

**THE EFFECTIVENESS OF PSYCHOEDUCATIONAL GROUP  
THERAPY TO MOTIVATE CHANGE AMONG ADDICTS  
IN THE EARLY STAGES OF CHANGE**

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**UNIVERSITI SAINS ISLAM MALAYSIA**

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THERAPY TO MOTIVATE CHANGE AMONG ADDICTS  
IN THE EARLY STAGES OF CHANGE**

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## ABSTRACT

This research aims to study the effectiveness of psychoeducational group therapy in increasing the motivation of drug addicts who are at the early stage of change as they are undergoing treatment and rehabilitation at a rehabilitation institution, Cure and Care Rehabilitation Center (CCRC), in Jelebu, Negeri Sembilan. Based on the construct of the Transtheoretical Model of Behavioral Change (TTM), the psychoeducational group therapy module was developed by the researcher by using the processes of change as the basis of sessions and activities. Before it was used, the module was first tested for its validity and reliability. Three dependent variables were measured to study the motivational changes, namely stages of change, self-efficacy and decisional balance. This research applied the experimental design or the pretest-posttest control group design, with an additional follow-up test. Through this design, the effects of treatment were viewed using the within-subjects design and between-subjects design for pretest, posttest and follow-up test. The research sample was selected using the purposive random sampling method which fulfilled the treatment duration criteria and the pre-determined stage of change. 45 inmates agreed to participate in the research. They were randomly divided into four experimental groups, namely treatment-naïve experiment group (PGTN), treatment-experienced experiment group (PGTE), treatment-naïve control group (CGN), and treatment-experienced control group (CGE). Two of the experiment groups (PGTN and PGTE) went through 15 sessions of therapy for 60 to 90 minutes each and treatment as usual, while the control groups (CGN and CGE) only received the usual treatment. Three measuring instruments, Stages of Change Scale (SoCS), Self-Efficacy Scale (SES) and Decisional Balance scale, were used. Three levels of tests were conducted using these instruments at the pretest, posttest and follow-up stages. The data obtained were analysed using statistical test analysis, one-way repeated measures ANOVA and covariance (ANCOVA). The research findings showed that psychoeducational group therapy was effective in increasing the motivation of experienced addicts who were at the early stage of change, with an improvement of at least one stage ahead, an increase in self-efficacy stage and decisional balance compared to before the treatment. All these remained even after the follow-up test was conducted. As for the naïve addicts group, an increase in motivation was only discovered in the decisional balance change. Nevertheless, the follow-up test showed that the therapy was effective in increasing the motivation of all experimental groups (PGTN and PGTE) compared to the control group, as shown in an increase in the statistic score. Based on these research findings, the rehabilitation module based on the psychoeducational approach that applied the group therapy was effective in increasing the motivation of addicts who were going through treatment and rehabilitation at a rehabilitation institution. The main implications of the research findings and several recommendations for future research are also discussed.

## ABSTRAK

Penyelidikan ini bertujuan untuk mengkaji keberkesanan terapi kelompok psikopendidikan dalam meningkatkan motivasi penagih-penagih dadah yang berada dalam tahap perubahan awal yang sedang menjalani rawatan dan pemulihan di institusi pemulihan Cure and Care Rehabilitation Center (CCRC), Jelevu, Negeri Sembilan. Berasaskan kepada konstruk Transtheoretical Model of Behavioral Change (TTM), satu modul terapi kelompok psikopendidikan dibangunkan oleh penyelidik dengan menggunakan proses-proses perubahan sebagai asas sesi dan aktiviti. Modul ini terlebih dahulu diuji kesahan dan kebolehpercayaan modul sebelum digunakan. Tiga pembolehubah terikat diukur bagi mengkaji perubahan motivasi iaitu tahap-tahap perubahan, keupayaan sendiri dan perimbangan keputusan. Penyelidikan ini menggunakan rekabentuk eksperimen “the pretest-posttest control group design” dan ditambah satu ujian susulan. Melalui rekabentuk ini, kesan rawatan dilihat menggunakan kaedah rekabentuk dalam kalangan subjek dan di antara subjek bagi ujian pra, pos dan susulan. Pemilihan sampel kajian adalah menggunakan kaedah rambang bertujuan, iaitu menepati kriteria tempoh rawatan dan tahap perubahan yang ditetapkan. Seramai 45 penghuni telah menyertai kajian ini dan dibahagikan secara rambang kepada empat kumpulan kajian iaitu “treatment-naïve experiment group (PGTN)”, “treatment-experienced experiment group (PGTE)”, “treatment-naïve control group (CGN)”, dan “treatment-experienced control group (CGE)”. Dua kumpulan eksperimen (PGTN dan PGTE) akan mengikuti sesi terapi sebanyak 15 sesi selama 60 hingga 90 minit setiap sesi dan rawatan biasa, manakala kumpulan kawalan (CGN dan CGE) hanya menerima rawatan biasa. Tiga instrumen pengukuran digunakan iaitu Skala Tahap-tahap Perubahan (SoCS), Skala Keupayaan Kendiri (SES) dan Skala Perimbangan Keputusan (DBS) digunakan. Tiga peringkat ujian dijalankan menggunakan instrument ini iaitu peringkat ujian pra, pos dan susulan. Data yang diperolehi dianalisis menggunakan ujian statistik analisis varians (ANOVA) sehalu pengukuran berulang dan analisis kovarians (ANCOVA). Dapatan kajian menunjukkan bahawa terapi kelompok psikopendidikan berkesan meningkatkan motivasi penagih berpengalaman yang berada di peringkat tahap perubahan awal, dengan peningkatan sekurang-kurangnya kepada satu tahap perubahan lebih tinggi, peningkatan tahap keupayaan sendiri dan perimbangan keputusan berbanding sebelum rawatan, dan kekal selepas ujian susulan dilakukan. Manakala bagi kumpulan penagih naïve, peningkatan motivasi hanya dikesan bagi perubahan perimbangan keputusan. Walau bagaimanapun, ujian susulan membuktikan terapi ini berkesan meningkatkan motivasi semua kumpulan eksperimen (PGTN dan PGTE) berbanding kumpulan kawalan hasil daripada peningkatan skor statistik yang ditunjukkan. Berdasarkan dapatan kajian, modul pemulihan berasaskan pendekatan psikopendidikan dengan menggunakan kaedah terapi kelompok berkesan digunakan untuk meningkatkan motivasi penagih-penagih yang sedang mengikuti rawatan dan pemulihan di institusi pemulihan. Implikasi utama dapatan kajian dan beberapa saranan untuk kajian masa depan dibincangkan.

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