

THE INFLUENCE OF POSITIVE SELF-TALK ON MOTIVATION TO HEAL IN PRISONERS WITH DRUG ABUSE CASES: A QUASI-EXPERIMENTAL STUDY WITH A PRE-TEST AND POST-TEST CONTROL GROUP

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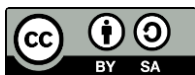
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ABSTRACT

The prevalence of convicts who abuse drugs continues to increase. Motivation is one of the main factors that hinders the recovery process. The role of nurses is crucial in handling efforts to improve recovery. The nursing intervention that can be carried out is Positive Self-Talk. Positive Self-Talk provides encouragement and motivation to make changes to individuals. The aim of the research is to determine the effect of positive self-talk on motivation to recover in prisoners who are victims of drug abuse. The research method used is quasi experimental with a pre-test and post-test with control group research design. The number of samples was 80 respondents with 40 respondents in the control group and 40 respondents in the intervention group who were drug users in Class II B Prison. The research was conducted over 7 days with 14 meetings and involved daily self-reports twice a day, in the morning and evening, using the University of Rhode Assessment Scale (URICA) questionnaire. Data analysis used univariate tests and bivariate tests, namely the Wilcoxon test and the Mann-Whitney test. The pre-test showed that 67.5% of the control group and 65% of the intervention group were in the precontemplation stage. However, the post-test showed significant changes with 57.5% of the control group moving to the contemplation stage, while 75.5% of the intervention group were at that stage. The results of the Wilcoxon and Mann-Whitney U tests strengthened significant differences between groups (p -value < 0.001). positive self-talk has a significant influence on motivation in drug abuse convicts. For further research to measure the precision of the effectiveness of the Positive Self-Talk intervention, it can be done by increasing the duration of the intervention. The recommendation is to integrate positive self-talk as an important part of the rehabilitation program by providing training to counselors in its application.

ABSTRAK

Prevalensi narapidana penyalahgunaan Narkoba terus meningkat setiap tahunnya. Salah satu faktor utama terjadi peningkatan tersebut berkaitan dengan kurangnya motivasi untuk sembuh. Peran perawat menjadi krusial dalam upaya meningkatkan motivasi untuk sembuh. Adapun inovasi intervensi keperawatan yang dapat dilakukan adalah Positive Self-Talk. Positive Self-Talk memberikan dorongan dan motivasi untuk membuat perubahan pada diri individu. Penelitian bertujuan untuk mengetahui pengaruh Positive Self-Talk terhadap motivasi untuk sembuh pada narapidana korban penyalahgunaan narkoba. Metode penelitian yang digunakan yaitu quasy experimental dengan desain penelitian pre-test and post-test with control group. Jumlah sampel yaitu 80 responden dengan 40 reponden kelompok kontrol dan 40 responden kelompok intervensi yang merupakan pengguna narkoba di Lembaga Pemasyarakatan. Penelitian ini dilakukan selama 7 hari dengan 14 kali pertemuan, serta pengecekan melalui laporan diri harian sebanyak 2 kali sehari, yaitu pada pagi dan malam, serta menggunakan kuesioner University of Rhode Assessment Scale (URICA). Analisis data menggunakan uji univariat dan uji bivariat yaitu wilcoxon test dan mann-whitney test. Adapun hasil peneliti menunjukkan Pre-test menunjukkan bahwa 67,5% kelompok kontrol dan 65% kelompok intervensi berada pada tahap prekontemplasi. Namun, post-test menunjukkan perubahan signifikan dengan 57,5% kelompok kontrol beralih ke tahap contemplation, sedangkan 75,5% kelompok intervensi berada pada tahap tersebut. Hasil uji Wilcoxon dan Mann-Whitney U memperkuat perbedaan yang signifikan antar kelompok (p -value < 0,001). Positive Self-Talk mempunyai pengaruh yang signifikan terhadap motivasi untuk sembuh pada narapidana penyalahgunaan narkoba. Bagi penelitian selanjutnya untuk mengukur presisi efektivitas intervensi Positive Self-Talk dapat dilakukan dengan meningkatkan durasi pemberian intervensi. Rekomendasinya adalah mengintegrasikan self-talk positif bagian penting rehabilitasi

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INTRODUCTION

The global increase in drug abuse, as reported by UNDOC and BNN, highlights the urgency for in-depth research, particularly given the surge in drug use post-pandemic and its continuing rise in Indonesia, which affects individuals regardless of age or residence. The problem of drug abuse continues to increase every year, according to reports from the United Nations Office on Drugs and Crime (UNDOC) and the National Narcotics Agency (BNN). In 2020, UNDOC estimated that around 275 million people used drugs worldwide, with 36 million people experiencing mental disorders in 2021. During the pandemic, drug use, including marijuana, increased by 42% in 77 countries in the same year. In Indonesia, the prevalence of drug abuse also increased from 1.80% in 2019 to 1.95% in 2021, with no significant differences based on age or place of residence. The average age of first drug use in Indonesia is between 30 and 40 years, for both urban and rural residents.

