

Drug Preventization, Curative and Rehabilitation in Islamic Psychology

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Abstract: *The suitability of prevention, and curatitation, rehabilitation patterns and techniques given to drug addicts must be appropriate to the patient's condition, including cultural factors where the individual lives, in the context of its application in Indonesia, where the majority of the population is Muslim. Basically, the process and techniques for coaching drug addicts are important in increasing understanding, appreciation and use of Islamic values in all aspects of life. Where a drug addict is someone who experiences mental disorders, a sick person, a patient, who needs therapeutic help and rehabilitation and not punishment. The aim of the research is to determine the effectiveness of prevention, curatization and rehabilitation of drug addicts from an Islamic psychology perspective. The method in this research, namely systematic literature review, is a process used to study, evaluate and interpret all existing research that is relevant to the formulation of the problem or topic being studied. The results of this research show that a preventive, curatization and rehabilitation approach for drug addicts has a good effect on the progress of their rehabilitation.*

Keywords: *prevention, curatization, rehabilitation, drugs, and Islamic psychology*

Abstrak: Kesesuaian pola preventisai, kuratisasi dan rehabilitasi serta teknik yang diberikan pada pecandu narkoba harus memiliki kesesuaian dengan kondisi pasien yang diantaranya adalah Sfaktor kultur tempat individu tersebut tinggal, dalam konteks penerapannya di Indonesia yang mayoritas penduduknya adalah Islam. Pada dasarnya proses dan teknik pembinaan terhadap pecandu narkoba tersebut merupakan hals yang penting dalam meningkatkan pemahaman, penghayatan, dan penggunaan nilai-nilai Islam dalam segala aspek kehidupan. Dimana pecandu narkoba adalah seorang yang mengalami gangguan kejiwaan, seorang yang sakit, seorang pasien yang memerlukan pertolongan terapi dan rehabilitasi bukan hukuman. Tujuan penelitian adalah untuk mengetahui keefektifan preventisasi, kuratisasi dan rehabilitasi pecandu narkoba dalam perspektif psikologi Islam. Metode pada penelitian ini yaitu systematic literatures review, merupakan proses yang digunakan untuk mengkaji, mengevaluasi, dan menginterpretasikan semua penelitian yang ada dan relevan dengan rumusan masalah atau topik yang diteliti. Hasil penelitian

ini menunjukkan bahwa pendekatan secara preventisasi, kuratisasi, serta rehabilitasi pada pecandu narkoba memiliki efek yang baik bagi kemajuan rehabilitas mereka.

Kata Kunci: *preventisasi, kuratisasi, rehabilitasi, narkoba, dan psikologi Islam*

Introduction

Narcotics abuse is a threat that has become a national threat that must be considered multi - dimensional and carefully. This can be reviewed from a micro perspective, namely family or from a macro perspective, namely national. However, it is also necessary to review the types of substances that have been used, drug abuse which is a mental illness and also behavior that has a very big impact on the psychological or mental condition of those concerned and can also create or give rise to social problems and even criminal acts. This is a dangerous threat from narcotics which has now grown very rapidly and is also causing enough concern in society, especially in terms of the abuse of narcotics or drugs which is increasing day by day and has now reached the level of children who are still in elementary school.

Rehabilitating drug addicts and problems caused by psychological disorders or mental disorders, in this case narcotics or drug addicts which are also included, usually experts in their fields use certain techniques to find the causes of these psychological disorders. For example, techniques for giving suggestions, hypnosis, techniques in psychoanalysis and so on are relevant to use. According to Imam Syafi'i Mufid, he followed the theory developed by Al-Ghazali, by providing an alternative way to treat oneself from a psychological disorder or mental disorder, namely: The first thing that must be done is muhasabah, namely examining one's own daily behavior. which is the cause and source of anxiety.¹

There are several approaches that can be taken to intervene in drug abuse, namely: Preventive approach, (prevention and supervision) oriented towards self-integrity through supervision and self-avoidance, curative approach (treatment and care) oriented towards efforts to avoid self from persistent wrong behavior. . In the process of care and treatment, an individual is encouraged to remain disciplined and practice Islamic teachings.

