

Drug Addiction and Effectiveness of Rehabilitation
(Case Study: Pusat Pemulihan Dadah, Kuala Kubu Baru)

oleh

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Latihan Untuk Memenuhi Sebahagian Daripada
Syarat-syarat Untuk Ijazah Sarjana Muda

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Sinopsis.

Latihan ini adalah hasil dari kajian yang telah dijalankan terhadap Pusat Pemulihan Dadah, Kuala Kubu Baru, selama 1½ bulan. Fokus kajian adalah terhadap aspek penagihan dadah di Malaysia serta aspek pemulihan, terutama terhadap pusat-pusat pemulihan yang telah didirikan oleh kerajaan. Dalam Pusat ini, kajian dibuat melalui metode perbualan atau temuduga dengan kakitangan serta penagih-penagih dadah di situ serta metode pemerhatian terhadap aktiviti-aktiviti atau program-program yang dijalankan. Tambahan pula, satu sampel berjumlah 20 orang telah dipilih dari penagih-penagih dadah Pusat untuk meninjau berbagai aspek latarbelakang mereka.

Selama 1½ bulan itu, saya telah bercampur-gaul dengan para penagih dadah dan kakitangan Pusat itu untuk mendapat maklumat-maklumat serta data-data yang berkenaan. Statistik-statistik yang lain pula telah didapatkan dari perangkaan-perangkaan yang telah dikumpul oleh Pusat itu dalam laporan tahunannya serta dari fail-fail persendirian penagih-penagih itu. Tambahan pula, saya telah mengikuti hampir semua aktiviti-aktiviti di situ, seperti kaunseling, projek-projek kraftangan, mesyuarat-mesyuarat rasmi serta aktiviti-aktiviti kesukanan dan rekreasi. Walaupun masalah-masalah tertentu seperti kekurangan

masa, halangan dari segi bahasa dan ras serta ketidaksanggupan ditemuduga telah dihadapi, walaubagaimana pun, lama-kelamaan, ianya dapat diselesaikan dengan sempurna.

Pada asasnya kajian ini terbahagi pada 2 aspek yang penting; iaitu mengenai penagihan dadah di negara ini dan peranan yang dimainkan oleh pusat pemulihan dadah. Bab pertama meninjau aspek penagihan ini melalui maklumat-maklumat latarbelakang sosio-fizikal terhadap sampel 20 orang penagih dari Pusat itu. Tambahan pula, tiga (3) kes yang tertentu telah ditinjau untuk memberikan gambaran yang lebih jelas. Bab kedua melihat pada struktur Pusat itu, iaitu perkara-perkara seperti kakitangan, pentadbiran program-program, serta aktiviti-aktiviti yang dijalankan dan sebagainya. Dalam bab ketiga, kekesanan Pusat ini ditinjau dan ini termasuk masaalah-masaalah serta kekurangan-kekurangan yang dihadapi seperti kekurangan kakitangan yang mahir, masaalah birokrasi, kekurangan kemudahan-kemudahan tertentu dan keganasan yang dilahirkan dari " sub-culture " penagih. Kajian ini diakhiri dengan cadangan-cadangan untuk mengurangkan masaalah penagihan dadah di negara ini serta untuk memperbaiki kekurangan-kekurangan yang terlihat dalam pusat-pusat pemulihan dadah kerajaan.

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Introduction

Drug addiction in Malaysia is not a recent phenomena but has a history which dates back to the British colonial era. That was the period when Chinese coolies smoking opium were regarded only as indulging in a bad habit. This form of drug abuse did not present much problems to the colonial authorities at that time. As a matter of fact, opium farms in the Malay States provided the bulk of the Straits Settlements' revenue throughout the 19th century (Turnbull 1972).

A survey done in 1973 has noted that as compared to the colonial era, there is now a significant qualitative difference in various aspects of drug abuse (SCA, Penang 1973). In Malaysia, drug addiction for the past decade has taken a whole new form and in its wake has also created numerous social, health and security problems. It has been estimated that Malaysia has a total of 400,000 drug addicts, 8,000 of whom are females and about 90% of this total consist of youths between the ages of 15 - 29 (Berita Pemandam, January 1981). From an estimated growth rate of 12% per annum, the year 2000 could see about 500,000 youths below the age of 20 in the country becoming drug addicts (Malay Mail (MM) 12/10/1981).

The Malaysian government, in its unrelentless efforts

to counter this threat has stepped up its legal prosecution of drug trafficking and drug abuse. In addition, facilities such as detoxification and rehabilitation centres, including half-way houses have been set up to help addicts rid themselves of a physically and emotionally damaging habit.

Aims of Study:

The objectives of this study are two-fold. Firstly, an attempt is made to understand various aspects of drug addiction among Malaysian youths. This area covers the drug addicts' physical, social and environmental backgrounds. More specifically, it includes aspects of age, sex, education, occupations, area and types of residence, peers, family background and drug addiction history.

The data gathered in this area serves to enlighten us on various aspects of the socio-environmental backgrounds of Malaysian drug addicts. This could help us understand and identify the intricacies and complexities of a social disease that has yet a cure for.

The second and more important part of this study is concentrated on drug rehabilitation, especially in a government run centre. The word "rehabilitation" means principally the restoration of a person to his former

capacity, often his physical or mental capacity (Allan 1967). In a government drug rehabilitation centre, the objective is indeed to restore an addict's former physical and mental capacity. Therefore, all the programmes in such a centre are designed and structured to physically and mentally "build-up" an addict in a drug-free environment. Their basic aim, of course is to help drug addicts give up the habit for good.

This part of the study therefore, looks into the organizational set-up of such a government centre. This includes various aspects of the rehabilitation programmes, the centre's administration, its staff, facilities and the response of the inmates themselves. An attempt is also made to examine the effectiveness of this centre, and other government centres in general in fulfilling its purpose-rehabilitation. In addition, various administrative and bureaucratic problems are brought to light, while suggestions and recommendations to improve the present situation are evaluated.

Methodology:

The Pusat Pemulihan Dadah, Kuala Kubu Baru, Selangor (from hereon referred to as "the Pusat") is a suitable and convenient choice for my study because, being the

biggest centre in the country, it is reflective of the government's efforts in providing such facilities for drug rehabilitation. The Pusat also consist of a variety of inmates who are invaluable in providing information and accounts pertaining to the drug life and their response to the programme and other activities in the Pusat itself.

I stayed in the Pusat for a duration of 1½ months, beginning 4th March 1981. Permission to conduct my study in the Pusat was granted by the Ministry of Social Welfare, through the efforts of my supervisor and the dean of Institute Pengajian Tinggi, Universiti Malaya. A meeting was also arranged with the Principal of the Pusat, pertaining to my accomodations and purpose of my task ahead.

In terms of methodology, observations and personal interviews were my two main tools. These also included participant observations and informal discussions. In addition, further information was gathered through the perusal of the Pusat's annual reports, statistics and twenty (20) individual case files. No structured questionnaires were used, but certain basic questions were utilised as guidelines. These included questions covering such areas as the inmates' (refer specifically to the inmates at the Pusat) background, their drug addiction history and the programmes and activities they are undergoing in the Pusat. This method allows for much

flexibility so that new or additional information could be incorporated into the basic objectives of the study.

The first week of my stay was spent on getting acquainted with members of the staff and the inmates. Efforts were also made to familiarise myself with the set-up, the facilities and the activities' schedule in the Pusat. The purpose of my presence was made known to all inmates through an announcement by the Principal during one of their morning roll-calls.

After the introduction, I proceeded to personally approach as many staff members and inmates as possible and explained clearly the nature of my study. The reason for this was to establish a friendly and trusting relationship so that it would be easier to interview them and to gather relevant information.

The inmates were initially suspicious of my intentions, identifying me as one of the welfare officers and calling me "Sir". I made repeated attempts to convince them I was only a student, encouraged them to address me informally and to treat me as their friend. I would also drop by frequently at the project rooms and engaged them in conversations and answered their questions. I also took full advantage of their games and recreational facilities to get closer to them. Once, I even represented their volleyball team in a match against the nearby Bomba training centre, wearing their T-shirt and playing as a

" Pusat boy ".

To obtain more individual background information on the inmates, I would first seek out the more willing respondents. After obtaining permission from their supervising officer, I would spent 1 to 2 hours in an informal conversational atmosphere with them.

The staff members were very helpful in furnishing me with information and details concerning the inmates and the Pusat itself. Whenever the opportunity presented itself, I would chat with them, elicit their views and verify information obtained from the inmates.

In order to gain further insights and data, I would indulge in all of the Pusat's programmes and activities. Usually in the capacity of an observer, I would attend their counselling sessions, Board meetings, civic classes, handicraft projects and recreational classes.

Staying in a staff hostel overlooking the Pusat, I also had the advantage of being within audible and visual distance of ongoing activities. I also managed to develop close rapport with members of the staff staying in the same hostel.

Limitations in Methodology:

The period of 1½ months was rather short as some time

was needed to adapt to a completely new experience and environment. Not knowing what to expect in the begining, every day presented itself with new encounters and information. Time was needed to absorb all these and put them into proper perspectives. Time was also essential in developing trust and rapport with the respondents and informants. This was to ensure the accumulation of more reliable information in more relaxed personal rapport.

