



THE EFFECTIVENESS OF PSYCHOSOCIAL INTERVENTIONS ON INCREASING SELF-EFFICACY AND SELF-ESTEEM FOR DRUG ABUSERS: SYSTEMATIC REVIEW

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ABSTRACT

Drug abuse can occur an increase in global and national prevalence rates. This is influenced by several factors including the family and community environment, causing several impacts including biological, psychological and social impacts between the psychological impacts of drug abuse, namely the decrease in self-esteem and self-efficacy. Handling of drug users needs to be given in order to increase self-efficacy, nursing care that can be given in the form of Psychosocial Intervention is the application of interventions in the form of rehabilitation therapy, supportive therapy, group therapy, supportive counseling, therapeutic communities, group education, and yoga. Literature search through several databases namely Proquest, Science Direct, Wiley Online Library and Google Scholar in the last 5 years. Search uses english keywords: (1) drug abuse or drug dependence, (2) psychosocial intervention, (3) self efficacy, (4) self-esteem. There are eight research articles, including three articles using Randomized Control Trials and five other articles using Quasi-Experimental Design. By strengthening knowledge, increasing self defense, providing social support, and improving perceptions about drug users, psychosocial interventions can be an effective intervention in increasing long-term self-efficacy for drug users not to return to addiction.

Keywords: drug; intervention; psychosocial; self-efficacy; self-esteem

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INTRODUCTION

Drugs is an abbreviation of narcotics, psychotropic, and other addictive substances both natural or synthetic substances (Irianto & Masyhuri, 2021). According to Law No.47 of 2016 drugs are materials or substances or drugs that when entering the human body will affect the body, especially the brain or central nervous system, causing physical, psychological and social function problems because it will experience habits, addiction and dependence on drugs. From the above understanding explains that drug abuse can be interpreted as narcotics, psychotropic and other active substances which when inserted into the human body for a long time will affect the physical, psychological and psychosocial changes of a person where he will experience addictive and depending on drugs. Has been reported globally by United Nations of Drug and Crime (2022) that around 36.6 million people have used drugs and drug users come from developed countries than developing countries in accordance with the results of the prevalence made by the BNN report in 2023 which states that the Province DKI Jakarta as the country's capital turned out to be the highest number of the prevalence of drug abuse. There are around 260,656 people or around 3.41% of drug abusers in DKI Jakarta. Based on the data above, it can be concluded globally that drug abuse in DKI Jakarta occupies the highest number of other regions with a classification of 15-64 years. Based on the data, it explains that there is an increase in global and national prevalence rates.

Factors that influence drug abuse for someone can be influenced by the environment where the family lacks supervision of other family members and the social factors of fellow friends (Anjum et al., 2023). Other factors are someone who consumes drugs as doping for someone who has a weak physical but has a dense activity (Al-Imam et al., 2021). Based on various factors that influence a person using drugs, namely environmental factors, family factors and the habit of someone using drugs as doping. The impact of drug abuse is largely determined by the drug group used (Amaro et al., 2021). The biological impacts experienced by drug users are associated with lifestyle that tends to ignore themselves so that this triggers physical diseases including they inject each other and sexual intercourse by changing partners so that they have the risk of pathogenic infection through the blood, especially the hepatitis B virus (HBV) And will even experience the Human Immunodeficiency (HIV) virus, causing Acquired Immunodeficiency Syndrome (AIDS) but recently found the Hepatitis C (HCV) virus and psychological impact of mental disorders (Arum et al., 2021). The psychological impacts experienced by drug users include having negative emotional, such as often feeling fear, easily offended and bored in carrying out daily activities (Stuart et al., 2023). Social impact for drug abuse and certain excessive substances intentionally only for pleasure so that it has a negative influence on himself and the community (Flanagan, 2025). From some of the impact of drug abuse it can be concluded that there are positive and negative impacts. A positive impact occurs if used properly with the aim of treatment such as Morvin and Codein. Negative impacts occur when affecting a person's biological, psychological and social.

In terms of handling patients with drug abuse it is necessary to increase self-efficacy. Therefore, nursing care is needed that can be given in the form of Psychosocial Intervention, namely the application of interventions in the form of rehabilitation therapy, supportive therapy, group therapy, supportive counseling, therapeutic community, group education, and yoga. Some of these interventions are both a role in handling behaviors such as increasing positive adaptation, self-esteem, and increasing self-efficacy for his defense.

