

The Relationship Between Self-Efficacy and Anxiety Among Rehabilitants at the BNN Rehabilitation Center in Tanah Merah, East Kalimantan

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ABSTRACT

Background & Objective: Narcotics are substances or drugs derived from plants or non-plants, either synthetic or semi-synthetic. Narcotics can cause decreased consciousness, drowsiness, loss of sensation, and may also reduce or eliminate pain. However, they can lead to dependence and are classified into several categories based on their properties and effects. The purpose of this study is to determine the relationship between self-efficacy and anxiety among rehabilitation patients. **Method:** This research uses a quantitative design with a cross-sectional approach, the number of respondents in this study was 89 rehabilitant at the BNN Rehabilitation Center in Tanah Merah East Kalimantan . By distributing questionnaires which will later be filled in by respondents and data processing will be carried out using the SPSS version 27 application to test correlation. **Result:** The results obtained from the p-value of the relationship between self-efficacy and anxiety are $0.961 < 0.05$. The conclusion is that there is no relationship between self-efficacy and anxiety in rehabilitation, as follows high self-efficacy 69.7% and no anxiety 50.6%. **Conclusion:** This study concludes that there is no significant relationship between self-efficacy and anxiety among rehabilitation patients. Although most respondents demonstrated high self-efficacy (69.7%) and no anxiety (50.6%), the findings indicate that self-efficacy does not have a direct influence on the level of anxiety in this population. Other factors, such as environmental support, coping mechanisms, or duration of rehabilitation, may play a more substantial role in influencing anxiety levels. Further research is recommended to explore these contributing factors in greater depth.

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Introduction

Narcotics are substances or drugs derived from plants or non-plants, either synthetic or semi-synthetic, that can cause decreased or altered consciousness, loss of sensation, reduction or elimination of pain, and may lead to dependence. They are classified into several categories as specified in the regulations. The abuse of narcotics can cause various types of damage to physical health, hinder social and economic development, and disrupt security and peace in the surrounding environment. Furthermore, such abuse may trigger various forms of criminal behavior, including theft, sexual assault, and even murder.

Drug-related cases showed an increase in 2023, rising by 13 percent compared to 2022, which recorded only 1,480 cases. In East Kalimantan, narcotics-related criminal offenses also increased in 2023 by 230 cases compared to the previous year. The total number of narcotics cases in 2023 reached 1,710, while in 2022 there were only 1,480 cases, indicating a 13 percent increase between 2022 and 2023.

Low self-efficacy can lead to increased anxiety. Self-efficacy is not a fixed genetic trait; it changes over time. Therefore, self-efficacy is believed to have a significant relationship with anxiety, as both variables can vary depending on individual experiences and circumstances. One of the factors influencing anxiety is self-belief, or self-efficacy.

Self-efficacy refers to an individual's self-assessment of whether they can perform certain actions or behaviors appropriately, correctly, and effectively in meeting specific requirements. It is defined as a person's belief in their ability to organize, generate motivation, cognitive resources, and actions necessary to meet situational demands.

Individuals with high self-efficacy are more capable of developing their skills through persistent effort, adapting to changes in their environment, and effectively coping with stress or anxiety. They also tend to experience better health-related quality of life and may recover more quickly from trauma.

Based on this phenomenon, the researcher aims to examine the relationship between self-efficacy and anxiety among rehabilitation patients at the BNN Rehabilitation Center in Tanah Merah, East Kalimantan.

Objective

The objective of this study is to identify self-efficacy and anxiety among rehabilitation clients, as well as to analyze the relationship between self-efficacy level and anxiety among rehabilitation clients at the BNN Rehabilitation at the BNN Rehabilitation Center in Tanah Merah, East Kalimantan.

Method

This study employed a quantitative design with a cross-sectional approach. The population in this research consisted of rehabilitation clients. The sampling technique used was accidental sampling, with a total of 89 respondents. The method applied in this study was a survey method. Data collection was carried out by distributing questionnaires as the primary data source. The questionnaire responses were then processed and statistically analyzed using SPSS version 27 to test the correlation. This

study utilized a Likert scale with the General Self-Efficacy Scale (GSES) and the Hamilton Anxiety Rating Scale (HARS) as the research instruments.

