



Group Counseling Cognitive Restructuring to Increase Self-Control Against Drugs Users

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ABSTRACT

This study entitled Effectiveness of group counseling cognitive restructuring techniques to increase self-control in drug abusers in Banyuasin class IIA penitentiary. The background of this research is because there are many inmates who are unable to control themselves after they leave the Banyuasin Class IIA prison. Therefore the purpose of this research. The first is the self-control description of drug abusers in Class IIA Banyuasin Penitentiary; the level of self-control in drug users is classified as moderate, with a moderate qualification value of 75%. Second, the effectiveness of group counseling with cognitive restructuring techniques in increasing the self-control of drug abusers in class IIA Banyuasin correctional institutions (LAPAS), the effectiveness of group counseling with effective cognitive restructuring techniques for increasing self-control in drug abusers in class IIA Banyuasin correctional institutions with a sample of 319 and a population using purposive sampling method results in a sample of 12 people with one group pretest and posttest technique using Wilcoxon test data analysis.

INTRODUCTION

Drugs are to calm the nerves, relieve pain, and lull can be intoxicating, so they are prohibited from being sold to the public (Ven et al., 2019). Drugs have many types, shapes, colors, and effects on the body (Opo et al., 2021). However, of the many types and forms, drugs have many similarities, including the very high nature of addiction (addiction), tolerance (adjustment), and habitual power (habits) (Pickard, 2012). These three characteristics make drug users unable to escape from their grip (Radcliffe & Stevens, 2008). Consumption of narcotics for practical purposes without medical supervision is called narcotic abuse and dangerous (Johnston et al., 2003). Narcotics abuse often leads people to addiction which endangers one's future. Teenagers are usually the target market for selling narcotics illegally (Blumstein, 1995). Mental unpreparedness and ignorance of the dynamics of social media and bad peer pressure lead them to abuse narcotics.

We see drugs from an Islamic perspective, from an Islamic point of view, narcotics, illegal drugs, heroin, cannabis, and others (Jiang et al., 2021). The scholars agree that the law on consuming these objects is haram; the scope is the same as the legal definition of khamr, so narcotics are included in the scope of the definition of khamr (Adi Priyono, 2022). The arguments that show the prohibition of khamr are (Meaning):

O people who believe! Indeed, drinking alcohol, gambling, (sacrificing to) idols, and casting lots with arrows, are heinous acts and include the acts of Satan. So stay away from those (deeds) so that you will be successful (QS. Al-Maidah: 90).

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Abuser drugs occur due to internal and external factors (Lynch et al., 2002). The internal factor is curiosity which then tries and becomes a habit. While external factors come from an unhealthy environment or friends with drug addicts, self-control is the right way to avoid continued use. Self-control by using techniques of cognitive restructuring. A drug abuser has volatile emotions and can change at any time (Daly et al., 2014). The environment of the fight. Drug abusers indicate an abuser's self-control instability, self-control is the ability to make decisions about how and when to express emotions and respond (Henschel et al., 2014). An abuser sometimes acts according to the emotional impulse that arises in him.

Self-control is the ability to structure, guide, organize, and direct forms of behavior that can lead to positive consequences (McCullough & Willoughby, 2009). So that they are even better when they are in the outside world because self-control is one of the potentials that individuals can develop and use during the processes in life, including in dealing with conditions in the surrounding environment. Self-control is a form of mental condition that influences the formation of other behaviors (Beaver et al., 2009). The formation of good, positive, and productive behavior and harmonious relationships with others is also influenced by self-control abilities. Correct study habits, discipline, orderly behavior at school and in the community, healthy sexual behavior, and the formation of other living habits are influenced by self-control abilities self-control (Zebua et al., 2022). Self-control is one of the potentials that individuals can develop and use during life's processes, including in dealing with conditions in the surrounding environment (Kiewa, 1994). Experts argue that self-control can be used as a preventive intervention besides reducing the negative psychological effects of a stressor-stressor environment.

