Relapse and Strategies to Cope With Among Observation Cases in Community: Case Study in District of Kinta, Perak, Malaysia

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Abstract: **This study aims to identify relapse and strategies to cope with among observation cases in District of Kinta, Ipoh, Malaysia. Qualitative approach using Hermeneutics method and also descriptive analysis was done to 20 observation cases in district of Kinta. Research instrument, such that interview were used. Purposive sampling of 20 research subjects from observation cases were involved. The research subjects were interviewed individually and their answers were recorded. Questions was asked regarding the relapse issues to answer the research questions. For this purpose semi structure and open ended questions are created. Hermeneutics approach was used and were analyse through descriptive ways. The findings Highlighted that the dominant factors contributing to relapse is peer influence; 17 (85%), addicts port; 11 (55%), lack of family love or support; 10 (50%), their own weakness; 10 (50%), having plenty of money; 5 (25%) and the dominant strategies suggested by them such as get support from family & community; 11 (55%), increased faith in God; 9 (45%), restrain from meeting peers; 8 (40%), strengthen self mentally & emotionally; 8 (40%) and migrate or shift; 7 (35%). The implication of this study shows that the government through lead agency, National Antidrug Agency (NADA) and the parties responsible should carry out proper action to prevent the relapse rate among observation cases in District of Kinta effectively.**

Keywords: **relapse, observation cases, community, hermeneutic approach.**

1. INDTRODUCTION

District of Kinta is located in capital of Ipoh City, State of Perak, Malaysia. According to the statistics department, State of Perak, the composition of population are Malay 51%, Chinese 29%, Indian 17% and others are 3%. In 1950's, 1960's and 1970's this district was rich due to tin mining activities. During this era many immigrants from China was imported to develop tin mining activities. The miners brought along opium addiction culture to Malaysia. According to Tuan Isa (2011), opium was first produced in East Asia, namely in Iraq. He added, traders from Arab then brought this kind of drugs to China and India. There is a total of 13 states in Malaysia, Perak has recorded the fourth highest for drug addiction problem (NADA, Malaysia 2017). Perak has a total of 12 districts. Among all the districts, District of Kinta, Ipoh has the highest drug addiction and relapse problems was recorded. The high risk places in these districts are Batu Gajah, Jelapang & Chemor, Pasir Putih, Kampung Rapat & Tambun, Bercham & Tanjung Rambutan, Sungkai, Tapah and Slim River & Trolak (NADA, Malaysia, 2017. This reveals that addiction and relapse has become a major problem. Despite making efforts overcome, the problem has become more serious and without a solution. If this problem continue uncurbed, it can damage the future of the present and new generation. It is becoming more serious with annual rise in the relapse cases among observation cases in community. Statistic between the 2016 and 2017 shows there is increase in observation cases from 868 to 975. An Increase of 107 cases and relapse cases from 415 to 441, an increase of 26 cases (NADA, Malaysia,

2017). Hence, the Government of Malaysia has taken full effort and spent a lot of money to eradicate this problem since 1975 but unsuccessful. (Tan, Sabri & Sharon Yam, 2007). Misuse drugs and relapses cases are more serious because it can topple the harmonies life of people and national defence of the country. Furthermore, it can topple the country social economic stability. So, this case study is to identify relapse factors and strategies to cope among observation cases to prevent relapse among them in District of Kinta.

STATEMENT OF PROBLEM:

The people of District of Kinta were living peacefully before the independence of Malaysia in year 1957. After independence, Malaysia a faced a major treat from communist ideology. Malaysian battled with communism between 1946 and 1960 and curfew was declared. In Perak state, the areas like Sungai Siput (North), Lenggong and Grik was declared as a 'black area'. The Government of Malaya at that time declared war against communism and this was completely over in 1960. Following the fall of the communist troops to the Malaysian government, the people of Malaysia thought that they could now lead a peaceful live but they were totally wrong. In the year 1970's Malaysia has to confront another major problem, namely misuse drug among Malaysian which has no ending until today. In 1983, The Government of Malaysia declared officially misuse drugs as the number one problem compared to other problems. Drug addiction and relapse among Malaysian especially among youths are very serious. Statistics shows in District of Kinta there is 575 relapse cases from the total of 1311 observation cases (NADA States of Perak, 2017). It consists 44% of total relapse cases in this district. Most of relapse cases involve youths ages ranging between 21 years and 40 years old (NADA, District of Kinta, 2017). This indicates that relapse among observation cases need to be addressed properly and carefully because the younger generation should be protected from this kind of disease. According to Mahmood Nazar (2009), the youngsters who are involved in misuse drugs has connection with HIV/AIDS.

