

POST-REHABILITATION OPPORTUNITIES AND CHALLENGES IN ACHIEVING INDEPENDENCE AMONG FORMER DRUG USERS AT THE TANAH MERAH REHABILITATION CENTER, SAMARINDA

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Abstract: This study examines the opportunities and challenges faced by former drug users in achieving independence after completing rehabilitation at the Tanah Merah Rehabilitation Center in Samarinda. Using a qualitative approach, data were collected through in-depth interviews with ten informants who had reached the stable stage of rehabilitation. The data were analyzed using a SWOT framework to identify internal and external factors influencing post-rehabilitation independence. The findings show that strong family support constitutes the primary strength that motivates individuals to sustain recovery. However, several weaknesses remain, including difficulties resisting peer pressure, emotional instability, and cognitive limitations such as concentration and memory problems. In terms of opportunities, former users attempt to rebuild their independence through entrepreneurship, returning to previous employment, obtaining new jobs, or continuing education. Nevertheless, the transition toward independence is constrained by several threats, particularly unsupportive social environments, societal stigma, and the absence of structured post-rehabilitation mentoring programs. These findings indicate that achieving independence after rehabilitation is not determined solely by individual motivation but also by the availability of supportive social environments and long-term institutional support. Strengthening community-based

rehabilitation strategies, vocational programs, and sustainable aftercare systems is therefore essential to reduce relapse risks and enhance the long-term social reintegration of former drug users.

Keywords: Rehabilitation; SWOT Analysis; family support; social environment; individual resilience

Introduction

Drug abuse involving narcotics, psychotropic substances, and other addictive substances is a complex social phenomenon that places individuals in marginal conditions, where they often lose their status as functioning members of society. Former drug abusers who have completed rehabilitation are positioned in a transitional space between social exclusion and the hope of reintegration. However, the stigma and exclusion attached to them keep them in a liminal position, where they are not fully recognized as part of a productive social structure

In Emile Durkheim's perspective, individuals who become separated from social norms and values will experience anomie, a condition in which social rules no longer hold relevance for them. The existence of former drug abusers in society is often characterized by the loss of legitimate social identity, causing them to be viewed as deviant entities who do not have a clear place within the social order. This irregularity creates uncertainty in their efforts to gain independence and return to fulfilling the social roles expected of them. Rehabilitation efforts for drug abusers in Indonesia are increasingly understood as a complex social process, not merely a medical one. Effective social rehabilitation models require a combination of cognitive behavioral therapy and psychosocial counseling to minimize the risk of relapse and to enhance clients' abilities to adapt socially. These findings reinforce that rehabilitation cannot stop at the medical aspect alone, but must include intensive assistance involving behavioral formation, emotional support, and social reintegration (Rahmadila & Equatora, 2025).

In line with the findings of Erliyani, rehabilitation does not only require medical aspects but also strong social support to prevent relapse (Erliyani et al., 2024). However, as discovered by Borry, social pressure from the previous environment can

increase the risk of relapse (Borrry et al., 2024). The tension between rehabilitation approaches and the legal system often worsens the stigma faced by former drug abusers (Ritonga & Suriadi, 2025). Meanwhile, Gunawan shows that community-based communication has a crucial role in rebuilding their social relationships (Gunawan et al., 2024). The aftercare stage becomes a critical point in maintaining long-term recovery. In the post-rehabilitation phase, drug abusers experience sharp emotional changes, increased anxiety, and weakened self-control. Without continuous assistance, clients become highly vulnerable to returning to old behaviors. This explains why aftercare programs have become a mandatory component in modern rehabilitation (Asmadi & Sansuwito, 2025).

The SWOT analysis in this study is used to map how the social system treats former drug abusers in their efforts to re-enter society. Strengths in the rehabilitation system can be seen through existing structural support such as job training and social guidance programs designed to return individuals to productive lives (Safitri & Habibie, 2024). However, weaknesses appear in the form of a social system that tends to create exclusive boundaries, where former drug users continue to be viewed as problematic individuals even after completing rehabilitation (Chengyu et al., 2024). Family support becomes one of the most important pillars in rehabilitation success. Family involvement can reduce relapse risk through emotional support, material assistance, and a sense of social attachment that strengthens clients' motivation. These studies emphasize that the family is the main foundation in the recovery process and must be involved at every stage of rehabilitation (Azwar et al., 2025).

