

The Role of Social Support in Substance Addiction Recovery: A Systematic Review

Rokiyah Rokiyah^{1*}, Natalia Zuanda², Alrefi Alrefi³, Akbari Akbari⁴

¹²³⁴Universitas Sriwijaya, indoensia

* kiyaputri360@gmail.com

ARTICLE INFO

Article history

Received October 11, 2024

Revised October 15, 2024

Accepted October 15, 2024

Kata Kunci: Role of social support, Addiction recovery, Systematic review

ABSTRACT

Recovery from substance addiction is a complex process that requires continuous physical and psychological support. Social support plays a crucial role in assisting individuals through the process of substance addiction recovery. This article presents a systematic review of the role of social support in substance addiction recovery by analyzing relevant studies from various academic sources. The findings indicate that social support, whether from family, friends, or community, significantly enhances individuals' motivation, resilience, and success in maintaining long-term recovery. Various forms of support, such as emotional, instrumental, and informational support, help individuals cope with the challenges of recovery. Additionally, participation in support groups and positive interpersonal relationships have been shown to accelerate the recovery process and prevent relapse. Therefore, social support is a key element not only in facilitating recovery but also in improving the quality of life for individuals dealing with substance addiction.

1. INTRODUCTION

Addiction is a term that describes the repeated consumption of a substance that has negative effects on an individual (Siregar and Hamdan 2020). Addiction is categorized into several types, such as gambling, the use of illegal drugs, accessing prohibited internet content, and sexual activities (Kusumadewi 2009). From a psychological perspective, (Sarafino, 1990) describes addiction as a condition in which an individual feels compelled to engage in or use something in an effort to obtain or achieve the pleasurable effects of that action.

Substance addiction is one type of addiction that exists. Here are the prevalence figures for drug abuse, which falls under the category of substance addiction. In Indonesia, there was an increase in 2021, from 1.80% in 2019 to 1.95% for annual use. An increase also occurred in those who have ever used drugs, rising from 2.40% to 2.57% (Golose 2022). Narcotics represent a complex public health issue that requires a holistic approach to address it. In addition to medical treatment, social support has long been recognized as an important factor in supporting long-term recovery from addiction. Various studies have investigated the role of social support in facilitating the recovery

process; however, these findings have not yet been systematically integrated. Existing literature shows that social support can provide significant benefits for individuals struggling with substance addiction. Support from family, friends, communities, and mental health services can enhance motivation, self-esteem, and coping skills necessary for maintaining successful recovery. Previous studies have identified several mechanisms behind the relationship between social support and addiction recovery, such as increased adherence to treatment, reduced stress, and the development of healthy coping strategies.

However, there are still gaps in our understanding of this complex dynamic. For instance, the types and levels of social support that are most effective have not been fully understood, and the contextual factors that influence the role of social support in addiction recovery have also not been extensively explored. Furthermore, most previous research has focused on specific populations or limited settings, highlighting the need for a more comprehensive literature synthesis. The aim of this study is to provide a thorough overview of the role of social support in facilitating recovery from substance addiction. By integrating key findings from various studies, this review is expected to offer valuable insights for doctors, policymakers, and researchers in efforts to develop more effective interventions to support individuals struggling with addiction.

2. METHOD

The research method used is Systematic Review, which involves reviewing, examining, and evaluating evidence from previous research in a structured way, including classifying and categorizing the findings. According to Davies and Crombie (2009), "Systematic Review organizes how the review of articles is conducted systematically and purposefully. Systematic Review also enhances the depth of the review and summarizes the research evidence." Furthermore, Francis and Baldesari (2006) argue that the process of Systematic Review meta-synthesis consists of several steps: (1) formulating the research question; (2) conducting a systematic literature search; (3) screening and selecting articles deemed relevant for the researcher; (4) analyzing and synthesizing research results; (5) implementing quality control; and (6) compiling the final report. In conducting meta-synthesis, there are two approaches: meta-aggregation and meta-ethnography. The researcher chooses the meta-aggregation approach, which aims to present the review question by summarizing the results of prior studies that the researcher will investigate.

