

# Resident self-efficacy to regardless of drug addiction through resident characteristics in Tanah Merah Rehabilitation Center, Samarinda

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## Abstract

**Background:** Abuse and illicit trafficking continues to be a serious threat to any country, including Indonesia. Situation circulation of shabu (methamphetamine) in Indonesia during 2008–2011 continued to increase. Craving become an important factor that should be known by an addict or an individual who considers addiction as something that is easy to be eliminated or cured, then to help earliest possible recovery (recovery) client narcotics (addicted), indispensable support of family.

**Objective:** The purpose of this study was to analyze resident self-efficacy to regardless of drug addiction through family support at Tanah Merah Rehabilitation Center Samarinda.

**Material and Methods:** This study used qualitative approach with case study strategy. Respondents in this study were residents, ex drug users, *peer support*, and *resident family*. The samples were taken by used purposive sampling method.

**Result:** The results showed that most of the resident family support. One of the factors influencing self-efficacy resident is the motivation of families' resident in the form of emotional support, confidence to recover, a sense of caring, informative support in the form of suggestions, and advice that is given by parents' resident.

**Conclusion:** Family support is very influential on self-efficacy resident. Attention, affection, resident care obtained from parents, wives, children, brothers, sisters, and loved ones in the resident care are very meaningful. In the current conditions of the resident to follow rehabilitation program both emotional support (the support ratings, support informative) and instrumental support are necessary.

**KEY WORDS:** Self-efficacy, drug addiction, resident, families' support

## Introduction

Abuse and illicit trafficking continues to be a serious threat to any country, including Indonesia. Situation circulation of shabu (methamphetamine) in Indonesia during 2008–2011

continued to increase. This can be illustrated by the increasing number of cases and suspects types of shabu with an average increase of 6522 cases in 2008 to 11,819 cases in 2011. The number of suspects have increased on average by 16.47% from 8651 in 2007 to 15,683 suspects in 2011. Methamphetamine trafficking and abuse has increased sharply in the amount of 354,065.84 g of 208.4% from 2010 to 2011. Results foreclosure 1,092,029.09 g of methamphetamine by the Directorate General of Customs and Excise, Ministry of Finance in 2011 as well showed an increase.<sup>[1]</sup>

The development of drug abuse in East Kalimantan is quite alarming. From 2008 to 2011, it has increased to 77,884 cases with a prevalence of 3.1% or the amount equivalent to 79,600 of the total population of 42 million people.<sup>[2]</sup> East Kalimantan is ranked third after Jakarta and Riau islands.

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Some of the cases occurred in Samarinda among other things and from the period January to November 2011, there were approximately 169 cases with as many as 311 suspects. Whereas in the same period in 2012, the number of cases of about 193 cases with 335 suspects. From some cases, Sungai Pinang stands first in areas prone to narcotics cases in Samarinda with 17 cases in 2012.

Samarinda has been ranked first in the area of East Kalimantan for drug abuse. The dynamics increasingly over time, making Samarinda into one share of a promising drug trafficking. This problem has negative social impacts of the burgeoning in Samarinda.

In Act No. 35 of 2009 on narcotics in Article 54 states that the drug addicts and victims of drug abuse are required to undergo medical rehabilitation and social rehabilitation. Moreover, in the next chapter, namely Article 55, 103 and 127 tend to be humane for the perpetrators of drug abusers.

It is also fueled by stigma and even parents themselves that the user manual is a criminal<sup>[3]</sup> rather than the victims who had to be helped.<sup>[4]</sup> Parents are feeling ashamed to have children with criminal alias. When you wish to be rehabilitated, his son is sent outside the province that is not known by the public in the vicinity. When his sons was healed and back in the middle of the family usually get into trouble for not having friends, counselors or support so very likely to relapse (relapse). The low quality of life they experience. They feel troubled and awkward to socialize because they are judged, labeled, and despised.<sup>[5]</sup>

A problem experienced by an addict does not only arise when they are still actively consuming narcotics but also arise when trying to recover from addictions (stop using drugs). Constraints toughest of addicts are their craving, which is feeling nostalgic for a return to using drugs. Craving become an important factor that should be known by an addict or an individual who considers addiction as something that is easy to be eliminated or cured, then to help as soon as possible recovery (recovery) client narcotics (addicted), indispensable support of family such as father, mother, brother, wives, husbands, boyfriends, and other close family members. With the help of a counselor as a facilitator of client openness towards family, otherwise the family members have a high sense of responsibility towards the client recovery. The impact is the growing sense of security, confidence, and sense of responsibility of the client to self and family.

