PREDICTION ON OPTIMISTIC AND MOTIVATION FACTOR TO RELAPSE AMONG FORMER DRUG ABUSE

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ABSTRACT--_The objective of this study is to identify predictors (optimistic and motivation) that correspond to relapse among former drug abuse in Malaysia. This study involves 50 former drug abuse who completed their questionnaire treatment and rehabilitation period and utilises three instruments, the Relapse Motivation Questionnaire (RMQ), Optimism used Life Orientation Test (LOT) and relaps was using the Inventory of Drug-Taking Situations (IDTS). This study uses descriptive statistical method or frequency to see the percentage for the demographic factor, while the inferential statistical method such as the Pearson correlation and multiple linear regression were used to test the research question. Results showed that there is not any correlation between relapse towards drug addiction and optimism is (r=-0.261, p-value=.067) while there is significant correlation between relapse towards drug addiction and motivational (r= -.387**, p-value=.006) as well as motivational and optimism (r= .536**, p-value=.000). This relationship between motivational and relapse is negative between motivational and relapse while positive between motivational and optimism, which indicates that as the motivational increase the chances of relapse towards drug addiction decrease while on the other hand if motivational increase then optimism increase. Multiple regression analysis indicated that a both the variables statistically not significant and didn't predict F (3, 46) = 57.208, p-value < .005, R2 = .789. So, without optimism, motivational behavior and strong cooperation among human beings it would be complicated to help former addicts to re-start their lives as common human beings this country._

Keywords--_Relapse; Former Drug Abuse; Optimistic; Motivation; Personal Factor_

I. INTRODUCTION

Substance abuse can be entitled as foremost convoluted health and social in Malaysia that can be examined by two different aspects before and after the independence of this country. The geographical closeness to golden triangle (Thailand, Laos and Myanmar) and other geographical regions of Southeast Asia which were formulated the laws of banned drugs in bundle on substance users in Malaysia which was considered as major societal problem in Malaysia. Subsequently, on February 19, 1983 the government of Malaysia declared drug abuse as national calamity and made an effort with law enforcing agencies together for the rehabilitation programs (Ibrahim & Kumar, 2009). A total number of people who were involved in drugs abuse 292,696 which was approximately 1% population of Malaysia were mapped out through a survey conducted during 2000 to March 2017. Since 1975,

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different treatment and rehabilitation centers were established to help people and making themselves able to improve their lives, but statistical results showed a significant increase in relapsed drug addicts.

National Anti-Drug Agency (2018) reported that during the year 2017 the total number of 17,419 relapsed drug addicts and 15,389 fresh drug addicts were registered and after getting treatment from different rehabilitation centers only 33% managed them free from drug abuse (Ibrahim & Kumar 2009). Chen, Stanton, Li, Fang dan Lin, (2008) characterized relapsed as a process in which an individual goes back to involve in unhealthy activities that would lead to reusing of substances of drugs. Anne and Catherine (2018) stated that societal acceptance or weak societal support can be considered as a determinant of occurrence of relapsed process in an individual's life. In Malaysia Mahmood Nazar (2008) reported that 30% of the patients fall into relapsed within the three months of their discharge from rehabilitation centers due to lack of societal support which drove back them to drug addictions. Likewise, William, Camillia and Yu Ye (2017) described stress, weak or failed conjectures, gloomy thinking of patient as leading factors toward relapsed drug abuse. On the other hand, Moos (2007) argued that psychological features of an individual are supposition to have a say in relapse among drug addicts.

Similarly, Affizal (2011) put forwarded that personality traits of an individual such as low conscientiousness and high neuroticism are linked with return to uncontrolled drinking and then anxiety is related with relapsed among marijuana addicts. Afterwards, another relapse cause is self-efficacy which define as a certain point through which a person feel that he is capable to control the particular situation and performed as well by assuring it (Bandura, 1977) identified those substance users who have lower the self-esteem have more chances of being drug addicted again after treatment not only self-esteem but also mind-set while on the other hand lack of certain information to avoiding the substance using the person might be involved in such activities after the treatment from rehabilitation centers in Malaysia. Furthermore; weak social bonding with the family and social group as well as with community where the drug users are living also contributed to relapsed propensity after treatment. Furthermore, Taib and Khairi (2000) explained that family is the most important factor towards drug addiction. Consequently, family support is required for the successful rehabilitation process but attitude of family like 'don't care' will not only lead to fail rehabilitation process but long run caused to addicts for relapsed drug abuse (World Drug Report, 2018).

