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Research paper

The tranformative perspective in critical reflection and dialogue among former drug addict in petaling jaya, Selangor, Malaysia

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Abstract

The purpose of this study is to discuss the function of critical reflection and dialogue through perspective transformation process among 15 former drug addict. This paper will discusses the learning process of the former drug addicts return to normal life. One of the learning elements that applies in the adult cognitive system (in this context is the former addict drug) is a critical reflection. Critical reflection is an important element in transformative learning which former drug addict trying to find a solution to drug addiction by doing critical reflection to their past experience. They will reflect, think again, check and examine the experience as a drug addict. In addition, the dialog element is important in critical reflection which can respond to experience of former drug addicts. Dialogue is a process by which the former drug addict dialogue with other individuals to build a new perspective and is a process is important element in transformative learning. Critical reflection and dialogue an effective learning process for adults. The main theory of this study is transformative learning theory by Mezirow. Qualitative methods was chosen in this study by using the phenomenological and case study method in which to understand the phenomenon comprehensively. Finally, this article will conclude the critical reflection and dialogue function to help former drug addicts.

Keywords: *Transformative Learning; Critical Reflections; Dialogue; Transformative Perspective; Former Drug Addicts.*

1. Introduction

Learning occurs when individuals are looking for an alternative perspective and it can be done by starting to question something previously contained in minds habits. Clark [1] states "transformational learning shapes people; they are different afterward, in ways both they and others can recognize". This learning process takes place in individual thinking involving cognitive processes and the consciousness of events occurring in one's life [2]. When an event is not congruent with the information contained in the frame of references (mind-based, meaningful perspective and mindsets) of a person then, one will begin to think critically and analytically about what happened to him. A person will begin to think about the truth and the validity of the information contained in the reference framework. Is the existing information still valid and valid? And what further action needs to be taken?

Learning as an adult is considered to be transformative. In this way, adults are more able to discern refinement in their convictions, sensibilities and attitudes. Transformative learning, a foundation of adult learning theory and method, it is the "process of effecting change in a frame of reference". Frames of reference are the associations, concepts, values, and feelings an adult has developed over time. "These frames of reference encompass cognitive, conative, and emotional components and are composed of two dimensions: habits of mind and a point of view". Habits of mind are wide-ranging, adapting, and routine means of acting in everyday life which is prejudiced by a person's assumptions. Transformative learning is associated with adult learning. In adult learning the constructive approach is used where knowledge is not in the individual but it constructed through interpretation of new experiences [3]. Learning occurs when individual seek alternative perspectives by questioning something that was in the mind habits [4].

2. Transformative learning

Transformative learning is a change of "cognition and consciousness" [5]. It involves a new frame of reference in a new perspective, mind and perspective to identify new identities. It is important and emphasized in adult learning [6, 7, 8, 9, 10, 11]. Transformative learning is a structurally oriented learning structural change in individuals related to thinking, feeling and individual acts as stated by O 'Sullivan (2001) "Transformative learning involves experiencing a deep, structural shift in the basic premises of thought, feelings and actions. It is a shift of consciousness that dramatically and irreversibly alters way of being in the world".

Transformative learning has been a model taught in adult education as well as in other areas since the evolution of studies conducted by Mezirow in 1978 [12]. According to Mohd Azhar [13] in the Western perspective, transformative learning is simply a process of learning that actively uses minds to think (critical, analytical and synthesis), reflects, filters and formulate information from experience through various ways such as dialogue, reading, reading and write. As a result, there will be a transformation to one's self in terms of perspective, worldview and action. Individuals revise past experience and think rationally when dealing with new situations that require individual sighing and making decisions to determine future direction of action [4].