As the Pusat consisted of multi-racial inmates, difficulties were encountered in the form of language and racial barriers. There were no difficulties in conversing with the English educated inmates. However, due to my limited fluency in most of the Chinese dialects and Bahasa Malaysia, I sometimes found difficulties in making myself understood. Sometimes, this problem was overcome by rephrasing the questions or eliciting the aid of other inmates.

One main limitation I faced was that I was seen by the inmates as one of the officers and they were afraid that I would pass on any incriminating information to the authorities. Therefore, their trust in me was only limited. They seldom discussed the intricacies of the illegal activities in the Pusat in my presence.

Sample of Respondents:

A sample of 20 respondents were selected for the purpose of interviewing them on their socio-environmental background and their drug involvement history. The selection of respondents were not done randomly but arbitrarily on the basis of such factors as willingness to be interviewed, language convenience, and the appropriate time when they were available for interview.

The respondents were also selected according to the 3 major ethnic groups in order to reflect the multi-racial nature of this country. Therefore, the respondents were divided almost equally among the Malays (8), Chinese (7) and Indians (5). The sample also represented a cross-section of the respondents in terms of such aspects as age, education, occupation, income, marital status and place of residence.

The sample was limited to 20 due to limitations such as lack of time and the need to concentrate on other areas of the study, especially in the observation and participation of the various programmes and activities in the Pusat.

Apart from interviews with these respondents additional information was also gathered from their individual case files. Sometimes, follow-up interviews were done informally for want of details left out or clearing of information

that were inconsistent or vague. Welfare officers in charge of the respondents were also approached to gather additional data or to verify them.

University of Malaya

Chapter 1

The Structure of Pusat Pemulihan Dadah Kuala Kubu Baru

1 Background:

A crash program for drug rehabilitation at the then Kuala Kubu Baru old folk's home was started on 1-10-75. Three years later, the Pusat Pemulihan Dadah, Kuala Kubu Baru, became one of the first drug rehabilitation centres in Malaysia. Fully subsidised by the Ministry of Social Welfare, the Pusat is equipped to treat and rehabilitate a maximum of 260 trainees. The Pusat's rehabilitation program incorporates various structured activities such as physical and mental rehabilitation, group and individual counselling, religious guidance and vocational training.

The Pusat caters for central Malaysia and is the largest among the four government run rehabilitation centres in the country. It is located on 13 acres of land surrounded by a hilly terrain about 2½ miles from the Kuala Kubu Baru township. The location of the Pusat is considered very suitable and conducive to a rehabilitative atmosphere. This could be one reason why Kuala Kubu Baru which is about 40 miles from Kuala Lumpur is also the location of other government run institutions such as a

youth training centre, a police academy, a fire brigade training centre and an army training camp.

2 Physical Structure:

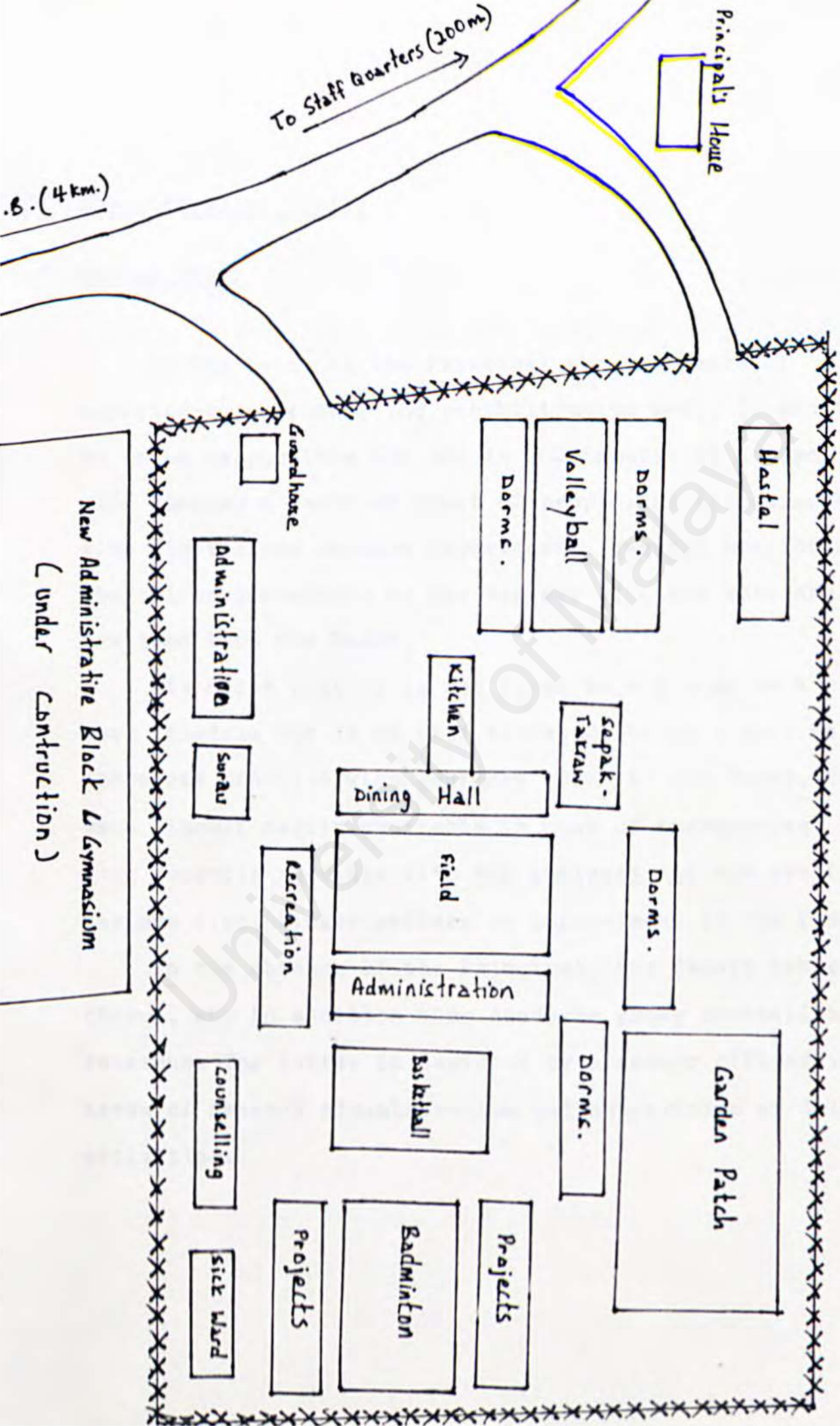
Although initially built as an old folk's home, the Pusat (refer to "Aerial Plan of P.P.D., K.K.B.") has utilised the buildings and structures well to suit its purpose. There are enough space and rooms to cater for the various activities such as counselling, handicraft classes and games.

The 6 dormitories in use are spacious and can accomodate from 20 to 25 trainees. Each dormitory has its own toilet and bath facilities. Other facilities in the Pusat includes a sick ward, where inmates get treated for minor ailments or injury; a dining hall cum stage hall and a well equipped kitchen.

The construction of a new administrative block is underway and would go a long way in the general improvement of the Pusat. Among other new facilities, this new block will have its own detoxification wing to facilitate a smoother transition for the trainees. In addition, a surau, a football field and a gymnasium are also under construction.

Aerial Plan of P.P.D., K.K.B.

(Rubber Estate)



3. Administrative Staff:

3.1 Senior Staff

At the helm, is the Principal who has years of experience in welfare and rehabilitation work. In addition to being responsible for 150 to 200 inmates at a time, he also manages a staff of about 60 people. He also liases with the various welfare departments, general hospitals and the police pertaining to the variety of cases that are admitted into the Pusat.

His daily routine is not fixed to a 8 a.m. to 4 p.m. work schedule but is on call almost 24 hours a day. He is therefore provided with quarters close to the Pusat, to make himself easily available in case of emergencies. He also conducts meetings with the trainees and his staff on various disciplinary matters or improvement of the Pusat.

In the absence of the Principal, his deputy takes charge, who in addition also conducts group counselling sessions. The latter is assisted by a senior officer in areas of general administration and supervision of daily activities.

3.2 Welfare Officers

The duties of the welfare officers includes the daily routine of allotting various activities and work projects to the inmates; conducting counselling sessions and general administrative work.

Each welfare officer is responsible for a certain number of inmates. He would compile a case file of each of the inmates and also acts as advisor and counsellor to them.

The more senior officers are also responsible for the running of the 6 dormitories. They conduct " house meetings " whereby they have discussions on such topics as discipline, conduct, cleanliness and personal problems.

Subordinate to the welfare officers are the assistant welfare officers whose duties includes getting the new residents settled down, make sure that activities allotted to the inmates are carried out and that regulations of the Pusat are adhered to.

3.3 General Staffs

The other staff members in the Pusat included office clerks, staff nurses, a storekeeper, hospital assistants, cooks, drivers, attendants, guards and general-helpers.

Most of them stay in nearby quarters to facilitate shift duties and emergencies.

There is no medical doctor working in the Pusat but one from the nearby General Hospital comes over 3 times a week. Serious medical cases and dental appointments are sent to the general hospitals in K.K.B. or Kuala Lumpur.

At the time of my stay in the Pusat, there were 3 American Peace Corps volunteer workers who specialised in various fields of rehabilitation. Their services included recreational counselling, vocational counselling and psychological evaluation.

