



The role of assertiveness and self-esteem in enhancing resilience of rehabilitated adolescents drug addict

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ABSTRACT

The rapid increase in adolescent drug abuse in Indonesia requires special attention to adolescent resilience against drug abuse and personal factors, such as assertiveness and self-esteem. This study aimed to investigate the role of assertiveness and self-esteem in enhancing resilience among rehabilitated adolescent drug addicts. This study employed a non-experimental quantitative approach with a correlational design. The research sample consisted of 80 individuals selected using a total sampling technique. The instruments used included the Irish Assertiveness Scale, Coppersmith Self-Esteem Inventory, and Grotberg Resilience Scale. Data analysis techniques involved descriptive statistical analysis and multiple regression analysis using SPSS software version 25. The results indicated that assertiveness significantly role the resilience of adolescent drug rehabilitation ($r=0.567$, $p<0.05$), while self-esteem also affected resilience ($r=0.471$, $p<0.05$). Furthermore, assertiveness and self-esteem jointly played a significant role in the resilience of adolescent drug rehabilitation, with an R Square value of 0.487 ($p<0.05$). These findings suggest that assertiveness and self-esteem can serve as strong predictors of resilience among adolescent drug addicts. Rehabilitation programs should focus on assertiveness and social skills education, as well as on developing more effective drug rehabilitation policies.

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Introduction

Drug abuse is a serious problem that Indonesia is currently facing, as revealed by the results of a survey conducted by the National Narcotics Agency (BNN) and the Center for Science and Technology Research of the Indonesian Institute of Sciences (PMB-LIPI) in 2021. The prevalence of drug abuse in Indonesia has significantly increased from 1.80% to 1.95% (BNN, 2021). In Law No. 35 of 2009, drugs are defined as substances that can change consciousness, relieve pain, and cause dependence, both synthetic and natural.

The negative impacts of drug abuse include a wide range of physical, psychological, social, and spiritual aspects (Nurmaya, 2016). Research conducted by Yulia (2018) found that drug abuse had a negative impact mainly on social and spiritual aspects, with the majority of respondents experiencing negative influences as well as a decrease in spiritual values. According to data from the United Nations Office on Drugs and Crime (UNODC) in the World

Drug Report 2022, there has been a 26% increase in drug abuse cases globally compared to the previous year, with the majority of users being young people (Unodc, 2022). The legalization of marijuana in several countries, including Indonesia, has also had an impact on the increase in its abuse. The BNN noted a significant increase in drug use among youth, especially in urban areas (BNN, 2022).

Technological development also accelerates drug trafficking, especially through online transactions. Research conducted by Oktaviani and Yumitro (2022) explained that technological advances, such as cashless payment systems and trading in marketplaces, have made drug transactions easier. Drug dealers are also increasingly active in offering merchandise online through illicit drug buying and selling sites. Therefore, managing drug abuse requires a cross-sectoral approach and strengthening of comprehensive prevention, rehabilitation, and law enforcement efforts. The 2023 Indonesian Drug Report issued by BNN RI highlights the alarming situation in South Sulawesi Province. As of March 2023, there were 2,757 dealers and 2,354 drug abusers, with a total of 5,111 cases (BNN, 2023). A survey conducted by BNN RI also found an increase in the prevalence of drug exposure among 15-24 years old, which increased from 1.50% to 1.89%. This finding indicates that adolescents and students are the main targets of drug abuse.

Research by Mahi (2008) found that the majority of drug abuse cases occurred in adolescents, reaching 97%, with factors such as physical, emotional, and social environmental changes playing an important role. Amanda et al. (2017) highlighted the influence of internal factors such as individual personality and family situation. Adolescents who have trouble distinguishing themselves from their peers tend to have a strong group identity, which increases the risk of drug abuse.

Drugs have effects such as stupor and addiction (Darman, 2006) and are influenced by parenting, self-view, and peer pressure (Simangunsong, 2015). BNN RI Regulation No. 1 of 2019 stipulates mandatory medical and social rehabilitation for drug abusers. Thus, the handling of drug abuse in adolescents requires a holistic approach involving internal and external factors, as well as effective rehabilitation efforts in accordance with applicable regulations.