Several factors cause high levels of drug abuse. According to research by Nawi et al (2021) these factors include individuals, families and communities. Individual risk factors include impulsivity, experience of extreme pain, abuse, mental disorders, and use of synthetic drugs. Family risk factors include maternal smoking habits, lack of psychological control, low education, lack of supervision, uncontrolled pocket money, and the presence of family members who use drugs. Meanwhile, community risk factors involve interacting with peers who also abuse drugs (Nawi et al., 2021)

Drug abuse convicts tend to have low motivation to recover. However, the importance of positive reinforcement from within the individual helps increase motivation to recover. One intervention that can be done to increase motivation to recover is Positive Self-Talk. This is because Positive Self-Talk can teach how to change negative perceptions that hinder recovery into positive perceptions through internal conversations, both verbal and non-verbal. Research by (Razali A, 2023) highlights that prisoners who experience drug abuse often have low motivation to recover. Environmental factors, according to the study, can play an important role in causing relapse and hindering recovery motivation among drug addicts.

Nurses or counselors can use Positive Self-Talk techniques to help individuals change mindsets toward recovery from drug abuse. This involves providing instructions and reinforcement to influence thought patterns towards desired goals. Positive Self-Talk intervention is effective in increasing motivation for recovery from drug abuse (Oleś et al., 2020). Several stages for implementing positive internal dialogue include controlling thoughts, creating constructive Self-Talk, leaving negative thoughts behind, focusing on positive sentences, and repeating them silently (Blanchfield et al., 2014).

When individuals speak words to themselves, this serves as an important cognitive factor in behavior change. This focus on internal dialogue or inner speech can then be changed, hopefully bringing about cognitive, emotional and behavioral changes. Positive Self-Talk, which emphasizes positive internal dialogue, builds strong confidence in individuals, stimulating enthusiasm, optimism, self-confidence, and self-motivation. The application of Positive Self-Talk, consistently reciting a combination of positive sentences can help someone when facing a problem (Park et al., 2020). By involving positive sentences, Positive Self-Talk can help individuals overcome problems and increase motivation. The Self-Talk procedure is part of cognitive therapy which focuses on changing negative perceptions into positive ones, with an emphasis on inner speech and learning to change cognition, emotions and behavior, including motivation to recover from drug abuse (Hidayat et al., 2023).

Based on interview results, it shows that the majority of drug convicts, especially those sentenced to less than one year, have low motivation to recover. Concerns about social acceptance after release are the main cause. The majority of them are hesitant to stop using drugs after being released, and some even want to continue using because they feel that prison sentences are not effective enough. However,

there are also prisoners who have served longer sentences and are willing to change, considering punishment as a valuable lesson.

This research highlights the importance of strong motivation in the rehabilitation of drug convicts, because low motivation can hinder the healing process and increase the risk of returning to bad habits. Therefore, a holistic approach is needed that focuses on building strong motivation to support the healing process. Based on this phenomenon, researchers want to know the effect of positive self-talk on motivation to recover in prisoners with drug abuse cases in the Class II B Polewali prison West Sulawesi.

PURPOSE

To determine the effect of positive self-talk on motivation to recover in drug abuse prisoners in class prisons II B Polewali West Sulawesi Province.

METHOD

Types of research

This research is a type of quantitative analysis. The research design is quasi-experimental with a pre-test and post-test with control group research design.

Research Location and Time

This research was conducted class prisons II B Polewali West Sulawesi Province. This research was conducted in November 2023.

Population and Sample

The population for this study consisted of all drug convicts. Data collection was conducted using non-probability sampling, specifically proportional sampling. The available data included samples that met the inclusion, exclusion, and dropout criteria, resulting in a total of 80 participants: 40 in the intervention group and 40 in the control group. The sample size of 80 participants (40 in each group) was chosen due to practical constraints, such as limited resources and feasibility, while still providing sufficient statistical power for meaningful analysis. Additionally, this size allows for a balanced comparison between the intervention and control groups, enhancing the study's validity and ethical considerations. The inclusion criteria were as follows: participants must be under 20 years of age or over 60 years, be convicts with documented drug abuse, include both non-recidivists and recidivists, and, if applicable, suffer from intermittent diseases. The exclusion criterion was refusal to participate; hence, drug-using convicts who declined to become respondents were excluded. Sampling was based on specific considerations made by the researcher, taking into account the known characteristics of the population (Sugiyono, 2022).