Where group counseling will utilize group dynamics to push together and motivate change. The available material for group counseling services utilizes group dynamics which cover all areas of guidance (Jordan, 2013). This problem will be served through intensive discussion by all group members. Group counseling can be interpreted as a service in counseling guidance with 5-8 members to solve problems by utilizing group dynamics; it is hoped that individual problems can be resolved (Farnsworth & Boon, 2010). According to Hofmann and Asmundson, Cognitive Restructuring enables counselors to collaboratively recognize thoughts as irrational or maladaptive and use certain strategies, such as logical disputation, Socratic Questioning, and behavioral experiments, to defy their reality (Hofmann & Asmundson, 2017).

The author conducts literature first, so there are no similarities to previous research. In this case, the author reviews both these capable journals relevant to the research the author will conduct. Discussion related to the author's research entitled "Effectiveness of Group Counseling Techniques Cognitive Restructuring To increase Self Control Against Drug Abusers in Class IIA Banyuasin Prison (LAPAS). This research is to discuss academic anxiety owned by a student in the field of academic achievement. This research was carried out to help students who experience academic anxiety by using cognitive restructuring and systematic desensitization techniques. The similarities between this research and the current research are that the authors use the same effectiveness, group counseling, cognitive restructuring techniques, but there are differences in this research.

The Rational of Current Study

This study uses an approach Cognitive Behavior Therapy (CBT) or also known as terms Cognitive Behavior Modification is a behavior modification therapy that uses cognition as a "key" to behavior change (Persons, 2005). The therapist helps clients by

removing the client's bad thoughts and beliefs, to then be replaced with a better mindset construction (Neenan, 2008). Behavior is a counseling and therapy approach that combines approaches cognitive (thoughts) and behavior (behavior) to solve a problem. Approach cognitive (thought) trying to focus on putting a thought, belief, or form of self-talk towards others (eg, my life is so miserable that it is difficult to define my life) (Wright et al., 2017).

Cognitive Restructuring can be practiced with groups. Cognitive Restructuring is commonly used with individuals whose minds are polarized, show strength and anxiety in certain situations, or overreact to life's problems and can take extreme measures (Holden, 2021). Velting, Setzer, and Albano proposed using cognitive Restructuring for adolescents and adults with anxiety disorders (Velting et al., 2004). By identifying thoughts that cause anxiety, children can learn to challenge those thoughts, self-defeating themselves with coping thoughts (Fitch & Marshall, 2002). Technique Cognitive Restructuring It is a process by which a person can manage achievement through their actions with clients who need help replacing negative thoughts and interpretations with more positive ones (Leahy & Rego, 2012). Because there are many abusers in class IIA Banyuasin penitentiary (LAPAS), they have the will to stop using drugs. Still, it is difficult to control themselves, so they don't use drugs.

Purpose or Hypotheses of The Study

Researchers research to improve self-Control of drug abusers using cognitive restructuring techniques with the principle of changing client behavior to get rid of bad thoughts and beliefs and replacing them with better or more positive thoughts that aim to be able to evaluate yourself. Besides that, the reason for choosing the technique of cognitive Restructuring is chosen by researchers because this technique uses stages or a structured approach. From the explanation above, therefore, the authors are interested in conducting research titled "Effectiveness of Group Counseling Techniques Cognitive Restructuring To increase Self Control Against Drug Abusers in Class IIA Banyuasin Penitentiary (LAPAS). With the background description above, the research questions can be formulated as follows: First, what is the description of self-control drug abusers in Class IIA Banyuasin Penitentiary (LAPAS)? Second, How the effectiveness of group counseling with cognitive Restructuring techniques in increasing self-control drug abusers in Class IIA Banyuasin Penitentiary (LAPAS)? With a description of the formulation of the problem.