Strengthening adolescent resilience is an important strategy in efforts to prevent drug abuse (Kombong, 2022). Additionally, resilience helps adolescents develop adaptive skills and emotional balance in the face of various challenges. Resilience is the ability of individuals to cope with stress, stress, trauma, and challenges in life in an adaptive and positive way (Grotberg, 1997; Dewi et al., 2019; Yetim, 2022; Park & Park, 2021). Resilience is considered a dynamic process that can be used by individuals to overcome stressful situations (Simatupang & Simarmata, 2024). Individuals with a high level of resilience tend to be better able to deal with difficult situations, gain personal growth after overcoming these challenges, and maintain emotional and mental balance in the face of change or adversity (Santrock, 2003). Adolescent resilience to drugs involves the ability to control, avoid, and reject drug abuse.

Environmental factors, such as family, school, and peers also influence the development of adolescents' resilience to drugs (BNN, 2021). Frequent drug abuse motives, such as difficulty rejecting invitations from peers, show adolescents' low resilience to self-control and rejection of drug abuse. Adolescent resilience to drugs plays an important role in preventing drug use problems and addiction (Rawas et al., 2020). Ali et al. (2010) found that individuals with good levels of resilience tended to have a lower risk of engaging in risky behaviors such as smoking, drinking alcohol, and abusing drugs. However, low resilience can have a negative impact, especially for former drug users (Hernanto et al., 2020).

Research on several Provincial Narcotics Agencies (BNNP) has shown that the resilience of adolescent drug addicts tends to be low (Yuliana & Khoirunnisa, 2023; Fajri, 2023). Factors that affect resilience include social support, emotional regulation, self-esteem, assertive behavior, and stress management in adolescence (Sari et al., 2023; Li et al., 2021; Choi et al.,

2015; Kennedy, 2019). Therefore, further discussion of resilience in adolescents who use or are addicted to drugs is important to support efforts to prevent drug abuse.

BNN Research (2021) shows that adolescents' resilience to drug abuse is influenced by assertive behavior, which allows adolescents to resist drug use more effectively. Assertiveness is the ability to express one's wishes unequivocally to others without feeling anxious while respecting the rights and feelings of other individuals and being aware of the positive and negative effects of the behavior shown (Alberti & Emmons, 2008; Iriani, 2009; Chaplin, 2014). Assertiveness plays an important role in building adolescents' resilience to drug abuse, as it allows them to resist the temptation to use drugs more effectively.

Adolescents with low assertiveness tend to have difficulties dealing with pressure from groups, including in the context of rejecting drug abuse (Afiatin, 2004). Assertive behavior training for adolescents can help build self-awareness, improve social adjustment, and overcome conflicts related to drug abuse (Ramadhan et al., 2019). Problem management strategies involving assertive behavior have also proven to be effective in managing drug addiction (Singh et al., 2019).

In addition to interpersonal aspects, such as assertiveness, personal factors also affect drug abuse, including self-esteem. Self-esteem includes views of abilities, values, success, and self-interest and plays an important role in shaping one's self-view, attitude toward oneself, and interaction with the world around them (Santrock 1995; Woolfolk, 2008; Trisakti & Astuti, 2014). Research has shown that low self-esteem correlates with drug abuse in adolescents (Maraire & Chethiyar, 2020; Opakunle et al., 2022). Meanwhile, high peer pressure is also closely related to low self-esteem in drug abusers (Amara et al., 2023). Individuals with high self-esteem tend to have strong beliefs about their abilities and self-worth, whereas individuals with low self-esteem may feel insecure, self-doubting, or feel insignificant (Hidayati, 2016). This emphasizes the importance of in-depth studies related to the involvement of personal aspects, namely self-esteem, in the context of drug abuse.

Previous research has emphasized the importance of self-esteem and assertiveness in improving the resilience of adolescents involved in drug abuse. Chung et al. (2020) and Caton (2021) showed a positive relationship between self-esteem, religiosity, social support, and resilience in addicts and former drug addicts. Meanwhile, Priyandoko and Rahmasari (2023) found that religiosity, family support, and self-regulation skills are protective factors in the resilience of sandwich-generation women. Lumbanraja and Hariadi (2023) also found a positive correlation between students' assertiveness and self-esteem. In contrast to these studies, this study used variables of assertiveness and self-esteem in the context of the resilience of adolescents involved in drug abuse, especially those who are undergoing rehabilitation at BNN Baddoka, South Sulawesi.

This study aimed to investigate the effect of assertiveness and self-esteem in improving the resilience of adolescents who have been rehabilitated drug addicts. This study makes a significant contribution by providing actual data on the condition of drug abuse in adolescents, which can be used for socialization and educational activities to prevent drug abuse among adolescents in Indonesia, especially in South Sulawesi.

