

PEMBINAAN MODUL LATIHAN
PENGUKUHAN KEPULIHAN BERASASKAN
PSIKOSPIRITUAL ISLAM DAN KESANNYA
KE ATAS CIRI-CIRI KEPULIHAN ORANG
KENA PENGAWASAN (OKP)

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Saya dengan ini mengakui bahawa saya telah menyemak tesis ini dan pada pandangan saya tesis ini adalah memuaskan dari segi skop dan kualiti untuk tujuan penganugerahan Ijazah Doktor Falsafah


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PENGESAHAN PELAJAR

Saya dengan ini mengakui bahawa hasil kerja di dalam tesis ini adalah dilaksanakan oleh saya sendiri melainkan petikan dan ringkasan yang telah diakui dengan sewajarnya. Saya juga mengakui bahawa tesis ini masih belum dikemukakan untuk penganugerahan mana-mana ijazah di Universiti Malaysia Pahang atau institusi lain.



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ABSTRAK

Berlakunya kes penagihan berulang yang tinggi terhadap OKP telah memberi cabaran terhadap program pemulihan yang sedia ada. Bagi menjalankan aktiviti pemulihan terhadap OKP, penggunaan modul sebagai alat sokong bantu adalah satu keperluan. Kurangnya kajian dalam ruang lingkup penggunaan modul berasaskan psikospiritual Islam terhadap OKP telah membuka ruang untuk kajian ini dijalankan. Oleh itu kajian ini memberi fokus kepada membina Modul Latihan Pengukuhan Kepulihan (MLPK) berasaskan psikospiritual Islam yang bertujuan membantu OKP dalam meningkatkan ciri-ciri kepulihan. Modul ini dibina berdasarkan Model Pembinaan Modul Sidek (2005) yang menggunakan asas teori dari Model Tazkiyah an-Nafs al-Ghazali sebagai landasan pembinaan modul. Kajian deskriptif digunakan yang melibatkan pembinaan modul MLPK bagi menilai aspek kesahan dan kebolehpercayaan modul. Kajian keperluan pembinaan modul turut dijalankan secara temu bual terhadap pegawai AADK dan OKP serta analisis dokumen turut dijalankan bagi menjelaskan keperluan tersebut. Bagi menguji keberkesanan modul, reka bentuk kajian kuasi eksperimen yang melibatkan 40 orang OKP dengan kumpulan latihan seramai 20 orang dan kumpulan kawalan seramai 20 orang. Persampelan secara bertujuan dilakukan ke atas populasi OKP sekitar daerah Kuantan. Ujian pra dan pos telah ditadbir untuk menentukan keberkesanan modul melalui tiga set soal selidik yang mewakili ciri-ciri kepulihan iaitu Skala Religiositi, Skala Keyakinan Diri dan Skala Ketahanan Diri. Di samping itu, untuk melihat kesan latihan zikir teknik *biofeedback*, skor HRV direkodkan bagi ujian pra dan ujian pos. Kaedah temu bual turut dijalankan ke atas tiga sampel kajian dari kumpulan latihan untuk menilai maklum balas kesan modul. Data kuantitatif telah dianalisis menggunakan ujian-t pada aras signifikan 0.05. Dapatan menunjukkan nilai kesahan kandungan modul ialah 0.92 dan nilai kebolehpercayaan modul secara keseluruhan ialah 0.898. Dapatan analisis ujian-t mendapati secara keseluruhan terdapat perbezaan yang signifikan pada skor ujian pos selepas latihan apabila berlakunya peningkatan kepada ciri-ciri kepulihan bagi kumpulan latihan. Analisis statistik korelasi turut digunakan untuk mengkaji hubungan antara peningkatan skor ciri-ciri kepulihan dan HRV. Dapatan kajian menunjukkan terdapat hubungan yang kuat antara peningkatan ciri-ciri kepulihan dan profil HRV dalam kalangan sampel kajian. Ini menunjukkan bahawa OKP yang mempunyai keupayaan pengawalan diri yang baik mampu meningkatkan ciri-ciri kepulihan untuk terus kekal pulih. Namun begitu untuk melihat kesan latihan zikir teknik *biofeedback* dan tanpa teknik *biofeedback*, tiga skor bacaan dikumpulkan bermula dengan bacaan asas (HF1), latihan 1 zikir teknik *biofeedback* (HF2) dan latihan 2 zikir teknik *biofeedback* (HF3). Data skor HRV dikumpulkan untuk melalui analisis ANOVA sehala terhadap skor skala ciri-ciri kepulihan. Hasil analisis menunjukkan, kumpulan latihan menunjukkan peningkatan yang signifikan dalam semua pengukuran. Keputusan signifikan yang sama tidak wujud dalam kumpulan kawalan. Implikasi kajian ini secara langsung dapat membuktikan kesan latihan modul berasaskan psikospiritual Islam memberi kesan yang signifikan terhadap perubahan diri. Kesimpulannya modul MLPK ini dapat membantu meningkatkan ciri-ciri kepulihan yang merangkumi religiositi, keyakinan diri dan ketahanan diri dalam kalangan OKP.

