

## **The Construction, Validity, Reliability and Effectiveness of Drug Rehabilitation Module on Self-Concept of Female Addicts and Motivation Achievement of Male Addicts in Malaysia**

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### **Abstract**

*This study is aimed to examine the development, validity, reliability and effectiveness of a drug abused rehabilitation module on the self-concept among female addicts at Narcotics Addiction Recovery Center (PUSPEN) Bachok, Kelantan and achievement motivation among male addicts at Narcotics Addiction Recovery Center (PUSPEN) Sepang, Selangor using descriptive and experimental research design. The descriptive design focuses on development, validity and reliability of the drug rehabilitation module. 19 experts in drug addiction were involved in developing the module and two experts in drug addiction validated the module using a content validity instrument created by Jamaludin Ahmad (2002). 30 male drug addicts were involved in 41 activities of the module for module reliability. 72 female drug addicts from Narcotics Addiction Recovery Center (PUSPEN) Bachok, Kelantan and 66 male drug addicts from Narcotics Addiction Recovery Center (PUSPEN) Sepang, Selangor were involved in experimental research. They were randomly assigned to two groups where the control group was not involved in any activities of the module and the experimental group was involved in that module. Tennessee Self-Concept Instrument developed by Fitts, W.H. (1965) and Achievement Motivation Instrument created by Abu Bakar Nordin (1995) were used in pre and post tests. Results show that the Drug Abused Rehabilitation Module has good validity and high reliability with a Cronbach's alpha of .95. The research findings also indicated an increase of 10.5% in self-concept among female drug addicts and 30.22% in achievement motivation among male drug addicts. Hence, it is concluded that the drug abused rehabilitation module can be used to improve self-concept and achievement motivation among female and male addicts. Based on the research findings, several recommendations were made specifically for the National Anti-Drug Agency (AADK).*

**Key Words:** Module, Validity, Reliability, Effectiveness

### **INTRODUCTION**

The slogan "Drug: Malaysian's Number One Enemy" has been declared by the National Anti-Drug Cabinet Committee on the 28<sup>th</sup> February 1983, almost 2 decades ago. Ironically, the problem of drug abuse has been rising steadily since then resulting in a large number of new drug types all over the world. Jamaludin Ahmad (2009) analogically sees the drug abuse problem in Malaysia as a fast growing tumor that affects our nation regardless of the race, age, religion, sex, academic status, professional status or ideology.

The problem of drug-abuse does not only involve adults and adolescents, but also under-age children. The victims of drug abuse are further harmed with the existence of numerous drug types, including the synthetic drugs. This condition has left both Malaysian teenagers and children to constantly be vulnerable to the exposure of drug-abuse and at-risk in getting involved.

National Anti-Drug Agency (AADK, 2005) reports that up until 2004, a number of 198,893 drug addicts have been caught and sent to treatment and rehabilitation programs in 28 Narcotic Rehabilitation Centers (PUSPEN), all over the country. The government has spent a large sum of RM867 million to cover the cost for rehabilitation treatments of the drug addicts in these rehabilitation centers. This situation has left the parents terrified, among other people. This is because, parents shoulder the huge responsibility to steer their children away from drugs, whereas the rulers of the country is deemed to free all citizens from the same problems.

### **STATEMENT OF PROBLEM**

The government, under the administration of YAB Dato' Seri Najib Tun Abdul Razak has implemented numerous approaches in abolishing drug abuse. In Malaysia, a specific body has been established to conduct all matters relating to drugs and drug abuse problems, and it goes by the name of National Anti-Drug Agency (AADK). With the establishment of AADK, the government has set-up a goal in its determination to free all Malaysian citizen from influences of drugs, by the year 2015.

National Anti-Drug Agency (AADK) has introduced a number of activities in their effort to help inculcate awareness, knowledge and concern to Malaysian citizen about the hazardous sides of drugs. Among the efforts that have been geared towards achieving this mission is the collaboration with the school community. The collaboration has been made based on the belief that the school is the most important institution there is to help abolishing the abuse of drugs among the nation. The Ministry of Education is constantly alert and concern in arranging the strategy of drug abuse prevention in schools through management and leadership activities, curriculum, co-curriculum and self-development. Therefore, The Ministry of Education has also targeted in achieving drug-free schools by the year 2012.

