

# The Implementation of Therapeutic Community (TC) in Behavioral Change Formation among Beneficiaries with Substance Abuse Problems at Sentra Galih Pakuan

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## Abstract

Substance abuse is one of the social problems that requires special attention and intensive intervention. This problem can be addressed through participation in social rehabilitation programs, one of which is the therapeutic community (TC) approach. The implementation of the therapeutic community (TC) approach at the primary stage in Sentra Galih Pakuan is carried out through the utilization of the community, structured activities, and the application of four structures in shaping behavioral changes among beneficiaries. This study employed a descriptive qualitative method, with data collected through interviews, documentation studies, and literature studies. The results of the study indicate that the community within the therapeutic community functions as a medium for behavioral development through social relationships and the active participation of beneficiaries in activities. The existence of various structured activities also becomes part of psychosocial therapy in providing social learning for beneficiaries. In addition, Sentra Galih Pakuan implements four structures that support the social rehabilitation process within the therapeutic community approach.

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## 1. INTRODUCTION

The abuse of Narcotics, Psychotropic Substances, and Addictive Substances (NAPZA) not only affects an individual's physical health, but also influences psychological conditions that may hinder social functioning. Dependence on addictive substances tends to cause difficulties in building social relationships and regulating emotions. These conditions indicate that substance abuse problems need to be addressed immediately through social rehabilitation focused on the recovery of social functioning and behavioral change. In this context, individuals undergoing social rehabilitation due to substance abuse may be referred to as residents or beneficiaries.

One of the social rehabilitation methods used to address substance abuse problems is the therapeutic community (TC) approach. Therapeutic Community (TC) refers to a structured and hierarchical program designed to isolate individuals from external influences during the treatment process. The treatment is carried out intensively through the implementation of rules aimed at developing responsibility and behavioral change (Leon, 1994). According to Batubara et al. (2025), therapeutic community (TC) is a rehabilitation method that places individuals within an organized social environment, where the community serves as the primary medium for behavioral change among beneficiaries. Furthermore, the implementation of therapeutic community (TC) aims to establish structured habits through organized activities and applicable rules, while also shaping

behavior in accordance with social norms through the utilization of community life in daily activities.

Therapeutic community (TC) consists of four stages in the rehabilitation process for individuals with substance abuse problems, namely the induction stage, primary stage, re-entry stage, and aftercare stage (Leon, 2000). The primary stage serves as the initial phase in which beneficiaries are intensively integrated into the community and participate in the entire series of social rehabilitation activities as a form of intervention provided. According to Utami & Sokhivah (2024), the primary stage is considered the core program phase for beneficiaries, as they begin to actively engage with the community. In this stage, the utilization of the community does not merely function as a shared living and activity environment, but also serves as a medium for behavioral learning through social interaction, peer evaluation among beneficiaries, and habituation to structured activities and established rules.

Discussions regarding the therapeutic community (TC) approach emphasize social rehabilitation programs for individuals with substance abuse problems that utilize the community as a medium for behavioral change. According to Ruhaedi & Huraerah (2020) and Agustini et al (2021), the process of recognizing and understanding therapeutic community (TC) can influence behavioral change and strengthen the motivation of beneficiaries to recover from substance dependence. In addition, based on research conducted by Fatimatuzzahra (2023), the implementation of the therapeutic community (TC) method also contributes to preventing relapse. These findings indicate that therapeutic community (TC) plays an important role in helping beneficiaries develop self-control through the improvement of social skills, discipline, and responsibility. Therefore, the therapeutic community (TC) approach is important to be examined more deeply, particularly at the primary stage, as it focuses on the process of behavioral change formation among beneficiaries implemented by Sentra Galih Pakuan.

## 2. RESEARCH METHODS

This research was conducted at Sentra Galih Pakuan from February to April 2026. This research employed a qualitative approach, which is widely used in educational and social studies to explore the views and direct experiences of informants, formulate open-ended questions, and collect data in the form of words or narratives (Creswell, 2021). In addition, this research used a descriptive method aimed at obtaining a comprehensive understanding and deeper insight into the social phenomenon being examined (Silverman, 2016), particularly the process of behavioral change formation through the therapeutic community (TC) approach.

The research process was conducted through several stages, including determining the research focus, collecting data, organizing the findings, and interpreting the results obtained from the field. Data collection techniques consisted of in-depth interviews, documentation studies, and literature studies derived from various sources, including scientific articles, books, journals, and other relevant academic writings.