Method

This study used a type of non-experimental quantitative research with a correlational design. Correlational research involves the process of collecting data to assess whether there is a correlation and the extent of the correlation between two or more variables (Hermawan, 2019). This study was conducted at the Baddoka National Narcotics Agency (BNN) Rehabilitation Center, South Sulawesi, Indonesia. This study used a saturated or total sampling technique (total sampling), totaling 80 adolescents who were rehabilitated for drugs. The total sampling technique was chosen in this study because the studied population was relatively

small, representative to describe and identify the population, and had a small risk of sampling error because it covered the entire population.

This study focused on assertiveness, self-esteem, and resilience as the main variables. These three variables were measured using different research instruments, which were tested for content validity by two experts in the field of educational and developmental psychology, as well as one expert in the field of social psychology relevant to this study. Next, the data were calculated using Aiken's V formula for validity (Sugiyono, 2019) and reliability measured using Cronbach Alpha (Ghozali, 2018). The results of the validity test with Aikens' V formula showed that most of the items obtained a value above 0.667 (high). The results of the reliability test of the instrument for the assertiveness scale had a Cronbach's alpha value of 0.847, self-esteem of 0.828, and resilience of 0.903. All three scales had high reliability. The instrument for measuring assertiveness is the Irish Assertiveness Scale (Palmer & Froehner, 2003). The instrument included aspects of request, rejection, self-expression, praise, and role in conversation, with a total of 15 statement items. The Coppersmith Self Esteem Inventory (Coopersmith, 1967) was used to measure self-esteem, which includes significance (acceptance or meaning), strength (strength or power), virtue (virtue), and competence (competence or ability), with 14 statement items. Resilience was measured using The Grotberg Resilience Scale (Grotberg, 1997), which included three aspects: "I have" (external aspects that support the individual), "I am" (internal aspects of the individual), and "I Can" (social skills and individual interactions), with a total of 20 statement items.

The research instrument used a Likert Scale with four answer choices: Very Suitable (SS), Suitable (S), Not Suitable (TS), and Very Not Suitable (STS). In this study, the scale was distributed directly to the research participants to collect their responses about assertiveness, self-esteem, and resilience. The scale items consist of favorable and unfavorable aspects. The ratings for favorable statements were as follows: Very Appropriate (SS)=4, Appropriate (S)=3, Not Appropriate (TS)=2, and Very Inappropriate (STS)=1. Meanwhile, the assessments for unfavorable statements were: Very Inappropriate (STS)=4, Inappropriate (TS)=3, Appropriate (S)=2, and Extremely Appropriate (SS)=1. Scoring was carried out by converting the respondent's choice into a numerical value in accordance with the rule. The higher the score obtained, the higher the level of psychological variables measured, namely assertiveness, self-esteem, and resilience.

Descriptive analysis and multiple regression were used for data analysis. Descriptive analysis was used to understand the categorization of assertiveness, self-esteem, and resilience in adolescent drug addicts. Categorization was performed using the Mardapi formula (2008). Assumption tests were also carried out, such as a normality test with Kolmogorov-Smirnov ($p > 0.05$), a linearity test with a Test for Linearity, and a multicollinearity test with tolerance values and Variance Inflation Factor (VIF). Multicollinearity was considered non-existent if the variance inflation factor (VIF) value was < 10 or the tolerance value > 0.01 . Furthermore, a regression test was carried out to determine the influence and direction of assertiveness and self-esteem on adolescent resilience. An F test (simultaneous test) was also conducted to evaluate whether the independent variable as a whole had a significant impact on the dependent variable. The determination coefficient (R^2) is used to measure how well the model can explain variations in the dependent variables.

Results

The research data were obtained by filling in a psychological scale regarding assertiveness, self-esteem, and resilience by the research respondents. The sample of this study consisted of 80 adolescents (72 men and 8 women) who were rehabilitated for drugs at the BNN Baddoka Rehabilitation Center. The results of the descriptive statistics in this study include maximum values, minimum values, average values, and standard deviations. The data were processed using SPSS 23 for Windows.

