DRUGS ABUSE BEHAVIOR PREVENTION MODEL THROUGH FAMILY APPROACH IN ADOLESCENTS IN KENDARI CITY

Wa Ode Nova Noviyanti Rachman a, Muhammad Syafar a, Sudirman Nasir a, Ridwan Amiruddin b, Cecel Indriani c, Wa Ode Rahmadhania b, Ahmad Yani c, Nurdin Nurdin b

aFaculty of Public Health, Hasanuddin University, Makassar, Indonesia
bFaculty of Health Sciences, Mandala Waluya University, Southeast Indonesia
cFaculty of Public Health, Universitas Muhammadiyah Palu, Indonesia

Corresponding Author:
Wa Ode Nova Noviyanti Rachman,
Email: waodenova.rachman@gmail.com
Phone: +6281392475733

ABSTRACT

Narcotics, Psychotropics, and Other Addictive Substances (also called drugs) affect the structure or function of several body parts of people who consume them, including adolescents. Drug use in adolescents continues to increase by 24-28%. This study aimed to analyse the effect of the drug abuse behaviour prevention model by using a module with a juvenile family approach in Kendari City. This study was a sequential exploratory mixed method. There were five people for in-depth interviews and ten people for FGD. The sample size was 132, comprising 66 respondents for the intervention group and 66 respondents for the control group. The researcher used content analysis to analyse the qualitative data, while quantitative data used a pretest-posttest group control design with a non-parametric test. The results of this study showed that 1) the informants were lack of knowledge about drugs, 2) drugs could ruin a teenager’s future, 3) National Narcotics Agency has carried out drug socialisation, 4) the informants were worried and afraid of drug trafficking, 5) the informants did not dare to report drugs abuse, 6) the informants prohibited teenagers to not hanging out with strangers, 7) the community, eight very much needed the role of the village head staying away from drugs, and 9) adolescents very much needed the role of parents at home. They gave modules for the intervention group before and after intervention showed that the level of knowledge and attitude of parents increased with a p-value of 0.000. Therefore, this study concluded that there was an effect of the intervention model for preventing drug abuse behaviour by using a family approach module, there was an effect of drugs abuse behaviour prevention model using a module on family knowledge, and there was an effect of drugs abuse behaviour prevention model using a module on family attitudes.

Keywords: Drugs Abuse Prevention, Family Approach, Adolescents, Module

DOI Number: 10.14704/nq.2022.20.10.NQ55642

NeuroQuantology 2022; 20(10): 6497-6507
INTRODUCTION
Narcotics, Psychotropics, and Other Addictive Substances (also called drugs) affect the structure or function of several body parts of a person who consumes them. In general, drugs are chemical substances that can affect a person's thoughts, moods, feelings, and behaviour and are inserted into the body either orally (or drunk), smoked and inhaled, or injected (Eleanora, 2011).

Drug abuse is a complex problem regarding causes and effects (Sun et al., 2014). The reason is the complexity of various factors, including the perpetrators' physical and psychological factors and micro and macro environmental factors. In addition, drug abuse has a detrimental impact on multiple aspects of people's lives (S. Schwab, 2015).

The data from seven epidemiological field surveys using instruments and compatible study designs compiled for cross-site analysis by the International Consortium of Psychiatric Epidemiology (ICPE) found that in all aspects, such as lifetime use of alcohol, cannabis, and other illegal drugs, cannabis use was five times greater than others, i.e., 28.8%. In the United States, other drugs ranged between (19.4%) and Mexico City (1.7%) (Hornik et al., 2008). Meanwhile, based on data from the World Health Organization-Composite International Diagnostic Interview (WHO-CIDI), the lifetime use of alcohol, cannabis, and other illegal drugs consisted in the Netherlands (86.3%), United States (71.7%), Ontario, Canada (71.6%), Sant Paulo, Brazil (66.1%), Munich, Germany (64.9%), Fresno, California (USA) (51.9%), and Mexico City (43.2%). Five times greater cannabis use ranged from 28.8% in the United States to 1.7% in Mexico City, and other drugs went between the United States (19.4%) and Mexico City (1.7%) (UNODC - United Nations Office on Drugs and Crime, 2018).

