
Islamic Cognitive Behavior Therapy to Increase Self-Efficacy: A Study on A Drug User Student

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Abstract

Keywords:	The problem of drug abuse is getting more complex day by day. Drugs, Islamic Cognitive Behavior Theory, Self-efficacy, Psychology
	The reasons for teenagers using drugs are curiosity or experimentation and seeking to have fun. Part of the appeal of using drugs is the assumption that drugs will increase self-efficacy (belief in one's own ability to complete a task), either directly or indirectly). Islamic Cognitive Behavior Therapy (ICBT) modifies behavior and changes cognitive processes when faced with temptation or when facing life's problems that they have to live

through when they are free from drugs. This study used a qualitative approach with single case experimental designs. The research design used in this study is the A-B-A design. Phase A is where the client's condition is without treatment and the conditions experienced by the client are analyzed or the baseline phase. Phase B is the condition where the treatment/intervention ICBT is given, and the last phase A is the condition where the researcher sees the effect of the intervention that has been carried out on the client which is also called the follow-up phase. This research found that applying Islamic Cognitive restructuring therapy reduced negative thinking so that the client can prioritize quality life. The implementation of ICBT makes the client aware of its importance and improves life free from drug addiction.

Abstrak

Kata Kunci: *Masalah penyalahgunaan narkoba semakin hari semakin kompleks. Alasan remaja menggunakan narkoba adalah rasa ingin tahu atau eksperimen dan mencari kesenangan. Bagian dari daya tarik penggunaan narkoba adalah adanya anggapan bahwa narkoba akan meningkatkan self-efficacy (keyakinan terhadap kemampuan diri sendiri untuk menyelesaikan suatu tugas), baik secara langsung maupun tidak langsung). Islamic Cognitive Behavior Therapy (ICBT) memodifikasi perilaku dan mengubah proses kognitif saat menghadapi godaan atau saat menghadapi masalah hidup yang harus mereka jalani saat bebas dari narkoba. Penelitian ini menggunakan pendekatan kualitatif dengan desain eksperimen kasus tunggal. Desain penelitian yang digunakan dalam penelitian ini adalah desain A-B-A. Fase A adalah dimana kondisi klien tanpa pengobatan dan kondisi yang dialami klien dianalisa atau fase baseline. Fase B adalah kondisi dimana treatment/intervensi ICBT diberikan, dan fase A terakhir adalah kondisi dimana peneliti melihat efek dari intervensi yang telah dilakukan pada klien yang disebut juga fase follow up. Penelitian ini menemukan bahwa penerapan terapi restrukturisasi Kognitif Islam mengurangi pemikiran negatif sehingga klien dapat mengutamakan kualitas hidup. Implementasi ICBT menyadarkan klien akan pentingnya dan meningkatkan kehidupan bebas dari kecanduan narkoba.*

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Introduction

The problem of drug abuse is getting more complex day by day, the number of drug users is increasing. The National Narcotics Agency (BNN) issued data on the prevalence rate for a year of use in 2021, namely 1.95%, which shows an increase compared to 2019, which was 1.80%, or an increase of around 8.3% with contributions that varied for all age groups (BNN, 2021). This is a very alarming figure when viewed from the age of the majority of users. The National Narcotics Agency stated that the majority of victims of drug abuse are youths aged 15-24 years. These ages are of people in junior high school to university. These are individuals who belong to a productive age where they should be preparing for their future.

Law Number 35 of 2009 defines narcotics as substances or drugs that can cause dependence, decreased consciousness or loss of feeling. Narcotics are substances or drugs that are natural, synthetic or semi-synthetic in nature which cause a decrease in consciousness, hallucinations and excitability (HUMAS BNN, 2019). Narcotics Law article 1 paragraph 1 states that narcotics are artificial substances or those derived from plants that have a hallucinatory effect, decrease consciousness, and cause addiction.

The reasons for teenagers using drugs are curiosity or experimentation and seeking to have fun (Bachtiar, 2020). When individuals consume drugs, the brain is affected by the drugs. The brain will release a neurotransmitter which conveys the message "this substance is useful for the body's defense mechanism", and users might think they feel good. The user might think if I use drugs again, I will feel good again, and might think that my needs are being satisfied. Then the brain will record it as something to look for as a priority. As a result, the brain will create the wrong program, as if we really need it as a self-defense mechanism, and then addiction will occur (BNN, 2009). Once the addiction sets in, they cover it up with rationalization and lies. They might think that they are able to control the emotions of those around them (Bachtiar, 2020).

