

Aspect, Validity, And Reliability Family Support Perception Scale for Substance Abuse Disorders

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Abstrak

Presepsi orang dengan Gangguan Penyalahgunaan Zat (GPZ) yang sedang menjalani program rehabilitasi tentang dukungan keluarga memiliki peran kuat proses pemulihan dan pencegahan kekambuhan. Pengukuran persepsi dukungan keluarga berguna untuk pengembangan konseling keluarga. Tujuan penelitian untuk menemukan aspek persepsi dan bentuk dukungan keluarga dari orang dengan GPZ untuk pulih dari adiksi narkoba dan butir-butir pernyataan pada instrumen skala persepsi dukungan keluarga. Penelitian menggunakan pendekatan *mixed methods* dengan *transformatif sekuensial*. Instrumen penelitian berupa studi dokumentasi berupa analisis teks, wawancara, dan survei pada individu GPZ/ N=217. Analisis penelitian dengan analisis deskriptif kualitatif tentang kajian jurnal dan buku, *focus group discussion* untuk penentuan butir-butir pernyataan, dan analisis deskriptif kuantitatif dari hasil uji beda untuk mengetahui validitas dan reliabilitas instrumen. Temuan mengungkap konsep dan operasionalisasi persepsi dukungan keluarga melalui dua aspek persepsi, yaitu kognisi dan afektif. Bentuk dukungan keluarga meliputi (1) dukungan emosional, (2) dukungan penghargaan, (3) dukungan informasi, dan (4) dukungan konkret. Skala persepsi dukungan keluarga memiliki 46 butir pernyataan valid dengan koefisien nilai *Corrected Item-Total Correlation* ≥ 0.148 . Koefisien reliabilitas skala persepsi dukungan keluarga adalah 0,861 dengan kategori reliabilitas tinggi. Skala persepsi dukungan keluarga dapat digunakan untuk mengidentifikasi tingkat persepsi dukungan keluarga pada orang dengan GPZ dari adiksi narkoba.

Kata Kunci: persepsi, dukungan keluarga, rehabilitasi narkoba

Abstract

People perception of Substance Abuse Disorders (GPZ) who are undergoing rehabilitation program on family support has a strong role recovery and relapse prevention. Measuring perception of family support is useful for family counseling development. The goal of research to find aspects of perception and a form family support from people with GPZ to recover from drug addiction on family support perception scale instruments. The research uses mixed methods approach with sequential transformative. Research instrument form documentation study in the form of text analysis, interview, and survey on individual GPZ/ N = 217. The research analysis with qualitative descriptive analysis of journal and book study, focus group discussion to the determination of statement points, and quantitative descriptive analysis from

different test result to know validity and reliability of the instrument. The findings reveal the concept and operationalization of family support perception through two perception aspects, ie cognition, and affection. Forms of family support include (1) emotional support, (2) award support, (3) information support, and (4) concrete support. The family support perception scale has 46 valid statements with the value coefficient of Corrected Item-Total Correlation ≥ 0.148 . The reliability coefficient of the family supported perception scale is 0.861 with the high-reliability category. The family support perception scale can be used to identify the level of family support on people with GPZ from drug addiction.

Keywords: perception, family support, drugs rehabilitation

INTRODUCTION

Drugs or narcotics, psychotropic substances, and addictive substances dangerous to the human body. Drug trafficking cases through online and organized transactional markets are dominated by a small number of immigrant groups that cause violence, health in the form of dependence, psychotic disorders, and mental disorders (Fazey, 2007; Paoli & Reuter, 2008; Snyder, 2009; Degenhardt & Hall, 2012; Dolliver, 2015; Broséus, Rhumorbarbe, Mireault, Ouellette, Crispino, & Décary-Héту, 2016). Prescription drug abuse negatively potentially reinforcing negative behavior and social norms (Hanson, Cannon, Burton, & Giraud-Carrier, 2013). The impact of the social environment on drug abuse comes from the influence of the wider community (Kendler, Maes, Sundquist, Ohlsson, & Sundquist, 2014) and economic factors shape the risk behavior and health of drug users (Galea & Vlahow, 2002).

