

**EXAMINING RELATIONSHIP BETWEEN MOTIVATION,  
READINESS AND SELF EFFICACY AMONG INMATES IN THE  
THERAPEUTIC COMMUNITY REHABILITATION  
PROGRAMME AT JELEBU REHABILITATION INSTITUTE**

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UNIVERSITI SAINS ISLAM MALAYSIA

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PROGRAMME AT JELEBU REHABILITATION INSTITUTE**

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Research report submitted in fulfillment for the degree of  
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ISLAMIC SCIENCE UNIVERSITY OF MALAYSIA

## AUTHOR DECLARATION

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

I hereby declare that the work in this research report is my own except for quotations and summaries which have been duly acknowledged

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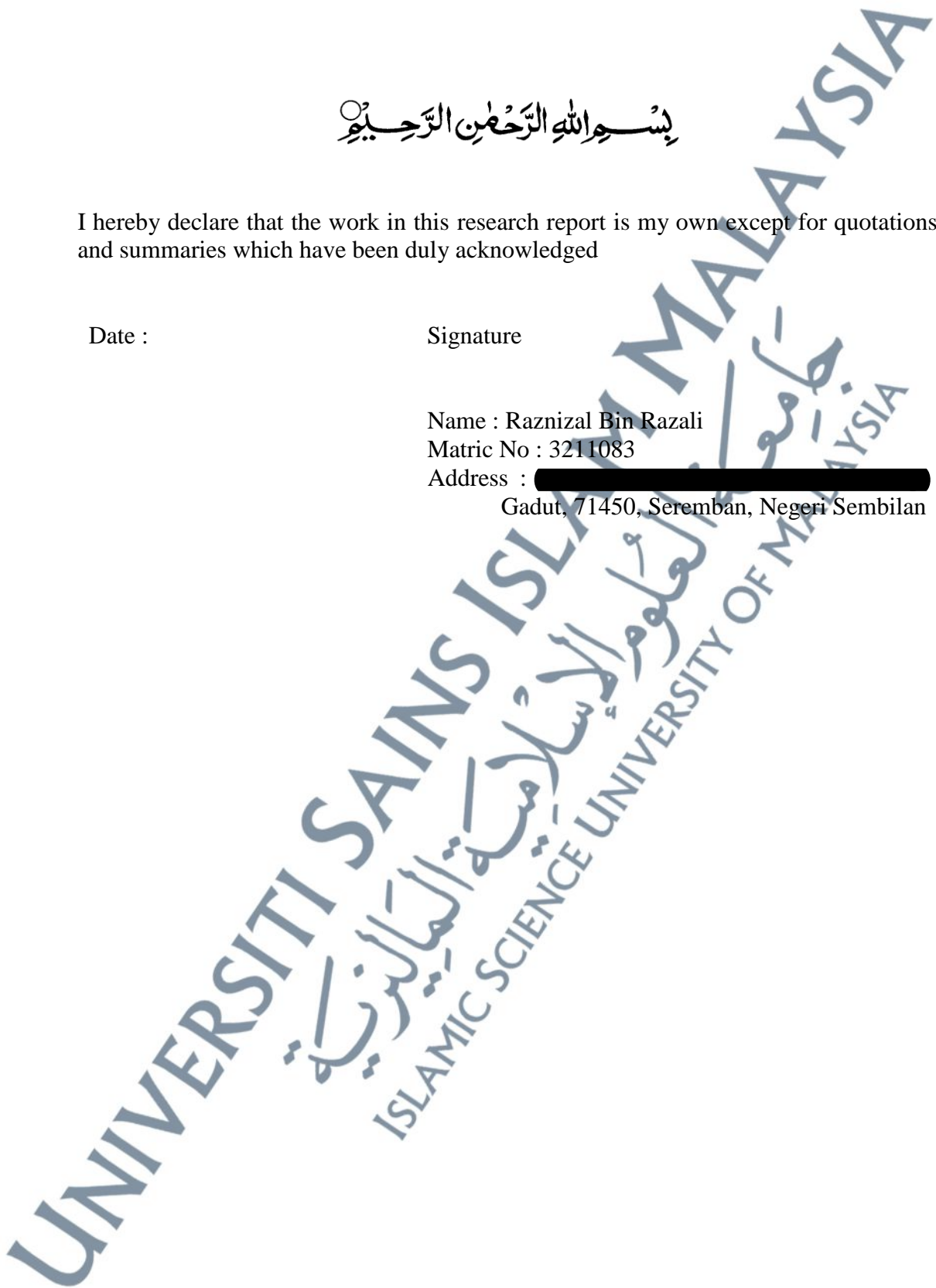
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## APPROVAL PAGE

I certify that I have supervised and read this study and that in my opinion, it confirms to accept standards and fully adequate in scope and quality as research report for the Master of Counseling (Substance Abuse).