It cannot be denied that many parties have introduced myriad methods in order to banish drug abuse problem. One of the most popular methods is the use of drug rehabilitation modules. Jamaludin Ahmad, Aminuddin Hassan & Norhasni Zainal Abidin (2008) define module as a teaching package that is related to a unit of a subject's concept. A module is an effort for individual teaching and allows an individual to master a unit of syllabus' content before moving on to the next unit.

Jamaludin Ahmad (2007) also proclaims that a module can help anyone who wishes to make changes on other individuals with the condition that that particular module has to be constructed using a certain development model and has gone through reliability and validity process. The best model normally possesses a high reliability and content validity.

Although a lot of programmes have been conducted by the government via National Anti-Drug Agency (AADK) as well as the schools and other parties, the problems of drug abuse stays at a very bothering level. If we look at the government's target to release Malaysia from the grip of drug abuse problems by the year 2015, we only have 5 remaining years to accomplish the mission. Can we and Malaysian government make it? How far would rehabilitation module be able to change the self-concept and motivational achievement among Malaysian drug addicts in all Narcotics Rehabilitation Centre (PUSPEN)?

### **THEORITICAL APPROACH**

Where self-concept is concerned, a lot of scholars have come out with their own definition. Generally, Rogers Theory (1951) pronounces that self-concept means the definition that we give ourselves consciously, that is when addressing oneself as a first person, which is an illustration of orderly self-perception that can be brought forth to conscious mind. The Rodgers Theory (1951) put interaction as the primary source for a person's self-concept development. The good term of the relationship between the interlocutors is the second condition that guaranteed positive self-concept.

The Self-Concept Theory founded by Rogers (1951) is based on the belief that all human is benevolent, trustworthy and possessed ability to solve their own problems. Rogers believes that there are three important elements involve in self-concept theory which are organism, phenomenology and self. According to him, organism means an individual as a whole is a unit that acts thoroughly to fulfill certain needs. The purpose of organism is to improve itself and achieve self- perfection.

Phenomenology on the other hands is Social Experience, Other People's Social Evaluation and Experiences That Exclude Other People. Individual's Social Experience is for instance the experience of an individual in dealing with his cheating officemates. The post-effect of the experience of being cheated by officemates is the individual's lack of faith in other people. Whereas Other People's Social Evaluation can be illustrated in the situation where a person who has just fell down in public overhears a conversation of 2 friends who happened to be the eye-witness. Both of the friends interpret the falling down incident as embarrassing. The evaluation has left the individual who fell down to judge the situation as also embarrassing.

Self is one of the elements in phenomenology which is also known as 'me' or 'I'. This element resulted from the incorporation among an individual self-concept, other people's evaluation of the individual and the individual's judgments about other people's perception of him/her.

Last but not least, Rogers (1951) has made a few statements about human:

- i. every individual exists in the ever-changing world of experience, where the individual is the centre of it,
- ii. every organism has their own fights and tendency to achieve self perfection by maintaining and improving themselves.
- iii. behavior at its very core is the organism's effort to achieve certain goals in order to fulfill the needs in the perceptual phenomenology.
- iv. one part of the perception will transform to become self gradually.
- v. the structure of self will form as an after effect of infection with the surrounding through evaluation of interaction with other people.
- vi. most of the behaviors shown by organism are the behaviors that parallel with self-concept.
- vii. In certain condition, behavior could be acted out as a result of need and experience.

Mc Clelland Motivational Achievement Theory (1961; 1985) has been used as the basis in discussing the effectiveness of drug rehabilitation module towards motivation achievement among male drug addicts under treatments in the rehabilitation centers. Irene Chong Moi Moi (1997) has defined motivation achievement as a need of an individual for success. Motivation achievement is a person's tendency to do a job in a better, easier and more effective ways either professionally or educationally. MC Clelland (1961) has asserted that motivation achievement is closely related to the internal motivation that shaped a person's behaviors. These behaviors can be formed and simulated towards achieving success in something. Therefore, he reasserts that there is a very close connection between motivation achievement and success in any aspects, including the aspect of health.

Mc Clelland Motivational Achievement Theory (1985) has described the desire to produce an assignment of achievement in two factors or motives namely motive for success and motive for failure avoidance. Motive for success is defined as the success in reacting to the pride for an accomplishment. Whereas, motive for failure avoidance is defined as the ability to react with shame and embarrassment when an effort has failed. Mc Clelland (1961) stresses that individual's motivation achievement is related to intrinsic motivation that shape a person's behaviors. Setting an aim means putting a target to achieving success and accomplishment.

