

ADDICTION AND ISLAMIC BASED THERAPY IN MALAYSIA

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Abstract: Addiction is a worldwide problems. It is a multifactorial disease that combining between many aspects such as biology, psychology, and psychosocial problems. So, the ramification of addiction also diverse. Numerous number of research was done in order to overcome this issue. Nowadays, the spirituality is one of the notable aspect for mental health recovery. There are plenty of studies supports that meditative practices from any religions whether Islam meditation such as Salah and Zikr (remembrance of Allah), Hindu meditation known as Transcendental meditation and mindfulness and yoga for Buddhism can enhance person life. Moreover, there are also many studies that show a positive and significant correlation between spirituality and religion as a therapy for drug addiction. One of the Islamic meditative most effective practice that been used on that models is Salah or prayer to Allah. On top of that, the research findings also state that Islamic practice assist in developing a healthy lifestyle for drug addicts. As a conclusion, Islamic spirituality play an important role for the treatments of drug addiction in Malaysia.

INTRODUCTION

Addiction is one of the massive problems worldwide including Malaysia. In Malaysia, opioid remain as the highest abused drug recorded while at the abuse of other substances also increased (Chemi, et. al., 2014). So, it becomes a huge social problem in Malaysia. Moreover, 30,000 Malaysian prison population reported for various drug related offenses (Chie, et. al., 2015). This is because the drugs will disturbed the normal function of neuronal brain circuit that been responsible for social behaviour, reward and motivation. These will lead the abuser from making the right choice in their life even in conscious state (Volkow, Baler, & Goldstein, 2011).

Malaysian government has implemented a number of programs aimed at curtailing drug distribution as well as improving drug treatment programs after acknowledging the importance of drug abuse and relapse as a public health issue (Chie, et. al., 2015). From the review research that been studied by Norliza Chemi

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and the colleagues also shown that government also has been done many programs and treatment to overcome the drug cases in Malaysia. The studies show that the pharmacological treatment was focussed on methadone and it has increased the quality of life of the heroin dependent. On the other hand, the alternative treatment was also such as acupuncture and spiritual therapy also play a role in the treatment of drug abuse (Chemi, et. al., 2014).

Until now, the studies on the treatments of opioids still in heat. Pharmacological treatment is the majority treatment that been used to treat opioid dependence. But, the retention and continued drug still common among the opioid patients although the counselling session and the behavioural intervention was added based on the case studies (Moore, et. al., 2016) and after finishing addiction treatments. Statistically 40 percent (%) to 60% of the opioid patients actively taking back drug within a year. Patient with opioid dependence has similarities to chronic illness, hence the patient need to be monitored intensively during the recovery process to improve the outcomes. The intervention or treatment need to be adjusted or changed in order to overcome the patient that notice for continuous relapse. (Kim, et. al., 2015). Therefore, the treatment for a long-term abstinence and prevent the patients from relapse has to be considered in the future research.

ISLAMIC SPIRITUALITY AND ADDICTION

Nowadays, people tend not to talk about spirituality or religion in their daily life. In addition, there are many religious people tend to not believe the meaning of spirituality. This is may be due to the globalization and the world system that based on the secularism (Khalid, 2008). Despite of that, a group of medicinal researchers that have a same passion like Harold Koenig, Jeff Levin an, dale Matthew, David Larson and Herbert Banson were the pioneers to bring the religion and medicine issue close together (Harper, Philadelphia, Link, & Harrington, 2017). Now, the religion and health become a new field in the word of medicine. There are studies that found, lack of spiritual and religion practices cause a person tend to become a drug abuser (Khalid, 2008;Don et. al., 2016). The feel of spirituality become more important for the patient that diagnose with the late illness such as cancer, ageing Muslim (Ahmad & Khan, 2016) and palliative care (Breitbart, 2002).

Generally, the religiosity and spirituality has given a massive impact on man to deal with life experience and health (Nabil, et. al., 2016; Berzengi et. al., 2016). The coping range widely from the cognitive, emotional behavioural and interpersonal aspects (Berzengi et. al., 2016).

