

REBUILDING SELF-ESTEEM DURING COMMUNITY-BASED DRUG REHABILITATION IN INDONESIA: A PHENOMENOLOGICAL STUDY OF POWER, VIRTUE, COMPETENCE, AND SIGNIFICANCE IN IBM CLIENTS

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ABSTRACT

Community-based drug rehabilitation programs expose clients to everyday social realities, including stigma, peer pressure, and family dynamics, which may shape how self-esteem is rebuilt during recovery. Yet, research on self-esteem in community-based intervention contexts remains limited compared with studies in formal rehabilitation institutions. This study aimed to explore the meaning of self-esteem among clients undergoing rehabilitation in a Community-Based Intervention (IBM) program in an Indonesian village, using Coopersmith's framework (power, virtue, competence, and significance). A qualitative phenomenological design was employed. Two IBM clients who had participated in rehabilitation for more than three months were selected, and data were collected through in-depth interviews, supplemented by triangulation with family members and recovery agents. Data were analyzed using Miles and Huberman's procedures (data reduction, display, and conclusion drawing). The findings revealed four interrelated themes: power (variations in self-control and relapse-prevention strategies), virtue (uneven moral-religious change facilitated by mentoring), competence (growth in technical and/or social skills linked to confidence and reintegration), and significance (self-worth shaped by family support, community acceptance, and shifts in stigma). The study concludes that self-esteem in IBM clients is not merely an internal trait but is co-constructed through psychological regulation, skill development, and social recognition within the community ecology. Practically, IBM services should integrate structured self-esteem strengthening through relapse-management coaching, competency training, and stigma-reduction initiatives involving families and local communities. Future research should involve larger samples, longitudinal designs, and comparative analyses across community versus institutional rehabilitation settings.

Keywords: Community-based intervention; Drug rehabilitation; Phenomenology; Self-esteem; Social support

INTRODUCTION

Abuse of narcotics, psychotropics and addictive substances (Narcotics) is a crucial issue in Indonesia, because it can have an impact on the physical and mental health of the individuals involved, in addition to interfering with social roles and the ability to adapt to the surrounding environment (Giovani et al., 2024). In early 2025, the Semarang Police Satrenarkoba uncovered 163 cases of narcotics crimes, arrested 195 suspected users and dealers, and confiscated 7.3 kilograms of methamphetamine, 61 grams of marijuana (ProgressiveNews, 2025). The impact of drugs is not only felt by the individual and his future, but also affects the family and the surrounding social environment, in the family context, the presence of family members who have a history of drug abuse often causes conflicts, emotional burdens, financial pressure, and a decrease in the quality of relationships. In addition, at the social level, drug abuse will also cause stigma and social distrust that has the potential to hinder the efforts of abusers in restoring individual social functions in society. This situation illustrates that drug abuse is a complex problem (Dian et al., 2021). Therefore, to reduce the number of drug abuse, the National Narcotics Agency (BNN) formed a rehabilitation program to make it easier to reach drug abuse at a mild level. The program is called community-based intervention (IBM) which is run by recovery agents (APs) from local communities. IBM aims to expand access to rehabilitation, strengthen community resilience to abuse, and encourage the integration of rehabilitation services into the local environment (Fierza et al., 2022).

Recovery agents have an important role, namely as a community-based recovery facilitator who aims to bridge client rehabilitation at low levels of abuse, in addition to functioning as an addiction psychologist who provides assistance in psychosocial aspects and encourages positive behavior change, increases client motivation during rehabilitation, and assists social reintegration so that individuals can return to an active

role in society (Kadek et al., 2023). One of the areas implementing the IBM program is Kelurahan X. Based on the results of an interview with one of the recovery agents in the area, it shows that there is still a negative stigma from the community towards individuals with a history of drug abuse. This stigma reflects a social judgment that tends to be negative, thus having an impact on mental health for clients who are undergoing rehabilitation (Apriliani Sugiarti, 2023). Ideally, the community is able to play a role as a provider of social support by providing acceptance, empathy, and continuous support to drug abusers. This allows abusers who are undergoing rehabilitation to feel safe, comfortable, and valued as part of society. This support is also an important factor in building a positive recovery environment, as it can increase client motivation, increase confidence, and help reduce psychological stress during rehabilitation. (Smith & Peyson, 2024).