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3. Drug

Drugs are not a new issue in Malaysia. Drug use has been detected for centuries but the actual date is unknown [14]. When individuals rely on drugs after several times trying to cause the individual to feel happy, imaginative and comfort [15]. According to Mohamad Johdi [15], the individual can also be described as a person who do not knowing himself, no life and death values can occur at any time. According to Jamaludin [16] drug addicts take drugs for several factors such as mental, physical and emotional development, environmental influences, drug supply, lack of family intimacy and lack of religious knowledge. This causes changes in behaviour, physical and depression due to drug abuse. Among the factors that cause them to be involved in drug addiction are to get pleasure, curiosity, influence of friends, stimulants, illnesses, inadvertently and without purpose. Relapse among drug addicts are also a huge challenge to the country and the number of addicts who relapse relatively high each year. The study by Fauziah et.al. [17] the characteristics that cause relapse among drug addicts are negative emotions, social stresses such as environment and conflicts such as misunderstanding and high tendency to drug addicts to relapse. To maintain the recovery of addictive drug addiction requires support and assistance from families, communities and employers. Family factors are an important theme in the process of rehabilitation of former drug addicts studies by Dini et al. [18]. Family acceptance of former drug addicts is important so they will not be trapped back in the drug addiction because they are the closest person to the former drug addict. Family members play a role in assisting former drug addicts with support, advice and guidance to help them become aware of and find solutions because their role is important in the process of rehabilitating former drug addicts.

4. Critical reflection

Reflection is a cognitive process when individuals think and reflect on past experiences to find meaning by examining beliefs and assumptions that may affect individuals [5]. While in Islam reflection means takaffur or self assessment and it is highly recommended in Islam [4]. Mezirow states that reflection is a cognitive process, thinking and emotion that involves an active thinking process. Through critical reflection the individual can reflect, rethink and revise his original experience and revise his past experience.

Emotional and spiritual are related to critical reflection when individuals reiterate their experience. The study conducted by Mc Brien [19] on the role of learning services by undergraduate students at refugee camp agencies found that they learned new things with children's escape and how they faced and solve problems. This is based on what they have seen in the refugee agency by doing a reflection of the experience. Mandell and Herman [20], individuals experience emotional distress and stress in the workplace due to cases of sexual harassment and violence at the workplace and supervisors abettor this case. As a result the individual becomes traumatized. This cases is based with opinion Mezirow [21] which states that various incidents of psychological trauma are cognitive development products. Social cultural themes also influence life as individuals begin to change the structure of meaning in life. Yeboah and James found students to reflect on the differences in culture and language at the College of Arts and Engineering, USA. Respondents are international students from Asian countries rich in culture and customs and feel it is difficult to understand the language used and adapt to the environment culture in new places. As a result, respondents worked hard and tried to learn English through class discussions and faculty assistance to ensure that respondents did not drop out of the lesson.

Critical reflection occurs in humans and is also known as a monologue (self-talk) [22]. It is limited because it depends on how far and deeply any of the information is then recoverable and recreated. Reflection serves as a collecting, categorizing, and raising past experience for evaluation and then being modified based on individual new experiences. But before the process goes on with more design, reflecting individuals requires interaction with other parties. This interaction with other parties is known as dialogue. Critical reflection and dialogue play an important role in transformative learning. In individual cognitive development, critical reflection and dialogue are the basis of transformative learning.

5. Dialogue

One of the important components of critical thinking in the theory of transformative learning is discourse / dialogue. Learning theories should be based on the nature of human communication. In the process of learning the core of human communication is required in seeking the consent of the individual's interpretation and belief. Furthermore, Mezirow describes discourse / dialogue as a process in which individuals engage in dialogue with others to understand the meaning of the experience and to find alternative perspectives and determine the validity of the new perspective [13]. It may include interacting in groups between two or more people. Transformative learning involves engaging in constructive discourses / dialogues based on the experience of others to evaluate the reasons that justify the assumptions and make action based on the objectives. Dialogue is an important process that becomes the driving force of transformative learning [21, 23]. According to Mezirow, transformative learning involves participation in constructive discourses by using other people's experiences to evaluate the causes of assumptions and action against the resulting results. Discourse is used to evaluate trust or understanding by considering arguments. It is a way to evaluate and understand how to interpret the experience and only need to be prepared to seek clarification, understanding and achieving reasonable consent.