Even though it is not visible to the naked eye, the problem of narcotics use has crossed the existing barriers in society. Regardless of gender, social strata, ethnic group, followers of religions, many experience the same serious problem. Indonesia, a country with a majority Muslim population, with a large population, needs to solve this problem as soon as possible.

The problem of drug abuse is a complex problem. There are several factors that influence each other. There is an interaction of three interrelated factors (as we can see in figure 1., that can lead to drug abuse (BNN, 2009).

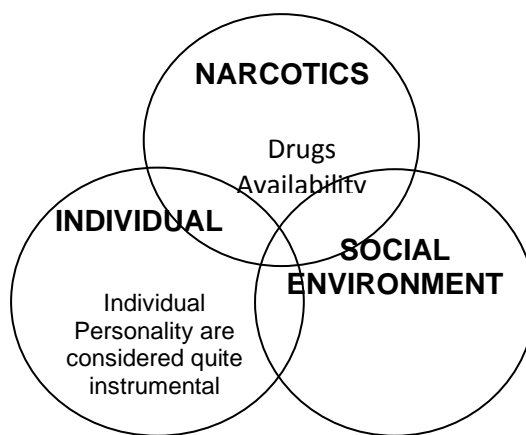


Figure 1.
The Interaction of Three Factors Leading to Drug Abuse

Various ways to solve this problem are carried out by all concerned and interested parties, namely parents, counselors, psychologists, and others. Behavioral researchers are also struggling in this matter from within and outside the country. Various ways to carry out therapy for drug users are also carried out so that the therapy is implemented effectively.

Based on the cognitive perspective on substance use, the beliefs and expectations held by individuals regarding drug effects greatly influence the individual's choice to use drugs or not (Nevid & Ratus, 2005). G.T. Wilson (in Nevid & Ratus, 2005) says that part of the attractiveness of drugs is their ability to increase expectations of self-efficacy (belief in our own ability to complete tasks), either directly or indirectly, directly by increasing feelings of energy, strength and happiness, while indirectly by reducing pressing conditions such as

anxiety. An example is cocaine which can increase the perception of self-efficacy in an athlete who places great importance on achievement. Because of this, people are likely to rely on substances in challenging situations where they doubt their abilities. But what if the substance use is stopped, does someone still have the same belief that he can do his job or not? Self-efficacy is an individual's belief in carrying out the desired series of activities to get the desired results (Bandura, 2000). If an individual has low self-efficacy, then the individual will only do tasks that do not have challenges or have no obstacles. If the obstacle is estimated to be too difficult, he will tend to back off and not carry out the activity. But if the individual has high self-efficacy, then he will go through the difficulties that are in front of him to reach the goals he wants to achieve (Bandura, 2000).

The psychoanalyst approach says that substance abuse is a sign of conflict that is rooted in childhood, so that if the underlying problem has been overcome, then the abusive behavior can be replaced with a more mature form to fulfill the satisfaction sought so that individuals can live their lives as before. Although there are many reports that state the success of this method, the success of research that can be controlled and can be repeated is very few (Nevid & Ratus, 2005). Another psychological treatment is to use a cognitive and behavioral approach, with a therapy called Cognitive Behavior Therapy (CBT). By modifying behavior and changing cognitive processes, this approach emphasizes that users can learn to change their behavior and cognition when faced with temptation or when facing life's problems that they have to live through when they are off drugs (Nevid & Ratus, 2005).

Indonesia is a country with the largest Muslim majority population and is experiencing big problems with drugs. Therapists must reform their interventions to reflect Islamic values in order for the therapy to be more effective (Husain & Hodge, 2016).

Islamic cognitive behaviour therapy (ICBT) is a counselling assistance process in which Islamic values will be given to the counselee to change and improve the counselee's negative thoughts so they can change their

behaviour (Ikhwan et al., 2019). ICBT studies are increasingly interesting to research and implement. Research on this is still scanty and much needed (Muhammad, 2023). ICBT is a form of cognitive-behavioral therapy integrated with Islamic values in which individual maladaptive beliefs, thoughts and emotions are changed by incorporating Islamic values. This ICBT repackages conventional CBT by integrating Islamic values that will be adhered to by patients and become part of the patients' daily life (Husain & Hodge, 2016). Even in Western countries, therapists are increasingly likely to meet Muslim clients as Graham et al. observed in 2010.

