

## Psychosocial Support Services in Efforts to Address Feelings of Weariness Among Residents of MedanPlus Rehabilitation Foundation

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### Abstract

**Purpose:** This research aims to tackle the challenge of boredom and weariness among residents in rehabilitation due to monotonous routines. It emphasizes the importance of psychosocial support to enhance engagement and emotional well-being during rehabilitation.

**Method:** Employing a Social Group Work framework, the study involves stages like Preparation, Assessment, Program Planning, Implementation, and Evaluation. Qualitative data from residents' responses is analyzed to gauge the intervention's effectiveness.

**Practical Applications:** This research informs rehabilitation practices by advocating positive activities and motivation to improve residents' experiences and emotional states. Tailored interventions can alleviate boredom and facilitate successful reintegration.

**Conclusion:** This study improves rehabilitation outcomes by addressing boredom through psychosocial support. The Social Group Work approach effectively counters boredom and promotes positive emotions, enriching rehabilitation programs.



## **Introduction**

Rehabilitation constitutes a pivotal endeavour aimed at restoring and reinstating individuals who have engaged in substance abuse or have fallen victim to it, enabling them to fulfil their social roles optimally once again within the community. Rehabilitation serves as a form of social protection intended to reinstate the social function of victims of substance abuse (Rahmania & Nirmala, 2023; Al-Anshori & Febriana, 2023)

Numerous methods have been developed in substance abuse rehabilitation, including the Therapeutic Community (TC) program. This program targets individuals sharing similar issues and goals, coalescing into a "family." Such an environment fosters positive behavioural change, facilitating liberation from substance dependency (Jayamaha et al., 2022; Hadiansyah & Rochaeti, 2022). Those undergoing substance abuse rehabilitation through the TC methodology are predisposed to understanding and integrating the values congruent with the TC structure and principles over a specified period, thereby fostering constructive changes in thought patterns, attitudes, and behaviours.

Throughout the rehabilitation process, the individuals who have suffered from substance abuse, commonly referred to as residents, reside collectively within a designated facility. They partake in a series of daily activities outlined by the institution while adhering to the principles of the Therapeutic Community. The Yayasan Rehabilitasi MedanPlus, where the practicum is conducted, follows a predetermined daily schedule for its residents. This schedule includes a morning routine, group sharing sessions among residents and counsellors, communal tasks, religious practices, group exercises, and educational sessions delivered by staff members regarding substance abuse-related knowledge, among other positive activities. Undeniably, the somewhat monotonous nature of activities within the rehabilitation setting occasionally gives rise to feelings of tedium among residents, necessitating effective strategies to counteract boredom (Bestia & Samputra, 2021). Though seemingly trivial, unchecked boredom inadvertently engenders stress and uncontrolled emotional shifts within residents, consequently impeding the effectiveness of the rehabilitation process (Maulana, 2019).

Hence, the primary focus of this practicum is to discern the problems, needs, and potentials inherent within the resident community at Yayasan Rehabilitasi Narkoba MedanPlus. This intervention is perceived as indispensable for comprehending the nuanced issues that may not be readily apparent but are experienced daily by the residents. The selection of Yayasan Rehabilitasi MedanPlus as the fieldwork site stems from recognizing untapped potential within its residents, which can be harnessed to aid the recovery process and enrich their personal growth before reintegration into society. Consequently, the anticipated social change and objectives arising from this practicum endeavour are twofold: to empower the residents of Yayasan Rehabilitasi MedanPlus in independently addressing feelings of monotony and boredom that may surface during rehabilitation and cultivate enhanced social relationships and interactions among the residents.

## **Method**

In this practicum, the subject of investigation is the community, more precisely, the residents of the MedanPlus Rehabilitation Foundation. The method applied to the clients in this undertaking is the Social Group Work intervention method, commonly employed in the realm of Social Work. Elaborating further, the stages involved are as follows:

### **1. Preparation Stage**

In this phase, two aspects necessitate preparation by the practitioner: self-preparation and field preparation.

- a. Self-preparation involves the practitioner acting as a community worker, a pivotal prerequisite for the success of any community intervention. The practitioner employs a Non-Directive (Participatory) intervention strategy, wherein the focal agent for change is the community itself, with the community worker primarily