Data Collection

The data collection process began with the use of questionnaires as the main technique for measuring the level of motivation of respondents using the URICA instrument. Administrative preparations, such as obtaining permits from related institutions, were the initial steps before data collection began. Researchers also prepared assistants to help with various tasks, from identifying potential respondents to implementing the positive self-talk technique. During the intervention, both facilitators and researchers monitored each session of the positive self-talk technique by recording attendance and checking the daily self-report module. The intervention included activities such as self-observation to document negative self-talk, changing it into positive sentences through discussion, and practicing positive sentences by taking 6–10 deep breaths, then writing and reading them 20 times. After a 7-day intervention period that included 14 meetings and required daily self-reports twice a day (morning and evening), a post-test was conducted to evaluate effectiveness. Data analysis showed an increase in recovery motivation in the intervention group, which was in line with the objectives of the study.

Processing and Analysis of Data

In this study, measuring motivation to recover in drug abusers used the University of Rhode Island Change Assessment Scale (URICA) instrument by Rossi and DiClemente (1994), which has been

adapted into an Indonesian version. This instrument consists of 32 items covering four stages of change. The validity of this instrument has been tested by Devi et al (2013), showing a validity of 0.882. The URICA instrument has been tested for validity, which showed validity of 0.882 with a Cronbach's alpha value between 0.753 to 0.806, and test-retest reliability between 0.935 to 1 (A Devi, 2013). Researchers have carried out an ethical feasibility test from KEPK STIKep PPNI with Letter Number No. III/083/KEPK-SLE/STIKep/PPNI/JABAR/XI/2023. In data analysis, univariate and bivariate analysis was carried out. Non-normal and homogeneous data were tested using Non-Parametric statistics, with the Wilcoxon sign rank test for paired groups and Mann-Whitney for unpaired groups. Asym.sig probability value (2-tailed) < 0.05 or a significance level of 95% ($\alpha=0.05$), shows the difference in the average motivation to recover in drug abusers before and after positive self-talk. This test compares the motivation to recover in drug abuse convicts before and after positive self-talk.

RESULTS

Table 1. Frequency Distribution of Respondent Characteristics Intervention Group (n=40) Control Group (n=40)

Characteristic	Control Group		Intervention Group	
	Frequency (n)	Percentage (%)	Frequency (n)	Percentage (%)
Age				
<20 years	2	5	7	17,5
20-44 years	30	75	22	55
>45 years	8	20	11	27,5
Detention Time				
<1 years	18	45	18	45
1-5 years	17	42,5	16	40
>5 years	5	12,5	6	15
Total	40	100	40	100

Based on table 1 showed that the majority of the 80 respondents, who were divided into two groups, were aged between 20 and 44 years. The highest proportion of respondents was in the control group (75%), compared to the intervention group (55%). Further analysis of prisoner's detention time shows that the majority of both groups have < 1 years of prison experience, with the same proportion (45%).

Table 2. Level of Motivation to Heal Before Giving Positive Self-Talk Intervention Group (n=40) Control Group (n=40)

Characteristic	Control Group		Intervention Group	
	Frequency (n)	Percentage (%)	Frequency (n)	Percentage (%)
Level of Motivation				
<i>Pre-Contemplation</i>	27	67,5	6	65
<i>Contemplation</i>	13	32,5	14	35
Total	40	100	40	100

Table 2 shows that the level of motivation before giving Positive Self-Talk to the control and intervention groups. Previously, the majority of control group respondents (67.5%) were at the precontemplation level, while the majority of intervention group respondents (65%) were also at the

same level. This suggests that most individuals in both groups have not fully considered positive behavior change.

Table 3. Level of Motivation to Heal After Giving Positive Self-Talk Intervention Group (n=40) Control Group (n=40)

Characteristic	Control Group		Intervention Group	
	Frequency (n)	Percentage (%)	Frequency (n)	Percentage (%)
Level of Motivation				
<i>Pre-Contemplation</i>	23	57,5	3	7,5
<i>Contemplation</i>	17	42,5	30	75,5
<i>Preparation/Action</i>	0	0	7	17,5
Total	40	100	40	100

Table 3 shows that the level of motivation after administering Positive Self-Talk, the majority of respondents in the control group were still at the precontemplation level (57.5%), indicating that many individuals had not considered positive changes. However, in the intervention group, the majority of respondents also remained at the precontemplation level (75.5%), with some at the preparation level.