Table 1. Descriptive Statistics

Variable	N	Min	Max	Mean	SD	n	%	Category
Assertiveness	80	35.00	60.00	49.58	6.940	31	38.75	Very High
						15	18.75	High
						19	23.75	Low
						15	18.75	Very Low
Self-esteem	80	30.00	56.00	46.11	6.600	30	35.75	Very High
						19	23.75	High
						25	31.25	Low
						6	7.5	Very Low
Resilience	80	46.00	80.00	66.77	9.722	33	41.25	Very High
						18	22.5	High
						18	22.5	Low
						11	13.75	Very Low

Based on Table 1, the average score of the assertiveness of all respondents was 49.58 (SD=6,940), classified as very high (38.75%). Of the respondents, 15 (18.75%) were included in the high category, 19 (23.75%) had a low level of assertiveness, and 15 (18.75%) were classified as very low. Furthermore, the average self-esteem score of all respondents was 46.11 (SD=6,600), also included in the very high category (37.5%), with 19 people (23.75%) in the high category. However, 25 people (31.25%) had low self-esteem, and six people (7.5%) were in the very low category. The average resilience score of BNN rehabilitation adolescents for all respondents was 66.77 (SD=9,722), included in the very high category (41.25%), with 18 people (22.5%) in the high category. However, 18 people (22.5%) had low resilience, and 11 people (13.75%) were in the very low category.

The normality test was carried out using the Kolmogorov-Smirnov statistical test, which obtained a Sig value of 0.159 > 0.05, such that there was no normality problem in this study. The results of the linearity test showed a deviation from the linearity value of 0.354 > 0.05, so it can be concluded that there is a significant linear relationship between the X1 variable (assertiveness) and the Y variable (resilience). Likewise, the deviation from linearity value is 0.394 > 0.05, so it is concluded that there is a significant linear relationship between X2 (self-esteem) and Y (resilience). The results of the multicollinearity test showed that the Variance Inflation Factor (VIF) value of all variables was no more than 10. If the VIF value is < 10 or the tolerance value is >0.01, then it can be concluded that there is no multicollinearity.

The hypothesis test uses multiple regression analysis, F test (simultaneous), and determination coefficient in decision-making on hypothesis acceptance and rejection.

Table 2. Hypothesis Test

Variable	Resilience Drug Addicted Adolescents (Y)					
	r	t	Sig.	F	Sig.	R ²
Assertiveness (X1)	0.567	2.601	0.011	36.501	0.000	0.487
Self-esteem (X2)	0.471	2.057	0.043			

Table 2 shows the results of regression, simultaneous (F), and determination coefficient (R²) tests to determine the role between the variables of assertiveness and self-esteem on the resilience of adolescent drug addicts. The results of the hypothesis test showed that there was a significant positive role between the assertiveness (X1) and resilience (Y) of adolescents who were rehabilitated for drugs at the BNN Baddoka Rehabilitation Center (regression coefficient=0.567, significance=0.011<0.05), rejected H₀, and accepted H_a. Similarly, self-esteem (X2) also had a significant positive effect on the resilience (Y) of adolescents who were rehabilitated for drugs at the BNN Baddoka Rehabilitation Center (regression coefficient=0.471, significance=0.043<0.05), rejected H₀, and accepted H_a. The simultaneous

F-test showed a significance of 0.000 ($p < 0.05$), confirming that assertiveness and self-esteem together contributed significantly to resilience ($R^2 = 0.487$). This implies that 48.7% of the variability in resilience is explained by these two variables, while the remaining 51.3% is influenced by other factors.

Discussion

This study found that assertiveness played a significant role in the resilience of drug-addicted adolescents who were rehabilitated at the BNN Baddoka Rehabilitation Center, South Sulawesi. The results of this study are in line with the results of research that found that the presence of assertiveness affects resilience in drug users who are undergoing rehabilitation (Ramadhan et al., 2019; Parray et al., 2020). Furthermore, interventions focused on improving assertive communication skills have been highlighted as effective strategies for strengthening adolescents' resilience to negative peer influences and drug use (Bell et al., 2015). This finding emphasizes that assertiveness plays an important role in shaping the resilience of rehabilitated drug users. If addressed through intervention and therapy, these factors can contribute to improving overall drug user resilience. Critical assertiveness in drug adolescent rehabilitation plays an important role in adaptation and relationships with counselors, with interventions that emphasize assertiveness improving self-esteem and interpersonal skills (Sheeba, 2022; Moyano et al., 2021). The duration and type of rehabilitation program and the ability to accept change also affect adolescents' levels of assertiveness, which in turn helps adolescents face challenges and avoid the temptation of post-rehabilitation drugs (Eskin, 2003; Yuhbaba et al., 2022). Adolescents who are able to communicate discomfort and accept criticism well tend to have higher resilience, as they are able to adapt to challenges during and after rehabilitation. It is important for counselors and rehabilitation staff to support the development of adolescents' assertiveness, as this can increase the effectiveness of rehabilitation programs and help them achieve sustainable recovery from drug abuse. Therefore, assertiveness training is key to supporting resilience and successful adolescent recovery, demonstrating emotional maturity and willingness to grow.

