

Efektivitas Terapi *Self-talk* dalam Meningkatkan Efikasi Diri Klien Rehabilitasi di BNN Kota Makassar

The Effectiveness of Self-talk in Increasing Client's Self-Efficacy at the Baddoka Makassar BNN Rehabilitation Center

Yulia Citra*, Muhammad Daud, Nur Afni Indahari

Fakultas Psikologi Universitas Negeri Makassar

Email : citraayu232@gmail.com

Abstrak

Efikasi diri yang rendah merupakan masalah yang menghambat keberhasilan pecandu untuk meninggalkan narkoba. *Self-talk* merupakan salah satu bentuk intervensi yang dapat mempengaruhi peningkatan self-efficacy pada pecandu narkoba. Penelitian ini bertujuan untuk mengetahui efektivitas *self-talk* dalam meningkatkan self-efficacy klien yang menjalani program rehabilitasi di BNN Baddoka Makassar. Penelitian ini merupakan penelitian quasi-experimental one-group pretest-posttest design. Penelitian ini menggunakan 5 subjek yang merupakan pecandu narkoba dengan minimum self efficacy sangat rendah. Alat ukur yang digunakan dalam penelitian ini adalah skala self-efficacy yang diadaptasi dari Supriyanto dan Hendiani, menunjukkan nilai reliabilitas sebesar 0,905. Penelitian ini menggunakan analisis statistik nonparametrik uji Wilcoxon. Hasil penelitian menunjukkan bahwa *self-talk* efektif dalam meningkatkan self-efficacy klien di panti rehabilitasi BNN Baddoka Makassar, hasilnya dapat dilihat dari perbedaan yang signifikan antara skor self-efficacy pretest dan posttest ($W = 0,00$, $p = 0,015$). Subjek dalam penelitian ini mengalami peningkatan skor efikasi diri. Dengan demikian, *self-talk* dapat digunakan untuk meningkatkan self-efficacy pecandu narkoba.

Kata kunci : kecanduan, efikasi diri, *self-talk*.

Abstract

Low self-efficacy is a problem that hinders the success of addicts to leave drugs. *Self-talk* is one form of intervention that can affect the increase in self-efficacy in drug addicts. This study aims to determine the effectiveness of *self-talk* in increasing the self-efficacy of clients undergoing rehabilitation programs at BNN Baddoka Makassar. This research is a quasi-experimental one-group pretest-posttest design. This study used 5 subjects who were drug addicts with very low minimum self-efficacy. The measuring instrument used in this study is a self-efficacy scale adapted from Supriyanto and Hendiani, showing a reliability value of 0.905. This study uses nonparametric statistical analysis Wilcoxon test. The results of the study indicate that *self-talk* is effective in increasing the client's self-efficacy at the BNN Baddoka Makassar rehabilitation center, the results can be seen from the significant difference between the self-efficacy scores of the pretest and posttest ($W = 0.00$, $p = 0.015$). Subjects in this study experienced an increase in self-efficacy scores. Thus, *self-talk* can be used to increase the self-efficacy of drug addicts.

Keywords : Addiction, self-efficacy, *self-talk*.

INRODUCTION

Narcotics (Narcotics, Psychotropics and other Dangerous Addictive Substances) are substances or drugs from plants or non-plants, both natural and synthetic, which affect a decrease or change in consciousness, pain, and cause dependence. Individuals when abusing drugs, by way of oral or drunk, inhaled, or injected, will affect changes in thoughts, moods, and behavior. In addition, drug abuse also causes a decrease in life productivity, disruption of work, reduced learning abilities, and damaged social relationships (Amriel, 2007).

The Indonesian Ministry of Health (2017) stated that the BNN Rehabilitation Center is a place to provide comprehensive treatment to drug addicts, but does not guarantee to be able to stop drug addiction. In 2016, there were 22,485 drug addicts provided with rehabilitation services and 10,782 former drug addicts in post-rehabilitation services. Based on this data, there are 15,971 drug addicts who have completed rehabilitation and 9,408 former drug addicts who have completed the post-rehabilitation program. The number recorded was 8,679 former drug addicts who relapsed from rehabilitation institutions and 7,277 former drug addicts from post-rehabilitation institutions.

