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Exploration Phenomenological To Dynamics *Flourishing* In Residents Addict Narcotics At Asa Silampari's House

Riska Nurul Fadillah [1]
Faculty Psychology UP45 Yogyakarta
Fx . Wahyu Widiantoro [2]
Faculty Psychology UP45 Yogyakarta

email: [1] riskalinggau00123@gmail.com [2] wahyuant.up@gmail.com

Abstract

Background : Recovery addiction narcotics often hampered by the height number relapse triggered by emptiness meaning and lowness resilience psychological . Paradigm rehabilitation conventional which focuses on the deficit model need shift going to approach growth through draft *flourishing* . **Goal:** Study This aim For explore in a way deep experience subjective resident in reach condition *flourishing* during the rehabilitation period . **Method:** Study This use approach qualitative with method *Interpretative Phenomenological Analysis* (IPA). Participants amount to four residents of Asa Silampari House were selected use technique *purposive sampling* . Data collected through interview in-depth semi- structured and analyzed use stages systematic science. **Results:** Analysis produce three theme superordinate : (1) Reconstruction self and acceptance of the past , which marks integration experience dark become narrative growth ; (2) Resonance support social as amplifier resilience , which shows role crucial community orphanage as ecosystem supporters ; and (3) Reorientation hopes and goals life , which reflects invention return meaningfulness eudaimonic . **Conclusion:** *Flourishing* act as recovery capital that changes identity resident from victims of addiction become individuals who have agency and future optimism . Research implications This emphasize importance curriculum psychology positive in the rehabilitation program .

Keywords: Addiction , *Flourishing* , Science, Psychology Positive , Rehabilitation.

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INTRODUCTION

Problems abuse narcotics in Indonesia remain become threat crucial for resilience national and quality source Power humans . Based on the latest data from the National Narcotics Agency (BNN, 2024), the figures prevalence abuse narcotics Still is at an alarming level , where the challenges main in the process of recovery is height number relapse phenomenon relapse This often not caused by failure detoxification physique only , but triggered by the resident's mental unpreparedness in facing social stigma as well as emptiness existential post-rehabilitation (Laudet & Humphreys, 2013). Conditions This indicates existence need urge For review return the effectiveness of the rehabilitation model applied moment This .

During a number of decades , the rehabilitation model in Indonesia tends to dominated by the approach pathological or a deficit model that focuses on efforts minimize symptom clinical and maintaining condition free substance (*abstinence*). However , recovery true is a transformation process identity that transcends just absence disease ; he involving reconstruction of identity and discovery return meaning a better life in-depth (Laudet , 2007; Best & Hennessy, 2018). This is where role psychology positive become very relevant through construction *flourishing* defined as condition complete mental health where the individual No only feel happy in a way hedonistic , but also has connection meaningful social engagement full in activities , as well as achievement potential self optimally (Seligman, 2011; VanderWeele, 2017). For a resident,condition *flourishing* act as vital internal recovery capital *for* build resilience sustainable

Although study about rehabilitation narcotics has Lots done , there is gap crucial research *gap* For quick handled . In a theoretical , literature addiction still very much dominated by perspective pathological that focuses on suffering (*languishing*) and past trauma , but ignore How resident can reach optimal functioning in the middle limitations orphanage rehabilitation . In methodological , research previously more Lots use design quantitative in nature generalistic , so that fail catch essence unique from experience resident 's lived *experience* in construct hope and growth eudaimonic (Widiantoro , 2026). Lack of voice subjective resident about experience they For return to " flowering " (*flourishing*) causing intervention programs often lost dimensions humanist .

Urgency study This lies in reality that success rehabilitation No may Again only measured from aspect clinically negative (free) substance), but rather must aspect - oriented positive psychological (growth meaning). Without understanding deep about dynamics *flourishing* , rehabilitation process risky become cycle temporary without permanent mental transformation . Rumah Asa Silampari chosen as locus study Because dynamics its unique environment in facilitate

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change behavior and mentality resident . Through approach *Interpretative Phenomenological Analysis* (IPA), research This aim For explore in a way deep How resident navigate their internal transformation process from the identity of " addict " towards empowered , meaningful , and possessing individuals clear future hopes .