According to the Islamic perspective, drugs are considered an Ijtihads because they are not explicitly mentioned in the Al-Qur'an and Hadith. In the time of Rasulullah SAW, drugs were not yet known, but at that time,

¹ Hawari, Dadang. *Al-Qur'an Ilmu Kedokteran Jiwa Dan Kesehatan Jiwa*. Jakarta: Dana Bhakti Prima Yasa, 1996.hal : 18-19

consumption of khamr (alcoholic drinks) is more common among the public. Islamic criminal law is a branch of science.

Study the prohibitions imposed by had or Sta'zir punishments, which are sourced from the Al-Qur'an and hadith of the Prophet SAW and developed by ulama and fuqaha (Islamic legal experts). Hadith punishment is a punishment that has been clearly and firmly determined in the Al-Qur'an and Hadith. While Sta'zir punishment is a punishment determined by the government or Shakim for violations that are not specifically listed in the Al-Qur'an and the Hadith of the Prophet Muhammad SAW.² How to prevent, curate and rehabilitate drugs from an Islamic psychology perspective.

One of the methods in psychology is through a religious approach, in this case the Islamic religion, which will be discussed in this research, namely how psychology can be used as a therapy for narcotics addicts, as can be used for mental and narcotics rehabilitation at the National Narcotics Agency (BNN). The psychological system used by BNN in carrying out rehabilitation for narcotics or drug addicts is through a religious approach, namely destroying through prayer, dhikr, reading the Koran and providing motivation and religious-based preaching to narcotics addicts. Apart from providing guidance, motivation and counseling to narcotics or drug addicts.

According to Hamdani in 2011, he stated that the object of study of Islamic psychotherapy is the human being as a whole, namely those who are related to disorders,³ What happens is the following four things:

1. Human mental, namely everything that is related to thought, memory, reason or a process that socializes to the mind and also memory, for example laziness, forgetfulness, lazy thinking. Petty, and unable to make decisions well and correctly, and even unable to have the ability to differentiate between what is halal and what is haram, between what is beneficial and what is not.
2. Spiritual, namely all things related to matters of the spirit, soul, religious, religion, faith, piety and also related to transcendental matters such as nifak, shirk, wickedness, kufr, weakness of belief and the closed or veiled nature of the spirit, the supernatural world and the angelic world, all the consequences from disobedience and denial of Allah SWT.⁴

² Sumarwoto, S. "Penyalahgunaan Narkoba Menurut Hukum Positif dan Hukum Islam." Dalam *Seminar Narkoba*, 34–36. Surakarta: Universitas Surakarta, 2014.

³ D B Hamdani, *Psikologi Konseling Islam: Ruh, Nafs, Dan Akal* (Yogyakarta: Fajar Pustaka Baru, 2011).

⁴ Khairunnas Rajab, Zein M, and Bardasyah Y, *Rekonstruksi Psikoterapi Islam* (Pekanbaru: Cahaya Firdaus, 2016).

3. Morals (morals), namely a condition that is inherent in a human's soul, which will then give birth to actions easily without going through the process of thinking, consideration or the process of research, character or mental attitude which is described in the form of thinking, behaving and speaking.
4. Physically, it is recognized that not all physical disorders can be cured through Islamic psychotherapy, except with the permission and will of Allah SWT.

This research is very important to see how to minimize drugs so as not to damage generations. And efforts to look at various methods that can be applied to become an important reference for overcoming the current drug problem.

