

# Effect of Spirituality and Loneliness to Former Drug Addicts Hardiness with Social Support as a Moderator

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**Abstract.** In many studies indicate that hardiness is a personality that is resistant to a wide range of obstacles and this personality is needed so people can get out of the bondage of drugs. By having the personality of hardiness, the individual has a high morale and motivation, to see problems not as an obstacle but as a challenge. This study attempts to examine the factors that can lead to high or low hardiness former drug users. In this study tries to see the effect of loneliness and spirituality to the hardiness of former addicts with social support as a moderator. The research sample using 112 former drug addicts undergoing rehabilitation program. The analysis technique will be used to test the structural relationships between these four variables by using SEM analysis techniques. The results showed social support role as mediator variables on the influence of spirituality and loneliness to variable hardiness declared fit by chi-square value of 3.83 ( $p > 0.05$ ). The variables of social support has a regression coefficient of 0.36 ( $t > 1.96$ ) for the effect on hardiness. The influence of social support significantly to hardiness. Then the spiritual variables significantly influence social support with regression coefficient of 0.48 ( $t > 1.96$ ). Spiritual variables also significantly affect the hardiness variable with regression coefficient of 0.33 ( $t > 1.96$ ). But loneliness is not obtained variables significantly affect social support variables.

**Keywords:** Spiritual, Loneliness, Hardiness, Social Support

## 1 Introduction

Drug is an addictive substance that is harmful and negatively affect a very wide. The Indonesian government and the society has conducted a variety of efforts to combat drug use. But to solve this problem is not easy, if someone had an addiction will be very difficult to get out of the bondage of drugs.

One of the problems that is difficult to overcome by former drug addicts is the post-detoxification period, namely the recovery period of the body's cleansing from substances by using a good psychological treatment or medical. This condition is not easy to do. In this phase, ex-addicts find it difficult to survive and not a few who fail when entering the relapse stage is the period when the individual returns to his old habit of consuming drugs.

There are many reasons why someone returns to using drugs. Former drug users are very vulnerable to environmental factors [1]. During the recovery period, former drug addicts have not been able to meet with active drug users, because they can recall the time of drug use. Another cause is because the work tasks that must be faced are heavy. Because cognitive abilities decline. It can also cause fatigue, boredom and stress then they give up and return to using drugs.

In addition, former drug addicts must also face the fact that they cannot be trusted by their families and communities. This can cause a crisis of confidence and make a former addict depressed. Former becoming didn't care about the environment and return to using drugs. To be truly free from drugs is a formidable challenge for former addicts.

Based on the explanation above, it takes a strong personality to get out of the trap of drugs, which is called hardiness personality. Hardiness is a resilience factor in a person that has an impact on health and can improve performance even in stressful conditions [2]. Having a hardiness personality can enable individuals to protect themselves from stress by changing perceptions, implementing effective coping strategies so they can get out of stressful situations. To be able to face challenges from outside or inside, a former drug addict must have a strong and tough personality. If someone has a high level of hardiness can increase courage, motivation from social support so that individuals can get out from trouble.

With such strong influence of the drug needed a strong personality within the individual to cope. Personality hardiness is required when a person facing a difficult situation [2].

Many research has been done on individuals who experienced life in high pressure conditions such as firefighters [3][4], police officers [5][6], individuals who experience disability, ADHD, marriage [7][8], basketball players [9], bus drivers [10], army [11], managers [12][13], immigrant [14], nurses [15][16], drug users [17], student [18], women [19], teacher [20]. The results showed, individuals who have the attitude of hardiness will be stronger to face the problem and make every effort to resolve it.

Hardiness has a negative relationship with drug users [17]. Based on urine tests showed negative results with hardiness in drug users.

If a person has a personality that is hardiness of an individual will not be vulnerable to stress [21]. The characteristics of individuals who have a hardiness personality are self-control. Individuals who have self-control will tend to believe in the abilities they have and can manage their lives. A drug addict who has hardiness certainly will not be easily tempted to go back to using drugs [21]. Having self-control means that the individual is free from powerlessness to control the situation and to deal with conflict situations [22].

