

A Discourse on Reckless Containment Theory: Looking at the Case of the Victims of Substance Abuse in a Rehabilitation Center in Ozamiz City, Southern Philippines

RENEBEL O. LABADISOS
JOVELL NICOLE S. ALONG
NHORJANNAH A. LIMPAO
EDUARDO M. MORALES JR.
RAFAEL RENZ L. REJAS

Abstract

In 2015, the Philippine Dangerous Drug Board states that there were an estimated 1.8 million drug users in the Philippines. The rapid growth of drug use raises concerns such as how will rehabilitation centers help these victims in changing their lives, and how victims respond and react to the implemented programs and policies of the rehabilitation center. This is a study about drug addiction and the road to recovery in a rehabilitation center in Ozamiz City, Misamis Occidental. Reckless' containment theory provided the main framework of this paper and assumes to establish an argument on the following objectives: 1.) to elaborate their history of drug dependence; 2) to determine the inner and outer containment of the informants inside the rehabilitation center 3.) to identify their plans after their rehabilitation. Utilizing the qualitative approach, in which the informants were purposively selected, the following are the major findings of this study: most informants became drug-dependent due to personal and family problems. Based on the indicators provided by Reckless on the inner and outer containment, the informants' responses were positive on their well-being as provided on the policy and programs implemented by the rehabilitation center and findings show these programs greatly affect their life inside which motivated them to fully recover. Informants foresee their future such as a reunion with their loved ones, building a business, and sobriety from drugs and other substances.

Keywords: drug addiction, rehabilitation, Containment Theory, inner containment, outer containment

Introduction

Background of the Study

Rappler, one of the leading social news networks in the Philippines, reported that in 2012, the United Nations World Drug Report said the Philippines has the highest rate of *shabu* (*crystal meth*) use in East Asia. Considering the location of the Philippines, it has become the center of the drug in Southeast Asia. Drug trafficking has been a perennial problem in the Philippines hearing cases of *kababayans* getting arrested in other countries for transporting or selling *shabu* in other parts of the world. Hembra (2004) reiterated that the prevalence of drugs in the country includes a lot of factors such as the fragmented geography, poverty, the phenomenon of overseas contract workers, media exposure, the decreasing moral fabric of the society; and the political factors such as policies, drug laws, and enforcement.

Consequently, Ranada (2016), reported that Metro Manila, or the National Capital Region (NCR) is the region most affected by drugs with 92% of its barangays having drug-related cases. Methamphetamine hydrochloride, or *shabu*, is the most used illegal drug in the country, followed by cannabis or *marijuana*. In 2014, 89% of drug seizures involved *shabu* while 8.9% involved marijuana, according to Philippine Drug Enforcement Agency (PDEA). In 2015, the Philippine Dangerous Drug Board estimated 1.8 million drug users. On this number, 859,150 are thought to be users of *Shabu*. Around one-fifth of barangays (or villages) in the Philippines have drug-related cases, according to February 2015 data from the Philippine Drug Enforcement Agency (PDEA) (Lasco, 2016; Ranada, 2016)

President Rodrigo Duterte is known to be hardcore about eradicating illegal drug users and pushers, thus, their lives are at stake as the President wages a war against illicit drugs, which began in June 2016. The PNP Oplan - Double Barrel Project Tokhang was implemented in 2016 as an action to fight against illicit drugs and other forms of criminality in the country. The study of Espineli and Lontoc (2015) stated that dealing with drug-related problems is usually through the establishment and operation of agencies such as the Dangerous Drug Board, Philippine Drug Enforcement Agency, National Bureau of Investigation, Philippine National Police, and other law enforcement agencies charged with the enforcement of drug-related laws (CNN Philippines Report 2016)

Since the start of the Oplan Tokhang projects of the PNP and other agencies involved and tapped by the President, there have been millions of

Drugs surrenderees and the next step for those who have surrendered is to undergo rehabilitation. The Department of Health oversees all drug rehabilitation, intervention, after-care, and follow-up programs, projects, and activities in the country.

As the war against drugs continues, rehabilitation centers' reliability and effectiveness play a crucial role. This study would dwell on the lives of the patients inside the rehabilitation center who once experienced “*tokhang*” in Ozamiz City in the Southern Philippines.

Literature Review

This portion dwells on understanding the study from studies related to the history of drug dependence of the victims of substance abuse up to studies related to assessing the programs implemented in the rehabilitation centers.

Family factors and peer influence contributes to the cause of drug dependency. Family economic stability has been shown to play a critical role in affecting a person's drug use in the study by Foo, Tam, and Lee (2012). Participants of the study mentioned that they were poor, breadwinners, and don't have proper educational background so they were forced to sell drugs even using.

Even though drugs can give an individual a pleasurable feeling, they will still resort to many long-term negative consequences, including physical health problems like liver damage and heart disease and mental illnesses like depression and anxiety disorders. Drug abuse also causes long-term changes to the brain that make quitting so difficult and that take years to change back to normal. Indirect long-term effects of drug addiction include broken relationships, legal problems, financial problems, injuries, and poor overall health (Alta Mira 2018).

