

SOCIAL REHABILITATION MODEL FOR ADDICT PRISONERS WITH COGNITIVE BEHAVIOR THERAPY APPROACH (CASE STUDY AT THE WOMEN'S CORRECTIONAL INSTITUTION CLASS IIA PALEMBANG)



^{1*}Hanifah Rahmadila, ²Muhammad Ali Equatora

^{1,2}Program Studi Manajemen Pemasarakatan, Politeknik Ilmu Pemasarakatan – Indonesia

e-mail:

^{1*}rahmadilahanifah@gmail.com (corresponding author)

²bangtora1973@gmail.com

ABSTRACT

Efforts to eradicate narcotics in Indonesia do not only depend on strict legal regulations against narcotics dealers and dealers, but also involve recovery strategies for addicts, abusers, and victims of narcotics abuse through the implementation of rehabilitation programs. Cooperation between Correctional Institutions and various related agencies, including health institutions and social institutions, is strengthened to design a comprehensive approach. The author uses a descriptive qualitative research design. The results of this research are the implementation of a social rehabilitation model for addicted convicts using a CBT approach in the Class IIA Palembang Women's Prison, a program that has been implemented to fulfill prisoners' rights to receive rehabilitation while serving their criminal term. Drug rehabilitation using the CBT approach is one form of rehabilitation in the Palembang Class IIA Women's Prison where the results of this rehabilitation can reduce addiction and recidivism rates in the Palembang Class IIA Women's Prison itself.

Keywords: Narcotics; Cognitive Behavior Therapy; Correctional Institutions; Rehabilitation



©2025 Copyright : Authors

Published by : Program Studi Manajemen, Universitas Nusa Cendana, Kupang – Indonesia

This is an open access article under license :

CC BY (<https://creativecommons.org/licenses/by/4.0/>)

INTRODUCTION

Social rehabilitation can be defined as an effort to consolidate marginalized individuals, including prisoners, back into society by restoring aspects of their lives. In the Indonesian context, there are several loci of social rehabilitation that include social institutions, correctional institutions, and various other rehabilitation places. Rehabilitation programs are intensively carried out by several correctional institutions in Indonesia in collaboration with a number of related agencies which aim to improve the quality of life and form awareness of prisoners so that they do not return to drug abuse (Fajar, 2022).

Based on data information from the Directorate General of Corrections in January 2024, the total number of detainees and prisoners throughout Indonesia was 266,961 people with the dominance of narcotics abuse cases as many as 129,094 people who were recorded as abusing drugs either users, dealers or dealers. As long as drug abusers receive consequences in the form of imprisonment in prison, these drug users need to go through a healing process first before being guided. Seeing this, the rehabilitation process for convicts is very important, based on the aspect of the causes of drug abuse, which begins with a deviation in cognitive human behavior, both from an emotional point of view that has an impact on the environment or environment that has an influence on humans. Narcotics rehabilitation for prisoners and WBP is part of a series of flows of providing guidance and health care. Thus, there needs to be synergy between related institutions so that there is incorporation between the provision of rehabilitation with the provision of guidance and health care provided by the UPT Correctional (Rindiani, 2022).

In 2021, Herry argued that Rehabilitation can be interpreted as a realization in criminal law enforcement that has the aim of restoring or treating drug abusers. Rehabilitation is an accommodation that has a semi-closed nature, which means that only certain individuals can receive it. In correctional institutions, rehabilitation becomes a place to train skills and provide knowledge about self-control in staying away from drugs. Social rehabilitation in Indonesia has been present for a long time, both in social institutions and correctional institutions. The importance of social rehabilitation as a strategy for prevention and reintegration of individuals into society shows the sustainability of efforts to overcome social problems in Indonesia. Data from Miladina and Kurniawan (2019) shows that various correctional institutions have implemented social rehabilitation before 2017-2018. In conclusion, social rehabilitation has a crucial role in tackling social problems, including street children and drug abuse, with implementation in various institutions, including correctional facilities.