Based on the results of interviews conducted with 3 counselors from the Baddoka BNN Rehabilitation Center, it was revealed that clients who underwent rehabilitation programs had various attempts to recover. There are clients who adapt quickly to the program and some are slow. The rehabilitation process has several phases of rehabilitation that the client goes through. Clients who are diligent in undergoing the program will move up to a higher phase, while clients who are not able to undergo the program will find it difficult to move up to the next phase of rehabilitation. However, the Rehabilitation Center cannot guarantee the client to recover from drug addiction, because the client's recovery depends on the willingness and seriousness of not using drugs again.

Researchers also conducted interviews with 3 BNN Baddoka clients. Three respondents stated that they were unable to undergo the rehabilitation program and wanted to get out of the Rehabilitation Center as soon as possible. Three respondents think that undergoing rehabilitation does not necessarily prevent drug use, because some have been rehabilitated many times but have not recovered from drug abuse. Three respondents said that they were still hesitant and not sure that they could refuse when one day they received an invitation from their friends to return to using drugs. Based on the interview, it can be seen that there is a client's lack of confidence to recover from drug use while undergoing a drug rehabilitation program and unsure of being able to refuse and avoid drug use when returning to the environment.

Rezapour, Devito, Sofuoglu, and Ekhtiari (2016) stated that the expected condition of drug addicts undergoing rehabilitation is self-confidence to recover from drug addiction. Self-confidence in psychological terms is called self-efficacy. Self-efficacy of drug addicts during rehabilitation aims to prevent *relapse* or drug re-use. Bandura (1997) states that self-efficacy is self-confidence to be able to organize and act in order to achieve success. Self-efficacy affects control over behavior. Individuals with low self-efficacy will find it difficult to survive in an effort to fight drugs, because they will not have sufficient confidence that they are able to avoid drugs, even in a risky situation to use again, and vice versa.

Researchers also took initial data using the self-efficacy scale given to 73 clients of the Baddoka BNN Rehabilitation Center. Of the 73 clients of the Baddoka BNN Rehabilitation Center, it showed that 10% (7 people) clients had high self-efficacy, 74% (54) clients had moderate self-efficacy, and 16% (12 people) clients had low self-efficacy. Based on these data, it can be concluded that the client's self-efficacy level of the Baddoka BNN Rehabilitation Center is moderate. In relation to clients at the Baddoka BNN Rehabilitation Center, self-efficacy can be interpreted as confidence in one's ability to undergo a rehabilitation program to be able to recover from drug use and avoid drug reuse.

Bandura (1997) states that self-efficacy is a belief in the ability to control oneself against events in the environment. Self efficacy is divided into three dimensions, namely, the level (*level*) , power (*strength*) and breadth (*generality*) . Level is the ability to complete tasks of different difficulty. Strength is the strength that individuals have over their belief in their abilities. Individuals with strong beliefs have perseverance in order to achieve goals and make obstacles as challenges to achieve goals. Broadness is a feeling of

confidence and being able to deal with situations or activities that are limited or varied. Self-efficacy can affect control of addictive behavior.

Komaruddin (2017) states that several mental training techniques that can be used to form mental toughness and high self-efficacy, namely *goal-setting*, *self-confidence*, *relaxation*, *self-awareness*, *imagery*, and *self-talk*. Bandura (1997) states that the factor that determines high or low self-efficacy is mastery of abilities. Therefore, with the *self-talk* technique there is a mastery of individual coping skills that can increase self-efficacy

Helmstetter (2017) states that *self-talk* is a way to change negative thoughts into more conscious positive thoughts, by talking to yourself using words that are more effective and can increase your potential. Cantor, et al (2004) stated that there are three stages of the process of *self-talk*, namely, *voice mapping*, *reframing*, and *movement strategies*. *Voice mapping* is the stage where the individual recognizes the conversation with himself and maps the voice that comes from himself alone and learns to control himself not to listen or think about things that are contrary to his reality. *Reframing* is an individual's stage of changing old thoughts that have been his thoughts all this time. *Movement strategies* are the stages where individuals begin to think in a different way and do something that should have been done.