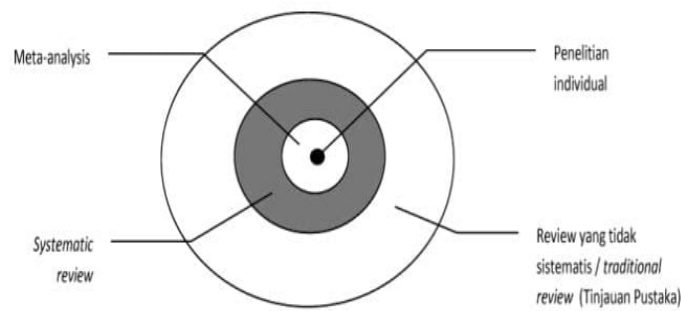


Figure1. systematic review

The image provides an explanation of the Systematic Review research method, which aims to consolidate several key research findings to present a more balanced and comprehensive perspective using both meta-analysis and meta-synthesis techniques.

1. **Data Source:** This study, utilizing the meta-synthesis systematic review method with a meta-aggregation approach, obtained data sources online, or through digital libraries. The researcher identified 8 qualitative journals sourced from Sinta Journals and several other international journal websites. The search for these journals used keywords "Social Support," "Substance Addiction," and "Drugs."
2. **Data Collection Techniques:** The objective of a Systematic Review is to answer questions in a specific, relevant, and focused manner. Systematic Reviews are often required to set research agendas, reduce bias in reviews, synthesize results, and identify research gaps (Torgerson, 2003). The journals to be reviewed include research articles in Indonesian and English from the past 20 years. The design and objective of this study are to elucidate the Role of Social Support in Substance Addiction Recovery.
3. **Data Analysis:** The Systematic Review meta-synthesis method is a research approach aimed at discovering, evaluating, and understanding similar research findings to answer research questions about a particular subject or phenomenon. Identification, analysis, and interpretation of this type of data will be conducted to draw conclusions.
4. **Data Extraction:** This involves processing data in tabular form, which includes the research title, researcher's name, publication year, research method, as well as the objectives and outcomes of the research.

3. RESULTS AND DISCUSSION

Someone who abuses illegal substances does not do so without reason; there are several factors that influence the addict to use and consume those substances. In Amanda et al.'s (2017) research, the factors causing substance abuse are generally divided into internal and external factors. Internal factors originate from the individual, including mental health issues, genetic predisposition, or developmental problems. Meanwhile, external factors come from the individual's social

environment, family, and living environment. Therefore, an addict who wants to rise from the depths of "addiction" needs positive support from their surroundings. Social support greatly influences individuals in overcoming the phases of denial to the stage of recovery. Based on the research by Sherly Aztri and Mirra Noor Milla in 2013, it was found that, first, bad people can lead someone to addictive behavior. Second, the recovery from drug addiction heavily relies on social support. Social support can come from people close to the addict, such as friends and parents. Public involvement makes addicts feel valuable, and thirdly, it provides hope for the future by learning from life experiences and the desire to change within the addict contributes to the process of recovering from drug addiction. This creates hope.the future of addicts can encourage them to improve their quality of life and not be influenced by drugs. (Aztri and Milla 2013).

Social support arises from the acceptance of a community group towards an individual's perception that they are loved, cared for, helped, and appreciated. (Sarafino dan Smith, 2014). The forms of social support behavior include information, advice in both verbal and non-verbal forms, assistance or help, actions that encourage and are emotionally beneficial, and have an effect on behavioral changes for the individuals receiving the social support. The lack of social support for the addict's recovery process or an environment that belittles and does not appreciate their recovery efforts will increase stress and make it difficult to control emotions, raising the likelihood of substance use relapse. Influential social support is the social support provided by family, peers, and community environments that have knowledge about addiction recovery. (Laudet, Morgen, and White 2006). Based on the search results of articles according to the established criteria and keywords. several relevant scientific articles were obtained, specifically qualitative research articles with the keyword "Social support for substance addiction recovery," with 10 articles in both Indonesian and English. Here is a summary table from the article "The Role of Social Support in Substance Addiction Recovery":

Tabel 1. Summary of the article with the keyword

"Social Support for Addiction Recovery"

No	Title	Author	Research Method	Results
1	Social Support as a Means of Recovery for Adolescents Addicted to Methamphetamine Post-Rehabilitation	Salsabila Al Mufidatun Nazhifah, Muhammad Jamaluddin	Qualitative with a descriptive approach through observation and interview techniques.	The impact experienced by the subject when consuming or not consuming, the subject's experience during medical and social rehabilitation, and the forms of social support provided by family, friends, and the community.

