Self-concept and Decision-making for Ex Drug Addict

Novendawati Wahyu Sitasari, Ravinder Kaur and Safitri M.
Department of Psychology, Faculty of Psychology, Universitas Esa Unggul,
Jl. Arjuna Utara No. 9 Kebon Jeruk, Jakarta Barat, Indonesia

Keywords: Ex Drug Addict, Self-concept, Decision Making, Drug, Effect of Drug.

Abstract: Ex drug addict face many challenges in making decisions, ranging from the impact of drug use on brain function to expectations and negative treatment from their communities. The ability of ex-drug addicts to make decisions is thought to be influenced by their self-concept. The purpose of this study is to determine the relationship between self-concept and decision-making for an ex-drug addict. The design of this research is non-experimental quantitative research with non-probability sampling using the snowball technique. A number of samples are 34 ex-drug addicts. Measuring of self-concept was based on the theory by Berzonsky, with 55 valid items and 0.970 reliability value. Measuring of decision-making was based on the theory by Janis and Mann, with 28 valid items and 0.968 reliability value. The results showed that there was a significant, positive and strong correlation between self-concept and decision making (sig. 0.000 and r = 0.622). Self-concept has an influence on decision-making as much as 38.7%, with 61.3% being influenced by other factors. The majority of the subjects had a negative self-concept (55.9%) and poor decision-making (52.9%). Ex drug addict who had negative self-concept were more unable to make decisions.

1 INTRODUCTION

Based on the World Drug Report (2010) there were 149-272 million people who used drugs at least in 2009. In Indonesia, the number of drug abusers is estimated by 3.8 million to 4.1 million people who have used drugs (current users) in groups aged 10-59 years in 2014. So, there are 1 in 44 to 48 people age 10-59 years old still or have used drugs based on the Final Report of the National Survey on Drug Abuse Development in 2014. That number continues to increase with reference to the results of research conducted by Badan Narkotika Nasional (BNN) and Puslitkes UI which estimated the number of drug users reached 5.8 million people in 2015. Based on the Data and Information Center of the Indonesian Ministry of Health (2017) the number of drug suspects in the last 5 years 2012-2016 the most cases crystal meth (shabu) 3,559, followed by marijuana 172 suspects and ecstasy 194 suspects.

There are three main factors for a person to uses drugs (Mardiati, 2015), is for fun, for function, or for forgetting. Other factors that influence someone using drugs are demographic, socio-economic, cultural factors including the values held by the community where the individual was located (http://aids-ina.org/).

Drug use will turn into addiction or dependence when the users feel they have no power to resist the effects of the drug. It can happen because drugs contain psychoactive effects, that change the mood, cognitive, and behavior of the users (Sarafino in Purba J, 2011). Especially for crystal meth, this drug has a very strong influence on nerves. Users of this drug will be dependent and will continue for a long time, even can cause heart disease or even death. The resulting effect is weight loss, often hallucinations, damage to organs, such as the liver, and stomach. It also will affect the thought process and concentration. Using crystal meth will damage a person's nerves and cognitive processes and this can lead to decreased thought function and reasoning of crystal meth addicts (BNN in Purba J, 2011).

Chronic use of crystal meth also affecting cognition for the long term, as well as attention. Where various aspects of attention from concentration are influenced by the use of chronic methamphetamine which causes damage to neurons in the frontal and prefrontal cortex of the brain. Chronic problems include being difficult to focus and concentrate over the long term. Damage that occurs as a result of misuse of crystal meth also affects the ability of individuals to suppress impulses and become unable to make judgments or resolve

problems. This inability also varies from one individual to another. In memory function, studies have shown that the ability to encode and remember information has significantly decreased both in animals and humans using chronic crystal meth. Also same for the function of movement that is damaged in a number of neurons in the brain related to motor function, including reaction time, fine motor coordination and complex movement abilities and also in simple movement functions, such as walking. The last influence of chronic crystal meth also affects the ability to control emotions, such as mood swings, chronic depression, chronic apathy, loss of motivation, aggression issues, irritability, violence, and even self-injury and or suicide. This reflects the depletion of neurotransmitters and structural damage that results from chronic misuse of crystal meth (www.americanaddictioncenters.org).

