

# The Analysis Of Physical Activity Knowledge, Awareness, And Implementation In Healthy Living Patterns Of Drug Addicts At Rumah Damai Semarang

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**Abstract.** Addicts are commanded to receive rehab treatments such as medical, mental, and physical. Its main purpose is to improve their well-being. A program called healthy living patterns is a part of the main program at Rumah Damai Semarang, and it is a vital foundation post-rehab. This study aims to analyze the understanding, awareness, and implementation of physical activity. A descriptive quantitative method by performing an interview to collect data from addicts (n= 20). Knowledge levels include knowing, comprehending, applying, analyzing, evaluating, and synthesis. Forty percent (40%) of respondents are excellent, 10% very good, 10% good, 10% fair, 10% poor, and 20% very poor. Awareness levels include receiving, responding, valuing, and being responsible, 50% excellent, 25% good, 5% average, and 20% poor. The implementation is evaluated by perception, mechanism, and adoption, 50% good, 10% fair, and 40% poor. Addicts' understanding of healthy living patterns is average; their awareness of it is good enough, but unluckily their attitude and behavior have not yet achieved the optimal implementation.

**Keywords:** sports medicine, health promotion, exercise rehabilitation.

## 1 Introduction

Health is one of the elements of welfare that must be realized and is a fundamental right. A healthy lifestyle contains three major components: physical, mental (spiritual), and social, demonstrating that everyone is capable of living effectively socially and economically [1]. In another hand, a drug addict is someone who uses or abuses narcotics, drugs, or toxic substances in a state of physical or psychological dependence, and in Indonesia drug addicts must assigned into rehabilitation program [2].

A healthy lifestyle is one of the key factors for wellbeing. by maintaining physical and mental health enables drug addicts to live productively and to perform better social functions. In different ways, it has a positive impact on recovery for drug addicts [3]. Healthy lifestyle indicators such as smoking cessation, regular physical activity, balanced diet, adequate sleep, abstinence from alcohol, and illicit drug abuse [4]. Physical activity can be defined as any

movement produced by skeletal muscle involving leisure, traveling to a place, or as part of work [5]. In dealing with pressure or stress, drug addicts usually overcome it by increasing physical activity such as cleaning the homestead, playing guitar, playing ping pong, and getting closer to God [6].

The implementation of physical activity within the application of a healthy lifestyle is exceptionally vital and must be made a habit by each individual, including drug addicts [7]. The rehabilitation stages carried out by the Rumah Damai Semarang Foundation are detoxification, physical exercise, and the provision of balanced nutrition. Detoxification in this term is referred to the process of eliminating toxins (narcotic substances or other addictive substances) from the body by completely stopping the use of all addictive substances used or by reducing the dose, and for the implementation of the physical activity program, the sports facilities at Rumah Damai Semarang Foundation including a volleyball court, basketball court, swimming pool, billiard table, ping pong table, and fitness room.

Based on the explanation above, this study aims to analyze the understanding of drug addicts on physical activity, the awareness on physical activity, and the implementation of physical activity within healthy living patterns.

## 2 Material and Methods

### 2.1 Study design, Population, and Sample

This is a descriptive quantitative study that presents the score of the answers through an interview with the respondents. The population in this study is drug addicts at Yayasan Rumah Damai Semarang, and the total sampling technique was chosen to draw the 20 respondents (males, aged  $36.7 \pm 8.75$  years old) in this study.

### 2.2 Knowledge levels

Knowledge levels have been determined as follows: 1) **knowing** which mean whether drug addicts can define physical activity in implementing a healthy lifestyle; 2) **comprehending** which can be defined whether drug addicts have understood physical activity by asking drug addicts to explain the benefits of physical activity; 3) **applying** which can be referred to whether drug addicts can create or provide examples of physical activity in implementing a healthy lifestyle; 4) **analyzing** which mean whether drug addicts able to describe in detail the physical activity program in a healthy lifestyle; 5) **to evaluate** is related to the ability of drug addicts to justify or assess the benefits they feel from physical activity programs in implementing a healthy lifestyle, and 6) **synthesis** is defined as drug addicts adjust their knowledge in carrying out physical activities in a healthy lifestyle.