Furthermore, opportunities for former drug abusers to achieve independence depend on the extent to which society is willing to accept them back and provide meaningful spaces for reintegration. In this context, community-based programs and social rehabilitation can function as mechanisms that reduce the effects of anomie by rebuilding social norms that can be internalized by former users (Krisno et al., 2025). Conversely, the biggest threats they face are society's resistance to accepting them back, which worsens social displacement and increases the likelihood that they will return

to deviant behavioral patterns (Gunawan et al., 2024).

This research holds deep significance in understanding how social systems contribute to the success or failure of the reintegration of former drug abusers after rehabilitation. This study does not only examine rehabilitation issues from an individual perspective but also explores the structural dynamics that create social barriers for former users. The biggest obstacles in rehabilitation in Indonesia originate from legal policy disharmony, which continues to position drug abusers as criminals rather than as subjects entitled to recovery. Law enforcement practices that tend to be repressive intensify social stigma and hinder the reintegration of former drug abusers into society. Additionally, limited rehabilitation facilities and weak inter-institutional coordination cause many users to not receive optimal services. This strengthens the urgency for a more humane and public-health-oriented rehabilitation approach (Chaidar & Mubarrok, 2025). Through Emile Durkheim's theoretical approach and SWOT analysis, this research offers a comprehensive framework for identifying factors that support and hinder their independence. Social workers play an important role in the reconstruction of clients' social identities through continuous counseling, capacity strengthening, and facilitation of access to community networks. Without social worker assistance, the reintegration process is often hampered by stigma and limited access to social services (Wahyudi et al., 2025).

In the context of social policy, the findings of this study can serve as a basis for formulating more effective intervention strategies. By understanding how social exclusion and stigma hinder the rehabilitation process, more inclusive policies can be developed to create an environment more conducive to the social reintegration of former drug abusers. Furthermore, this research provides academic contributions by enriching studies on social anomies and systemic exclusion, which may be useful references for further research in social work and public policy.

Despite the increasing number of rehabilitation programs for drug users in Indonesia, the transition phase after rehabilitation remains a critical and vulnerable period. Many former drug users face difficulties in achieving social and economic independence once they return to society. While

rehabilitation programs primarily focus on medical recovery and behavioral therapy, the challenges associated with post-rehabilitation reintegration—such as social stigma, limited employment opportunities, and weak community support systems—often receive less attention.

Previous studies have highlighted the importance of family support and community acceptance in preventing relapses. However, there is still limited empirical research that systematically examines the balance between opportunities and challenges experienced by former drug users during the post-rehabilitation stage. Understanding this dynamic is important because independence after rehabilitation is not only determined by individual recovery but also by the social structures that either enable or hinder reintegration.

Therefore, this study aims to analyze the opportunities and challenges faced by former drug users in achieving independence after rehabilitation at the Tanah Merah Rehabilitation Center in Samarinda using a SWOT analytical framework.

Based on the above description, this research aims to identify and analyze the opportunities and challenges faced by former drug abusers in developing independence after rehabilitation at the Tanah Merah Rehabilitation Center in Samarinda. Through a SWOT analysis elaborated with Durkheim's perspective, this study seeks to reveal how systematic dehumanization toward former drug abusers shapes their social trajectories and to formulate policy recommendations to reduce the effects of social exclusion that they experience.

Drug abuse is one of the major public health challenges in Indonesia. Rehabilitation efforts are a crucial step in helping Narcotics, Psychotropic Substances, and Addictive Substances abusers regain their social and economic functioning. The Tanah Merah Rehabilitation Center in Samarinda plays a role in handling cases of drug abusers through intensive treatment approaches. However, the success of rehabilitation does not rely solely on treatment methods, but also on the internal and external factors that influence individuals during and after rehabilitation.