Based on the explanation above, the question in this study is what variables can increase the hardiness of drug users in their efforts to escape drug bondage.

Many articles mention that the reason someone uses drugs is caused by psychological factors including feelings of loneliness. According to Peplau and Perl is a feeling of being disadvantaged and unsatisfied due to the gap between the desired social relationships with the social relations they have. Loneliness is a manifestation of feeling unloved, unacknowledged, unbelievable or distrustful of others. A void in support can be interpreted as not having face-to-face contact with a person for quite a long time, a void in a group which means feeling not considered as part of a group or community environment (Caicopo).

This study predicts loneliness has a negative influence to hardiness on the former users using social support as a moderator. Social support can protect a person from the effects of stress [23]. Based on research, social support has an important effect on stressors which can sometimes be as moderation or as a buffer against pressure [24]. There are several reasons that support social support for violence. The first is that individuals who have the nature of hardiness use commitment and are involved in life, for example family, friends, and social activities so that individuals can develop social networks that will help these individuals when they need support. In addition, individuals who have hardy traits generally have socially attractive traits so that it is easy for them to get support [21].

But what happened to drug users? One of the reasons of a drug user is because they feel lonely. The condition of a former drug users often feel neglected by family and community members. Loneliness can increase negative behavior in individuals who experience it, the individual will withdraw from the environment, depression, and delinquency, failure in academic and using illegal drugs [25]. Research showed low social support experienced by cancer patients affecting an increasing feeling of loneliness and hopeless [26]. Instead of hardiness personality also can be owned by their high social support. With the social support, individuals will be able to gain motivation and increase courage, therefore, individuals who have an attitude of hardiness will correlate negatively with the use of illicit drugs [27], in contrast to individuals who feel their dissatisfaction with the social environment can lead to behavior negative where one of them as using illicit drugs [28]. Loneliness has a negative relationship with social support while in a meta analytic Eshelmann show all dimensions of hardiness that are commitment, control and challenge showed strong correlation with hardiness [29]. Therefore, in this study predicted loneliness will affect the high and low hardiness moderated by high or low social support by the individual.

Besides Loneliness, spirituality is also predicted to impact on the level of individual hardiness. In search of previous studies, high spirituality can have a positive impact on a person's positive behavior. Spirituality can reduce stress and develop one's personality to be better and stronger. Spirituality has a significant effect to the hardiness of 450 suicidal ideation with substance abuse [30]. Spirituality can present a sense of hope in extremely despairing situation, developing a sense of affection between individuals, be a source of contentment and alleviating stress [31]. The same as hardiness psychologist believe that spirituality play an essential role in developing positive coping style against stressful life event. Hardiness also spiritual as it establish courage and motivation to find the meaning of life [32]. The main difference between hardiness and spirituality is the source and direction. In spirituality the source from supernatural and usually leads to divinity (God) in contrast the source and direction of hardiness is the person inherent [33]. From the above explanation, the researchers want to reexamine how the influence of the spirituality of the individual hardiness. Hardiness which get the resource from internal and the internal get the resource from the spirituality which is the most powerful source. In addition, research into the influence of spirituality on hardiness is still very limited many drug addicts recovery process that uses a spiritual approach, therefore, this study is important and interesting to do.

## 2 Methods

The research sample using 112 former addicts drug who are undergoing rehabilitation program, which is in a rehabilitation center, either by using methadone or non-methadone therapy, which uses specific rehabilitation programs that are nonmedical encountered in Social Home of Parmadi Putra, Department Social Khusnul Hotimah, social institutions in Cisauk Indonesia. The economic conditions of the research subjects were classified in the middle to lower economic category, with daily work as a street musician. The subjects of the research has been in a rehabilitation center for 2 to 6 months and has been given the treatments of rehabilitation to begin to recover.