**Associate Professor Dr. Mohamad Isa Bin Amat**

Supervisor

This research report was submitted to the Faculty of Leadership and Management and is accepted as fulfillment of the ABD8416 Research Project In Drug Abuse course requirement for the Master of Counseling (Substance Abuse).

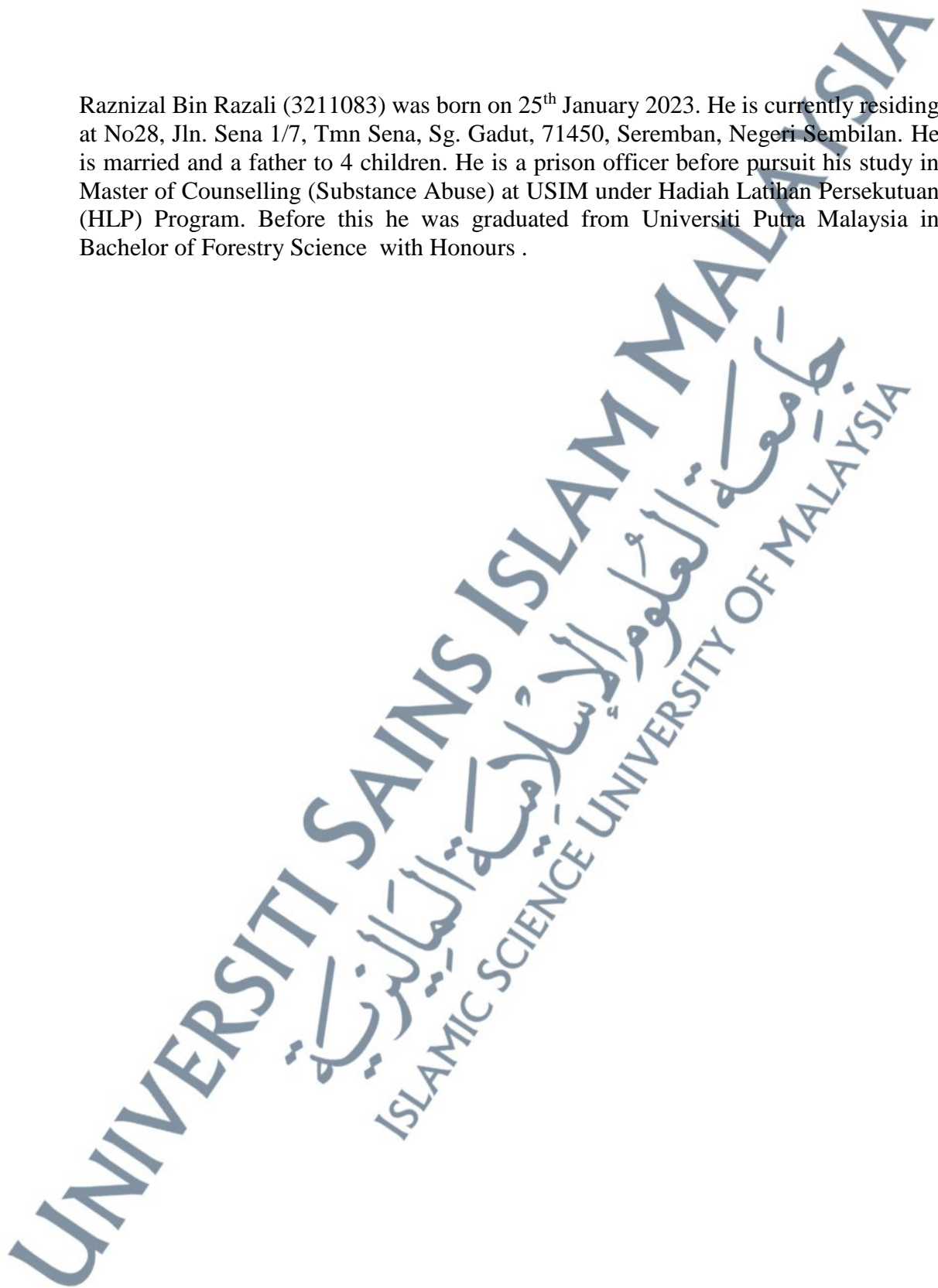
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## ABSTRAK