According to the licence in (Qalbi et al., 2022) Factors that contribute to mental health are Self-esteem, resilience, belief in personal values. From these factors Self-esteem closely related to mental health. According to coopersmith in Amalia, (2022), Self-esteem It is the judgment that a person makes of himself which is formed through social experience and assessment from the environment. Individuals with Self-esteem believe in their values and abilities, while individuals with Self-esteem Low self-esteem, depression, and difficulty building social relationships. In the process of recovery Self-esteem is very influential in helping individuals to be confident and able to learn from life experiences (Rahmi et al., 2020). Therefore, when individuals receive negative stigma from the environment, this can reduce Self-esteem, this condition is a challenge in the client rehabilitation process at IBM, the low Self-esteem can reduce the client's motivation and confidence. The impact of stigma is not only limited to psychological recovery, but also impacts the decision to stay in the rehabilitation process, where individuals with negative stigma experiences tend to delay or avoid rehabilitation services (Hammarlund et al., 2018). This slows down IBM's own goal of expanding the reach of rehabilitation access.

Previous research on Self-esteem on clients drug abuse has been conducted by several researchers. Hutagaol & Rahayu, (2023) Examine the picture Self-esteem Adolescents after rehabilitation in one of the formal rehabilitation centers in Makassar, Andi et al., (2025) conduct other research that emphasizes the relationship between self esteem and Self-image between clients at BNNP rehabilitation centers in South Sulawesi, in addition to Fitri & Imawati, (2021) Investigate Self-esteem resident of drug abuse at a class IIA institution in Padang as an institutional rehabilitation service. These three studies focused on clients undergoing rehabilitation in formal institutions, either government rehabilitation, correctional institutions, or other structured and controlled rehabilitation facilities. This pattern shows that research Self-esteem is still dominated by the context of formal rehabilitation. Until now, there is still not much research exploring Self-esteem clients in community-based rehabilitation programs, such as IBM, who have different characteristics. In the context of IBM, clients undergo rehabilitation in their own social environment, engage directly with society, and face more diverse dynamics of stigma, social support, and psychological experiences. This gap shows the need for more in-depth research on the meaning of Self-esteem clients in the context of community-based rehabilitation. Therefore, the purpose of this research is to explore the meaning of Self Esteem to resource persons who are undergoing rehabilitation at IBM.

METHOD

This study uses a qualitative research method with a phenomenological approach. This phenomenological approach is used to explore the client's experience in the rehabilitation process at IBM Gempita. The data collection technique uses in-depth interviews used for the collection of main data based on aspects of self-esteem by coopersmith, namely aspects of power, significance, virtue, and competence. The subjects in this study consisted of two people who were undergoing rehabilitation at IBM Gempita with a vulnerable rehabilitation time of more than 3 months. Data analysis in this study was carried out using Miles and Huberman data analysis techniques which consisted of three main stages, namely data reduction, data presentation, and conclusion drawing (Scott, 2025). In the data reduction stage, the researcher selects and simplifies the interview results by taking parts related to the focus of the research. At the data presentation stage, the data is grouped into four main aspects, namely power, significance, virtue, competence In the form of a simple table, at the conclusion drawing stage, the researcher concludes the results of the analysis based on the patterns and themes that have been found (Mustofa et al., 2023). In this study, a triangulation technique was used to measure the validity of research data with different sources.

The triangulation of this research is the family of the resource person, and the recovery agent who handles the resource person.