The importance of rehabilitation is highlighted in the study of Moos and Timko (2008) findings reveal that patients underwent a 12-step program with lecture series like literature, meetings with speakers and steps, and home groups and sponsors. Those individuals who consistently attended meetings at least weekly during a 12-month interval had lower levels of alcohol and narcotic use at follow-up than those who attended meetings less consistently. Those who attended such meetings had a higher percentage of abstinence in terms of drug and alcohol abuse (Moos and Timko 2008).

Other than the 12-step approaches, psychosocial treatments appear to be neither worse nor better at reducing drug use. First, detecting small differences in the effectiveness of treatments will require large trials.

Second, a complementary approach is to establish a theory of change. One approach to this challenge would be to develop intermediate treatment-specific measures through which treatment is hypothesized to work. For example, 12-step programs are built up around a series of steps through which the patient gradually learns a set of skills that allow them to deal with their addiction and achieve abstinence. Providing evidence on the gradual attainment of such skills and their influence on final or intermediate outcomes will be of great interest. Also, other psychosocial interventions specify competing mechanisms by which patients learn to cope with their addiction (Bøg, et.al., 2017).

Also, the therapeutic community has proven to be a powerful treatment approach for substance abuse and related problems in living. The therapeutic community is fundamentally a self-help approach, evolved primarily outside of usual psychiatry, psychology, and medicine. The basic approach of the therapeutic community is to treat the person using the peer community approach with programs and services relating to family, education, vocational training, and medical and mental health (De Leon, 2000 Therapeutic Communities, 2008).

Interestingly, a 2019 drug survey conducted by the Dangerous Drug Board in the Philippines (2020) revealed that most of the respondents agreed and considered the effects of drug use such as problems with health, separation from family, and damage to self-image as negative. When they were asked about institutions or people that would be helpful to those who use drugs, 42.2% of the respondents considers the household to be the most helpful, followed by the police at 33.9% and the local government at 26.1%. No rehabilitation centers were considered by the respondents aged 10-69 as helping institutions. However, there were numerous patients/victims of drug abuse situated in the rehabilitation centers public or private. Thus, other than looking at the case of the victims of substance abuse in the rehabilitation centers this study would also like to dwell on the case of the rehabilitation centers as proving institutions beneficial to cases of drug dependency and treatment in the Philippines.

The study has three objectives. The first is to determine the informants' history of drug dependence which refers to the reasons and opportunities for drug addiction. Secondly, the study aims to determine the inner and outer containment of the informants inside the rehabilitation center following Reckless' containment theory. Lastly, is to determine the informants' plans when reintegrated back into society.

Theoretical Framework: Reckless Containment Theory

Central to this study is the Reckless' Containment Theory (1969). According to Reckless, inner containment refers to the ability to withstand pressures and pulls, handle conflicts, divert oneself from existing risks, and stay out of trouble. The outer containment includes the social environment in which the individual resides and reflects socialization within the community (i.e., elements outside one's self) (Cardwell 2013). The concept of inner and outer containment is similar to the concept of internal and external social control in sociology. Internal social control suggests the power of internal means of control, such as one's conscience, ego, and sensibilities about right and wrong are powerful in mitigating the likelihood that one will deviate from social norms; while the concept of outer social control is that individuals conform because an authority figure (such as the state) threatens sanctions if the individual disobeys (Lumen 2013).

This study is mainly anchored on Containment Theory. The push and pull factors of this study refer to the reasons and opportunities that resort the informants to engage in the use of illicit drugs. The researchers will also focus on the role of the inner and outer containment of the informant during the rehabilitation treatment. The inner containment of Reckless includes self-concept, goal orientation, frustration tolerance, and norm retention. On the other hand, the outer containment in this center focuses on the information and assessment of the rehabilitation center that helps the informants towards their recovery.

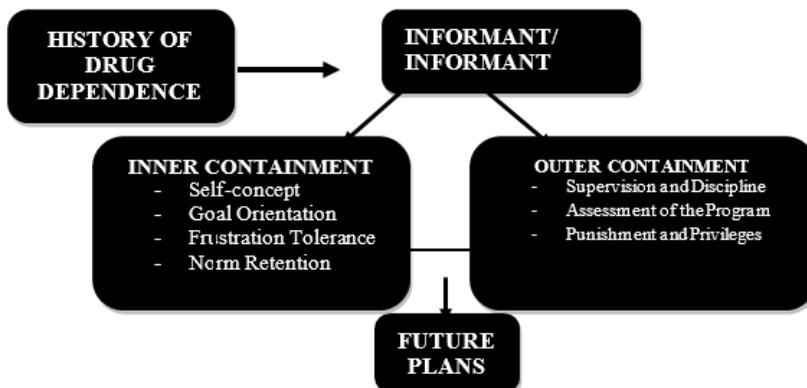


Figure 1. Schematic Diagram of the Study

Methodology

This study employs a qualitative research method specifically a case study technique. A total of 8 informants (in-patient drug dependents) and 5 staff in the rehabilitation center were interviewed purposefully. The study was conducted between July to December 2018 in the Dependency Treatment Center, which is in Purok Mauswagon, Brgy. Tinago, Ozamiz City, Misamis Occidental.



Figure 2. Map of Ozamiz City, Philippines

After the interview, the data were processed and analyzed by categorizing themes based on the responses of the key informants and their assessments of the rehabilitation center. The commonalities and differences in the patterns of their responses were also analyzed. The adequacy and organization of their responses for the general objectives were also checked to systematize the presentation of the analysis.