This study uses a mix method, namely quantitative and qualitative. When the process of completing the questionnaire, researchers are trying to dig deeper and determine whether the subjects understand the questions and provide appropriate answers to himself as well as overseeing the completion of the questionnaire. Some of the conditions of the subject is that there is a subject that cannot be read, so researcher read the questioner. The duration of the completion of the questionnaire is very varied, depending on the condition of the subjects. This questionnaire completion process takes 6 months.

Hardiness consists of three dimensions namely commitment, control and challenge. The scale of the hardiness of this research is to use a scale of Barton, which initially scale (dispositional resilience scale-DRS) consists of 45 items, and then revised to 30 items and then became 15 items [34].

Measuring instrument used to measure loneliness in this research is the UCLA Loneliness Scale (Version 3), proposed by Daniel W. Russell. The scale is widely used in research on loneliness in adults [35]. This scale consists of three dimensions, namely isolation from the others, looking at their relationships with others become less meaningful, supportive, and close as they want, as well as the social relationships that are too low, which does not like people in general [35].

Measurement of social support in this study will use a measuring tool, because its dimensions are more complete. Sarafino also add network dimension into measuring social support [36].

Spiritual in the study was measured using a measuring instrument that is Daily Spiritual Experience Scale (DSES) consisting of 16 items, therein is to express feelings of admiration, gratitude, feel their connectedness to God and compassion towards God and fellow human beings. In addition, the measuring instrument also measures the feeling of peace that is felt by individuals against God. DSES is already widely used, mainly for investigating the changes experienced by the individual spiritual experiences in his life. Additionally, DSES can be used in counseling, determining treatments for addicts, social sciences and others. This instrument has been translated into 40 languages, are used by 200 researchers and has been cited by the 500 papers that have been published [37].

The technique of collecting data from the four types of scales used above is to use a Likert scale models. The subjects were given four options for responding, namely: Very Rare (SJ), Rare (J), Frequently (S), and Very Often (SS). Very Rare (SJ) rated 1, Rare (J) is rated 2, Frequently (S) is rated 3, and Very Often (SS) is rated 4.

The sampling method in this study is nonprobability sampling, where sampling is done by using purposive, a sampling technique in which every member of the population does not have the same opportunity [38]. The total population of this research were 200 drug addicts who are undergoing the process of recovery / rehabilitation, but samples of this research is just as much as 112 ex-addicts.

The reason why not all be able to fill out a questionnaire due to the condition of the patient's rehabilitation. Drugs have ruined neural network brains of addicts, therefore the researcher only use the patient is recovering and could understand the statements contained in the questionnaire.

Test instruments performed by using confirmatory factor analysis (CFA). Data analysis was performed using the statistical method in order to answer the research question, whether there is significant influence of the independent variable on the dependent variable, or whether the effect of the independent variable mediated (moderator) by social support or not. Therefore, the analytical techniques will be used to test the structural relationships between these four variables are SEM analysis techniques with the support of LISREL 8.8.

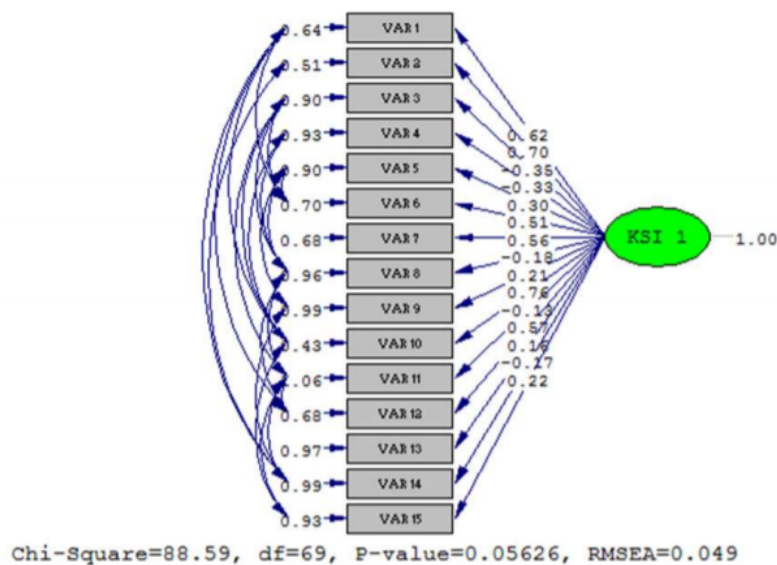
### 3 Result

#### Construct Validity Test

In this section the authors test the construct validity of each variable in this study, namely hardiness, spiritual, loneliness, and social support. The results will be described one by one as follows.