Self dialogue plays an important role in the transformative learning process as individuals begin to change meaning schemes. Kincaid (2010) in his study was to explore the transformative learning process of gay men through dialogue process. They are categorized as marginalized individuals because they do not want to get involved and do not want the community to know themselves. Individuals are confident and believe in engaging in discussions with others through computers. Individuals claim that they do not trust others to dialogue, so they will dialogue with themselves (self-dialogue) or with God. After engaging in dialogue it helps to face the community and build self-awareness and more confidence. Individuals are characterized by transformative learning they receive incentives and insights, can deal with problems and are willing to make a transformative perspective in their lives and are essential to their process of homosexuality. Through individual dialogue sharing experiences the stories that are experienced and also expressing feelings. Keen and Woods [24] agreed that counselling is the important to learning about prisoners. Educators act as counsellors by creating a comfortable and safe environment to ensure the prisoners ask questions and tell them about themselves. By applying the counselling technique has encouraged the process of learning the prisoners through dialogue with counsellors because for them counsellors can help and understand their feelings and problems.

6. Research methodology

This research uses fully qualitative design. This research conducted at Cure and Care Service Center (CCSC) Taman Medan, Petaling Jaya under the supervision of Agensi AntiDadah Kebangsaan (AADK, Malaysia). 15 respondent were selected based on purposive sampling method. The research employed a qualitative case study and phenomenology approach Respondents are the CCSC occupant where they come voluntarily to seek advice, assistance and counseling for the drug recovery program. In depth interview

were used to obtain comprehensive data [25]. It takes about 45 minutes to 1 hour and 15 minutes to the interview the respondent. The data collection process takes about 3 months from 1 May 2016 to 30 July 2016. Documents analysis and roundtable discussion method were used as data collection. The data were analysed manually using phenomenological data analysis method and saturated at 15 respondent. Based on researcher view the themes will occur based on transformative learning element. .

7. Findings

Critical reflection is an important element of transformative learning. Reflection involves an active thinking process. Based on the findings, there are three levels of reflection that occurred to the respondents (i) general reflection level (ii) self reflection level (iii) in-depth reflection level. Reflection is an important element when the respondent did the transformation perspectives towards drug addiction. All respondents flashback their past experiences as drug addicts during the reflection.

> *"Of course ... because its teach a lesson ... think about what drugs have done to me ... the effect ... I'm sick because of drugs ..."*

Based on the respondents experienced by all respondents, reflection is important in the context of this study. The nature of experienced by each individual is different. As told by BPD / R6 who are willing to commit criminal activities because of drugs and his experiences different from BPD / R2;

> *"Yes ... I did flashback during the addiction time ... I've spent money buying drugs ... I also did bad job stuff ... am really bad right ... my life is not perfect ... my life is only about drug drug drug…"*

7.1. General reflection level

This is a very important process for all respondents to reflect on their drug addict problems. According to AADK officer, reflection as a guide to respondents to make a transformation on drug addiction. Based on the interview analysis all respondents agreed that during the process of reflection they felt regret and drug also affect their lives. BPD / R3 said due to his actions taking drug he fell guilty and depressed for not taking his responsibilities as a child. He explained;

> *"I feel guilty and useless to my mom ...she really take care of me…love me…but at the end of the day I being a drug addict and drug trafficker also ... eeemmm ... I also disregard my responsibility as husband and father to my wife and son ...my family-in-law does not like me ...how..i feel tired to think all this... "*

Because of drug addict problem, BPD/R6 family cannot accept the fact that respondent is a drug addict and set aside from the family. Respondents feel sad and confused the action taken by his family and he need to stay away from drugs for the sake of his family relationship. He said;

> *"I almost loss my family because of drug….almost lost my life also….drugs are bad things ok…. a lot of problems will arise with drug ..."*