The process of recovering drug users is not a short process and can't be done easily. Before it was truly said to be "free" from drugs, there were times when the junkie relapsed. Relapse is a return to the previous behavior, which is reusing drugs. Relapse is highly likely to occur in the first week or month when stopping drug use (Sarafino in Purba R, 2011).

Being an ex-drug addict is not a guarantee that he is free from the temptation of drugs forever. The biggest temptation for ex-drug addicts is when they meet up with fellow users or new friends that still using drugs. In addition, ex-drug addicts will face the temptation to fight the challenges and desires from within themselves to use drugs again (relapse), which is very dependent on the decision making of former drug users themselves (Afriani, 2016).

When a drug user looking back to his or his friends experience while using drugs, such as seeing family relationships destroyed by his actions, not having a job, the possibility of dying due to overdosage, being caught by police and imprisoned, then think what he has done can destroy his future so he decided to stop to use drugs with the assistance available, among others, looking for people who can be trusted, consult with available institutions and also go to rehabilitation centers or religious center. However, according to Weiss & Mirin (in Purba J, 2011), not all ex-drug addict succeed to be stopped when faced with all the consequences such as be dope up (sakaw), being hated by other addicts, hated by family, having no friends and being ostracized, embarrassed and feel they have low self-esteem, feeling despised and poor and also enduring extreme pain, anxiety, and depression, even to the point of committing suicide. The consequences and confronted with these constraints drug users are able to return to the right direction or re-use drugs.

According to Dietrich (2010), there are several factors that influence decision making. These factors are past experiences, cognitive biases, age and individual differences, belief in personal relevance and an increase in commitment. Experiences, knowledge, maturity of age, character and also different levels of commitment to ex-drug addicts can determine the direction of decision making. When the experience that he went through while using drugs makes him deterred, the possibility to stop using drugs is higher. The same with the cognition of an ex-drug addict, if he uses drugs for a long time then the effect on his cognition is also quite severe so that it can influence decision making.

According to Suharnan (2005), decision making is the process of selecting or determining various possibilities among uncertain situations. Decision making occurs in situations where a person must make predictions ahead, choose one of two or more choices, make estimates about the frequency of estimates that will occur. One function of thinking is setting decisions. Decisions are taken by a variety of people but the signs generally include: the decision is the result of thinking, the results of intellectual effort, decisions always involve the choice of various alternatives, decisions always involve concrete action, although the implementation may be deferred or forgotten (Rachmat, 2012).

According to Janis and Mann (in Sihaloho, 2014), the decision-making process will go through 5 stages namely assessing new information, looking at alternatives, considering alternatives, making commitments and surviving despite negative feedback. The five stages do not always take place optimally (not all must be passed and do not have to be sequential). This is due to differences in learning processes and experiences. When someone facing choices, what is expected is that the person can see the choice to be made from various points of view and can think about the advantages and disadvantages of what he will choose. Just like a drug user, when he is confronted with the choices in front of him such as broken family relationships, social environment, education and economic issues, whether to continue using drugs or choose to stop and try to fight for a better life and fix all the problems that have been inflicted during drug use.

According to Suprayogi (2012), individual self-concept influences individual behavior. A person's self-concept can affect the way of thinking that will determine a person's behavior. The self-concept of an ex-drug addict, both positive and negative self-

concepts will influence decision making. Negative self-concept makes ex-drug addicts judge themselves as individuals who are guilty so that he tends to withdraw from the social environment or indifferent to what will happen to him or the environment around him. Whereas ex-drug addicts who have a positive self-concept will direct themselves to see their current situation as an opportunity to prove that they can function again in the community and deserve to receive good things like everyone else.