2	Role of Social Support in Relapse Prevention for Drug Addicts	Uzma Zaidi	Literature Review	This review article has discussed various very important aspects of relapse prevention among drug addicts. The literature on relapse prevention in the past two decades has revealed various support systems. For example, families with good knowledge, peer groups, and communities can work as a good support system to prevent relapse.
3	It's not 9 to 5 recovery': the role of a recovery community in producing social bonds that support recovery	Martin Andersona, et al	mixed methods quantitative-qualitative.	Transitions in network composition between pre-recovery and now show a range of different social influences, while similarities in network structure indicate that recovery replaces the role of user networks in providing close bonds. This helps reduce the social isolation experienced during the early recovery period and provides a pathway to more structured opportunities for volunteering and working.
4	The role of social isolation in opioid addiction	Nina C. Christie.	Hypothesis Evaluation	Social isolation harms humans both psychologically and physically. Strong and positive social bonds help people live longer and healthier lives compared to their more isolated peers.
5	Social Support for Drug Addicts' Families Undergoing Inpatient Rehabilitation at BNNK Surabaya	Yani Maya Pratiwi, Nurchayati.	Qualitative method with a case study approach	This study shows that the problems experienced by clients from nuclear families lead to drug addicts using drugs. It seems like you didn't provide any text to translate. Please provide the text you'd like me to translate into English. For the success of the addict's rehabilitation period, they need emotional support, appreciation, care, information, and tangible assistance.

6	The Emergence, Role, and Impact of Recovery Support Serv	Leonard a. Jason, et al	Studi Empiris	This article aims to demonstrate that the reviewed community recovery support services include recovery high schools, recovery programs in colleges, recovery homes, recovery coaches, and community recovery centers. Many individuals are not provided with the type of environmental support necessary to strengthen and support their recovery, thus there is a need for further research on who is most suitable for these services and when, why, and how these services provide benefits.
7	How can Relationships Influence Substance Use Disorder Recovery: A Collaborative Narrative Stud	Henning Pettersen, et a	Qualitative Study	This research shows that, to achieve and maintain abstinence, it is important to maintain positive relationships and engage in self-agency to protect oneself from the influence of negative relationships. Substance use disorder service providers must enhance the extent to which they involve clients' social networks when designing new treatment approaches. Service providers should also focus more on individual services to meet their clients on a personal level, without neglecting professionalism or care strategies.
8	Social Support for Substance Addicts with a Religious Approach	Lilia Ais Andini, Muhammad Jamaludin	Qualitative Study	The results of this research are expected to provide insights into the role of religious approaches and social support in drug rehabilitation programs in Indonesia.

Humans are social beings: social isolation harms people both psychologically and physically. Strong and positive social bonds help people live longer and healthier lives compared to their more isolated peers. (Christie 2021). Just like substance users and former users, they, as social beings, need social support from their environment, family, and friends. Based on the opinion expressed by Pierce (in Kail and Cavanaugh, 2000), social support serves as an emotional, informational, or companionship resource provided by the people around an individual to face every problem and crisis that occurs in daily life.

Social support impacts the rehabilitation recovery of substance addiction users and is capable of addressing and preventing the subjects from falling back into addictive behaviors. (Putri, 2018). Qualitative research with a descriptive approach using observation and interview techniques conducted by Salsabila Al Mufidatun Nazhifah & Muhammad Jamaluddin shows the background of methamphetamine or shabu-shabu abuse by a 19-year-old teenager AB in Sidomulyo village, Batu City. It was revealed that curiosity, peer influence, and the ease of obtaining methamphetamine are the main driving factors. Before undergoing rehabilitation, AB experienced negative physical effects such as pain and weakness when not consuming it, which is one of the symptoms of addiction, but felt more energetic and happy when consuming it. During rehabilitation, AB received medical therapy with the methadone substitution method (PTRM) and social rehabilitation that included various aspects such as vocational, physical, psychosocial, sports, and spiritual. (Mahardika 2023). Positive social support and roles can provide recovery for addiction sufferers. Mixed-methods research by Martin Anderson et al. in 2021 provides the perspective that the role of social support, in this case, the social networks of new recovery communities, can help maintain recovery, with a focus on the process of social identity change, within the broader context of the recovery movement in England. (Anderson et al. 2021).