Fajar (2022) explained that social rehabilitation in the context of drug abuse emphasizes the reintegration of addicts into society to prevent the recurrence of negative behavior. Correctional institutions are also the locus of rehabilitation, as discussed by Fernanda (2020) in the effectiveness of social rehabilitation at the Class IIA Lubuk Linggau Narcotics Correctional Institution.

The Women's Correctional Institution Class IIA Palembang faces complex conditions. The occupant capacity has reached 293% of the normal capacity of 151 people, which for the period January 2024 amounted to 593 prisoners. The following is the number and types of crimes of detainees and prisoners of the Women's Correctional Institution Class IIA Palembang.

Tabel 1
Number and types of crimes committed by detainees and prisoners of the Women's Correctional Institution Class IIA Palembang

No	Type of Crime	Amount
1.	Drugs	448
2.	Criminal	125
3.	Corruption	14
4.	Trafficking	6
	TOTAL	593

Sources: Registration sub-section, 2024

From the classification table of types of crimes above, it shows that most of the cases of criminal acts of prisoners in the Palembang Class IIA Women's Correctional Center are narcotics abuse. The implementation of rehabilitation is carried out through two rehabilitation methods, namely medical rehabilitation and social rehabilitation.

Palembang Women's Correctional Facility cooperates with the Health Office, Social Service, BNN and the Indonesian Addiction Counselors Association (IKAI) in order to provide counselors. Initially, the implementation of rehabilitation of prisoners in the 2018 Class IIA Palembang Women's Correctional Institution was carried out by the Ministry of Health through the implementation of the Institution for Mandatory Reporting (IPWL) until 2019, then handed over to the Indonesian Addiction Counselor Association (IKAI) as a second party assistance in medical rehabilitation and social rehabilitation activities at the Palembang Class IIA Correctional Institution.

Tabel 2
Data on prisoners who participated in rehabilitation at LPP Class IIA Palembang

NO	Year	Type of Rehabilitation	Number of prisoners
1.	2021	Medical	40 people
		Social	10 people
2.	2022	Medical	20 people
		Social	30 people
3.	2023	Medical	20 people
		Social	10 people

Source: Palembang Class IIA Correctional Institution Clinic, 2024

Correctional Institution is an institution that is responsible for the correctional of prisoners. Correctional institutions aim to improve the behavior of prisoners by providing psychological therapy. Cognitive Behavior Therapy (CBT) is one of the psychological therapies that can be applied in correctional institutions. CBT is a remediation process that unites Cognitive Behavior Therapy (CBT) with play therapy. CBT is based on the assumption that a person's behavior and emotions are influenced by their thoughts. The basis of CBT is that a person's behavior is influenced by their thoughts and feelings. CBT can help inmates to overcome maladaptive behaviors and reduce the level of social anxiety.

The application of Cognitive Behavioral Therapy (CBT) as one of the therapies has advantages such as proven effectiveness in addressing mental health problems, but it also has limitations. CBT requires the active participation of the individual and may not address the underlying cause of the problem. It is more suitable for cases with milder symptoms compared to complex or severe problems. In connection with this, research

was conducted in order to find out more about the Social Rehabilitation Model for addict prisoners with a Cognitive Behaviour Therapy Approach in Correctional Institutions

LITERATURE REVIEW

Cognitive Behavioral Therapy (CBT) is a form of psychotherapy that aims to overcome problems of psychological distress and dysfunction by exploring and addressing how the integration of thoughts, emotions, and behavior leads to become more positive (Trower et al, 1988; Vonk and Early, 2009). Cognitive Therapy focuses on behaviors and beliefs that may be changed related to drug use, to decide what changes are desired and to design the impact of the changes. It begins with a cognitive analysis of the current behavior by thinking about understanding the behavior, the resulting goal focuses on the problem to be addressed using various aspects of behavior and beliefs. The application of CBT in practice involves three stages: assessment, intervention, and evaluation.

Cognitive behavioral therapy (CBT) is one of the most researched psychotherapeutic modalities and is used either together with psychotropic medications or alone in various psychiatric disorders. CBT is a short-term psychotherapeutic approach designed to influence emotional, behavioral, and cognitive dysfunction through systematic, goal-oriented procedures. Recent advances in CBT suggest a new view of "third wave" CBT that has greater impact and newer applications that can reduce the suffering of mentally ill patients (Saldanha et al., 2013).

