



IJCRR

Section: Healthcare

ISI Impact Factor
(2019-20): 1.628IC Value (2019): 90.81
SJIF (2020) = 7.893

Copyright@IJCRR

Relationship between Drug Craving and High-Risk Situations for Relapse Among Inmates with Substance Abuse Issues

Nurulatiqah Yunos¹, Fauziah Ibrahim¹, Ezarina Zakaria¹,
Wan Shahrazad Wan Sulaiman¹, Nazirah Hassan¹,
Mohammad Rahim Kamaluddin¹, N.K. Tharshini²

¹Centre for Research in Psychology and Human Well-Being, Faculty of Social Sciences and Humanities, Universiti Kebangsaan Malaysia (UKM); ²Faculty of Social Sciences and Humanities, Universiti Malaysia Sarawak (UNIMAS)

ABSTRACT

Introduction: Relapse occurs when there is a strong desire for repeating drug-seeking behaviour due to high-risk situations such as social environment, interpersonal conflict, and negative emotions.

Objective: This article aims to analyse the relationship between drug craving and high-risk situations for relapse among inmates with substance abuse issues serving in Malaysian prisons.

Material and Methods: This study was conducted using a quantitative approach. A total number of 407 inmates with substance abuse issues were randomly selected as respondents of the study. The data were analysed using descriptive and inferential analysis via SPSS software.

Results: The result indicates that there is a positive and significant moderate relationship between drug craving and high-risk situations for relapse ($r=0.452$, $p<0.01$). Therefore, it can be concluded that drug craving is associated with high-risk situations for relapse among inmates with substance abuse issues.

Conclusion: The findings of this study is expected to provide implications to the stakeholders such as counsellors and drug rehabilitation officers to improvise the existing rehabilitation modules and programs to address relapse issues among inmates in Malaysia.

Key Words: Drug craving, High-risk situation, Inmates, Relapse

INTRODUCTION

Relapse is defined as a repeated drug-seeking behaviour faced by the former drug addicts even after completing the rehabilitation process.¹ Statistics obtained from the National Anti-Drugs Agency (AADK) show that around 7,867 drug addicts were involved in prison's drug treatment and rehabilitation programs in 2010.² AADK also reported that around 4,800 drug addicts' relapses in the year 2012. The figure sharply increases every year where a total number of 7,793 relapse cases were recorded in the year 2018.³ Due to the high escalation in drug relapse rate, the government of Malaysia has taken various steps to create a drug-free community especially by allocating a large sum of money every year for drug treatment and prevention programs.^{4,5}

Drug craving is a major risk factor contributing to relapse among inmates with substance abuse issues.⁶ In fact, drug

craving has been identified as a key characteristic to predict future relapse among former drug addicts.⁷ The inability to control craving and managing stressful situations might increase the risk of relapse.⁸ A substantial body of literature indicates that the challenges to secure employment opportunity leads the majority of the former inmate to commit street crimes such as stealing and snatch theft to cover the costs of buying drugs.^{9,10,11} Moreover, lack of access to advanced rehabilitation care is also one of the reasons that contribute to drug addicts' relapse.⁸ Admittedly, if this situation is left unaddressed it may cause a negative effect on the mental well-being of the inmates¹² and bring harm towards public safety.¹³

Craving for drugs is driven by high-risk situations.¹⁴ Individuals who experience high-risk situations usually encounter issues such as negative emotions, interpersonal conflict and social

Corresponding Author:

Fauziah Ibrahim, Centre for Research in Psychology and Human Well-Being, Faculty of Social Sciences and Humanities, Universiti Kebangsaan Malaysia (UKM); Email: ifauziah@ukm.edu.my

ISSN: 2231-2196 (Print)

ISSN: 0975-5241 (Online)

Received: 26.08.2021

Revised: 11.11.2021

Accepted: 12.03.2021

Published: 26.09.2021