RESULTS AND DISCUSSION

Based on the results of qualitative data analysis using Nvivo software, four main themes were found that describe the meaning of *Self Esteem* in the resource person, *namely competence, power, significance, and virtue*. The four themes reflect the basic aspects of *Self Esteem* that show how the resource person assesses self-ability, control over his life, self-meaning in social relations, and behavioral suitability with values and norms that apply. Each theme is then elaborated into subthemes that are a direct representation of the speakers' statements and experiences based on interviews that have been conducted. This process allows researchers to gain a deep understanding of the meaning of *self-esteem* based on the experiences of the speakers, in line with the conceptual framework of self-esteem put forward by Coopersmith.

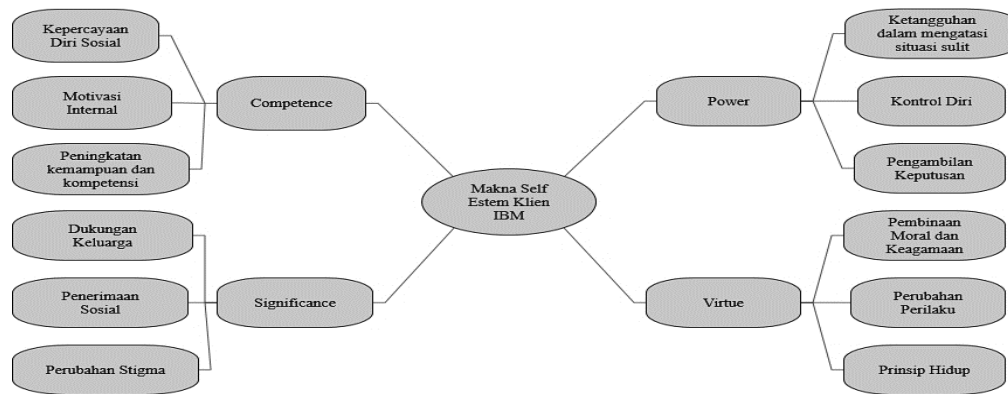


Figure 1. Thematic Analyst Mind Map with Nvivo

Power

The results of the study show that the *Power* In the context of drug abuse recovery, it is interpreted as the individual's psychological capacity in self-control related to the urge to reuse drugs, decision-making ability and resilience in overcoming difficult situations. Aspects *Power* Not only does it depict personal strength in resisting addictive behaviors, but it also reflects the individual's level of confidence in facing challenges during the rehabilitation process, in addition to *Power* It is also characterized as a form of psychological toughness (*Resilience*), namely the capacity of the resource person to survive, rise and adjust when faced with difficult situations, and environmental pressures (Yanuarti et al., 2025) . The results of the interviews show that there is a difference in level *Power* between sources.

The resource person R showed relatively stable self-control, he said he did not want to use it again after participating in a rehabilitation program at IBM. and being able to understand the adverse impact of drug use on their personal and social lives. This ability shows the development of *cognitive awareness* and *self regulation capacity*. These findings are in line with Mulya et al., (2021) which illustrates that self-control is the main factor in preventing relapse in drug abuse, because it is useful as an internal mechanism that limits impuls and strengthens commitment in the resource person.

"Oh I never had the desire to use it again, since I stopped using it in 2024-2025 while I was undergoing rehabilitation at IBM, because after entering IBM I knew how the long-term impact of the drugs I took was, besides that now my work is not as heavy as it used to be"

On the other hand, interviewee Y shows a more complex dynamic, he said that the desire to reuse still arises, but he tries to control himself by avoiding old friends.

"I often have the desire to reuse it, but because there is no money so I can't, besides that is also the way I control myself at home, not meeting friends"

This is in line with research Kabisa et al. (2021) stating that the influence of peer relationships or networks of friends plays a role in encouraging a person to relapse, especially those in a risky environment. Conceptually, this theory can be understood through the perspective of social learning theory and peer influence, which states that interaction with a group of friends who are still involved in addictive behavior can result in drug use becoming commonplace, thereby reducing the individual's ability to control themselves (Kamilah, 2023).