Research conducted by Sari, et al (2020) evaluated the effectiveness of cognitive behavioral therapy in reducing the potential for relapse in former drug addicts in Bali correctional institutions. This study compared the potential for relapse before and after former drug users received the therapy. Although not statistically significant, there was a decrease in relapse potential based on pretest and posttest results. This study suggests that although the reduction was not significant, there is some indication this therapy may contribute to improvement for some ex-addicts.

Dewi and Nurjannah (2022) examined the Cognitive Behavior Therapy (CBT) approach in the recovery process of former drug abusers. Their research highlighted the importance of a good relationship between the therapist and the client, the adjustment of irrational thought patterns to rational, as well as the client's commitment in solving the problem. The CBT method applied in the Rumoh Geutanyo Aceh rehabilitation institution was proven to provide positive results such as increased self-confidence, decreased anxiety, and social acceptance. This method has a significant impact in the client's recovery phase and helps prepare them to return to living a normal life.

Utomo and Kurniati (2019) explored the impact of Cognitive Behavior Therapy (CBT) on the stress level of prisoners in Class IIA Bengkulu Correctional Facility. In this study, a comparison of stress levels before and after the application of CBT was conducted. Results showed that CBT was effective in reducing stress among prisoners, especially those experiencing mental distress due to the prison environment. This research used descriptive methods and was conducted intensively, with the results showing that CBT can be one of the effective methods to help prisoners manage their stress.

METHOD

This research uses a descriptive qualitative research design, which aims to describe and analyze various social phenomena, events, and thoughts of individuals or groups. Based on the opinion of Bodgan and Taylor cited by Moleong (2005), qualitative research produces descriptive data obtained through direct observation and interaction with

research subjects. This design is very suitable for research at the Women's Correctional Institution Class IIA Palembang, where the focus of the research is to explore the reality of social rehabilitation for prisoners who are drug addicts. Through interviews, observations, and documentation studies, researchers can gain an in-depth understanding of the implementation of rehabilitation and the various challenges faced.

Data collection techniques in this research include interviews, observations, and documentation studies, which are conducted directly in the field. Interviews involve face-to-face interactions with prisoners and rehabilitation officers, while observation allows researchers to directly observe rehabilitation behaviors and activities in correctional facilities. In addition, documentation studies play a role in collecting written data related to rehabilitation activities. Data validity was checked through source, technique, and time triangulation techniques, ensuring the validity and reliability of the research results. The data that has been collected is then analyzed using the Miles and Huberman analysis model, which involves the stages of data reduction, data presentation, and conclusion verification, so as to provide an accurate picture of social rehabilitation for drug addicts in Class IIA Palembang Women's Prison.

RESULTS AND DISCUSSION

Preliminary Assessment of the Implementation of a Rehabilitation Model for Addict Prisoners with a CBT Approach in Class IIA Palembang Women's Prison

Assessment consists of exploring together with the service user how their thoughts, feelings and behaviors contribute to the presenting problem in terms of frequency, intensity and duration. One of the stages in the CBT approach, the A-B-C model, is often used at the assessment stage. It was originally developed by Albert Ellis. This ABC model can be used to identify to provide treatment for patients who have unfavorable experiences that affect the relationship between emotional distress experienced by patients and patient confidence. Meanwhile, the results obtained based on information from the six informants regarding the Implementation of the Rehabilitation Model for Addict Prisoners with a CBT Approach at the Class IIA Palembang Women's Prison are the initial assessment carried out by the prison using the A-B-C method. The A-B-C method explains that female prisoners still experience several problems related to their emotions and anger, although there are also some who can control their emotions after participating in the social rehabilitation program. In addition, before conducting an intervention, namely social rehabilitation with a CBT approach, the Palembang Class IIA Women's Prison uses several indicators to determine the severity of the inmate's addiction to drugs (Rindaman, 2022).