THEORETICAL REVIEW

1. Conceptualization *Flourishing* in Psychology Positive

Flourishing is construct central in psychology positive contemporary that represents condition complete state *of* mental health . Concept This rooted in criticism against the traditional mental health model which tends to nature pathocentric , where the individual considered Healthy only Because absence disturbance soul . On the contrary , *flourishing* put individuals on the spectrum well - being characterized by vitality emotional , functional psychologically resilient , as well as contribution meaningful social (Keyes, 2002 ; Huppert & So, 2013).

In a way ontological , *flourishing* is integration harmonious between two traditions big welfare :

Well-being : Focus on achievement affect positive , minimization affect negative , and satisfaction life in a way comprehensive (Diener et al ., 2010).

Well-Being : Emphasis on actualization potential self - *actualization* , autonomy , growth personal,and discovery meaning life through fulfillment virtue (Ryan & Deci, 2001; Ryff, 1989).

This integration confirmed again by Widiantoro (2026) who stated that *flourishing* No just feeling happy a moment , but rather dynamics positive mental health that allows individual still grow in a way meaningful although is at in stressful situation .

Seligman (2011) through the PERMA model provides framework more operational measurable For understand *flourishing* . This model includes five elements essential :

1. ***Positive Emotions* :** Ability feel emotion positive about the past , present , and future .
2. ***Engagement* :** Condition *flow* or involvement deep in activities undertaken .
3. ***Relationships* :** Presence connection mutual social support and love .
4. ***Meaning* :** Feeling own objective life beyond interest self Alone .
5. ***Accomplishment* :** Achievement on personal targets as form mastery self .

In view this , *flourishing* nature dynamic and not static. This is in line with theory promotion health man from VanderWeele (2017) which emphasizes that *flourishing* need development strength character *strengths* and virtues in a way consistent so that individuals No just " survive" surviving , but truly " thriving ".

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2. *Flourishing* and Addiction Recovery (*Recovery Capital*)

In paradigm new psychology addiction , recovery (*recovery*) is not Again defined in a way narrow as just termination use substance (*abstinence*). Recovery now understood as a voluntary process of change , in which individuals make an effort increase health and well-being they , undergo independent life in a way functional , and struggling For reach potential full they (Laudet , 2007). In context this , concept *flourishing* become very relevant as indicator success sustainable recovery.

Relevance *flourishing* in addiction can explained through Recovery Capital Theory refers to the totality source internal and external power that can accessed by individuals For initiate and maintain the recovery process (Best & Hennessy, 2018). *Flourishing* act as component key from *personal recovery capital* , where aspects eudaimonic — such as own objective life and growth personal — to be fortress psychological protection individual from temptation substance moment face pressure life .

Individual with history addiction often experience deficit severe welfare due to social stigma , feelings of guilt chronic , and damage network support social . Therefore that , achievement condition *flourishing* during the rehabilitation period become predictor important for resilience term long . According to Wong (2011) in perspective Psychology Positive 2.0 , meaningful recovery No means erase the dark past , but rather ability For integrate experience suffering the as part from narrative new growth . This is in harmony with argument Widiantoro (2026) that dynamics positive mental health in residents appear when they capable change orientation life from just " surviving " life without narcotics " become " a decent life lived (*life worth living*).

More next , pillars of relationship positive in *flourishing* allows resident For build return trust self through interactions in the community rehabilitation . Realistic expectations towards the future , supported by the agency strong personality , allowing resident For No only free from substances , but also have capacity For contribute return in a way social (Snyder, 2002; Kelly & Hoeppner, 2015). With Thus , exploring track *flourishing* means explore How resident compile repeat pieces life they become A identity newer tough and meaningful .

3. Perspective Phenomenological in Exploration Experience *Flourishing*

Understand *flourishing* in individuals with history addiction No can done only through measurement numbers statistics , but rather need investigation towards the subject's " life -*world* " . in a way deep . Perspective phenomenological look at that reality *flourishing* nature subjective

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and context - bound unique to each individual (Smith, Flowers, & Larkin, 2021). In context this , phenomenology interpretive make an effort catch How resident give meaning towards the transition process they , start from phase torture consequence addiction until phase invention return meaningfulness life .