### 2.3 Awareness levels

Awareness levels have been determined as follows: 1) **receiving** which means drug addicts accept or agree with a physical activity program in a healthy lifestyle; 2) **responding** which can be defined as drug addicts providing answers or responses when receiving material about physical activity in implementing a healthy lifestyle; 3) **valuing** which can be referred to drug addicts have invited other fellows to discuss physical activity programs in a healthy lifestyle,

and 4) **responsible** which mean as a form of commitment of drug addicts to their knowledge of the physical activity.

## 2.4 Implementation levels

Implementation levels have been determined as follows: 1) **perception** which means what actions will be taken by drug addicts to increase awareness of healthy lifestyles, especially regarding physical activity; 2) **mechanism** which can be defined that drug addicts are able to perform physical activities according to the correct mechanism/structure, and 3) **adoption** which can be referred to drug addicts have acknowledged/feel the benefits of physical activity in implementing a healthy lifestyle.

## 2.5 Data collection, and Analysis

Structured interview was used in this study to collect the data about the understanding of drug addicts on physical activity, the awareness on physical activity, and the implementation of physical activity within healthy living patterns. Twenty two questions in the questionnaire was approved by sports psychology expert from Universitas Negeri Semarang to be used to collect the data in this study. Since this is a descriptive quantitative study, the frequency distribution was used to analyze the collected data by administrating the variable into the pattern of frequencies in the form of percentages.

## 3 Results and Discussion

### 3.1 Knowledge levels on physical activity

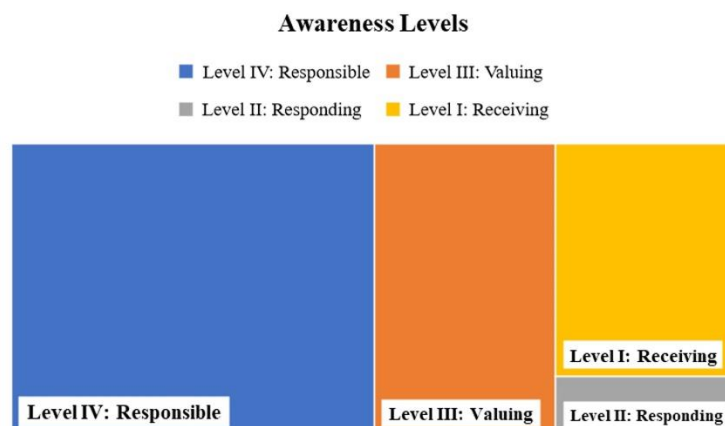
Drug addicts' response were checked and classified into six categories. Once respondents able to answer all the questions about their knowledge on physical activity in implementing a healthy lifestyle, they are classified into excellent, and the norm of this category gradually decreases according to the respondent's ability to answer the questions such as very good, good, good, fair, poor, and very poor.

**Table 1.** Knowledge levels of drug addicts on physical activity.

Knowledge levels	Respondents																			
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Synthesis	✓	-	-	✓	-	-	✓	-	✓	✓	-	✓	✓	-	✓	-	-	✓	-	✓
Evaluating	✓	-	-	-	-	-	✓	-	-	✓	-	✓	✓	-	✓	-	-	✓	-	✓
Analyzing	✓	-	-	✓	✓	-	✓	-	✓	✓	-	✓	✓	-	✓	✓	-	✓	-	✓
Applying	✓	✓	-	✓	✓	-	✓	✓	✓	✓	-	✓	✓	-	✓	✓	-	✓	-	✓
Comprehending	✓	✓	-	✓	✓	✓	✓	✓	✓	✓	-	✓	✓	-	✓	✓	-	✓	-	✓
Knowing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Forty percent (40%) or eight respondents fall into the excellent category, which means that they are able to recall facts and basic concepts, explain ideas or concepts, use information in new situations, draw connections among ideas, justify a stand or decision, produce new original





**Fig. 2.** Awareness levels of drug addicts on physical activity.

Physical activity awareness was previously defined as the correspondence between self-reported and actual physical activity. Self-rated physical activity is assessed by asking an individual to rate the amount of physical activity he or she is doing [13]. Previous studies have shown that awareness of physical activity recommendations is associated with partnerships, higher levels of education, and recreational physical activity. Those who were unaware of the recommendations had lower cardiorespiratory and strength fitness scores than those who were aware [14]. From the interpretation data above and results of previous studies, drug addicts at Rumah Damai Semarang have a promising results from the program, which leads to fully recover. The important message is that we can maximizing the health benefits of fitness routine by practicing exercise safety.