#### **OBJECTIVES OF THE STUDY**

This study aims at constructing a specific drugs rehabilitation module for drug addicts who are being treated in all narcotics rehabilitation centers (PUSPEN). It also aims at determining the content validity and reliability of the module that has been constructed. It further goes to see the effectiveness of this module on female addicts' self-concept and male addicts' motivation achievement.

#### **RESEARCH QUESTIONS**

Generally, this study seeks to answers the following questions:

- a) What is the method used to construct special drugs rehabilitation module?
- b) Does the special drug rehabilitation module have a good content validity?
- c) Does the special drug rehabilitation module have high reliability?
- d) Is the special drugs rehabilitation module effective in changing the self-concept of female addicts?
- e) Is the special drugs rehabilitation module effective in changing the motivation achievement of male addicts?

#### **METHOD OF THE STUDY**

##### **Research design**

This study involves two research designs namely descriptive study and experimental study. Descriptive design involves evaluative study that aims at assessing the validity and reliability level of drug rehabilitation module while at the same time identifying the methods of constructing it. On the other hand, experimental design study aims at determining the effectiveness of drug rehabilitation module on the self-concept of female addicts and motivation achievement of male addicts. Mohd Majid Konting (2004) states that a descriptive study is a study that targets on explaining an on-going phenomenon or explores a new or sidelined discipline/field. Sidek Mohd Noah (2000) explains that a descriptive study is carried out to give an accurate systematic clarification on facts and feature of a population or a discipline. On explaining about experimental study, Mohd Majid Konting (2004) claims that this design is used to test research hypothesizes where a researcher is deliberately and systematically use the variables on an identified subject, whom observation will be monitored on to evaluate the effect. Sidek Mohd Noah (2000) on the other hand explains that the purpose of experimental design study is to investigate the cause-effect relationship by exposing one or more experiment group to one or more treatment and compare the result to one or more control group that does not received any treatment.

Therefore, descriptive design study is much more appropriate to be used on the study that relates with the content validity as well as reliability of the drug rehabilitation module. Whereas, experimental design's post-test and pre-test are better used to study changes caused by independent variable (drug rehabilitation module) onto dependent module (self-concept and motivation achievement). In conclusion, both of these designs are suitable to be applied to answer all five research questions in this study.

### **Participants of the study**

This study involves special drugs officers who are directly involved with drug abuse, experts on module, and drug addicts under treatment in the narcotics rehabilitation centers (PUSPEN). A number of 19 officers involves in constructing drug rehabilitation module, among them a special drug officer from Selangor Education Department, 9 special drug officers from 9 different District Education Offices in Selangor and 9 counselors who represent every District Education Offices in Selangor.

To test the content validity of the drug rehabilitation module, 2 module experts from University Teknologi Malaysia, Skudai Johor and a commandant from PUSPEN Dengkil, Selangor have been invited to join in the study.

Meanwhile, to test the reliability of the drug rehabilitation module, a number of 30 male addicts who are receiving treatment at a rehabilitation centre in Dengkil, Sepang, Selangor, has also been involved as samples.

To determine whether the rehabilitation module succeeded or not at enhancing the self-concept of female addicts, 72 female addicts from a Drug Rehabilitation Center from Bachok, Kelantan (36 for control group and another 36 for treatment group) have been used. And to determine whether the rehabilitation module do well at increasing motivation achievement among male addicts, 66 male addicts from a Rehabilitation Centre in Sepang, Selangor (33 for control group and another 33 for treatment group) have been involved.

### **Setting**

The study relating to the construction of drug rehabilitation module has been carried out in University Putra Malaysia. For study relating to content validity of the rehabilitation module, the venue is in University Teknologi Malaysia, Skudai Johor as well as Rehabilitation Center (PUSPEN) Dengkil, Sepang, Selangor. The effective drug rehabilitation module took place in the Rehabilitation Centre, in Bachok, Kelantan and Sepang, Selangor.

### **Research Instrument**

Studies relating to the construction of drugs rehabilitation module is based on module construction model introduced by Russell (1974), whilst studies relating to the testing of content validity is also based on the same model which have been modified by Jamaludin Ahmad (2005). In experimental study, the researchers use an instrument known as Tennessee Self Concept Scale and Motivation Achievement Survey which its content validity and reliability have long been evaluated. The reliability value of Self Concept Scale is .85 whereas the reliability value for Motivation Achievement is .86. This means that there are only 44 surveys that have been used in this study and only one model has ever been used in the construction of drugs rehabilitation module.

