Total	89	100.0

Furthermore, the results of bivariate analysis, namely the results of measuring the relationship between self-confidence and rehabilitant anxiety, are as follows:

TABLE 3. Analysis of the relationship between self-confidence and rehabilitant anxiety

Self-confidence	Anxiety			P value
	None	Medium	Total	
	N	N	N	
High	45	10	85	0,774
Low	1	1	4	
Total	46	11	89	

Discussion

Overview of Rehabilitant Self-Confidence

Based on table 1 above, there are the results of the frequency distribution of high self-confidence variables with an average of 89 respondents with a percentage of (95.5%), and low self-confidence with an average of 4 respondents with a percentage of (4.5%).

The results of the frequency distribution show that the majority of rehabilitants at the Tanah Merah East Kalimantan BNN Rehabilitation Center have a high level of self-confidence, namely 89 respondents (95.5%). In contrast, only 4 respondents (4.5%) had a low level of self-confidence. The high self-confidence of the majority of rehabilitants indicates the success of most individuals in building confidence in their abilities during the rehabilitation process. Research by Shokrkon et al. (2019) states that a high level of self-confidence can strengthen individual motivation in facing challenges and increase success in rehabilitation.

High self-confidence in most respondents can be attributed to the presence of psychosocial support and the successful implementation of the rehabilitation program. According to Faridah et al. (2020), emotional support from health workers and a supportive environment play a significant role in increasing individual self-confidence. This shows that the holistic approach implemented at the Tanah Merah Rehabilitation Center has had a positive influence on the psychology of the rehabilitants.

In contrast, the small group of respondents with low self-confidence levels (4.5%) requires special attention. Low levels of self-confidence can be caused by factors such as past traumatic experiences, emotional instability, or lack of social support. The study by Mahmoodi et al. (2021) emphasizes the importance of cognitive therapy-based interventions and support groups to help individuals with low self-confidence to increase their confidence in their abilities.

This distribution also reflects the diversity of characteristics of individuals undergoing rehabilitation, so a more personalized approach needs to be applied. Identifying the specific needs of each rehabilitant can help in designing more effective interventions. According to Li et al. (2022), individual empowerment strategies through coping skills training can have a positive impact on increasing self-confidence and stress management.

Overall, the results of this study confirm the importance of rehabilitation programs that are structured and centered on individual needs. With the majority of respondents showing high levels of self-confidence, the rehabilitation program has proven its effectiveness. However, the group with low self-confidence requires additional interventions to ensure that all rehabilitants are able to reach their optimal potential in their recovery process.

Overview of Rehabilitant Anxiety

Based on table 2 above, the results of the frequency distribution of rehabilitant anxiety variables obtained from 89 respondents who did not experience anxiety were 50 respondents or with a percentage (56.2%), and those who experienced moderate anxiety were 39 respondents or with a percentage (43.8%).

The frequency distribution results show that of the 89 rehabilitants studied, 50 respondents (56.2%) did not experience anxiety, while 39 respondents (43.8%) experienced moderate anxiety. This distribution shows that most rehabilitants are in a relatively stable psychological condition, although there are still a large number of individuals who face anxiety. According to Bhattarai et al. (2020), anxiety is a common response in life change situations, such as the rehabilitation process, which requires adaptation and psychosocial support.

Rehabilitants who do not experience anxiety tend to have better coping mechanisms and adequate social support. Research by Park and Kim (2019) showed that strong social support from family and the environment can reduce the risk of anxiety in individuals undergoing recovery. In addition, factors such as self-confidence and success in completing previous stages of rehabilitation also contribute to the psychological stability of this group.

In contrast, the group of rehabilitants who experience moderate anxiety requires more attention in the rehabilitation process. This moderate level of anxiety may be caused by uncertainty about the future, fear of stigma, or lack of self-confidence. The study by Xiao et al. (2021) suggests that mindfulness-based psychological therapy and stress management training can help individuals with anxiety to better manage their emotions adaptively.

These results also reflect the need for a more individualized and holistic approach to rehabilitation. Interventions designed to reduce anxiety need to be tailored to the needs and conditions of each individual. According to a report by Mahapatra et al. (2022), a rehabilitation approach that combines cognitive-behavioral therapy with community-based activities can significantly improve psychological well-being and reduce anxiety.

Overall, the results of this study provide important insights for the development of rehabilitation programs at the Tanah Merah BNN Rehabilitation Center. With more than half of the respondents being anxiety-free, the rehabilitation program showed partial success. However, additional interventions need to be provided for the group

who are still facing moderate anxiety so that they can achieve a more stable psychological state and support their overall recovery.