7.1.1. Guilty on yourself

When engaging with drug, the person will be disappointed with their actions taking drugs previously. Without any purpose their taking drug for fun and just to try. For BPD / R10 the drug has destroyed his future which resulted his unable to continue his studies. According to him;

> *"Because drugs ... my life was ruined ... I though it will help in my studies time but later I got problem with that thing….if to buy the drug I must have money... but i not working and how to buy the drug…crazy right…"*

BPD/R11 situation is different. He is drug traffickers and also a drug addict. His younger brother also taking drugs because he was respondent feel calm when taking drug. He said;

> *"Why I taking drugs…for what…is it for fun or something else….I'm also drug seller ok….for me free…and because of me….my younger brother also taking drugs…I've ruined his life and career…and also others…because of drug…eeemmm…."*

7.1.2. Loneliness

After being trapped by drug addiction, some of respondents feel lonely without being surrounded by anyone. Respondents world only himself and drug. It's make the respondents experiencing depression and always act beyond their control. Respondents feel very difficult to control their feeling. This is explained by BPD / R5;

> "*What I is think is myself…alone…nobody there to guide or help me…I feel empty…until I said to myself…until when i have to take drug…eemmm…"*

BPD / R8 agrees with BPD / R5 views, when they make the transformation they feel sad and disappointed with their actions.

> *"I've no idea what to when this thing happens…my mind is blank… do not know who to refer to…I can be mad ok….aaarrr…"*

7.1.3. Miserable mind

Based on the interview analysis finds that when individuals are involved with drug their mind is fully control by drugs. Individual souls always not calm. Their mind is empty and cannot think. This is stated in the analysis of the document (D1, D2, D3, D4). D4 states;

> *"In my mind only drug…drug…drug…drug has control my mind and I can't think others things beside drug… life is uncertain….i always feel restless…cause of drugs…eeemmm…"*

For BPD / R7, drug addiction causes him to experience depression always in a state of depress. According to him;

> *"... I'm so tired ... my mind is up side town ... I do not know why I'm always pensive ... talk to myself stop taking drugs ... what I get is disaster from the drug ...I lost family friends… shame to my family ..."*

7.2. Self-reflection level

At self reflection stage the respondent did their self assessment towards drug addiction. It relates to the feelings that encompassed self-esteem by transforming perspective on the drug addiction problem `they experienced. Various events that occurred to the respondent either suddenly or repeatedly to respondents and finally they realise their action for taking drug. Majority of respondents agree that they have experienced hard time which make them rationally about drug problems. Respondents start find a way to leave the drug world. Life as a drug addict is very challenging.

7.2.1. Characteristics of ego

This is the most difficult parts to be taken out for majority of respondents. For the respondents when taking the drugs it prove that you are man enough and they really proud of themselves. Although there have been many events that occurred to the respondents as a result of drugs but they ignored it. Respondents really that their own world. According to BPD/R2, he never thought to leave the drug world. Finally, Allah open his heart to leave the drug after think about his mother. He shared his experienced;

> *"Many times…but I do not know why I not aware with drugs…why…I can consider drug is my best friend…am really stubborn right…many things have been in my dream when I slept especially my mom….ohh it really hurt me ok…I afraid of being not able to take of my mom…that's only mom that I have in this world…other reason I scared when I died I'll go to the hell…because of my disobedience to my mom…"*

BPD / R3 shares the same experience with BPD / R3. According to BPD / R3 he has seen his friends died because of drug but he does not think to change. But when it hurts him when someone said about his mother…..oohhhh…it's really make me crazy and open my eyes of BPD / R3.