### **The chronology of the study**

1. Prepare a research proposal as a condition to get the grant of research financial scheme from research management center, University Putra Malaysia.
2. Prepare a drugs rehabilitation related module which involves 5 research assistances to finish up the draft of the module.
3. Organise a workshop and a forum to discuss the draft of the module with a special drug agent, Selangor Department of Education, 9 special drug officers from Education district office of Selangor and 9 trained counselors that represent 9 Education District Offices of Selangor.
4. Polish the draft of the module with research assistance until it results in a complete draft of drug rehabilitation module.
5. Submit the rehabilitation module to two module experts for the content validity to be revised by asking for the experts to fill up a module validity questionnaire.
6. Fix and polish the rehabilitation module using the feedbacks as guidance.
7. Construct a reliability survey with 5 research assistance.
8. Gather opinions from language teachers to revise the survey for reliability module and subsequently improve the survey.
9. Conduct a pilot study for the reliability module in rehabilitation centers and polishing it again.

10. Conduct the actual study related to module reliability that involves male addicts in Narcotics Rehabilitation Center in Dengkil, Selangor.
11. Conduct the effectiveness study using the experimental design's pre-test and post-test that involves female addicts at Narcotics Rehabilitation Center Bachok, Kelantan and male addicts in Narcotics Rehabilitation centers in Sepang, Selangor.

### **Analysis of Statistical Data**

Even though there are many data and information gathered from this study, the focus is only on the data that relates to the aims of the study. The first and second aims of this study are quantitative in nature and have been analyzed quantitatively. Meanwhile, the data that are related to purpose number 3, 4, and 5 are analyzed using Pearson ® statistical Correlation. To make the calculation more manageable and to ensure that the calculation is accurate, The statistical Package for the Social Sciences (SPSS/PC+) (Norussis & SPSS, 1993) have been used. For purpose number 3, the sub-programme that has been used is sub-programme Reliability Model Alpha.

### **FINDINGS**

#### **Method of Specific Drug Rehabilitation Module Construction**

Russell (1974) has outlined the guidelines that need to be followed while constructing a module. The guidelines have to be complied within the process of constructing a specific drug rehabilitation module. Before a module is constructed, it is important to first understand its target. Since this module targets at addicts who are under treatment, therefore it is appropriate with the mentioned opinion. Other than that, Russell (1974) further states that the person who wishes to construct a module should know the objectives of the module. This has been implemented by researcher by trying to help the addicts under treatments to create the awareness and fear of the danger of drug. Hopefully this would prevent them from repeating this offence. According to Russell (1974), every module has to have test items and identify students' level of achievement. In the rehabilitation module, there are myriad activities that require a facilitator to ask questions, direction and explanation so these participants can present their achievement, ability and capability level while doing the activities provided in the module.

Additionally, Russell (1974) also claims that a module has to be arranged in order, following the suitability of instrument needed. The constructed module have been discussed in-depth from all aspects, including the tentative of activities and the suitable instruments involving 19 special drug agents to get their take on the module.

In constructing a module, a constructed module has to be piloted on the target to get the appropriate feedbacks on the weaknesses and strength of the module. This has to be handled by researcher by implementing the pilot study on the addicts under treatment in rehabilitation centers. Further, Russell (1974) claims that before a module can be used, the content validity and reliability has to be determined. This has also been done on the drug rehabilitation module by involving module experts to get their opinion form the aspects of content validity.

In short, it is undeniable that this module has followed all the guidelines provided by Russell (1974) and indirectly, the module becomes a valid instrument to be used with the addicts who are receiving treatments from rehabilitations in Malaysia.

#### **The Content Validity of the Specific Drug Rehabilitation Module.**

This part of the study put forth the findings of quantitative study which is the findings that are related to the aspect of content validity for the rehabilitation module. For the purpose of determining the content validity of the module, Russell (1974) has been referred. According to him, a module is said to be having a good content validity if it is:

1. Follow the population targets which mean that the construed module has to take into account the aspects of background and the behavior of the individual under study.
2. The situation for the implementation of the module is in satisfactory condition.
3. The time allocated to the individuals to finish a survey is sufficient.
4. There is an increase of achievement in an individual after using the module.
5. There are improvements in the attitudes after using the module.