Nowadays, patients also demand a holistic treatment to the illness by using other alternative methods such as meditation, acupuncture, biofeedback and etc. (Harper et. al., 2017). The spirituality concept in medicinal has been develop from time to time. With the technology such as brain imaging has been proven that

spirituality gave an effect to the brain for instance meditation technique can prevent Alzheimer's disease by slowing the deterioration of neuronal brain (Kaufman, 2007). There are several studies that been done regarding this topic (Newbergh & Waldman, 2009).

Hence, the relevance of spirituality and religion was proven to give a positive relationship on man's life. Basically, each religion such as Buddhism, Jewish, Christian have its own method of therapy to cure addiction problems (Sabir Abdul Ghani, Adam Fadzli, 2014). In Malaysia, there are many rehabilitation centre based on the religion for instance Baitul Taubah rehabilitation and Pondok Remaja Inabah (PRI) rehabilitation and Sahabat Insan Dan Iman Malaysia (SIDIM) (Don et. al., 2016) are rehabilitation centre that based on Islamic treatments. On the other hand, True House Victory and Green Pastures are rehabilitation centre that based on Christianity concept while Geha Buddha Care Centre and Buddhist Care Centre based on Buddhism practices respectively (Sabir Abdul Ghani, Adam Fadzli, 2014).

Moreover, there are also studies shows that Islamic spiritual can improve the job satisfaction (Kawangit & Mia, 2016) and other illness such as Post Traumatic Syndrome Disorder (Bahari, 2016). Moreover, Walaa M Sabry also stated that Islam play a significant role in management of psychiatric disorder such as anxiety, depression, suicide, grief, smoking, homosexuality, obsessive compulsive disorder and alcohol and substance disorder. These problems can be treat by various beliefs in the Islamic concept by focusing on the psychotherapeutic technique as a cognitive structuring (Bulbulia & Laher, 2013; Sabry & Vohra, 2013).

The study conduct by Tahereh Seghatleslam and others show that there are significant relationship between psychotherapy and drug addiction. Whereas the role of spirituality or Islamic religion assist in the healing of drug addiction (Seghatoleslam et. al., 2015).

Majority of drug addicts in Malaysia are Muslim. However, being Muslim and understanding practicing Islamic spirituality are two different things. There are urge to bring the addicts back to its original condition as a Muslim that been guided by Quran and Sunnah (Khalid, 2008). Therefore the necessity to build a module of therapy that based on Islamic concept and practice is relevant. Providentially, there are many therapies and modules that develop based on the Islamic spiritual and it's known as psychospiritual therapy such as Modul Pengurusan Tekanan-MPT to treat stress (Othman, 2012).

The concept of Islam is solely devotion and worship Allah as a Divine (Ahmad & Khan, 2016). Islam is monotheism which just believe and devote to only one God. There are steps to be followed in order to build a faith which are believe there is God, the concept of Oneness of God, know the commands and prohibitions of God are, understand why human need to worship God and lastly learn how to worship God (Khalid, 2008). These steps would bring human back to its Creature.

MEDITATIVE PRACTICE

Mindfulness, Transcendent Meditation (Harper et. al., 2017), Yoga and Salah are the most popular meditative practice that gave a positive vibe into the patient health. All these practices were derived from the religion practice such as Salah from Islam, mindfulness from Buddhism, TM and yoga from Hinduism.

Mindfulness therapy is the most developing meditation that has been proven for its effectiveness in promoting a healthy life that been used nowadays such as Mindfulness Based Stress Reduction (MBSR) pioneer by Kabat Zinn. This modulation has been integrated between the meditation and modern medicinal approach for treat stress and other illness (Edenfield & Saeed, 2012). Occasionally, the mindfulness concept was blend together with tai chi or yoga in order to improve the therapy session (Wall, 2005). Mindfulness therapy can enhance calmness, relaxation, improved sleep, less reactivity, increased self-care, self-awareness, and a sense of interconnection or interdependence with nature.

