

The Role of Reality Therapy in Improving Self-Esteem on Juvenile Ex-Drug Addict to Prevent Relapse

Sherly Aztri Ediasri Toto Atmodiwirjo Agustina Tarumanagara University

Abstract

One of the effects of drug abuse that a juvenile of an addict has to face is the reaction of his social environment. Often the reactions that appear are negative stigma. This certainly makes adolescent ex-addict difficulties in performing daily activities, because tend to withdraw. While most activities require interaction with the social environment. This condition if not addressed it will be able to cause decreased self-esteem, poor perception of social relationships to eventually cause relapse. This study aims to determine the results of the application of reality therapy as an intervention in improving self-esteem in adolescents of former drug addicts to prevent relapse. Through reality therapy, juvenile addicts can learn and apply choice theory, so they can make positive choices that are useful to them. When he can determine positive thoughts and actions, his physiological feelings and conditions will indirectly be controlled. Thus, through the therapeutic reality of former juvenile addicts can improve their self-esteem. This study was conducted on one of the participants of young men who were former drug addicts who were 18 years old. Researchers used self-esteem measurements and graphical tests, to see the participants' self-esteem changes before and after the intervention. The results of this study quantitatively show visible changes from the increase in self-esteem score from fourteen to thirtythree using a self-esteem questionnaire, while qualitatively indicating a positive change in self-esteem based on the total participant's comparison of the results before and after intervention, observation and interview.

Keywords: juvenile ex-drug addict, relapse, self-esteem, and reality therapy.