Thus the *Power* can be understood as a psychological construct that describes an individual's ability to regulate themselves when faced with the urge to reuse drugs. This aspect not only reflects a person's internal strengths, but is the result of complex interactions between cognitive factors such as awareness, risk assessment, emotions, and peer pressure can shape an individual's ability to maintain positive behavior. Individuals who have *Power* Good people tend to show more consistent self-control, the ability to make more rational decisions, and better resilience in the face of temptation from risky environments. Conversely, a person who still relies on internal factors shows weak self-regulation, making it easier to experience uncertainty and a higher risk of recurrence when in a stressful social situation (Seabra et al., 2024).

Virtue

The aspect of virtue is related to moral and religious changes as the basis for behavior change. *Virtue* It is a moral and religious foundation that plays a role in the formation of self-awareness, behavior control, and the commitment of resource persons to positive change. Resource person R showed a significant improvement in this aspect. It is characterized by increasing consistency in religious practices, moving away from old associations and being active in social activities. During his rehabilitation at IBM, R revealed that the role of recovery agents is an important factor that facilitates change through verbal reinforcement and mentoring oriented to good judgment, such as motivation for worship, maintaining behavior and participating in community activities. This is in line with research Nasution et al., (2023) which proves that spirituality contributes to the recovery process of drug abuse. Resource persons who show active participation in religious practices have a tendency to increase *Self-esteem* The [Read More](#) Stable (Nugroho & Huwae, 2024).

"If I don't think the program is yet, it's just input from recovery agents who always remind me to worship, do positive things, always invite me to participate in social activities in the community. help me in practicing moral and religious values"

To the interviewee Y, the development of *the virtue* aspect has not been optimal, Y said that religious changes have not been significant, which is characterized by low involvement in worship activities and the tendency to withdraw from social interactions. But Y began to show an early change in the moral aspect, through his principle of restraint when faced with the temptation to use drugs again. This shows that although religious change has not yet been strongly formed, R is beginning to have an awareness to avoid risky behavior.

"Yes, just run it, before and after entering IBM it is the same no change has occurred, mosques are also rare, rarely talk, I am a quiet person, not the type who talks a lot, it can be said that I am closed"

The difference in results between the R and Y respondents showed that the way moral and spiritual values were formed in drug abuse was personal and different for each individual. There are several factors that affect such as support from the social community, consistency in carrying out religious activities, and the characteristics of each individual. These results are in line with research Yeung, (2022) which states that increased religiosity during the rehabilitation period is related to the ability to stay away from drugs. Therefore, the formation of moral and spiritual values through religious activities acts as a psychological protector that helps to improve *Self-esteem* which helps maintain positive behavior during rehabilitation.

Competence

Aspects *Competence* describe the ability of the resource person to assess himself as an able, skilled and motivated individual to develop (Fitri & Imawati, 2021). Competence is not only a technical ability, but

also an individual's belief in his or her ability to manage tasks, make decisions, and solve problems faced. Resource person R showed improvement in technical competence through electrical training facilitated by IBM and BNN. Through this electrical training, R can be more confident because he has the provision of skills that can be used to work, this is in line with the statement of the resource recovery agent who said that the existence of these skills is a positive point related to the acceptance of resource persons in the community. Thus, R's technical competence not only makes him more capable of working, but also shapes his way of looking at himself and the way people see him.

"The ability to control myself, my ability to increase related to electricity because there is a training held by IBM, I am the type of person who has set my own target, so if there is such training or challenges I aim to be able to do it, because I feel that if there is such an opportunity and I waste it, it feels like it is a good idea. My principle is that if you want to learn, you have to have the desire to be able to do it first."

In addition, the skills he has make the people around him believe in him more. When the community sees that R can carry out his duties effectively and has expertise, the positive assessment process related to the community's perspective changes. This positive social assessment triggers an increase in social acceptance and trust from the public. This process contributes to the decreasing stigma and reinforces feelings of worth.

"Yes because for now people have thought that I have changed a lot because I have done many positive things than negative things that I usually do in the past, so now I am more confident to get together with you."

Meanwhile, client Y experienced development in social competence in the form of social skills and building relationships with the surrounding environment. Before undergoing rehabilitation at IBM, Y was lazy to socialize so he cut off a healthy social network, but after undergoing rehabilitation at IBM, Y began to have a desire to adapt again to the surrounding environment.