Here are some philosophical foundational differences between CBT and ICBT as shown in Table 1., from Beshai, Clark, & Dobson, 2013:

	CBT	ICBT
Reality	There are no objective realities. Individuals actively construct their own interpretation of reality.	Objective reality exists, but is largely inaccessible through the senses. The Qur'an is the only real objective measure of reality
Science	Clients and therapists are impartial but only collect evidence ("collaborative empiricism") and draw conclusions based on that evidence.	Science and empiricism can be seen as extensions of theology.
The source of calamity in the individual	Individuals are the designers of the calamities or events they experience.	All events that are good and bad according to human eyes happen by the will of Allah. The calamity that is faced may be a punishment or a test to raise one's degree.
Emotional and behavioral changes	Cognitive changes greatly affect changes in emotions and behavior	Islamic values bring desirable changes in behavior and emotions
Self-control	Individuals are free so they are able to control their cognition	Individual actions are not completely free. Metaphysical entities act on, and to some degree, control human behavior.
Individual rights	The self is separate and can be seen by others. Thus, personal interests and individual rights are prioritized.	Self cannot be separated from others. Collective rights and interests take precedence over individual interests.

Table 1.
Philosophical Foundational Differences between CBT and ICBT

In this study, the authors conducted an intervention on a research subject with the initials ISG who had been trapped in a cycle of heroin and alcohol use for 5 years. During these 5 years, ISG has experienced two relapses. Heroin hampered his education. He was expelled from the university he first chose. Work was often neglected. Not only that, the effects of heroin use also affected the social life of his extended family. The price of heroin which is not cheap put his mother in debt everywhere just to get money to meet ISG's need to consume heroin.

This study studies the therapeutic process with the ICBT intervention that will be implemented. This research is expected to be of benefit to counselors and counselees, Islamic psychologists and their clients, and other interested parties. It is hoped that this research can become one of the guidelines for improving and maintaining the good quality of life of former drug users so that they do not fall back into the world of drugs again.

Although Islamic CBT shares similarities with conventional cognitive behavioral therapy CBT, there are differences. In Islamic cognitive behavioral therapy, the treatment approach or process is based on two main sources of Islamic teachings (Al-Qur'an and Hadith), according to Farihah and Rachman, 2017, in Munawar, et al., 2023.

Method

This study used a qualitative approach with single case experimental designs. Single case experimental designs are used in studies that want to see the effects of interventions by comparing the current conditions and conditions after the intervention is given to one or several individuals over a period of time (Kazdin, 2001). The research design used in this study is the A-B-A design. This is the easiest design to implement in the single case experimental design method. Phase A where the client's condition is without treatment and the conditions experienced by the client are analyzed and called the baseline phase. Phase B is the condition where the treatment/intervention ICBT is given (intervention), and

the last phase A is the condition where the researcher sees the effect of the intervention that has been carried out on the client or is called the follow-up phase. The research subject was one person who had been using drugs on a regular basis. In addition to believing he was feeling good, he also felt withdrawal if he did not use it regularly or stopped using drugs (Partodiharjo). This research was conducted at the Mental Health Care Rehabilitation Center located in East Bekasi, a rehabilitation institution in collaboration with the Cahaya Jiwa Education Foundation.

In this study, data collection was carried out using several methods, namely: interviews, observation, and the use of psychological tests. The interviews were conducted with general and specific themed questions. This interview guide is also used to guide as well as to ascertain whether aspects related to the theme have been discussed or asked about. With these guidelines, it is hoped that none of the required data will be missed.

Observation is directed by accurately paying attention to the phenomena that arises and recording them and also considering the relationship between aspects and these phenomena (Poerwandari, 1998).

Psychological tests are a method for taking examples of someone's behavior in standard situations (Sundberg, 2007). In other words, psychological tests are a standard and objective method for obtaining examples of behavior (Anastasia and Urbina in Sunberg 2007). Psychological tests are used as the main tool to better understand the client's situation in addition to observation and interviews (Suprapti, 2003). In this study, the researchers used several test tools, namely 1) Graphic tests included in the class of projection tests and image tests that would reveal things that the client was lacking or not aware of, including the client's defense (Suprapti, 2003). In the DAM test, the client is asked to draw people on a blank sheet of paper. In the BAUM test, the client is asked to draw a tree. In the HTP test, the client is asked to draw houses, trees and people on one width of blank paper. 2) The WB test is an intelligence test. This test aims to reveal individual intellectual functions specifically intended for adults. In this test, the