> *"always…my friend died…accident...overdose of drug…but all that things does not gave an impact to me…but because of my mother…I total surrender…I can't do anythings…i do not take care of my mother and ignore my responsibility as a child…"*

7.2.2. Mental disorder

An interview analysis found that drug addiction problems often disturb the minds of most respondents. Again and again the events cause their mind and emotions in disorder as it come at anytime. They began to question the event that they experienced. Despite experiencing numerous events BPD / R10 ignored it. But he though to stop addiction when reminded of his family. Respondents explained that he was confused with his situation at that time. He explained;

> *"Repeated many times ok… especially when I was alone ... started to remember the drugs…my family….i think my family will not accept me because I'm drug addict….i feel stress and regret…"*

7.2.3. Self-Assessment

Researcher found that self assessment was important in the change of the meaning perspective of drug addiction. Majority of respondents agree that self assessment is a process of transformed themselves so they know what action can be taken. Through the self assessment the respondents recalls back their experience as a drug addict. Interview with BPD / R4 tells what he experienced;

> *"Many times ... when I alone ... think about why I take drugs ... I did not want my mother said I'm her son... it is not possible that my siblings do not like me ... because I've stolen their things ... and most probably they ask me to leave the house... where do I leave ... under the bridge is right place for me ... issshhh I'm stressed ... when I think all of it ... my totally tired ok ... "*

Death is the most frighten thing that respondents have. For them when thinking about death then they will think about the practice that has not been done so long. They know their obligation to Allah SWT but the time that is filled with drugs and their souls is empty. From there the sense of remorse in each of respondent's. Death really affects respondents as they think about heaven and hell of Allah. BPD / R9 elaborates;

> *"... because of fear ... I'm afraid to died like my uncle ...died because of drug which is sinful… never had chance to repent ...I'm sin ... is there any reward from Allah for me... because I never prayed before..."*

7.3. In-depth reflection level

At this stage the respondents began questioning their actions by taking drugs. Individuals will ask themselves what will happen if they still continue to take drug. As a result of taking drug it causes majority of respondents to experience stress problems in their lives. This has disturbed their minds. At this stage they began to use logic reason in deciding to stay away from drug addiction

7.3.1. Wasting time

Based on the interview analysis most respondents agreed that they spent a lot of their time with drugs. Drugs have made them forget and neglected on their responsibilities as husbands and children. Their mind has been controlled by the drugs and they live in their own world. But when they questioned about the harmful of drug and problems faced they began to do the transformation process. For his BPD / R1 he missed his older sister because his sister was ashamed of him as drug addict. He explain;

> *"... I remember when I taking drugs ... the drugs is evil actually…gave a lot trouble ok….ayoyo ... I'm never help my sister ... I'm older right now ... really waste my time…"*

BPD / R9 told that because of drug addiction problem caused him not to finish his studies and destroyed his family's dream. He really rely of drug during his studies and he did not think the consequences of taking the drug. He said;

> *"... the reason I'm taking drugs is to reduce my stress in studies and also to help me to stay at night…which I think can help…. but it's not true ... I've got problem ok...i only studied half-way ... waste of money because of drugs I'm in my world ... I really ruin my life…"*

7.3.2. Drug effect

The researcher found that the effects of drugs were an important theme for the change in individual meaning schemes. The effect of the drug itself can have many disadvantages to the individual. It affects individual psychology when individuals begin to lose self-control and thinking. As a result they neglect the responsibility to

the family. BPD / R13 life as a drug addict really miserable and that makes him change the schema of drug. BPD / R13 sees the drug as a source of dangerous illness like HIV / AIDS because his brother dies due to AIDS. BPD / R13 does not want to be like his brother and tell;

> *"... I'm thinking of the badness of the drugs ... I'm always fall up with drugs ... until when I'm going to be like this ...it's really painful ... I remember my brother's story ... that's why I'm need to do a change ..."*

In BPD / R2 situation, he began to do the transform perspective on drug addiction when getting a disease caused by the drug and could not control the emotion when he did not getting the drug. He was so puzzled with his situation at the time and thought when taking drug sense of conviction would arise when individuals are faced problems. He recounted his experience;

> *"... I just think the effects of drugs ... it so painful actually ... it hurt the whole body ... the joints are saddle sore ... sometimes cannot control the emotions…always tempered…but I always think about my mother...how is she now…is there any food to eat…"*