Research ethics were observed and adhered to that would primarily give protection to the key informants. This is to assure that informants were duly informed of what was the study about. To be assured about the confidentiality of the life story or any information obtained from the informants and their shared experiences would be kept, they were given pseudonyms. They also have the right to remain anonymous and voluntarily participate without compelling them. The staff and informants

of the rehabilitation center agreed to have an audio recording during the interview.

Finding and Discussion

History of Drug Dependence

Push Factors: Personal and Family-Related Reasons

The push factors refer to the reasons why the informants used illicit drugs and why they become addicted to them. Those are personal and family-related reasons. Most of the informants stated their reasons, which were mainly based on stress and out of curiosity. They engaged in drugs to relieve stress, feel relaxed and enjoy themselves. Here is one of their responses:

James, 27 (years old) sincerely stated that:

“Just to relax, eh! I feel satisfied because my body needs it then nawawala yung stress.”
(I used drugs just to relax, I feel satisfied and my body needs it and I feel stress-free.)

The findings also outlined the family-related reasons for the informants regarding their use of illicit drugs, which highlighted the emotional frustrations they felt. Rafael (43 years old), felt the grief of having a broken family, which at a young age suffered enormously; when his parents left him, he longed for their unrequited love. Other factors include the betrayal felt by Vince (35 years old) into his wife for having an affair with another man, to lessen the pain, he took drugs. Others felt they do not have a purpose in life like the case of Sam (39 years old). He felt broken after losing a wife and a child, so he spent time in his vices until he became an addict.

Other responses of the informants are reflected/summarized in tables 1 and 2 below.

Table 1. Push factor: Personal reasons.

| Informants | Actual Response | Theme |
|------------|---|---|
| Jaime | “Weather, money, emotions, problems. Mao na siya ang naka-trigger pag used. | Problems in Life |
| Rafael | <p>“...akoy isa ka biktima sa kuan kaning hugaw sa katilimban. Labing Factor ana. kanang akong out of curiosity, tilaw hangtud nagumon gyud kog pag ayo.”</p> <p>“Oo kana (Lack of Attention). Tungod kay wala kaayo nagiya nako ba. Wala kaayo nag-atiman nako, gadako ko sa akong Lolo og Lola. Kaning kuan hangtod during highscool days sugod nako diha, actually 3 decades nako gagamit og drugas kay sa young age 13 yrs. old sugod nako, diha nako ga sugod adis-adis.</p> | <p>Curiosity</p> <p>Lack of Attention</p> |
| James | “Kung bakit gumamit ng drugs? Just to relax myself, eh! Kasi pusher din ako dati eh!” | As a form of relaxation |
| Vince | “Siyempre nasaktan ka, gusto mo malimotan ang sakit, you take some drugs, ang druga na yon natikman mo nawala yung sakit, and then your isip, nawala ang mga paghihinayang mo, parang nasaktan ka dahil nawala siya sa buhay mo.” | To forget bad memories |
| Jon | <p>“Na influence lang ako ng kaibigan ko atsaka out of curiosity.”</p> <p>“yung ano may problema ko sa pag-aaral ko hindi ako nakapagtapos, relationship sa girlfriend ko atsaka sa father ko.”</p> | <p>Curiosity</p> <p>Problems in Life</p> |
| Michael | “Yong ano ‘yong pera, looking for fun and enjoyment, friends. Kasi may mga dragging friends ako eh.” | For enjoyment |

Table 2. Push Factor: Family-related reasons.

| Informants | Actual Response | Theme |
|------------|---|--|
| Rafael | “Kuan ko kaning, miyembro ko sa broken family. Gamay pako, akong Papa policeman pero na priso, mga tulo ka tuig pa guro ko. Igo muguwa akong Papa sa prisohan, akong Mama milarga sa Amerika para manarbaho, hantod karon tua pa siya. Unya kuan kaning mao ni hinungdan sa akong tan-aw na nasulod ko sa drug addiction.” | Broken Family |
| Vince | “...Then ang nangyari nalaman ko na ang wife ko pala have an affair with other men and then dun wala na akong ganang bumalik ng barko, tapos para bang depress, somebody introduce me about drugs, friends like that. Nong ni try ko, ang effect ng shabu parang ni numb ko. Siyempre nasaktan ka, gusto mo malimotan ang sakit, you take some drugs, ang druga na yon natikman mo nawala yung sakit, and then your isip, nawala ang mga paghihinayang mo, parang nasaktan ka dahil nawala siya sa buhay mo.” | Extra marital affair/ Betrayal of wife |
| Jon | “yung ano may problema ko sa pag-aaral ko hindi ako nakapagtapos, relationship sa girlfriend ko atsaka sa father ko.” | Distorted relationship with a loved one. |
| Sam | “Sa side ko unfair kasi nawala kinuha yung wife ko atsaka baby ko kaya mas lalo akong naging addict wala akong pakialam sa kung ano pa jan ang gusto ko lang maging masaya para ma ano yung pain ko.” | Loss of a family member |

Pull Factors: Opportunities for Using Illicit Drugs

The findings also outlined the pull factors, which refer to the opportunities for the informants on using illicit drugs. The informants were mostly influenced and pressured by their peers. The environment such as the place where they lived also affects them to engage in using illicit drugs. Bran, 25 (years old) stated that:

“Katong naa nako sa mga adult age, didto nako naibog sa uban nga naa sila’y kalingawan, nag drugs sila, so na impluwensyahan pud ko’g mga barkada nako na makasulod ko ana nga butang kay para ma-level nako, sa akong huna-huna ba nga daghan mi grupo og sikat pud sila dapat pareha mi. Mao na nga nagsulod-sulod ko’g bisyo.” (When I was in my adult age, I feel envious of others who enjoy using drugs, so my friends influenced me and I engage in drugs to identify myself with their notoriousness.)