Research by Yani Maya & Nurchayati in 2020 revealed that social support is a crucial factor in the success of rehabilitation for addicts. Every form of social support provided has proven effective in recovery and rehabilitation. Data collected by the researchers from interviews conducted with rehabilitation staff showed that the families of the clients (addicts) made significant efforts to provide adequate social support by fully collaborating to facilitate their rehabilitation programs. Additionally, families monitored the clients' progress through information provided by the rehabilitation staff. Families were able to identify the needs and support required for the three clients. Support was offered in the form of emotional support, esteem support, nurturant support, informational support, and tangible support. This social support not only aids clients in recovering from drug dependence but also helps improve their behavior, enabling them to become more open with their surrounding community and build positive relationships with others. (Yuni Maya & Nurchayati, 2020)

Social support plays a crucial role in shaping a new identity for substance addicts, with the presence of a supportive social environment during the recovery process (Zaidi, 2020). Research

conducted by Uzma Zaidi in 2020 identified two support systems that contribute to relapse prevention among drug addicts. Family, peers, and communities that understand the situation of addicts have proven to be effective sources of support. Additionally, organizations that provide spiritual, emotional, and social support also serve as important resources for recovery from addiction. The role of social media, as a result of technological advancements, has enabled individuals, particularly those marginalized, to connect without having to meet in public spaces. These factors indicate that social support, both digitally and physically, is highly effective in creating a sense of purpose for drug addicts and reducing feelings of isolation.

Research by Leonard A. Jason et al. (2021) emphasizes the importance of social support in the recovery of substance abusers. The empirical study reveals that many individuals do not receive the type of social support needed to strengthen their recovery, indicating a need for further research on who is best suited to provide social support, as well as when, why, and how such services can be beneficial. This suggests that a suitable and structured social environment to support the recovery of substance abusers should include a deep understanding of the recovery process. Qualitative research by Henning Pettersen et al. (2019) adds that recovery service providers should more actively involve clients' social networks in designing recovery approaches, while still focusing on professional individual services. Thus, those involved in the recovery process of substance abusers should be effective social support that is necessary for the individuals in recovery.

Social support indeed plays a crucial role in the process of addiction recovery, but it can be even more effective when using approaches that are tailored to the conditions of the addict. This is exemplified by the research contribution of Lilia Ais Andini and Muhammad Jamaludin (2024), who conducted a study on social support through a religious approach. In their research, there is an in-depth depiction of the life journey of a subject who became a drug addict. The subject is a 21-year-old student from a religious family who is socially and academically active. Despite having a strong background, the subject began using drugs at the start of college due to the pressure to adapt to a new and more challenging environment. The subject's cognitive functions and social behaviors were affected by drug use, particularly double L pills and tranquilizers. Extensive social support, including psychological, physical, social, and spiritual support, is necessary during the subject's rehabilitation process. Interventions began with a comprehensive initial evaluation, followed by a positive caregiving approach and full support during the early rehabilitation period. The subject received significant spiritual and psychological support from the religious approach, which included activities such as congregational prayers, Quran recitation, and dhikr (remembrance of God). The subject experienced significant changes in mindset and behavior during the rehabilitation process. By the third month, the subject began communicating with their caregiver, showing increased trust and comfort, and by the sixth month, the subject demonstrated more stable recovery. Improvements in

thinking and communication skills were also evident, which are important components in recovery and social reintegration.

Social support has an impact on the recovery of substance abusers; however, Laudet, Morgen, and White (2006) state that hope for a better life also plays a crucial role in helping them recover. The individual's desire to change towards a more positive direction and their hard work to achieve recovery are essential. This indicates that, to optimize the recovery of substance abusers, not only is social support needed, but also hope from within themselves to make changes. With positive social support and hope for change, the recovery process can be optimized, preventing individuals from falling back into substance addiction.

4. CONCLUTION

The role of social support in the recovery of substance addicts is to create an environment that encourages them to transition to a better lifestyle without reverting to the use of addictive substances. This social environment includes various elements, such as rehabilitation providers, rehabilitation service implementers, family, peers, and the community in which they live. It is important for those around the addict to understand their role and assist in the recovery process with empathy, without judgment. The ideal environment consists of individuals who understand the addiction recovery process and provide social support, including offering opportunities for the addict to build a new identity, which can foster hope for a better life. Positive social support is expected to contribute significantly to the addiction recovery process.