The explanation of the ABC Model starts from "A" or what is meant by activating events or events that happen to a person. The event in question is in the form of triggering experiences from the patient such as problems in the family that continue to pass, problems in the scope of work, or unresolved past traumas that cause unhappiness from the patient (Fajar While based on information from the six informants, namely female inmates of Class IIA Palembang, some inmates previously had problems related to existing disorders such as trauma where female inmates at Class IIA Palembang Women's Prison previously felt that there were voices that disturbed them and their minds were not calm. However, by participating in this social rehabilitation program, these female prisoners do not experience things like that anymore. Furthermore, the ABC Model of "B" or belief is a person's belief in the truth of an experienced event. Model "B" is a form of continued reaction to model "A". So that model "B" has an irrational nature towards the

events faced. It even tends to self-destruct because of these unhappy thoughts. At the time before the implementation of the social rehabilitation program, many female prisoners in Class IIA Palembang Correctional Institution wanted to commit suicide, even the negative thoughts that existed in them often made them depressed. However, due to this rehabilitation program, some prisoners no longer have strange thoughts that make them still addicted to drugs. Finally, the ABC Model of "C" or consequence, which is the result or effect of behavior "B" referred to in this "C" model is the emotional consequences due to the cause of a person's belief in an event. These consequences can be in the form of neurotic symptoms and negative emotions such as panic, resentment, and anger due to depression that arises because of wrong beliefs. This condition still occurs even though the prisoner has conducted or participated in a social rehabilitation program at the Palembang Class IIA Women's Prison where the prisoner has not been able to control his emotions.

Cognitive behavioral therapy (CBT) is one of the most researched psychotherapeutic modalities and is used either together with psychotropic medications or alone in various psychiatric disorders. CBT is a short-term psychotherapeutic approach designed to influence emotional, behavioral, and cognitive dysfunction through systematic, goal-oriented procedures. Recent advances in CBT suggest a new view of "third wave" CBT that has greater impact and newer applications that can reduce the suffering of mentally ill patients (Saldanha et al., 2013). Cognitive behavior therapy (CBT) is a therapeutic approach that focuses on the relationship between a person's thoughts, feelings, and behaviors. This approach is based on the idea that the way a person sees and understands their experiences affects how they feel and act, (Abdillah & Fitriana, 2021). CBT aims to help inmates discover negative or unhealthy thought patterns that may cause or exacerbate psychological or emotional problems. Once they discover these thought patterns, inmates work with a therapist to change them into more realistic, adaptive and healthy thought patterns. By providing inmates with concrete skills, cognitive behavior therapy (CBT) aims to help them overcome their psychological problems by teaching them how to manage negative thoughts, cope with unhealthy emotions, and change unproductive behaviors.

This method is usually solution-centered and action-centered, with an emphasis on changes that clients can make in their daily lives. In cognitive behavior therapy (CBT), inmates are asked to challenge false thoughts and emotions by showing evidence that contradicts their beliefs about the problem they are facing. It is expected that therapists or counselors can help their clients identify and reduce their dogmatic beliefs. Therapists must be alert to ideas that appear suddenly that can be used to change clients, (Azhari, 2020). Cognitive behavior therapy (CBT) is effective in the treatment of various mental disorders, such as depression, anxiety, eating disorders, sleep disorders, post-traumatic stress disorder, and more. This approach is often tailored to the specific needs of the client and can be used in both individual and group therapy.

Intervention Implementation of Rehabilitation Model for Addict Prisoners with CBT Approach in Women's Prison Class IIA Palembang

In the intervention stage of Cognitive Behavioral Therapy (CBT), the counselor uses a CBT approach to help clients face and overcome negative thought patterns or cognitive distortions that impact their behavior and feelings. The counselor helps clients discover unhealthy or unrealistic thought patterns that arise in various situations. Then, they work together to confront these thought patterns and transform them into more realistic and adaptive thought patterns. During this process, the counselor may use various CBT

techniques, one of which is cognitive reformulation, which allows clients to evaluate and change the way they see things. Clients also receive assignments to apply the skills they have learned during counseling sessions. This helps to reinforce the desired changes. The technique of exposure training can also be used to help clients overcome specific anxieties or fears by gradually adapting. The counselor provides the necessary support to help clients change unhealthy thought patterns to more adaptive ones through these interventions, allowing them to better face life's challenges.

