

**RESIST THE URGE: EXPLORING THE SOURCES OF
ABSTINENCE SELF-EFFICACY OF DRUG REHABILITATION
RESIDENTS IN ILOILO**

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ABSTRACT

Integrating Albert Bandura's Self-Efficacy Theory in substance abuse, this study seeks to identify the factors which contribute to abstinence self-efficacy of illicit drug users. In evaluating the sources of efficacy: mastery experience, vicarious experience, social persuasion and emotional arousal, drug rehabilitation residents ($n = 139$) in Iloilo were administered scales and questionnaires. A Pearson product-moment correlation was utilized to examine the relationship of the sources and abstinence efficacy. Eight residents with the highest and lowest efficacy ratings were interviewed, and two focused group discussions were conducted to provide an in-depth understanding of the relationship of the variables. Results of the quantitative analysis indicated that the four hypothesized sources do not significantly correlate with drug abstinence efficacy. Cognitive appraisal through assessing the difficulty of abstinence, personal control, and the varying interpretation of experiences served as mediators in affecting efficacy. The physical cravings elicited by drug use prevents the residents to develop self-efficacy and be positively influenced by the external factors. Given that self-efficacy can predict future performance or outcome, the findings aid in enhancing rehabilitation interventions crucial for building efficacy and lifetime abstinence.