In-depth interviews were conducted with social workers, addiction counselors, and beneficiaries at Sentra Galih Pakuan as research subject in order to obtain factual information regarding the implementation of therapeutic community (TC) and the process of behavioral formation during the primary stage. According to (Rahman, 2021), informants are individuals who serve as sources of information in providing explanations related to the background and conditions of the research.

The focus of this research includes the concept of therapeutic community (TC), community utilization, rule implementation, interventions provide, and behavioral change among beneficiaries. Therefore, the methods and techniques used in this research enabled

the researcher to gain an in-depth understanding of the primary stage in therapeutic community (TC) as a mechanism for behavioral formation among beneficiaries at Sentra Galih Pakuan.

### 3. RESULTS AND DISCUSSION (12 Pt)

#### **Community as a Medium For Behavioral Formation**

According to Leon (1994), the community is regarded as a therapeutic agent consisting of peers and staff who function as observers, monitors, and mediators in the recovery process. Within the community, beneficiaries are expected to maintain awareness of both the physical and social rehabilitation environment, provide suggestions and feedback to one another, and demonstrate the courage to express concerns regarding other beneficiaries within the community.

In addition, staff members within the community play a role in assisting beneficiaries, monitoring the implementation of activities and rules, and providing interventions for both individuals and the community in daily activities. In the therapeutic community approach, staff are positioned as the highest authority within the rehabilitation environment. However, beneficiaries are not entirely powerless, as senior beneficiaries are expected to become role models and provide guidance to junior beneficiaries regarding community norms and the principles of the treatment process (Campbell & Warren, 2021). According to Ruhaedi & Huraerah (2020), therapeutic community (TC) is considered a treatment approach in which treatment staff and beneficiaries function as the main agents of change. Beneficiaries participate in all activities not only individually, but also collectively within the community as a medium for learning and understanding the rules and activities implemented in the rehabilitation process.

During the implementation of the primary stage, beneficiaries actively interact with other community members and begin to participate in all scheduled activities. According to Leon (2000), the primary stage serves as a medium through which beneficiaries begin to socialize with members of the therapeutic community. Sentra Galih Pakuan involves beneficiaries in various community-base activities, including daily routines, task distribution, and behavioral evaluation. The utilization of the community functions as a form of learning process that encourages individuals to use community interactions as a means of self-change, as the community acts as a mediator for behavioral change and social learning. Therefore, individuals are able to obtain optimal positive outcomes when actively involved in community activities (Leon & Unterrainer, 2020).

Sentra Galih Pakuan implements these activities through daily programs such as room chores, morning meetings, and evening wrap up. In addition, activities involving task distribution and behavioral evaluation include function meeting, pull-up tool board, conflict resolution groups, confrontation groups, seminars, discussion groups, resident meeting, static groups, and sharing circles. The primary stage also allows beneficiaries to participate in activities conducted individually, such as individual counseling (Rosdi et al., 2018). These activities contribute to the formation of social interaction and the development of self-confidence among beneficiaries.

Through these activities, beneficiaries are given the opportunity to remind one another about behaviors that are considered inconsistent with established rules, thereby helping them understand the consequences of violations committed within the rehabilitation process. The implementation of activities at this stage also provides learning experiences for beneficiaries, as understanding is developed not only through personal actions, but also through the experiences and behaviors of fellow beneficiaries. Therapeutic community (TC) emphasizes interpersonal networks among residents, in which behavioral change occurs through the development of trust, role modeling, guidance, and peer learning

(Schaefer et al., 2021). The presence of the community enables beneficiaries to identify and evaluate their own behavior through responses and feedback provided by other community members, thereby encouraging openness and awareness regarding behaviors that need to be changed during the social rehabilitation process.

### **Structured Activities in the Primary Stage**

Structured activities within the therapeutic community (TC) approach constitute an important component in the implementation of social rehabilitation. During the primary stage, Sentra Galih Pakuan establishes specific goals in each phase in accordance with the therapeutic community concept. According Leon (2000), the primary stage consists of three phases, namely junior resident, intermediate resident, and senior resident. These phases are also implemented at Sentra Galih Pakuan, although different terms are used, such as younger member, middle member, and older member phases. The difference in terminology does not indicate differences in implementation, as each phase continues to emphasize behavioral change and the development of beneficiaries as part of the rehabilitation process for individuals with substance abuse problems.