Motivasi, kesediaan dan efikasi sendiri adalah peranan utama dalam perubahan tingkah laku selain mempengaruhi emosi dan kognitif. Kajian terdahulu menunjukkan kepentingan dan peranan konstruk psikologi ini dalam pelbagai disiplin bidang. Dalam ketagihan dadah, motivasi, kesediaan dan keberkesanan diri juga menyumbang paling banyak dalam menentukan penglibatan rawatan, pengekalan dan juga hasil. Jabatan Penjara Malaysia membangunkan dan melaksanakan Modul Pembangunan Insan, yang mewajibkan setiap banduan penyalahgunaan dadah mengikuti dari hari pertama mereka menjatuhkan hukuman bersalah dan dipenjarakan. Proses pemulihan adalah proses berterusan dan berulang mungkin berlaku pada setiap peringkat perubahan. Tujuan ini mengenal pasti perkaitan antara motivasi, kesediaan dan efikasi sendiri dalam kalangan banduan yang sedang menjalani program pemulihan, terutamanya memfokuskan kepada fasa dua, program komuniti terapeutik. Dengan mengenal pasti dan mengukur konstruk psikologi ini, ia akan membantu untuk meramalkan penglibatan banduan semasa proses selagi hasil rawatan. 170 responden daripada fasa dua telah memilih secara rawak dan setiap responden perlu menjawab dua tinjauan yang telah pun diterjemahkan ke dalam versi Bahasa Melayu, (i) Skala Keadaan, Motivasi dan Kesediaan (CMR), (ii) Efikasi Kendiri Mengelak Dadah (DASES). Analisis data menggunakan IBM Corp. Dikeluarkan 2022. IBM SPSS Statistics for Windows, Versi 29.0. Keputusan menunjukkan kebanyakan skor responden dikategorikan dalam tahap sederhana tinggi iaitu Keadaan (112 atau 65.88%), Motivasi (64 atau 37.65%), Kesediaan (108 atau 63.56%) dan jumlah skor CMR ialah 83 atau 48.82%. Bagi DASES, kajian menunjukkan purata responden dikategorikan kepada tahap sederhana rendah iaitu 62 atau 36.74%. Terdapat korelasi yang signifikan, lemah dan negatif antara Keadaan dan DASES ( $r = <.001, p <.01$ ). Terdapat korelasi yang signifikan, sederhana dan positif antara Motivasi dan DASES ( $r = <.001, p <.01$ ). Terdapat korelasi yang signifikan, lemah dan positif antara Kesediaan dan DASES ( $r = <.001, p <.01$ ). Terdapat korelasi yang signifikan, sederhana dan positif antara CMR dan DASES ( $r = <.001, p <.01$ ). Kajian itu menyimpulkan bahawa motivasi, kesediaan memainkan kunci penting kepada penglibatan rawatan manakala efikasi sendiri adalah penting dalam menentukan hasil rawatan. Kebanyakan responden berada dalam peringkat kontemplasi, bermakna mereka mengakui keperluan untuk membuat perubahan dan dalam peringkat tindakan.

## ABSTRACT

Motivation, readiness and self-efficacy were key role in behavioral change besides influences emotion and cognitive. Previous study shown the importance and the role of this psychological constructs in vary field discipline. In drug addiction, motivation, readiness and self-efficacy also contribute most in determine treatment engagement, retention and also the outcome. Malaysian Prison Department develop and implement Human Development Module, which obliged every drug's abuse inmates to follow from the first day they sentenced guilty and incarceration in prison. Recovery process is a continuum process and relapse may occur at every stage of change. The purpose of this identify the relationship between motivation, readiness and self-efficacy among inmates which are undergoing rehabilitation program, mainly focusing on phase two, therapeutic community program. By identify and measure these psychological construct, it will help to predict inmates' engagement during the process as long as the treatment outcome. 170 respondents from phase two were randomly selective and each of respondents need to answer two survey which is already translated into Bahasa Melayu version, (i) Circumstances, Motivation and Readiness (CMR) scale, (ii) Drug Avoidance Self-Efficacy (DASES). The data analyse using IBM Corp. Released 2022. IBM SPSS Statistics for Windows, Version 29.0. The result shows most of respondents' score been categorized in moderately high level of Circumstances (112 or 65.88%), Motivation (64 or 37.65%), Readiness (108 or 63.56%) and total score of CMR was 83 or 48.82%. For DASES, the study shows average of respondents been categorized into moderately low level which is 62 or 36.74%. There is a significant, weak and negative correlation between Circumstances and DASES ( $r = <.001, p < .01$ ). There is a significant, moderate and positive correlation between Motivation and DASES ( $r = <.001, p < .01$ ). There is a significant, weak and positive correlation between Readiness and DASES ( $r = <.001, p < .01$ ). There is a significant, moderate and positive correlation between CMR and DASES ( $r = <.001, p < .01$ ). The study concludes that motivation, readiness play a vital key to treatment engagement whilst self-efficacy was crucial in determine the treatment outcome. Most of respondents are in contemplation stages, means they acknowledge the need to make changes and in action stages.