Moreover, a few of the informants steal to buy drugs; in fact, Jon (34 years old) used to steal his parents' money and sold their assets. Sam (39 years old), became a drug pusher, engage in gambling, and even killed people for money and drugs.

Other responses of the informants are reflected/summarized in table 3 below.

Table 3. Pull Factors.

| Informants | Actual Response | Theme |
|------------|--|--|
| Jaime | <p>“Kana lagi, impatient ko, bakakon ko, nag steal nako, nangawat nako sa akong pamilya og kwarta, nangawat ko sa balay, namakak ko ni Mama og ni Papa. Ingon ana akong batasan sa I’m still dragging.”</p> <p>“Ang bond namo sa una sa akong mga dragging friends, kung asa’y naay maayo na butang, maayo nga items, nindot kaayo among pagka-amigo, solid kaayo mi. Pero pag wala’y kwarta, wala sad ko’y amigo, so solid rami kung naay shabu.”</p> | <p>Stealing valuables from their family</p> <p>Peer pressure</p> |

Table 3. (Cont'd.)

| | | |
|--------|---|--|
| Rafael | <p>“...Hangtod sa shabu, na introduce siya diha nako napildi pag ayo. Hurot among kabutangan, madugay sa akong magagamit kaning kuan meth. Hangtod na daghan na panghitabo nasugatan nako. Hurot kabutangan sa balay, agi kog jails kasuway ko. Death nalang wala nako na tilawi mao nalay kulang para makumpleto nako diha.”</p> <p>“Usa. Sa Environment nako usa sa nakapabira nako sa druga, akong mga amigo which is dragging friends, dragging cousins usa sila sa nakahinungdan.”</p> | <p>Selling things</p> <p>Peer pressure</p> |
| James | <p>“Kung bakit gumamit ng drugs? Just to relax myself, eh! Kasi pusher din ako dati eh!”</p> <p>Yes, dahil isang family na kami, family ng sindikato hindi lang sila naadmit dito kasi hindi sila nahuli. Ako lang”</p> | <p>Pusher</p> <p>Peer pressure</p> |
| Vince | <p>“...Then ang nangyari nalaman ko na ang wife ko pala have an affair with other men and then dun wala na akong ganang bumalik ng barko, tapos para bang depress, somebody introduce me about drugs, friends like that.”</p> | <p>Peer pressure</p> |
| Bran | <p>“Na-engganyo ko sa akong mga barkada kay siyempre, katong wala pako gasugod bata paman ko. Katong naa nako sa mga adult age, didto nako naibog sa uban nga naa sila’y kalingawan, nag drugs sila, ako pud nangita pud ko’g mga barkada nako na makasulod ko ana nga butang kay para ma-level nako, sa akong huna-huna ba nga daghan mi grupo og sikat pud sila dapat pareha mi. Mao na nga nagsulod-sulod ko’g bisyo.”</p> | <p>Peer pressure</p> |
| Jon | <p>“na influence lang ako ng kaibigan ko atsaka out of curiosity.”</p> <p>“...Ang mahal mahal ng droga kaya lahat ng kalokohan sa bahay ginawa ko na, pagnanakaw, pagsasanla so para maka earn ako ng pera ba, panloloko sa kapatid ...”</p> | <p>Peer pressure</p> <p>Selling Things</p> |

Table 3. (Cont'd.)

| | | |
|----------------|---|--|
| | <p>“Oo minsan nauubos pera ko pero since both mother and father ko may trabaho kaya nagnanakaw talaga ako ng pera sa tatay ko, libo-libo ninanakaw ko mababa yung 500 kasi tig 1000, 2000 merong time pa nga na sa cabinet lock nayun pero nagawaan ko ng way para mabuksan yun at nandun yung ipon niya parang atm na kinukuhaan ko yun. Siya nag-iipon ako kumukuha,..”</p> <p>“oo yung sa environment, drug area kasi yung barangay naming. Naimpluwensiyahan ako gaya nung nagsugal ako sa first take ko nagsugal kami nung hantak yung 3 coins naghahagis natalo ako at nanalo yung kasamahan ko kaya inimvite niya ako para gumamit ng drugs out of curiosity kaya naimpluwensiyahan ako at nagtuloy tuloy na yung paggamit ko.”</p> | <p>Stealing</p> <p>Environment factor</p> |
| <p>Michael</p> | <p>“Yong ano ‘yong pera, looking for fun and enjoyment, friends. Kasi may mga dragging friends ako eh.”</p> <p>“Yong nag 21 years old ako, napalayas ako sa bahay kasi nalaman nila na nagbebenta ako anag marijuana, soo nag-solo ako, nag-condo ako mag-isa pero noong kinakailangan ko na nang pera napunta ako sa sugal, so nag poker ako for money and then I started selling shabu, kasi ‘yong tropa ko, kaibigan ko meron siyang kakilala na pwedeng kunan. So, tinigil ko ‘yong marijuana kasi mainit na, nagbenta ako ng shabu at tsaka nagsugal ako, pero natatalo ako sa sugal habang binibenta ko ‘yong mga drugs, so naubos na...”</p> <p>“...Tapos 26 years old na hook na ako sa gambling ulit ‘yong BINGO, na A BINGO ‘yon don ako naubusan naman. Everytime makakabenta ako, magsusugal ako, tapos mauubos, uuwi ako sa bahay, wala na naman, tapos nakakahingi naman ako sa parents ko eh, sa Emats ko, binibigyan niya ako, sasabihin ko lang kailangan ko to pang-apply nang trabaho, pang-medical, may mga gano’ng</p> | <p>Peer pressure</p> <p>Pusher/ Dealer</p> <p>Gambling</p> |