Quality of relationship of parents and adolescents can represent groups of high-risk substance abuse (Hummel, Shelton, Heron, Moore, &

Bree, 2013). As a result of the problems families have an impact on family members in abusing substances. The use of medicinal addictive substances contributes to an increase in abuse, resulting in many health consequences (Sairam, & Manchikanti, 2014). Lack of assistance designed for family members affected by Substance Abuse Disorder (GPZ) causing stress, pain, and suffering to family members (Orford, Velleman, Natera, Templeton, & Copello, 2013).

Other facts show that relapse in people with GPZ who are undergoing the rehabilitation program. Relapse is a fall back to the initial behavioral pattern (Reber & Reber, 2010). Individuals with drug addiction who try to stop drug use in an addiction treatment center can help determine risk factors for drug use (Hosseini, Moghimbeigi, Roshanaei, & Momeniarbat, 2014). The approach used in rehabilitation or addiction treatment and overcoming risk factors is family adherence. Multidimensional family therapy (MDFT) can reduce the prevalence of dependence (Sexton & Lebow, 2016; Rigter, Henderson,

Pelc, Tossmann, Phan, Hendriks... & Rowe, 2013).

Drug rehabilitation is a recovery effort undertaken by counselors to assist people with GPZ to recover from addiction. Myrick (2011), rehabilitation counselors offer a wide range of services to people with physical, emotional, and/or developmental disabilities. Rehabilitation or relapse prevention is a recovery phase-oriented to the needs of people who have or had a dependence detoxification therapy and formally require access to previous recovery phase (United Nations Office on Drugs and Crime, 2014). A balanced approach to ensuring that people suffering from chronic pain can get the relief they need while minimizing the potential negative consequences (Volkow, 2014).

Services provided by counselors to help the psychic recovery, emotions, and potential developments of clients. Systemic interventions include family therapy and family approaches based on the problematic of drug abuse (Carr, 2014). The family is the primary means of healing in the rehabilitation process. Family support has an important role to play in the healing process. Support from family raises the confidence to recover from drug addiction, or called by the family as the locus of control in the development of self-efficacy (Manaffe, 2010). The posttraumatic

growth of drug addicts related to emotion-focused coping, positive reappraisal, acceptance, and denial (Hendiani & Supriyanto, 2016).

Expectations of a drug rehabilitation program are self-efficacy to recover from drug addiction. Perception of family support on GPZ undergoing drug rehabilitation program be decisive to recover from drug addiction and relapse prevention. The role of the family can develop the perception of family support substance users. Perception is the process that individuals use to manage and interpret their sensory impressions in giving meaning to the environment (Robbins, 2007). The user's perception of the family can be a source of social support for other family members in solving health problems, which is categorized into three aspects: cognition, emotion, and conation (Walgito, 2010). The types of social support available within the family are concrete support, emotional support, emotional support, advice support, and, award support (Dolan, Canavan, & Pinkerton, 2006).

Development of cognitive function in neurocognitive rehabilitation programs was implemented as part of an addiction treatment (Rezapour, DeVito, Sofuoglu, & Ekhtiari, 2016). Use of assessment appropriate, relevant, valid, and reliable will greatly support the implementation process

of guidance and counseling approaches for people with GPZ undergoing drug rehabilitation programs (Supriyanto, 2017).

Perception of family support in the GPZ who are undergoing rehabilitation needs to be measured to determine the level of family support perceptions and soon realized by counselors, drug rehabilitation program organizers, and family people with GPZ. Instruments that can be developed in the form of perception of family support scale. Perception of family support scale is used as an assessment to determine the level of perception of family support people with GPZ who are undergoing drug rehabilitation programs and can be implemented as a measuring tool. Research findings described the process of preparing perception of family support scale as an instrument is valid, reliable, and known aspects of family support perceptions that fit the concepts and applications. The use of instruments also takes into account the goal of an instrument, one of which measures change (Lord, Corsello, & Grzadzinski, 2014).