2.   LITERATURE REVIEW

Traders from India and Arab use opium as an exchange for goods which is later followed by Portuguese, Holland and British hence opium become a very important trade in South East Asia (Tregonning, 1962). Nevertheless, in the year 1950's, Marijuana addiction become a major problem in this country replacing opium addiction. In 1960's and 1970's there were changes in the use of drugs when the western culture, namely 'hippy' was introduced in Malaysia and also the impact of the Vietnam War. Due to the war, American Soldiers entered Malaysia to 'treat and rest' along with their misuse drugs culture. This affected the multiracial society, namely Malay, Chinese and Indian who were living peacefully. Followed by the introduction of cannabis, other types of drugs, namely heroine, morphine and in the late 1990's came other psychotropic drugs, such as methaqualone, amphetamine and barbiturate. In 1970's there were changes in addiction scenario when all races and all age group involved in drug addiction. Race based addiction ceased to exist because during this period a lot of immigrants were coming from India and China which changed the social culture of Malaysia completely. These immigrants came to Malaya to develop the social economic sectors whereby at the same time they have to face the misuse drug problems in this country. The involvement of youth in this problem become very serious as they were involved in misuse different types of drugs. According to Vicknasingam (2004), after the Vietnam War, syndicates used different strategies to distribute drugs in Southeast Asia. They used Malaysia as transit to export drugs into Asean and Western market. Nevertheless, according to Zarina and Mohamad Daud (2015), Vietnam War caused a demand for heroin and a very high production in the area of 'Golden Triangle' which consists of Thailand, Myanmar and Laos. This territory is highly rich with the planting of poppy trees in the world. According to Vicknasingam (2004), the design of misuse drugs in Malaysia showed a drastic increase in 1970, whereby 711 drug addicts were identified. This numbers increased to 15,078 within six years. Foong and Navaratnam (1987) added, in 15 years this figure increased to 102,081 drug addicts. According to Navaratnam et al. (1992), the rate of drug addicts increased from 6.8 addicts for every 100,000 population in 1970 to 841.4 addicts for every 100,000 population in 1984. This scenario shows the drastic increase and the seriousness of drug addiction problem in Malaysia.

RESEARCH OBJECTIVES:

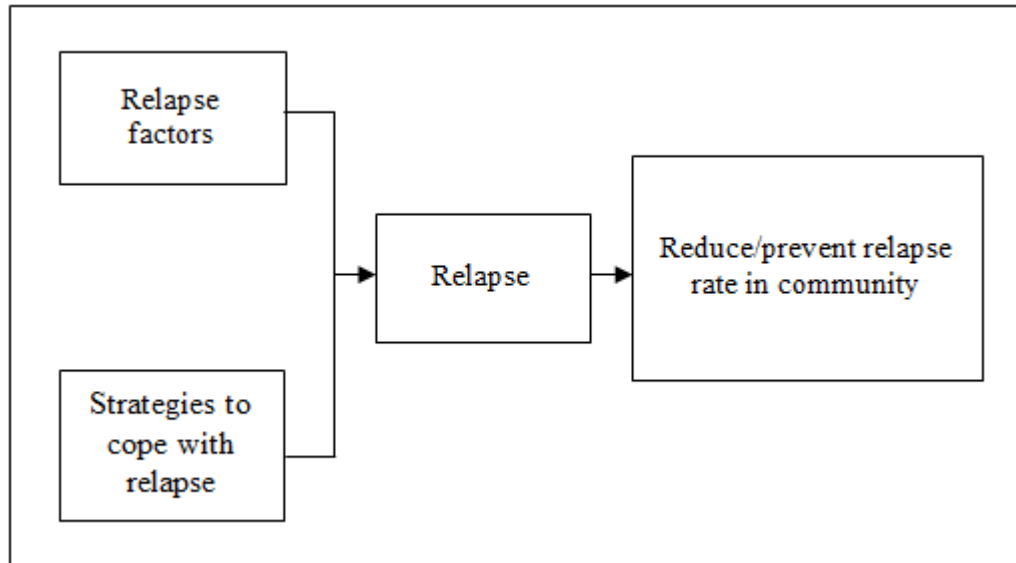This research has a few objectives to achieve as following:

i.   To identify contributing factors among observation cases involved in relapse

ii. To analyse prevention strategies which can help reduce or avoid relapse among observation cases.