## Material and Methods

This was a qualitative study with case study strategy. This conducted in National Narcotics Agency Province (Badan Narkotika Nasional Provinsi, (BNNP)) and County National Narcotics Agency (Badan Narkotika Kabupaten (BNNK)) Samarinda, East Kalimantan.

Respondents in this study came from three subjects over which users or former drug users, peer support, and family support. Furthermore, based on data from previous respondents

have informants who knew and associated with both existing rehabilitation programs in government agencies (BNNK and BNNP) as well as from non-governmental in Samarinda (LSM barrel). The sampling was purposive sampling technique. It continued using Snowball Sampling (sample Snowball). Data collection techniques with in-depth interviews (in-depth interview), study the documentation, and observation. Below the stages of data analysis, data reduction, the data display and conclusion/verification.<sup>[6]</sup>

## Results

The family has an important role in changing behavior. The family is the smallest social unit in society whose role is very big, especially in the early stages of development as the basis for further personal development. Sometimes parents act as the benchmark, for example, or a basic model to be replicated and then will sleep in him being part of the habit of being and behaving or part of his personality.

### Emotional Support

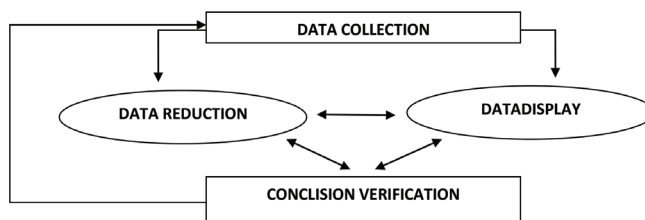
This aspect involves physical strength and willingness to trust others so that the individuals concerned became convinced that others are able to give love and affection to him. Emotional support from their parents or families, near required by a resident to escape from drug addiction, because the affection and love of parents sincere selfless or reply in any form. One form of emotional support is empathy.

One form of family support is emotional support in the form of empathy. Empathy that makes parents no longer know what they should do. They were only able to grieve and pray that their children can recover and escape from drug addiction. As the following quotation:

#### Quotation 1:

*"Wallahualam, but as a parent who has a child wearing a narcotic definitely dizzy son, as my mother did not know what to do, can only cry and prayer hopefully can recover to normal children."*

Empathy expression of the parents can be interpreted as a form of regret why is his use of narcotics and as parents later learned that her son using illicit goods. And also a form of support for the elderly resident drove his son to follow the



**Figure 1:** Interaction pattern data analysis research. (Source: Miles and Huberman, 2000)

rehabilitation and is hoping that his son can recover. Empathy can make parents will do anything and commercialize anything to cure their children from drug addiction.

Emotional support in the form of attention is also included in family support (Family Support) in helping to change the behavior of escape from dependence to use narcotics. Support parents/families in the form of attention in the form came to see their son who was followed rehabilitation program, bringing purposes or orders his son, favorite foods and also gave encouragement, motivation and advice for their child to focus on obeying the recovery program to recover from drug addiction and could be out gathering again with the family to live a normal life as before.

Saturday is the schedule of the visit/visits parent/family nearby resident, so the waiting room in the hall rehab pretty crowded on Saturdays, because almost all the resident gets a visit, unless the resident whose origin is much like Malinau, Nunukan, Tarakan, Tidungland, Bulungan, Berau, and other distant regions, the average get a visit once a month or even more. it is in because of the access to the area is quite difficult and requires many days when it was reached by land, by air and water just one day but a considerable cost. Based on the results of interviews with the elderly resident of the attention given to his son:

*Quotation 2:*

*"Yes attention, alternating the one to visit, for example, this coming Saturday, next Saturday ga, yes ... sometimes once a month, for the next week he came to pick."*

*Quotation 3:*

*"Rehab the first time all of us who take care of their parents, had run it child, cover our favorite foods program, made a new hometake here."*

### Concern

Emotional support in the form of awareness of parents/families resident quite intense, and almost every resident to have a family that cares for them. Concern Parents/families in this case are the feeling anxiety on the condition of the child/husband/brother–sister their drug addiction, so they hope to help awaken in order to escape from drug addiction and live a normal life as before. Based on the interview below

*Quotation 4:*

*"Care you're healthy, a lot of things we worry, so every Saturday we'll come time to visit, case no rule visit here, we came every day child."*

Upon completion of the program resident in and out of rehab centers, parents remain active control and provide empathy, attention and care to their children. Wish her son did not fall back on the use of illicit goods. Shape the attention of parents like, along with his son, go out of the house was always guarded and prohibited from hanging out with her friends again, not allowed out of the house let alone to stay outside the home. Everything is controlled by the parent.