Similar to above both factors, psychological aspect and family's support is very important as well as peer pressure from those people who are still using the drugs considerable close friends. Mazlan, (2012) found that 50% of the patients get involved again in drug abuse due to old peer group while research have shown that 76% old peer group supply the needed amount drugs to their rehabilitated friends which provoke individuals to get drug addicted again on contrary, peer support can help drug addicts to not get back to the same situation. Gregiore and Snively (2001) stated that provision of drug free environment could be higher linked with abstinence and lower chances of being relapsed to drug abuse after treatment. Leah (2010) on the other hand, associated that unemployment and lack of financial support amongst drug addicts after getting treatment from rehabilitation centers could be the reason of relapsed to drug abuse while Mahmood Nazar (2008) affirmed that owners took advantage of past drug addicts by paying them lower amount of salaries without considering their experience and qualification, this causes disappointment among them and they prefer to quit their jobs. Thus, this study was initiated to examine the optimism, motivation for recovery and relapse among former drug addicts.

II.   LITERATURE REVIEW

A total number of people who were involved in drugs abuse 292,696 which was approximately 1% population of Malaysia were mapped out through a survey conducted during 1990 to March 2000. Since 1975, different treatment and rehabilitation centers were established to help people and making themselves able to improve their lives but statistical results showed a significant increase in relapsed drug addicts (Malaysia Drug report, 2018). National Anti-Drug Agency (2018) reported that during the year 2017 the total number of 17,419 relapsed drug addicts and 15,389 fresh drug addicts were registered and after getting treatment from different rehabilitation centers only 33% managed them free from drug abuse. The reason behind drug relapse behavior has been defined as a significant relationship between abstinence in optimism and self-efficacy among former addicts. Self-efficacy among former addicts plays pivotal function in the prevention of drug relapse that can be supportive for the former addicts to cope up with serious risks. But in another study, Marlatt & Gordon, (1985) declared that efficacy prospects are directly proportional to change in behavior right after six months of treatment in unity to the course of change theory. Consequently, it is likely to say that cognitive state of former addicts vary among drug abusers on the basis of their recovery treatments. According to Connor, Gullo, Feeney, Kavanagh and Young (2014) optimism and abstinence self-efficacy are the predictors of possible positive outcomes in former addicts that can be reasonable when we analyze optimism as a functional element in encouraging healthy behavior. Bandura's (1977) ground-breaking theory of self-efficacy has been proven an important implication for considering the relationship between drug abusers and use of cognitive processes in recovery treatment from drug addiction. In order to cope up with present situation, several behavioral control therapies (CBT) such as cognitive therapy, cognitive behavior therapy social learning and motivational interviewing are declared fruitful in the treatment of former addicts (Mohammad Rahim, 2014) because few researches show that individual personality traits also influence the ex-drug addicts to relapses similar to above. Likewise, Rasmussen (2000) focused that not only government and rehabilitation centers are responsible for the prevention of substance abuse in Malaysia but the community and family support has also proven important element in non-relapse attitude of former addict.

In the same way, Nissen (2011). presented that lack of community support may be found miserable for the substance abusers to get out of that habit. The importance of community and surroundings support can be understood if we focus on the labeling theory introduced by Howard Becker (1963) that how the former addicts go back to their past situation when the society entitled them as ''Drug Abuser'' and people display negative behavior towards the victims. Akers (1992) stated that the act of continue to label an individual as ''deviant'' after his/her treatment may deeply influence the person's mind which may pursued him/her to go back to relapsed drug addiction. Similar to all above, research conducted in Malaysia found that 65% of the former addicts go back to drug relapse because their society has negatively entitled them so they lose their efficacy to live a normal life and continue to take substance abuse (Ibrahim & Kumar, 2009). Another research Mazlan, Schottenfeld, & Chawarski, (2006) explored that friends circle also influence the ex-drug addicts to relapse after treatment from rehabilitation center. They stated that interaction between drug addict and family in terms of high and low communication is a predictor of relapse behavior towards substance abuse.