RESEARCH QUESTIONS:

i.   What are the contributing factors to relapse among observation cases?

ii. What are the prevention strategies to reduce or avoid relapse rate among observation cases?

3. CONSEPTUAL FRAME WORK

To answer these research questions, the researcher has done conceptual framework clearer and structured systematically to make it easier to understand the objectives of this research purpose as well. The conceptual framework is shown in FIGURE 1.

Fig 1: Conceptual Framework

HERMENEUTIC APPROACH:

Hermeneutic is science of discussing human behaviour through suitable methodology (Loganathan, 1992). Hermeneutic is the process of interpreting text (Suppiah, 2016). In context with this research, interview become text. According to Loganathan (1992), Hermeneutic science deemed as an inquiry which investigates and reveal hidden mystery about human behaviour and character. The text will be interpreted to find out the internal and external hidden messages from the text to answer all the research questions. The data from Hermeneutic method will finally be highlighted in descriptive analysis using statistical and percentage figure. Qualitative approach is very useful for the social studies compared to quantitative method. So, the researcher created an interview instrument for 20 observation cases in community. Based on this, interview questions were asked and their answers were recorded. For the purpose of this study, the completed instrument, namely interview become text and the text were interpreted for answering the research questions which was created with the advice of experts in the field of drug addiction.

RESEARCH FRAMEWORK

According to Creswell (2014) research framework is a decision done by researcher to consider the planning and the research procedure which is consists the detailing in collecting data, analyze and interpret research data. Hence, researcher have to make sure the proper approach which is related to research issues. According to Othman (2001), research framework is the guideline for conducting a suitable approach, confirm the strategy and approach and suitable for selecting statistic experiment. Furthermore, Zikmund (2003), states that framework is a special planning, method and procedure in collecting and analyzing data. According to Patton (2015), confirmation about choosing the research have to be suitable to the objective of research and ability in giving information overall. Merriam and Tisdell (2016) explain that case study is an explanation and a detailed analysis about phenomena or social unit, like an individual, a group, an institution or community. Every unit has a border and limitation.

Research Framework is important to guide the purpose of this study. It gives a clear picture of how the study has been carried out systematically (Uthayasoorian, 2018). For this purpose, researcher did a framework as shown in FIGURE 2.
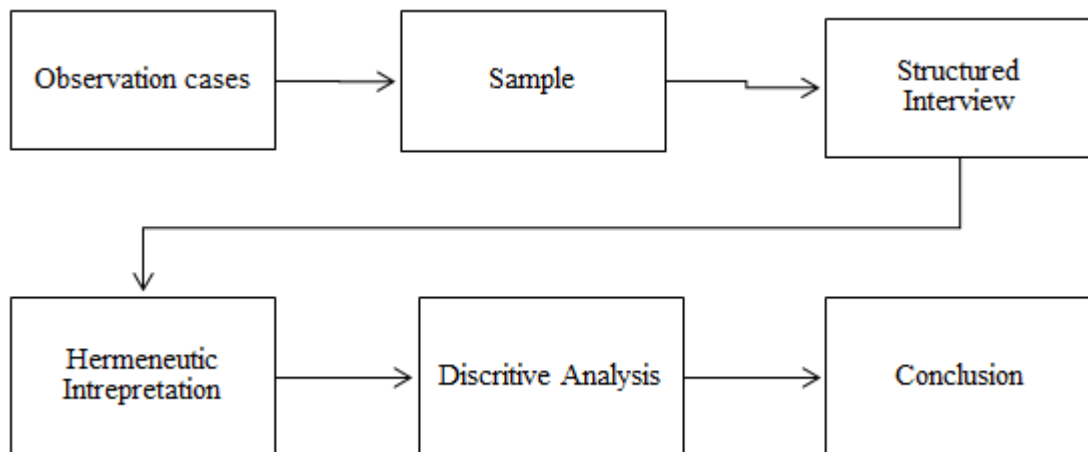
Fig 2: Research Framework

PROCEDURE ANALYSIS:

In Hermeneutic approach, the text was analyzed according to explicit and implicit structure as Meta text, namely interpretation of text comprehensively and finally the interpretation which is described as conclusion. The procedure of analysis shown in FIGURE 3.
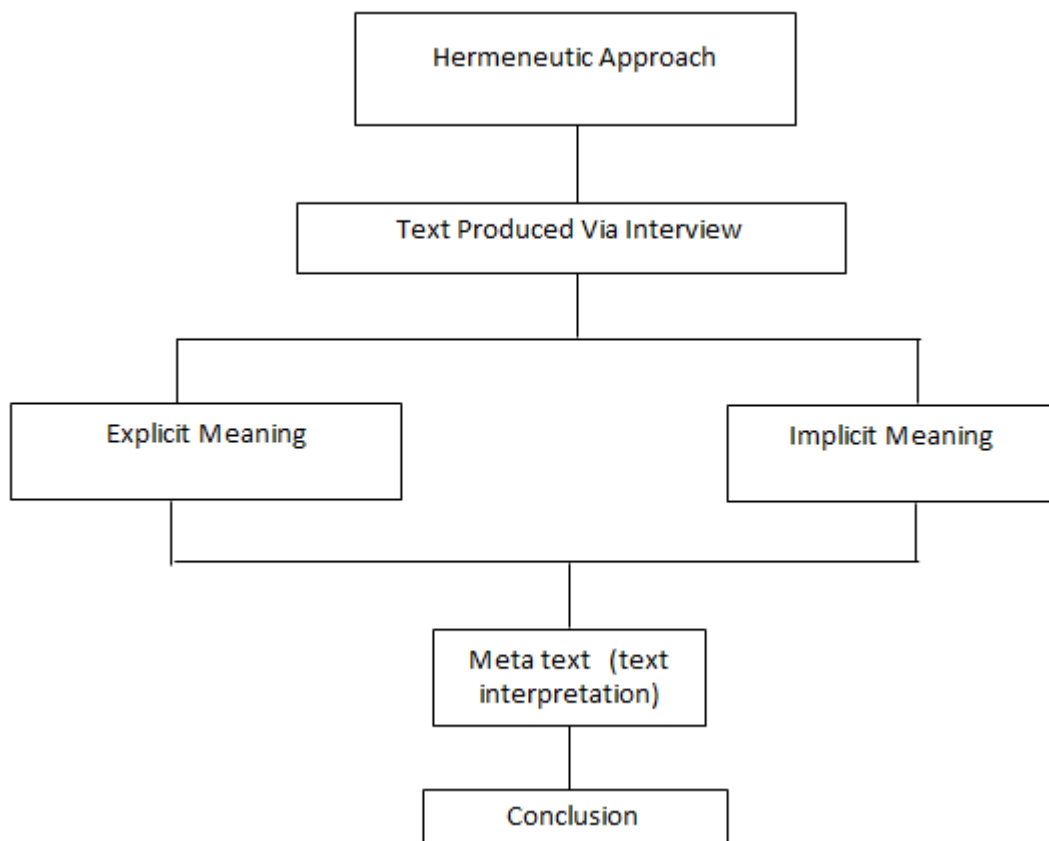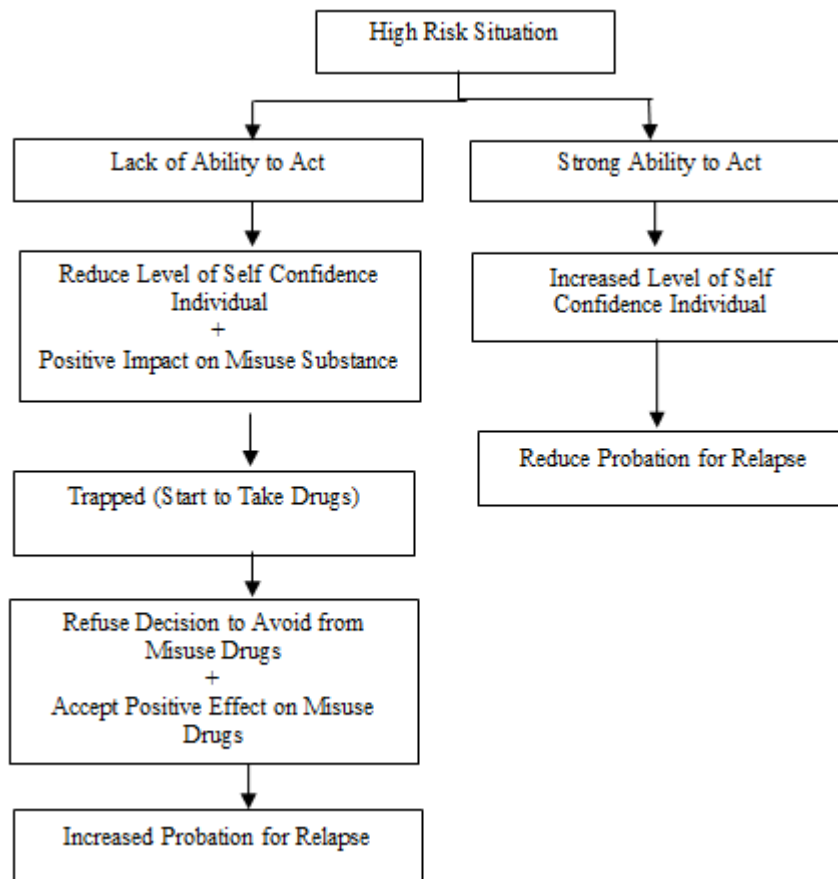