7.3.3. Destroying life

When an individual start involved in the drug addiction, he has destroyed his life. Most of their time is spent on drug activity and it their daily routine. They do not even think about the life they are going through. For them drugs are remedy. But actually drug has destroyed their lives. According to BPD / R11 he has destroyed his own life and his own brother. His brother also a drug addict. He said;

> *"... I have destroyed myself and my brother…my live is nothing and I've ruin it…I've nothing…"*

For BPD / R14 most of his time was spent on drug activities. He feel sorry for himself because the drug had made him negligent. At last he was determined to stop taking drug when he thought of his older age and felt that his soul was not calm because he had not prayed for a long time. He said;

> *"... I recall my experience as a drug addict... what I got ... I'm just wasted my life and waste my time with drugs ..i used my money only to buy drug ... I'm not working ...do not think about prayer…just have fun with drug…my age is getting older…"*

7.4. Function of dialogue

During critical reflection individual also engages in dialogue for the purposes of seeking help from others. The role of dialogue in this studied is to see how dialog helps during the process of transformation perspective. From analysis interviews, dialogue is important when individual need to tell their drug problem experienced. They will dialogue with themselves, family and friends. Most of respondents start dialogue after the occurrence of trigger events. Based on the findings, there are three main themes: i) gain strength ii) need help iii) to express feelings. Dialogue is very important to ensure that respondents are really determined to make a transformation on drug addiction.

> *"... I say to myself until when I have to take drug ... I really afraid ….my uncle died because of HIV ... a lot of effects that I can see from drug ... I just du'a to Allah to ask for help ... "*

Whereas for BPD / R3, BPD / R11, BPD / R13 and BPD / R14, even the respondents' mother is angry with their actions to take drugs, they still need a mother to dialogue even though their mothers do not admit that respondent are her child. Mother is the best person who understands their feelings. BPD / R14 said;

> *"... my mom ... even she mad at me ... but when I talked about my attention to change ...my mom so happy…she helped me a lot ... always give advice ... my friends did not want to help because they did not believe on me ... I could change ... "*

7.4.1. To get strength

During the process of dialogue individuals gain strength in themselves. According to BPD / R1, BPD / R8, BPD / R10, BPD13 and BPD / R14 they agreed that the purpose of dialogue was to help them get out of drug addiction problem and they get the strengthened to leave the drug addiction. With the strength it much easier for the process of transformational perspective. For BPD / R14 he asked for help from his mother to against drug lust. After dialogue with her mother, he get a satisfaction as before this he fear to tell his mother and knew that his mother will scolded him. He said;

> *"... I went to see my mother and tell my intentions ... I need her blessings and du'a... my mother is the person to talk with…she knew that one day I'll change…"*

This is also agreed by BPD / R10 which states that when it comes to dialogue, they get the strength and satisfaction against drugs. They know that there are still people who love them. He said;

> *"At first I do not want to tell about my problem ... I just had a simple conversation only ... until it was time for me to talk to him seriously about my intentions to stop taking drugs ... he was really surprised ... because before this he advised me but I did not want to listen because I'm stubborn ... "*

7.4.2. Need help

The drug addiction problems experienced by BPD / R4, BPD / R5, BPD / R6, BPD / R9 and BPD / R11 cause they seek help to solve the drug addiction problem which really disturb their minds. For that, BPD / R4 had a dialogue with his brother to ask for help for his drug problem and could be resolved quickly because he could not stand with it anymore. He states that he really regret when taking drugs because his mother has ignore him. BPD / R4 speak;

> *"... tell my sister about my mom... I was crying when I told everything ... I feel pressure ... sister told me to forget the drug and find a new life….until when I want to be a drug addict…"*

BPD / R4 also agreed that through dialogue they will get help and support. They need to explain what they need and action to be taken for the change. To tell them sincerely about our intentions and just be straightforward to the point. It much easier for them to help. He explain;

> *"... I'm asking for his opinion and help ... I really cannot stand any more with drugs ... I'm embarrassed and afraid to talk…but I must talk about this.. ... I'm talking to my friends about my problem…Alhamdulillah he willing to hear ..."*