4 Admission into the Pusat:

The categories of cases admitted for rehabilitation at any government centres includes those who are police suspects, volunteer cases and those who have committed offences under certain sections of the 1975 Dangerous Drugs Ordinance.

The procedure for admission into the Pusat involves a prior detection of drug use through a urine test. If found to be positive, the addict will have to undergo 2 to 4 weeks of detoxification at a general hospital until he is certified fully detoxified and healthy enough to undergo the drug rehabilitation programme.

Whatever the type of cases, they have to be firstly endorsed by Sessions or Magistrate courts. This makes it a criminal offence to abscond from a government drug rehabilitation centre while undergoing treatment for a period of no more than 6 months.

The inmates are shaved bald while undergoing detoxification and are issued with standard Pusat uniform which includes 2 pairs of white T-shirts, blue shorts and a pair of canvas shoes. Their particulars are noted on individual case files which includes information concerning their family background, their drug involvement history and the progress in the Pusat. They would later be briefed on the regulations of the Pusat by a senior officer or by the Principal himself.

After these admission procedures, the new inmates are assigned to any one of the 6 dormitories and start life in the Pusat as a " junior " or " botak ".

Source:

P.P.D., K.K.B. - 1980

Annual Report

P.P.D., K.K.B. Statistics

Table 1 : Admissions : Year 1975 - 1980

Admission Year	Malays	Chinese	Indians	Others	Total	Percentage Increase/Decrease
1975 (Oct - Dec)	16	2	1	-	19	-
1976	157	32	41	1	231	-
1977	211	71	42	2	326	+ 29.1 %
1978	351	122	93	2	568	+ 42.6 %
1979	172	52	47	1	272	- 52.1 %
1980	257	134	72	6	469	+ 72.4 %
Total	1164	413	296	12	1885	-
Percentage	61.7%	22%	15.7%	0.6%		

Table 2: Residents' Types of Occupation - 1980

Month	No. of Cases Admitted	Unemployed	Working			Graduates	Institute Students	School Child
			Govt.	Private	Own Business			
Jan.	16	5	5	4	4	-	-	-
Feb.	32	17	3	4	6	-	-	-
Mar.	39	20	5	1	13	-	-	-
Apr.	29	11	2	5	11	-	-	-
May	23	9	4	2	8	-	-	-
Jun.	32	14	2	2	14	-	-	-
Jul.	37	13	4	5	15	-	-	-
Aug.	18	7	3	3	5	-	-	-
Sept.	25	10	2	6	7	-	-	-
Oct.	102	52	7	27	16	-	-	-
Nov.	48	25	6	1	16	-	-	-
Dec.	68	30	4	14	20	-	-	-
Total	469	213	47	74	135	-	-	-
%	100%	45 ¹⁰	10%	16%	29%	-	-	-

Table 3 : Admission based on Age : 1980

Age Group	Males					
	Malays	Chinese	Indians	Others	Total	Percentage
15 - 18yrs.	5	1	-	-	6	1.3%
18+ - 21yrs.	38	23	9	-	70	14.9%
21+ - 30yrs.	182	89	47	4	322	68.6%
30+ - 40yrs	29	19	15	2	65	13.9%
40 and above	3	1		-	6	1.3%
Total	257	134	72	6	469	100%

5. The Pusat's Statistics

A number of interesting observations can be gathered from the Pusat's statistics (Refer to table 1,2, and 3).

Since started in October 1975 with only 19 inmates, its intake increased to 231 the next year, reaching its peak in 1978 with 568 residents. In 1979, however, the number fell to 272, a decrease of 52%. This was attributed to a riot started in March, 1979 and this resulted in the temporary closure of the Pusat in the following months of April and May. The figure for 1980 was 469 and the total admission since it opened in October 1975 until December 1980 was 1885.

According to racial breakdown (table 1), the Malays form the majority of 61.7%, the Chinese about 22%; Indians 15.7% and others less than 1%.

About 48% (table 2) of the inmates were unemployed prior to being admitted into the Pusat. Others who were employed, included those who were government servants (10%); those who had their own business (28%) and those employed in the private sector (15.8%). Students make up a very minute percentage if none at all, most of the time (During my stay, I encountered 2 undergraduates and 1 working graduate).

The majority of residents in the Pusat are from the

age category of 21 to 30 years old (68.6%) followed by the age group of 18 to 21 years (14.9%), (table 3).

6. Structure of the Rehabilitation Programme

In a limited time period of not more than 6 months, in many cases only 4½ months, the inmates undergo a structured rehabilitation programme based on a so-called " psycho-social " model. This programme incorporates 4 main categories of rehabilitation activities namely, physical and mental rehabilitation, spiritual and religious guidance, psychological rehabilitation and vocational training.

6.1 Physical Rehabilitation

The main forms of physically orientated activities available includes early morning exercises, marching, games and sporting activities, gardening, clearing of weeds and cleaning of the Pusat's premises.

Early morning exercises are made compulsory 6 times a week, with the senior inmates leading the others and under the supervision of welfare officers. Three times a week, they march in groups of 20 within the vicinity of the Pusat (it has since been stopped, due to ‡ commando activities)

‡ to be explained in chapter 3.

6.2 Religious Guidance

All Muslim inmates are required to attend religious classes conducted by 2 " Ustaz " from the K.K.B. religious department, 4 times a week. It is also compulsory for them to attend the 5 main prayers of the day. In addition, about once every 3 months, 3 religious teachers from the Department of Islamic Affairs in Kuala Lumpur will conduct a 2-day " dakwah " marathon session. During this time, all the Muslim inmates are temporarily suspended from their activities to attend religious dialogues and sermons.

A catholic priest from the local church comes by 3 times a week to conduct Bible classes, while the Hindu inmates conduct their own religious prayers and rituals under the supervision of a senior welfare officer. As for the Chinese or Buddhist inmates, they have no such religious activities and are left to their own devise.

6.3 Counselling:

The Pusat has 2 forms of counselling therapy, namely, individual and group counselling. In individual counselling, an inmate is the responsibility of the welfare officer in charge of his case. The officer will have occasional counselling sessions with the inmates, usually pertaining

to the inmate's background, personal problems, and aspirations, all of which would be recorded on their individual files for future references.

Inmates will start attending group counselling sessions after their second month at the Pusat. These groups consist of not more than 12 people and are conducted by the senior welfare officers twice a week. A form of informal group counselling session in the Pusat is the " House Talks " or " House Meetings ", whereby inmates of each dormitory have general discussions with their housemasters or officers in charge.

6.4 Handicraft Projects

Intended more as classes to learn a hobby and to pass the time, the 4 main types of classes available are carpentry, bookbinding, electrical repairs (electronics) and rattan.

In the carpentry class, an instructor teaches basic woodwork and making of items such as tables, chairs, window frames, cabinets and cupboards.

In the bookbinding class, the inmates learn how to make folders, files, autograph books, paper models, do copper-toolings and " wood-burning " and also repairs books and files.

The rattan class is very popular among the Malays and here they turn out quality rocking chairs, magazine racks, flower stands, lounge sets, hangers and cabinets.

Most of the better made craftworks from these classes are put on display and are available for sale to visitors. They also cater to orders from interested buyers.

The electronics class, a recent addition, teaches basic electrical wiring and components and also fixing of household electrical appliances such as fluorescent lamps, ceiling fans, radios, television sets and tape recorders.

6.5 Games and Recreation:

The inmates have a varied choice of games such as soccer, badminton, ping-pong, volleyball, basketball, sepak takraw and for recreation, they have carroms, chess, guitar playing and painting. Occasionally, inter-dormitory competitions and games against the staff are organised. There are also friendly matches arranged between the Pusat and the other government centres in K.K.B. The inmates are also treated to feature films and documentaries every Tuesday night.

7. The Grading System

During an inmate's stay in the Pusat, he will go through a form of progressive grading. Under this system, a new inmate is given a red badge to wear, indicating that for the initial 1 to 1½ months, his duties will be that of clearing and cleaning up the Pusat's premises and also helping in the kitchen.

After the first month, a green badge is issued. This requires him to work in the garden, clearing weeds, tilling the soil, planting seeds, applying fertilizers and watering the plants.

Graduating from the green badge, the inmate is assigned to the yellow badge projects where he is usually given a choice of attending whichever handicraft classes he wishes.

8. Procedures for release

The Pusat's Board of Release, which comprises the Principal, his deputy and other senior officers will review the case files of each inmates and determine the date of release.

On approval from the Board, the inmates are then brought up for review by the Board of Visitors which meets every Saturday. This Board consists of local

notables, retired senior government officers and a police officer who are appointed by the Ministry of Social Welfare Malaysia.

The report on the inmates pending release are summarised under several headings such as conduct in the Pusat, attitude towards their assigned activities, relationship with other inmates and contacts with own family, participation in counselling sessions, determination and future plans.

On the day before their release, they have to sign a bond whereby they are required by law to undergo a further 2 years of after-care supervision in their area of residences. They are also briefed on certain regulations surrounding their after-care such as reporting regularly to their welfare officer, to notify change of address or any plans of travelling outstation, not to keep company with drug addicts and to make themselves available for occasional urine tests.

On the day of release, some inmates have friends or relatives waiting to take them home. Many of them are driven to the nearest bus station or railway station, with enough money for their bus fares.

