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REDUCED ADDICTION IN DRUGS ABUSERS UNDERGOING DHIKR AT PONPES INABAH XIX SURABAYA

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Abstract

Lately at various rehabilitation centers rehabilitation of drug abusers appear method based Islam or Islamic therapy. Pondok Pesantren (Islamic Boarding School) XIX Inabah Surabaya is one of the drug rehabilitation therapy in the form of implementation of Islamic dhikr. Most of the drug abusers were rehabilitated at this place did not have compulsions during the rehabilitation process, so that the addiction can be decreased and drug abusers can get out of a rehabilitation program in a minimum of 3 months. The purpose of this study was to prove a decrease addiction to drug abusers who do dhikr. The design used in this study was an observational analytic types of time series. The study population was all drug abusers in Surabaya XIX Inabah Ponpes met the inclusion criteria. The total number of sample 9. Data were collected through questionnaires and laboratory tests. Data were analyzed using paired t-test, Wilcoxon signed ranks test, and Spearman’s rho test with a significance level alpha 0:05. The results showed a significant increase in endorphin levels ($p = 0.034$), and decreased addiction ($p = 0.046$), but not a decline in the perception of respondents ($p = 0.317$). The results also showed the relationship between perception and endorphin levels at day 40 ($p = 0.003$). In conclusion, dhikr can decrease and increase levels of endorphin addiction. (FMI 2013;49:8-11)

Keyword : drug, addiction, drug, abusers, dzikir, ,

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