ABSTRACT

The high incidence of recurrent addiction cases against OKPs has posed a challenge to existing rehabilitation programs. To carry out rehabilitation activities for OKP, the use of modules as an auxiliary support tool is a necessity. A gap in knowledge regarding the application of Islamic psychospiritual modules to OKP has allowed for this study to be done. The study focuses on building a Rehabilitation Reinforcement Training Module (MLPK) based on Islamic psychospiritual which aims to assist OKP in improving the characteristics of rehabilitation. This module is built based on Sidek's (2005) Module Construction Model which uses the theoretical basis of Tazkiyah an-Nafs al-Ghazali Model as the foundation of module construction. A descriptive study was used which involved the construction of MLPK modules to assess the validity and reliability aspects of the modules. A study on the need for module construction was also conducted through interviews with AADK and OKP officers as well as document analysis was also conducted to explain the need. To test the effectiveness of the module, a quasi - experimental study design involving 40 OKP with a training group of 20 people and a control group of 20 people. Purposeful sampling was done on the OKP population around the Kuantan district. Pre- and post-tests were administered to determine the effectiveness of the module through three sets of questionnaires representing the characteristics of recovery namely Religiosity Scale, Self-Confidence Scale and Self-Resilience Scale. In addition to see the effects of zikir training of biofeedback techniques, HRV scores were recorded for pre -test and post -test. The interview method was also conducted on three study samples from the training group to evaluate the module effect feedback. Quantitative data were analyzed using t-test at a significance level of 0.05. The findings show that the validity value of the module content is 0.9 and the overall reliability value of the module is 0.898. The findings of the t-test analysis found that overall there was a significant difference in the post-training post test scores when there was an improvement to the recovery characteristics for the training group. However, to identify the effect of biofeedback technique zikir training and without biofeedback technique, three reading scores were collected starting with basic reading (HF1), 1 zikir biofeedback technique exercise (HF2) and 2 zikir biofeedback technique exercise (HF3). HRV score data were collected for one-way ANOVA analysis of recovery characteristic scale scores. The results of the analysis showed, the training group showed a significant improvement in all measurements. Similar significant results did not exist in the control group. Correlation statistical analysis was also used to examine the relationship between improvement in recovery characteristic scores and HRV. The findings of the study indicate that there was a strong relationship between the improvement of recovery characteristics and HRV profile among the study sample. This indicates that OKPs who have good self-regulatory ability are able to improve recovery characteristics to continue to remain recoverable while in the surveillance phase. In conclusion, this MLPK module can help increase religiosity, self -confidence and self -resilience among OKPs. Therefore, the findings of this study can provide guidance to the officers who is involved with the advanced rehabilitation of OKP.

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