7.4.3. To express feelings

From interview analysis it was found that most respondents agreed that through their dialogue they could express their feelings to others as stated by BPD / R2, BPD / R3, BPD / R7, BPD / R12 and BPD / R15. Before this they are scared to tell anyone. But for the sake of making changes to drug addiction they must to talk to someone to express their feelings. For BPD / R2 and BPD / R15, they did the self-dialogue with themselves by looking at drug addiction problem they experienced and also to create awareness for themselves. They feel that relieve after did the self-dialogue. BPD / R2 tells;

> *"…I talk to myself ok ... when should I stop to take drugs ... I'm not young anymore ... afraid I cannot take care of my mom… I'm sinful person to my mom and Allah ... I scared to died with HIV because many my friends died because of AIDS ... community does not like us….because we are drug addict…"*

But in contrast with BPD / R3, he dialogue with his wife to about his intentions to leave the world of drug. Respondents felt it was time to talk to his wife about the drug he experienced. Respondents feel a sense of satisfaction when talking to a wife because he able to tell his problem and feel calm after the dialogue with his wife. He explain;

> *"... I just tell about my mother ... I do not fulfil the responsibility as a child ... the duty as a father and husband ...I ignore them ... .issshhh...I'm such a untrustworthy person ok…. Allah me trust to take care of my mom and my family… lucky my wife understand…I promise to myself that will not take drug any more ..."*

8. Discussion

This study finds that changes in meaning scheme occur through critical reflection. Mezirow states that transformative learning will not happen without critical reflection. But Brookfield [26] explains that reflection can also occur without a change. Cranton [9] therefore believes that critical reflection is important in transformative learning as it involves assumptions and evaluations through learning. Critical reflection requires seriousness as it involves a logic process in making decisions because of unexpected result. Changes in behavior and thinking can be seen through critical reflection. In fact, Islam encourages individuals to reflect on and think like tafakkarun, ta'qilun, ta'lamun and tubsirun in the Quran that urge individuals to use the minds. Through critical reflection is able to sharpen and stimulate thinking ability of individual. This was support in the study by Mohd Azhar [4] and Bridwell [27]. They begin to understand and realize the mistakes that have been done by taking drugs and repenting to Allah SWT. Indirectly will increase self-righteousness towards Allah SWT and they are consistent in performing pray and so on

Based on this study, there are three level occurred which is general reflection, reflection and in-depth. At the general level of reflection, the consciousness of respondents was to stop taking drug through reflection as described by Merriam et al., [5] and Raynolds. At this point the respondents began searching for information and assessments about the effects of drugs to themselves. Respondents start to feel sad and depressed. Critical reflection stage is the process of assessment and perception of respondents about themselves. It relates to individual feelings towards what has happened and what will happen. Respondents make multiple reflections due to drug addiction but the consciousness only for a while. Finally, they get caught up in drug addiction again. But after experiencing a various trigger events that really have an impact in respondents lives, the respondents start to reflect on past experiences as drug addicts. In-depth stage is the last stage of reflection. At this stage the respondents began to alter the meaning scheme of drug addiction. Individuals successfully reflect on their past experiences as drug addicts and experience a positive perspective in transforming the new life and it is support the findings by Sandoval, Baumgartner dan Clark [28] dan Varas [29].

In Islam the reflection is also known as the Muhasabah which individuals reflect on the mistakes they have done before. Muhasabah is a remedy but it is bitter, but can cure for thousands of diseases. Muhasabah is not something that is fun, for an individual who often thinks about it would be able to cleanse itself from ignorance, sin and blemish. Through Muhasabah the individual will be more mindful of Allah because the individual does not fulfil their responsibilities as a Muslim by performing prayers, fasting and so on. With that he will fear on Allah and the day of recompense when it comes to sin that they have done before. Therefore, individuals are determined to obey Allah commandments because individuals are the model that can help other people to leave the drug addiction and be able to become true Muslims. Their past mistakes need to be redeemed by doing all the deeds and commandments of Allah. Self-esteem also makes individuals more aware of themselves, the environment and what's more important is that they know who Allah is. Allah SWT will give greater blessings to those who are always grateful. In translating the value of gratitude, as a true Muslim individuals always do the Muhasabah and see every corner of life as the gift of Almighty Allah.