Based on the described background, it is known that the improvement of the client's self-efficacy at the Baddoka BNN rehabilitation center can be done by providing *self-talk* interventions. Thus, this study aims to determine the effectiveness of *self-talk* in increasing the self- efficacy of clients of the Baddoka BNN Rehabilitation Center. The hypothesis of this research is that *self-talk* is effective in increasing the self-efficacy of clients of the Baddoka BNN Rehabilitation Center.

METHOD

This research is an experimental model that uses two variables, namely *self-talk* (X), and self-efficacy (Y). Self-efficacy is measured using a scale adapted from Supriyanto and Hendiani (2018) which is based on Bandura's theory by using three components of self-efficacy, namely, *level*, *generality*, and *strength*. This research is an experimental design, namely *one-group pretest-posttest design*. Senianti, Yulianto, and Setiadi (2015) state that the *one-group pretest-posttest design* is a method that is carried out with initial measurements of the dependent variable given before treatment, namely the *pretest*, and after the treatment will be re-measured using the *posttest*.

This research took place for two weeks at the Baddoka BNN Rehabilitation Center. For the initial stage, all participants were given a *pretest* in the form of a self-efficacy scale to determine the initial state of the participants related to their level of self-efficacy. After that, the participants were given a *self-talk* module which the participants would read for five days. After being given a module to read, participants were then given an evaluation sheet to find out their knowledge after reading the *self-talk* module. Furthermore, participants were given an independent task to do *self-talk*, by filling out a daily exercise sheet. After one week, it was followed up by giving a *posttest* to find out changes in self- efficacy after doing *self-talk*.

Table 1. Experimental Design Schematic

Group	Pretest	Treatment	Posttest
Experiment	O ₁	X	O ₂

The subjects of this study were 5 people who met the criteria, namely clients of the Baddoka BNN Rehabilitation Center, not in the detoxification stage, aged 20-40 years, male, had low or very low self-efficacy as seen from the results of the *pretest*, and were willing to take part. research from start to finish.

This study used a self-efficacy scale and interviews to collect data. The efficacy scale was adapted from Supriyanto and Hendiani (2018) which consists of 32 statements, which are based on Bandura's theory by revealing three aspects, namely level, strength, and generality. Researchers used a self-efficacy scale to

select research subjects who had very low, low, medium, high and very high self-efficacy categories. And as a reference to determine the increase in self-efficacy through the *posttest* with reference to the *pretest*.

In this study, a scale trial was conducted on 32 items, to determine the discriminatory power of items. Of the 32 items on the self-efficacy scale, there are 10 items that fail with a total item correlation coefficient of <0.30 . The items that do not fall out, starting from the total item correlation coefficient of 0.302 to 0.719. So the self-efficacy scale consists of 22 items. The results of the reliability of the self-efficacy scale consisting of 22 items, obtained a *Cronbach's Alpha* value of 0.905. Thus, indicating that the level of reliability of the self-efficacy scale is very good. The validity of the measuring instrument through testing the contents of the scale with analysis by two experts and two practitioners (addiction counselor).

The data analysis technique used is descriptive and hypothesis testing. Hypothesis testing was carried out using non-parametric techniques, namely using the Wilcoxon test with the help of JASP 0.13.1.0. Wilcoxon test is a test used to test the significance of the comparative hypothesis of two correlated samples.

RESULT AND DISCUSSION

Results

The subjects of this research are clients who are in the *growth* program of the Baddoka Makassar Rehabilitation Center. Subjects in this study amounted to 5 people with a vulnerable age of 20-26 years and have a minimum self-efficacy category of very low.