Results and Discussion

Description of Respondent Characteristics

Table 1. Distribution of Respondents Based on Gender

Respondent Characteristics	Parameter	Frequency	Percentage (%)
Age	Man	86	96.6
	Woman	3	3.4
Total		89	100

In Table 1, the results show that the majority of respondents are male (96.6%). Based on these findings, it can be concluded that gender, particularly being male, has a significant influence on the tendency to use or consume drugs.

Table 2. Distribution of Respondents Based on Age

Respondent Characteristics	Parameter	Frequency	Percentage (%)
Age	17-25 Years old	28	31.5
	26-35 Years old	44	49.4
	36-45 Years old	16	18.0
	46-55 Years old	1	1.1
Total		89	100

In Table 2, the results show that the majority of respondents are aged 26–35 years. This finding is consistent with the study conducted by Dian Wahyu Niarti (2021), which reported that most drug abusers were male, with 48 respondents, among whom 7 individuals (15%) were in the 26–35 years age group.

According to Lukman Nur Hakim (2020), the Ministry of Health classifies age groups as follows: 0–5 years (infancy), 5–11 years (childhood), 12–16 years (adolescence), 17–25 years (late adolescence), early adulthood (26–35 years), late adulthood (36–45 years), early elderly (46–55 years), late elderly (56–65 years), and elderly (>65 years).

Table 3. Distribution of Respondents Based on Education

Respondent Characteristics	Parameter	Frequency	Percentage (%)
Education	Not Completed Elementary School	1	1.1
	Elementary School		
	Junior High School		
	Senior High School		

Respondent Characteristics	Parameter	Frequency	Percentage (%)
	Higher Education	15	16.9
		27	30.3
		42	47.2
		4	4.5
Total		89	100

In Table 3, the results show that the majority of respondents had a senior high school (SMA) education level, with a total of 42 respondents (47.2%). Most respondents were in the late adolescent stage, a period of transition from childhood to adulthood. During this stage, young individuals tend to search for their identity and are easily influenced by their surroundings. They also have a strong sense of curiosity, which often drives them to try new experiences, including risky behaviors. This developmental phase makes them more vulnerable in terms of decision-making and critical thinking processes.

Table 4. Distribution of Respondents Based on Occupation

Respondent Characteristics	Parameter	Frequency	Percentage (%)
Occupation	Unemployed	43	48.3
	Housewife		
	Laborer	1	1.1
	Fisherman	12	13.5
	Farmer		
	Student	2	2.2
	Security Guard		
	Police Officer	6	6.7
	Entrepreneur	1	1.1
	Contract Employee (Honorary Staff)	1	1.1
	Civil Servant (PNS)		
		2	2.2
		18	20.2
		1	1.1
		2	2.2
Total		89	100

In Table 4, the results show that the majority of respondents were unemployed, totaling 43 individuals or 48.3%. Employment status greatly influences the risk of drug use, as difficulty in finding a job can lead to stress and frustration. This condition may

cause individuals to associate with drug users, eventually leading to drug consumption and addiction.

Table 5. Normality Test Results for the Self-Efficacy Variable

Kolmogorov Smirnov				Saphiro Wilk		
Self Efficacy	Statistic	Df	Sig	Statistic	Df	Sig
	0,70	89	0,200	974	89	0,071

Based on Table 5, the normality test results showed a p-value of 0.200, which is greater than 0.05, indicating that the data distribution of the self-efficacy variable is considered normal.

Table 6. Analysis of the Self-Efficacy Variable among Rehabilitation Clients

Variabel	F	Precentage (%)
Self Efficacy		
Low	43	48.32
High	46	51.8
	89	100

Source: Primary Data, 2024

The findings of the frequency distribution of the independent variable are based on Table 6 above. A total of 46 respondents (51.8%) had high self-efficacy, while the remaining 43 respondents (48.32%) had low self-efficacy.

The results of this study are consistent with the findings of Ety Muliati et al. (2022), which were obtained using a self-efficacy scale involving 89 participants who were drug addicts undergoing rehabilitation. The study reported that 40 respondents (44.9%) had high self-efficacy, 33 respondents (37.1%) had moderate self-efficacy, and 16 respondents (18%) had low self-efficacy.