Self-concept is something that all individuals have. Calhoun and Acocella (in Sitompul, 2013) revealed that self-concept is a personal view that a person has about himself. The concept of self can be formed and developed through the experiences they experienced in everyday life when interacting with others. Individual self-concept is closely related to how the assessment of the people around him and then have an impact on how individuals judge themselves. In line with Calhoun, Berzonsky (in Harianja, 2011) argues that the self-concept is a picture of a person, both his perception of his real self and his evaluation based on his expectations which are a combination of physical, psychological, social, and moral aspects. Thus, this self-concept is not a descriptive description of the self, but also an evaluation of the physical, psychological, and moral self.

An ex-drug addict who has a positive self-concept: able to accept themselves, able to recognize themselves, able to evaluate themselves, able to think realistically and be able to set goals according to their competencies. Positive self-concept determines the direction a person sees problems, successes, and relates to others (Sitasari, 2007). Therefore, when an ex-drug addict has a positive self-concept, he is able to think realistically to make good decisions for himself and his environment. Apart from that, he can evaluate himself and also the decisions made. In contrast to ex-drug addicts who have negative self-concepts will have a tendency to instability and self-ignorance, do not have the confidence to be able to change their habits, feel their lives have been destroyed or feel like trash that must be removed from the community so that it is difficult to make the right decisions for themselves and their environment. The purpose of this study was to determine the correlation between self-concept and decision making for ex-drug addicts. The hypothesis was a positive correlation between self-concept and decision making for ex-drug addicts.

2 METHODOLOGY

This research included quantitative research and classified as correlational research, which is to see the correlation between two variables, namely self-concept and decision making for ex-drug addicts. The population in this study were ex-drug addicts who did not relapse from rehabilitation institutions, government agencies or community components with a total of 2,131 people in Jakarta. In examining the sample, researchers used Sugiono's theory (2010) which explained that decent sample size in the study was between 30 to 500. During 7 weeks of spreading data, 34 samples were obtained that were ex-drug addicts age 18-40 years old, had used meth and have stopped using drugs for at least 2 years. The sampling method in this study is Non-Probability Sampling using snowball sampling techniques that are considered most appropriate for use in research.

The measuring instrument used is a form of questionnaire Likert scale. Researchers will distribute questionnaires consisting of three parts. The first part of the questionnaire was shown to obtain the identity of the research subjects. The second part measures the scale of self-concept which contains a number of statements and the third part of the questionnaire to measure decision making.

The self-concept scale used in this study adapted based on aspects of self-concept formulated by Berzonsky compiled by Sitasari (2007), which was tested with a reliability of 0.90. These aspects consist of physical, social, moral and psychological aspects. The scale of decision making used in this study based on the decision-making aspects formulated by Janis and Mann compiled by Mukti (2016) which has been tested with the reliability of 0.957. These aspects of decision making consist of assessing problems, looking for alternative choices, considering alternative choices, making commitments, and surviving despite negative feedback.

The validity test of the self-concept measuring instrument was carried out using the construct validity technique with the Pearson product-moment formula, obtained from 60 items there were 5 items that were declared null or invalid because (r <0.3). So that there are 55 valid items with (r>0.3). Whereas the decision-making measuring instrument obtained results from 47 items there were 19 items that were declared invalid or invalid because (r <0.3) so that the remaining 28 items were valid with a value (r> 0.3).

The results of the reliability test by looking at the estimation of internal consistency using alpha Cronbach (α), the results obtained that the value of the reliability coefficient of self-concept after the trial

of (α) = 0.970 (α> 0.70), so it can be said to measure self-concept in research this is very reliable. And the results of the reliability coefficient of decision making after the trial of (α) = 0.968 (α> 0.70), so it can be said that the decision-making measurement tool in this study is very reliable. This study uses the Pearson Product Moment correlation technique to test hypotheses or the correlation between two self-concept variables and decision making to stop for ex-drug addicts.

3 RESULT AND DISCUSSION

Based on gender, the subjects were dominated by male subjects were 27 subjects (79.4%), followed by women were 7 subjects (20.6%). Based on the length of stopping using drugs in this study, it was dominated by subjects with long stopping for more than 2 years by 27 subjects (79.4%), while those less than 2 years were 7 subjects (20.6%).

