

**THE EFFECTIVENESS OF ADDRESSING PHYSICAL, PSYCHOLOGICAL
AND SOCIAL FACTORS IN THE REINTEGRATION PROCESS OF
REHABILITATED DRUG ADDICTS IN COLOMBO DISTRICT, SRI LANKA**

A Dissertation by

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DECLARATION

This dissertation contains no materials which have been accepted for the award of any other degree or diploma in any University or equivalent institution, and that to do the best of my knowledge and belief, contains no materials previously submitted or written by any other person, except where due reference is made in the text of this dissertation.

I carried out the work described in this dissertation under the supervision of Dr. (Mrs.) Lakshika Liyanage.


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ABSTRACT

Although drug rehabilitation services have been active in the country for decades, drug use and substance abuse have become a critical social issue in Sri Lanka. There are several rehabilitation services in Sri Lanka aimed at helping drug addicts rebuild their lives. Moreover, rehabilitated addicts can become addicted again because, after the reintegration process, participants will release into the normal society in which they lived. Therefore, the researcher conducted this study by addressing the effectiveness of the reintegration process that current practice in the Sri Lanka context. There were four objectives for this study; to identify the effectiveness of the reintegration process of drug addicts in the Colombo district. To identify the relationship between physical factors, psychological factors, and social factors and the effectiveness of the reintegration process of drug addicts in the Colombo district, to explore the effects of physical factors, psychological factors, and social factors on the effectiveness of the reintegration process of drug addicts in the Colombo district and to discuss the other significant issues of the reintegration process of drug addicts in the Colombo district.

The researcher employed a mixed research method to achieve these research objectives. There were two samples; the first sample was one hundred and thirty-five rehabilitated addicts who complete the reintegration process three years before, and the second sample was ten stakeholders of the reintegration process in Sri Lanka. The researcher collected primary data by distributing a structured questionnaire among the first sample to achieve the first and second objectives of the research. The survey questionnaire included multiple choice questions to collect the demographic information of the respondents and five-point Likert scale questions to collect primary data relevant to the three independent variables and dependent variables. The researcher conducted interviews with the stakeholders of the reintegration programs (*Sumithrayo, Kandakadu Rehabilitation Centre, NDDCB, and Mithuru Mithuro*) and collected qualitative data to achieve the third and fourth objectives. There were ten questions in the interview questioner, and the interviews were conducted as a structured interview. The collected quantitative data were analyzed by using SPSS software. Descriptive analysis and correlation analysis employed in quantitative data analysis. The qualitative data was analyzed by using thematic analysis.

The researcher conducted the reliability analysis to ensure the reliability of the collected data. The reliability value of all variables was recorded higher than 0.7. Therefore, the reliability of the data was at an acceptable level. According to the descriptive analyses, the

researcher identified that the current reintegration process is effective for drug addicts. Moreover, the correlation analysis implied moderate correlations among the physical, psychological, and social factors and the effectiveness of the reintegration process in Sri Lanka.

Further, the thematic analyses indicated that the current reintegration process considered the participants' physical, psychological, and social factors. The researcher identified the impact of the addiction on the wellbeing of the physical, psychological and social factors of the addicts. However, the researcher identified five major issues in the reintegration process. Those were; classification issues, time duration issues, lack of training, less experience of the instructors, and lack of opportunity selection. Moreover, the researcher conducts further comparison and review regarding the subject based on the knowledge and experience that the researcher gains by conducting the research study. In the additional review, the researcher discussed the reasons to be addicted, the impact of addiction, and the actions taken by the government and the private sector to reintegrate and reduce the addiction. The researcher identified the reasons to be addicted as; people with financial problems and family problems are more likely to be addicted to drugs. Growing up in an environment where drugs are readily available is another crucial reason for drug addiction.

Further, genetics and family background have been identified as another significant cause of drug addiction. Almost everyone involved in the research is already addicted to drugs and living back in society. Even after being rehabilitated from a rehabilitation center, most of them face many problems due to social, financial, physical, and biological problems. Considering the research study's findings, the researcher concluded the study by providing corrective recommendations that could be used in rehabilitation centers to improve the effectiveness of the procedures. The researcher suggests recommendations to the current rehabilitation process, government, public, private organizations, public society, individuals who already completed the rehabilitation process before three years, and the research scholars.

Key words: Effectiveness, physical factors, psychological factors, reintegration processes, social factors