Internal factors include individual motivation, family support, and the level of mental resilience. Meanwhile,

external factors such as the social environment, societal stigma, and the availability of job opportunities also play an important role in determining long-term rehabilitation success. Based on various studies, rehabilitation success is not only measured by individual ability to stop using drugs, but also by the extent to which they can be economically and socially independent after completing the rehabilitation program.

As an illustration, various rehabilitation centers in Indonesia face similar challenges in supporting the sustainability of recovery among drug abusers. For instance, the Lido Rehabilitation Center in Bogor notes that relapse rates are high among individuals who return to their previous environments where they are still exposed to drug use. Meanwhile, the Makassar Rehabilitation Center emphasizes the importance of job skills as a major factor in helping individuals remain productive and avoid relapses. This study aims to analyze the opportunities and challenges faced by drug abusers after rehabilitation at the Tanah Merah Rehabilitation Center in Samarinda and how internal and external factors influence their level of independence after completing the rehabilitation program.

To visualize the challenges and opportunities in the rehabilitation process, the following table presents internal and external influencing factors:

Tabel 1 . Internal and External Influencing Factors

Factor	Positive (Opportunities / Strengths)	Negative (Threats / Weaknesses)
Internal	Strong family support	Difficulty refusing negative invitations.
Exsternal	Motivation to change	Disturbances in concentration and memory.

Source: 2025 Study

By understanding these factors, this study is expected to provide more effective policy recommendations to support the sustainability of rehabilitation for drug users.

Methodology

This study uses a qualitative approach with in-depth interview methods conducted with 10 informants who were in the stable rehabilitation stage at the Tanah Merah Rehabilitation Center in Samarinda. The data analysis technique was carried out using the SWOT analysis model (strength, weakness, opportunity, threat), which aims to identify and understand the factors that influence the rehabilitation process. The informants were selected using purposive sampling techniques, with the criterion of individuals who had undergone rehabilitation for at least six months. The interviews were conducted using semi-structured guidelines to explore more deeply the experiences and challenges they faced during the rehabilitation process

Result and Discussion

Strengths

All informants stated that family support is the main factor that provides motivation in the rehabilitation process. The family serves as a source of moral encouragement, material support, and a place to return to after completing rehabilitation. Without support from their families, individuals tend to feel isolated and lack the motivation needed to continue long-term recovery. Strong family support has also been proven to reduce stress levels and anxiety during rehabilitation, which are important factors in achieving recovery success.

Family support not only provides motivation but also forms a conducive environment for individuals undergoing rehabilitation. Psychologically, individuals who feel supported by their families will be more optimistic in facing the challenges of recovery. This relates to social support theory, which states that individuals who receive emotional, informational, and material support from those closest to them will have greater resilience to stress and psychological pressure.

In the context of rehabilitation, family support can be divided into several forms:

1. Emotional Support

Families provide a sense of security, affection, and moral encouragement so that individuals do not feel alone while facing the rehabilitation process. This helps reduce anxiety and increases self-confidence.

2. Instrumental (Material) Support Assistance in the form of financial needs, housing, or access to health facilities greatly influences the rehabilitation process. Individuals who receive financial support from their families tend to be more consistent in attending therapy or treatment sessions.

3. Informational Support Families can help provide information about rehabilitation steps, available therapy options, and understanding the individual’s condition so they can make better decisions concerning their recovery.

4. Social Support The family as a place to return after rehabilitation provides a strong sense of social connectedness. This prevents individuals from feeling isolated and increases their chances of maintaining a healthier lifestyle.

Tabel 2. Impact of Family Support

Type of Support	Benefits	Long-Term Impact
Emotional	Reduces stress and anxiety, increases motivation	Improves mental well-being and emotional stability
Instrumental	Helps fulfill financial and medical needs	Ensures continuity of rehabilitation
Informational	Helps individuals understand the recovery process	Increases independence in managing health conditions
Social	Provides a sense of belonging and acceptance	Reduces relapse risk and increases rehabilitation success

Source : 2025 Study

From the table above, it is clear that family support is not only an external factor that helps the rehabilitation process, but it also has long-term impacts on the individual's ability to maintain a better health condition. Psychosocial interventions that involve families not only increase clients' quality of life but also improve their emotional regulation and mental stability, which are essential foundations for the recovery process (Elysia & Sujarwo, 2025).