##### 1) Hardiness

In the hardiness construct there are 15 items. The validity test results for the hardiness construct are as follows.

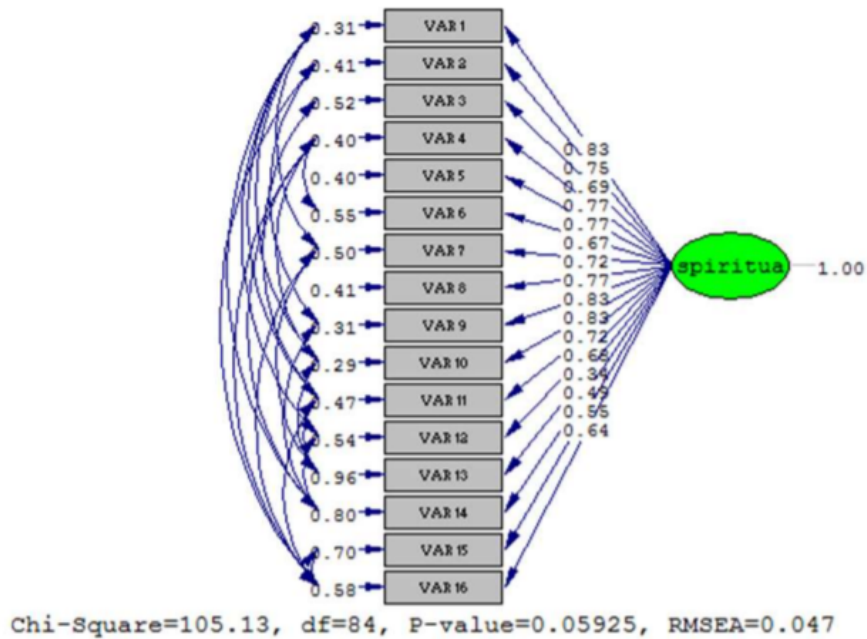


Based on Figure 1 above, it appears that after a modification to the model, a fit model is obtained ( $p > 0.05$ ). However, there are still several items that must be dropped, because there are items with negative coefficients and  $t < 1.96$ . The items that need to

be dropped are 3, 4, 8, 11, 13, 14. While the rest of the other items are declared valid. These valid items will be used to calculate the score factor for the hardiness variable.

2) Spiritual

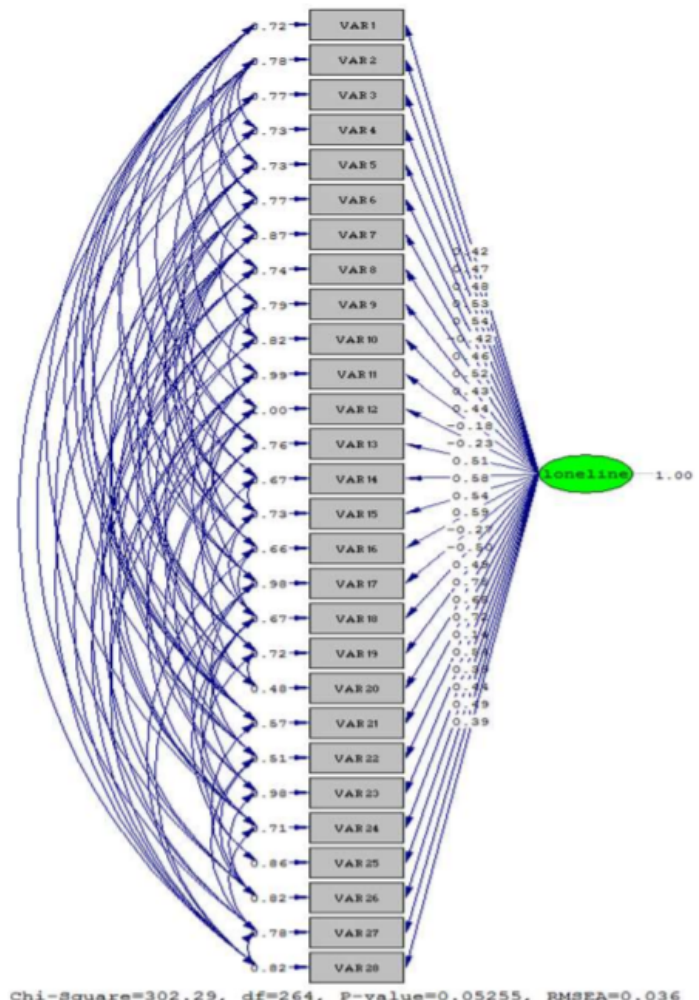
Spiritual constructs have 16 items used to measure them. The results of the construct validity test can be seen in the following figure.



