

PROSES PEMULIHAN PENGGUNAAN DADAH
MELALUI PENDEKATAN PUSAT PEMULIHAN
PONDOK REMAJA INABA KEDAH
DAN TERENGGANU

SUDIRMAN ABDUL FATAH

DOKTOR FALSAFAH
UNIVERSITI MALAYSIA TERENGGANU

2009

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Perpustakaan Sultanah Nur Zahirah
Universiti Malaysia Terengganu (UMT)

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Proses pemulihan penggunaan dadah melalui pendekatan pusat
pemulihan Pondok Remaja Inabah Kedah dan Terengganu /
Sudirman Abdul Fatah.



**PERPUSTAKAAN SULTANAH NUR ZAHIRAH
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Lihat sebelah

**HAK MILIK
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KEDAH DAN TERENGGANU**

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SUDIRMAN ABDUL FATAH

Mei 2009

Pengerusi : Prof. Madya Fadzil Azam, Ph.D.

Azli : Prof. Madya Wan Ibrahim Wan Ahmad, Ph.D.
Wan Abd. Raz Wahid, Ph.D.

Pengerusi : Pengerusi dan Naib

SUDIRMAN ABDUL FATAH

**Tesis ini Dikemukakan Bagi Memenuhi Syarat untuk Memperolehi
Ijazah Doktor Falsafah di Fakulti Pengurusan dan Ekonomi
Universiti Malaysia Terengganu**

Mei 2009

Abstrak tesis yang dikemukakan kepada Senat Universiti Malaysia Terengganu sebagai memenuhi keperluan untuk ijazah Doktor Falsafah

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Mei 2009

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Wan Abd. Aziz Wan Mohd. Amin, Ph.D.**

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Kajian ini mempunyai tiga objektif utama iaitu meneliti proses kemasukan remaja yang terlibat dengan dadah ke Pondok Remaja Inabah (PRI), proses pemulihan penggunaan dadah di PRI dan keberkesanan pemulihan dadah menggunakan pendekatan PRI. Kajian ini juga meneliti latar belakang, persekitaran keluarga dan persekitaran luar keluarga. Seramai 60 orang telah dipilih secara rawak mudah sebagai responden kajian. Kajian ini melibatkan dua kumpulan subjek iaitu kumpulan penagih tegar seramai 30 orang yang sedang menjalani proses pemulihan di Pondok Remaja Inabah (PRI) I Kedah dan PRI II Terengganu dan kumpulan bekas penagih seramai 30 orang terdiri daripada bekas penagih yang tinggal di Negeri Terengganu. Data dikumpul dengan menggunakan soal selidik, temu bual dan

pemerhatian ikut serta dengan menggunakan analisis kuantitatif dan kualitatif.

Hasil kajian mendapati proses kemasukan ke Pondok Remaja Inabah I Kedah dan Pondok Remaja Inabah II Terengganu melalui beberapa tahap iaitu tahap penerimaan, tahap detoksifikasi, tahap pra pemulihan dan tahap pelaksanaan. Proses pemulihan di kedua-dua pondok ini menggunakan pendekatan metod Inabah iaitu melalui pendekatan taubat dan ibadah kepada Allah yang berasaskan kepada pendekatan tasawwuf Islam ajaran Tarekat Qodiriyah Naqshabandiyah. Pendekatan ini bertujuan untuk mensucikan jiwa (*tazkiyah al qalbi*) dan mengukuhkan tahap keimanan penagih dengan melakukan mandi taubat, solat, *talqīn*, zikir *jahar*, zikir khāfi, *khātaman*, *manākiban* dan majlis ilmu.

Secara umumnya kedua-dua PRI mempunyai tahap keberkesanan yang tinggi sebanyak 66.7 %, diikuti tahap keberkesanan sederhana 23.3 % dan 10 % sahaja yang mempunyai keberkesanan rendah. Hasil kajian juga mendapati tidak terdapat perbezaan yang signifikan antara PRI I dengan PRI II berhubung dengan keberkesanan metod Inabah ($z = 0.734$; $p \leq 0.463$). Bagaimanapun hasil kajian menunjukkan terdapat perbezaan yang signifikan antara kumpulan bekas penagih dengan kumpulan penagih tegar berhubung dengan keberkesanan ini ($z = -4.252$; $p \leq 0.000$). Kumpulan bekas penagih mempunyai tahap lebih tinggi berhubung dengan tahap kekerapan, kuantiti, konsistensi dan kefahaman pengetahuan agama. Skor

min kumpulan bekas penagih 40.08, manakala skor min kumpulan penagih tegar ialah 20.92.