Fig 3: Procedure Analysis

MODEL RELAPSE PREVENTION:

Marlatt dan Gordon (1985) has developed a relapse prevention model basically involving cognitive psychology, and social which is consists of relapse prevention concept and behavior strategy and cognitive. This is one of the method to prevent or limit relapse altogether. Marlatt dan Gordon (1985) did one research and validate the history of relapse. According to them, the basic of relapse is from high risk situation. High risk situation is a situation that poses a strong

influence which can lure ex addicts into drug addiction activities. If ex addicts did not categorize as axxx individual in high risk situation, most probably the phenomena of relapse among them can be avoided. According to them,   an individual who are having negative emotional, having interpersonal conflict and having social pressure from environment situation are in high risk situation normally. Researcher belief that the high risk situation is one of the situation really tests the mental strength of observation cases to remain as a normal person without misuse drugs in community effectively. The Relapse Prevention Model (Marlatt & Gorden, 1985) shown in FIGURE 4.

Fig 4: Relapse Prevention Model (Marlatt & Gordon, 1985).

According to this model, relapse doesn't trigger immediately without showing warning signs or without any reasons. According to this model, first time relapse or slipping back to old behavior is not considered as losing the whole life. Therefore, falling for the first time provides more opportunity for both client and counselor or therapist to identify and improve recovery plans. Furthermore, as per this modal, an individual shouldn't panic if experience relapse. Nevertheless, observation cases should have a strong desire to change so that they can overcome the trigger situation and adhere to it as a whole life recovery. This theory explains further the needs to establish and secure physically, mentally and emotionally to assist the process of recovery in community effectively. Nevertheless, emotional is situation experience by human being its about changes occurred in physiology, self and psychology (Mahmood Nazar, 1995). While, Marlatt dan Gordon (1985) refers negative emotions as having emotional feelings, frustrated, grievances, sadness, jealousy, guilty, depression and boredom. When ex addicts are in this kind of situation and not stable which leads to relapse. Thus, observation is located in high risk situation. Once this happens, control and remaining in recovery process will be threatened. Interpersonal conflict among ex addicts causes high probability of high risk situation contribute to relapse.

Social Learning Theory:

This theory is founded by Albert Bandura (1977). He explained drug addicts cannot exception from impersonation because they have very high probability in imitation and how individual in community accept process of learning. There are two basic models of learning. People can learn by direct experience and through the power of social learning. He

continuously explain learning process just not happens by classical conditioning and operand conditioning. However he adds two important ideas:- mediating process occur between stimuli and responses and behavior is learned from the environment through the process of observational learning. According to him, individuals that are observed are called models. when someone behavior imitate, the person spontaneously become model for him. Bandura said model and who are imitate the model become important element in social learning. He added, learning process via stimuli and responses are not promise learning opportunity because the weakness of human being is no ability to give reward to all organisms every time. But animals and human being fixedly learn from imitates. In this matter, addicts are not exception because they have high tendency to imitates peers addiction behavior. According to him, be found four process in imitates of models behavior, such as attention, retention, motor production and motivational. Researcher said this theory is very important because imitates models is one of the powerful influence factor among observation cases back to old attitude and relapse. So, this research will check the relapse factors and strategies to cope with among observation cases in community, especially in District of Kinta, Perak, Malaysia.