Relationship between Self-Confidence and Anxiety of Rehabilitants

Based on table 3, the results of statistical tests on the relationship between self-confidence and anxiety obtained P value = 0.774 higher than the alpha significant level of 0.05, it can be concluded that the hypothesis H_a is rejected and H_o is accepted, the conclusion is that there is no significant relationship between self-confidence and anxiety in rehabilitant clients at the Tanah Merah Rehabilitation Center of the East Kalimantan BNN.

The statistical test results show that the P-value of 0.774 is higher than the alpha significance level of 0.05. Based on these results, the null hypothesis (H_o) is accepted, which means that there is no significant relationship between self-confidence and anxiety in rehabilitants at the Tanah Merah Rehabilitation Center of the East Kalimantan BNN. This finding indicates that an individual's level of self-confidence does not directly affect the level of anxiety they experience in the context of rehabilitation. Research by Li et al. (2020) states that anxiety is often influenced by environmental factors and traumatic experiences, not just by internal factors such as self-confidence.

Self-confidence is an important psychological factor that can help individuals face challenges, but in the context of rehabilitation, external factors such as social support, stigma, and environmental conditions are more dominant in influencing anxiety levels. Research by Park and Kim (2019) highlighted that even individuals with high self-confidence can experience anxiety if they face an unsupportive environment or feel isolated from the community.

In addition, these results suggest that anxiety in rehabilitants may have more to do with the coping mechanisms they have than with their self-confidence. According to Singh and Gupta (2021), effective coping strategies, such as stress management or mindfulness, have a more significant impact on reducing anxiety than confidence directly. Therefore, it is important to ensure that rehabilitants are equipped with adequate coping skills during the rehabilitation process.

In the rehabilitation process, anxiety can be triggered by many factors, including fear of social stigma, uncertainty about the future, and challenges in adjusting to a new environment. Zhang et al. (2022) asserted that rehabilitation programs that focus on psychological aspects, such as counseling and group therapy, can help reduce anxiety significantly. Such programs create a safe and supportive environment, so that rehabilitants can feel more comfortable in facing challenges.

The absence of a meaningful relationship between self-confidence and anxiety in this study may also be explained by individual variations in other psychological factors, such as stress levels, depression, and traumatic experiences. Faridah et al. (2020) found that these factors often have a greater influence on anxiety than self-confidence alone. Therefore, a comprehensive assessment of the rehabilitant's psychological state is essential to design appropriate interventions.

This study provides important implications for the development of future rehabilitation programs. A more holistic approach is needed to address the various factors that influence anxiety, including social, emotional and psychological factors. Mahmoodi et al. (2021) recommend a community-based approach that not only

improves self-confidence but also provides emotional and social support to rehabilitants.

In addition, these results underscore the importance of involving health workers in providing education to rehabilitants about anxiety management. Education on relaxation techniques, stress management, and social skill development can help rehabilitants in overcoming their anxiety. This is in line with the findings by Xiao et al. (2021), who stated that social skills training can increase self-efficacy and reduce anxiety simultaneously.

Rehabilitation programs also need to incorporate regular evaluations of rehabilitants' anxiety and confidence levels to identify their needs early. This allows service providers to provide more targeted interventions. According to Bhattarai et al. (2020), continuous evaluation is essential to ensure that individuals' psychological needs are met throughout the rehabilitation process.

Understanding that anxiety is a multidimensional condition, rehabilitation efforts need to be directed at reducing external risk factors and strengthening protective factors, such as social support and coping skills development. This approach will help rehabilitants feel more confident and able to cope with anxiety effectively.

Overall, although self-confidence did not have a direct relationship with anxiety, both variables remain important in supporting rehabilitants' recovery. With a holistic and individual needs-based approach, rehabilitation programs can have a greater positive impact in helping rehabilitants achieve optimal recovery.

Conclusion

In this study it can be concluded that there is no significant relationship between self-confidence and anxiety in rehabilitant clients at the Tanah Merah Rehabilitation Center of the East Kalimantan BNN.

This study also provides important insights for health workers and rehabilitation service providers. Efforts to reduce anxiety in clients should focus on a comprehensive approach, such as stress management, coping skills, and social support. By understanding the complexity of factors that contribute to anxiety, interventions can be better targeted and support the client's recovery process more effectively.

Acknowledgement

This research can be carried out well thanks to the intervention of various parties. We would like to thank: The leadership of Muhammadiyah University of East Kalimantan, Head of Tanah Merah BNN, East Kalimantan Province, Loa Bakung Health Center who have helped in data collection, as well as many parties that we cannot mention one by one.

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