The role of self-efficacy is to help respondents discover motivation within themselves to initiate positive changes and move away from harmful behaviors they engaged in in the past. Low self-efficacy can hinder an individual from making positive changes in life and may ultimately be detrimental to their well-being (Novianti et al., 2023). Self-efficacy consists of three aspects: generality, strength, and level (Angreni et al., 2021).

This finding is consistent with the opinion of Utami and Helni (2017), who state that self-efficacy is positively associated with adaptive ability, in which individuals who are able to adapt tend to have confidence in their ability to overcome the difficulties they encounter.

The results of this study also align with the findings of Khusnul Fatima (2019), which showed no correlation between respondents' self-efficacy and the measured outcome, with a p-value of 0.084 (>0.05).

In the study conducted by Intan Agitha Putri (2018), it was reported that self-efficacy levels were distributed as follows: very low 18.3%, low 18.3%, low 23.3%, moderate 16.6%, high 23.3%, and very high 18.3%.

Overall, self-efficacy plays an important role in the recovery process of individuals with drug addiction. The presence of self-belief during rehabilitation can enhance the likelihood of successful recovery, enabling individuals to free themselves from drug use (Agung Lucky Harisman, 2021).

However, the findings of this study do not support the results of Rebecca Christianity (2019), who reported a significant association with a p-value of 0.006, which is lower than 0.05. In contrast, the study by Heri Winarno (2015) supports the findings of the present study.

Table 7. Analysis of Anxiety Variables Among Rehabilitation Clients

Variabel	F	Precentage (%)
Anxiety		
No Anxiety	50	56,2
Moderate	39	43.8
	89	100

Source: Primary Data, 2024

Table 7 presents the frequency distribution statistics of the dependent variable, anxiety, in which 55 respondents (56.2%) reported experiencing no anxiety. Anxiety is a state of uncertainty that can cause individuals to feel discomfort, worry, or fear (Doering et al., 2024). Anxiety may also have negative impacts on physiological functioning, such as increased oxygen demand, elevated blood pressure, and increased pulse rate (Khoriyah et al., 2023).

Table 8. Analysis of the Relationship Between Self-Efficacy and Anxiety Among Rehabilitation

Self Efficacy	Anxiety		Total	Nilai p Value
	No Anxiety	Moderate Anxiety		
	F	F		
Rendah	23	20	43	0,779
Tinggi	27	19	46	
Total	50	39	89	

Source: Primary Data, 2024

Table 8 presents the results of the statistical analysis using the Chi-square test, which yielded a p-value of $0.779 > 0.05$. Therefore, the alternative hypothesis (H_a) is rejected and the null hypothesis (H_o) is accepted. This indicates that among patients at the National Narcotics Rehabilitation Center (BNN) Tanah Merah, East Kalimantan, there is no significant correlation between anxiety and self-efficacy.

Self-efficacy is an individual's belief or confidence in dealing with a particular situation. Hayaki et al. (2021) stated that self-efficacy can foster a sense of self-confidence among individuals with drug addiction during the rehabilitation period, individuals must manage negative emotions and resist the urge to use drugs. The higher the level of self-efficacy, the greater the likelihood of successful recovery among individuals with drug addiction during rehabilitation.

The findings of Lalita (as cited in Safitri et al., 2017) indicate that low self-efficacy can lead to increased levels of anxiety. Self-efficacy develops gradually over time, beginning in infancy and continuing throughout one's life. This is consistent with the nature of anxiety, which also fluctuates over time, is not stable, and can be influenced by situational factors when individuals are faced with certain problems. Based on these considerations, self-efficacy has a substantial relationship with anxiety, as both variables change and develop over time.

Conclusion

There was no association between self-efficacy and anxiety among rehabilitants at the BNN Rehabilitation Center in East Kalimantan. Most rehabilitants demonstrated high self-efficacy, with 62 individuals (69.7%), and the absence of anxiety was found in 45 individuals (50.6%). The majority of participants in this study were male, totaling 86 individuals (96.6%).

Future researchers are encouraged to further examine the relationship between self-efficacy and anxiety among rehabilitants at the BNN Rehabilitation Center in East Kalimantan by incorporating additional variables that were not included in the present study.

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