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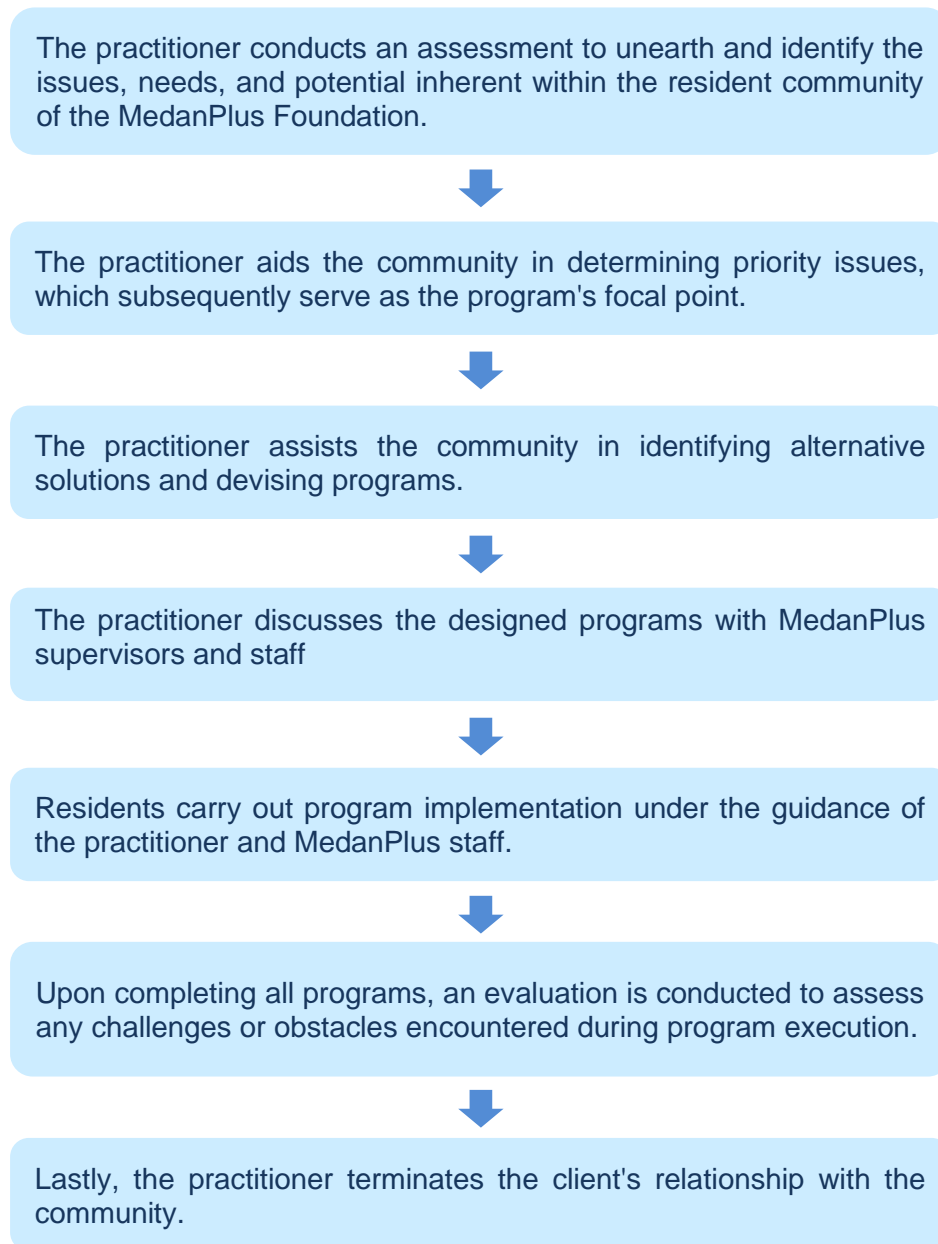
focusing on unearthing and harnessing the potential within the target community (Ritonga & Arifin, 2021). Within the Non-Directive approach, the community actively analyzes and makes decisions regarding the issues.

- b. Subsequently, during the field preparation stage, the practitioner assesses the feasibility of the targeted institution or location, in this case, the MedanPlus rehabilitation environment. The practitioner seeks consent from institution leaders and staff members to proceed with the intervention. Additionally, the practitioner initiates initial contact and engagement with the residents, introducing themselves, establishing rapport, and ensuring their willingness to intervene.
2. Assessment Stage  
During this phase, the practitioner begins to unearth and identify the problems, needs, and potential inherent within the community. The assessment is conducted through Focus Group Discussions (FGD) using a non-directive approach. It involves posing a series of questions to initiate discussions, commencing with simple topics before delving into the core discussion, i.e., the issues encountered by the community.
3. Alternative Program Planning Stage  
In this stage, the practitioner guides the residents in determining alternative programs while adhering to the Non-Directive (Participatory) approach. The objective is to enable active community involvement in generating alternative program ideas aligned with their potential. Through the Non-Directive approach, residents develop a sense of ownership over the programs and an awareness of the issues.
4. Action Plan Formulation Stage  
Subsequently, the practitioner assists the community in formulating and deciding upon programs based on the outcomes of the interactive discussions. After an extensive discourse, the community, in conjunction with the practitioner, identifies programs to alleviate excessive boredom impacting the residents' psychological state. The practitioner also discusses with experienced staff members to refine the devised programs.
5. Program Implementation Stage  
At this juncture, the planned program activities are executed under the supervision of staff members. The conducted programs aim to alleviate the heightened boredom and monotony experienced by residents during the rehabilitation process. Throughout the program implementation, the practitioner continues to engage in further discussions with institutional supervisors and staff.
6. Evaluation and Outcome Assessment Stage  
Upon completing all programs, the practitioner involves the residents in evaluating the conducted programs.
7. Termination Stage  
Concludingly, the practitioner severs ties with the clients; in this context, the residents are subject to intervention. Termination is achieved through reciprocal communication of messages, impressions, and expectations between the practitioner and residents.