client is given a number of questions related to general knowledge, a person's ability to behave and his ability to explain a word based on his understanding. Clients are also asked to count and arrange several shapes into a meaningful picture. 3) The MMPI test belongs to a standardized inventory class that aims to reveal a person's personality at all levels of emotional adjustment and attitude of the person being tested. In this test, the client is asked to choose one of the two statements provided which are considered appropriate to the person's condition. This test was developed by Hathaway and McKenley in 1940. 4) The SSCT test is in the form of a projection test or personality test. The function of this test is to reveal what the client feels and thinks about himself, his family environment, school environment, work environment, and friendship relationships. In this test, the client is asked to write down his thoughts regarding the questions listed on the question sheet.

In this study, the type of therapy given to clients was Islamic cognitive behavioral therapy/ICBT. Therapeutic techniques are given according to the needs and conditions experienced by clients including: Self-Education, Cognitive Restructuring, and Self-Report. In implementing cognitive behavioral therapy on clients, evaluations that can be carried out to measure the increase in client self-efficacy are a) Physical form of the client's planned business activity proposal, b) Client descriptive reports, c) Client family descriptive reports, d) Institutional descriptive reports, and e) Pre-test and post-test rating scale.

Result and Discussion

ISG is a 23 year old male, unemployed and single. ISG has been stuck in a heroin trap for 5 years and has experienced relapses twice. Currently ISG is undergoing heroin addiction treatment at the Cahaya Jiwa Education Foundation using the Dadang Hawari detoxification method. Simultaneously ISG underwent psychological rehabilitation to improve his ability to get out of heroin addiction, as well as reduce anxiety and prepare himself for life's

problems. Based on this, ISG was referred to undergo psychological examination and therapy.

The examination of ISG was first carried out on July 5, 2022 by a psychologist who was assisted by the foundation's counsellor, who is an ustadz, as we can see in Table 2. The examination was carried out by carrying out anamnesis with ISG and allo anamnesis with ISG's family. Several counselors handled ISG, observation, supported by several implementations of psychological tests.

	Date, Place	Activity
1	Tuesday, June 21 st 2022 Cahaya Jiwa Edukasi	Apply for a license to practice, get acquainted with the counselor and several patients, receive directions from the counselor to treat ISG
2	Tuesday, June 28 th 2022 Cahaya Jiwa Edukasi	Allo anamnesis history of ISG with institutional counselors, the latest conditions of ISG, observations of ISG activities at Madani, and a brief introduction to ISG.
3	Tuesday, July 5 th 2022 Cahaya Jiwa Edukasi	Build Rapport with ISG
4	Friday, July 8 th 2022 Cahaya Jiwa Edukasi	Session 1 Anamnesis
5	Wednesday, July 13 th 2022 Cahaya Jiwa Edukasi	Session 2 Anamnesis, Graphic and Wartegg tests
6	Friday, July 15 th 2022 Cahaya Jiwa Edukasi	MMPI examination 2
7	Wednesday, July 20 th 2022 Cahaya Jiwa Edukasi	Anamnesis session 3, SSCT test implementation
		Allo anamnesis with Ustadz Sa

8. Wednesday, July 27th 2022
Cahaya Jiwa Edukasi
Anamnesis session 4, interview on SSCT results
Allo anamnesis with Ustadz A.
9. Wednesday, August 3 2022
Cahaya Jiwa Edukasi
Anamnesis session 5
Allo anamnesis with Ustadz A.
10. Friday, August 5th 2022
Cahaya Jiwa Edukasi
The WBIS IQ test
11. Saturday, August 6th 2022
Cahaya Jiwa Edukasi
Allo anamnesis with family and Ustadz D.
12. Wednesday, August 10th 2022
Cahaya Jiwa Edukasi
Anamnesis session 6
13. Tuesday, August 23rd 2022
Cahaya Jiwa Edukasi
Madani
Allo anamnesis with Ustadz D.
14. Wednesday, September 14th 2022
Cahaya Jiwa Edukasi
Anamnesis session 7
15. Thursday, September 29th 2022
Cahaya Jiwa Edukasi
- Counseling
- Perform functional analysis by identifying problems with ISG
16. Friday, October 14th 2022
Cahaya Jiwa Edukasi
Explain and determine the priority of the problems that have been previously identified
17. Thursday, November 3rd 2022
Cahaya Jiwa Edukasi
Trial of adaptation to the self-efficacy scale for patients participating in the methadone program at Jatinegara Health Center, East Jakarta