Table 4. Result Wilcoxon test

Group	Increased	Still	Decrease	Mean Rank	P-value
Control	29	6	5	21,26	<0,001
Intervention	38	0	2	17,52	<0,001

Table 4 shows that the almost all respondents in the intervention group experienced increased motivation to recover at the preparation stage after being given Positive Self-Talk, with a mean rank value of 17.52 and a p-value of <0.001. Meanwhile, in the control group, some respondents experienced a decrease or no change, but the majority experienced an increase in motivation, with a mean rank value of 21.26 and a p-value of <0.001. This shows a significant difference in the level of motivation to recover among convicts who abuse drugs.

Tabel 5. Result Mannwitney

Group	Mean Rank	Sum Rank	Z	p-value
Control	28.71	2091.50	-4.541	<0,001
Intervention	52.29	1148.50		

Table 5 shows that there is a significant difference in motivation to recover scores between the control and intervention groups. The P value is <0.001, which is smaller than 0.05, which means H0 is rejected. So, there is a difference in the level of motivation to recover after being given Positive Self-Talk.

DISCUSSION

Motivational issues in recovery from drug addiction are often exacerbated by psychological factors such as anxiety and social pressure, particularly in prison settings (Laudet et al., 2004). Research has shown that Positive Self-Talk can enhance recovery motivation by changing negative thought patterns and increasing self-confidence (Kadian A, 2004). Research shows a strong correlation between

recovery enthusiasm and positive behavioral change, highlighting the effectiveness of this approach. Despite its proven benefits, research on Positive Self-Talk in Indonesian prisons is limited, underscoring the need for further investigation to develop effective rehabilitation strategies (Subandi et al., 2022).

The problem of motivation to recover from drug addiction can be included in the category of mental abuse. This is a common situation faced by drug users who have become addicted and are facing difficulties in recovering. Lack of drive to recover is often influenced by psychological conditions, such as anxiety that may arise in a prison environment due to negative perceptions or social pressure within it. Psychosocial problems such as anxiety, stress and depression can affect a person's healing process. Drug users often experience high levels of anxiety, which directly impacts their drive for recovery (Fanti Rovetta, 2023).

In the recovery process, motivation is very important in healing drug abuse prisoners. Research results published by Hong (2021) concluded that there is an important relationship between enthusiasm for recovery and changes in behavior. This approach to drug offenders provides a unique opportunity to confront the problem of substance abuse and reduce the level of criminal behavior associated with it (Hong et al., 2022). Low motivation also occurs among prisoners in prison. Prisoners often fall into drug abuse due to a lack of motivation to recover. They tend to feel hopeless and isolated, so they use drugs as an escape. In this context, respondents in the pre-test measurement are still in the precontemplation stage (Hidayat et al., 2023).

Interventions to increase motivation in the healing process for individuals who experience substance abuse can be carried out through positive self-talk techniques. The consideration for using this intervention is because it can be applied independently by prisoners who are serving prison sentences for drug abuse cases. This finding is in line with research conducted, which found that the application of Positive Self-Talk influenced motivation to recover in individuals who were undergoing rehabilitation for drug abuse (Hidayat et al., 2023). Research conducted by (Kim et al., 2016) measured the impact of positive self-talk on cognitive changes and its effect on brain connectivity differently in the context of cognitive performance. This research identifies differences in the effects of positive and negative self-talk on functional connectivity and changes in cognitive performance. Self-Talk is a mental interaction in which a person communicates with himself through internal dialogue. Research by (Santos-Rosa et al., 2022) explains that Self-Talk involves various aspects such as interpretation, feelings, perceptions, evaluations, beliefs, as well as giving instructions or reinforcement to oneself through talking in one's mind.

Positive Self-Talk intervention for drug addicts has a positive impact on healing motivation and levels of self-confidence. Although not much research has been conducted in Indonesia, especially on drug abuse prisoners, this approach has been proven to be effective in changing negative thought patterns into positive ones and increasing individuals' confidence in their abilities to face challenges and motivating them to achieve recovery (Romaniuk, 2018) Self-talk is a dialogue process where someone interprets responses, answers, manages and changes events that have occurred in line with their agenda and self-confidence, then makes instructions and strengthens their own defenses (Grzybowski & Brinthaup, 2022) Research by Smith et al. (2018) also supports the importance of positive self-talk in increasing motivation to participate in rehabilitation programs and changing behavior to be more positive. This emphasizes the importance of integrating Positive Self-Talk in the recovery efforts of drug addicts (Blanchfield et al., 2014).