Based on the conditions of content validity outlines by Russell (1974), Jamaludin Ahmad (2002) has constructed a new content validity survey module. After reading, studying and analyzing the module, the experts have been called to complete the content validity survey. Finally, after the analysis, the average of the content validity from both experts is 80%, where the first experts have given a value of 72% and the second experts, 88%. Therefore, indirectly these experts have agreed that the specific drug rehabilitation module possesses a good content validity. Tuckman & Waheed (1981) and Abu Bakar Nordin (1995) said that the mastering level of 70% is said to be an achievement of higher level.

### Reliability of the Specific Rehabilitation Module.

This part of the study put forth findings related to the reliability of specific drug rehabilitation module. The data gathered from the surveys have been analysed to obtain coefficient alpha Cronbach. The results obtained show that the coefficient for alpha Cronbach reliability for the specific module of drugs rehabilitation is .97, which is high.

### The Effectiveness of the Specific Module of Drugs Rehabilitation

This part places findings that relate to the reliability of the module on self-concept of female addicts and motivation achievements of male addicts. The result obtained shows that, overall, the effectiveness of the implementation of this module increase as much as 10.5%. If every elements in self- concept is revised, the elements of moral and etiquette self-concept gain the highest increase at 13.09% and the lowest increase of self-concept elements happens in the element of physical at 7.37%. Refer table 1.

Table 1: Result summary on the study of self-concept

Variables	Pre-test mean scores	Post-test mean scores	Mean score difference	Percentage of changes(%)
Physical self	63.43	68.11	4.48	7.37
Social self	58.62	63.86	5.24	8.94
Self satisfaction	95.54	104.59	9.05	9.48
Family self	55.73	61.41	5.81	10.45
Self identity	104.14	115.03	10.89	10.46
Self behaviour	93.11	106.11	11.00	11.57
Personal self	59.73	67.43	7.70	12.90
Moral & Ethical self	57.41	64.92	7.51	13.09
<b>TOTAL RESULT</b>				
Variables	Pre-test mean score	Post-test mean score	Mean score difference	Percentage of changes(%)
Self- concept	294.78	325.73	30.95	10.50

If we look at the motivation achievements aspects, we can see that overall, the module has also caused 30.22% increase in the motivation achievements among male addicts. If close-analysis is made to every elements in motivation achievements, we can see that the drug rehabilitation module has succeeded in causing an increase in the element of success among male addicts (100% increase), followed by an increase of 88.8% in the element of guidance level. The element with the lowest increase rate is attitude which only increases at 7.24%. Please refer Table 2.

Table 2: Result summary of the study on motivation achievement

Variables	Pre-test mean scores	Post-test mean scores	Mean score difference	Percentage of changes (%)
Goal planning	20.58	23.09	2.51	12.23
Preseverence	22.12	24.64	2.52	11.39
Success	10.21	20.42	10.21	100
Anxiety level	10.00	18.88	8.88	88.8
Readiness to face risk	15.30	16.48	1.18	7.71
Attitude	7.18	7.70	0.52	7.24
<b>TOTAL RESULT</b>				
Variables	Pre-test mean score	Post-test mean score	Mean score difference	Percentage of changes(%)
Motivation achievement	85.40	111.21	25.81	30.22

**DISCUSSION****The Construction of the Special Drug rehabilitation Module based on Russell's Model (1974)**

A module that we want to construct needs to be based on certain models to ensure that the module would be impactful to users, besides being good written-wise. Russell (1974) has introduced a model of module construction by outlining a few procedures that need to follow by the creators of module. This model is admitted to be helpful to these creators to construct modules.

Russell (1974) states that module can be applied in any condition whether in individual, group, academic or non-academic activity because one thing for sure, the module must be capable in bringing an individual to positive changes.

The constructed module involves individual and group activities and the target is for non-academics who are addict under treatment in rehabilitation centers. Therefore, the module constructed is parallel with Russell's view (1974) that module can be constructed to not only students but to whomever including the drug addicts.