RESEARCH METHOD

This research uses mixed methods approach. Research design using the design of sequential transformative. Results research have the goal of finding valid and reliable statement points on the family-

supported perception scale instrument.

The research instrument was developed through documentation study in the form of text analysis, interview, and survey. Research design in mixed methods approaches through six stages. First, the stage of literature studies in journals and scientific books. Second, the preparation of a grain interview statement through forum group discussion (FGD). Third, interviews about the grains statement to experts judgment and research subjects. Fourth, the development of statement items according to aspects. Fifth, survey the results of the statement item development according to aspects. Finally, test the validity and reliability.

The first stage, finding the aspect of family support preception through literature studies (journals and scientific books) containing aspects of perception and forms of family support to recover from drug addiction. The second stage, the forum group discussion (FGD) with experts. FGD results found indicators of family support perceptions and the preparation of statement points. In the third stage, the statements are validated by two experts and two practitioners (addiction counselors) to find out the validity of the content of the statement items on aspects of perception and form of family support.

The fourth stage, development of 48 items of family support perception. The fifth stage, a survey to test item statement family support perception on 217 people with GPZ undergoing rehabilitation program at Central Rehabilitation, National Narcotics Departement in Indonesia. The sixth stage, survey results are analyzed to know the validity and reliability of the instrument through product moment correlation formula to determine the level of validity and Alpha Cronbach formula to determine the level of reliability. The findings will show the data about the scale of family support perception as well as valid and reliable items to be able to measure the perception of family support of drug users undergoing drug rehabilitation programs.

The research analyzes used qualitative descriptive analysis of journal and book study as documentation study, focus group discussion determination item statement, and the validation results of experts and practitioners (addiction counselors) about the content of the statement items. The analysis in this study also used quantitative descriptive analysis from different test results to find out the validity and reliability of family support perception instruments. The results of the analysis will find facts about the dimensions, indicators, and grains statement from the perception of family support to recover from

drug addiction with the subject is a person with GPZ who are undergoing drug rehabilitation program.

RESULT AND DISCUSSION

The findings from the literature study through the analysis of journal and scientific books become the main reference to know aspects of perception and form of family support. Perception is the process of seeking information obtained through sensing to be understood based on awareness or cognition (Sarwono, 2002). Perception is also a cognitive process that allows individuals to interpret and understand the environment (Kreitner & Kinicki, 2005). Family support is known as a work style and a series of activities that generate positive reinforcement of informal social networks through an integrated program (Canavan, et.al., 2006). It was concluded that the perception of family support was an assessment of his interaction with the family who had a role to motivate in achieving healing.

Individual perceptions appear in three aspects, namely cognition, affection, and conation (Walgito, 2010). Perception can also be divided into two aspects, namely cognition and affection (Coren, Ward, & Enns, 1999). Family support has four concepts, namely emotional support, esteem support, informational support, and tangible support (Cutrona et.al., 2000). Type

of social support available in the family is a concrete support, emotional support, support advice, support award (Dolan, Canavan, & Pinkerton, 2006). Findings from the literature study concluded that the aspects of family support perception in this study are (1) cognition and (2) affection, as well as forms of family support consisting of (1) emotional support, (2) awards support, (3) information support, and (4) concrete support. Aspects of perception and form of family support as a guide for the preparation of the grid of the family perception scale appliance scale and statement items.

Table 1. Grid of Family Support Perception Scale

	Aspects of Perception	Forms of Family Support	Indicator
1.	Cognition	<i>Tangible Support</i>	Assessment: support providing for troubleshooting.
		Emotional Support	Assessment: family attitudes of empathy, attention, & caring.
		Information Support	Assessment: support in the form of advice and family opinion to provide comfort & certainty.
		<i>Esteem Support</i>	Assessment: encouragement and family expression of beliefs to be able to solve problems.
2	Affection	<i>Tangible Support</i>	Individual feelings: support provides a need for troubleshooting.
		Emotional	Feelings: the

	Support	actions of family members in the form of empathy, attention, and caring.
	Information Support	Feelings: support in the form of advice and family opinion to be able to give comfort, & certainty.
	<i>Esteem Support</i>	Feelings: encouragement and family expression to give confidence will be able to overcome problems.