Cognitive Behavioral Therapy (CBT) is a form of psychotherapy that aims to address issues of psychological distress and dysfunction by exploring and addressing how the integration of thoughts, emotions, and behaviors leads to become more positive. (Trower et al, 1988; Vonk and Early, 2009). Cognitive Therapy focuses on behaviors and beliefs that may be changed related to drug use, to decide what changes are desired and to design the impact of the changes. This therapy begins with a cognitive analysis of current behavior, by thinking about understanding behavior, the resulting goal focuses on problems that must be addressed using various aspects of behavior and beliefs. While cognitive therapy used by the Palembang Class IIA Women's Prison in dealing with female prisoners who still have a sense of drug addiction is carried out through a social rehabilitation program through a CBT approach. Based on information from informants, it is at this CBT stage that the Palembang Class IIA Women's Prison provides different interventions to each group such as group therapy, individual therapy, educational and spiritual therapy.

In the Cognitive Behavior Therapy (CBT) process, which is to facilitate inmates to learn to recognize and change their mistakes. CBT is not only about positive thinking, but also related to happy thinking. Meanwhile, behavioral therapy helps build relationships through several problem situations with habits in reacting to problems. Individuals learn to change behavior, calm the mind and body so that they feel better (Adawiyah, 2020). As for some processes in the Cognitive Behavior Therapy technique, namely a) Assessment or diagnosis b) cognitive approach, c) counseling focus, d) behavioral intervention, e) belief change. Meanwhile, based on the findings in the field, the process of the Cognitive Behavior Therapy Technique of the Class IIA Palembang Women's Prison has several adjustments due to the limited conditions of the prison where there are individual and group counseling, morning meetings which aim to discuss topics related to addiction and recovery, and also collaboration with Lapsa in other programs such as education, skills and religion,

Based on the findings in the field, the purpose of the Cognitive Behavior Therapy technique in Class IIA Palembang Women's Prison is to change the perspective of prisoners from negative to positive thoughts. Most of the negative mindsets of female prisoners at the Palembang Class IIA Women's Prison are that no one cares about them, nor does their family care about them when they abuse drugs. They think that they have nothing to lose when they use drugs, they think that using drugs with their own money. Therefore, the Cognitive Behavior Therapy technique will help female prisoners in Class IIA Palembang Correctional Institution to think positively that what they did was wrong and help them not think negatively and avoid repeating drug abuse in the future.

Evaluation of the Implementation of the Rehabilitation Model for Addict Prisoners with a CBT Approach in the Women's Prison Class IIA Palembang

In the evaluation and termination stage of counseling with the Cognitive Behavioral Therapy (CBT) approach, the counselor conducts a thorough assessment of the client's progress throughout the counseling process. This involves reflecting on the achievement

of goals set initially, as well as evaluating changes in the client's behavior, thinking, and emotions during the counseling process. The counselor provides an opportunity for the client to reflect on their journey, identify achievements, and express their opinions about the counseling outcome. If the client feels that they have achieved satisfactory results and the set goals have been achieved, the counseling process can end positively. However, if there are still certain aspects that need to be improved or if the client feels not fully satisfied, the counselor is ready to continue or adjust the therapeutic approach according to the client's needs. In both cases, the focus remains on the client's satisfaction and well-being, as well as ensuring that the positive changes that have been achieved can be sustained in the long term. Careful evaluation and termination results in a satisfactory resolution for the client and enables them to move on with their lives better in line with their goals and aspirations.

The evaluation stage serves as an opportunity to identify any changes that occur in the intensity, frequency and duration of thoughts, feelings and behaviors as well as the extent to which the presenting problems have been reduced from pre- to post-intervention. Based on research conducted by Nurlita, et al regarding the implementation of CBT for individuals with drug abuse, it shows that CBT is an effective method to overcome drug addiction, especially for individuals who have been or are undergoing drug rehabilitation. Various techniques are used during therapy, such as relaxation techniques, cognitive restructuring, and coping strategies. Overall, CBT can help drug addicts overcome negative thoughts, emotions, and behaviors and prevent relapse.