Based on the results of the normality test data with the Kolmogorov-Smirnov Test One-sample technique, the significance value of the self-concept test was obtained at sig p = 0.200 (p> 0.05) and decision making by Sig. p = 0.068 (p> 0.05). This means that both research data are normally distributed.

Based on the results of data processing, Sig. P = 0.000 which means there is a significant relationship between self-concept and decision making. The correlation results show that the value of r = 0.622 which means there is a positive and strong correlation between self-concept and decision making. Value r2 = 0.387 which means there is a contribution or influence of self-concept on decision making. Then it can be concluded that the hypothesis is accepted.

The categorization of self-concept variables was carried out. The self-concept variable category has two levels, namely positive and negative, positive and very positive groups will become positive groups, while negative and very negative groups will become negative.

Table 1: Self Concept Categorization 2 Levels.

Self-Concept	Decision Making				Total
	Unable		Able		
Negative	13	72.2%	6	37.5%	19
Positive	5	27.8%	10	62.5%	15
Total	18	100.0%	16	100.0%	34

From table 1 we get the results of 19 ex-drug addicts with a negative self-concept (55.9%). Whereas former drug users with positive self-concepts were 15 subjects or (44.1%). The data above shows that there are more ex-drug addicts with negative self-concepts than positive ones. This is because ex-drug addicts tend to have negative views on physical aspects. Where ex-drug addicts feel their physical appearance is not attractive so they feel less confident to appear in public.

Table 2: Decision Making Categorization 2 Levels.

Categorization	Total	Percentage
Able	16	47.1%
Unable	18	52.9%

Categorization of decision-making is divided into two, namely able and unable, the able and very capable groups will become able groups, while those who cannot and cannot afford will become unable. From table 2 above we get the results of 18 ex-drug addicts who are unable to make decisions (52.9%). While 16 others are able to make decisions (47.1%). The data above shows that there are more drug users who are unable to make decisions than those who are able to make decisions. This is because in the decision-making process, ex-drug addicts are most unable to assessing new information and making commitments. They tend to find it difficult to find a way out of their problem so they decide not to think about the problem at hand. At the stage of making commitments, ex-drug addicts sometimes do not have the understanding and planning for the commitments they will take and they do not want or are able to notify people around them of the commitments they made.

Table 3: Description of self-concept towards decision making for ex-drug addicts.

Categorization	Total	Percentage
Positive	15	44.1%
Negative	19	55.9%

Based on table 3 above, it was found that ex-drug addicts who were unable to make more decisions had 13 negative self-concepts or 72.2%, while ex-drug addicts who were able to make more decisions had 10 positive self-concepts or by 62.5%. This data is also supported by the results of the chi-square between self-concept and decision making for ex-drug addicts,

obtained a Sig value of 0.042 (p <0.05) which means there is a correlation between self-concept and decision-making for ex-drug addicts.

Table 4: Self-concept categorization of gender in ex-drug addicts.

Self-Concept	Male		Female		Total
Negative	14	51.9%	5	71.4%	19
Positive	13	48.1%	2	28.6%	15
Total	27	100.0%	7	100.0%	34

From table 4 the results show that there were more than 14 male ex-drug addicts with negative self-concepts or 51.9%, while female ex-drug addicts also had more negative self-concepts of 5 or 71.4%. This shows that both male and female ex-drug addicts have negative self-concept tendencies. The results of the chi-square between the sex types of self-concept for ex-drug addicts have obtained Sig. values of 0.353 (p> 0.05) which means there is no correlation between gender with the self-concept for ex-drug addicts.

4 DISCUSSION

When ex-drug addicts stop using drugs, the effects of drug use persist such as, their ability to think has decreased so that it is difficult to focus in the long term, unable to make judgments and resolution of problems that are quite low, decreased memory ability, the existence of obstacles or decreased motor function and also problems in controlling emotions. All of these impacts will influence the decision making for ex-drug addicts from the simplest to the most complex, such as making decisions for education that suits their interests and talents, work according to their abilities, choosing the best life partner to not return to using drugs or relapse.