This matter related close with draft Double Hermeneutics , where *researchers* try interpret method participants interpret his life . Widiantoro (2026) emphasized that dynamics *flourishing* often implied in narratives small about success resident in manage emotion daily or build interaction healthy social life in the orphanage . Therefore that , approach phenomenological allows emergence themes eudaimonic which is not accommodated in questionnaire standards , such as feeling of " finding " home " or " penance " which is manifestation from positive mental health (Eatough & Smith, 2017; Finlay, 2011).

More further exploration phenomenological to *flourishing* help identify How strength character *strengths* emerge in a way unique in a full situation pressure (*adversity*). Through lens this , suffering No viewed as obstacle for *flourishing* , but rather as background strengthening back significance from every progress small achieved resident in recovery (Wong, 2011).

4. Resilience Relational : Environment Rehabilitation as Ecosystem *Flourishing*

Flourishing No happen in room empty ; it is greatly influenced by the quality environment social in which individuals are in context institutions rehabilitation , appears draft resilience relational , namely ability individual For rise and develop through connection and mutual support in A community (Jordan, 2010). Environment effective rehabilitation transformative is capable environment provide *secure base* — a runway safe as possible resident explore return identity positive they without Afraid will judgment (Dingle et al ., 2015).

In perspective Widiantoro (2026), ecosystem *flourishing* at the orphanage rehabilitation created when There is synergy between regulations institutional with fulfillment need base psychological resident , namely autonomy , competence , and relatedness . When *residents* feel heard , valued , and involved in meaningful activities (eg therapy group or training skills), they start develop *collective efficacy* . Support from fellow residents (*peer* support) often act as a " mirror" positive " that helps resident reconstruct price self those who had time destroyed consequence addiction (Best & Hennessy, 2018; White & Cloud, 2008).

Therefore that , explore *flourishing* at Rumah Asa Silampari means also to see How interaction dynamic between resident with staff , as well as between fellow resident , become catalyst for growth emotion positive and hopeful for the future . Welfare eudaimonic in

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environment like This No only about individual achievement , but rather about How individual find return his humanity through connection with other people.

RESEARCH METHODS

1. Design and Approach Study

Study This use approach qualitative with method *Interpretative Phenomenological Analysis* (IPA). The selection of IPA is considered the most relevant . Because focus mainly is explore in a way deep How individual interpret experience significant life personally (Smith et al ., 2021). In research Here , IPA is used For catch essence subjective from the *flourishing* process in residents addict narcotics at Asa Silampari's house. Characteristics the main science is existence interaction between dimensions phenomenological (efforts understand the living world participants) and dimensions interpretive (role researchers in interpret narrative mentioned), a process known as as *double hermeneutic* (Smith & Shinebourne , 2012).

2. Unit of Analysis and Sampling Techniques

In accordance with depth - oriented science principles ideographic , research This involving 4 participants . The number This chosen For ensure detailed and in - depth analysis to every case individual before done comparison cross case (Eatough & Smith, 2017). Data collection techniques sample use *purposive sampling* with criteria strict inclusion to maintain homogeneity group :

1. Resident active in progress undergoing a program at Rumah Asa Silampari.
2. Has passed phase detoxification and undergo a rehabilitation period of at least 3–6 months (the phase where reflection occurs) self start formed).
3. Show progress development positive mental health based on notes clinical or recommendation counselor .
4. Able to communicate verbally with good and willing participate in a way proven voluntary through signing *informed consent* .

3. Procedure Data collection

Primary data collected through interview in - depth semi- structured *interview* . Researcher use guide interview flexible designed For trigger narrative related to the pillars *of flourishing* , such as reception self , relationship social , and future hopes . Interview done as many as 2–3 sessions per participant (duration 45–90 minutes per session) to achieve data saturation and building strong *rapport* . To strengthen credibility findings , researchers also conducted non- participant observation to activity daily participants as form triangulation method . All verbal intervention recorded use tool digitally recorded and transcribed verbatim for need analysis .