18. Thursday, November 10th 2022 Explain the description of the treatment plan to the counselor in charge of ISG (Ustad. A)
Cahaya Jiwa Edukasi
19. Saturday, November 12th 2022 Filling in the self-efficacy scale I (adaptation from Ralf Schwarzer & Britta Renner, Berlin. German).
Cahaya Jiwa Edukasi
20. Thursday, December 8th 2022 - Pre-test in the context of making a baseline (filling in a self-efficacy scale that is made based on the client's condition using drugs) Anamnesis session 8 : ISG said that he was asked to stop working by his family
Cahaya Jiwa Edukasi
21. Thursday, December 22nd 2022 - Setting long-term and short-term intervention goals
Cahaya Jiwa Edukasi - Making informed concern
22. Tuesday, January 3rd 2023 Implementation of session I ICBT and psycho-education intervention:
Cahaya Jiwa Edukasi - Providing education to the client about self-efficacy and its benefits with techniques of providing information and discussion.
- Apply it by giving assignments to the client to report his activities in full for 2 days (January 4 – 5, 2023). The form is first determined by involving the client to discuss whether or not additional columns are added according to the client's needs.
23. Friday, January 6th 2023 Implementation of ICBT and psycho-educational 2nd session intervention:
- Client turns in assignments
- Review client understanding of self-efficacy
24. January 9th 11th 13th 2023 ISG has not returned to Madani without word and cannot be reached
Cahaya Jiwa Edukasi

25. Wednesday, January 18th 2023
Cahaya Jiwa Edukasi
Crosscheck the correctness of the activities that ISG has written to the counselor.
26. Tuesday, January 24 2023
Cahaya Jiwa Edukasi
Discussion with the counselor about the condition of the ISG who chooses to stay at home. The reason that ISG is confused is the difference in attitudes between families, psychologists and institutions.
- Tuesday, February 7th 2023
Cahaya Jiwa Edukasi
Discussing the continuation of the ISG program with the institution owner (Ustad. D)
27. Wednesday, February 8th 2023
Rumah ISG
- Home visit
- Allo anamnesis with mother
28. Friday, February 10th 2023
Rumah ISG
- Counselling
29. Tuesday, February 14th 2023
Seven Eleven, Matraman
- Evaluating ISG activities that are recorded in a self-monitoring format.
30. Friday, February 17th 2023
Rumah ISG
- Cognitive restructuring by identifying negative ISG thoughts
- Discuss together how to record negative thoughts into the form that has been determined
- Recording negative thoughts in a predefined form
31. Monday, February 27th 2023
Rumah ISG
- Evaluation of negative thinking identification results
- Evaluation of bottlenecks in the treatment process
- Discuss the stages of the printing business manufacturing process

- Creating a time table for the process of making a printing business
- 32. Friday, March 9th 2023
Rumah ISG
 - Allo anamnesis with the mother on the therapeutic process
 - Observation of the behavior of ISG's older siblings when communicating with ISG by telephone
- 33. Monday, March 12th 2023
Rumah ISG
 - Family educational session
 - Submission of self-monitoring report
 - Review the process of creating a printing business
- 34. Monday, March 19th 2023
Rumah ISG
 - Train to apply cognitive restructuring and psycho-education in making proposals for planning a printing business session 1
- 35. Wednesday, March 29th 2023
Rumah ISG
 - Train and evaluate the application of Islamic cognitive restructuring and psycho-education in making proposals for planning a printing business session 2
 - Training and applying Islamic cognitive restructuring and psycho-education in submitting job applications.
- 36. Wednesday, April 11th 2023
Rumah ISG
 - Submission of the completed proposal and submission report to the investor
 - Post-test
 - Discuss the results of therapy with the family (mother)
- 37. Saturday, May 12th 2023
Phone call with ISG
 - Follow up session I:
 - ISG has submitted proposals to 2 prospective investors
 - ISG has succeeded in becoming a job seeker (1 week ago) and has sent 3 applications (within 1 week).
- 38. Friday, 1 Juni 2023
 - Follow up session II:

Phone call with ISG's Mother
ISG is currently conducting a job interview in Cideng area