Chapter II

The Malaysian Drug Addict

2.1 Introduction

Drug addiction in Malaysia has become an increasingly disturbing problem since the last decade, as more and more youths become addicted. One way of finding a solution to this problem is through a better understanding of the various factors and situations which are involved.

This chapter attempts to examine certain aspects of the addicts' physical and social environmental backgrounds in order that some trends and contributory factors could be indentified. With this information, remedial actions could be focused in these specific areas to alleviate the problem.

Twenty (20) respondents have been selected among the inmates while information and data pertaining to various aspects of their backgrounds are gathered both through interviews and perusal of personal files. Specifically, these aspects include age, sex, education, occupation, income, family backgrounds, drug addiction history, area, condition and place of residence, and various aspects of their social life.

Table 4(a)

DETAILED INFORMATION OF RESPONDENTS

	Particulars Respondents	RACE	AGE	MARITAL STATUS	FAMILY SIZE (INCLUDING PARENTS)	EDUCATION (HIGHEST LEVEL ACHIEVED)
	1.	CHINESE	18	SINGLE	10	FORM 2
	2.	CHINESE	32	SINGLE	8	STD. 6
	3.	INDIAN	27	SINGLE	3	FORM 3
	4.	MALAY	25	SINGLE	10	LCE (C)
	5.	INDIAN	28	SINGLE	7	MCE (3)
	6.	MALAY	26	MARRIED	10	MCE (3)
	7.	MALAY	21	SINGLE	7	MCE (3)
	8.	MALAY	28	SINGLE	6	FORM 5
	9.	MALAY	27	SINGLE	12	FORM 1
	10.	CHINESE	24	SINGLE	12	STD. 6
	11.	CHINESE	26	MARRIED	13	FORM 2
	12.	CHINESE	21	SINGLE	9	FORM 3
	13.	INDIAN	30	SINGLE	7	STD. 6
	14.	MALAY	28	SINGLE	9	MCE (3)
	15.	INDIAN	32	MARRIED	9	STD. 3
	16.	INDIAN	30	MARRIED	8	FORM 3
	17.	MALAY	28	SINGLE	6	FORM 5
	18.	CHINESE	21	SINGLE	11	STD. 6
	19.	CHINESE	22	SINGLE	8	STD. 6

Table 4(b)

DETAILED INFORMATION OF RESPONDENTS

	Particulars Respondents	OCCUPATION	Income \$/Month	RESIDENCE	ADDICTION (LENGTH OF TI YEAR
	1.	Lorry Attendent	250	Seremban	$\frac{1}{2}$
	2.	Lorry Driver	500	Kuala Lumpur	5
	3.	Contract Labourer	450	Kuala Lumpur	7
	4.	Croupier	400	Menglembu	7
	5.	Junior Technician	470	Kuala Lumpur	3
	6.	Telephone Operator	350	Kuala Lumpur	4
	7.	Sailor	300	Malacca	7
	8.	Security Guard	300	Kuala Lumpur	7
	9.	Bus Driver	350	Seremban	5
	10.	Construction Worker	400	Bercham	3
	11.	Mechanic	330	Ipoh	2
	12.	Construction Worker	350	Ipoh	5
	13.	Office Boy	300	Kuala Lumpur	5
	14.	Technician	460	Kuala Lumpur	6
	15.	Salesman	700	Kuala Lumpur	4
	16.	File Searcher	450	Kuala Lumpur	5
	17.	Postman	350	Kuala Lumpur	3
	18.	Fisherman	300	Kuala Lumpur	3
	19.	Labourer	300	Taiping	1
	20.	Hospital Attendent	250	Kuala Lumpur	4

To obtain a clearer picture of a " typical " Malaysian drug addict, and the circumstances leading to his involvement, 3 specific profiles of the 20 respondents are also highlighted. These profiles traces the drug addicts' life from the circumstances leading to their addiction and maintenance of the habit and attempts at getting treatment.

2.2 Age, Sex and Marital Status

Of the twenty (20) inmates interviewed, all except one (1), (32 years old), fell into the age category of 18 to 30 years. This is consistant with the statistics of the Pusat (Table 3), which shows that the highest percentage (68.6%) of addicts is from this age category. I believe that this does not necessarily reflect the prevailing situation in the country as most of the inmates in the Pusat were already hardcore addicts, 3 to 7 years before admission. Therefore, this indicates that they were already addicts at an earlier age.

All the inmates at the Pusat are males. There is yet a drug rehabilitation centre which caters exclusively for female addicts in Malaysia. Most of them are treated in prisons and women's protection centres.

Only 4 out of the 20 respondents were married. Two (2)

of them have two (2) children each, while the other 2 have one each. A common feature I discovered among three (3) of them was that they were already drug addicts before marriage, but were only able to enjoy family life during the short period they were off drugs, before relapsing into the habit again.

2.3 Family Background

In terms of family size, all the respondents came from families with more than 5 people, including both parents (Table 4). As a matter of fact, half of them belonged to family sizes ranging from 9 to 13 people (Table 4). In addition, it was also observed that half of them were the eldest or the second eldest in the family.

Half the respondents' fathers were already deceased, while a majority of their mothers were housewives living on pensions or financial assistance from other children. About 90% of the fathers had very low or no formal education at all and held low-wage occupations such as labourers, contract workers, farmers, security guards, fishermen and small stallholders. Their average income ranged from \$250 to \$600 a month, figures that are obviously insufficient for big families.

The other members of the respondents' family included

brothers and sisters who were already married and had moved elsewhere, while the rest were either working or schooling. An interesting observation here is that about 80% of them also have low formal education and were employed in semi-skilled jobs such as labourers, factory workers, wiremen, seamstress, government servants and office clerks. Two of the respondents also mentioned that one of their brothers was a drug addict.

Relationships between the respondents and their immediate family are difficult to determine, however some of the responses elicited included love, hate, tolerance or complete dissociation.

All the 4 married respondents still have their wives and children to return to, as their mothers (the respondents') have been taking care of them in their absence. The older respondents were more or less independent of their families and would only return home when the need arises e.g. money, food, shelter etc.

2.4 Education

Expecting a very high percentage of the respondents to have poor formal educational backgrounds, I found that almost half (40%); (Table 4) of them studied until Form 5.

The other 60% consisted of those who had only primary education (30%) and lower secondary education (30%).

Among those who did Form 5, half of them failed their MCE/SPM while the other half who succeeded, only managed to obtain Grade 3. The one respondent who managed to pass the LCE/SRP obtained a Grade 'C'. Those who left school at the primary level consisted of 5 who left after standard 6, while only one left after standard 3 and ironically, he was the one with the highest income (Respondent # 15, Table 4).

The above figures indicate that in terms of education, all the respondents had some form of formal education, at least at the primary level. While a large number (70%) attended secondary schools, a significant number of them managed to finish Form 5.

During my stay at the Pusat, there were also 2 undergraduates and a working graduate. Taking into consideration the possibility of unreported cases of students taking drugs and those who seek private treatment, this can possibly be a reflection of a growing trend that drug addiction, is gradually, if not already making its impact on the more educated Malaysians.

2.5 Occupation

All the respondents interviewed had at one time or another held different jobs, either on a part-time or regular basis. There has also been time-lapse between jobs, when they were either jailed, in hospitals, in rehabilitation centres or just too weak to work. During these times, they were either dependent on their families and friends or are left to fend for themselves anyway possible.

About 60% (Table 4) of the respondents have held a variety of semi-skilled jobs as lorry drivers, security guards, construction workers or general labourers. Others include 30% who worked in various government departments as office boys, file searches, postmen, telephone operators and technicians; while the rest were bus drivers, sailors, fishermen and salesmen.

Income wise, these jobs pays an average of \$450 per month. Here, we have to take into consideration the weeks or months they were out of work and the irregular income of part-time jobs. This sum is hardly sufficient to pay for their drug habits which costs about \$15 per day (\$450 per month), let alone their daily meals and payments for rent, transport and clothing.

All the respondents have confessed that occasionally, they did indulged in illegal activities to supplement

their income. These included petty thievery, Cinema touting, extorting, smuggling and drug pushing. One respondent described how he would use his monthly income to buy a packet or "pau" of heroin worth about \$300, repack it in one-inch straws and peddling them for a profit. In this way, he gets his \$300 back and make enough profits to take care of his habit without too much strain on his monthly income. He added that this is a favourite method among the working addicts and those who obtained money by stealing.

2.6 Physical and Social Environment

This section covers various aspects of the respondents' social and physical environment which centres around their drug taking activities. The physical aspect would include the description of areas or places where they stayed, including the living conditions in these places. The social aspects centres mainly on the drug subculture which they have been initiated into either by reasons of their own doing or due to factors such as peer pressure, curiosity, frustration or ignorance.

2.6(a) Area of Residence

All the respondents came from the central zone of West Malaysia which covers the states of Selangor (12), Perak (5), Negeri Sembilan (2) and Malacca (1). The reason for the large number of respondents from Selangor, almost all of whom reside in the Kuala Lumpur area, could possibly be due to migration from other States to find jobs, to experience city life or because drugs are easily available there. Those residing in Kuala Lumpur stayed in areas such as Kuchai Lama, Datuk Keramat, San Peng flats, Puchong, Bangsar and Bukit Bintang. These places are known to many as the centres of drug related activities.