Haris (2019) have emphasized the theoretical influence in increasing optimism and motivation for drug relapse according to the assumptions of cognitive learning theory and behavioral theories target both areas i.e.

personal and environmental which impact an individual's cognition and behavioral theories emphasized the role of reinforcement, trainings and association with environment. In terms of drug relapse, it is the environment (friends, family, and community) who influence one's psychological well-being because maladaptive behaviors have been determined from reinforcement. Similarly, a more recent study conducted by Caspi, Lardier and Barrios (2018) discovered a high influence of siblings in increasing optimism for drug intake. From this it has been proven that an individual who live in such environment in which that individuals are very attached with his/her siblings spiritually and emotionally. Those who have less emotional attachment have also chances of being victim of substance due to faced isolation. Not only sibling's relationship but also violence, aggressive behavior and clashes between them also lead to motivation for drug intake in order to get relief from worries (Caspi & Barrios, 2016). Another qualitative study Bastani et al., (2019) found that socially constructed environment is an also a predictor of increasing motivation for relapse.

Risky environmental settings, loss of personal documents, poor financial status also motivates a person to involve again in drug addiction. McLean (2016) discussed the role of context in increasing motivation for drug relapse. Ting et al. (2015) stated that there is no single cause of drug relapse. The process of drug relapse encompasses both socio-psychological mechanisms for instance lack of family support leads to poor self-efficacy and poor self-efficacy encounters high association with friends whom can be a circle of former addicts. In this way, there are high chances for a person to get involved. Chan et al. (2019) in Chinese communities, an increase in optimism for drug relapse is also determined by both individual and environmental determinants. Individual factors are comprised of poor self-control, a sense of comfort, mitigation in stress, lack of awareness regarding severe consequences of drug intake. In contrast, environmental determinants may include life stressing events, poor social ties, bad role models, lack of access to opportunities, broken homes and poor emotional attachment in Hong Kong (Kwok et al., 2018). In Malaysia, Shafie et al., (2018) stated that giving awareness regarding religiosity and spirituality can decrease the chances for drug relapse. It also increases one's internal and external locus of control in order to maintain and normalize one's behavior in a society.

III.   MATERIAL AND METHOD

This study population consisted of Malaysian former drug addicts. Data was collected from former drug addict in four of Cure & Care Rehabilitation Centre (CCRC) in Malaysia. 80 questionnaires were distributed to participants. However, 18 of the participants were disqualified due to outliers of assumption of normality. The final validation sample consisted of 50 former drug addicts. Their age ranged from 19 to 40 years old. Motivation for recovery were measured using the Relapse Motivation Questionnaire (RMQ; Myers & Brown, 1990 with a five-point likert scale of 1= strongly agree 2= agree 3= neutral 4= disagree 5= strongly disagree. A sample item is "Change something about yourself so you can deal with the situation better. Optimism was measured using Life Orientation Test (LOT) by Scheier & Carver, (1992). Respondents rate each item on a 5-point scale 1= strongly agree 2= agree 3= neutral 4= disagree 5= strongly disagree. Example of an item is "In uncertain times, I usually expect the best". Finally relaps was measured using the Inventory of Drug-Taking Situations (IDTS) constructed by Annis and Martin (1985). Items such as "When 1 felt tense or uneasy in the presence of someone" and "When other people treated me unfairly or interfered with my plans". The demographic questionnaire is a study-specific

instrument designed to determine basic information such as that age, ethnicity, marital status, education level and employment status was collected.

Participants were recruited depends on the record of end period of treatment and rehabilitation for drug addicts in each CCRC within a time frame of one to six months. This is because most previous studies found their inclination to relapse would occur within one to six months after the end of their treatment and rehabilitation process. The location of respondents for this study covers 4 CCRCs in Peninsular Malaysia: the CCRC Selangor, CCRC Penang, CCRC Pahang, and CCRC Perak. Participants were informed that they can complete the questionnaire using a paper and pencil. They were requested to complete the questionnaire in one of the room at the CCRC. The return of the questionnaire implied their consent to take part in the study.

IV. RESULTS

The descriptive statistics were calculated in order to distinct measures of demographic characteristics of the study participants. 50 questionnaires were analyzed. The missing data for this study showed 0% for all the variables. The result showed that ($p>0.05$) in all variables. Pearson correlation was used to investigate the relation between dependent and independent variables. Multi-regression was conducted to predict the different independent variables, which produced as a result of the independent variables. The significance of this study determines as ($p<0.05$).