Drug abuse among adolescents has increased by 24-28%. The National Narcotics Agency, focusing on the Prevention and Eradication of Drugs Abuse and Illicit Trafficking (P4GN), recorded the number of drug abusers in 2017 with 3,376,115 people in the age range of 10-59 years. Meanwhile, the number of drug abuse among students in 2018 (from 13 provincial capitals in Indonesia) reached 2.29 million (National Narcotics Agency of the Republic of Indonesia, 2019).

Based on data from the National Narcotics Agency of the Republic of Indonesia in 2019, Southeast Sulawesi Province is the first province out of 34 areas to trial users among students and college students. Based on the mapping of the National Narcotics Agency of Southeast Sulawesi Province, Kendari City and Muna Regency are included in the red zone category for drugs trafficking (Secondary Data from the Provincial National Narcotics Agency of Southeast Sulawesi, 2019). In the last three years, Kendari City has experienced increased drug abuse with methamphetamine, gorilla/synthetic tobacco, fox glue, marijuana, tramadol, and PCC. Meanwhile, the number of drug abuse cases in Kendari City increased by 0.5% in 2016, 65% in 2017, and 80% in 2018. Of the 149 cases of drug abuse, 80% are dominated by students and college students; most drug abuse is caused by wrong associations, the environment, and family dysfunction factors (National Narcotics Agency of Kendari City 2018).

Kampung Salo Village is one of the areas located in Kendari City. The total population is 2,216 people, with 605 heads of families (Data from Kampung Salo Village, 2020). Kampung Salo Village is one of the areas prone to drug trafficking. It meets the supporting characteristic indicators set by the Provincial National Narcotics Agency; there have been drug crime cases, criminal cases, dealers, and drug users in the last three years. There is also one drug's entry point location and courier (Secondary Data from Provincial National Narcotics Agency, 2019). Therefore, it is necessary to prevent drug abuse in adolescents so that it does not become a dangerous category.

The prevention of drug abuse in adolescents uses several behavioural theories. First, Skinner's theory formulated that behaviour is a person's response or reaction to external stimuli. Second, Lawrence Green's approach stated that three factors are used in investigating health status behaviour: predisposing, enabling, and reinforcing. Then, based on research conducted by Quynh Anh Nguyen et al. (2019), the Theory of Reasoned
Action (TRA) is a good model for predicting behavioural intentions so that strategic steps are needed, which are then known as health promotion strategies, using a health promotion model approach, namely Theory of Reasoned Action and Social Support. (Ajzen I 2013).

Referring to the definition of health promotion according to WHO, health promotion is a process to enable people to maintain and improve health so that they can maintain and improve their health (Jenkins, Slemon, and Haines-Saah, 2017). One media that can be used in health promotion is modules. It is adjusted to the ease of use of the module for parents, which is easy to carry, can be used anytime, and helps the independent learning process (Wijayati, 2006). Therefore, the researchers are interested in conducting a study entitled drugs abuse prevention model through family approach to adolescents in Kendari City.

**METHODOLOGY**

<table>
<thead>
<tr>
<th>Subject</th>
<th>P1 Treatment</th>
<th>P2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intervention group</td>
<td>O1</td>
<td>X O2</td>
</tr>
</tbody>
</table>

**Figure.** Pretest-posttest control group research design scheme

Description:
- O1: Measurement in the intervention group before being given the intervention
- O2: Measurement in the intervention group after being given the intervention
- O3: Measurement in the control group
- O4: Re-measurement in the control group
- P1: Pre-test
- P2: Post-test
- X: Intervention

The main instrument in this study was the researchers themselves, and this was because the researchers only owned the knowledge and ability to explore information or data related to research problems (Creswell, 2010). In practice, the researchers used interview guide instruments, filling out questionnaires, and tools that can be used to support the implementation of research, such as field notes, recorders, and mobile phones for shooting documentation (Sugiyono, 2019).

Moreover, the quantitative research instrument used a questionnaire.

This study’s population was all KampungSalo Village residents, amounting to 341 heads of families. The sample of this study was a subject who was a representative of the population, namely parents who had teenage children in the category of students domiciled in the KampungSalo Village area (132 respondents), intervention group (66 respondents), control group (66 respondents). Until the end of the study, no one respondent dropped out.