Table 2. Research Subjects

No	Initials	Age	Gender	Status	Pretest	Category (Self-efficacy)
1	MR	20 years	Man	Client	61	Low
2	AD	26 years	Man	Client	61	Low
3	MAS	21 years	Man	Client	57	Low
4	AKW	24 years	Man	Client	49	Very low
5	MH	20 years	Man	Client	52	Very low

Table 2 shows the data of the research subjects, which amounted to 5 subjects, male, and there were 3 subjects who had low self-efficacy categories, and 2 subjects who had very low self-efficacy categories

Table 3. Conclusions on the results of measuring the knowledge and self-efficacy of the subject

Measurement	Subject	Pretest	Posttest	Description
Self-talk knowledge	MR	16	17	Increase
	AD	18	20	Increase
	MAS	14	15	Increase
	AKW	18	18	Constant
	MH	15	13	Decrease
Self Efficacy	MR	61	71	Low to high
	AD	61	69	Low to medium
	MAS	57	64	Low to medium
	AKW	49	62	Very low to medium
	MH	52	53	Very low to low

Table 3 shows the conclusions of the results of the measurement of the subject's knowledge and self-efficacy. The results of measuring subject knowledge showed that there were 3 subjects whose knowledge increased after reading the module related to *self-talk*, there was 1 subject whose knowledge did not change at all, and there was 1 subject who experienced a decrease in *self-talk* knowledge. The results of the

measurement of the subject's self-efficacy showed that there was an increase in the score from *pretest* to *posttest*.

Table 4. Hypothesis Test Results

Group	P	Description
Experiment	0.015	Significant

Table 4 shows the results of the hypothesis, obtained a significant value, namely $p = 0.015$. The significant value obtained shows that p is less than 0.05, which means that H_0 is rejected and H_a is accepted. Based on this, the research hypothesis is accepted, namely that *self-talk* is effective in increasing the client's self-efficacy at the Baddoka Makassar BNN Rehabilitation Center.

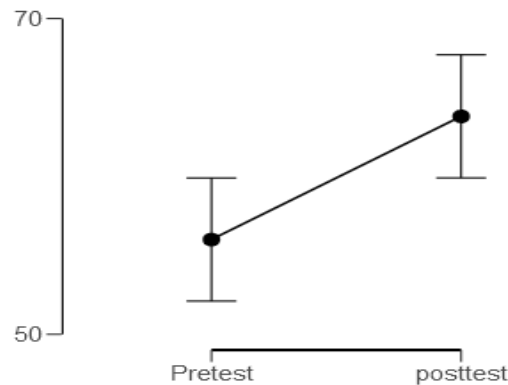


Figure 1. Graph of the subject's self-efficacy pretest and posttest

Based on the graphs of the *pretest* and *posttest* of the subjects in this study, it shows that the *pretest* leading to the *posttest* experienced a change in the score increase. This graph also shows that the subject's *posttest* score is greater than the *pretest* score. In this regard, the results of hypothesis testing on the *pretest* and *posttest* on the subject showed significant differences.

Discussion

The subjects of this study were five clients of the Baddoka Makassar BNN Rehabilitation Center who were at the *growth* program house. Subjects were male and aged 20 to 26 years. Subjects are clients who carry out rehabilitation on the basis of their own volition and the arrests of the police. Subjects have a history of drug use ranging from three years to six years of use. At first the subject fell into drugs because of problems, feeling curious, living environment, and invitations from friends.

King (2013) states that drugs are substances that attack the nervous system and can affect changes in consciousness, modify perceptions, and change moods. Individuals who use drugs can help themselves to be able to adapt to a changing environment. Individuals use drugs with reasons to reduce tension, feeling bored and tired, more relaxed and happier in interacting, helping to escape from the harsh realities of the world, and reasons for being curious about its effects. Drug use for personal gratification and adaptation has a severe impact, namely drug dependence, personal disorders, and a tendency to serious and fatal diseases.

Measurement of subject knowledge related to reading the *self-talk* module which was given for five days, showed that of the five subjects experienced an increase in knowledge, constant knowledge, and a decrease in knowledge. The *self-talk* module was given to the subject using the *reading* method, with five days of reading time and two readings. The researcher asked the subject to do repetition in reading.

Baharuddin (2017) states that learning is an activity to increase knowledge, attitudes and skills in individuals. Learning outcomes from before learning to after learning, can help individuals to solve and

adapt to their environment. The process of listening, speaking, reading, writing, and other academic developments, depends on the cognitive system. The cognitive system will function well when other systems, such as emotional, social, physical, or reflective do not attract attention to hinder knowledge and skills. If systems don't work together, learning declines.