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4. Data Analysis Techniques

Data analysis process is carried out in a way inductive and iterative follow stages systematic science (Smith et al ., 2021):

1. **Immersion :** Reading and reading repeat transcript in a way repetitive For gain a sense of closeness with narrative participants .
2. **Annotation and Coding :** Give notes initial (*initial comments*) as a matter of fact descriptive , linguistic , and conceptual on the margins of the transcript .
3. **Identify Emergent Themes :** Change notes beginning become themes more psychological concise However still represent data essence .
4. **Analysis Cluster :** Grouping themes emergen to in theme main (*superordinate themes*) based on similarities meaning .
5. **Analysis :** Compare pattern theme between participants For find similarities essence phenomenon at a time value uniqueness each individual .

5. Rigor and Consideration Ethical

For ensure quality research (*trustworthiness*), researchers apply *bracketing* strategy (epoche) to delay assumptions personal and knowledge theoretical researchers so as not to intervene purity of participant data (Finlay, 2011). In addition , researchers do *member checking* with confirm return results interpretation to participants . From the side ethical , research This ensure anonymity with use initials , guarantee data confidentiality according to standard code ethics psychology , as well as give right fully for participants For resign self anytime without consequence whatever .

RESULTS AND DISCUSSION

Based on analysis *Interpretative Phenomenological Analysis* (IPA) towards four participants at Rumah Asa Silampari, found three theme superordinate that describes track *flourishing* they . Themes This No stand alone , but rather each other intertwined form a transformation process identity .

1. Self -Reconstruction and Acceptance of the Past

First theme This highlight shift cognitive and emotional participants to history life those who are dark . In the phase beginning rehabilitation , almost all over participants experience condition marked *languishing* with *self-stigma* and feelings No valuable . However , as time goes by the therapeutic process is underway , it occurs reconstruction meaning towards the past . Subject R in particular deep reflect on this process :

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" Before I feel trash , sir. But here I study , past that teacher. I started Can forgive self I alone and see that I still has value ."

Interpretation to statement Subject R shows the existence of a process of transcendence self . The word " garbage " reflects internalization of societal stigma to addicts , but metaphor of "the past" "That teacher" signifies existence effort framing positive reframing . Participants No Again see addicted as failure permanent , but rather as part from evolution self .

In a way theoretical , findings This show manifestation from element *Self-Acceptance* (acceptance) self) which is a fundamental pillar in welfare psychological (Ryff, 1989). Acceptance self in context addiction No means justification on past behavior , but rather confession Honest to reality life without accompanied by judgment destructive self . The process of forgiveness self self - *forgiveness* becomes key opener for emergence emotion positive and optimistic .

This matter in harmony with premise main in **Widiantoro (2026)** that dynamics positive mental health in individuals with history addiction only Possible started when subject capable integrate " sides dark "(*the shadow self*) past become an integral part of narrative new growth . With accepting the past as part from history educational life , participants succeed build foundation more *flourishing* sturdy , switch from victim mentality towards mentality empowered survivor *mentality* .

2. Resonance Social Support as Amplifier Resilience

Condition *flourishing* participants found to be greatly influenced by the quality connection positive that they wake up inside institution . For residents , Rumah Asa Silampari No just place undergo the program, but rather A ecosystem social that provides emotional " resonance " that has been This is lost from life they consequence addiction . Participants feel existence shift from isolation social going to meaningful connectedness .

Subject A expressed How support from colleague peers (*peer support*) are the pillars of strength:

"Here we have the same fate . When I fall , friends interesting I to above . I don't feel alone Again . There is a sense of family that creates it I want to fight together ."

Interpretation to narrative Subject A shows that support social in the environment rehabilitation functioning as bearings psychological buffer). The term " attractive " to above " reflects dynamics *collective efficacy* , where success One individual in manage encouragement use substance become inspiration for individual others . Relationship This create a sense of security (*secure base*) that allows participants release mechanism defense self those who are stiff .

In a way theoretical , support social This represents the pillars *of Positive Relationships* in the PERMA model (Seligman, 2011). In context addiction , relationships positive No only give comfort

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emotional , but also become catalyst for growth Strong Recovery *Capital* . Best and Hennessy (2018) emphasized that connection quality social in a way significant lower risk relapse Because individual start develop identity social new positive as member mutually supportive communities support .