Based on the findings in the field related to the evaluation of the implementation of social rehabilitation programs through the CBT approach, there are several indicators of success from the implementation of the program, namely the absence of addiction symptoms, the ability to cope with stress, life skills, and successful reintegration into society. Some of these success indicators are then used by the Palembang Class IIA Women's Prison to determine the success of the Social Rehabilitation program through the CBT approach. In the implementation of the Social Rehabilitation program through the CBT approach that the Palembang Class IIA Women's Prison based on the findings in the field that can find out the inmates have changed not to use drugs, it can be seen that the inmates have been able to build communication with the counselor, there is cohesiveness, medical consultations are reduced, they look more happy and open, the dynamics are better than initially the inmates were closed and closed themselves to the counselor and other inmates.

CONCLUSION AND SUGGESTION

Based on the results of the research, the implementation of a social rehabilitation model with a Cognitive Behavioral Therapy (CBT) approach for drug addict prisoners at the Palembang Class IIA Women's Correctional Facility has been implemented as a program aimed at fulfilling the rehabilitation rights of prisoners during the criminal period. This program focuses on reducing addiction and reducing recidivism rates. However, in its implementation, there are obstacles that result in the program not running optimally. Several stages such as assessment, grouping, intervention, and monitoring and evaluation are carried out to monitor the development of prisoners, but limited facilities and infrastructure are one of the main obstacles. In addition, the lack of motivation of inmates to participate in the program, limited counselors, and community stigma towards ex-inmates are also the main inhibiting factors for the success of this program.

To overcome these obstacles, this research proposes several solutions that can help improve the effectiveness of the rehabilitation program at the Palembang Class IIA

Women's Prison. One proposal is the addition of adequate facilities and infrastructure so that the program can be implemented optimally. In addition, efforts are needed to increase the motivation of prisoners through more effective coaching programs, as well as the addition of counselors who can provide intensive assessment and assistance. In addition, it is necessary to educate the community to reduce the stigma against former prisoners' drug addicts, so that their social reintegration process can run more smoothly. With this innovation, it is hoped that the rehabilitation program with the CBT approach can provide better results and have a positive impact on prisoners.

REFERENCES

- Aprilia, F., Harni, S. Y., & Ramli, S. N. F. (2023). Medical And Social Rehabilitation Of Patients With Narcotics Abuse. 1(2).
- Bruinsma, G., & Weisburd, D. (2014). Encyclopedia Of Criminology And Criminal Justice. Springer Reference.
- Dewi, S., & Nurjannah. (2022). Pendekatan Cognitive Behavior Therapy (Cbt) Dalam Upaya Pemulihan Eks Penyalahgunaan Narkotika. Jurnal Kopasta, 63–72.
- Dimas, P. R. M., & Rahaditya. (T.T.). Urgensi Rehabilitasi Sosial Terhadap Narapidana Pecandu Narkotika Di Lingkungan Lembaga Pemasyarakatan. Unes Law Review, 6(2).
- Equatora, M. A. (2017). Rehabilitasi Sosial Pengguna Narkoba. Bitread Publishing.
- Fattah, N. (2023). Metode Penelitian Kualitatif. Harva Creative.
- Fauzy, A., & Et Al. (2022). Metodologi Penelitian. Cv. Pena Persada.
- Fernanda, F. R. (2020). Efektivitas Pelaksanaan Rehabilitasi Sosial Terhadap Warga Binaan Pemasyarakatan Di Lembaga Pemasyarakatan Narkotika Kelas Iia Lubuk Linggau. 5(9).
- Firdaus, F., Syarif, A. H., Sofyan, D. I. B., & Azzahra, S. A. (2023). Studi Literatur: Manfaat Konseling Individu Pada Warga Binaan Permasayarakatan Dengan Berbagai Pendekatan Terapi.
- Hardani, & Et Al. (2020). Metode Penelitian Kualitatif & Kuantitatif. Cv. Pustaka Ilmu Group.
- Hasanah, H. (2017). Teknik-Teknik Observasi (Sebuah Alternatif Metode Pengumpulan Data Kualitatif Ilmu-Ilmu Sosial). At-Taquaddum, 8(1), 21.
<https://doi.org/10.21580/At.V8i1.1163>
- Hikmawati, F. (2017). Metodologi Penelitian. Pt Grafindo Persada.
- Irianto, A. (2019). Riset Kesehatan Dampak Penyalahgunaan Narkoba. Pusdatin Bnn Ri.
- Isra, F. (2020). Keterampilan Konselor Dalam Mengembangkan Manajemen Bimbingan Konseling Di Sekolah. Ijoc: Indonesian Journal Of Counseling And Education, 1(2), 48-53.
- Kataja, K., Lantela, P., & Romakkaniemi, M. (2022). Dimensions Of Social Rehabilitation: A Qualitative Interpretive Meta-Synthesis. Journal Of Social Work, 22(1), 109–129.
<https://doi.org/10.1177/1468017320979544>
- Kumar, A., & Sharma, A. (T.T.). Observation Method: A Review Study.
- Kurniasih, D. (2021). Teknik Analisa. Alfabeta.
- Moleong, L. J. (2005). Metodologi Penelitian Kualitatif. Pt Remaja Rosdakarya.
- Nursapia. (2020). Penelitian Kualitatif. Wal Ashri.
- Pasaribu, B., & Et Al. (2022). Metodologi Penelitian Untuk Ekonomi Dan Bisnis. Media Edu Pustaka.
- Purwanti, & Et Al. (2021). Keberagaman Metode Penelitian Akuntansi Dalam Bingkai Multiparadigma. Mitra Wacana Media.