Table 1: Demographic Profile

Variable	Categories	n	%
Age	20 Years and under	3	6.0
	21-40 Years	42	84.0
	40 Years and over	5	10.0
Marital Status	Single	6	12.0
	Married	24	48.0
	Widow	20	40.0
Level of Education	Not School	1	2.0
	Skills certificates	3	6.0
	PMR	20	40.0
	Diploma	2	4.0
	SPM	24	48.0
Job	Not working	20	40.0
	Self-Work	19	38.0

	Student	1	2.0
	Part-Time	7	14.0
	Others	3	6.0
Monthly Income	500 and below	7	14.0
	500-1000	11	22.0
	1000-1500	6	12.0
	1500 and above	3	6.0
	No Income	23	46.0

The demographic variables considered included age, marital status, level of education, job and monthly income. The sample of this study consisted of 50 respondents who participated voluntarily. First item of this table, age of the respondents, maximum number of people 42 (84.0%) reported that they were (21-40) years old while 5(10%) respondents claimed that, they were (40 years and above) old as well as least number 3 (6.0%) of people were too young (20 years and under) old they are. The second item asked about the marital status of the respondents and most of the respondents 24 (48.0%) are married but some respondents 20 (40%) respond that they are widow while on the other hand only 6 (12%) respondents were unmarried in this study. The level of education were asked by the researcher and maximum respondents 24 (48%) claimed that they have SPM while 20 (40%) respond over this question that they have PMR in the level of education but 3 (6.0%) have skills certificate, 2 (4.0%) has passed the diploma and lastly 1 (2.0%) respond that respondent never went to school for any type of education. Researcher asked about the employment from the respondents and most of the respondents 20 (40%) said they are not working yet but 19 (38.0%) respondents were doing self-work in different fields while on the other hand few respondents 7 (14%) declared themselves as a part-time worker as well as 3 (6%) claimed that they were engaged in certain economic activities and lastly only 1 (2%) respondent was belong to student category. Fifth item which were asked by the researcher to the respondents of this study was that, how much you earn in the month or what is the monthly income, so that the mostly respondents 23(46%) respond that they don't have any income only monthly basis while 11 (22%) respondents said that they have 500-1000 monthly income and 7 (14%) respondents claimed that they have less that 500 monthly income as well as 6 (12%) were respond that their monthly income was 1000-1500 while few 3 (6%) respondents said that their monthly income was 1500 and above this amount.

Table 2: Correlation of Variable

Variables		Relapse	Optimism	Motivational
Relapse	Pearson Correlation	1		
	Sig. (2-tailed)			
	N	50		
Optimism	Pearson Correlation	-.261	1	
	Sig. (2-tailed)	.067		
	N		50	

Motivational	Pearson Correlation	-.387**	.536**	1
	Sig. (2-tailed)	.006	.000	
	N			50

Note: *Correlation is significant at the 0.05 level (2-tailed); **Correlation is significant at the 0.01 level (2-tailed)

Pearson correlation was used to examine the relationship between the independent variables and dependent variables. The above-mentioned table depicts the correlation matrix among these variables. This statistical technique applied by the researcher to check the significant relationship. The results showed that, there is not any correlation between relapse towards drug addiction and optimism is (r=-0.261, p-value=.067) while there is significant correlation between relapse towards drug addiction and motivational (r= -.387**, p-value=.006) as well as motivational and optimism (r= .536**, p-value=.000). This relationship between motivational and relapse is negative between motivational and relapse while positive between motivational and optimism, which indicate that as the motivational increase the chances of relapse towards drug addiction decrease while on the other hand, if motivational increase then optimism increase.

Table 3: The Multiple Linear Regression between the variables

Model	R	R-Square	Adjusted R Square	Std. Error of the Estimate
1	.888[a]	.789	.775	.20017

a. Predictors: (Constant) Relapse, Optimism and Motivational

This table depicts that the multiple linear regression in which researcher check the influence of motivational and optimism towards relapse among drug abuse in Malaysia. A computed R² value was (.789) with a standard error estimate of (.20017), which explained that 88% of relapse occur as a result of two independent variables. As shown in Table 4.

Table 4: Multiple Regression Analysis of Relapse, Optimism and Motivational

Variables	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
(Constant)	-.090	.317		-.286	.776
Relapse	.572	.045	.920	12.801	.000
Optimism	.050	.078	.048	.642	.524
Motivational	.052	.038	.101	1.359	.181

Note: R2 = 0.789, F = 57.208, p-value= 0.00

Multiple regression analysis was used to predict the relapse as a result of differences of factors (optimism and motivational). The results of this table show that, multiple regression was run by the researcher to predict relapse towards drug abuse in Malaysian people from two factors optimism and motivational aspect. Both the variables statistically not significant and didn't predict F (3, 46) = 57.208, p-value < .005, R2 = .789.