METHOD

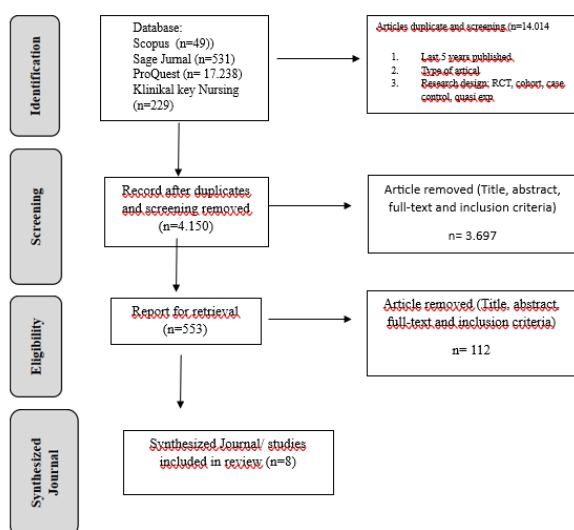


Figure 1. Systematic Review Process Adapted From PRISMA

The analysis method was carried out using PRISMA. Literature search using several databases, namely Proquest, Science Direct, Wiley Online Library and Google Scholar in the last 5 year, from 2019 to October 2024. The present uses English keywords with the boolean method namely "drug abuse" or "drug dependence" and "psychosocial intervention" and "self efficacy" and "self esteem". A total of 14,014 articles originating from several databases

including Proquest 17,238 Articles, Scopus 49 Articles, Sage Journal 531 Articles and Clinical Key Nursing 229 Articles. After screening of the type & duplication of articles and design methods used, 4,150 articles were obtained. From the total articles, the author then screening the full-text article which includes topics and abstracts so that 553 articles are obtained. In addition, screening is also carried out on criteriaclusion and exclusion with a reduction in 112 articles so that the total 8 articles will be obtained by a systematic review. The selection and screening flow of the article is described in the following figure 1:

RESULT

The results of research presented in these 8 articles are consistent with the purpose of a systematic review, namely evaluating the effectiveness of psychosocial intervention on self-efficacy for drug abuse. The following articles have been analyzed:

Table 1.
Article Review (n = 8)

Study Citation and Database	Title	Sample	Method	Intervention	Result
(Jalilian et al., 2020) Scopus	Extension of the Theory of Planned Behavior (TPB) to Predict Patterns of Marijuana Use among Young Iranian Adults	166 young Iranian adults, aged between 18 to 30 years and report the use of marijuana (psychotropic containing tetrahydrokanabinol)	Cross-sectional by filling in a questionnaire that includes demographic information, the frequency of use of marijuana,	Improvement of problem solving skills and independence, as well as education about the negative impact of the use of marijuana	Showing higher independence and better problem solving skills related to the lower use of marijuana. Regression analysis shows that positive attitudes, higher behavior intentions, and poor problem solving skills are significant predictors for actual use.
(Bayır & Aylaz, 2021) Science Direct	The effect of mindfulness-based education given to individuals with substance-use disorder according to self-efficacy theory on self-efficacy perception	112 Patients with disorders of the use of substances, which are divided into two groups: 56 patients in the treatment group and 56 in the control group with the age of 18 years and above, speak Turkish, and have not received education in mindfulness therapy or self-efficacy theory.	Randomized controlled trials with the pretest-posttest model.	Mindfulness-based education program consisting of eight sessions for four weeks, with two sessions every week.	This study shows that education-based education can increase self-efficacy perception in individuals with disorders of Z usage
(Can Gür & Okanlı, 2019) Sage Journal	The Effects of Cognitive-Behavioral Model-Based Intervention on Depression, Anxiety, and Self-Efficacy in Alcohol Use	A total of 41 respondents were divided into 2 groups namely 20 people in the experimental group and 21 groups in the control group. Participants aged 18-65 years, meet the	Quasi-experimental studies with pretest-posttest and repeated measurements.	The control group only continued the meeting of alcoholics anonymous (AA) without additional intervention. Experimental Group: Following	CBM-based interventions are effective in reducing depression and anxiety, as well as increasing self-efficacy in individuals with