Moreover, Hinduism meditation, TM also proven by practising TM for 15 to 20 minutes twice a day may enhance the person mind to become more peaceful, creative and increase intelligent level. TM also gives a positive effect on physiological effects to the human body such as reduction in oxygen reductions, reductions in resting heart rate and improves skin resistance. It also proved notable changes in brain wave by using Electro Encephalogram (EEG) reading. Therefore the quality of life also improved (Harper et. al., 2017).

Last but not least, Islamic meditation therapy also contribute into the human health. There are several clinical trials by using prayer and/or reciting the Quran shows a notable better result when added in the therapy programme (Koenig, Zaben, & Khalifa, 2012).

ISLAMIC MEDITATIVE PRACTICE

There are many Islamic approach in promoting the healthy lifestyle guided by Holy Quran and Sunnah such as Salah, fasting, patients, reciting Quran, remembrance Allah and many more. One of the method that been used was a concept of *taqwa* (piety) as an approach to treat addiction (Seghatoleslam et. al., 2015). Moreover, the research that been done at Inabah rehabilitation centre show the most successful result which 83.91% of patients that been sent was completely recovered from addiction that been conducted from 1989 to 1993 (Khalid, 2008). The modules that been used are based on ten Quranic verses and ten Hadis. Meanwhile the practical aspect is derived from shower, prayer and remembrance of god that been tightly performed everyday at least for 40 days to six months depend on the types of drug addicts. These result show that Islamic meditative can bring back the normal life for drug addict.

All the Islamic therapy whether in rehabilitation centre, counselling or private centre in Malaysia was used a method based on the Quran and Sunnah. One of the most effective practice that been used is Salah praying to God. Salah is root from Arabic word that mean movement of prayer such as rukuk sujud (Ibn Manzur, 1698). The Salah can be divided into 2 categories, compulsory recommended. All categories were used in order to build a strong spiritual feeling for drug addicts. The compulsory Salah are the Salah that perform five times a day known as subuh, zuhur, asar, maghrib and isya'. All these Salah are perform with the community. On the other hand, the recommended Salah such as Salah taubah, *qiyam* can be done individually (Khalid, 2008). The Salah can prevent human from the other disease such as mentioned in Quran, chapter 29, verse 45.

45. Recite that which has been revealed to you of the Book and keep up prayer; surely prayer keeps (one) away from indecency and evil, and certainly the remembrance of Allah is the greatest, and Allah knows what you do.

For this issue, the drug abuse can be considered as bad deed that can prevent human from worshipping Allah. Therefore, the drug abuser must perform Salah genuinely and effectively based on Quran and Sunnah. The Salah also one of the remembrance of Allah because all the recitation in the Salah directly mean to Allah. If the spirituality of the drug abuse still alive and function properly, he or she can prevent from taking drugs.

There are many studies reported that Salah can be a helping hand to various type of illness and mental health. Salah can increase the emotion and physiological state of drug abuser (Salam, Nubli, & Wahab, 2013) by measuring the heart rate of the patient using Heart Rate Viability Biofeedback (HRV BFB). This study also show a notable relationship between Salah and addiction as one of the method that can be used as addiction therapy. Recitation of Quran during Salah or anytime can bring calmness and relaxation. This study was conducted by using EEG to record the brain wave of the subject during reciting Quran and reading. It show reciting Quran show more alpha band during EEG session compared to reading a book (Kamal, 2010).

CONCLUSION

As a conclusion, Islamic spiritual play an important role for the treatments of drug addiction in Malaysia. As mentioned, human is the creation of Allah, so when the product are not functioning well, the remedy must be back to its creature. Therefore, Quran and Sunnah as a guided to solve this issue. Hence, future research in this field is important in order to make an improvement and developed the protocols of intervention. All the treatments whether Islamic approach pharmacological or psychosocial treatments need to emphasis in order to overcome this issue.

Acknowledgement

This paper was funded by grant NRGS/UNiSZA/RR057-1.

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