Table 3. (Cont'd.)

| | | |
|-----|--|---|
| | <p>excuses ako para magkaroon ng pera. Tapos babalik din ako sa sugalan, babalik lang ako sa drugs, hanggang sa nagnanakaw na ako....”</p> <p>“ ...Eventually, 2017 nagnakaw na ako nang mga gamit sa bahay, nagbenta na ako nang mga gamit ko, naubos na lahat ta’s marami akong drugs pero wala akong gamit. So yo’n, hangga’t sa nakulong nga ako eh dahil na raid ‘yong hulyat, nakulong ako for 3 days and 4 nights, tapos nag-bail naman, after no’n nag drugs pa rin ako, hindi ako natakot sa mga pulis kasi si Duterte na no’n eh, buti nga nakawala ako....”</p> <p>“ ...Eventually, 2017 nagnakaw na ako nang mga gamit sa bahay, nagbenta na ako nang mga gamit ko, naubos na lahat ta’s marami akong drugs pero wala akong gamit. So yo’n, hangga’t sa nakulong nga ako eh dahil na raid ‘yong hulyat, nakulong ako for 3 days and 4 nights, tapos nag-bail naman, after no’n nag drugs pa rin ako, hindi ako natakot sa mga pulis kasi si Duterte na no’n eh, buti nga nakawala ako....”</p> | <p>Selling Things</p> <p>Stealing</p> |
| Sam | <p>“hm.. ano barkada, kasi yung mga barkada ko gumagamit din sila ng droga...”</p> <p>sa pagtuloy tuloy ng paggamit ng droga yung performance ko naging iba naging user, pusher, naging dealer ako.”</p> <p>“killing people, sumasama ako sa kanila dati teen-ager pa ako sumasama ako sa grupo na pumapatay ng tao bayad ng droga atsaka pera.”</p> | <p>Peer pressure</p> <p>Pusher/ Dealer</p> <p>Committing murder</p> |

These push and pull factors were reasons for their drug addiction. It made them forget their problems and frustrations. It sustains them. Their dependency destroyed their reputable lives and relationships.

Reflections on Reckless' Inner Containment

Rehabilitation centers are a haven for people who are on the brink of death, struggling yet hopeful. Drug dependents' access to rehabilitation supported them to recover completely from addiction. This study links the idea of Reckless' Inner containment (1972; p.51) which involves the ability of a person to withstand pressures/pushes and pulls, handle conflicts, divert oneself from exciting risks, and stay out of trouble. It can control an individual's behavior regardless of the environment (Reckless 1967, 1972). There were four indicators namely: self-concept, goal orientation, frustration tolerance, and norm retention.

Self-Concept

The first indicator of inner containment is self-concept. The self-concept is defined by Reckless (1967) where the individuals view themselves as law-abiding citizens. The idea of self-concept stems from Charles Horton Cooley's "The Looking Glass Self", in which people develop self-image from their interaction with those close to them. The most important means of developing self-concept are the parents, and authority figures. Cardwell (2013) tested her hypothesis with inner containment, which will be associated with a decrease in the frequency of adolescent offending. It shows that the participants who had a strong self-concept are indicative of more responsible behavior.

The development of the self-concepts of the informants revolves around the rehabilitation center. Thus, the presence of authority figures such as the program director, recovery coaches, and counselors influences the informants in developing their self-concepts. One of our key informants, Ms. Baguhin, the head recovery coach, explained;

"We have therapies for either individual or group, daily meditation, Zumba, lectures and also we have topics to discuss among the group."

Goal Orientation

Goals are vital in containing individuals not to commit violations, it serves to conduit oneself toward recovery. Cardwell's (2013) goal orientation referred to participants' level of future consideration and planning. The participants reported average goal orientation which they

view offenses as risky, making them less likely to commit crimes if they have other goals that they want to achieve. Goal orientation as defined by Reckless (1976) is having direction and orientation toward legitimate goals, which must be viewed as attainable by the individual.

The findings revealed that the goal orientation of the informants includes avoiding any mishaps during their character formation and submission to more religious activities and devotion.