In addition, to clarify the relationship between family support and rehabilitation success, a flow diagram can be used to illustrate how each form of family support contributes to different stages of rehabilitation, starting from individual acceptance of their condition up to achieving a more independent life.

Weaknesses

The rehabilitation process does not only involve physical recovery but also psychological and social aspects that may become challenges for individuals. Various internal and external factors contribute to the difficulties they face during rehabilitation. These challenges can influence the level of recovery success and increase the risk of relapses if not addressed using appropriate strategies.

Below are several main challenges faced by individuals in rehabilitation and an analysis of their impacts:

1. Difficulty Refusing Negative Invitations

Five out of ten informants felt unable to refuse invitations from old friends who still use drugs. This phenomenon can be explained through social pressure theory, where individuals who maintain strong social ties with their previous environment are more vulnerable to returning to old habits. Without strengthened social skills and assertiveness, the risk of relapse becomes high.

2. Concentration Problems

Three informants experienced difficulty concentrating. This becomes an obstacle in completing tasks or participating in skills training required for social reintegration. These disturbances may result from long-term effects of substance abuse, chemical changes in the brain, or stress during rehabilitation.

3. Memory Problems

Two informants experienced memory disturbances that made it difficult for them to learn new skills or remember instructions during rehabilitation programs. This can hinder adaptation in new environments and reduce the effectiveness of the therapies provided..

4. Difficulty Managing Emotions

One informant reported difficulty in controlling emotions, which can lead to prolonged stress and increase the risk of relapse. This condition highlights the importance of psychological support during rehabilitation, both through individual and group therapy, so that individuals can develop healthier coping mechanisms

Tabel 3. Challenges in Rehabilitation and Their Impacts

Challenge	Number of Informants	Main Causes	Long-Term Impact
Difficulty refusing negative invitations	5	Social pressure, guilt, lack of assertiveness skills	High relapse risk
Concentration problems	3	Long-term drug effects, stress, brain chemical changes	Difficulty learning new skills, barriers to work or therapy
Memory problems	2	Neurological damage, lack of cognitive stimulation	Difficulty adapting, slow in understanding information
Difficulty controlling emotions	1	Trauma, high stress, lack of psychological support kurangnya dukungan psikologis	Chronic stress, risk of relapse

Source : 2025 Study

From the table above, findings indicate that the biggest aspect affecting the rehabilitation process is the difficulty in refusing

negative invitations, which was experienced by five informants. This reflects the strong social pressure in their environment, where ties to friends who still use drugs become a primary factor that increases relapse risk.

Meanwhile, concentration and memory disturbances experienced by some informants show the long-term cognitive effects of substance abuse. These difficulties hinder individuals in learning new skills needed to rebuild their lives after rehabilitation.

Although only one informant reported difficulty managing emotions, this remains a serious challenge. Emotional instability can greatly increase relapse risk if not supported by ongoing psychological assistance. Drug users who do not receive long-term psychological support show higher tendencies for emotional disturbances and social adaptation problems, which contribute to high relapse rates (Dewi & Wulandari, 2025).

Opportunities

The success of rehabilitation is not only measured by how individuals recover from substance abuse, but also by how they are able to return and contribute within society. The economic and social opportunities they encounter after rehabilitation become important factors that help prevent relapse and improve their quality of life.

Based on the informants' data, there are several main paths they chose in rebuilding their lives after rehabilitation:

1. Entrepreneurship (5 informants)

Entrepreneurship became the main choice for most informants because it provides flexibility in working and full control over their income. This option also reduces the risk of stigma in the formal job market, where former drug abusers often face discrimination when seeking employment. Entrepreneurship allows them to become economically independent and build a working environment that is more supportive and manageable for themselves.

2. Returning to Their Previous Jobs (2 informants)

Returning to their previous jobs indicates that they still possess recognized skills and that previous employers still trust them. This also shows that rehabilitation was successful in helping them restore their social and professional functioning. The challenge in returning to their previous work environment, however, lies in the potential pressure from the same environment where their past habits may have been formed.

