

Enduring and Flourishing: An Exploration of Factors Promoting Self-Acceptance in Therapy Clients



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Introduction

- The prevalence of drug abuse increased in 2023, from 1.73% in 2021 to 11.28%. This means that out of 10,000 Indonesians aged 15-64, 173 have been exposed to drugs in the past year, or the equivalent of 3.33 million people aged 15-64.
- Rehabilitation is a place to help recovering drug abusers improve their quality of life (recovery, productivity, and social functioning). However, clients undergoing rehabilitation often face unique challenges. Some clients are able to persist in therapy, while others struggle.
- This study aims to examine client profiles related to supporting factors and the efforts undertaken during therapy



Results

- Based on research conducted at the BNN Baddoka Makassar Rehabilitation Center, clients' adaptation and resilience during rehabilitation programs are influenced by several supporting factors, such as:
 - Self-Acceptance
 - Staff and Community Support
 - Programs tailored to the client's needs

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Methodology

- This study uses a qualitative approach to gain a comprehensive and detailed understanding of a problem (Creswell, 2018). The research analysis used Interpretative Phenomenology Analysis (IPA).
- Data collection techniques used were semi-structured interviews, observation, and documentation. This study focuses on clients' experiences adapting during the rehabilitation process.



Conclusion

- An individual's ability to endure the adjustment process during rehabilitation is supported by various internal and external factors. Subjects demonstrated that self-acceptance is key to surviving the rehabilitation process, fostering awareness and confidence in overcoming any obstacles with the skills they possess during rehabilitation. Furthermore, support from staff and the community positively impacts clients' motivation to persevere.



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