But the nature of the addiction is on her make relapsing and re-use in between work time and beyond the control of their parents. And as parents who care, empathy and concern with his son again ushered to the porch of his rehab with the hope to be healed. Some parents promising venture capital to his son if his son promises not to use the drug again when out of rehab hall later.

### Support Ratings

*Encouragement to Heal*

Encouragement assessment of the influence of parents as family support to help escape from depend on narcotics is a boost to recover, and separated from drug addiction. Parents/families are quite active in encouraging children/husband/brother and sister in following existing programs in rehabilitation centers.

Support in the form of a boost to recover, among others, during a visit by a parent/wife/brother–sister always told about the condition of members of other families who could not come visit, such as: wife tells of hopes his son against father, humor child, wants his son and others, so often occurs when visit many resident crying, sadness, longing and regret. Encouragement and confidence to recover resident get a lot of families. It could be seen of interview excerpts below:

*Quotation 5:*

*"I'd love la ka, especially now that the I already have kids, funny-funny anymore ka, Saturday yesterday when the visit my wife brought my son, cried I clay my ka, pity my clay, anaku and wife need-the need for money and I in rehab here cannot swatch money, pity them. Hopefully I can recover quickly, get out of here and I can work for a swatch of their money."*

### Confidence to Recover

Most parents have children who are involved with illicit goods such as drugs, often become a disgrace to the family. Not infrequently parents accompanied her to the immediate rehabilitation centers both within and outside the city so that neighbors and relatives do not know his son is an addict, sometimes lulled by a sense of failure being a parent that they forget that the main problem. Many parents feel I've done something, after sending their children to rehabilitation centers and felt that was enough maximum effort. Getting children into rehabilitation centers is indeed one way which is still considered to be the most appropriate. However, the relapse rate is high at 60–70%.

A supportive environment, especially the family was very instrumental in giving confidence to the healing process. This is due, not many of those who desire to heal come from within him. When the family just told them to stop but did not make it happen in a positive encouragement, and give confidence, the results will not be noticeable. More and more users need the support and confidence of parents that they will recover and be back to normal life. Based on observations and interviews of the resident who relapse:

**Quotation 6:**

*"Parents sister, you know? At night, her tomorrow morning had father out of the house, it seems find info about rehabilitation centers, noon my father and mother come home immediately invited to the porch of my rehab tau mba, uda disgrace my parents .."*

**Informative Supports****Advice**

Informative supports in advice of parents/family resident are variation. Examples such as religious advice, the advice to see himself in the future, things to think about the feelings of parents, as well as things to think about the fate of his family in the future. And there is also advice in the form of such treatment did not come to visit when time visit, do not bring children for the purposes of rehabilitation program and does not communicate in a considerable period of time, the purpose of which provide a deterrent effect to their children. Informative support of the parents in the form of advice, action and examples like pretty helps resident who is following in the hall rehabilitation program based on observations and interviews with informants:

**Quotation 7:**

*"There is no difference anyway, son, just during Nafis follow the rehab to 2 is already 3 months if not wrong the first time we parents come to see, because his father was sick, we also want you so prevalent to Nafis let him guess how difficult that would like it continues, when the rehab first all of our parents who care, already run it programs just childmasi we urusin favorite foods, made take a new home here, wrote anxiety healthy, many things that we worried, so every Saturday time of our visit for sure come, case no rule visit here, we came every day, son. Rehab, this second anxiety still worrying the son, but we restrain ourselves, so nafisnya conscious and could feel his own without the help of parents."*

**Suggestion**

Suggestions are part of informative support. Support in the form of providing advice to the child/husband and family who are undergoing rehabilitation program in the hall is also done by some parents/family resident. One form of advice do parents resident is giving advice to his son who was in rehab centers to stay in rehab centers though it was finished running the program rehabilitation in the hope their children will no longer meet with his friends first, so as not to fall again. The purpose of this suggestion is for their child to avoid environmental and friends that led to his fall in the use of narcotics. Based on interviews with informants:

**Quotation 8:**

*"There is no preparation hell, son, mother wants to live here although rehabilitation program has been completed, because if mother worry to go home will meet again his friends who take the drug use. After all if his mother control going*

*home, his friends usually attempt to meet n, so hopefully the kid can stay here just to be safe, and we are also the parents feel at ease a little. Time n out rehab first, we parents feel has a maximum help in order not to fall back, the mother and father try to close as it used to be with the n, once in a while we take the bed along with n, if n going out of the house must be one of family who accompany, sometimes the mother, sometimes his father, or one of the older brother or sister. Until n can work together often leaving his brother home in his sister shuttle. The n Also like before, the mother and father happy once n can be recovered. And we were shocked when conditions are tough n n the same way again, tormented mother and father really get sick of it."*