The findings point statement obtained from a focus group discussion (FGD) with experts and addiction counselors. Focus group method and in-depth individual in order to obtain in-depth knowledge concerning attitudes, perceptions, beliefs, and opinions of individuals regarding a specific health issue (Then, Rankin, & Ali, 2014; Carter, Bryant-Lukosius, DiCenso, Blythe, & Neville, 2014). The problems in this study are the grain of statement from aspects of perception and form of family support. Content validation results from practitioners and experts found indicators of family support perception and 48 point statements. Indicators of family support perception are (1) cognition aspect includes assessment of support providing problem solving, family attitudes of empathy, attention, & care, support of family advice and opinions, as well as encouragement and family expression of beliefs to be able to solve problems, (2) the affective aspects, including feeling the support presents the need to

overcome the problem, family attitudes of empathy, attention, & care, support advice and opinions from family, and encouragement and family expression of beliefs to be able to solve problems. The statement points match the psychological development of people with GPZ who are undergoing drug rehabilitation programs.

The statement items on the family support perception scale that have been compiled are tested with $N = 217$ respondents (people with GPZ who follow drug rehabilitation programs). Test the validity and reliability of family support perception scale assisted with SPSS 19 applications. The result of product moment correlation analysis can be concluded that from 48 total item statement amount, 46 items declared valid, so 46 items are retained and 2 items are declared void, with coefficient value Corrected Item-Total Correlation ≥ 0.148 on each item statement. Alpha Cronbach analysis results, the instrument reliability coefficient of the scale of perception of family support is 0.861 which is included in the category of high reliability. The findings form the basis for family support perception scale instruments eligible to be used to determine the level of scale perception of family support to recover from drug addiction. Validity and reliability to provide valid instruments and empirical data (Csikszentmihalyi & Larson, 2014).

Table 2. Statement of Cognitive Aspects

Cognitive Aspects (+/-)	Corrected Item-Total Correlation
Families understand addiction that I have experienced about drugs	,186
The family asked my condition while undergoing rehabilitation program	,250
For me, my family cares	,179

about my condition, when I'm down	
The family tried to encourage me when I was saturated with rehabilitation.	,298
Support from family helped me in overcoming problems during rehabilitation.	,290
I think my family is happy to hear my progress.	,257
When I am confused about the completion of the rehabilitation, the family gave several options so as not to relapse or recurrence.	,258
My family gave many directives in choosing friends.	,231
I'm sure the family will facilitate my positive plan after completion of rehabilitation	,226
Families try to provide my daily needs in rehabilitation	,294
I think my family is trying to help to take care of my needs when I'm down	,205
The family encouraged me that going through rehabilitation was a good step than in prison.	,307
My family emphasizes drugs spoil life.	,223
The family still doesn't know about the drug world that I experienced	,277
My family is indifferent to my condition in rehabilitation	,462
For me, the family has no meaning whatsoever	,446
Family indifferent to my complaints when undergoing rehabilitation	,457
I thought the family dumped me at this rehabilitation	,487
The family didn't have time to talk to me via phone or meet directly.	,531
Family forced me to follow	,494

their wishes about the plan after the completion of rehabilitation.	
In my opinion, the family only adds a problem to my recovery.	,494
I always tell my family about my needs during rehabilitation	,397
Families forced me to limit spending during rehabilitation.	,410

The family doesn't provide my needs here.	,530
The family let me down when I was down	,531
I am disappointed the family ignored my complaints in undergoing this rehabilitation.	,477
It's sad that the family doesn't care about my development in the rehabilitation program	,521
I feel depressed because my family threw me here	,470
Family scares me by telling friends outside who still use drugs.	,522
I was sad when the family forced me to follow their wishes.	,437
The family is afraid that I will use drugs again.	,192
I am sad to the family to silence me when I need support from them.	,481
I feel depressed if family scold me.	,436
Families always blame me for drug problems.	,295
I was disappointed when no news from family.	,401