Based on the picture above it can be seen that the model is declared fit with a chi-square value of 105.13 ( $p > 0.05$ ). All items are declared valid ( $t > 1.96$ ), thus none of the items in the spiritual construct are dropped.

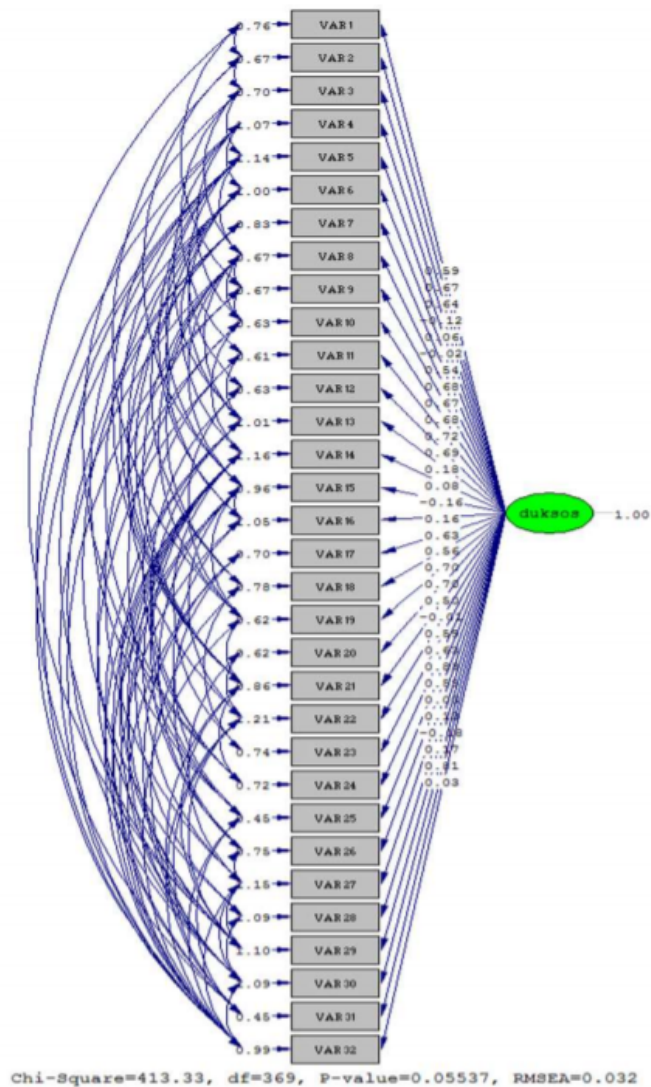
3) Loneliness

The loneliness construct has 28 items used to measure it. The validity test results can be seen as follows.



Based on the picture above, the model is declared fit with a Chi-square value of 302, 29 ( $p > 0.05$ ). However, there are several items that need to be dropped, namely items 6, 11, 12, 17, 18, 23. These items will not be used when calculating the score factor.