V.   DISCUSSION

The results offer a summary of the prediction to relapse among drug former abuse in Malaysia. Pearson correlation coefficients between predictor and criterion variable had shown a negative correlation (r= -261, p<0.05) between optimism and relapse which means that the higher the optimism in drug addicts the lower were the chances of being relapsed to drug addiction similarly, there is also a significant negative correlation (r= -387**, p< 0.05) but there were a significant correlation (r=0.536**, p<0.05) between motivation and optimism among drug relapses. On the other hand, results from multiple regression analysis (R2 = 0.789, f=57.298 & p=0.00) had shown that optimism and motivational behavior were producing variance but from f=57.208 means this variance was little closer to mean and this variance cannot be considered as not at extreme levels. Similarly, results from the previous researches such as Miller & Harris (2000) stated that optimal length, ambition, surroundings and methods of treatment could lead to former addicts to not to attracted towards relapse. Similar to above, research conducted on factors affecting drug relapse in Malaysia had shown that there is self-efficacy (r= -.790, p<0.05) is highest correlated factor among former drug addicts for relapse to drug use (Ibrahim & Kumar, 2009).

As the findings of present research shown that 38% former addicts reported that they don't had potential to consume drugs again it may be due to unemployment because 46% reported that they had no sources of income. So, optimism and economic status can be considered as the major determinant of not getting back to drug abuse among former addicts. Based on situational factors the findings of present research 68% of the respondents reported that they were not relapsed to drugs right after the treatment but in previous research conducted in Malaysia Norliza (2014) found that 30% of the respondents involved themselves again in drug abuse in first three months after their treatment from different rehabilitation centers. Despite optimism present research also shown a significant negative correlation (r=-3.87**, p<0.05) between motivational behavior and relapsed towards drug abuse but there was significant correlation (r=0536, p<0.05) between optimism and motivational behavior of former addicts towards relapsed drug abuse. In addition to the findings of present study shown the results of former addicts in terms of educational background 48% of the former addicts were holding PMS and 40% of the respondents were reported that they were not working anywhere correspondingly, 74% of the respondents declared that their bosses were terminated them if they found them as ex-former addicts (Mahmud Mazlan et al., 2006). Moreover, in this research 35% of the respondents were reported that their family members were still consuming drugs likewise the results from Taib and Khairi, (2000) research shown that lack of communication unproductive interaction and uneasiness in confronting family members were the reason of being involved in drug addiction among former addicts but findings of Ibrahim and Kumar, (2009) shown that 59% respondents agreed that family support specially support to those former addicts whose family were facing any problem advised them to focus on emotional and spiritual support. On the surface, Becker's labeling theory (1963) is suitable for the findings of present research. The theory

stated that the process of negative entitlement of a process would make them able to act and behave in a negative manner.

VI.   CONCLUSION

We discovered that the optimism and motivation of former drug addicts were unable to defend themselves against relapse in this study. The importance of personal strength is more important as a predictor of relapse. The impact of the weak optimistic and motivational cause them their judgments in organize their life free from drugs. These factors cannot prevent them from taking drugs after the end of treatment process because they are labeled as people who are not useful to society and cause them to become inferior and will get to jump on to relapse.

VII.   LIMITATIONS

This study is subject to several limitations. This study utilized limited data collection to only four Cure and Care Rehabilitation (CCRC) throughout Malaysia. It also has no qualitative data on the experience of former drug addicts who may have introduced relapse inclinations. Qualitative studies of former drug addicts experience will also provide an idea of their optimistic and motivated attitude to change. Furthermore, the cross-sectional design of this study provided information about relapse at only 1 point of time, whereas relapse may vary with different situations and at different times. In a longitudinal study, researchers conduct several observations of the same subjects over a period of time, sometimes lasting many years. However, this study only gave an insight on optimistic and motivation among former drug abuse in identifying predictors relapse and should be some other factor that can be used as a predictor of relapse. Several implications can be deduced from the results of this study. First, drug addicts should be helped to be brave and have internal strength to avoid being trapped back into drug addiction. This means that more efforts need to rebuild the optimistic attitude of the former drug addicts to face the challenges of life after they have completed the treatment and recovery process. Most of the former drug addicts have anxiety because they can't control the dangers of drugs because they don't have any skills to control themselves and lack the support of society. Second, the Malaysian government has now opened up policies involving new ideas in dealing with drug addiction.

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