Table 3. Statement of Affective Aspect Statement

Affective Aspects (+/-)	Corrected Item-Total Correlation
I feel calm after telling about my condition in this rehabilitation	,238
I feel comfortable when the family asks me about my health condition here.	,364
I'm glad the family has been concerned with the problems I faced	,283
I think the family reinforced me that this disease can be recovered.	,340
I love family praise for my development during the rehabilitation program	,395
I feel happy when the family gives the option plan after coming out of rehabilitation	,310
I think the family advised me to be able to follow the rehabilitation program well.	,354
I feel proud to have a family that understands my needs here.	,319
It's happy the family believes I can manage my expenses in rehabilitation.	,352
My family is indifferent to what I do	,466
It's sad that the family doesn't care about my recovery plan.	,404

Like the results of research Dingle, Stark, Cruwys, & Best, (2015), the movement of a substance using identity to the identity of recovery is an important step in the treatment of substance abuse. Important research results from Bertrand, Richer, Brunelle, Beaudoin, Lemieux, & Ménard, (2013), about the importance of the need to facilitate access to and involvement of parents in the treatment of substance abuse as a major power. Anggriana, Margawati, & Wardani (2016) revealed that the higher the social support of the family the lower the dual role conflict, and the lower the social support of the family the higher the dual role conflict.

Hopefully, the use of assessment appropriately, relevant, valid, and reliable will greatly support the implementation process of guidance and counseling approaches to recover from drug addiction (Supriyanto, 2017).

The family support perception scale can be used to measure the perceptions of people with GPZ about the form of family support to recover and undergoing rehabilitation programs. The level of family support perception of the family support perception scale forms the basis for developing action plans to prevent relapse and recover from drug addiction through a family approach. The plan will set out a rehabilitation program that guides addiction counselor in providing guidance and counseling to people with GPZ. Significant reductions in the risk of recurrence of heavy drug use and drinking through mindfulness-based relapse prevention (MBRP) with psychosocial and group-based care, and integrating the practice of cognitive relapse prevention approaches (Bowen, Witkiewitz, Clifasefi, Grow, Chawla, Hsu, ... & Larimer, (2014).

The combination of the approach to be important in healing programs for the GPZ. The approach in guidance and counseling through peer support groups is the form most widely used treatment for individuals who are recovering from substance abuse and substance dependence (O'Sullivan, Blum, Watts, & Bates, 2015). Brief counseling of individuals with substance dependence through a combination of counseling, referral to special treatment and pharmacotherapy (Shapiro, Coffa, & McCance-Katz, 2013).

The scale of family support perception has been developed can be used addiction counselor or researcher to identify individual perceptions with GPZ to recover from drug addiction. Counselors can design a counseling strategy to develop self-efficacy and prevent relapse. Information is required to fulfill the obligation to help assess the program (Posavac, 2015).

CONCLUSION

This research finds aspects of family support perception, valid and reliable statement points on family support perception scale instruments. The research was conducted to find the concept and operationalization of family support perception scale through two aspects of perception, ie cognitive and affective aspects, as well as a form of family support, ie tangible support, emotional support, informational support, and esteem support. Indicators of family support perception are (1) cognition aspect includes assessment of support providing problem solving, family attitudes of empathy, attention, & care, support of family advice and opinions, as well as encouragement and family expression of beliefs to be able to solve problems, (2) the affective aspects, including feeling the support presents the need to overcome the problem, family attitudes of empathy, attention, & care, support advice and opinions from family, and encouragement and family expression of beliefs to be able to solve problems. The statement points match the psychological development of people with GPZ who are undergoing drug rehabilitation programs.

Family support perception scale has 46 valid statement items with the

Corrected Item-Total Correlation ≥ 0.148 coefficient. The reliability coefficient of the family-supported perception scale is 0.861 which is included in the high-reliability category. The findings of the family support perception scale can be used by an addiction counselor or researcher to identify the level of perception of family support from individuals with GPZ to recover from drug addiction and design a counseling strategy to develop strategies to prevent relapse.

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