Each of these phases has different objectives within the rehabilitation process. In the younger member phase beneficiaries are required to actively participate in activities according to the predetermined schedule. Meanwhile, in the middle member phase, beneficiaries are allowed to assume certain statuses or structural hierarchies within the rehabilitation environment, particularly within the dormitory setting, as part of the process of developing trust and responsibility. Furthermore, the older member phase aims to develop beneficiaries social abilities and support behavioral change, including the development of leadership skills, improvements in ways of thinking and acting, and the ability to identify solutions to various problems and needs (Novianti, 2022). These objectives are closely connected to the implementation of structured daily activities within the therapeutic community program.

The implementation of structured activities can create a more organized pattern of daily life for beneficiaries through the development of responsibility for assigned tasks and discipline. This process contributes to the formation of structured habits and the development of self-control among beneficiaries. In implementing social rehabilitation for individuals with substance abuse problems, Sentra Galih Pakuan applies activities that have been systematically arranged within the rehabilitation schedule and carried out routinely within the community. The forms of activities implemented within the therapeutic community (TC) approach at Sentra Galih Pakuan include the following (Rosdi et al., 2018):

- 1) Room Chores, namely routine activities carried out by all beneficiaries in the morning, focusing on maintaining the cleanliness of the dormitory environment. In the rehabilitation schedule at Sentra Galih Pakuan, this activity is referred to as activity daily living as a form self-habituation. The activity is conducted from 05.00 to 05.45 WIB
- 2) Morning Meeting, namely an activity conducted as a medium for social workers, addiction counselors, and beneficiaries to provide a appreciation and recognition to beneficiaries who demonstrate positive behavior and serve as good examples in carrying out activities. This activity aims to enhance beneficiaries self-confidence and is conducted from 05.00 to 09.00 WIB
- 3) Conflict Resolution Group, namely an activity aimed at identifying solutions to problems occurring within the dormitory environment through the expression of complaints and concerns from each beneficiary. This activity is conducted once a week
- 4) Peer Accountability Group Evaluation (P.A.G.E), namely a forum conducted for self-evaluation purposes. This forum provides opportunities for beneficiaries to

evaluate both themselves and fellow beneficiaries, thereby encouraging them to become accustomed to receiving opinions and feedback from others

- 5) Static Group, namely a group counseling activity conducted by beneficiaries under the guidance of an addiction counselor. In this activity, beneficiaries are given the opportunity to express their feelings or problems to the addiction counselor and receive feedback regarding the issues discussed

The implementation of these various activities demonstrates that the therapeutic community (TC) approach at the primary stage emphasizes the formation of behavioral change through structured daily routines. Therefore, structured activities contribute significantly to the formation of beneficiaries behavior as part of the social rehabilitation process for individuals with substance abuse problems at Sentra Galih Pakuan.

#### **Implementation of the Four Structures in the Social Rehabilitation Process**

In implementing the therapeutic community (TC) approach, Sentra Galih Pakuan does not solely rely on community-based *activities*, despite the existence of the principle “man helping man to help himself”, which refers to individuals helping others to help themselves. The implementation of therapeutic community (TC) must also be supported by the structures within the therapeutic community approach, particularly at the primary stage. These structures are known as the four structures of therapeutic community, which function as a framework integrating various aspects of social rehabilitation. The four structures represent the expected targets of change within the therapeutic community method in supporting beneficiaries recovery process (Fitriani, 2023). This framework serves as a foundation for beneficiaries self-development. The four structures include the following:

**Behavior Modification.** The formation of positive behavior is achieved through specific methods and techniques. Behavioral change aims to improve individuals ability to manage their lives, thereby encouraging the development of behavior that is consistent with social values and norms (Ruhaedi & Huraerah, 2020). Sentra Galih Pakuan implements the behavior modification structure through routine activities that are carried out daily according to predetermined schedules within the community. In addition, the enforcement of rules for community members as a form of discipline and responsibility for their actions also reflects the implementation of this structure, based on the results of an interview with beneficiary informant, it was stated that;

“There have been many changes. For example, outside the Sentra Galih Pakuan I never washed my own clothes. However, here we are required to wash our own clothes because otherwise we would not have anything to wear the next day. It is the same with eating habits. Before entering rehabilitation, I used drugs, and sometimes eating twice a day was already considered enough. Here, we are required to finish our meals without leaving leftovers. Therefore, there have been many improvements during my time here. I was also not used to being far away from my parents for months. However, here I have learned to iron clothes, wash my own clothes, and maintain regular eating habits.” (Interview, April 23, 2025)

Based on the statement above, the informant, who is a beneficiary at Sentra Galih Pakuan, stated that various behavioral changes were experienced through the implementation of the therapeutic community (TC) approach. The beneficiary also perceived that structured activities contributed positively to personal development and behavioral change.