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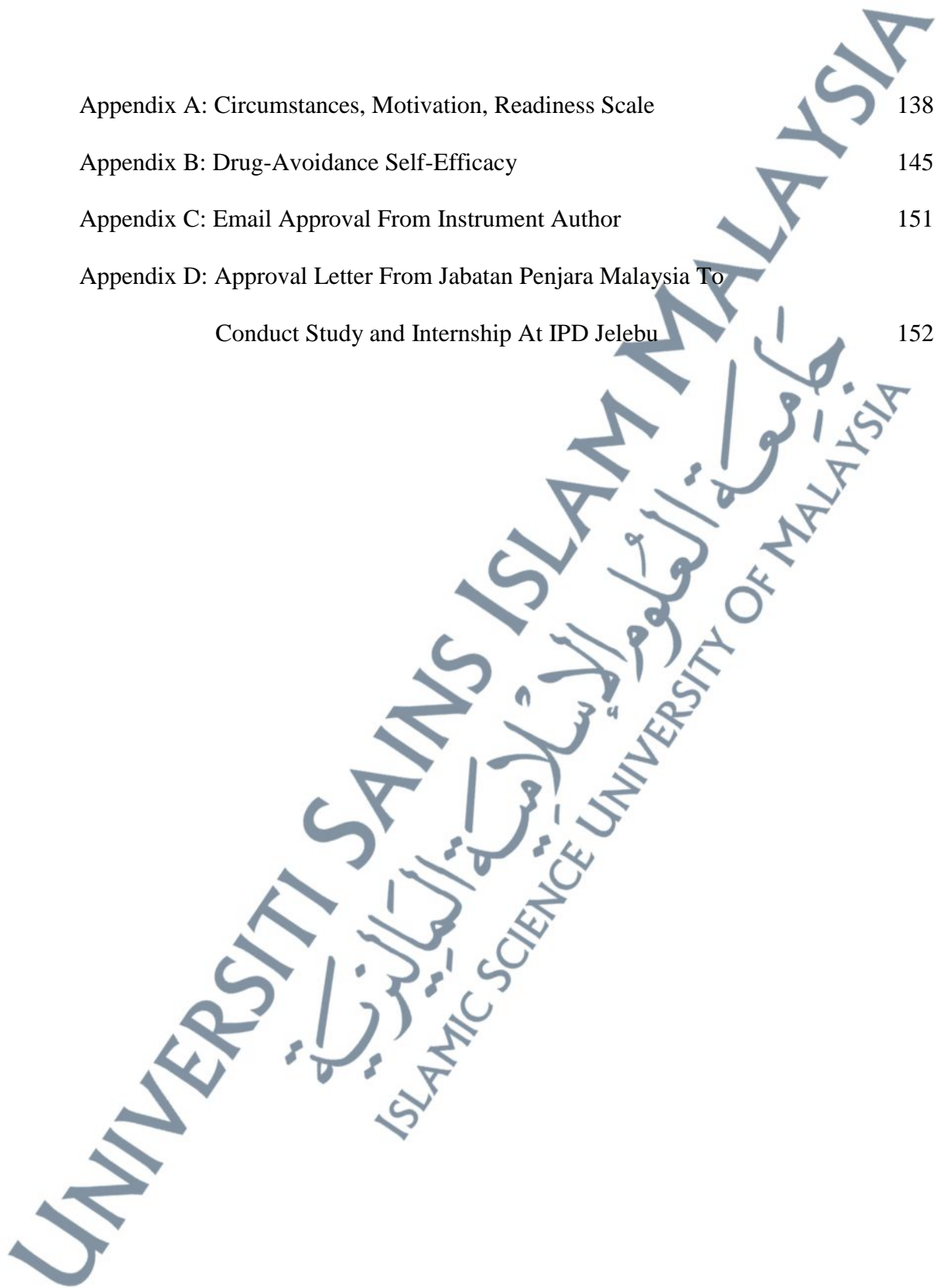
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GLOSSARY

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TRANSLITERATION



## ABREVIATION

Abbreviations	
ACCD	Action Council for Combating Drugs
CMR	Circumstances, Motivation and Readiness
DASES	Drug Avoidance Self- Efficacy
DVs	Dependent Variables
H	High
HDP	Human Development Program
IMD	Inmate Management Division
IVs	Independent Variables
JDRI	Jelebu Drug Rehabilitation Institute
L	Low
MH	Moderately High
ML	Moderately Low
MMT	Methadone Maintenance Therapy
NE	Negative Emotion
NGO	Non-Government Organization
TC	Therapeutic community
SCR	Situational Confidence Questionnaire
SoC	Stage of Change
SOCRATES	Stages of Change Readiness and Treatment Eagerness Scale
TTM	Transtheoretical Model
URICA	University of Rhode Island Change Assessment Scale