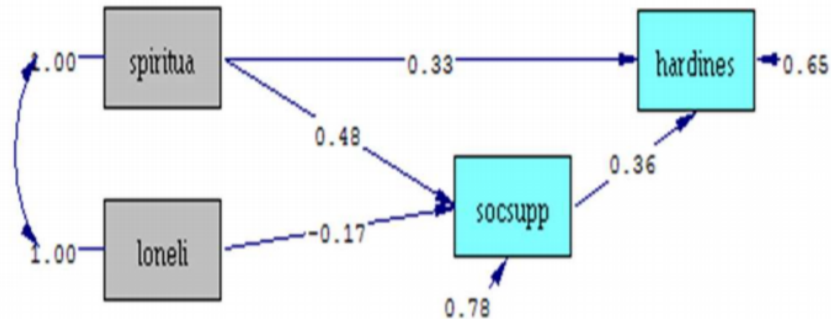
- 4) Social Support  
Social support has 32 items to measure the construct. The results can be seen as follows.



Based on the picture above, the unidimensional model of social support is declared fit with a chi-square value of 413.33 ( $p > 0.05$ ). But there are several items that need to be dropped, namely items 4, 5, 6, 13, 14, 15, 16, 22, 27, 28, 29, 30, 32. These items will not be used when calculating the score factor.

At this stage, we examined the structural relationship between the four variables above, while the results can be seen as follows:





Chi-Square=3.83, df=1, P-value=0.05030, RMSEA=0.158

Based on the chi-square value in the above model may be seen that the model structurally stating that social support acts as mediator variables on the influence of spirituality and loneliness to variable hardiness declared fit by chi-square value of 3.83 ( $p > 0.05$ ). The variables of social support has a regression coefficient of 0.36 ( $t > 1.96$ ) for the effect on hardiness. The influence of social support significantly to hardiness. Then the spiritual variables significantly influence social support with regression coefficient of 0.48 ( $t > 1.96$ ). Spiritual variables also significantly affect the hardiness variable with regression coefficient of 0.33 ( $t > 1.96$ ). But loneliness is not obtained variables significantly affect social support variables.

#### 4 Discussion

The result shows that spirituality has a positively significant effect to the hardiness. It means that spiritual belief held by individuals in the study became a source of comfort when people are struggling (hardiness) to get out of the problem (in this case out of the bondage of drug). Spirituality is something that must be possessed by patients who have HIV positive caused by the use of drugs by injection [39]. The tradition of belief on religion and spirituality, it can have an impact on the former users are facilitated by the spirit of a man as a servant of God (surrender to God) and the belief that God would help the people to solve the problem so that the former user will feel calm and get comfort when being against illness in this case is the refrain to get out of the bondage of drugs [40] [41]. This is because the former users get the power of spirituality possessed. Individuals will feel that the events that happened is a trial and should be accepted. Then the individual needs to be done to do is try to refrain (Control) and control their self-trying not go back using drugs and former users feel strong in the belief that God would help him.

In addition control in dimension hardiness is to assume that the unpleasant incident changed into a challenge (challenge). Spirituality is associated with the belief that the former addict give a trial because dear god. God wanted to see whether the former addict can overcome the ordeal patiently and gracefully. Because God's love with those who are patient, with this understanding, the former users have been challenged and embarrassed if surrender. Former users feel that if the patient will get the reward and can get out of trouble. In this case the spiritual

is often used in treatment interventions in the context of the recovery period. Because spiritual faith appears as a buffer (buffer) to survive in a difficult situation [42]. Former users become able to get through the phase of abstinence and considers them as challenges to be overcome [37].