39. Wednesday, 13 Juni 2023
Discussion of therapeutic results with ISG
ISG has been hired for a new job

ISG's House

Table 2.
ISG's Treatment

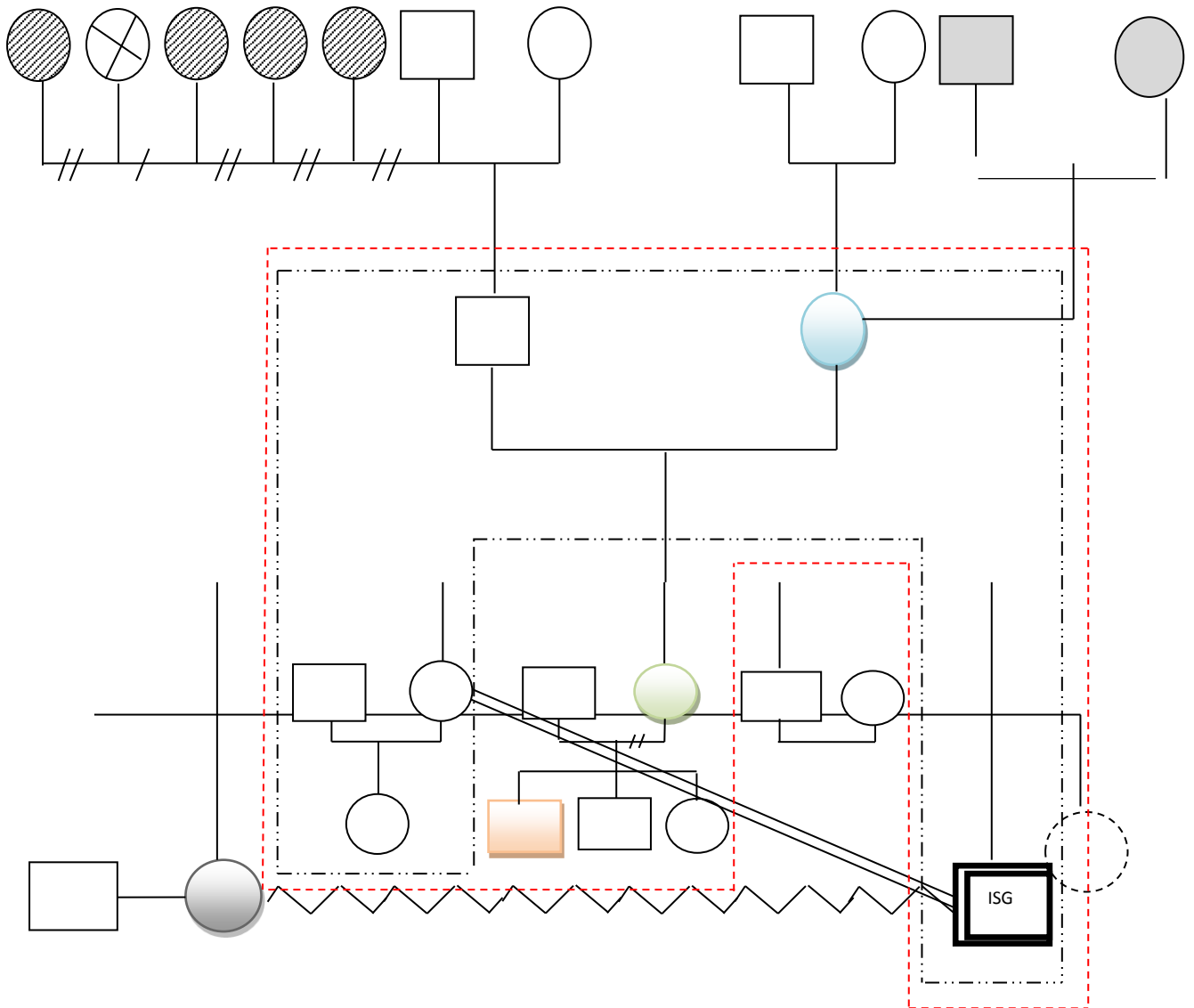


Figure 2.
ISG's Genogram

Explanation:



: ISG (Research Subject)



: Passed-away



: Step Grandmother



: The aunt that takes care of mother and sister



: Father has been sick from a stroke



: The eldest brother who plays the most important role in the family.



: The divorced sister



: Step-sister



: Niece



: Separated



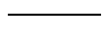
: Divorced



: Living in the same house



: Living in the same location



: Closely related, tight knit



: Conflicts

ISG is the 5th of 6 children. Currently, ISG lives in the same house with his parents and his second older sister, her husband and their children. Besides that, the house where ISG lives is next to or in the same location as the house of ISG's third older sister who has been divorced with her three children.