Ex drug addict that has a positive self-concept is ex-drug addicts can accept and understand the advantages and disadvantages of conditions that have occurred to him so that the ex-drug addicts can found his true identity. Positive self-concept determines the direction someone sees problems, successes, and relates to other people. Whereas negative self-concept determines the perspective of someone who is pessimistic about competition as revealed in their unwillingness to compete with others in making achievements (Yuniarti in Sitasari, 2007).

Positive self-concept makes ex-drug addicts know how to treat themselves in various conditions so that they are not easily influenced by bad things anymore. By not using drugs he becomes more able to control his emotions, realize the shortcomings and can cover it. Although the state of health, appearance, and gestures are not like they used to before use drugs, they are sure of who they are today (Puspasari, 1899).

This can be seen in the decision making for ex-drug addicts who have a positive self-concept in deciding their field of work. Ex drug addicts who have a positive self-concept will be able to make decisions at work. This is because work is an embodiment of self-concept. This means that ex-drug addicts who have positive self-concepts will try to apply the self-concept by choosing work, which according to ex-drug addicts is most likely to express themselves (Super in Tanaka, 2016). Whereas ex-drug addicts who have negative self-concepts are unable to make decisions at work because they cannot see work as an expression of their self-concept.

Ex drug addicts who are able to make decisions in education due to having a positive self-concept. This is because ex-drug addicts have self-knowledge, which influences the way they process information and take action, define themselves or social identities based on traits that distinguish themselves from others and have interpersonal relationships. However, this condition is different when an ex-drug addict has a negative self-concept, the belief or decision he made will inevitably bring big problems so that his decision becomes weak (Sani & Frieda, 2015).

Ex drug addicts who have a positive self-concept will be able to make decisions in deciding marriage. Decision-making to get married to ex-drug addicts is the end result of the decision-making process. This goes through the stages of decision making and is influenced by internal and external factors (Tuapattinaya & Hartati, 2014). While ex-drug addicts who have a negative self-concept are not able to go through the stages of the decision-making process.

Ex drug addicts who have a positive self-concept will be able to make the decision to refuse drug reused because he can manage his feelings and stimuli and measure the temperament of himself and others (Novitasari and Sudarji, 2017). This will be different for ex-drug addicts who have a negative self-concept where the tendency to use drugs or relapse is higher.

The Pearson Correlation test results in this study obtained Sig. p = 0.000 (p <0.05) means that the hypothesis is accepted, in other words, there is a significant correlation between self-concept and decision making for ex-drug addicts. Pearson

correlation values indicate a correlation value of r = 0.622, which means having a positive or strong correlation between self-concept and decision making. Being positive in this study means that the correlation that occurs between self-concept and decision-making is a relationship that is directly proportional, which means that the more positive the self-concept of an ex-drug addicts, the abler the ex-drug addicts are in making decisions, the more negative the self-concept is the less able ex-drug addicts in making decisions. The results of this study are in-line with the results of research conducted by Tanaka (2016) regarding the relationship between self-concept and career decision making in students of SMK Muhammadiyah Salatiga, stating that students with very positive self-concepts have a level of career decision making in the capable category. The results of a study conducted by Halida (2014) also stated that there was a correlation between self-concept and career decision making in class XII of SMK Negeri 1 Jenang Ponogoro in the academic year 2013-2014. This is because students who can make high career decisions tend to have positive self-concepts.

Other than that, from the results of the cross-tabulation test between self-concept and decision making, it is produced that there is a correlation between self-concept and decision making ($p = 0.042 < 0.05$). From the data obtained shows that ex-drug addicts who are unable to make decisions have more negative self-concepts as many as 13 subjects or (72.2%). Whereas ex-drug addicts who were able to make more decisions had positive self-concepts of 10 subjects or (62.5%).

Based on the contribution value of r^2 which is 0.387, it shows that self-concept contributes 38.7% to decision making and the remaining 61.3% is influenced by other factors outside the self-concept that can influence the decision making that is not discussed in this study. This is in line with the results of research conducted by Sani & Frieda (2015) regarding the correlation between self-concept and decision-making to become students at Pondok Assalaam Temanggung, that self-concept variables make an effective contribution of 60.5% to decision making. Likewise, with research conducted by Tanaka (2016) regarding the correlation between self-concept and career decision-making for students of SMK Muhammadiyah Salatiga, self-concept variables made an effective contribution of 17.1% to decision making.