In this study, respondents received positive self-talk intervention, which in the context of CBT is used to change negative thought patterns into positive ones. This approach involves identifying and replacing negative thoughts with more adaptive and optimistic thoughts (Deighton & Bell, 2017). Regular repetition of positive thoughts and positive self-talk can increase an individual's motivation to change and improve overall psychological well-being (Romaniuk, 2018). The goal of positive self-talk is not only to influence mental well-being, but also to strengthen an individual's motivation and self-confidence in achieving their life goals. Early attempts at examining self-talk activity in the brain involved the use of imaging technologies such as Positron Emission Tomography (PET) and functional magnetic resonance imaging (MRI) while participants silently read words or sentences, or while they

engaged in working memory tasks that required repetition. verbal material covertly (Grzybowski & Brinthaup, 2022).

According to researchers, Positive self-talk stimulates individuals to see challenges as opportunities for growth and strengthens their commitment to achieving a healthy life without dependence on drugs (Oleś et al., 2020). Self-talk has a positive impact on increasing focus, emotional regulation, and behavioral control, so that it not only influences motivation but also helps individuals manage emotions and direct their behavior in a more positive direction (Fanti Rovetta, 2023). Therefore, positive self-talk has a significant role in helping individuals, including convicted drug abusers, to change their view of themselves, strengthen their belief in their ability to recover, and find reasons to believe that they deserve the opportunity to improve their lives (Latinjak et al., 2019).

The implication of the results of this research is that research on positive self-talk can increase the recovery motivation of drug abuse prisoners in Indonesia, which is still limited, so it is hoped that further research can further develop this concept. It is hoped that the results of this research can become an intervention strategy for nurse practitioners to treat patients with low recovery motivation. It is hoped that the institution where the research was conducted can utilize the results of this research as a basis for improving counseling and treatment services for prisoners who experience problems with low motivation to recover. In addition, the data from this research can be a reference for developing health education and interventions aimed at preventing relapse and recidivism in correctional institutions. Implementation of the Positive Self-Talk intervention with drug abusers has an important impact on nursing services in various contexts, enabling nurses to play a more effective role in supporting the client's recovery process by building empathetic and therapeutic relationships and providing appropriate emotional support. Nurses who are successful in carrying out positive self-talk interventions for drug abusers are those who have good communication skills, empathy, and the ability to work collaboratively with a multidisciplinary team. The results of the study indicate that positive self-talk intervention can improve the motivation of recovery of drug abuse prisoners in Indonesia and provide a basis for intervention strategies for nurses in dealing with patients with low motivation. The Wilcoxon test showed a significant difference between the control and intervention groups, supporting the cognitive theory that states that positive mindsets affect motivation and recovery (Beck AT, 1976).

The main limitation of the research that has been carried out is the variation in the level of seriousness of the respondents. Researchers have tried to overcome this by directing, providing question and answer space, carrying out simulations, monitoring implementation, and providing attendance. Another limitation in the research that has been conducted is the difficulty of controlling interactions between the control and intervention groups because they live together in prison. Precautions have been taken, including encouraging the intervention group not to disclose their participation, monitoring, and filling out self-daily reports. This study's strengths include the application of positive self-talk, which has been shown to significantly improve recovery motivation and self-confidence among drug abuse prisoners, thereby offering a practical and impactful intervention strategy. Additionally, the study's structured approach, including regular monitoring and adherence to a detailed intervention protocol, enhances the reliability and validity of the results, providing valuable insights for future research and practical applications in correctional settings.

CONCLUSIONS AND RECOMMENDATIONS

Research findings show increased motivation to recover in prisoners with drug abuse cases, which confirms the effectiveness of positive self-talk in helping them. The recommendation based on this is to integrate positive self-talk as an important part of the rehabilitation program by providing training to counselors in its implementation. For further research aimed at increasing the precision of assessing the effectiveness of the positive self-talk intervention, extending the duration of the intervention period may be a feasible approach. This expansion will allow for a more comprehensive evaluation of its long-term impact on participants' cognitive and behavioral outcomes. Additionally, longer intervention periods may provide insight into the sustainability and durability of intervention impacts over time, thereby strengthening the evidence base for their efficacy in promoting positive psychological change. With this approach, rehabilitation programs can provide more effective holistic support for prisoners, helping them on their journey towards healing and a more meaningful life.

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