**Information**

Resident needs expected from parents and family is sharing information so that the resident can understand and understand the purpose of the program. And the need for it in the resident get from parents / family place for bitch express feelings, a place to learn to control feelings. So that family support in the form of information is essential in order to keep the spirit resident in undergoing the process of escape from drug addiction. Based on interviews with informants:

**Quotation 9:**

*"Really sister, although sparse, but then comes a lot of help, especially when I was in primary, live programs often make peeved because it always feels unfair, a little bit of contact with fumble, hit the chair and I felt I was in contact with the punishment of the mistake I guess that not a mistake. So I often vent, complain and sometimes reports on some activities that are often cheated me, my gratitude parents are always impatient to hear my sharing, then calm me, giving information and some explanation, so I feel sick to my heart is reduced, and there is a sense of tranquility and intentions yes ... let you write first."*

**Instrumental Support****Provision of Supplies**

Parent support is an aid given by parents to their children, one form of parental support received by the resident was instrumental support in the form of provision of equipment such as clothing, delivering food preferences every time visit and save money as savings in the treasury hall rehabilitation, if any time I needed anything. The support can reduce stress because of the burden of thinking, at least resident feel secure, and if at any time can be problems associated with direct materials there is a solution. Instrumental support is needed, especially in addressing the problem more easily. Based on interviews with informants:

**Quotation 10:**

*"Taste once was sister, i it if need something to my son asked him, need what clothes, children must bring, there are rules in the hall rehab so that the resident had some savings*

to the exchequer, my son also deposit money to the treasurer as savings, well a lot of help from my children.”

### Provision of Medicines

Provision of drugs as one of the instrumental support of the family no one did from the families and the elderly resident, because there are already rules in rehabilitation centers so that the resident did not receive the drug in any form of family. The resident during the medical rehabilitation program provided by rehabilitation centers, both examinations and medicines are covered by Tanah Merah rehabilitation centers.

### Discussion

Family support is namely verbal information, targeted, real help or behavior given by people who are familiar with the subject within the social environment or in the form of presence and things that can provide emotional benefits or influence on the behavior of acceptance, In this case the people who feel they are receiving social support, emotionally relieved to note, got advice or a pleasant impression on him.<sup>[7]</sup> Family support is an objection, sorrow and concern from people who are reliable, appreciate and love us. Defines family support as their comfort, attention, appreciation or to help people with an attitude of accepting the conditions, support the family obtained from individuals or groups.

There are four forms of family support by Marlyn<sup>[8]</sup> that emotional support, esteem support, material support and information support. Family emotional support is a safe and peaceful place for rest and recovery and assists mastery of emotions. It is covering an expression of empathy, concern and attention to family members who are drug dependence.

Support award (*Appraisal Assistance*) where the family acts as feedback guidance, guiding and mediating solutions and as a source and identity validator members. Occurs via expression of respect (*awards*) positive for users, approval with ideas or feelings of individuals and the positive comparison in this case the family is able to add a sense of self-esteem of their family members drug dependence.

Support materials in which the family is a source of practical and concrete assistance, including direct assistance such as in the form of money, equipment, time, environmental modifications and help with job stress time. Support information serves as a collector family and diseases minatory (spreader) information about the world, includes giving advice, hints, suggestions or feedback. A form of family support provided by the family is encouragement, advisory or monitoring of the daily diet and medication. Family support is also a feeling of individual attention, liked, respected and included as part of the community

Family support is an attitude, action, and family acceptance towards people who are sick. The family also serves as a support for their members. Family members saw that the people were supportive, always ready to offer help and assistance if needed. Support families in this study is the support and assistance that are useful and provide a positive

influence received by the resident of drug abuse who are undergoing rehabilitation from either a parent, brother, husband/wife, brother, or sister.

The results showed that most of the resident family support. One of the factors affecting it motivation of families resident in the form of emotional support, confidence to recover from a family resident, a sense of caring, informative support in the form of suggestions and advice that is given by parents resident.

The motivation provided by the families is a condition and impulse caused by the motif of a reason or cause that appears to encourage resident desire to perform certain activities in order to achieve a goal, motivation given by the families will realize a behavior that is directed towards the goal of achieving target decision, in this case the decision not to re-use narcotics. Motivation has three aspects

- a. Problem recognition (recognition of the problem) is a problem in the recognition of drug use that may be from intrinsic pressure such as the desire to be free from drug addiction
- b. Desire for help (the desire to be assisted), which is getting help from family in the form of encouragement and attention.
- c. Treatment readiness (readiness to follow treatment), i.e., when the user has acknowledged his problems and the desire to help it further its readiness to pursue treatment in the healing process.