Method

In this research, the method used is Systematic Literature Review, which is a process for reviewing, evaluating, and interpreting all existing research that is relevant to the formulation of the problem or topic being discussed or researched.⁵ In order to answer certain research questions. This process is useful for collecting and analyzing available information to make it easier to understand a problem or topic.⁶

The SLR method applied in this research is PRISMA. PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) is a tool and guideline used in systematic reviews and/or meta-analyses. This tool helps researchers to review and analyze data systematically, so that they can produce findings that are useful and valid and trustworthy.⁷

This research utilizes Google Scholar as a database to search for references related to prevention, curatization and rehabilitation from an Islamic psychology perspective in Indonesia. Search results show more than 1,000 publications containing this phrase in the title, abstract or body of the article. This is due to the fact that this internet database collects a large number of articles, books, reports and other publications from various fields

⁵ Calderon O A and Barrios Aranibar D, "Optimal Selection of Factors Using Genetic Algorithms and Neural Networks for the Prediction of Students' Academic Performance," *Latin America Congress on Computational Intelligence (LA-CCI)*, 2015, pp. 1-6. 10.1109/LA-CCI.2015.7435976.

⁶ Kitchenham B et al., "Systematic Literature Reviews in Software Engineering—a Systematic Literature Review," *Information and Software Technology* 51, no. 1 (2009): 7-15, doi: 10.1016/j.infsof.2008.09.009.

⁷ Liberati A et al., "The PRISMA Statement for Reporting Systematic Reviews and Meta-Analyses of Studies That Evaluate Health Care Interventions: Explanation and Elaboration," *Journal of Clinical Epidemiology* 62, no. 10 (2009): e1-34.

of science. In this research, there are several selection criteria that are applied to determine the references that will be used. These criteria are as follows:

1. The research discusses prevention, curative measures, and rehabilitation of drug abuse within the framework of Islamic psychology.
2. The article is published in a scientific journal.
3. The article is easily accessible and contains clear information.
4. The article is written in Indonesian.

After finding articles that met these criteria, the researcher read and looked at each title and abstract to ensure that the articles met the assessment criteria explained earlier. Following these criteria, the researcher succeeded in collecting 5 articles that met the requirements. Among these articles, there is 1 article written by a student (Bakri, Barmawi, 2017), 1 article written by a student (Farmawati, C, 2021), 1 article written by a student (Saefullah, A, 2018), 1 article written by a lecturer (Zulamri, 2017) and finally 1 article was written by a student (Rubino, 2019).

All articles found were analyzed using a qualitative descriptive research approach. Next, a narrative analysis is carried out, where the results of the analysis will be arranged and summarized systematically and structured in the table contained in the results and discussion section. The conclusions of the pustaka study will be presented in detail in this section.

Result and Discussion

After conducting a search and selection of references, the researcher carries out a classification of the screening results. This step is a crucial part of the Systematic Literature Review, because the results and discussion obtained will be the main focus of this research. Reference selection results can be seen in Table 1 below.

Table 1. Results Search Article

Researcher	Tittle	Method	Result
(Nurdin Bakri, Barmawi, 2017)	Effectiveness of Rehabilitation for Narcotics Addicts Through Islamic Therapy at the National Narcotics	Descriptive Approach	According to the results of this research, in an effort to optimize the recovery potential for addicts, the role of psychologists is becoming increasingly broader. Apart from being a therapist, a psychologist can act as a counselor, facilitator, motivator, researcher,

	Agency (BNN) Banda Aceh		initiator, and even evaluator of programs (such as healing programs, socializing the dangers of drugs, etc.). Thus, the scope of work of psychologists in drug abuse is very diverse and covers various aspects. This includes the stages of prevention, treatment, rehabilitation and aftercare. The role of psychologists in the treatment process is not only limited to treating drug users and their families, but also includes handling social systems, including program planning and evaluation. All of this is done by prioritizing Islamic principles in accordance with the Al-Qur'an and the Hadith of the Prophet Muhammad, through an Islamic da'wah approach.
(Farmawati, C, 2021)	Strengthening the Faith of Drug Addicts Through Islamic Psychotherapy Based on Sufism Traditions	True Experiment Dengan Pre-Post Test Design With Control Group	Based on the results of this research,. Islamic therapy is effective for rehabilitating Drug addicts at BNN Banda Aceh after going through the Screening and Intake, Detoxification, Entry Unit, Primary Program, Re-Entry and Post Rehabilitation stages, rehabilitation through Islamic therapy at BNN Aceh Province, there are activities that must be followed by drug addicts. The activities provided are taking part in learning