Rafael, 43 (years old) stated:

“Pag ari nako diri sa rehab, nakat-onan nako ang pag-akseptar sa akong sakit...Ikaduha nakat-on ko mangayo og tabang na, ako diay masakiton, di ko kadumala sa akong kinabuhi. Ikatulo akong nakat-onan diri og nakaila nako ang akong Higher Power.” (When I arrived at this rehab, I learned to accept that I have a disease, which is an addiction... Second, I learned to ask help from others, that certainly I could not do on my own. Third, I came to know my Higher Power.)

Other findings suggest that sobriety is their primary goal in achieving their long-term plans inside the rehabilitation center. Jaime, 28 (years old) mentioned during our third visit:

“...akong plano isa na lang gyud bitaw, karon staying sober, staying clean...” (For now, I have only one plan, which is staying clean)

Frustration Tolerance

Containment theory emphasized the tolerance of frustrations to construct self-control. Reckless' frustration tolerance (1967; p.10-21) is defined as the result of low self-control. Self-control is vital in coping with failures; the absence of these would likely engage individuals in delinquency. In this study, the informants' first few months in rehabilitation were very difficult until they know how to control their emotions. Sam, 39 (years old) who resides in rehab for five months uttered about staying relaxed and calm.

However, Jon, 34 (years old) also in his fifth month felt homesick especially when boredom strikes. He said:

“Normally, na hohome sick ako tulad kanina nabobored ako, pabalik-balik lang yung ginagawa namin kasama yung staff...” (Normally, I have experienced homesickness, just earlier, together with the staff, we repeatedly did some kinds of stuff, so I got bored).

Other informants confessed that they had been missing their family and their life outside. Sadness fueled their frustrations inside and staying determined resulted to doubt but the rehabilitation center provides them with some activities to counter boredom. These are allowing them to take phone calls or call somebody, a weekend pass, and recreational activities.

This was revealed by Jon, 34 (years old):

“...I’m in my 4th month going to 5th month, nakakahawak na ako ng cellphone, nakakapag-facebook... tsaka yung paglalaro ng basketball, swimming, yung mga ganoong bagay kasi may mga schedule kami kaya natatanggal ng lungkot ko...” (I am in my 4th month going to fifth, I could use a cell phone, Facebook... we also have scheduled basketball, swimming, and those can wear off my sadness.)

Norm Retention

Norm retention is the final indicator of inner containment. Reckless (1972) defined this as the acceptance of societal norms, laws, and the willingness to comply with such laws. The rehabilitation center has cardinal rules, and these are no drugs, sex, alcohol, gambling, and violence. Any violation of these rules will be accounted for to undergo detoxification. Findings revealed that all informants adhere to the rules. They followed each of the activities such as attending Alcoholics Anonymous/Narcotic

Anonymous meetings, big book study, meditation, workbooks, washday, general cleaning, and so on.

Moreover, willingness to change and recover are their most prominent reasons to follow rules. James, 27 (years old) narrated.

“Yung willingness, wala naman akong makukuha eh kung example matigas ang ulo ko hindi ako mag fofollow ng rules... kaya ang ginawa ko I will follow rules” (I cannot gain anything for not following the rules but I have the willingness to follow, so I did.)

Rafael, 43 (years old) also added that he must learn to follow and obey for his betterment.

“Ako gyud gisunod matag higayon, naa raman ko diri sa sulod kinahanglan ni para sa akong kaayuhan.” (I followed every rule since my admission in this rehab to become better.)

Reflections on Reckless' Outer Containment

According to Reckless (1967), outer containment dealt with the structural buffers in the person's proximal, social environment that served to restrain them. This study looked at the rehabilitation center as a community with which these informants interact and socialize. As this community is responsible for gaining back the informants' clean and sober life, they set programs to help them fully recover.

The Twelve Steps Program of the Rehabilitation Center

The following twelve steps are programs developed, implemented by the rehabilitation center in Ozamiz City, and adopted from the existing support group known as *Narcotics Anonymous* - this group aided the addicts who wanted to stop and recover from addiction. The first starts with his/her belief that they were powerless over their addiction and lives had become unmanageable. Second, focuses on a belief that a power greater than one's self could restore one to sanity. Third, they should turn their will and their lives over to the care of God as they understood Him.

The fourth step focused on searching and fearless moral inventory of themselves. Fifth is about admittance to God, to oneself, and to another human being the exact nature of their wrongs. Sixth deals with being entirely ready to have God remove all these defects of character. The seventh is about removing their shortcomings. Eight step talks about a list of all persons they've had harmed. Ninth is making amends to such people wherever possible, except when doing so would injure them or others. The tenth step is taking personal inventory and when wrong promptly admitted it. Eleven is seeking prayer and meditation to improve their conscious contact with God as we understood Him, praying only for knowledge of His will and the power to carry that out. The twelfth and last step is about spiritual awakening as a result of these steps, we tried to carry this message to addicts and to practice these principles in all our affairs.

By looking at the following steps as mentioned in the previous paragraph, it focuses on the spiritual wellness of rehabilitation patients. It also means that they must be completely aware of the negative effects of addiction and the means to restore their sanity is relying on their strong religious/spiritual beliefs and faiths. In the rehabilitation center, the implementation of these steps involved a 90-day intensive recovery program, and the succeeding 90 days include after-care and continuing care programs. Within the 90-day intensive recovery program, the rehabilitation center educates the informants and their families to understand the principle of the 12 steps program. Moreover, the after-care program involves preparing the informant and their family in re-entering society and how they could prevent relapse.