The five (5) respondents from Perak came from places such as Menglembu, Bercham, Bentong New Village, Taiping and Ipoh. All, have on various occasions stayed for short periods in Kuala Lumpur. Both the respondents from Negri Sembilan resided in the Seremban town's vicinity, with easy access to the town's pushers. The one from Malacca, stayed in a Malay Kampung about 7 miles from Malacca town.

The type of areas in which these places are found to range from lower class residential areas, flats, Chinese New Villages, squatter areas and " Urban Kampung " in the case of Kuala Lumpur.

2.6(b) Condition of Residence

As noted earlier, most of the respondents came from large families. Coupled with this problem is the poor conditions of the houses or shelters in which most of them stayed. Those residing in Kuala Lumpur have to endure cramped conditions of 2-rooms flats, dilapidated squatter houses and even those staying in 3-rooms terrace-houses were not much better off. Those from new villages stayed in houses made of wooden planks, sometimes with as many as 5 people to a room.

Those who moved away from their families to stay in Kuala Lumpur have to share their rented rooms in the flats or squatter houses with other bachelors. In addition, they also have to make do with the minimum of basic amenities available to them. Most squatter areas, being illegal in the first place are not supplied with water or electricity. They have to use kerosene or oil lamps and common wells or public taps.

2.7 Social Environment

Closely related to a person's physical environment is his everyday social interaction and communication with other people in that particular environment. These " other

people " would include the person's family, relatives, friends, schoolmates and working colleagues.

We have dealt with the aspect of family earlier, therefore this section would concentrate on the respondents' friends and peers, primarily in relation to their initiation into the drug sub-culture.

One recurring statement I have gathered from the respondents concerning their initiation into drug addiction is that their friends or peers were in one way or another instrumental in getting them involved. These " friends " are usually working or recreational peers who were already drug addicts.

During their interaction with these groups of addict friends, there would be constant pressure to conform, i.e. to take drugs. In addition, the person's curiosity and his " friends " willingness to provide him with drugs are important factors in drug addiction. Once addicted, peer pressure that made him start would also keep him there as he is now a " member " of the drug sub-culture.

Four (4) of the Chinese respondents were involved in secret society activities after leaving school at an early age. Their involvement usually brought them in contact with drugs and also constant brushes with the law. One of them stated that he started taking drugs due to frequent arrests by the police and detentions for being an addict,

eventhough he claimed that he was still clean then. During the period he went into hiding from the police, he started taking drugs to relieve his frustrations and to pass the time until things " cooled off ". Another mentioned how he started on drugs to heighten his sexual prowess, a belief which he still stands firmly by.

Other social situations that the respondents mentioned that caused them to take drugs are numerous and cannot be tabulated statistically as not one but a combination of these factors are involved. However, the main attributive factors mentioned included family squabbles, discontentment, frustration, unemployment, failure in love, sickness and many more

2.8 Profiles of Drug Addicts

The three (3) profiles to be highlighted are addicts with more than five (5) years of addiction and had started on drugs at an early age. Each of the respondents came from different ethnic and physical-socio environmental backgrounds. They were selected to reflect the multi-racial composition of drug addiction in Malaysia.

Each of them also has different drug experiences as to their initiation into drugs, their maintenance of the habit and various attempts to get treated. These profiles,

therefore, would serve to increase our understanding of the various factors and situations in which these individuals become drug addicts.

Profile 1

Ahmad, 28, hails from Kampung Sijangkang, about 8 miles from Klang and stays with his family of both parents, 2 brothers and a sister. His father grows and sells fruits and vegetables from his own small plot of land.

He finished his education with a SPM Grade 3 in 1973 and found a job at a car assembly plant in Klang. For the first 1½ years there, he would occasionally smoke ganja with his workmates.

Many of his fellow workers in the plant were heroin addicts but Ahmad was initially turned off when he saw many of them throwing up after taking heroin.

He claimed that he began to take heroin due to frustrations resulting from an incident whereby one of his roommates made his girlfriend pregnant. Seeing that he was depressed at work, his friends recommended a relaxant, heroin. A week of coaxing got the better of Ahmad and before long, there were regular " puffing " sessions which later turned into " chasing the dragon " to get more " kick ".

After 3 years at the plant, he got a job as a postman. He was now a heavy user and his intake increased, ironically, as a result of his new job. As a postman, he also ran " errands " for other addicts in areas where police raids were frequent. These daily errands earned him enough money to maintain his habit.

All this while, Ahmad's family was still in the dark about his habit. They had a rude awakening one day when the police caught him and 10 others, " chasing " in a shack beside his house. Ahmad's parents paid \$500 for his surety, while he was bound over for 1 year.

His father tried to cure him with traditional medicine and for a while he was off drugs, only to indulge in another bad habit, drinking. His addict friends rationalised that since he was spending money and getting " high " on alcohol, why not get higher on heroin? It did not take long before Ahmad was convinced and he was back on the habit again.

His habit went on for 2 more years before he was arrested in a police raid. Instead of paying a \$1,000 fine, he decided to go for treatment at the Pusat. Before leaving for the Pusat, he visited his parents who were again shocked by the news, thinking that their son was clean.

Ahmad is still vague about whether he could get back his job but hopes that he would be able to, as it would be

the first step in the right direction, if he intends to kick the habit.

Profile 2

Chong is 24 and this is his first time at drug rehabilitation, after 10 years of abusing heroin. He comes from a family of 10 children in a Chinese New Village in Batu Gajah, Perak. His father is the owner of a Chinese medicine shop.

After dropping out of a Chinese medium school at Form I, he spent a year helping his father. Bored with life in the village, he moved to Kuala Lumpur and stayed with a brother in Pudu. He also found himself a job as a welder in Salak South.

At the age of 14, he started smoking heroin, claiming that most of his co-workers were addicts and that he got involved through a combination of peer enticement and personal curiosity. He began to buy heroin at \$10 an " inch-straw " and smoked it through " spiked " cigarettes.

Meanwhile, he became a member of the local secret society. Together with other members who were addicts, he obtained money for his habit through collection of " protection " money, purse snatching and house-breaking. He was occasionally arrested in police raids and beaten

up during interrogations but has no police record.

He only worked when he felt like it and although his manager knew of his habit, he was kept on, due to shortage of workers.

He seldom returned to his family in Batu Gajah and although they knew of his addiction, what little advice they could give was ignored. Probably not wanting Chong to waste away his life on drugs, his father told him to come home. When he returned home, his father called the police and had him arrested; an action which earned Chong's hatred.

He sweated through 16 days of withdrawals in a police lock-up and was later admitted into the Batu Gajah general hospital where he spent another 36 days before being sent to the Pusat.

Asked about his plans, he said that he would not be going back to his family or his job. He added that he needed a change of atmosphere and might try his luck in Singapore. As for his intentions of quitting the habit, he hopes that more stringent laws be implemented to keep people like him from going back to drugs.

Profile 3

Pala is 30 years old and has been on drugs since the age of 16. He comes from a family of 6 children, living in an average income residential area near Ipoh.

Dropping out of a Tamil medium school after Standard 6, he was sent to stay with relations in a rubber estate in Slim River. Coming back to Ipoh at the age of 16, he started to smoke ganja with a group of boys staying in the same area. They would get into a group of 6 or 7 people, pooled their financial resources together and indulged in ganja sessions.

At the age of 18, he worked as an office boy at the Ipoh RIMV (Registrar of Internal Motor Vehicles). He was sacked after 3 years for taking bribes. Meanwhile, he was introduced to heroin by a waitress he had befriended. His companion was also a heroin courier, smuggling supplies from Penang to Ipoh. Pala would accompany her on such "trips" reiterating that he went along only to protect her and was not actively involved in heroin smuggling.

On one such trips' in Penang, the law landed on them in a hotel room. Pala's girlfriend took all responsibilities by telling the police that she was also a prostitute and that Pala was an unknowing "client". Pala was also released because his brother was a field force police officer and

he "knew" the right people. His girlfriend served 7 years in prison and he never saw her again.

Pala's girlfriend's former employer made a deal with him that he would get his regular heroin supply at a cheaper rate, if he agreed to teach a new female courier the "ropes" of the trade and accompany her on a few smuggling trips. When the government introduced the death sentence for drug trafficking, Pala's fear of being caught ended his smuggling career.

He was able to maintain his habit by working as a petition writer near the RIMV. He also earned extra income by acting as go-between for corrupt RIMV officers and their "clients".

In 1975, his brother tried to help him by sending him to Pusat Pertolongan, Batu Gajah. He absconded after 1 month but was sent back again, only to run away again after 9 months. His brother later told a police inspector friend to arrest him (Pala). The judge recommended him for rehabilitation and after 6 months of detoxification at the Tanjung Rambutan general hospital, he was sent to the Pusat.

Pala feels that he was sent here against his will by his brothers and sisters who were fed-up with him. He also thinks that his mother does not know he has been admitted (his father passed away in 1972) as she loves him very much and cannot bear to see him locked up in an institution.