The research objectives are as follows: First, to determine the level of control against drug abuse in Class IIA Banyuasin Penitentiary (LAPAS). Second, to find out how to level effectiveness-self-control drug abuse in Class IIA Banyuasin Penitentiary (LAPAS) by carrying out group counseling effectiveness using cognitive restructuring techniques. The research hypothesis is a conjecture or the result of a quick answer that is used by researchers, and the level of truth still needs to be tested first. To prove the truth, the researcher/writer needs data to support the hypothesis. The hypothesis contained in this study is as follows: Effectiveness of Group Counseling Techniques Cognitive Restructuring To increase self-Control Against Drug Abusers in Class IIA Banyuasin Penitentiary (LAPAS). Ha: Effective Group Counseling Techniques Cognitive Restructuring in Improving Self Cons Against Drug Abuse in class IIA Banyuasin Penitentiary (LAPAS). HO: Ineffective Group Counseling Techniques Cognitive Restructuring In Improving Self Control Against Drug Abuse in class IIA Banyuasin Penitentiary (LAPAS).

METHODS

Research Design

The research method is a process of activities in the form of data collection, analysis, and providing interpretation related to research objectives. In this case, the research method is a scientific way to obtain data with a specific purpose and use. The research method used is a quantitative descriptive method. This type of research is research with a problem formulation that integrates research to explore social situations that will be studied in depth.

Participant

The population in the study was 319 inmates of drug abusers at Class IIA Banyuasin Penitentiary. Penitentiary Institution (LAPAS) Class IIA Banyuasin has a number of 319 inmates. According to Suharsimin Arikunto, if the total study population is less than 100 people, all research samples can be taken, but if the research population is more than 100 people, samples can be taken as much as 10% -15% or 20%-25% or more. The number of inmates who abuse drugs is 319 inmates. From this population, 10% of the population was taken, so the number of samples was $319 \times 10\% = 31.9$, which was rounded up to 32. Because the sample in this study was not randomly selected, only inmates met the criteria of self-control, which the researcher included in the sample, which consisted of 12 people who met these criteria.

Procedure

In this study, the stages of technical group counseling services cognitive restructuring are divided into 5 (five) meetings to implement the services and techniques. The following is an explanation of the meeting conducted by the researcher following table 1.

Instrument

Several data collection techniques, namely questionnaires, and observation. Data collection can be done in various ways settings, various sources, and various ways. Researchers collect data as follows. Questionnaire or questionnaire is a way of collecting data indirectly. The questionnaire in this study will contain levels of control against drug abusers in class IIA Banyuasin penitentiary (LAPAS). This questionnaire technique is carried out by distributing questionnaires through paper made of tables. This study uses a type of scale research Likert alternative answers. Scale response format form Likert alternative answers as follows: SL: Always, SR: Often, KD: Sometimes, TP: Never. Documentation is looking for data about things or variables in the form of notes, transcripts, books, newspapers, magazines, inscriptions, minutes of meetings, calendars, agendas and so on. The data taken is in the form of photos or images that are used as complementary data in a study that is discussed.

Data analysis

Data analysis is an important thing that must be done by every researcher when going to do research. Data analysis comes from the results of data collection. This research is to see how much the effectiveness of group counseling techniques Cognitive Restructuring to increase self-control against drug abusers in class IIA Banyuasin penitentiary (LAPAS).

Table 1. Procedure Implementation of CBT

Schedule	Description
1st meeting	At this meeting, the researcher held a meeting and introduced the group members who had the characteristics desired by the researcher. At this meeting, the researcher made in-depth introductions regarding information on names, addresses, ages, and so on. This meeting also briefly discussed about group counseling, techniques of cognitive restructuring, and self-control.
2nd meeting	At the 2nd meeting, the researcher gave a pretest or a questionnaire to determine the level of control in the Class IIA Banyuasin penitentiary (LAPAS). Results are analyzed and categorized by the level of self-control group members own. Furthermore, the researcher provides the stages of group counseling, namely the transitional stage. The purpose of this stage is to build self-control for each member of the group. Counselors must understand the characteristics and dynamics of the transitional stage. The steps contained in the transitional stage include re-explaining group counseling activities, asking questions about the readiness of members for further activities, recognizing the atmosphere when members as a whole or in part are not ready to enter the next stage, and addressing the atmosphere and giving examples of personal problems raised and discussed in Group.
3rd meeting	At this 3rd meeting the process of exploring in-depth problems and effective action. The steps at the activity level are as follows: Invite group members to ask each other's problems in turn, Choose or determine the problem to be discussed first, Thoroughly discuss selected issues, Intermezzo and, Affirming the commitment of members whose problems have been discussed and what will be done regarding the discussion to solve the problem.
4th meeting	At this 4th meeting, after carrying out the stages of the researcher's activities, posttest of group members to assess whether there is an increase in group members before and after carrying out group counseling with techniques of cognitive restructuring.
5th meeting	At the 5th meeting, namely the termination stage, the implementation of counseling was marked by group members starting to change their behavior in the group. The steps in the termination stage are: Explain that group counseling activities will be ended, Group members share their impressions and assess the progress each has made, Discuss follow-up activities, Group member response messages, Thank you, Berdo'a, Farewell and Group counseling service techniques.

