

**PERCEIVED EFFECTIVENESS OF TWELVE-STEP TREATMENT AND
REHABILITATION OF CHEMICAL DEPENDENTS**

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ABSTRACT

Name of Institution: De La Salle University – Dasmariñas

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Title: Perceived Effectiveness of Twelve-Step Rehabilitation and Treatment among Chemical Dependents

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Scope and Coverage: This study focused on finding out the perceived effectiveness of the twelve-step program based on the perception of the drug rehabilitation directors and the success rates of their institutions per year. It also covered the different theories, programs and therapies in association with 12-Step Program and the involvement of the law on this particular matter on providing decrees to be adhered.

There were a total of 5 drug rehabilitation directors in Cavite who participated in the study.

Methodology:

The study used the Purposive Sampling in selecting the participants and utilized the Descriptive Method Research Design. The qualitative data collected were analyzed based on the interview guide questions validated by psychology experts.

Major Findings:

1. Admission that the chemical dependents are powerless over drugs/substances
2. Recognition of a higher power
3. Self-reflection
4. Acknowledgement of wrongdoings
5. Continual personal inventory

Conclusions:

Based on the findings, the researchers concluded that the following data seems to prove that:

1. The Twelve-Step program is essential in rehabilitation centers; it could be mixed or utilized solely. The program merely serves as the guide for the chemical dependents to

change; it does not guarantee a positive outcome all the time.

2. The success of the treatment and rehabilitation relies on the person, regardless of the support of the family and the effectiveness of the Twelve-Step program. When the person at risk does not want to go on with the program, it is futile to go further.

3. The success rate of the rehabilitation centers involved in this study is influenced greatly by the dependent. The program instilled to them is brought upon their life beyond the center. The goal of the rehabilitation is to put into action as the person becomes productive and also to serve as a living testimony on other chemical dependents.

Recommendations:

The researchers recommend the following:

Government. The researchers recommend this study to the government to have funds allotted to the chemical dependents who cannot afford to be in a drug rehabilitation center. They should

consider that discrimination works to the chemical dependents who need help but can't avail the programs that are highly expensive.

Family. The researchers recommend this study to the family of chemical dependents and the family, in general, to support their relatives who are in the situation not just financially but morally and actively participating in helping them get treated.

Chemical dependents. The researchers recommend this study to the main focus of this study, the chemical dependents. They have to realize that they are the ones who can help themselves in order for them to change and be clean again. They have to fully accept the program for them to recuperate and for the recovery to make its way.

Community. The researchers recommend this study to every community. This could start a little development if they are willing to put up a small rehabilitation in their community. This

could be sponsored by the people who want to help the chemical dependents.

Rehabilitation centers. The researchers recommend this study to institutions who offer and/or integrate the twelve-step program for them to evaluate every step for the purpose of assessing its effectiveness on chemical dependents.

Future researchers. The researchers recommend this study for the future researchers to explore other programs as well not just focus on one program or better yet have a case study on a chemical dependent.

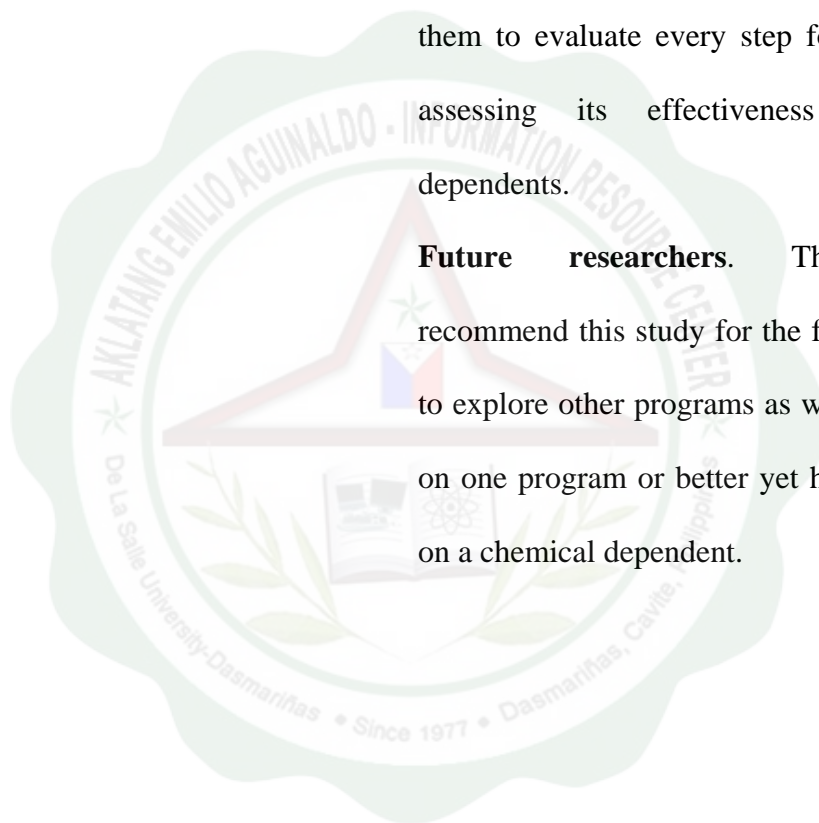


TABLE OF CONTENTS

	Page No.
TITLE PAGE	i
APPROVAL SHEET	ii
ACKNOWLEDGEMENTS	iii
ABSTRACT	iv
TABLE OF CONTENTS	viii
CHAPTER I	
I. INTRODUCTION	1
II. CONCEPTUAL FRAMEWORK	3
III. STATEMENT OF THE PROBLEM	3
IV. SCOPE AND LIMITATIONS	4
V. SIGNIFICANCE OF THE STUDY	5
VI. DEFINITION OF TERMS	6
CHAPTER II	
VII. REVIEW OF RELATED LITERATURE	8
CHAPTER III	
VIII. METHODOLOGY	24
i. RESEARCH DESIGN	24
ii. RESEARCH PARTICIPANTS	24
iii. RESEARCH INSTRUMENTS	25
iv. RESEARCH PROCEDURE	25
v. DATA ANALYSIS	26
CHAPTER IV	
IX. RESULTS, DISCUSSIONS, ANALYSIS	27
CHAPTER V	
X. SUMMARY, CONCLUSION, RECOMMENDATION	46
BIBLIOGRAPHY	
APPENDIX	