The results of cross-tabulation between sex and self-concept produced that there was no correlation between male and female gender with self-concept (p = 0.353> 0.05). But from the data, it can be seen that ex-drug addicts who have negative self-concept found in the male gender as many as 14 subjects or (51.9%) and also as many as 5 subjects or women (71.4%). The results of this study are in line with the results of research conducted by Arens & Hasselhorn (2014) regarding age and gender differences in the correlation between self-concept facets and self-esteem, which states there is no correlation between sex with aspects of self-concept and self-esteem. Nor was it found that gender stereotypes did not have a role between self-concept and self-esteem. So that the positive and negative self-concepts are not built based on gender.

The results of cross-tabulation between time to stop using drugs with self-concept resulted that there was no correlation between time to stop using self-concept (p = 0.102> 0.05). But from the data obtained, it is produced that ex-drug users with a duration of fewer than 2 years have a more positive self-concept as many as 5 subjects or (71.4%) compared to ex-drug addicts with a long-term stop of more than 2 years who have a negative self-concept as many as 17 subjects or (63.0%).

Based on the results of cross-tabulation between sexes with decision-making for ex-drug addicts, it was found that there was no correlation between male and female sexes with decision making (p = 0.549> 0.05). But from the data, it can be seen that there are more female ex-drug addicts who are able to make decisions as many as 4 subjects or (57.1%), while more men are not able to make decisions as many as 15 subjects or (55.6%). The results of this study are in line with the results of Missri (2008) regarding gender differences in decision-making processes: a computerized experiment, stating that there is no clear evidence that shows that one sex is better than the other in making decisions. Both have many differences in choices and differences in several other aspects, but no sex is superior to the others. This is because men and women have decreased ability to see the problem as a whole when the problem becomes complex.

The results of cross-tabulation between the time to stop using drugs and the decision making resulted that there was no correlation between the time to stop using the decision (p = 0.147> 0.05). But from the data obtained, it is produced that ex-drug users with a long stop of fewer than 2 years are more capable of making decisions as many as 5 subjects or (71.4%) compared to ex-drug addicts with a long stop of more than 2 years who are unable to make decisions as many as 16 subjects or (59.2%).

5 CONCLUSIONS

Based on the results of data processing that has been done from research on the correlation between self-concept and decision making for ex-drug addicts, a significant, positive and strong correlation was found between self-concept and decision making (sig. 0,000 and r = 0.622). Self-concept influences decision making by 38.7% and the rest is influenced by other factors.

The self-concept of the majority for ex-drug addicts was negative (55.9%) and the majority of ex-drug addicts' decision making was incapable (52.9%). Ex drug addicts who are unable to make decisions tend to have negative self-concepts (72.2%), while ex-drug addicts who are able to make decisions tend to have positive self-concepts (62.5%).

There was no correlation between sex with self-concept (p = 0.353> 0.05) and also there was no correlation between length of stop using drugs with self-concept (p = 0.102> 0.05).

REFERENCES

Arens, A.K., & Hasselhorn, M. (2014) Age and gender differences in the relation between self-concept facets and self-esteem. *E-Jurnal Dewasa Awal*, 34 (2014) 6, S. 760-791. Diambil dari *https://www.pedocs.com*

Afriani, S. M. (2016). *Proses pengambilan keputusan untuk berhenti menggunakan narkoba pada mantan pecandu narkoba di wilayah Denpasar* (Skripsi, Universitas Udayana). Diambil dari http://erepo.unud.ac.id/18870 American Addiction Center. Diambil dari (https://americanaddictioncenters.org/meth-treatment/effects-on-the-brain-and-cns/).