Hypothesis testing

In this quantitative research use Non-Parametric Statistics, calculations to describe data, and statistical tests to test hypotheses. In conducting ASDA research, whether or not the effectiveness of group counseling techniques cognitive restructuring to increase self-control against drug abusers in class IIA Banyuasin penitentiary (LAPAS). Then the research results can be obtained, which are processed by statistical analysis using the hypothesis testing data analysis technique to determine the effectiveness of group counseling techniques cognitive restructuring to increase self-control against drug abusers in class IIA Banyuasin penitentiary (LAPAS). Hypothesis testing in this study used the Wilcoxon Test using SPSS Version 22.

Normality test

Before testing the hypothesis, a data normality test is first performed to determine the type of statistics to be used, whether parametric or non-parametric. Testing the

normality of the data using Kolmogorov-Smirnov (K-S). The K-S test is carried out by making a hypothesis:

H_0 : Data is distributed normally

H_a : The data is not normally distributed

Decision-making guidelines:

-Sign or significant value or profitability < 0.05 is an abnormal distribution.

-The sig or significant value or profitability > 0.05 is a normal distribution.

After the normality test is carried out, the data is processed using a different test of two samples in pairs with the following conditions:

-When normally distributed data is used t-test (*paired sample t-test*)

-When the data is not normally distributed, the test is used Wilcoxon *signed rank test* (nonparametric test).

RESULT AND DISCUSSION

Results

In the results of this study the researchers explain the results of research regarding the level of self-control drug abusers in Class IIA Banyuasin Penitentiary (LAPAS). The table of research implementation is seen in table 2.

Overview of Group Counseling Levels with Techniques Cognitive Restructuring to increase Self-Control Against Drug Abusers

The number of statements in the questionnaire is 20 statements. The researcher distributed a questionnaire of drug abusers to 12 respondents. The table of results of the questionnaire can be seen in table 3.

Based on the table above, we can see that the percentage results for the level of self-control on drug abusers regarding levels Self-Control who are in a Class IIA penitentiary (LAPAS) have many indicators, namely: being able to control themselves from the dangers of drugs, there is regret in the inmates for not using drugs and being able to develop their potential so they don't use these illicit objects. Classified in the category of the highest score totaling 0 fostered residents (10%), the average score totaling 9 fostered residents (75%), and the low score totaling 3 assisted residents (15%).

The conclusion is that the level of self-control for drug abusers in the Banyuasin Class IIA Correctional Institution (LAPAS) is in the moderate category, which means that the inmates can control themselves. However, not all inmates can control themselves. This is due to the 12 assisted residents obtaining an average qualification score of 74%. So the conclusion from the table above is that the level of self-control of drug abusers in the Banyuasin Class IIA Penitentiary is moderate.

Results of Technical Group Counseling Effectiveness Test Cognitive Restructuring to increase Self-Control on Drug Abusers in Class IIA Banyuasin Penitentiary

This research was conducted to know the effectiveness of group counseling techniques and cognitive restructuring to increase the self-control of drug abusers in the Class IIA Banyuasin penitentiary (prison). The average (mean) must be reckoned from Pretest and Posttest. It can be concluded on the pretest, there is a value mean of 50,833 rounded up to 51 meanwhile mean on the posttest there is a value of 71, and 2500 is rounded to 71, Pretest and posttest in the tall and tall category.