			religious knowledge, listening to spiritual sermons (religious lectures), praying together, reading the Koran or short letters, and praying together every Monday on lisa. Islamic therapy can make drug addicts aware of their bad habit of consuming drugs.
(Saefulloh, A, 2018)	Muhasabah as an effort to rehabilitate ex-drug addicts at the Suci Hati Padang Foundation	Literature Study	The implementation of the muhasabah program runs smoothly. It would be better if parents or guardians occasionally invite you addicts to follow muhasabah.
(Zulamri, 2017)	Islamic Rehabilitation Pattern for Drug Addicts at the National Narcotics Agency of Riau Province: Counseling by Islamic Perspective	Descriptive Method	Based on the results of this research, the Islamic rehabilitation pattern for drug addicts at BNNP Riau Province, from an Islamic perspective, is an inseparable part of the recovery program for residents there. In this rehabilitation process, the majority of residents cannot be expected to solve their problems. independently. Therefore, assistance efforts are needed to support residents in their recovery process, one of which is through counseling.
(Rubino, 2019)	Overcoming Drug Addicts (Preaching Psychology Approach)	Descriptive Method	The results of this research show that the impact of drug abuse is very complex, all parties should take responsibility and work

			together to overcome it, either through preventive, curative or rehabilitative efforts. In dealing with drug problems, it would be best for all parties to pay attention to the psychological methods of da'wah, namely by changing attitudes and behavior of mad'u through a rational approach, accepted voluntarily and with full awareness, and in accordance with Islamic psychological character, without coercion. These approaches are always adapted to persuasive, motivational, consultative and educative principles.
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From the explanation of several articles related to this research, according to the research results of Nurdin Bakri and Barmawi, they concluded that in efforts to optimize the potential for recovery for addicts, the role of psychologists is becoming increasingly broader. Apart from being a therapist, a psychologist can act as a counselor, facilitator, motivator, researcher, initiator, and even program evaluator (such as healing programs, socializing the dangers of drugs, etc. Meanwhile, according to Farmawati, she also concluded that Islamic therapy is quite effective for rehabilitating drug addicts after going through the Screening and Intake, Detoxification, Entry Unit, Primary Program, Re-Entry and Post Rehabilitation stages, while according to Saefulloh, the implementation of the muhasabah program is ongoing smoothly.

Mentors carry out muhasabah after the Maghrib prayer once a month. It is hoped that the addict will receive reflection and will continue to be reminded to always introspect. So that it can be seen how the implementation of drug prevention efforts has been carried out optimally, even though the results have not been fully achieved.

According to the World Health Organization (WHO), several factors that can trigger someone to abuse drugs include:

1. Peer Influence: Pressure from friends or social groups can encourage someone to try drugs, especially among teenagers.
2. Psychological Problems: Depression, anxiety, trauma, or other mental disorders can cause a person to seek escape through drugs.
3. Family Environment: Unsupported parenting, family conflict, or parental neglect can increase the risk of drug abuse.
4. Curiosity and Self-Exploration: Teenagers, in particular, often feel drawn to trying new things without understanding the risks.
5. Stress and Life Pressure: Pressure from work, financial problems, or social life can make someone seek escape through drugs.

The impact of drug abuse has many negative impacts, including:

1. Physical Health Impact: Drug use can damage body organs such as the liver, heart, lungs and brain, and increase the risk of infectious diseases such as HIV/AIDS and hepatitis.
2. Mental Impact: Drug abuse often triggers mental health disorders, such as depression, anxiety, paranoia and psychosis.
3. Social Problems: Drug abuse can disrupt family relationships, work and friendships. Users often experience social isolation, financial problems, and conflict with others.
4. Dependence and Addiction: Long-term drug use can cause physical and psychological dependence, which makes it difficult for a person to stop even if they experience negative effects.