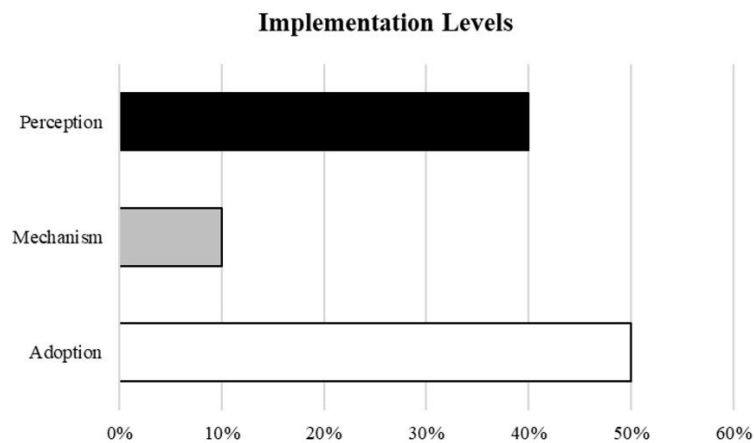
### 3.3 Implementation levels in healthy living patterns

The act of carrying out a plan, a method, or any other design, idea, model, specification, standard, or policy is known as implementation [15]. In this study, the implementation was evaluated in three stages, there are perception, mechanism, and adoption. Once respondents are able 1) to list actions they can take to increase their awareness of a healthy lifestyle, 2) become structurally involved in physical activity, and 3) they are able to understand the benefits of physical activity, at this point it can be classified into good. Meanwhile, the fair can be evaluated by the first and second points, and the poor can be evaluated by only the first point. Based on the data, the implementation levels is in line with the awarness levels that half of respondents or 50% (n= 10) fall into good category, two respondents (10%) at fair category, and eight respondents (40%) fall into poor category (see Table 3 and Fig. 3).

The management of Rumah Damai Semarang has provided clients with a healthy lifestyle program as one of the top programs offered to accelerate recovery from drug addiction. The Healthy Lifestyle Program begins with instructors providing educational materials, which drug addicts implement in the form of daily activities at Rumah Damai Semarang. It is considered as one of the main pillars of a healthy lifestyle.

**Table 3.** Implementation levels on physical activity in healthy living patterns.

Awareness levels	Respondents																			
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Adoption	✓	✓	-	✓	-	-	-	-	✓	✓	-	✓	✓	-	✓	-	-	✓	-	✓
Mechanism	✓	✓	-	✓	-	-	✓	✓	✓	✓	-	✓	✓	-	✓	-	-	✓	-	✓
Perception	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



**Fig. 3.** Implementation levels on physical activity in healthy living patterns.

Physical activity could bring positive effects both for physical and mental. Generally, regular physical activity can improve muscle and cardiorespiratory fitness; improves bone and functional health; reduces the risk of high blood pressure, coronary artery disease, stroke, diabetes, many types of cancer (including breast and colon cancer), and depression. It also reduces the risk of falls, and hip or spine fractures, and helps maintain a healthy weight [5].

In psychology, physical activity plays an important role in the care of mild to moderate psychiatric disorders, especially depression and anxiety. People with depression tend to be less physically active than those without depression, but increased aerobic exercise and weight training have been shown to significantly reduce symptoms of depression [16]. Additionally, Even light physical activity during the COVID-19 pandemic can help ease some of the negative mental health effects older adults may experience from isolation and adherence to the SDGs during the COVID-19 pandemic [17].

Lastly, this study would be better if future researchers are able to evaluate not only physical activity but also the dietary program, and mental training. Therefore, it can provide holistic information that rehabilitation programs for drug addicts may be referred to.

#### 4 Conclusion

Based on the results above, we conclude that the knowledge, awareness, and implementation of physical activity in healthy living patterns of drug addicts at Rumah Damai

Semarang are good, although the management perhaps can make an outreach program to provide material on physical activity in a long-term and routine healthy lifestyle, and this aims to make drug addicts know the importance of physical activity for physical fitness, understand the benefits of physical activity that can accelerate the recovery period so that they have the right attitude and good behavior in physical activity.

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