Table 2. Research Schedule

No	Research schedule	Information
1	Instrument validity	March 14, 2023
2	Determination of respondents	March 16, 2023
3	Spread <i>Pretest</i>	March 16, 2023
4	Implementation of group counseling with techniques <i>Cognitive Restructuring:</i>	
	1st meeting	March 16, 2023
	2nd meeting(<i>pretest</i>)	March 20, 2023
	3rd meeting	March 22, 2023
	4th meeting	March 22, 2023
	5th meeting(<i>posttest</i>)	March 27, 2023

Table 3. Level Self-Control on Drug Abusers (Y)

No.	Category	Variable		
		Mark	Frequency	Percentage
1	Height	> 29	0	0%
2	Currently	7-29	9	75%
3	Low	<7	3	25%
Total			12	100%

Hypothesis Test Results for the Effectiveness of Group Counseling Techniques Cognitive Restructuring to increase Self-Control Against Drug Abusers

Effectiveness is the compatibility between the person carrying out the task and the intended target. It can be argued that effectiveness is related to implementing all the main tasks, achieving goals, timeliness, and the active participation of members. The analysis used to measure the effectiveness is descriptive analysis and aims to determine whether group counseling is a technique of cognitive restructuring to increase self-control more effectively against drug abusers than other techniques. In this study, the effectiveness of group counseling techniques cognitive restructuring to increase self-control against drug abusers from the results of the inmates studied.

The average category of technical group counseling results from cognitive restructuring to improve its control towards drug abusers and has a moderate categorized value of 75%. The analysis is based on each variable's average (mean). obtained from the sum of the overall data in each variable. And their self-control is in the moderate category. For self-control or self-control, they can already be said to be good. Why is that because they can control themselves and not to use drugs as much as possible without coercion from researchers? self-control, they are very good, and they want to keep trying to stay away from the name of drugs. Results of the Effectiveness Hypothesis of Group Counseling Techniques Cognitive Restructuring To increase self-Control Against Drug Abusers in Class IIA Banyuasin Correctional Institutions (LAPAS), the hypothesis test in this study was used to determine the effectiveness of group counseling techniques cognitive restructuring to improve self-control of drug abusers in class IIA Banyuasin penitentiaries (prisons). Hypothesis testing in this study used the Wilcoxon Test using SPSS version 22, see table 4 and 5.

Based on the table above shows that negative Ranks or difference (-) between-pretest and posttests 12 at the value of N. Mean Ranks 00 and Sun of Ranks 00. This value shows that the 12 respondents experienced an increase in value pretest and post-test in this study to obtain value ties 0, so it can be said that there is no similarity between

Table 4. Wilcoxon test

Ranks		N	Mean Rank	Sum of Ranks
Posttest	Negative Ranks	0 ^a	,00	,00
Pretest	Positive Ranks	12 ^b	6,50	78,00
	Ties	0 ^c		
	Total	12		

a. Posttest < Pretest

b. Posttest > Pretest

c. Posttest = Pretest

Source: Data processing with SPSS version 22

Table 5. Statistics Test

Test Statistics ^a	Posttest – Pretest
WITH	-3,083 ^b
Asymp. Sig. (2-tailed)	,002

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks.

Source: Data processing with SPSS version 22

the values-pretest and post-test. In this Wilcoxon Test study, researchers used benchmarks in making decisions that would be used as guidelines or guidelines, namely:

- a) When the probability (Asymp. sig (2-tailed) < 0.05 then Ho is rejected and ha is accepted.
- b) If the probability (Asymp. sig (2-tailed) > 0.05 then Ho is accepted and ha is rejected.

From the statistical test above, it is known that asymp. sig (2-tailed) has a value of .002. Value .002 < 0.05, it can be concluded that he is accepted and ho is rejected, which means there are differences in results between-pretest and post-test. it is concluded that Ha is accepted and Ho is rejected, meaning that there is a difference in the results pretest as well as results post-test can be concluded group counseling techniques cognitive restructuring to increase self-control against drug abusers in class IIA Banyuasin penitentiary (lapas).

