

Yoga Activity for Drug Abuse patients

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Abstract

Thanyarak Mae Hong Son Hospital is a hospital providing treatment and rehabilitation services for drug and substance abuse patients. By providing treatment and rehabilitation for drug addicts in the form of forced therapy, which lasts approximately 120 days. Therefore, having a variety of activities and appropriate will help develop the body and mind of the patients to be strong, able to return to live in society and overcome the obstacles that will make it back to addiction repeatedly. Yoga activities are the combination of exercise and meditation. This development activity is intended as an alternative activity for drug abuse patients at Ban Saeng Tawan to exercise along with meditation. The goal is to allow members of the Ban Saeng Tawan to participate in yoga activities for exercise and meditation. The activity evaluation found that the members were satisfied with the activities at the highest level 63.81%. In addition, the focus group found that the impressive members recognize the benefits and have the idea of going back and doing it at home. Yoga activity can be the main activity or alternative activity for the treatment and rehabilitation of drug and substance abuse users. There is no most suitable activity for all members. The therapists should talk and listening to the voice of patients in developing the process of care.

Keywords: yoga, exercise, meditation

Biography:

Siripon Yawirach, has completed her B.Sc at the age of 23 years from Naresuan University and M.Sc (counseling psychology) from Chiangmai university. She is a Professional Nurse. She has published a paper: Effectiveness of CBT on attitude in amphetamine users.

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