Motivation has a major influence in every deed and is the background of the act was committed, so the motivation could be able to move the hearts and minds of the resident to re-live a healthy life without use again. Seeing that the desire to recover a person does not always come from within us and in the rehabilitation phase was not always the successful therefore needed the support of my family member resident.

According to Joseph and Juntika Nurhisan Syamsu<sup>[14]</sup> motifs are divided into two parts: the first motif that does not need to be stimulated from the outside, because the individual itself has no push it. For example, a drug user who came alone to rehabilitation centers not because of coercion from parents or embarrassment to his friend, but there is a desire within you back to health without using drugs back.

The second is extrinsic motives motifs caused by the influence of external stimuli, such as drug users brought someone to follow a rehabilitation program by the family. The role of the family and the organizers of the rehabilitation program is a major strength for the victim out of the problems encountered.

Here families into force extrinsic, family leave stimulus, support, and encouragement as well as having an influence on the positive behavioral change in themselves victims of drug users. Warm touch family like TLC and regular visits to the resident makes sense consciousness arises for not taking the drug after the rehabilitation, and live a healthier life.

The diversity of forms of family support that includes emotional support, respect, instrumental, and informative

actions contribute positively to the suggestion that the problem of drug abuse. The immediate effect of support occurred as a result of the perception that others in their social networks to provide assistance in the event of stressful situations, so this effect was not influenced by the level of stress. Conversely a low stress, less support affects health but in the event of severe stress, support the resident will be a buffer against the dangerous consequence, other forms of support that are currently resident longs (tersugesti) using narcotics back. Here families can help recall to always worship, prayer, and remembrance so it can hold suggestion. So briefly unsettled the market a comprehensive process that encourages coping mechanisms with the aim of increasing the resilience not to use drugs anymore.<sup>[9-11]</sup>

Former addicts have tendency typical characteristics that are different from people in general, cognitive, behavioral caused by narcotic effect on physiological function and duration detached from the real world. Addicts attempt to escape from the shackles of narcotics is the struggle of life that can be said for life, because almost all the dimensions of the addicts had broken a dangerous and serious for biochemical reactions in the body.<sup>[12-15]</sup> The ex-users should be alert to the possibility of a relapse, the re-use of narcotics with the same pattern. One of the efforts to strengthen the former users to remain clean life of narkobare with their family support.

Family support influences the desire to heal. This is similar to a statement stating that the actual drug abusers want to stop using drugs because of guilty feeling. Guilty feeling can motivate a user to stop using narcotic drug that comes from within the individual itself, from the outside of the individual, and a sense of responsibility, both responsible for themselves, their families, communities, government and against God. Motivation of you gives a 40% chance of healing. The rest needed the support of drugs, family, and the environment. Healing should not only physically, but also psychologically addicted<sup>[16,17]</sup> restore the confidence of the addict.

Based on the results of research to the resident, who performed at the Tanah Merah rehabilitation centers that support family life journey escorting addicts to re-live a healthy life without using drugs again and help him to socialize in the community.

It also affirmed that states that individuals who feel they receive emotional support, appreciation, instrumental and informative relieved to note, got advice or a pleasant impression on him. Likewise, as the presence of family support, events, willingness, awareness of people who are reliable, appreciate and cherish. It is also specifically stated that it is accepted that people who live in an environment that is supportive, conditions are much better than those who do not have it. Support is able to lessen the impact of stress and directly strengthen an individual's mental health.

The role of families in drug addiction recovery process is very important, viewed from various aspects of the psychosocial needs of each individual. So the family had to increase knowledge about the process of recovery from rehabilitation to post-rehabilitation, because drug addiction

recovery process takes a long time and sustained with the various aspects that influence success.

Activities in Standard Rehabilitation Services narcotics are social services and rehabilitation, such activity is an activity carried out on the stage of raw, in those stages are stages of assessments where such activity is the review and disclosure of the problem to find out all the problems residents, set planning and implementation of interventions one stage is quite important is the guidance of parents and families. Parental guidance and the family intended for parents/families can receive state resident to give support, and receive resident returned home at the time of rehabilitation has been completed.

## Conclusions

Family support is very influential on self-efficacy resident. Attention, affection, resident care obtained from parents, wives, children, brothers, sisters and loved ones resident care are very meaningful. In the current conditions of the resident to follow rehabilitation program both emotional support (the support ratings, support informative) and instrumental support are necessary.

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