3. Obtaining New Jobs (2 informants)

Obtaining new jobs with the skills they acquired during rehabilitation shows that rehabilitation programs oriented toward vocational training are able to increase economic opportunities for former drug abusers. This also shows the importance of integrating skills training into rehabilitation programs so that individuals are better prepared for the job market.

4. Continuing Education (1 informant)

One informant chose to continue higher education outside Samarinda. This reflects strong motivation to develop further, build a better future, and improve their chance of better employment opportunities. Higher education can also help individuals build a new, more positive identity that distances them from their previous high-risk environments.

Tabel 4. Post-Rehabilitation Opportunities and Their Impacts

Opportunity	Number of Informants	Main Benefits	Challenges
Entrepreneurship	5	Economic independence, flexibility, reduced stigma	Initial capital, business skills, market access
Returning to previous job	2	Financial stability, no need for re-adaptation	Pressure from old environment, potential stigma

New employment	2	Utilizing new skills, better opportunity	Recruitment process, discrimination
Continuing education	1	Increased competence, better job prospects	Tuition fees, adaptation to new environment

Source: 2025 Study

The findings show that entrepreneurship is the most common option chosen by individuals after rehabilitation, with half of the informants selecting this path. This reflects the desire to achieve economic independence while avoiding social stigma in the formal work environment. However, challenges such as initial capital, business management skills, and market access remain significant obstacles that must be addressed through entrepreneurship training programs and financial support access.

Meanwhile, the two informants who returned to their previous jobs showed that they still held the trust of their employers. The primary advantage of this option is financial stability without the need for re-adaptation, yet there remains the risk of pressure from old environments which could potentially trigger relapse.

The two informants who obtained new jobs benefited from the skills they gained during rehabilitation. However, they still face challenges during the recruitment process and potential discrimination, indicating the need for more inclusive policies that support former drug abusers' participation in the job market.

Finally, the one informant who chose to continue education demonstrated strong motivation for further development. However, the cost of education and the need to adapt to a new environment become significant challenges that may hinder this process. The success of post-rehabilitation reintegration is significantly affected by the availability of effectively managed vocational education programs. However, many rehabilitation centers in Indonesia are not yet able to provide high-quality vocational training due to weak planning, insufficient coordination, and the lack of trained instructors.

This condition limits clients' opportunities to obtain formal or informal jobs. Employment opportunities after rehabilitation can only be achieved if institutions are able to provide relevant, structured, and industry-linked vocational training (Mulyana et al., 2022).

Overall, these findings strongly reinforce that opportunities after rehabilitation vary greatly and depend on economic, social, and individual readiness factors. Vocational training and education programs improve clients' job readiness, reduce economic dependency, and strengthen positive self-identity. This makes education one of the strategic opportunities for building independence among former drug abusers (Alhakim et al., 2024).

Threats

All informants mentioned that the greatest threat in the rehabilitation process is the social environment, especially close friends who are still involved in drug abuse. This factor can significantly increase the risk of relapse and hinder long-term recovery. Former drug abusers often face feelings of fear, shame, and doubt when re-engaging with society; some of them avoid social contact because they are worried about being stigmatized or rejected, which weakens their ability to adapt after rehabilitation. The study also emphasizes that support from family, friends, and neighbors becomes an important protective factor to prevent relapse, because the absence of social support makes former drug abusers more easily drawn back into high-risk environments (Ilyas, 2023). In addition, societal stigma toward former drug abusers also becomes an obstacle for them in obtaining employment and being accepted again in their social environment.

The lack of post-rehabilitation mentoring programs worsens this condition, because individuals often return to their old environments without adequate guidance. The success of rehabilitation does not depend only on internal factors within individuals, but also on the social environments they face after leaving rehabilitation programs.