The constructed module has also gone through a pilot study to get a feedback and subsequently improve the module using the feedbacks gathered. Russell states that the most important things in constructing a module is the phase of testing module on the target group. /this phase will determine whether the target group could achieve the stated objectives in the module. While the process of try outs is underway, the module constructor will get all sorts of data such as misspelling, weak sentence structures, time suitability, the understanding on the activities monitored, the suitability of the sequence of activities, the suitability of the media instruments and so forth. All of the information becomes a guideline to module constructor to improve and polish the module towards perfection. Russell (1974) also states that module constructor needs to make more analysis on the level of targets achievements that will follow the module. Every category of achievements (Well, fairly well, or weak) needs different modules and indirectly must take into account ability, capability and the potential of the targets. This view has also been adopted by many researchers by taking into accounts the views of module experts and the views of drug addicts during the pilot study. Eventually, special drug rehabilitation module is produced.

Russell (1974) states that the process of module constructions needs to be started by determining the aims and objectives wished to be achieved by the target. In a module, it is better if the behavioral objectives stated are limited. It is also recommended that only 3 to 4 objectives need to be created. The module that has been constructed has 3 to 4 objectives only, based on the activity of the module. This means that this special module obeys the procedures that have been outlined by Russell (1974).

In short, this special drug rehabilitation module has follow all the rules there are in the construction of it using the basis of Russell's module construction model.

**The Content Validity of the Special Drug Rehabilitation Module**

Sidek Mohd Noah and Jamaludin Ahmad (2005) state that a module will be deemed good if it has a good content validity. To determine whether a module has good content validity, we have to have an instrument to measure it. Therefore, the researcher has used a survey of module content validity constructed by Jamaludin Ahmad (2002). This survey opens opportunities for experts to determine whether the module that has been constructed can measure and test what are suppose to be measured and tested.

The method used to determined whether this module has a good content validity is taken from the views of Tuckman & Waheed (1981) and Abu Bakar Nordin (1995) who states that the mastery or achievement level of 70% or more has already shown high mastery and achievement level. Both of the content validity experts of the module have given it an evaluation value of more than 70%.

Based on the findings of the content validity for the module, it shows that this module has a good content validity. This is based on the view of Russell (1974) that says that a module will be taken as having good content validity once the module is up to the target of the population, the situation of the implementation is very satisfactorily and the time used is sufficient, the module could increase achievement and module could change an individual's attitude towards positivity.

The experts who evaluate the content validity of the module admit that this module has a good content validity. Therefore, this module has exceeded the milestones fixed by Russell (1974) and this module can be used to the addicts that are receiving treatments in the rehabilitation centers.

### **The Reliability of the Special Drug Rehabilitation Module**

Sidek Mohd Noah (2001) states that generally the method to determine the reliability of the module has similarities with the method used to determine the reliability of a test or an instrument. This is because, both module and instruments has an instrument built for certain special purposes. If the criteria for reliability test or instruments are determined indirectly by the items built, so is the criterion for module reliability. Generally, the criteria of the reliability of the module, just like the criteria for reliability test or instrument cannot be determined directly because they are abstract in nature.

Jamaludin Ahmad and Sidek Mohd Noah (2001) claim that to determine the reliability of a module, there are two common methods that are used via surveys that are built based on steps consisted in the module or surveys' activities built based on the objectives of every module. Both of the steps will produce coefficient value for module reliability indirectly.

Russell (1974) has states that to test the reliability of a module, we have to see how far the students can follow the steps of every activity in the module, successfully. This is because, every steps of the activity in the module will determine whether or not the target has influence the objectives of the module. These question items can be designed based on the steps of the module's activity.

In the meantime, Vale (1998) has proposed that to determine the coefficient value of the reliability for the engineering module, the methods that can be used is by using surveys questionnaires which have been built based on the steps found in the module of engineering.

The researches relating to reliability of special rehabilitation module, the method of constructing item is based on the objectives of every activity in the module. The result proves that this module has a high coefficient value which is .96 and indirectly, this module possesses a consistency and this module is able to measure anything that it wishes to measure. There is no one standard set for the best values of coefficient for reliability either by local or international researchers.

Mohd Majid Konting (2004) states that the value of coefficient for the reliability of an instrument has to be at least .60. Fraenkel and Wallen (1996) states that at least .70 while Edwards and Richard (1979) states at least .80. This means that the special drug rehabilitation module has a high reliability module which is .80.

### **The Effectiveness of the Special Drug Rehabilitation Module**

The findings show that the rehabilitation module succeeded in increasing the self-concept of female addicts towards positivity. The importance of high self-concept and its relation with a person's positive personality is parallel with the theory introduced by Rogers (1951). He states that an individual's self could form and change through a certain things; i. Self created from the organism interaction in its phenomenology which is surrounding. ii. Self can change via the process of maturity, experience and learning. iii. Self has a close connection with personality. Therefore, the implementation process of the rehabilitation module is an experience factor received by female addicts. Thus through experiences and the process of new learning, the changes on the self- concept of female addicts happen.

