

## DESCRIPTION OF RESILIENCE TO FORMER FORMED DRUG USERS AT PEKA SINGLE HOUSE

Chi Ikanovitasari<sup>1</sup>, Pratista Bella Anindhita<sup>2</sup> & Reyni Maya Sefa<sup>3</sup>

chika12novitasari@gmail.com<sup>1</sup>, pratistabellaanindhita@yahoo.com<sup>2</sup>, reynimayasefa0@gmail.com<sup>3</sup>

Program Study Masters Psychology Professional (PSMPP)

Persada Indonesia University YAI Jakarta, INDONESIA

### ABSTRACT

Relapse is a drug reuse behavior after undergoing rehabilitation treatment characterized by addictive thoughts, behaviors and feelings after a period of withdrawal. Former drug users who are unable to resist the urge or suggestion to reuse drugs will experience stress or frustration. Therefore, resilience is needed by former drug users to be able to face problems, pressures and challenges in their life, play their role in society, and not experience a relapse. The purpose of this study was to describe the resilience of former drug users and the factors that influence that resilience. This research uses a qualitative research method of phenomenological type with observation and interview methods to collect data. The results showed that three subjects had I Have, I Am, and I Can sources, one subject had I Have and I Am sources, and one other subject only I Have sources. Subjects who have sources of I Have, I Am, and I Can are influenced by emotional intelligence, impulse control, optimism, empathy and self-efficacy.

**Keywords:** Resilience, Drugs, Relapse.