Based on interviews with informants, there are three main factors that become the biggest threats in the recovery process:

1. Unsupportive Social Environment (50%)

The greatest threat in the rehabilitation process comes from close friends who are still involved in drug abuse. This factor becomes one of the strongest external pressures that can influence individuals who have just completed rehabilitation. The pressure from old friends who still engage in drug use can create a conflict of loyalty and emotional attachment, making individuals feel uncomfortable refusing invitations or distancing themselves from these circles. For many of them, the old social circle is the environment where they spent most of their time; thus, leaving it is not easy and often raises feelings of guilt or fear of being rejected. This situation becomes dangerous because when they return to that same environment, the chances of being exposed again to drug-related activities become very high.

Social pressure from old peer groups can significantly increase the risk of relapse, especially among individuals who have not yet developed the strong social skills needed to refuse negative invitations assertively. Many former drug abusers still struggle with saying “no” because they feel indebted to old friends, or because they fear losing friendships, they once considered important. This condition is further complicated by the absence of new, healthier social environments that can provide emotional protection and alternative social support. Without reinforcement of coping strategies and assertive communication skills, individuals become vulnerable and easily fall back into old behavior patterns. Therefore, the social environment—particularly peers who still use drugs—remains the largest and most difficult threat to control in the rehabilitation process.

2. Societal Stigma (30%)

Many former drug abusers experience serious difficulties when attempting to obtain employment or reintegrate into their social environment because of the stigma that society attaches to

them. This stigma does not only manifest in the form of explicit rejection but also appears subtly through suspicious gazes, negative assumptions, and a lack of trust toward former drug users. These subtle forms of rejection are often far more painful because they create an atmosphere of psychological pressure that is difficult for individuals to escape. Former drug abusers frequently report feelings of being judged, monitored, or treated differently, even when they have genuinely tried to change and distance themselves from drug-related behavior. This emotional burden leads to feelings of shame, low self-worth, and uncertainty about whether society is willing to accept them again.

The stigma they experience can trigger a chain reaction of negative emotions, including prolonged self-doubt, depression, anxiety, and frustration. These emotional disturbances can weaken their resilience during the post-rehabilitation phase. When individuals feel constantly judged and are not given a fair chance to prove their change, they tend to withdraw from social interactions because they believe their presence is not welcomed. This social withdrawal creates a dangerous situation: the more they isolate themselves, the more vulnerable they become to relapse because isolation removes social support and increases emotional burdens. For some individuals, returning to old environments or old social circles—no matter how risky—feels easier than facing new environments that perceive them negatively. This stigma makes a destructive force that undermines individual efforts to build a new life and reduces the effectiveness of rehabilitation programs.

3. Lack of Post-Rehabilitation Mentoring Programs (20%)

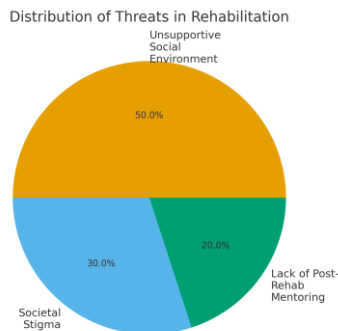
After completing rehabilitation, many individuals do not have a continuous or structured support system that can guide them during the transition back into society. This lack of post-rehabilitation mentoring becomes a serious threat because it leaves individuals without guidance at the exact stage when they are most vulnerable. When the rehabilitation program ends, individuals often feel as though they must suddenly face complex real-life

situations on their own, even though the emotional, psychological, and social challenges they encounter can be far more difficult than what they experienced inside the rehabilitation facility. Without consistent monitoring, counseling, or guidance, former drug abusers may struggle to manage stress, make healthy decisions, or resist the influence of high-risk environments.

Without adequate mentoring, individuals often return to their old environments—places filled with memories, habits, and social circles connected to their past substance use. These environments pose a high risk because they can quickly trigger old behavioral patterns. The absence of professional or community-based support, such as support groups, community reintegration programs, or long-term psychosocial assistance, makes individuals feel abandoned or forgotten once the formal rehabilitation phase ends. This situation can create feelings of loneliness, emotional instability, and a sense of having no one to rely on. When these emotions accumulate, individuals become increasingly vulnerable to relapse because they do not have the reinforcement, encouragement, or social resources needed to maintain their commitment to recovery. Therefore becomeack of post-rehabilitation mentoring programs becomes a significant threat that can undermine the long-term success of rehabilitation efforts.