Regarding the measurement of subject knowledge related to *self-talk*, Ormrod (2008) states that individuals will be successful in the learning process if they consistently monitor understanding both during and after learning. When the individual realizes that he does not understand the reading, he will correct it by rereading it or by asking questions. Bad readers will rarely reread paragraphs that they didn't understand properly the first time they read them.

The results of the descriptive test showed that of the five research subjects showed low to very low self-efficacy. Based on the results of the initial measurement using the self-efficacy scale, it shows that there are three subjects with low self-efficacy scores and two subjects with very low self-efficacy scores. After being given treatment in the form of *self-talk* for one week, there was one subject with high self-efficacy scores, three subjects with moderate self-efficacy scores, and one subject with low self-efficacy. Bandura (1997) states that self-efficacy affects control over addictive behavior.

This statement is reinforced by the results of Putri and Astuti (2018) research which states that there is a significant relationship with a negative direction between self-efficacy and the tendency to relapse in drug addicts undergoing rehabilitation. The lower the self-efficacy, the higher the tendency to relapse, and vice versa. Self-confidence during the treatment process can affect the addict's desire to leave drugs.

The results of interviews with the five subjects showed that during *self-talk*, the subject felt that he could change negative thoughts into positive ones, controlled himself, could know the negative and positive things about himself, and added enthusiasm in undergoing the rehabilitation program. The five subjects also admitted that *self-talk* was very helpful in carrying out the program at the hall. Contor, et al (2004) stated that *self-talk* is a dialogue with oneself that indirectly directs individuals to behave in certain ways. Helmstetter (2017) states that *self-talk* is a way to change negative thoughts into more conscious positive thoughts, by talking to yourself using words that are more effective and can increase your potential. Kristiono and Astuti (2019) stated that *self-talk* can help individuals to be more familiar with themselves, and by talking to themselves often, the inner traits will come out. In addition, *self-talk* also helps in making decisions.

The results of interviews with the five subjects in general showed that after doing *self-talk*, the subjects felt confident that they were able to undergo the program at the center and were sure that they would no longer use drugs, and felt that they would change for the better. Bandura (1997) states that self-efficacy is the belief that individuals are able to control themselves against events in the environment. Noer, Fitriana, and Agusthi (2019) stated that the factors that influence self-efficacy are self-success experience, success of others, social persuasion, physiological, and emotional. Of these factors, the experience of success in the individual is one of the main factors that affect self-efficacy. The more often individuals succeed in solving problems, the higher their self-efficacy. In addition, other factors that influence self-efficacy are seeing the experiences of others successfully undergoing rehabilitation programs and being able to recover, support from family, counselor support, supportive friends, motivation to recover and immediately reunite with family.

Based on the results of hypothesis testing in this study, $p = 0.015$ ($p < 0.05$) which means the hypothesis in this study is accepted, namely *self-talk* is effective in increasing client self-efficacy at the Baddoka Makassar BNN Rehabilitation Center. Komaruddin (2017) states that several mental training techniques are used to form mental toughness and high self-efficacy, namely goal-setting, self-confidence, relaxation, self-awareness, imagery, and *self-talk*. Bandura (1997) states that the factor that determines high or low self-efficacy is mastery of abilities, which through *self-talk* techniques can increase self-efficacy. In line with the research of Tuapattinaja, Irmawati, and Saragih (2018) which states that 15 trainees at the rehabilitation center assessed that the *self-talk* technique is an easy and effective technique to use when in a high-risk situation triggering drug use.

CONCLUSION

The result of this study is that self-talk is effective in increasing the client's self-efficacy at the Baddoka Makassar BNN Rehabilitation Center.

Based on the results of the research above, there are suggestions for several related parties, namely:

1. The BNN Rehabilitation Center can use self-talk as a form of intervention in carrying out rehabilitation programs for clients, especially in increasing the client's self-efficacy.
2. For BNN Rehabilitation Center clients, it is advisable to understand the importance of using self-talk in undergoing rehabilitation programs, so that clients can apply self-talk as a technique to increase self-efficacy to be able to undergo rehabilitation programs and be able to recover from drug use.
3. For further researchers, it is recommended to increase the number of research subjects, use training methods as a form of providing knowledge about self-talk, and pay more attention to the subject's independent practice, so that research can be controlled.

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