Chapter 3

The Effectiveness of the Rehabilitation Programme:

3.1 Introduction

The administration of the Pusat and the other 3 government centres in Malaysia are streamlined along the guidelines laid down in the Dangerous Drugs Ordinance, 1952 (Amended) 1975 and 1977. Prior to the setting up of these centres, ranking officers from the welfare ministry made study tours of drug rehabilitation programmes in countries such as Hong Kong, Philippines, Thailand, Europe and the United States of America. From their recommendations, the Malaysian government adopted a so-called " modality " open system which requires six (6) months as being adequate for rehabilitating a drug addict.

Three (3) of these centres started off as " crash " programmes utilising facilities available in old folks' homes. The more recent one in Besut was formerly a small hospital.

The earlier programmes were started in 1975 and five (5) years later, their effectiveness are being questioned while the centres themselves began to encounter various administrative and management problems. According to

Dr. Tan Tiong Hong, Pemadam vice-president, " Malaysia has one of the highest recovery rates of drug addicts in the world but the rehabilitation of cured addicts has been far from satisfactory " . * (MM 7/5/81). Former Federal Territory Minister, Datuk Amar Haji Taib Mahmud added by stating that many addicts despite having undergone rehabilitation, were back on drugs after about 6 months (MM 7/5/81).

These statements by our local leaders indicates their concern and pessimism as to the weaknessess of the rehabilitation programmes adopted by the government. High recividism rates among drug addicts could be due to a number of factors and a weak rehabilitation programme is one of them. Basically, drug rehabilitation centres attempt to keep the inmates drug free for the duration of their stay and to help them kick the habit through counselling programmes.

P.P.D., K.K.B. is the largest government run drug rehabilitation centre in the country and is reputed to be the best. Its setting is suitably isolated and also well-equipped with various facilities to complement its programmes. However, there is a need to focus on factors which could have brought about its ineffectiveness.

* statistics not given.

My observations and interviews at the Pusat have revealed various administrative and management problems, including the presence of a subculture among the inmates which have in many ways hampered these basic aims of rehabilitation.

3.2 Administrative Problems

Like any other government institutions, the Pusat also has its fair share of administrative problems. They ranged from bureaucratic complications, management of staff, control of inmates, finance and so forth. These problems have to be alleviated before the real aim of setting up the Pusat can be realised i.e. rehabilitation. However, these problems and complications have yet to be solved.

Being run on full-subsidy by the welfare ministry, the Pusat's administration and management is indirectly controlled by guidelines and directives from higher authorities in the Ministry. These authorities in turn are dictated by the political considerations and priorities of the ruling government. I personally feel that the government has not given drug rehabilitation the priority it urgently deserves. This feeling is shared by others, including the UMNO Youth security bureau chairman, Haji Khalid Yunus who, in a recent press statement said,

" the government says drug abuse is one of the major enemies of the nation, but when it comes to tackling the problem, the various ministries and agencies do not put in enough effort to meet the requirements of the problem ". He also warned that unless everyone involved in tackling the problem changed his attitude and incorporated a sense of urgency into his actions, the situation would get worse. (New Straits Times 12/10/81).

This apathetic situation can be seen by the way most of the cases which are admitted through the welfare departments, hospitals and the Police. Many of these cases are admitted with haphazardly compiled or vague personal files, while others are admitted without being fully detoxified. This is true of addicts who were rounded up in police "sweeps" where they undergo withdrawals in jails and lock-ups and then transfer ed directly to the Pusat. According to the welfare officers, these unwilling inmates are usually the ones who present the most problems or are instrumental in promoting violence in the Pusat. Therefore, due to these bureaucratic problems, we find that the Pusat is already swamped with complications even at the admission stage.

3.3 Staff Problems

Dr. Tan Tiong Hong also noted that lack of qualified staff is the root of management problems in drug rehabilitation centres (MM 7/5/81). In the Fusat, there are seven (7) welfare officers who are graduates but they have only between 2 and 6 weeks' "crash" training in counselling, and that was two (2) years ago. As for the assistant welfare officers, training was absolutely non-existent so they had to learn on-the-job. This situation therefore does not provide the inmates with professional rehabilitation counsellors or officers who are specially trained to help them.

What the Principal and his senior officers lack in training is compensated for by years of experience and a sense of dedication. Most of them care about the inmates they counsel but due to their lack of training in such a specialised field as rehabilitation counselling, they are limited to the extent of what knowledge they have acquired through the years. This could be insufficient to help a drug addict who is sick emotionally.

Some of the staff viewed their posting to the Fusat with displeasure. This could be due to the isolated location of the Fusat in a small township or the daily physically and mentally taxing problems of managing the

inmates. Some claimed that they were transfered to the Pusat as " punishment " for earning the displeasure of their superiors. Ever hoping to be transfered out of the Pusat, these people just " toll-the-line " and showed little commitment to their duties. According to one of the American volunteers who worked as a recreation counsellor, he tried to train some of the officers in his job before his contract expired but none were willing to learn. The reason was that they were afraid that if they were trained, they would be permanently in charge of recreational counselling and this could ruin their chances of getting transferred elsewhere.

The above situation indicates a lack of dedication and commitment of some of the staff. These attitudes could work against the interests of the inmates and hamper the rehabilitative process. The effectiveness of a rehabilitation programme, therefore, not only requires personnel who are well-trained but also those who are dedicated and adopt the right attitudes towards their work.

3.4 Problems in the Programme/Activities:

The rehabilitation programme at the Pusat have been designed to cover various structured activities such as counselling, religious guidance, physical training and

handicraft projects. According to Mr. Leslie Lee, a welfare Services Ministry representative," the activities in a rehabilitation centre are intended to keep them busy and help them keep their minds off drugs " (NST 20/4/8

One of the American volunteers observed the contrary and said " A drug addict needs a lot of structuring because out in the streets, he is operating from an immature part of his personality and he needs to be put in line. The Pusat here is structured but not enough, because it leaves too much time for a recovering patient to do a lot on his own. "

4(a) Physical Rehabilitation

The inmates have a variety of games and physical activities to keep them physically fit during their stay. Most of them were already healthy and fit from the exercise programme during their detoxification periods in the hospitals. As daily morning exercises are compulsory for all inmates, many of them leave the Pusat much more physically healthier and fitter.

However, even in this activity, some problems have been observed. Firstly, the early morning exercises are conducted by senior inmates. Many of the junior inmates have complained that the seniors abused their power by

forcing the former to perform physically taxing exercises many times over until they get it right. Those who disobeyed were verbally or physically abused. Some seniors used these exercises as a form of " punishment " for juniors they disliked. Some of the inmates related how they could not even lift up their hands to eat, after being forced to perform hundreds of " push-ups ".

The daily marching exercises had to be scrapped because the inmates used this opportunity to sneak away and buy cigarettes from nearby shops. The depth of this problem was brought to light in a recent newspaper report on the Pusat " in February last year, there was a riot. The inmates were furious that the daily marching had been stopped. (Not that they loved marching, but it gave them opportunities for cigarette runs.) ". The police were called in and six (6) inmates were arrested " (NST 23/5/81).

5.4(b) Religious Guidance

The Pusat claimed that after 1 to 2 months of daily prayers and religious guidance, the Muslim inmates would be familiar in the ways of the Islamic religion (P.P.D., K.K.B. Annual Report; 1980). According to one of the visiting religious officers, the only way to help Muslim

addicts was through Islam as it was because of their weak ties with the religion that they fell prey to drugs in the first place.

As the majority of the inmates are Muslims, the Pusat has its own "surau" for their daily prayers and religious guidance. However, the problem which arises here is that during the absence of the religious teachers or "ustazs", the "surau committee" takes charge. This unofficial "committee" consists of a small group of seniors who "controls" the surau and takes it on themselves to "punish" any juniors found to be breaking their "rules".

During Friday prayers or any Islamic celebrations, some seniors are selected to attend prayers at the K.K.B. mosque, supervised by welfare officers. Here again, the inmates sometimes abuse this privilege by asking the locals for money and smuggling back cigarettes, while there were also cases of samsu being brought back.

This situation is also similar in the case of Catholic inmates who were also allowed to attend mass at the local church during festive occasions. These frequent abuse was the primary reason why picnics and field trips to the local waterfalls and nearby Fraser's Hills were scrapped about 1½ years ago.

There is minimal supervision of the religious activities of the Hindu inmates. They are usually left on

their own to conduct their own singing and prayers in a room provided by the Pusat. The Buddhist inmates have no religious activities at all and while the others are having their prayers, they are left on their own to idle their time away.

(c) Handicraft Projects

The facilities provided for the four (4) main handicraft projects are sufficient to cater for an average of 150 inmates. The goal of these handicraft projects, according to the Principal " is not so much to teach them skills. Four (4) months is not long enough for that. It is to raise their self-esteem and to give them that essential sense of satisfaction of having completed a job " (NST 23/5/81). I am in agreement with the Principal's statement, but certain weaknesses in these projects sometimes fail to " raise self-esteem " or to provide " satisfaction ".

Most of the inmates tend to get bored after a certain period of the same routine at a particular project. Therefore, during these project periods, some of them would get into groups and chat away, while cigarettes are ceremoniously shared among themselves. Others would find a secluded spot to doze off until an officer comes by to

check on them. The inmates complained that there were not enough tools and materials to work with. Some said that they were not motivated to work because they were not allowed to take home any of their craftwork after their release, so they just did what they were told, at their own pace.