The findings of the study also supports the finding from a study conducted by Othman Abdul Rahman (2006) that says that the implementation of a module is able to influence an individual's self-concept towards positivity. Noraini Yaakub (1981) states that a person's experiences are important in shaping self-concept. A person's experience gained from either the process of formal learning or life experiences contributes a lot in shaping a person's character and self-concept. The implementation of the rehabilitation module on the female addicts is a process of new experiences that's capable in heightening the self-concept and subsequently changes the personality of the addicts towards betterment.

Shaharom and Yap Kueh Chin (1991) declare that the use of a module enables a person to learn and to make changes more effectively and productively. The approach in the module can lessen the threats of facing failure. This matter can increase the spirit of cooperation (teamwork) among individuals and committee members in implementing a task given. The implementation of the module requires the female addicts to do their task all out, either individually or in group and cooperate with each other while they are at it. Their passion and teamwork spirit have driven them to positive attitudes besides opening their mind to the fact that they have a role in the community as well as dignity, which would indirectly increase their self-concept.



The findings of the study has also shown that there are increase in the motivation achievement of male addicts in the experiment group after comparing their score in pre-test's motivation achievement with the mean score of motivation achievement in post-test (111.2). The increase in the score can be speculate to being the prove that the rehabilitation module have given an effect on the motivation achievements among the male addicts.

Indirectly, the findings show that the rehabilitation module has given a chance to the male addict in the experiment group to realize the importance of motivation achievement in their life as part of the community. They have been exposed to the matters relating to motivation namely the planning of targets, the perseverance of the addicts, the expectations of the addicts towards success, the anxiety level of the addicts, the willingness of the addicts to take risk and the score in the attitude of the addicts. In these matters, the rehabilitation module has also fulfill a few suggestions and steps that have been outlined by McClelland (Burgan, 1984) to inculcate motivation achievements among addicts; i. to give them reasons to achieve their rewards ii. To discuss how motivation achievements play its roles in the field of education, social, industrial culture. iii. to push their commitments with motivation achievements which have been set. iv. To make sure the addicts to plan their specific purposes for themselves and to prepare a write-up to monitor the progress in achieving the targets.

Taylor and Walford (1972) have stated that the process of practices is a process of learning and increasing the addicts' motivation. Other than that, the addicts who are following the rehabilitation module have been exposed to the responsive environment and condition that allows them to motivate themselves. In this matter, David (1992) clarifies that there are a number of proves that show that the type of motivation will change dramatically once the addicts are place in a responsive environment. In this context, the rehabilitation module has prepared a responsive surrounding to the addict to change when they are involved in a smaller group and going through an intensive as well as systematic exercise.

Since the addicts in the control group did not follow any form of exercise/practice, it can be assumed that they did not get any specific learning to increase their motivation, unlike the addicts in the experiment group. David (1992) states that a solid practice can bring immediate changes, while Jacobs, Harvill and Masson (1993) explain that one of the reason to gather individuals in a group is to give them awareness that they are not alone. In this particular matter, Wan Izzudin (1991) states that the forming of the group could also give an identity, self-worth as well as fulfill every individual's needs. In short, it is obvious that the drug rehabilitation module has given the impact of motivational increase because the activities provided are focused on group activities.

The rehabilitation module succeeded in influencing the motivation achievement because the motivation achievement is assumed to be a consistent predictor of achievement strategy. Habibah Elias (1991) finds out that the criteria of addict with high motivation achievements give impacts to their self-achievements. This means that when motivation achievement of an addict increase, so is his self-confident. The addicts has also been given a chance to learn a few skills such as decision-making skills, cooperating skills, problem solving skills, memorizing skills and using creative skills. This is because according o Abd Rahim Abu Rashid (2001) the skills of addicts can be developed and trained.

Wan Izzudin (1991) states that the behavior and the habit of human in the group are influenced by the member of the group. Later, he goes on explaining that a group can influence an individual through social facilities which is the existence of others around and their observations could influence the behaviours of an individual in the group and also via social infection such as individual who copy and imitates others. Therefore, through the rehabilitation module, the addicts in experiment group has been given a chance to join a group and they are given a chance to join a number of activities that expose them to concept, practical motivation achievements as well as critical and innovative skills.