The results of the study also found that self-esteem had a significant influence on the resilience of adolescents who were addicted to drugs and were rehabilitated. The results of this study are in line with the findings of Warsini et al. (2019), which showed that self-esteem is a key component that affects the resilience of adolescents who struggle against drug abuse. Self-esteem plays an important role in the rehabilitation of adolescents involved in drug abuse. In this context, two main factors affect self-esteem. First, adherence to ethical standards reflects commitment to moral values, which increases adolescents' confidence in drug rehabilitation (Baumeister et al., 2003). Second, feeling happy when receiving social support increases adolescent self-esteem (Baumeister et al., 2003). Self-esteem formation through rehabilitation programs is important for individual recovery (Sariyani et al., 2019). Decreased self-stigma is associated with higher resilience (Lysaker et al., 2012). The duration of a 6-month rehabilitation program affects adolescents' self-esteem levels, with various programs such as cognitive behavior therapy (CBT) and group therapy, mental health seminars, and skill development (Sariyani et al., 2019). Therefore, structured and comprehensive interventions in rehabilitation programs can help improve the self-esteem and resilience of drug-addicted adolescents, supporting them in achieving sustainable recovery.

Self-esteem is an important element in adolescent drug rehabilitation. This process is important for successful adolescent recovery and well-being. Adolescents who are rehabilitated by drugs need support to improve their self-esteem during rehabilitation. The higher the self-esteem, the stronger the resilience of adolescents, which will help them overcome obstacles in the future. The link between self-esteem and resilience creates a positive circle in which the two reinforce each other. Positive responses to adolescents' self-

esteem can help build a strong foundation for resilience, allowing adolescents to cope with a variety of adverse situations and achieve a life free of drug abuse.

Finally, the results of the study found that assertiveness and self-esteem together had a significant effect on the resilience of adolescents who were rehabilitated drug addicts. The results of this study are in line with Anastácio (2016), who found a relationship between self-esteem, assertiveness, and resilience in institutionalized adolescents, highlighting the importance of these factors in challenging environments. The interaction between assertiveness and self-esteem affects adolescents' resilience in drug rehabilitation. Ali et al. (2010) emphasized the importance of individual resilience in avoiding health-risky behaviors in adolescents. Warsini et al. (2019) highlighted the impact of counseling and spiritual activities in increasing the resilience of drug users. High assertiveness helps teens navigate challenges, whereas strong self-esteem provides stability and motivation during rehabilitation. This synergy forms a solid foundation in the recovery process, enabling adolescents to overcome drug temptation and barriers to recovery. Assertiveness and self-esteem complement each other in forming the foundation of recovery. Both factors improve adolescents' ability to overcome obstacles and accept criticism, while self-esteem provides emotional stability. With these two factors strong, adolescents can survive and strengthen their resilience even after rehabilitation. Thus, the synergy between assertiveness, self-esteem, and resilience is important for improving the success of drug rehabilitation programs for adolescents, helping them avoid relapse into drug abuse in the future.

This study has limitations because several factors from outside the adolescents may also affect resilience, but they were not fully measured or controlled in this study. In addition, the criteria of the research subjects only focus on adolescents, so the results of the study may differ in other criteria. This study has implications for providing valuable insights into effective ways to improve adolescent resilience in a variety of contexts, although the results must be considered considering the limitations.

Conclusion

This study investigated the role of assertiveness and self-esteem in increasing the resilience of adolescents undergoing drug rehabilitation at the BNN Baddoka Rehabilitation Center, South Sulawesi. High assertiveness contributes to increased resilience, especially when adolescents can accept criticism and openly express discomfort. Positive self-esteem also affects resilience, indicating that adolescents feel valued and accepted by their social environment. These two factors, assertiveness, and self-esteem, complement and strengthen each other in forming a solid foundation for the recovery process of drug-addicted adolescents. Assertiveness helps adolescents face challenges and communicate effectively, while self-esteem provides emotional stability and motivation during rehabilitation. Further research should explore external variables, such as social support, spiritual aspects, and gender, that may influence the resilience of adolescents with drug addiction. In addition, the study may investigate similar subject criteria, such as drug rehabilitation clients who have completed the rehabilitation process (post-rehabilitation) or drug rehabilitation clients in adulthood.

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