Hasil kajian turut mendapati wujudnya perbezaan yang signifikan antara kedua-dua kumpulan dari segi umur, pekerjaan selepas menjalani pemulihan di PRI, pendapatan responden selepas menjalani pemulihan di PRI, taraf perkahwinan serta keadaan ibubapa semasa menagih dadah. Perbezaan ini juga terdapat dari sudut tauladan baik, tahap komunikasi ibu dengan anak, tahap kasih sayang ibu dengan anak, tahap hubungan dengan jiran, tahap sokongan jiran tetangga, tahap kekerapan kawan mengajak mencuba dadah, tahap bilangan pembekal dadah serta tahap kemudahan mendapat dadah dalam kalangan responden.

Keputusan hasil kajian memberikan implikasi terhadap keberkesanan proses pemulihan dadah di negara ini. Proses pemulihan yang disarankan ialah memperkasakan individu dalam tahap kefahaman pengetahuan agama dan meningkatkan tahap kekerapan, kuantiti dan konsistensi amali metod Inabah. Selain itu diperlukan juga tindakan intervensi persekitaran keluarga dan luar keluarga melalui pendedahan tauladan (model-model) tingkahlaku positif, mewujudkan komunikasi yang terbuka dengan anak-anak dan hubungan kasih sayang dan kawalan ibu bapa ke atas anak. Penyediaan peluang-peluang pekerjaan dan kesediaan menerima bekas penagih, mewujudkan hubungan erat dengan bekas penagih, memberikan sokongan,

serta mewujudkan aktiviti-aktiviti yang positif untuk bekas penagih juga merupakan suatu usaha yang bermanfaat.

DRUG REHABILITATION PROCESS ACCORDING THE APPROACH OF
PONDOK REMAJA INDAH REHABILITATION CENTRE
IN KEDAH AND TERENGGANU

SUDIRMAN ABDUL FATAH

Mei 2009

Chairperson : Associate Professor Fauzil Adam, Ph.D.

Members : Associate Professor Wan Ibrahim Wan Ahmad, Ph.D.
Wan Abd. Aziz Wan Mohd. Amin, Ph.D.

Faculty : Management and Economic

This study has three main objectives namely to examine the entry process to PIR among the youth, the process of rehabilitation and its effectiveness using PIR approach. This study also examines the background of their family and the social context within the family as well as outside the family. As many as 60 people were randomly chosen as research respondents. It involves two subject groups which are 30 hardcore drug addicts who are undergoing recovery process in Pondok Remaja Indah (PRI) 1 Kedah and PRI 2 Terengganu, as well as another 30 former drug addicts in Terengganu. The data of the study was collected through interviews and in sit observation and data analysed using quantitative and qualitative.

Abstract of thesis presented to the Senate of Universiti Malaysia Terengganu
in fulfillment of the requirement for degree of Doctor of Philosophy

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The finding of the study shows that entry process to Pondok Remaja Inabah I Kedah and Pondok Remaja Inabah II Terengganu is restricted to several phases namely acceptance level, detoxification level, pre-recovery level and finally implementation level. Rehabilitation process in both centres applies Inabah method through the approach of repentance and worship to Allah based on the teaching of Tarekat Qodiriyah Naqshabandiyah. This approach aims to clean their soul (*tazkiyah al-qalbi*) and to strengthen their faith level by practicing repentance bathe, pray, *talqīn*, zikir *jahar*, zikir khāfi, *khātaman*, *manākiban* and knowledge ceremony.

In generally, both the PRI showed high level of effectiveness of 66.7%, followed by a medium level of 23.3 % and finally only 10 % showed a low level of effectiveness. The result also shows no significant difference between PRI I and PRI II regarding the effectiveness of the method ($z = 0.734$; $p \leq 0.463$). However, the results prove that there are significant differences between former drug addict group compared to hardcore group with regard to its effectiveness ($z = -4.252$; $p \leq 0.000$). Former addict group have higher level effectiveness in terms of frequency level, quantity, consistency and understanding of religious knowledge. The min score for former addict, 40.08. While for hardcore is 20.92.

In addition, the study also indicates significant differences between both groups in terms of age differences, type of career involved after undergoing rehabilitation in PRI and income earned, marital status, and the

state of their parent while using drug. Significant difference is also found in the function of imposing positive role model, mother-son communication level, the level of love between mother and son, drug addicts relationship status with neighbours and the support they receive from neighbours, frequency of attempts from their friends to try drugs, the number of drug suppliers and easiness in consuming drugs among the respondents.

The results of the study indicate positive implication towards the effectiveness of drug rehabilitation process and method in this country. The study also proposes some approaches in ensuring the success of rehabilitation which are by strengthening individual religious knowledge level and enhancing the frequency, quantity and consistency of practices. Apart from that, intervention from internal and external family members by imposing positive 'role-model' approach, establishing an open communication with their children, creating good relationship and implementing parental monitoring are also significantly needed to achieve its effectiveness. Moreover, providing former drug addicts with appropriate works and willingness to accept them back in the community, creating close relationship, giving them the much-needed support and organizing positive activities with them can also contribute to the success of rehabilitation process in PRI.