Burgan (1984) reports that researches have point out that the addicts with high motivation achievements will get more benefits by learn it a unit of skills in an activity. The finding is also parallel with the study conducted by Rosdi Yusoff (2010), Jamaludin Ahmad (2002), Mohd Ali Jaamat (1997) and Zuraidah Abdul Rahman (1996),

## **THE IMPLICATION OF THE STUDY**

### **Theoretical Implication**

The finding has brought forth a few theoretical implications. This study obviously shows that the rehabilitation module has good content validity and high reliability. The finding has contributed significantly to the development of knowledge especially one that relates to its psychometric.

The finding also shows that the techniques of constructing module suggested by Russell (1974) and has been modified by Jamaludin Ahmad (2002) is suitable and implacable. This proves that the survey on content validity has been fulfilled by the rehabilitation module and proves that this module has a good content validity.

Form the aspect of reliability, it is clear that this module has a high reliability which is .96. If we look from the aspect of approach to evaluate the reliability of the module, the result of the study clearly shows that the survey of module reliability is based on the objectives of the module activities can be used to obtain coefficient value of module reliability.

From this findings, we can see that the instrument of Tennessee Self-Concept Scale and motivation achievement survey have a good validity and reliability and succeeded in increasing the self-concept of the female addicts and the motivation achievements of the male addicts. Overall, the rehabilitation module created by Jamaludin Ahmad (2007) succeeded to bring positive impact to both self-0concept and motivation achievements amongs the addicts in the study.

### **Practical Implication**

This study has succeeded in proving that the module has a good content validity, a high reliability and a good effectiveness from the aspect of self-concept and motivation achievements. Therefore, all the activities in the module are appropriate and apt to be used as an instrument, materials, sources and guidelines that can give guidance, awareness, spirit and motivation towards bringing the addicts either female or male, towards a thorough awareness physically, emotionally, spiritually and intellectually. The truth is, the module is an instruments, materials, sources and guidelines that can increase awareness among the addicts which can assist the facilitator, moderator, teachers of guidance and counselor to use this module while they are giving services the rehabilitation centers around the country. This module can also be used on students or individuals of whom have tendency in getting involved in drug abuse.

Other than that, the finding of this study also can prove that the process of constructing the module based on Russell's (1974) is appropriate. So it is with the approach used in determining the content validity and reliability in this study is suitable. This must have been very good news to the constructors of module regardless of teaching module, motivational module, practice module or academic module in determining the validity and reliability of the module. The findings are indirectly able to motivate the production of new module in the future.

### **RECOMMENDATIONS**

In accordance to the results of the study which have been obtained, thus a few recommendations have been put forth especially to the National Anti-Drug agency (AADK) and all the fans and creators of module.

1. Because of the validity and the reliability of the module are good and high as well as showing effectiveness, thus it is recommended that this module be implemented more thoroughly in all narcotics rehabilitation (PUSPEN) either publicly or privately.
2. Since the process of constructing module follows the suggestion of Russell (1974) is suitable therefore, it is suggested that the constructors of module would also follow in the steps of taking the views and guidelines of Russell (1974) in constructing their module.
3. It is proven that content validity can be tested using the survey for module content validity built by Jamaludin Ahmad (2002), thus it is suggested that all researchers and module constructor to use this survey questionnaire for the same purpose.
4. This study also shows that the module reliability can measured using the method of survey which oriented on the objectives of the module. Therefore, it is recommended that the researchers, fans and module constructor use the same approach to determine the reliability of a module.
5. Because of the study has studied the effectiveness of this module on both female and male addicts in public rehabilitation, thus it is suggested that a similar study can be done on female and male addict in private rehabilitation centers.
6. It is also recommended that post-study on validity and reliability of the module can also be done in other narcotic rehabilitation (PUSPEN) in Malaysia. If the result obtain is similar to the findings of this research, it is recommended that this module should be used widely in all PUSPEN in Malaysia.

**CONCLUSION**

This research has been successful in giving a little contribution in the aspect of the production of a special module to drug addicts who are receiving treatment in rehabilitation centers. Although this module is built for the addicts, it can also be used by certain body in their attempt to help drug addicts to recover. Hopefully that this module could give a little contribution to those who are directly and indirectly involve in drug abuse.

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