Discussion

This research was conducted to determine the level of description self-control of drug abusers and the effectiveness of group counseling with techniques of cognitive *restructuring* in increasing the self-control of drug abusers.

Level Self-Control Drug Abusers in Class IIA Banyuasin Penitentiary (LAPAS)

In the research that has been carried out, researchers get the level pictures self-control on average drug abusers at Class IIA Banyuasin LAPAS (Mean) is at a moderate level. This study shows that the description of the level of self-Control the drug abusers is in the moderate category, which means that the community members are still able to control themselves from drugs or narcotics. This is because of the 12 respondents who obtained scores with moderate qualifications amounting to 74%. So therefore, self-control can be said to be effective in this research. Even though the qualifications should be high, researchers will still try their best to help clients/counselees. However, getting an average

category score has made them try hard to control themselves so they don't abuse drugs again, both in and outside prison. Drug abuse can make someone have their own addiction in themselves to make them lose control, or they have very little self-control and need constant encouragement from family, good friends, and the surrounding community.

The Results of The Effectiveness of Group Counseling with Techniques of Cognitive Restructuring in Increasing Self-Control Drug Abusers

Based on the research that has been done by the researcher to get an overview of the levels of self-control against abusers are at high and moderate levels. This is what researchers find in the field, usually when they (inmates) still have a desire to use drugs, which can be said to be in a low category, then when given-posttest experienced an increase that is in the medium category. This can be seen in the implementation of this research which was monitored smoothly. Implementation of group counseling services on the posttest, which has been carried out by being given a topic of discussion that has been prepared by the researcher, namely regarding drug abusers and the stages in the technique have been carried out self-control that is:

1. The researcher helps the counselee to find a picture of a situation that causes irrational thoughts.
2. Researchers help the counselee collect negative statements.
3. The researcher helps the counselee to change his view of the negative questions into positive statements through several writing tools.
4. Collecting positive statements for yourself.

A total of 5 meetings where the group guidance process was carried out within a period of approximately 1 month have been successfully carried out, and the results can be seen clearly-pretest and the post-test, with the difference in the average score between the pretest and post-test. The study results show that Group Counseling Services with Techniques Cognitive Restructuring Can Effectively use in Enhancing the Self-Control (Self-identification) of Drug Abusers in Class IIA Banyuasin Correctional Institutions.

Implications

Implications based on this study's results can be found on this occasion. The researcher can analyze where there are possible differences between before carrying out the research and after carrying out the research to get research results that are classified as moderate drug users with quick answers which are likely to be further investigated to produce research that is classified as tall.

Research Limitations

The limitations of the research are as follows. Researchers focus only on drug abusers who have negative and low self-control thoughts. The questionnaire information provided to the respondents is still not following the real conditions of the respondents. The time in the research is relatively very short. Lack of exposure to material provided by researchers to respondents.

CONCLUSION

From the results of the analysis and hypothesis testing that the researchers did, it can be concluded that: 1) Level self-control moderate drug users. With an average

qualifying score of 75%. 2) Based on the research results on the effectiveness of cognitive restructuring group counseling techniques to increase the self-control of drug abusers in class IIA Banyuasin penitentiaries (prisons). Hence the effectiveness of group counseling techniques and cognitive restructuring is effective in improving the self-control of drug abusers in Banyuasin class IIA prisons. In this study, the researchers conveyed the following suggestions: 1) For drug users. Drug users must be able to change themselves for the better before leaving detention and must be able to control themselves not to use drugs so that they do not repeat their crimes. 2) For class IIA Banyuasin correctional institutions (LAPAS). It is hoped that it will be able to provide better guidance between convicts who use drugs and other convicts. Due to drug convicts self control, they are out of control. They will repeat the same thing to use drugs. 3) For the next researcher. It is hoped that future researchers will be able to follow up on this research, which will be even more in-depth, especially in the use of cognitive restructuring techniques in increasing self-control. In addition, it is also expected to be able to examine more sources and references related to research so that future research will be even better in the future.

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