During rehabilitation, it is often inserted some religious activities. In that session, the former raised his spirituality. That the incident was the permission of God and God is forgiven. At the end of former users could forgive himself. Spirituality create the role of God within themselves through morality and individuals choose their own way that suits him [43]. Many previous studies support that the spiritual can increase the effect of strength (Hardiness) on the user in the process of intervention (it relates to the selfactualization of the user, spiritual understanding that he wish it was different, an understanding of himself and god. It will be differences depending on the user's own understanding of the former. An understanding in this regard cannot be separated from the envi)

The result of this study also shows that the influence of social support to the hardiness quite large at 48% compared to the spiritual. Perception owned due to the strong social bonding in this rehabilitation center. With the influence of spirituality directly to the hardiness of 33%. From the search of previous studies show that spirituality is giving significant effect to the drug former so that users can get out of the bondage of drugs because there are social ties of the environment (social bounding) [44]. These results indicate the considerable social support perceived by the user in the rehabilitation of the former, ranging from emotional support, esteem support, information and support instrument. Results of previous studies showing that social support is also a buffering effect of hardiness. With the social support, individuals become more confident compared with the conditions of acceptance of a low social support. Based on interviews (15 October 2015) at the time of filling the questionnaire, some respondents admitted to using drugs because of insecurity. The drugs can increase confidence when singing in the streets. In the rehabilitation center was also given music arts activities, (provided the band), so that former drug users who have musical talent may be distributed, then the former rehabilitation center also facilitates the user to perform at the big events. This clearly facilitates the user to practice the former so as to increase confidence. With that there is growing attitude of his former self in the user hardiness. Former users learn to overcome obstacles in himself with the help of the support provided.

In his theory of social support, the buffering effect of social support [36]. This effect functions in the process of cognitive appraisal someone who has a level of social support is high then he will address the situation full of stress that with more quiet (demeanor hardiness), it is because people think that he is not alone, there are friends who will be ready helpful and comforting when individuals in a state of distress and respect his opinion. Therefore, the former user can meet its needs, that the stressful situations was considered not heavy. The place occupied rehabilitation now is the right place for former users. A rehabilitation center can provide solutions and advice to problems faced by former users .

There are two theories on when someone gets the support that is receiving assistance (perceived support) and feel the support (perceived support). Perceived support is a relief felt by the individual at the time of receiving assistance, while the (perceived support) is the support received but not necessarily required [36]. In this study suspected some former users feel the support provided. Especially the impact of the support provided by the rehab center can reasonably be perceived. Based on the recognition of some former users say that feels better when it is in a rehabilitation center. Former users feel much given the skills of even the desire to convey to her friends outside to do better again. Former users feel sorry for what to do first and hope to not repeat it.

Hardiness third attitude is commitment. From the results also shows social support affect the high commitment of former users. Commitment means different from alienation, when exusers feel alone and there is no support, then there is a possibility of ex-users are not strong in the face of the situation experienced, especially during stressful situations, but different result when a man being committed, the former user will not run of the problem instead he will face the problem by involving the people around him, looking for help with how to develop a friendship with her friends and go out. It automatically can help when experiencing a difficult situation Former users to engage in activities and many friends in the rehabilitation center. The atmosphere is very supportive of a process that is quite appropriate and conducive to former users can forget about medicine.

Unfortunately in this study, loneliness has a negative effect on the hardiness and social support, but not significant. Loneliness be highly subjective. This may be due to quite high social support perceived by former users. In addition, most of the sample were generally a bummer, street children, and builder. Feelings of loneliness may rarely experience, because a lot of people hanging around and they have long been trained to fend for themselves. Another argument for this result is, in Maslow's theory on the subject is still trying to meet the basic needs. How to survive in the through life, so maybe they are already familiar with these conditions. The conditions actually makes their own personality hardiness. Hardiness it will be owned by the individual if from the beginning of life is already faced many ordeals [45]. In addition to the lively street scenes, former users preoccupied mind how they can survive, namely earn money to make ends meet. According to Maslow, a person will not go up to the previous stage before the underlying needs are met. Maslow's theory in this case can be used in responding to cases in this study. That ex-users in rehabilitation centers have not really focus on thought about the need to be appreciated and loved (stage two and stage three in Maslow's theory). Because exusers commonly are street people, have low economic level which still concentrating on their basic needs are food and drink, clothing and others. While Loneliness is an unmet demand at level three on the dimensions of Maslow. Hence the possibility of things that cause why loneliness effect but not significant to hardiness former drug users in rehabilitation centers where research is conducted.

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