ISG's level of intelligence is above the average level according to his age level (113), but he has the potential for an IQ to be at the Superior level (122). This shows that ISG has not utilized all of his capabilities to the fullest so that there is still some potential that can be developed.

The examination also showed that ISG has a tendency to decrease in mental function by 13%, significantly indicating a tendency to decrease thinking skills. This is possible because of prolonged drug use. ISG's task performance score was higher than his verbal score, indicating that he has a better ability to work on concrete tasks than abstract symbols. ISG's thinking is dominated by the past. In terms of ability, he has a sharp enough observation, and he easily demonstrates his ability and but he has a tendency to be arrogant. In terms of desires and ambitions, ISG still has desires that have not been achieved. There is a desire to excel but there is a feeling of inadequacy that prevents him from realizing his desires.

The case formulation in this study is 1) Cognitive Problems where there is a belief that he is unable to live life if he does not get a job, and cannot work if he is not given a job which in the end, can make him at risk of returning to using heroin because there are no resources funds as a life support and to pay off previous debts. 2) Behavioural Problems. There are often complaints of not being able to survive in this life and reaching a dead end, and ISG struggles to find a job or create his own jobs, which further increases the risk of relapse. 3) Problems Related to Emotions. Sad, annoyed, bored, anxious and feeling hopeless. 4) Psychosocial problems. He finds it difficult to interact with siblings because he is hated for his history as a heroin user, has an inharmonious relationship with his father, feels abandoned and not cared for anymore by the family so that he

feels confused about his role and existence as a family member and this makes him confused in making his life decisions.

Axis 1	34.00 (Opiate Addiction)
Axis 2	Low self-efficacy
Axis 3	There is no interference on this axis
Axis 4	Problems relating to Interpersonal relations 1. Disharmonious relationship with family 2. Afraid to meet old friends because of unpaid debts
Axis 5	60 – 51, Moderate symptoms, moderate difficulty

Table 3.

Multiaxial Diagnostics

The disturbance experienced by ISG is related to distortion of cognition about heroin. ISG has a difficult time accepting his father's necessary parenting style which makes him less able to communicate the problems he has and also makes him less able to feel the care of the family in his life. At the same time, his introduction to heroin gave him perceived pleasure, disregarding that this is haram in Islam. The effect that is felt is perceived comfort and a false sense of self-confidence arises. The distortion of thought experienced is that the discomfort in dealing with problems can be exchanged for false comfort when consuming heroin. In the end, this behavior occurs repeatedly and whenever there is a problem, then he thinks the best solution is to use heroin. This also makes for a negative learning process which results in low self-efficacy. ISG feels that he wants to move on with life and pay off his debts, but until now he has not found a job and have made no attempt to get a job other than waiting for it to be given by someone else. This eventually led to new problems, namely the accumulation of debts and the ever-increasing living needs.

The psychological examination showed that ISG's intellectual capacity functions at a level above the average/high average (113) based on the Weschler scale, while his intellectual potential is at a superior level (122). This shows that

ISG has an easy ability to receive and process new and complex information. Apart from that, his ability to make graphic designs can also be used as an asset for him to find work and to support himself financially. The implementation of ICBT made ISG aware of life's importance and improves his life's quality.

The initial motivation for getting therapy greatly influenced ISG's level of discipline towards the therapy process that was undertaken. At this motivational intervention stage, basic Islamic values were included which should motivate individuals to behave with the blessing of Allah SWT. A person's motivation to stop using heroin is a form of worship and obedience to the commands of Allah SWT. Motivation based on Islamic values makes the therapy process faster and more effective (Hodge, 2011)

Conclusion

Based on the results of the study, it can be concluded that the clinical picture of Opiate addiction (34.00, Table 3) before receiving the intervention showed the following symptoms: difficulty concentrating, feeling false sense of euphoria, feeling a false sense of confidence, feeling worthless, emotionally unstable, having illogical thoughts, and having feelings of excessive anxiety.

The results of applying Islamic Cognitive Behavioral Therapy by identifying ISG's negative thoughts and recording and discussing negative thoughts together in a predetermined form reduced his negative thinking and helped him prioritize quality life. The implementation of ICBT makes ISG aware of life's importance and improves his life away from drug addiction.

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