Analysis This reinforced by perspective Widiantoro (2026) stated that that resilience in residents nature relational ; he No grow in solitude , but rather through resonance respectful interactions dignity human . When the resident feel accepted without stigma by staff and peers resident , happened strengthening price collective self . Resonance This change perception resident from the feeling of being " thrown away " becomes a sense *of* " belonging , " which is prerequisite absolute for individual For start think about growth eudaimonic term long .

3. Reorientation of Hopes and Life Goals

Manifestation highest from condition *flourishing* in the participants is ability they For do reorientation to hopes and goals realistic life . Transformation This mark shift from condition *languishing* —characterized by hopelessness and emptiness goal — towards phase meaningfulness eudaimonic . Participant No Again just long-term target oriented short like termination use substance (*abstinence*), but rather start compile narrative a better life broad and generative .

Subject K gives very touching picture about invention return agency personal :

> *"I want to Work again , want be a good father . I have hope now not like first the dark one . I want life I This There is useful for other people."*

Interpretation to narrative Subject K shows the existence of a reintegration process social and moral. Desire For being a " good father " and " useful to others" reflects emergence back to the pillars of *Meaning* and *Accomplishment* in life participants . Use metaphors of " dark " for the past and " hope " for the future show that participants has succeed restore capacity cognitive and affective they For projecting self to the future in a way positive .

In a way theoretical , emergence hope This in harmony with *Hope Theory* (Snyder, 2002), where participants start own *agency* (desire strong) and *pathways* (roads) or plan) for reach objective his life . Discovery meaning living in the middle suffering This is the core of Psychology Positive 2.0 (Wong, 2011). This prove that environment supportive rehabilitation at Asa Silampari House capable trigger growth post -*traumatic growth* , where the individual find strength new precisely from experience the crisis they are facing through (VanderWeele, 2017).

Analysis This reinforced by the thesis Widiantoro (2026) who emphasized that success true recovery achieved when resident capable transform past suffering become encouragement For a

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better life empowered . Reorientation objective life This No just plan pragmatic , but rather A form reclamation identity — participants take return right they For have a dignified future . With own clear expectations , resident build *capital recovery* the most resilient psychology For prevent future recurrence .

CONCLUSION AND SUGGESTIONS

1. Conclusion

Study This succeed reveal that *flourishing* in residents addict narcotics at Asa Silampari House is not A condition static ending , but rather A track transformation dynamic and sustainable identity . Through lens *Interpretative Phenomenological Analysis* (IPA), found that essence *flourishing* in context rehabilitation manifested through three fundamental dimensions :

1. **-Reconstruction :** Ability individual For integrating the dark past become narrative growth through mechanism reception self (*self-acceptance*).
2. **Social Resonance :** Utilization support collective in the environment orphanage as catalyst resilience relational .
3. **Reorientation Existential :** Invention return hopes and goals a life oriented towards meaning eudaimonic .

Findings This prove that although is at in room limitations institutional , resident own latent capacity for reach welfare complete psychological condition . the awakening *flourishing* during the recovery period act as crucial psychological recovery capital . This process in a way radical change identity self subject — from individuals who are shackled by the stigma of being "victims of addiction " become a person who has agency , optimism , and dignity For looking to the future.

2. Suggestions

Based on findings study said , researchers submit a number of recommendation strategic :

- Rehabilitation Institutions (Silampari Asa House & Agencies Related): Recommended For do shift paradigm from the rehabilitation model based pathology towards a model based on growth (*growth-based model*). This can realized through integration curriculum psychology positive that emphasizes strengthening the five pillars *of flourishing* (PERMA). Programs that facilitate reconciliation self , strengthening meaningfulness life and training efficacy self must prioritized For equip resident before return to public .
- For Researchers Next : Remembering characteristic study these are ideographic and qualitative , suggested for researchers furthermore For do longitudinal study to monitor stability condition *flourishing* post-rehabilitation (*aftercare*). In addition , there is

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opportunity For do research quantitative with more samples wide area for testing strength predictive variables *flourishing* to prevention relapse *prevention* statistics , so that generalization findings can strengthen literature psychology addiction in Indonesia.

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