There was a time when the inmates did made full use of these projects to their advantage, for the wrong purpose. The Fusat's authorities made a startling discovery during one of their dormitory checks, when they found weapons fashioned out of tools and materials from the projects' workshops. In addition, materials such as glue, thinner and petrol were smuggled out of these workshops so that the inmates could get " high " sniffing them.

Control in these workshops are limited to the instructors of these projects and by occasional checks made by officers on duty. The instructors are quite helpless when the inmates refuse to do their allotted work and reports made to the officers about their stubbornness would further earn their incooperation. Therefore, these instructors have to be very lax about the amount of work done by the inmates and this in turn gives the inmates more freedom and time for their favourite preoccupation - how and where to get cigarettes.

.4(d) Counselling

" The goal of the counselling sessions is behavioural change - to alter the attitudes and personality traits which led to the addict to seek a solution to his problems in drug dependence ". (NST 23/5/81). Undoubtedly, counselling sessions are indeed the most important facet of any drug rehabilitation programme. Physical drug dependence can be alleviated through a programme of detoxification and physical therapy, but psychological dependence requires time, patience and a strong counselling programme.

The first problem in this area is time. Although the court-order stipulates a rehabilitation period of 6 months, an inmate can leave the Pusat after 4½ months. This leaves him 2½ months of actual counselling as he starts only after his second month in the Pusat. This short period is definitely insufficient to achieve much positive behavioural change on drug addicts, many of whom have more than 3 years of addiction.

As mentioned earlier, the officers are also not exactly trained as rehabilitation counsellors and in addition, they have many other duties besides counselling. Therefore, they cannot devote their full time towards counselling and inmates find it difficult to approach

these officers with their problems due to this lack of personal contact.

The group counselling sessions resemble group discussions whereby each individual is given a chance to tell others his story, while the rest would ask questions, comment or criticize. The counsellor would then advise them to avoid their old friends and develop their will power to fight the habit. I find that these sessions do not really lead to much serious discussions or analysis of ways to approach the problems of psychological dependence. In one such session, I observed that when the inmates were bored by the same routine, hand signals were shown, oblivious to the counsellor, to tell the others to cut short their stories and talk less so that the session could end earlier.

One of the staff members observed that possibly due to lack of group counsellors or improper scheduling, sometimes only a small percentage of inmates actually attend group counselling sessions. He had also come across cases of inmates going through the 4½ months without ever being in a counselling group.

3.5 The Sub-Culture

The effectiveness of the rehabilitation programmes in the Pusuat is also greatly hampered by the existence of a sub-culture among the inmates themselves. This sub-culture is manifested in the grouping of the inmates according to racial backgrounds and where control is wielded by seniors called " Abangs " or " Taikohs ". The leaders in this sub-culture promote violence in the form of inhuman ragging and racial conflicts and in addition, indulge in various illegal activities contrary to the regulations of the Pusuat.

On admission into the Pusuat, a junior is forced to join these groups and swear allegiance to them. This involves going through an initiation " ceremony " which consists of severe ragging such as being punched and kicked by a few seniors. According to an addiction therapist, " negative orientation (welcoming him with blows and other inhuman acts) will automatically shut him off from any kind of treatment because of the fear and anger he will be feeling. The new inmate will then do a lot of things not because he wants to but because if he doesn't, he might get a blanket over his head one night and get beaten up. " (The Star 9/6/81).

It is therefore not surprising to find a submissive junior who would later " graduate " into a " Taikoh,"

ragging other new inmates with the same disregard for human compassion. The leaders have so much control over the juniors that, at times, the latter had to ask the seniors permission before volunteering for any counselling or recreational activity.

The sub-culture have further hampered rehabilitation programmes by indulging in illegal activities such as "commando runs." These are cigarettes runs whereby selected juniors go over the fence at night to buy cigarettes and smuggle them into the Fusat. In one incident in January, 1981, two (2) such "commandos" were caught after coming back from Kuala Lumpur - 40 miles away! The officers discovered this when they were found missing from their dormitories after a spot check. It was later revealed that they had even paid the taxi driver \$50 for his services, a startling discovery, as the use of money is strictly prohibited in the Fusat. It is frightful to imagine how many of these "Commandos" were actually not caught and whether they could have brought back drugs too.

The Fusat authorities have tried quite successfully to quell this violence and subculture through several administrative changes. The officers began to reassert control by sending problem cases straight to the police, while at night, guards patrol the dormitories. Regular dormitory meetings were also held to discuss the inmates'

grieviances.

However, some of the officers I spoke to were rather apprehensive about the total eradication of violence and groupings. This is especially true when all kinds of addicts are admitted into the Pusat after a police " sapu " (sweep) operation. Among them are grown men with criminal records who find violence a necessary outlet. When there is an influx of such hard-core or criminal addicts, the Pusat could possibly slip back to the old levels of violence.

3.6 Conclusion

The Pusat has been found to be limited in effectiveness in many areas of its administration and in its rehabilitation programmes. Some of these problems are beyond the control of the Pusat's authorities as they involve external factors such as government policy and departmental priorities.

Most of the programmes in the Pusat have certain weaknesses that make them vulnerable to abuse and render them ineffective. This situation is perpetuated by staff inefficiency and the presence of violence promoted by the inmates. Unless strong measures are adopted to rectify the present situation, the basic functions of the drug

rehabilitation centres are lost and what is left are just institutions acting as temporary " holding pens " for drug addicts.

The 4 government rehabilitation centres do not have sufficient facilities for the rehabilitation of the large number of Malaysian drug addicts. This situation is further aggravated by the many weaknesses found in one of the biggest centres.(P.P.D., K.K.B.). As all these centres are regulated by the same guidelines and directives, there is a strong possibility that weaknesses found in the Pusat are of a similar nature in other centres, if not worse.

Conclusion

In the preceding chapters, we have looked into two (2) main areas of drug abuse in Malaysia, namely addiction and rehabilitation. Although the study was done on a scale limited to the confines of a drug rehabilitation centre, nevertheless certain interesting discoveries and conclusions could be drawn. The Pusat has in many ways provided me with the opportunity and the means to collect various data and information to these two (2) areas of the research problem.

Through the inmates, I was introduced to various aspects of the local drug scene. Informal discussions and interviews with them have also led to a deeper understanding of the intricacies and complexities of the drug addiction phenomena. Members of the staff were also invaluable - as people with years of working experience - in providing their views and understanding of the problem.

Although the sample of respondents were small, a number of interesting trends could be observed. Firstly, a high percentage of them came from the age category of 15 to 30 years. As noted earlier, there could be a strong possibility that most of them were initiated into drugs at an earlier age. Available data on users who received treatment in hospitals and prisons indicated that 88%

were below the age of 35 and of this, 45.9% were between the ages of 12 and 25, while 9.2% below the age of 15 (MM 3/11/81). This could mean that Malaysians are taking drugs at an earlier age. A survey done on 16,166 school children in Selangor and Penang have shown that 12% of them had taken some form of drugs (V. Navaretnam as quoted in MM 3/11/81).

Most of the respondents interviewed showed consistency in relation to such factors as large families, parents with very low or no formal education and low income occupations. The respondents themselves were indicated to have sufficient formal education, semi-skilled occupations and involvement in illegal activities to supplement their drug habit. In terms of physical environment, the respondents, although from different states or areas, had at one time or another stayed in Kuala Lumpur city. They have been found to have stayed in certain areas of the city noted as centres of drug related activities.

There is no single contributory factor which accounts for a person's involvement in drug addiction. My interviews with the respondents have revealed numerous reasons and situations which contributed to their initiation into drug abuse. Among them included easy availability of drugs, peer groups influence, curiosity, boredom and frustration or stress stemming from family

problems, financial difficulties or failure in love.

We can say that drug addiction is a complex social and health problem which involves a multitude of reasons and situations, and cannot be clearly defined in specific trends or patterns. Therefore, in order to deal with this problems, we have first to identify these factors and then find ways and means of alleviating them.

My stay at the Pusat also provided me with valuable insights and information into the workings of a typical government drug rehabilitation centre. I was able to observe participate and evaluate its activities and programmes. In addition, my conversations with the staff and inmates further enlightened me on its weaknesses and problems.

This country has about 400,000 drug addicts and only 4 rehabilitation centres with a combined capacity of 590 people (Berita Lemadam, Jan. 1981). This situation is not very encouraging. Nevertheless, our focus is on the ability and the effectiveness of these present centres in providing aid to drug addicts.

A review of the Pusat's physical structure and location, including its numerous facilities, activities and programmes indicates that it is well-equipped to " rehabilitate " its inmates. However a closer scrutiny has revealed that various problems are encountered by the Pusat's authorities, such as administrative and

management problems and the perpetuation of violence among inmates. These problems have in many ways hampered effective rehabilitation processes. In the end, the inmates comes out the loser because most of them are released only physically rehabilitated and not prepared psychologically to fight the urge.

There has recently been public outcry over the ineffective ways in which government drug rehabilitation centres were run. This was the result of a newspaper feature on the Pusat revealing its inadequacies and the presence of violence among its inmates (NST Timesprobe 23/5/81). This was followed by suggestions and recommendations from both the government and the public to improve the situation.

Suggestions and Recommendations.

As my study is two-fold, suggestions and recommendations are put forward pertaining to both the alleviation of the drug addiction problem in this country and the ways in which drug rehabilitation could be improved.