5. REFRENCES

- Anderson, Martin, Alison M. Devlin, Lucy Pickering, Mark McCann, and Daniel Wight. 2021. “‘It’s Not 9 to 5 Recovery’: The Role of a Recovery Community in Producing Social Bonds That Support Recovery.” *Drugs: Education, Prevention and Policy* 28(5): 475
- Andini, L.A. and Muhammad Jamaluddin (2024) ‘Dukungan Sosial Untuk Pecandu Zat Terlarang Dengan pendekatan religius’, *Jurnal Psimawa*, 7(1), pp. 133–139. doi:10.36761/jp.v7i1.4136.
- Astuti, S. T., Susbiyani, A., Kamelia, I., & Afroh, F.. Systematic Literature Review: Pengaruh Tingkat Pengungkapan Sukarela Terhadap Nilai Perusahaan. In *Universitas Muhammadiyah Jember; Jl.Karimata No.49 Kec.Sumbersari*.
- Aztri, Sherly, and Mirra Noor Milla. 2013. “Rasa Berharga Dan Pelajaran Hidup Mencegah Kekambuhan Kembali Pada Pecandu Narkoba Studi Kualitatif Fenomenologis.” *Jurnal Psikologi UIN Sultan Syarif Kasim Riau* 9(Juni): 48–63.
- Christie, Nina C. 2021. “The Role of Social Isolation in Opioid Addiction.” *Social Cognitive and Affective Neuroscience* 16(7): 645–56. doi:10.1093/scan/nsab029.

- Dan Konseling, B., Keterampilan Berpikir Kritis, P., Pratami, R., Tri Hariastutik, R., & Purwoko, B.. | *Systematic Review (Meta Synthesis) Artikel Systematic review artikel bimbingan dan konsesling peningkatan ketrampilan berpikir kritis*. <https://sinta.ristekbrn.go.id/journals>.
- Golose, Dr. Petrus R. 2022. Pusat Penelitian, Data, dan Informasi Badan Narkotika Nasional Republik Indonesia *Survei Penyalahgunaan Narkoba Tahun 2021*.
- Jason, L. A., Salomon-Amend, M., Guerrero, M., Bobak, T., O'brien, J., & Soto-Nevarez, A. (2021). The emergence, role, and impact of recovery support services. *Alcohol Research: Current Reviews*, 41(1). <https://doi.org/10.35946/arcr.v41.1.04>
- Kusumadewi, Theodora Natalia. 2009. "Hubungan Antara Kecanduan Internet Game Online Dengan Keterampilan Sosial Pada Remaja." *Jurnal Psikologi*: 8–22.
- Laudet, Alexandre B., Keith Morgen, and William L. White. 2006. "The Role of Social Supports, Spirituality, Religiousness, Life Meaning and Affiliation with 12-Step Fellowships in Quality of Life Satisfaction among Individuals in Recovery from Alcohol and Drug Problems." *Spirituality and Religiousness and Alcohol/Other Drug Problems: Treatment and Recovery Perspectives* 24(1): 33–73. doi:10.1300/J020v24n01_04.
- Mahardika, aisyah putri rawe. 2023. "Diskursus Ilmu Psikologi & Pendidikan Diskursus Ilmu Psikologi & Pendidikan." 6(2): 94–99.
- Maya Pratiwi Jurusan Psikologi, Y., & Jurusan Psikologi, N. (n.d.). *Dukungan sosial keluarga pecandu narkoba yang menjalani rehabilitasi rawat inap* Pettersen, H., Landheim, A., Skeie, I., Biong, S., Brodahl, M., Oute, J., & Davidson, L. (2019).
- Putri, D A. 2018. "Hubungan Dukungan Sosial Terhadap Resiliensi Pada Mantan Pecandu Narkoba Di Pasca Rehabilitasi BNN Provinsi Sumatera Utara."
- Rahayu, S., & Hosizah, H. (2021). Implementasi Sistem Rujukan Layanan Kesehatan: Systematic Literature Review. *Indonesian of Health Information Management Journal (INOHIM)*, 9(2), 138–152. <https://doi.org/10.47007/inohim.v9i2.312>
- Sarafino, E. P. 1990. *Health Psychology*. Singapore : John Wiley and Sons.
- Siregar, Teddy Ali, and Stephani Raihana Hamdan. 2020. "Hubungan Adiksi Internet Dan Perilaku Merokok Pada Remaja." *Psikostudia : Jurnal Psikologi* 9(3): 214. doi:10.30872/psikostudia.v9i3.4281.n
- Siswanto. (2010) *Systematic Review sebagai mteode penelitian untuk mensitesis hasil-hasil penelitian (sebuah pengantar)* Tutik Sri Hariyati, R., & Keperawatan dan Keperawatan Dasar Fakultas Ilmu Keperawatan, D.. *Mengenal Sistematic Review Theory dan studi kasus*.
- Zaidi, Uzma. 2020. "Role of Social Support in Relapse Prevention for Drug Addicts." *International Journal of Innovation, Creativity and Change* 13(1): 915–24.