- Qalbi, N., & Et Al. (2022). Pengaruh Cognitive Behavioral Therapy (Cbt) Terhadap Selfesteem Pengguna Methamphetamine. *Journal Of Muslim Community Health (Jmch)*, Vol. 3, No. 2., Page 24-34.
- Radhiani, F. A., & Widiningsih, Y. (2016). Psikologi Adiktif. Utama Grafika.
- Radiani, W. A. (2017). Cognitive Behavior Therapy Untuk Penurunan Depresi Pada Orang Dengan Kehilangan Penglihatan. *Insight: Jurnal Ilmiah Psikologi*, 18(1), 66. <https://doi.org/10.26486/psikologi.v18i1.349>
- Rosdi, A., & Et Al. (2018). Rehabilitasi Sosial Holistik—Sistematik Terhadap Korban Penyalahgunaan Napza Di Brskpn. Brskpn Galih Pakuan.
- Saldanha, D., Bhattacharya, L., Chaudari, B., & Menon, P. (2013). Cognitive Behavior Therapy. *Medical Journal Of Dr. D.Y. Patil University*, 6(2), 132. <https://doi.org/10.4103/0975-2870.110294>
- Sidiq, U., & Choiri, M. (2019). Metode Penelitian Kualitatif Di Bidang Pendidikan. Cv Nata Karya.
- Wahyu, U. R., & Kurniati, M. (2019). Studi Kasus Dampak Penerapan Cognitive Behaviour Therapy (Cbt) Terhadap Stres Narapidana Lapas Kelas Ii A Bengkulu. *Nusantara : Jurnal Ilmu Penegtauhan Sosial*,.
- Yenes, E., & Karneli, Y. (T.T.). Efektivitas Cognitive Behavior Therapy Dengan Teknik Thought Stopping Untuk Menurunkan Tingkat Kecemasan Narapidana Penyalahgunaan Narkoba Di Lapas Klas Iib Lubuk Basung. 7(2).
- Yusuf, A. M. (2017). Metode Penelitian: Kuantitatif, Kualitatif Dan Penelitian Gabungan (4th Ed.). Jakarta: Kencana. <http://marefateadyan.nashriyat.ir/node/150>
- Zamboni, L., & Et Al. (2021). The Effectiveness Of Cognitive Behavioral Therapy Techniques For The Treatment Of Substance Use Disorders A Narrative Review Of Evidence. *The Journal Of Nervous And Mental Disease*.