Alleviation of Drug Addiction

1. As availability of narcotics is a major cause of drug addiction, preventive measures such as stricter legislations and stepping up of anti drug trafficking enforcement are highly essential. The Malaysian government has enforced very strict penalties where drug trafficking is punishable by death. Recently, the Deputy Prime Minister stated that the government plans to unify all existing laws on drug abuse into a single piece of legislation and to enforce such penalties as the bandishment of drug traffickers and drug pushers to an island penal settlement (NST 7/11/81). This move could in some ways incapacitate drug traffickers while deterring others. In addition, these measures should be complimented by increased efforts of the customs and the police to check the flow of narcotics coming into the country.
2. At present our laws identifies drug addiction as being a criminal offence and drug addicts are dealt with as such i.e. police records, prison sentences or forced rehabilitation. It has been suggested that the drug user should be taken entirely out of the criminal law and that all drug use be handled as a sociological and public health problem (Fort, 1969). One reason for this is that from a moral standpoint, it is inhumane to

manufacture criminals out of drug users. In addition, this measure could also end the social and psychological destruction of youths from arrest records, expulsions from schools, and the probability of indoctrination into crime and sexual " deviance " in jails and prisons.

3. It must also be realised that alcohol, tobacco and " legal " drugs are also as much a social and health problem as the abuse of " hard " drugs. We must therefore first take preventive measures against the increasing abuse of these substances so that society as a whole would be less dependent on them. Such measures includes the banning of all advertisement of tobacco, alcohol and over-the-counter pseudosedatives or tension relieves; limiting the number of retail outlets selling drugs and having laws that require all containers of these substances to have explicit signs stating their dangers to health.
4. Education, including efforts to teach people to think and to alter their attitudes has never been utilized in Malaysian society to attack the drug problems. As a result, uninformed youths take drugs out of curiosity and peer pressure while others adopt an apathetic stance out of ignorance. Drug education should start at school levels, under the supervision of specially trained and knowledgeable teachers. Such programmes, which should be done in stages in relation to age levels, should also deal with the full

context of mind-altering drugs, from alcohol through narcotics. These would include lectures, group discussions and the showing of film, slides and exhibits.

5. As many Malaysian youths turn to drugs out of boredom, frustration and restlessness, the government should also concentrate its efforts to divert their (youths') attention to more physically and mentally healthy pursuits. More recreational facilities such as playing fields, sports and games complexes should be built. In addition, youth clubs, vocational training centres and counselling services should be established or expanded to alleviate any vocational or personal problems the youths might encounter, especially in urban areas.

Improvement of Drug Rehabilitation

1. There are several areas in which our government drug rehabilitation centres can be improved. Firstly, there is a dire need to separate criminal addicts from those who volunteered for rehabilitation. As stated early, this move would reduce the possibility of ragging and physical violence in these centres. Criminal addicts would have to be treated in facilities provided in prisons.

2. Detoxification and rehabilitation should be done under one roof for a smoother transition of inmates. This idea would be realised after the completion of the Fusat's new block and should be proposed in the other three (3) centres.
3. The Ministry should start training an elite corps of qualified full-time counsellors for drug addicts and have them run the centres. This proposal can go a long way in improving the standard of rehabilitation where addicts are given professional help and guidance.
4. The Fusat's present facilities could be further expanded to include more religious classes especially for the non-Muslims. The handicraft classes should be well-equipped with more tools and materials to keep the inmates interested and occupied.
5. One possibility that should be looked into is the adoption of several methods of rehabilitation such as hypnosis, psychotherapy or Synanon. As a matter of fact, Synanon is being utilised by a private rehabilitation centre in Batu Gajah with some measure of success. By stressing on several different methods in a total approach, addicts could be treated in terms of their individual symptoms, problems and desires.

Improvement of rehabilitation centres would lose its purpose if it is not complimented by a revamping of

the present after-care facilities. The compulsory two (2) years after-care should include more professional counselling for both the ex-addict and his family, and job opportunities or vocational training. There is also a need for a transitional programme between the centres and the after-care programme. During this transitional period, an ex-addict would have some kind of half-way house in the city from which he can go to work or job training. In this way, he could slowly go back into society with the help of officers or counsellors working these half-way houses.

Ultimately, the alleviation of drug addiction and the improvement of rehabilitation facilities rests on the shoulders of the Ministry and the agencies concerned. In addition, society as a whole can help by being better informed about a problem that has no easy solution.

Appendix: Fieldwork Experiences.

Being a student with little or no experience in the field of drug addiction and rehabilitation, I entered the study with great apprehensions. Having preconceived ideas about drug addicts being anything but good, I shuddered at the thought of being cooped up in an isolated institution with these "junkies" for 1½ months. I still reminisce about the first day I stepped into the Fusat with the eerie feeling of 200 drug addicts staring at me - the outsider.

The initial fear of not being able to elicit any information from these addicts was replaced by another fear. The staff and inmates turned out to be so helpful and obliging that I feared I would not be able to absorb the deluge of comments, criticism and information so gladly given to me. It took me some time to adapt to the situation and after being there for a period, the flow of information began to slow down. This was partly because they had gotten used to my presence and also because the same information was repeated to me.

In the Fusat, I found myself being balanced on the line between the staff and the inmates. I had to be tactful and careful not to take sides on any issues

between them so as not to be alienated by either side. I would listen to both sides of the story and keep my views to myself. Both sides would also try to find out from me what had been said about each other. I would tactfully answer their questions and was careful not to incriminate anybody.

Some of the problems I faced in the Fusat include pressure from the inmates trying to cajole me into getting them cigarettes and also to give them " presents " e.g. my T-shirts, shoes, shorts and even my necklace. Fortunately, I do not smoke and I would get around their requests by warning them that I could get them and myself into trouble and also it would affect my study.

Once, I was overheard asking one of the officers whether a certain inmate was the " Taikoh " of the Indian group. The same afternoon, this inmate approached me asking whether I had " Told " the officer he was a " Taikoh." It seems he feared that the officers would give him a bad time if he were found to be a " Taikoh." I reassured him that I was merely asking and that if he did not like it, I would not mention it again. I learned one lesson from this; to be very careful in what I said or did in the Fusat because the inmates were very well informed about what had been said about them and what went on inside.

My stay at the Pusat has indeed taught me a lot about drug addicts and has erased much of my ignorance and misinformation about them. I feel that, society as a whole has neglected this category of people who need special care and treatment. Many people tend to associate the worst characteristics when talking about drug addicts and that the latter should be locked up somewhere. Personally, my experience with them have shown that the first step to really helping them is to know and understand them and their problems.

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Plate 1.

Pusat Pemulihan Dadah, Kuala Kubu Baru.

(New Block under construction : Top right-hand corner)

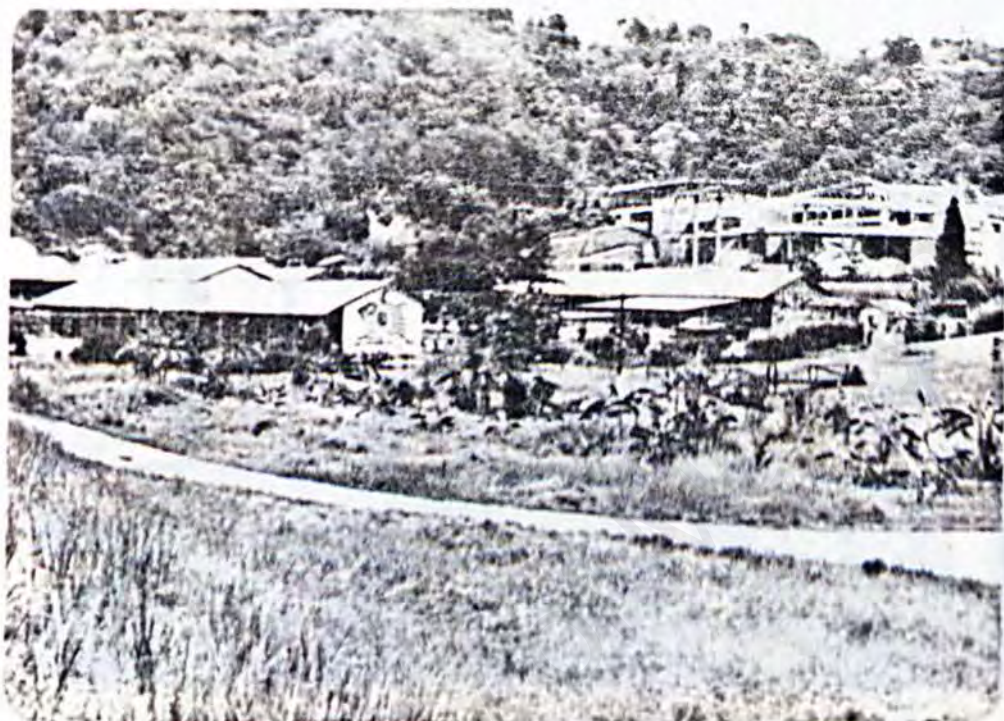


Plate 2.

The " Surau "



Plate 3.

The Dining Hall



Plate 4.

Inside a Dormitory



Plate 5.

Roll-call



Plate 6.

Two (2) Sepak Takraw Courts.

(Volleyball court in the background)



Plate 7.

Rattan Project.



Plate 8.

Electrical Repairs (Electronics) Project.