Study Citation and Database	Title	Sample	Method	Intervention	Result
	Disorder (AUD)	criteria for not consuming alcohol for 1 month		CBM interventions that include: Aerobic exercise: performed 3 times a week for 6 weeks.	AUD.
(Kiburi et al., 2023) Proquest	Exploring user experiences of a text message-delivered intervention among individuals on opioid use disorder treatment in Kenya: A qualitative study	24 participants aged 18 years and above with male sex are diagnosed with disruption of the use of opioids and are in metadone treatment	Qualitative studies use COREQ guidelines for reporting data through questionnaires and interviews	Interventions in the form of text messages in the form of a six-week weekly module, with a focus on topics related to CBT such as functional analysis, overcoming longing, and the skills of rejecting drugs. Participants are asked to send responses to the "homework" given via text message.	Participants are able to understand and change the pattern of use of substances, and have skills in rejecting drugs, and problem solving skills.
(MacLean et al., 2024) Proquest	Efficacy of Integrating the Management of Pain and Addiction via Collaborative Treatment (IMPACT) in Individuals With Chronic Pain and Opioid Use Disorder: Protocol for a Randomized Clinical Trial of a Digital Cognitive Behavioral Treatment	160 adult individuals who receive medications for opioid use disorder (MOUD) and have chronic pain. The criteria for participants aged 18 years and over, diagnosed with OUD, receive a stable moud dose, and able to walk at least one block.	Randomized clinical trials with a comparison between the Impact IMPACT+T AU (Treatment as Usual) group and the TAU group only.	Digital Programs Consist of 9 Modules that teach skills to overcome pain and addiction, as well as progressive running programs.	Increasing the compliance of participants in the impact group for the treatment of the MOUD
(Rosenthal et al., 2024) Proquest	Neuromodulation and mindfulness as therapeutic treatment in detoxified patients with alcohol use disorder	140 Patients have been hospitalized with a diagnosis of alcohol dependence and has been abstained for 12 months	Randomized clinical trials into 4 groups Each group was held six weekly MBRP sessions. With the practice of individual mindfulness every day.	Mindfulness-based relapse prevention (MBRP): Transcutaneous vagus is carried out Nerve Stimulation (TVNS) for non-invasive vagus nerve stimulation, carried out once a week during the mindfulness session.	The merging of MBRP with neuromodulation techniques can increase treatment results for drug patients

Study Citation and Database	Title	Sample	Method	Intervention	Result
			Then an assessment is carried out before and after treatment and three months after treatment.		
(Racine et al., 2024) Science direct	A comparative effectiveness study of the breaking the cycle and Maxxine Wright intervention programs for substance-involved mothers and their children: study protocol	100 women involved in the use of drugs both pregnant and who have become parents, with children aged between 0 to 6 years.	Done randomly by dividing the BTC group and the MCH group and collected at one time after BTC interventions for 12 years and 24 months after involvement	Breaking the cycle (BTC) changes in behavior and Maxxine Wright Community Health Center (MWCHC): in the form of addiction counseling	Provide strong evidence of the economic benefits of interventions that focus on children's mental health for the community
(Pérez-Pedrogo et al., 2024) Science direct	Correlates and Predictors of Emotional Well-Being Among Latinxs With a Substance Use Disorder	311 people from Penitentiary and 101 Communities of People with HIV History. The total of 412 people aged 20 years and over the history of drug users	Using data analysis Participants fill out the questionnaire using a scale instrument.	Indirectly given interventions but found the need for individual therapy such as the therapy of acceptance and commitment	Stigma has a negative influence on a person's emotional but stigma and self-efficacy greatly affect a person's emotional