4. FINDINGS

Findings shows that peer influence as the most powerful factor contributing to relapse among observation cases in District of Kinta. Findings shows that the number of 17 observation cases, namely consists 85%. It is because most peers are very close to observation cases rather than their biological parents or family members. Peers also become an agent of change for other observation cases. So, observation cases tend to mostly follow peers without considering the consequences. Its shows the strong ties between them which is cannot break by others. This research also identified the pull factors such as living environment, namely drug addiction port; 11(55%) and the push factors, such as lack of love from family or family support; 10 (50%) which is an important factors for relapse among observation cases in District of Kinta. Findings of this research is based on research questions which is stated below.

Research questions 1: What are the contributing factors to relapse among observation cases?

The table shows the findings of relapse factors to cope with in District of Kinta, Perak, Malaysia

No.	Contributing Factors	Observation Cases	Total
1.	Peer influence	R1, R2, R3, R4, R5, R6, R7, R9, R11, R12, R13, R14, R15, R16, R17, R18, R20	17
2.	Drug addicts port	R1, R2, R3, R4, R5, R6, R9, R11, R14, R17, R18	11
3.	Lack of love from family or lack of family support	R2, R4, R8, R9, R12, R14, R16, R17, R18, R19	10
4.	Their own weakness	R4, R5, R7, R8, R11, R13, R14, R15, R17, R18	10
5.	Having plenty of money	R1, R2, R4, R5, R17	5
6.	Lack of supervision & lack of support from NGO & local community	R1, R2, R4, R6, R17	5
7.	Drug addiction equipment available	R2, R4, R5, R6, R17	5
8.	Negative stigma from family & local community	R5, R6, R13, R14, R17	5
9.	Family problem	R4, R5, R9, R13	4
10.	Easy available of drugs	R6, R9, R18, R19	4

Research questions 2: What are the prevention strategies to reduce or avoid relapse rate among observation cases?

Findings also showed that a few strategies were given by observation cases in handling relapse in community. Number of 11 research subjects consisting of 55% suggested the importance of family and community role. They said the support of family and community strategies is most important to cope with relapse. According to them support system is a fundamental needs for them to overcome their relapse problem. Without this support, they cannot remain in recovery process because family and community are **'agents of change'** for them. They added that family and community are pull factors from exposing to high risk situation such as peer influence and risky environment.The other strategies are such as increased faith in God; 9 (45%), restrain from meeting peers; 8 (40%), strengthen self with mentally & emotionally; 8 (40%) and etc.

The table shows the findings of relapse strategies to cope with in District of Kinta, Perak, Malaysia

No.	Strategies	Observation cases	Total Number of cases
1.	Get Support from family & community	R1, R4, R5, R6, R8, R9, R12, R15, R18, R19, R20	11
2.	Increase faith in God	R1, R3, R9, R10, R12, R13, R15, R18, R20	9
3.	Restrain from meeting peers	R1, R2, R7, R8, R10, R11, R13, R16	8
4.	Strengthen self with mentally& emotionally	R1, R3, R4, R12, R13, R14, R15, R16	8
5.	Migrate or shift	R1, R4, R6, R7, R11, R12, R16	7
6.	Often busy with activities or working	R1, R2, R11, R12, R13, R14	6
7.	Often follow recovery programs already plan for them	R5, R6, R13, R17, R20	5
8.	Avoid holding more money	R2, R4, R6, R7	4
9.	Self-management	R5, R9, R19	3
10.	Stop corruption activities in community	R11, R14, R19	3

5. CONCLUSION

The findings of this research shows the factors and the strategies in handling relapse clearly. The dominant factors such as peers influence, drug addicts port, lack of family support, their own weaknesses and having plenty of money are categorised as a high risk situation for observation cases who have undergone recovery programs in District of Kinta. Researcher suggests that this kind of factors must be handled carefully so that relapse factors can be avoided. For this purpose, research findings also identified the dominant strategies which is can used to prevent relapse among observation cases in this district. The findings has highlighted the dominant strategies such as getting support from family & local community, increased faith in God, restrain from meeting peers, strengthen self mentally & emotionally and migrate or shift are very important strategies to cope with relapse. Findings also identified that most of the strategies are carried out within self, family and community. So, the authorities play a key role in eradicating drug relapse because the observation cases didn't highlight the weakness of the authorities. The findings of the research also indicate that the responsibility of handling or coping with relapse is a collective responsibility. In conclusion, all responsible parties must play key role to make District of Kinta free from misuse drugs in future.

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