According to the National Narcotics Agency (BNN), drugs are addictive substances and drugs that have the effect of decreasing consciousness, hallucinations and excitability. Based on the previous discussion, drugs have many negative impacts on people who abuse them.⁸ Therefore, understanding drug law from an Islamic perspective is very important. Based on research in previous articles which is quite relevant, they agree that the drug law in Islam is haram. someone's morals.⁹

In the Qur'an, Allah states that khamr (including liquor)) is a prohibited act, as stated in the corpse: "you who believe, indeed khamr, gambling, (sacrificing to) idols, and drawing lots of fortunes with arrows are

⁸ BNN RI, "Penggunaan Narkotika di Kalangan Remaja," 2019, <https://bnn.go.id/penggunaan-narkotika-kalanganremaja-meningkat/>.

⁹ Farmawati, Cintami. "Penguatan Iman Pecandu Narkoba Melalui Psikoterapi Islam Berbasis Tradisi Sufisme." *Al-Qalb: Jurnal Psikologi Islam* 12, no. 2 (2021): 133–48. <https://ejournal.uinib.ac.id/jurnal/index.php/alqalb/article/view/3008>

acts of the devil. So stay away from all that so that you can attain happiness. In fact, Satan intends to cause enmity and hatred among you through khamr and gambling, and prevent you from remembering Allah and performing prayer; then stop doing those things" (Al-Maidah: 90-91). In the Hadith of Rasulullah SAW, he also said, "Indeed, ahamr (liquor) is the source of all evil." (Hadith narrated by Bukhari and Muslim).

The Islamic psychological approach in question is a method used to change a person's attitudes and behavior through the use of common sense, which is accepted voluntarily and sincerely, in accordance with Islamic psychological principles, without coercion. These methods are always adapted to persuasive, motivational, consultative and educational principles. In general, in the medical field there are three levels of assistance to patients, namely preventive, curative and rehabilitative. This kind of assistance is very suitable for those who are addicted to drugs, including:

1. Preventive (Prevention and Supervision)

Preventing disease is much wiser than treating it after someone is sick. This approach can reduce costs and risks. The Prophet said: "Prevention is the basis of all treatment." (Hadith). This method is very effective because it does not cause side effects, both physical and psychological. Islam strongly encourages its followers to look for the easiest solutions in facing various problems. This is the same as the Prophet's advice to Ali bin Abi Talib and Mu'az bin Jabal when they were leaving for Yemen, "Make things easy and don't make things difficult, give them good news and don't do anything that makes them stay away from you."¹⁰

Drug addiction among teenagers is a serious challenge for public health throughout the world, including in Indonesia. This condition has a broad impact, not only on individual health, but also on the family environment and society as a whole. Adolescents are a vulnerable group due to complex psychological and social factors, such as peer pressure, high curiosity, and lack of knowledge about the risks of drugs. Therefore, it is necessary to develop preventive approaches that are right on target.

The hadiths above teach us to choose the easiest way to solve a problem. The same thing applies in overcoming drug problems, namely by providing education to users about the impact of damage, both physical and mental, due to drug addiction. This impact is not only felt by themselves, but also by their families and society. Preventive efforts to prevent drug abuse are not only through health education, but can also be done by providing threats and severe punishments for perpetrators. However, the

¹⁰ Muhammad ibn Isma'il al-Bukhari, *Sahih al-Bukhari* (Riyadh: Darussalam, 1997), Hadis No. 69.

main focus is not on the punishment itself, but on how to make people feel afraid and reluctant to get involved in the act.

Drug addiction prevention requires a holistic and collaborative approach, especially in vulnerable youth populations. Involving families, schools and communities in preventive efforts is an effective step in preventing teenagers from becoming addicted to drugs. In addition, training needs to be held for educators and parents to increase their ability to support prevention programs. Through a systematic and sustainable approach, it is hoped that the level of drug addiction among teenagers can decrease significantly.