The following is the distribution of threat factors based on interviews with the informants:

Diagram 1. Distribution of Threats in Rehabilitation



Source : 2025 Study

The pie chart above illustrates the distribution of threats in the rehabilitation process. The largest factor is the unsupportive social environment (50%), followed by societal stigma (30%), and the lack of post-rehabilitation mentoring programs (20%). The unsupportive social environment becomes a very significant threat because individuals often return to old social circles that still engage in drug-related behavior, making them extremely vulnerable to re-exposure and relapse. The pressure from friends who still use drugs becomes a strong external influence that can disrupt the recovery process.

Societal stigma, which accounts for thirty percent of the threats, becomes a barrier because many former drug abusers experience difficulties when trying to obtain employment or be accepted back into their communities. Negative labeling, rejection, and the assumption that former drug users cannot change cause feelings of low self-worth, depression, and even social isolation, which further worsen their condition. If society does not have a more inclusive understanding of rehabilitation, then individuals who are trying to recover will find it difficult to truly rise again and build a better life.

The lack of post-rehabilitation mentoring programs (20%) becomes another factor that contributes to the difficulties faced by individuals after rehabilitation. Without continuous guidance and support, they often return to their old environments that are full of risks. This shows the need for long-term interventions from the government as well as social institutions to ensure that individuals who have undergone rehabilitation continue to receive assistance and do not feel neglected.

The findings demonstrate that independence after rehabilitation is shaped by a complex interaction between individual capacity and social structural conditions. Although family support provides a strong motivational foundation for recovery, it is insufficient to guarantee sustainable independence without broader social acceptance and institutional support.

The opportunities identified in this study—such as entrepreneurship, employment, and education—illustrate potential pathways for former drug users to reconstruct their social identities. Entrepreneurship in particular emerges as a practical strategy because it reduces dependence on formal labor markets that often stigmatize former drug users. However, these opportunities remain fragile if not supported by structured programs such as vocational training, business mentoring, and access to micro-capital.

At the same time, the challenges identified in this study reveal structural barriers that hinder post-rehabilitation independence. Social stigma, unsupportive peer environments, and the absence of systematic aftercare programs create a situation where individuals must navigate reintegration largely on their own. This condition reflects a broader systemic gap in rehabilitation policies, where the focus remains on treatment completion rather than long-term social reintegration.

From a sociological perspective, this condition can be interpreted through Durkheim's concept of anomie, where individuals experience uncertainty in social norms and expectations when attempting to reintegrate into society. Former drug users who have completed rehabilitation often find themselves in a transitional social position, where they are expected to function normally but are not fully accepted by social institutions.

Therefore, achieving independence after rehabilitation requires not only individual recovery but also structural interventions, including community-based support systems, anti-stigma initiatives, and sustainable aftercare programs that accompany individuals during their reintegration process.

Based on the SWOT analysis, it can be concluded that family support is a crucial factor in the success of the rehabilitation of drug abusers. Therefore, rehabilitation strategies that are based on family and community involvement need to be strengthened, including the development of post-rehabilitation mentoring programs that can support the continuity of recovery. In addition, there needs to be

policies that reduce stigma toward former drug abusers as well as job-skills training programs to increase their opportunities in obtaining decent employment. Rehabilitation for individuals who have been involved in drug abuse is not only a process of physical recovery, but also a long journey toward social and economic reintegration. Based on the discussion above, there are several main factors that influence the success of rehabilitation, starting from family support, challenges in the rehabilitation process, post-rehabilitation opportunities, and the threats they face after returning to society.

1. Family Support as the Key to Recovery

Family support has been proven to be the main factor in the success of rehabilitation. The family serves as a source of motivation, emotional support, and material assistance that can help individuals undergo the recovery process more effectively. Without family support, individuals tend to feel isolated and lack the encouragement to maintain a healthy lifestyle.