Assessment of the programs

As the 12 steps program operated inside the rehabilitation center, it found out that informants were cooperative, and they believe it can help them in their recovery. The programs were perceived to be effective for the informants because they were trained in building better character, guided them towards everyday life, and lastly, made them not tempted to use any illegal drugs. Michael, 28 stated that:

“I think I'm gonna recover because of that program kasi parang nagiging bala ko siya when it comes to temptations, urges, cravings na gusto kong mag-drugs, na gusto kong mag gamble. I would look for a meeting,

‘yon yong sinabi sa amin na you should look for a meeting if you are having a problem with your life, yourself, your relationships, with anything, basta mag share kasa meeting magkakaroon ka nang relief so I could relate to that.’

(I think I will recover because of that program for it serves as my shield regarding temptations, urges, cravings to taking drugs, and urges in gambling. Based on what they taught us, if you have problems with your life, yourself, your relationship, and with anything, just share it in the meetings then you will feel relief and I could relate to that.)

Effective supervision and discipline

This indicator involved the implementation process of the rehabilitation center. Staff roles are very important in the rehabilitation center, they impose strictness and punish the violators. The staff religiously observed the code of ethics per the policy of the rehabilitation center. Therefore, the staff served as their records keeper as to when they will be fully recovered. What is more interesting is the fact that some of the staff were former drug addicts and patients of the rehabilitation center. True as it may, this was manifested and testified by the informants. As Jaime, 24 sincerely uttered:

“Nag-explain sila sa amoa, makakuha sad mi sa ilaha og mag-sharing mi, ma-relate sad sa amoa banga makahatag sad og learnings sa amoa. Mo-duol pud sila nimo in times nga naa kay problema or emotional needs nako akong i-storya sad sa ilaha.” (They give us explanations, where we could identify through our sharing and in return we relate and gain more learning from each other. They would also approach you in times if you have a problem or emotional needs and you share it with them.)

Punishment and Privileges

Punishment and privileges pushed the informants to finish all of the activities in the rehabilitation center and it also increases the willingness of the informants to succeed in the treatment. In the rehabilitation center, they employ cardinal rules which emphasized no drugs, sex, alcohol, gambling, and violence. The informants used to follow these rules because if they violate them there are corresponding consequences which are primarily referred to as the process of detoxification. Most of the informants feared undergoing detoxification because they will be detained in a small place for days or weeks thus, making them more feel like prisoners. Detoxification is an extremely heavy punishment that they were trying to avoid. One of the informants refers to this detoxification as “*It’s hell there.*”

Moreover, the rehabilitation center provides rewards for the good conduct of the patients. The informants were motivated to perform their assigned tasks because of corresponding privileges. Like, for example, if they properly cleaned their assigned area in household chores then the staff rewarded them with recreational activities like swimming and going to the mall. Other privileges were observed when patients succeeded in the 12 steps program. As informants revealed that when they reach the 4th month with no violations they will be granted day-pass and end-pass access in which they can go in and out of the rehabilitation center at any time and day. Access to a phone call to any of your loved ones during the vacant time is also one of the privileges. These privileges motivate the informants to finish the rehabilitation programs.

Future Plans of the Informants

Drug abuse hinders in achieving one's goals, but rehabilitation centers give them greater chances to restore their interrupted lives and aim back their plans in the future. As to the informants' plans, all of them responded that they wanted to finish the program. Their graduation assured them their good life outside, their proof of recovery, and ready to restart their life. The informants wanted to stay clean and sober for the rest of their lives.

The plans of the informants highlight the importance of family. With this, the informants also revealed that other than longing their family motivates them the most to avoid relapse. Moreover, the informants wanted to gain back their healthy relationship with their family with love, respect, and trust.

Most importantly, the informants wanted to stay clean and sober their lives after they will be released from the rehabilitation center. They would like to focus on or establish a business to help their family. The responses of the informants about veering away from drugs and staying in a sober life are living proofs of the important role portrayed by the rehabilitation centers in our country.

Conclusion and Recommendations

Conclusion

Based on the findings, reasons for drug dependency include personal and family-related. For the informants, troubles, and challenges with their family members can be overcome if they use illegal drugs. Adding fuel to the fire are their peers who are also drug addicts and drug peddlers. The informants were frequent *methamphetamine* or *shabu* user.

Given the history of drug dependence of the informants, the rehabilitation center is their mechanism to end this vicious cycle of drug addiction. Looking closely at the Containment Theory of Reckless, the rehabilitation center's existing policies among others foreground the crucial role of outer containment in strengthening the inner containment of the informants.

The study of Reckless focused more on inner containment and provided less on outer containment however this study revealed otherwise as it highlights the importance of outer containment as a factor in recovering from drug addiction. Moreover, the rehabilitation center provided quality programs that would help the informants recover from their addiction.

The containment theory of Reckless is also reflected in the well-being of the informants. Their mental well-being being the inner containment of the informants is reflected in the positive responses of their self-concept, goal orientation, frustration tolerance, and norm retention. The physical and social well-being of the informants is their outer containment as manifested in the rehabilitation center's policies in maintaining the physically fit and healthy bodies of their patients. In terms of the social well-being of the informants, the center also ensures that their patients are engaged actively in social interactions like talking, communicating with their co-patients, frequent activities for social gatherings, tours, etc.