"Socializing, I can get to know my neighbors faster, who were not so familiar at first, from myself starting to be able to change who used to be lazy to socialize now start trying to socialize"

These findings are in line with research Klara Amanda & Aulia, (2023) which states that community-based rehabilitation programs not only improve technical skills, but also help resource persons develop psychosocial competencies that have a positive impact on *Self-esteem*. In addition, improving competence reinforces the sense of being able which according to Bandura is the key to recovery and prevention of recurrence.

Significance

The *significance aspect* can be seen from the subjective experiences of the interviewees related to family support, social acceptance, and changes in stigma, as long as the interviewees feel accepted, appreciated, and acknowledged in the community, especially the family and the surrounding environment. *Significance* is defined as an individual's view of his or her own meaning in social relationships, which is reflected through the support of the family, positive acceptance from the environment and changes in the views of society that previously had a negative stigma change to positive. Support from family has an important role as a source of security and strength that helps resource persons rebuild confidence and increase positive values even though they have a background as drug abusers. In addition, acceptance from the community and positive stigma from the environment can increase the sense of value and recognition of the resource persons, thereby encouraging the resource persons to continue to maintain the recovery process in a sustainable manner. Resource person R felt a change in stigma in the environment where he lived. R said that at first he was seen as a negative person by society. However, when R indicates involvement in social activities and consistent behavioral changes, the stigma slowly begins to turn into a form of acceptance, and social support. This change makes R feel "re-recognized" as part of society. R feels that society now sees him as a better person, not just a drug abuser.

"At the beginning of IBM, many people underestimated it, after entering IBM, many began to support becoming a better person"

This condition shows that social support has an important role in building and maintaining *Self-esteem* on drug abusers. When a person feels accepted and not judged, it will be easier to see himself as a valuable person. The results of this study are in line with the findings of the Hutagaol & Rahayu, (2023) which suggests that drug abusers who have good social support tend to have *Self-esteem* higher than those who received less support. With the support of individuals, they will feel more valued, more trusted, and more motivated to maintain positive changes in their lives. However, unlike R, Resource Person Y is more closed because the history of drug use is not known to the surrounding environment, but family relationships remain the main source of meaning.

"It's normal because no one knows from my neighbors or brothers that I took the drug, they also know because I was the one who told the story, and at that time it was also explained to AP and the family, it's OK, as long as it is not harmful and healing for the family. So I have always been supported by the MB family"

Between R and Y illustrates that *self-esteem* can be formed in different ways. R builds *self-esteem* through community acceptance, while Y builds *self-esteem* through family support.

CONCLUSION

Based on the results of the research that has been presented previously regarding drug abusers who are undergoing rehabilitation at IBM Gempita, it can be concluded that the two speakers have different strengths related to the Power Aspect, especially related to self-control. Resource person R has relatively stable self-control, while resource person Y still has difficulty in controlling the desire to reuse. In the aspect of virtue related to moral and religious change, resource person R showed an increase related to this aspect. During his rehabilitation, he began to be diligent in worship and stay away from things that would have a negative impact. As for the resource person, Y experienced an improvement in the moral aspect by starting the principle of restraint when faced with the temptation to use drugs again. Then in the competence aspect, the two speakers gave a different picture of this aspect, some described from the technical and social side. At the time of participating in the rehabilitation, resource person Y received technical competence in electrical training which had an impact on improving individual social functions. As for the resource person, Y experienced an improvement in the social aspect that he used to be lazy to socialize, after joining IBM he began to socialize. The significance aspect in the formation of self esteem in drug abuse is influenced by subjective experiences related to support. Resource person R interprets the meaning of his life to increase when there is acceptance and support from family and community, while resource person Y interprets the meaning of family support. Overall, IBM has been proven to not only contribute to the recovery of drug abuse, but also help strengthen the psychosocial structure of resource persons through social support, competency development, and more positive identity formation.

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