DISCUSSION

Psychosocial interventions are essential for drug addicts because they help them recover holistically, not only from physical dependence but also from the psychological and social impacts of addiction. Interventions such as Cognitive Behavioral Therapy (CBT) help addicts recognize thought patterns and behaviors that contribute to addiction and develop strategies to avoid relapse triggers (Mitcheson et al., 2010; Varcarolis, 2021). Group therapy and community support provide a sense of community and reduce the social isolation that addicts often experience (Louvardi et al., 2021; Stuart et al., 2023). This helps them feel more accepted and motivated to stay clean. Family therapy is essential in rebuilding trust and communication that has been damaged by addiction, as well as providing ongoing emotional support for addicts. Psychosocial intervention has been proven to increase self efficacy for drug abuse (Hafez Afefe Barakat & Mohammed Ibrahim, 2022). These studies indicate that psychosocial plays an important role in supporting drug abuse to increase self efficacy (Gorgulu, 2019). By using the maintenance and rehabilitation program for substances and maintenance motivation is very important for drug abuse to increase self efficacy. Cognitive behavioral therapy is a very effective psychosocial therapy in the treatment of disorder disorders of drug use and is carried out with a digital approach provides solutions that are easily accessible and efficient in overcoming obstacles that are often faced by drug abuse with describe and feedback from fellow drug users (Ueno et al., 2021).

Overall, the results of this study indicate that the use of psychosocial intervention can be an effective therapy in increasing self efficacy for drug use. This in turn can help increase self-efficacy as a whole, reduce decreased motives, and increase self efficacy. Psychosocial implementation in various countries shows that this intervention can be adjusted to the local context and specific needs of the patient, so that it has great potential to be widely applied in Psychosocial Intervention techniques (Troup et al., 2021). The articles that were specified revealed that psychosocial interventions can increase knowledge (knowledge), perception (perception), provide social support for drug abuse (social support) so as to make self-defense not to consume drugs again (Bayır & Aylaz, 2021; Jalilian et al., 2020). Psychosocial intervention can support the mental health of children and self-efficacy of mothers involved with the use of drugs where this intervention supports the relationship of maternal and child because it has the greatest potential to reduce exposure to mental health problems such as the social emotional development of children with risk factors and protection and quality of mothers and children (Racine et al., 2024).

Social support not only provides motivation, support, and additional information to individuals, but also helps create an environment that supports them (Chu et al., 2021). Interaction with supporting groups to increase individual knowledge and understanding of drugs and the importance of increasing self efficacy. In a supportive environment, individuals can share useful experiences, information, and resources related to the conditions they experience. In addition, social support also provides a sense of connection and emotional support for mothers who use alcohol and substances to their children (Racine et al., 2024). The same thing was found in research conducted, which states that cognitive intervention is effective in reducing depression and anxiety, and increasing self-efficacy in individuals with drug abuse. People who live with drug use do not only require effective treatment to relieve physical discomfort, but also require social support to help them overcome their difficulties in life and relieve their anxiety and psychological discomfort (Can Gür & Okanli, 2019). A strong social support network is very important in maintaining good physical and mental health for individuals who live with the use of alcohol and addictive substances and positive beliefs about self-confidence can increase self efficacy.

Thus, these studies confirm that psychosocial intervention, such as cognitive therapy of one's awareness-based behavior and health education with text messages, and has great potential in increasing self efficacy for drug abuse in helping to overcome various obstacles faced by patients, such as emotional cognitive and behavior desire to use marijuana. The implementation of psychosocial interventions influences in dealing with environmental constraints, skills in solving problems and intentions of the perpetrators for the use of drugs so that regression analysis shows that positive attitudes towards drug use, lower self-efficacy in rejecting it (Perry et al., 2019). Someone abuse of substances has a good quality of life showing higher independence and better problem solving skills associated with lower marijuana use (Jalilian et al., 2020). Cognitive-based intervention Therapy is effective in reducing depression and anxiety, as well as increasing self-efficacy in individuals with those who use substances. Based on so that cognitive behavior is effective in reducing depression and anxiety, as well as increasing self-efficacy in individuals with substance users (Can Gür & Okanli, 2019). Self-efficacy greatly affects the emotional abuse of substances in which they are considered low and get poor assessment for the community and the environment so that Psychosocial interventions are needed with individual therapy such as the therapy of acceptance and commitment (Pérez-Pedrogo et al., 2024). With the right approach, psychosocial interventions can help addicts not only stop using drugs but also rebuild their lives in healthier, more productive ways.

CONCLUSION

The results of the 8 articles reviewed, show that Psychosocial has an important role in supporting self efficacy for drug abuse. To further enhance the self efficacy of drug abuse of community stigma. By strengthening knowledge, increasing self defense, providing social support, and improving perceptions about drug users, psychosocial interventions can be effective in increasing self-efficacy and self-defense for drug users to preventing relapse.

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