2. Curative (Treatment)

If a disease is physical or biological, treatment is usually carried out through various methods, including the use of drugs. However, this is different from drug addiction, where addicts are given drugs followed by medical therapy, and often healing is only achieved after they undergo spiritual therapy. This means that efforts to help them return to the right path are carried out using various persuasive and wise approaches, so that they are willing to consciously abandon these disgraceful actions. This approach is reflected in the Qur'an, Surah An-Nahl: 125, which states: "Call (them) to the path of your Lord with wisdom, good education, and discuss with them well..." (QS. 16: 125). Likewise in Surah Ali Imran 159: "Because of Allah's grace, you (Muhammad) can be gentle with them, and if you are harsh and hard-hearted, they will definitely stay away from you. So forgive them, and ask forgiveness for them..." (QS. 3:159). The method emphasized in these two verses is an approach full of gentleness and coolness, with the hope that those whose hearts have been moved can voluntarily return to the path correct.

Curative is an effort to cure or treat drug addiction in individuals who have been involved in abuse. This curative approach, if carried out holistically, can increase the chances of successful recovery for drug addicted patients. It is important to understand that the curative process requires time, ongoing support, and an approach tailored to each individual's condition.

3. Rehabilitation

An addict can be declared cured of drugs, so the next effort to ensure that they remain healthy is that they are given training that is more directed towards prevention so that they do not relapse or experience pain again. Likewise for someone who is involved in a drug case, but after undergoing a series of treatment, the next thing is to make more efforts so that the family and surrounding community accept them and also involve them in various

social activities, without bringing up their past. Through this method, they will not feel isolated and they can live naturally and live normally in society. S. Sumarwoto, "Drug Abuse According to Positive Law and Islamic Law," in *Drug Seminar* (Surakarta: Surakarta University, 2014), 34–36.] In realizing the three main principles of the approach in Islamic psychology in efforts to overcome, treat and rehabilitate drug addicts, cooperation from various related parties is needed:

1. Family: Family is the primary and first form of education that children receive with all their efforts to prepare their children to successfully pass through it well.
2. School: The function of school is not only to fill children's cognitive abilities with various kinds of knowledge.
3. Society: Children live and develop in their society. If a child's social environment is damaged, a corrupt and immoral generation of young people will enter society indirectly. Communities are responsible for educating their children, providing instruction and supervising the next generation.

The results of this study indicate that treatment of mental disorders caused by drug use is also included. Experts usually use certain methods to determine the source of the disorder. Apart from that, this research shows that there are several methods that can be used to stop drug abuse. They include a preventive (prevention and supervision) approach that focuses on self-integrity through self-monitoring and avoidance; curative approach (treatment and care); and rehabilitation for drug addicts that focuses on avoiding persistent negative behavior. A person is advised to remain disciplined and adhere to Islamic teachings during treatment and treatment.¹¹

Conclusion

The conclusion based on the discussion of several litterateurs is that drug prevention, curatization and rehabilitation in Islamic psychology is something that can be used as a benchmark to help drug addicts with preventive (supervision), curative (treatment) and rehabilitation approaches. Where these approaches influence and strengthen each other in influencing drug use.

Government and private institutions that provide services to the community, especially to drug abusers, can use rehabilitation approaches and sanctions from an Islamic perspective to offer rehabilitation services

¹¹ S. Sumarwoto, "Penyalahgunaan Narkoba Menurut Hukum Positif dan Hukum Islam," dalam *Seminar Narkoba* (Surakarta: Universitas Surakarta, 2014), 22–24.

before using sanctions or repression in accordance with the laws in force in Indonesia.

Listening to spiritual prayer, in this case in the form of religious lectures, congregational prayers, reading sacred verses from the Koran or short surah, and praying together every day are some of the activities provided. In rehabilitation through Islamic therapy, counselors are responsible for teaching patients knowledge of the Islamic religion, building a strong Muslim personality, regenerating the spirit of faith and piety within them, teaching them to be consistent in practicing their religion, and providing religious guidance directly or indirectly.

Teach religious knowledge and provide attention to patients who consume drugs. Counselors must have a close relationship with their patients because emotional closeness can create a strong sense of brotherhood and kinship. This will allow counselors to more easily convey study material and help drug addicted patients overcome confusion.

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