2. Challenges in the Rehabilitation Process

Although rehabilitation aims to help individuals break free from dependence, they still face various challenges, such as difficulty refusing negative invitations, concentration disturbances, memory problems, and difficulty controlling emotions. The challenges in rehabilitation are not only psychological but are also related to physical ability and bodily endurance. Among adolescent drug users who participated in physical training programs, it was found that most of them still experienced reduced stamina and agility due to the long-term effects of substance use. These findings reinforce that physiological disturbances—such as easily feeling tired, decreased focus, and weakened body control—become additional obstacles that affect their ability to undergo the rehabilitation process optimally (Iman & Wahyuni, 2022). These challenges show that recovery is not only physical in nature but also requires deeper psychological interventions.

3. Post-Rehabilitation Opportunities

After completing rehabilitation, individuals have several options for rebuilding their lives, such as entrepreneurship, returning to previous jobs, obtaining new employment, or continuing their education. Based on the data obtained, entrepreneurship becomes the most chosen option because it provides flexibility and reduces the social stigma often experienced in the formal job market. This reinforces that rehabilitation programs that incorporate skills training have a significant impact on increasing economic opportunities for former drug abusers.

4. Threats in Rehabilitation: Social Environment and Stigma

The biggest threats in rehabilitation are the unsupportive social environment (50%), societal stigma (30%), and the lack of post-rehabilitation mentoring programs (20%). Many individuals return to their old environments without adequate mentoring systems, which increases the risk of relapse. Stigma from society also becomes a major barrier, especially in obtaining employment and being socially accepted again.

Tabel 5. SWOT Analysis of Post-Rehabilitation Independence
Among Former Drug Users

Internal Factors	External Factors
Strength: strong family support	Opportunity: entrepreneurship opportunities
Weakness: emotional instability	Threat: stigma and discrimination

Source : 2025 Study

The SWOT analysis highlights several internal and external factors influencing the post-rehabilitation independence of former drug users at the Tanah Merah Rehabilitation Center. Internal strengths, particularly family support, play an important role in sustaining recovery, while weaknesses such as emotional instability and peer pressure may hinder rehabilitation outcomes. From the external perspective, opportunities such as access to entrepreneurship, employment, and educational programs provide pathways for social reintegration. However, threats including social stigma, unsupportive environments, and limited

mentoring programs remain significant challenges. These findings indicate that strengthening post-rehabilitation support systems is essential to promote long-term independence among former drug users

Conclusion

Based on the SWOT analysis and the overall findings, this study concludes that family support plays a central and irreplaceable role in determining the success of drug rehabilitation, as families provide emotional strength, material assistance, and a sense of belonging that sustain individuals throughout the recovery process. Despite rehabilitation efforts, individuals continue to face significant challenges, including difficulty resisting negative peer pressure, concentration and memory disturbances, emotional instability, and lingering physiological impairments such as reduced stamina, weakened bodily control, and diminished focus caused by long-term substance use. These conditions indicate that rehabilitation is not merely a medical recovery process but also a psychological, emotional, and physical struggle that requires comprehensive interventions. After rehabilitation, individuals encounter diverse opportunities—such as entrepreneurship, returning to previous jobs, obtaining new forms of employment, or pursuing higher education—that can help them rebuild their lives; entrepreneurship, in particular, becomes the most accessible and least stigmatizing pathway. However, these opportunities exist alongside substantial threats, particularly the presence of unsupportive social environments, strong societal stigma, and the absence of structured post-rehabilitation mentoring programs that often leave individuals vulnerable when re-entering high-risk settings. These factors collectively demonstrate that the success of rehabilitation is determined not only by internal motivation but also by the social environment, community acceptance, and the availability of long-term support systems that can safeguard individuals from relapse and strengthen their reintegration into society. These findings also highlight that the success of post-rehabilitation independence is closely related to the balance between opportunities and challenges

faced by former drug users after returning to society. Opportunities such as family support, access to employment, entrepreneurship, and educational continuation can serve as important pathways for rebuilding social and economic independence. However, these opportunities are often constrained by several challenges, including social stigma, unsupportive environments, and the limited availability of structured post-rehabilitation mentoring programs. Therefore, strengthening community-based reintegration initiatives and sustainable aftercare programs becomes essential to ensure that former drug users can maintain recovery and achieve long-term independence

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