**Emotional and Psychological Development.** This structure becomes one of the primary focuses within the therapeutic community (TC) approach. In general, some beneficiaries experience difficulties in self-control, such as emotional instability, irritability, and feelings of laziness (Afiya, 2022). These conditions may hinder

beneficiaries ability to adapt to their social environment. Through therapeutic community activities, particularly static groups and peer reprimands, beneficiaries are expected to develop emotional regulation through changes in perspective and self-understanding that positively influence their psychological condition (Ruhaedi & Huraerah, 2020). Sentra Galih Pakuan implements this structure through static group activities led by addiction counselors who facilitate the session. The activities aim to help beneficiaries identify solutions to both personal problems and the problems experienced by other beneficiaries within the community.

**Intellectual and Spiritual Development.** In terms of intellectual development, some beneficiaries demonstrate good cognitive abilities, while other experience difficulties in developing their potential optimally due to various personal problems. Therefore, intellectual and spiritual development can be strengthened through seminars related to addiction and religious values. Sentra Galih Pakuan implements this structure through seminar activities that provide information regarding the various impacts of substance abuse and learning processes aimed at preventing relapse. In addition, spiritual development is supported through religious activities such as regular worship according to each beneficiary's beliefs, religious studies, and spiritual lectures conducted by religious leaders. Furthermore, based on the results of an interview with addiction counselor informant, it was stated that;

“There are several seminars that beneficiaries must participate in as part of the requirements for progressing to the next phase. One of them is the seminar activity itself. The seminars cover various topics and are intended to train beneficiaries to speak in front of others. Each beneficiary is required to become a presenter. In addition, seminars conducted by staff members are held every Wednesday.” (Interview, February 27, 2026)

Based on the interview results, it was shown that beneficiaries are required to take turns serving as presenters during seminar activities. In addition, beneficiaries are provided with further education through seminars conducted together with staff members. In this context, Sentra Galih Pakuan also involves social counselors who are responsible for providing educational sessions and guidance to beneficiaries.

**Vocational and Survival Training.** Vocational and social skills within the therapeutic community (TC) approach are developed through community-based learning processes that emphasize the improvement of beneficiaries abilities, including entrepreneurial skills. This development supports beneficiaries in the process of reintegration into their social environment. Sentra Galih Pakuan implements this structure through scheduled interest and aptitude assessments conducted through interviews with psychologists and addiction counselors to identify and develop beneficiaries vocational or work-related skills. Vocational activities at Sentra Galih Pakuan are generally implemented during the re-entry stage. However, beneficiaries who are still in the primary stage, particularly those in the older member phase, are also given the opportunity to participate in these activities. The vocational activities include the production of salted eggs, splash batik, flower tea entrepreneurship facilitated through the Sentra Kreasi Atensi (canteen), agriculture, and livestock farming. In terms of survival skill development, beneficiaries are trained through daily activities that function as a habituation process in forming behavioral change, such as discipline, time management, and understanding life goals.

#### 4. CONCLUSION

The implementation of therapeutic community (TC) at the primary stage in Sentra Galih Pakuan demonstrates that behavioral change can be developed through the utilization

1731 | **The Implementation of the Therapeutic Community (TC) in Behavioral Change Formation among Beneficiaries with Substance Abuse Problems at Sentra Galih Pakuan**

(Zakiyyah Balqizh Ridwananda)

of community life, structured activities, and the application of the four structures within the social rehabilitation process. The utilization of the community plays an important role in the rehabilitation of individuals with substance abuse problems, not only as a rehabilitation environment, but also as a medium for behavioral formation, the development of social and vocational skills, self-control, and active participation in daily activities through the social relationships established within the community.

The implementation of structured and scheduled activities constitutes an important component in the process of behavioral formation. These activities function not only as a form of habituation, but also as part of psychosocial therapy within the rehabilitation process through the application of clear activity schedules, the enforcement of rules, and the development of responsibility in various community activities. In addition, Sentra Galih Pakuan has implemented the four structures in the rehabilitation process, including behavior modification, emotional and psychological development, intellectual and spiritual development, as well as vocational and survival development. The implementation of these structures is reflected in various community-based activities that support the behavioral formation process among beneficiaries. Therefore, the successful implementation of therapeutic community (TC) can be seen through the positive changes experienced by individuals with substance abuse problems.

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