During critical reflection the individual also engages in dialogue with the aim of seeking help from others. The role of dialogue is to see how the dialog helps to make the process of transformation perspective. From the analysis interviews, dialogue is important when individuals need to tell their drug abuse problem experienced. They will have dialogue with themselves, family, friends and also Allah. Most respondents made a dialogue after the occurrence of trigger events against themselves. Dialogue is very important to ensure that respondents are really determined to make a transformation on drug addiction. Critical reflection is the heart of transformative learning [22]. Dialogue is also an important medium in critical reflection which can respond to their past experience. Critical dialogue and reflection are as liaison or bridge. It is interconnected and requires each other. Dialogue occurs in critical reflection as individuals re-examine past experiences as drug addicts in order to free themselves from drug addiction. Dialogue is also an important process in transformative learning.

Critical reflection and dialogue are two important elements that lead to rationality to wisdom. Wisdom is what triggered migration or holistic transformation to the former drug user. Critical reflection is a deep-thinking function that is similar to metacognitive where the former drug addict does it during the process of liberating itself from drug problems. Individuals think rationally in decision-making for drug problems encountered. Critical reflection and dialogue need each other. Critical reflection and dialogue have transcendental elements that are spiritual. This spirituality transcends the consciousness of holistic transformation towards the former drug addict. It is support by Mohd Azhar [2] without the spirituality the proses of transformative perspective of former drug user will not work perfectly. Through spiritual transformation individuals become closer to Allah, more spiritual, religious, visionary and active spiritual activity

9. Conclusion

Through critical reflection individual has self-awareness in doing the transformation. Through reflection individual use the mind to actively think about the drug addiction problem they experienced. The researcher found that reflection that occurs in the individual in the form of multiple reflections that the researchers call the **HIJRAH POINT** as the individual does not change drastically. Hi-

jrah refers to the individual's transformation towards a more meaningful change of behavior towards a better behavior. Hijrah that embraces change and migration from various aspects from the physical, the mind, the attitude, and the environment and the various circumstances of life. Changes made can alter the living conditions of economic, social, educational and living standards. In this regard God warns individuals through His word in Surah al-Ra'd verse 11.

> *"Indeed, Allah will not change the condition of a people until they change what is in themselves"*

Transformation is a discourse which strongly encouraged in Islam, in order to being the best people in the sight of Allah SWT. This momentum of migration is the right medium to know exactly who we are. What we love most in life, what we most often think in life, and what we really want to achieve in this life of the world. Islam does not tell us to stay silent and wait for Allah SWT to give something without trying. If we to change, it must start from individual because it becomes *sunnatullah* that Allah SWT will not change anything as long as there is no change from within us.

Critical reflection is a great tool in individual transformation of drug addiction. This is because the individual has self-awareness and penitential towards themselves. Through reflection, there is also a dialogue in which the individual is always in dialogue with others to tell the drug addiction problem. But at the level of self-reflection, individuals begin serious dialogue about the drug addiction issues. Individuals are not able to handle and facing the problem on their own. At this stage, individuals are really determined and decided to get out of drug addiction. Individuals experience reflection in various situations. This is the beginning of the **HIJRAH PONT** in building a new life without drugs. In addition, reflection also relates to the spiritual elements. Reflection is likened to a momentum towards individuals altering the meaning scheme of drug addiction. Studies have also found that reflection and dialogue have links with each other. The process of transformation is simultaneously in which respondents reflect on past and last experience during dialogue. Dialog is a driving force for the perspective transformation. Critical reflection and dialogue in this study cannot be separated from which critical reflection functions complement the dialogue function.

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