Staying clean and sober is what they hope for the rest of their lives. The informants were affirmative that completing programs in the

rehabilitation center is their ticket to re-enter society. The rehabilitation center served as their lighting torch. Moreover, their inner and outer containments proved to be relevant to their plans for their life choices either in or outside the rehabilitation center.

Recommendations

Given the limitations of the study, the following are some of the recommendations. First, study drug dependents in other rehabilitation centers to compare with this research in terms of treatment, their programs, daily activities, facilities, and policies. Second, local community-based rehabilitation centers should also be investigated including their programs and policies offered, and apply the appropriateness of Reckless' containment theory. Third, other research designs, approaches, and techniques should also be employed in this study like statistical techniques and quantitative approaches. Lastly, the study would like to recommend that the findings would be considered for policy interventions either national or local regarding issues such as substance abuse and rehabilitation, drug dependence, and social factors of coping with the ordeal regarding drug addiction here in the Philippines. It can provide information and perspective on what could be significant programs the rehabilitation treatments can implement.

References

- Alta, M. (2018). Long-Term Effects of Drug Addiction. *Altamira Recovery*. (<https://www.altamirarecovery.com/drug-addiction/long-term-effects-drug-addiction/>).
- Bøg, et al. (2017). 12 Step Programs for Reducing Illicit Drug Use. *Campbell Collaboration*. (https://campbellcollaboration.org/media/k2/attachments/Campbell_SWCG_Bog_et_al_12-step_programs.pdf)
- Cardwell, S. M. (2013). *Reckless Reevaluated: Containment Theory and Its Ability to Explain Desistance Among Serious Adolescent Offenders*. ProQuest Dissertations and Theses.

- CNN Philippines. (2017). Palace: Drug surrenderees surpass million mark. (<http://cnnphilippines.com/news/2016/12/31/Drug-surrenderees-reach-one-million/>).
- Colligan, L.H. (2011). *Drug Dependence*. Marshall Cavendish Benchmark.
- Dangerous Drugs Board. (2020). 2019 Drug Survey shows drug use prevalence rate falls to 2.05%. (<https://www.ddb.gov.ph/newsroom/511-2019-drug-survey-shows-drug-use-prevalence-rate-falls-to-2-05>)
- De Leon, G. (2000). *The Therapeutic Community: Theory, Model, and Method*. Springer Publishing Company.
- Espineli, R, & Lontoc, M. (2015). *Services Implemented at Selected Drug Rehabilitation Centers in Cavite: An Assessment*. European Scientific Journal 3 (1857):1-9.
- Foo, Y., Tam, C. , and Lee, T. (2012). Family Factors and Peer Influence in Drug Abuse: A Study in Rehabilitation Centre. *Internal Medicine*. (<http://internalmedicine.imedpub.com/family-factors-and-peer-influence-in-drug-abuse-a-study-in-rehabilitation-centre.php>).
- Hembra, M. (2004). Social, Political and Economic Context of Illegal Drug Abuse in the Philippines. National Institute on Drug Abuse. *National Institute on Drug Abuse*. (<https://nida.nih.gov/international/abstracts/social-political-economic-context-illegal-drug-abuse-in-philippines>).
- Human Rights Watch. (2018). Philippines' War on Drugs. (<https://www.hrw.org/tag/philippines-war-drugs>).
- Lasco, G. (2016). "Just how big is the drug problem in the Philippines anyway?" *The Conversation*. (<https://theconversation.com/just-how-big-is-the-drug-problem-in-the-philippines-anyway-66640>).
- Lumen Learning. (2013). Social Control: Boundless Sociology. (<https://courses.lumenlearning.com/boundless-sociology/chapter/social-control/>).

Moos, R. & Timko, C. (2008). Outcome Research on 12-Step and Other Self-Help Programs. *Mental Health*.
(https://www.mentalhealth.va.gov/providers/sud/selfhelp/docs/4_mooos_timko_chapter.pdf).

Notes on Contributors

Associate Professor Renebel O. Labadisos is affiliated with the Department of Sociology, College of Arts and Social Sciences, Mindanao State University—Iligan Institute of Technology and specializes in Sociology of Deviance, Gender Studies, and Sociology of Wellbeing

Along, Jovell Nicole S. Jovell Nicole S. Along is an assistant lecturer at the Department of Sociology at Mindanao State University—Iligan Institute of Technology. She is currently an MA Sociology candidate. Her field of interest in research is deviant sociology.

Limpao, Nhorjannah A. Nhorjannah A. Limpao is a Juris Doctor student at Mindanao State University—Iligan Extension. Her research interest deals with the sociology of deviance.

Morales, Eduardo Jr. M. Eduardo M. Morales Jr. was a graduate of Mindanao State University—Iligan Institute of Technology with a degree in Sociology and a Latin honor of Magna Cum Laude. He currently manages his own business and is a full-time freelancer.

Rejas, Rafael Renz L. Rafael Renz L. Rejas was a graduate of Mindanao State University—Iligan Institute of Technology with a degree in Sociology. He is currently working as a freelancer with an international client.