The sequential phases of the Social Group Work intervention method employed in this practicum are visually presented in Figure 1.

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Figure 1. Planning Process



**Result**

In the assessment phase, both the practitioner and the clients discovered that the primary issue frequently experienced by the community was feelings of weariness and boredom resulting from the excessively monotonous nature of the rehabilitation activities. Moreover, due to COVID-19, the residents who previously had the opportunity for supervised recreational activities outside the MedanPlus environment are now restricted from engaging in such activities. Consequently, boredom often arises, leading to reduced enthusiasm for rehabilitation and occasionally unstable emotions. Additionally, the community expressed a deep yearning for the families they left behind at home. Building upon the assessment's findings, during the action plan formulation stage, the practitioner assisted the clients, in this case, the resident community of the MedanPlus Rehabilitation Foundation, in devising programs deemed most suitable to address the identified primary issues. These programs were tailored to the client's potential and the institution through positive activities that support

the psychosocial well-being of the community. Some of the implemented programs include:

1. Creative creation tailored to the community's skills, such as crafting motivational boards from used plywood and paint. Residents would inscribe motivational words on plywood using paint, which would then be affixed at various locations within the MedanPlus environment. Another crafted item is cigarette ashtrays made from discarded coconut shells, to be placed in several rooms.
2. "Letter for Family," where residents write letters to their families. These letters convey residents' feelings, emotional struggles, apologies, expressions of gratitude, and other emotions that may not be easily conveyed in person. Residents themselves hand over written letters to their families during visitation activities.
3. "Jingle Say No to Drugs," where residents compose brief songs to invite society to refrain from drug use. These compositions will be posted online on mass media while maintaining residents' privacy.
4. Motivational Sessions, presented by the practitioner, are aimed at providing encouragement and empowerment to residents, fostering optimistic mindsets in their quest to break free from drug addiction.
5. "Sharing Planning," a platform for residents to exchange thoughts about their goals or aspirations post-rehabilitation. It also serves as an opportunity for mutual advice and suggestions to overcome obstacles in achieving their goals.
6. "Fun Day," a half-day recreational activity comprising positive undertakings such as games, collective tasks, and exercises to alleviate the fatigue and weariness experienced by the residents.

Throughout the program's execution, the practitioner observed changes in the client's attitudes, including a more positive self-perception and heightened enthusiasm for the rehabilitation process at MedanPlus.

## Discussion

Through this activity, the researcher observed that changes in behaviour and thought patterns perceived by the clients during the program's duration are likely attributable to acquiring new experiences and habits over a specified period. It aligns with behaviourist theory, which posits that changes in behaviour result from experiences and habits formed (Imanulloh, 2021; Hakim & Reba, 2022). This assertion is substantiated by the clients' responses during the evaluation and termination phases, indicating that following program implementation, their feelings and thought processes became more positive than before. They expressed motivation to continually harness their potential to counteract feelings of boredom during the rehabilitation process.

The central tenet of behaviourist theory, positing the role of experiences and habits in orchestrating behavioural modifications, resonates explicitly with the observed shifts in residents' attitudes and actions. Engagement in diversified activities and the introduction of new routines during the practicum can be construed as catalysts for psychological enrichment, thus driving the adoption of more constructive cognitive and behavioural patterns (Ulfa & Noor Justiatini, 2021; Prayuda, 2019). The evident psychological empowerment of residents manifested in their willingness to assume responsibility for generating innovative program ideas during the action plan formulation stage, reflecting an intrinsic motivation and sense of ownership (Nazar & Sabitha, 2017).

Furthermore, the outcomes obtained during the evaluation and termination phases provide corroborative evidence of the practicum's efficacy in cultivating a positive shift in the residents' emotional and cognitive dimensions. The clients' enthusiastic embracement of the programs' concepts and their proactive involvement underscore their receptivity and affirm the interventions' potency in eliciting transformative responses. This dynamic interplay between experience, habituation, and behavioural transformation converges cohesively with established behaviourist principles (Fitria & Imawati, 2021).

## Conclusion

Taking into consideration the feelings of monotony or boredom experienced by residents undergoing rehabilitation is of paramount importance. Psychosocial support services are one of the alternative programs that can assist residents in navigating the rehabilitation process more effectively (Szabzon et al., 2019). By aiding residents in coping with boredom, stress, burnout, erratic emotional shifts, and diminished motivation during the rehabilitation process can be minimized (Spies et al., 2022). By providing psychosocial support services to the residents at the MedanPlus Rehabilitation Foundation, it is anticipated that the institution can forge new positive activities to invigorate the residents' enthusiasm for a more enjoyable rehabilitation journey.

To sum up, the intervention strategies of the practicum, guided by behaviourist theory, have effectively catalyzed the evolution of residents' behaviours and cognitive patterns, resulting in a discernible elevation of positivity and empowerment within the rehabilitative context. Underscore the potential of tailored interventions grounded in established psychological frameworks to induce meaningful transformations conducive to the psychosocial well-being of individuals undergoing rehabilitation. The observed shifts in emotional disposition and cognitive processing reaffirm the relevance of behaviourist theories in comprehending and enhancing the efficacy of intervention initiatives.

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