Badan Narkotika Nasional Republik Indonesia 2014. Diambil dari http://www.bnn.go.id/portal/_uploads/post/2015/03/11/Laporan_BNN_2014_Upload_Humas_FIX.pdf

Dietrich, C. (2010). Decision Making: Factors that influences decision making, heuristc used, and decision outcomes. *E-Jurnal Psikologi,* 2(02). Diambil dari http://www.studentpulse.com/a?id=180

Harianja, K.N. (2011). *Konsep diri wanita pekerja seks komersial* (Skripsi, Universitas Sumatera Utara). Diambil dari http://repository.usu.ac.id/

Mardiati, R. (2015). *Catatan darimata kuliah Psikologi Napza.* Ratna Mardiati. Arsip dari Psikologi Napza, Universitas Esa Unggul, Jakarta.

Missri, E. (2008). *Gender differences in decision making processes: a computerized experiment.* (Honors Seminar Thesis). Diambil dari https://www.citeseerx.ist.psu.edu

Mukti, G. (2016). *Gambaran dimensi dominan pengambilan keputusan pada remaja di Kalideres*

untuk menggunakan ganja (Skripsi, Unversitas Esa Unggul). Diambil dari http://digilib.esaunggul.ac.id/

Novitasari, C., & Sudarjii, S. (2017). Gambaran reiliensi pada mantan pengguna narkoba. *Jurnal Psikologi.* Diambil dari http://jurnal.unissula.ac.id

Purba, J. L. (2011). *Gambaran proses pengambilan keputusan berhenti menggunakan narkoba* (Skripsi, Universitas Sumatera Utara). Diambil dari http://repository.usu.ac.id/

Purba, R. P. S. (2011). *Dinamika faktor-faktor resiliensi pada mantan pecandu narkoba*.(Skripsi, Universitas Sumatera Utara). Diambil dari http://repository.usu.ac.id/

Puspasari, R. K. (1999). *Konsep Diri Mantan Pengguna Narkoba.* (Skripsi, Universitas Gunadarma). Diambil dari http://library.gunadarmaac.id/

Rachmat, J. (2012)*. Psikologi Komunikasi (edisi 28).* Bandung: PT. Remaja Rosdakarya

Sani, F., & Frieda, N.R.H. (2015). Konsep diri dan pengambilan keputusan menjadi santri di Pondok Assalaam Temanggung. *E-jurnal Psikologi, 4*(4), 163-172. Diambil dari www.portalgaruda.org

Sugiyono. (2010). *Metode Penelitian Pendidikan.* Bandung: Alfabeta.

Sihaloho, N. (2014*). Tahapan pengambilan keputusan menjadi pekerja seks komersial pada remaja putri* (Skripsi, Universitas Sumatera Utara). Diambil dari http://repository.usu.ac.id/

Sitompul, D. (2013). *Gambaran self concept anak pendeta yang menggunakan napza* (Skripsi, Universitas Esa Unggul). Diambil dari http://digilib.esaunggul.ac.id/

Sitasari, N. W. (2007*). Konsep diri dan penyesuaian diri mantan pengguna napza.* (Skripsi tidak diterbitkan). Universitas Muhammadiyah Surakarta, Surakarta.

Suharnan. (2005). *Psikologi Kognitif.* Surabaya: Srikandi.

Suprayogi, N. M., & Firsty, D.A. (2012). Hubungan konsep dan kecemasan dengan pengambilan keputusan untuk berobat ke dokter spesialis. *E-Jurnal Psikologi Kesehatan*, 3(1), 270-281. Diambil dari http://journal.binus.ac.id/index.php/Humaniora/article/view/3311

Tanaka, O. S. (2016). *Hubungan antara konsep diri dengan pengambilan keputusan karir pada siswa SMK Muhammadiyah Salatiga* (Skripsi, Universitas Kristen Satya Wacana). Diambil dari http://repository.uksw.edu

Tuapattinaya, Y. I. F., & Hartuti, S. (2014). Pengambilan keputusan untuk menikah beda etnis: studi fenomenologis pada perempuan Jawa. *Jurnal Psikologi Undip, 13*(1)*,34-41*.

World Drug Report (2010). Diambil dari https://www.unodc.org/documents/wdr/WDR_2010/World_Drug_Report_2010_lo-res.pdf