**RESULTS AND DISCUSSION**

The results of the study in Phase I using in-depth interviews and FGD methods show that 1) the informants lack knowledge about drugs, 2) drugs can ruin a teenager’s future, 3) National Narcotics Agency has carried out...
drug socialisation, 4) the informants are worried and afraid of drug trafficking, 5) the informants do not dare to report drug abuse, 6) the informants prohibit teenagers not to hang out with strangers, 7) the community, eight very much need the role of the village head) staying away from drugs, 9) adolescents very much need the role of parents at home.

Study results in Phase II state provision modules through the intervention group, before and after the intervention, show the level of knowledge and attitudes of parents increased with a p-value of 0.000.

Knowledge is very influential on adolescent growth and development. It also does not escape the level of parents’ understanding, so parents are expected to contribute more to the education and knowledge of adolescents, especially about drugs and other matters. Adolescents grow up in a family environment and the surrounding community, and they will learn the things that get inside and outside the home. Suppose they do not know what they get from their families and the surrounding environment. In that case, teenagers’ knowledge level will be shallow, so the impact of drug abuse will be even more significant if they are not equipped with prior knowledge and understanding.

The study above is in line with a survey by Kabir, Goh, Kamah & Khan (2013) and Turner Yang, Luo (2017). They stated that the level of knowledge dramatically affects the risk of drug abuse and education and adolescent age, which involves a person’s level of knowledge and understanding. The higher the level of knowledge of adolescents about drugs, the smaller the risk of drug abuse. On the contrary, the lower the level of knowledge of adolescents and parents about drugs, the greater the risk of drug abuse.

It is supported by a study from Nurmaya (2020), who stated that some students who are entangled in drug abuse show poor attitudes at school. Examples include undisciplined behaviour, frequent truancy, travel late at night, staying up late and being easily irritated. They experience difficulty concentrating, lie, achievement decreases, are lazy to study, do not do schoolwork, are often sleepy, lazy to learn, and often ask parents for money without a definite need. Its use is not explicit, like to be dazed or absent-minded. Such behaviour shows that drugs have a terrible impact on teenagers (Nurmaya, 2016; Nataraya et al. 2020).

Around 2 million people use drugs in Indonesia, and most users are 13-17 years old (Rachman et al., 2020). Indonesia is currently in a drug emergency status, so, in almost all regions, there is an increase in drug abuse and other illegal drugs. Thus, National Narcotics Agency, Provincial National Narcotics Agency, and Regency National Narcotics Agency in all regions carry out socialisation about drug abuse through the Prevention and Eradication of Drugs Abuse and Illicit Trafficking (P4GN) programs. The National Narcotics Agency, which was previously described in Law Number 35 of 2009, is based on Presidential Regulation Number 23 of 2010 concerning the National Narcotics Agency, which regulates the direction of movement of the National Narcotics Agency, especially the main tasks and the function of the National Narcotics Agency to carry out the national policy of Prevention and Eradication of Drugs Abuse and Illicit Trafficking (P4GN). To make it easier to implement national policies regarding P4GN, the National Narcotics Agency at the centre is assisted by Vertical Agencies, namely the Provincial National Narcotics Agency and City/Regency National Narcotics Agency (DjabaMisbahudin and Elis Rachman, 2019; Provincial National Narcotics Agency of Southeast Sulawesi, 2021; Regency National Narcotics Agency, 2020).

AgusPratama et al. (2021) stated that socialisation is a learning process carried out by a person to acquire knowledge of skills, values, and norms to participate as community members in drug abuse. It is what National Narcotics Agency has done with the aim that the public and adolescents, in particular, can understand drugs, types of drugs, the impact of drugs abuse, review legal aspects and social stigma so as not to get entangled with drugs life (PratamaAgus et al., 2021; MisbahuddinDjaba and Elis Rachman, 2019).
AjiWiaratama (2021) also argued that drug smuggling could impact the legal realm, and people involved in drug abuse will receive a long criminal sentence following applicable laws. To avoid this, the abusers threaten residents not to report drug abuse incidents. The disconnection of public information as a reporter is also an obstacle in efforts to overcome drug abuse. Therefore, it is necessary to encourage the public to report incidents bravely to protect the younger generation from drug abuse (AjiWiaratama, 2021).

In line with a study by NyomanSuantara (2020), the danger of drug abuse among the younger generation is a social phenomenon in a society that impacts all aspects of life. The Drugs Ditres will be solved if it is carried out with efforts to tackle drug abuse among students by taking preventive and repressive steps. Therefore, the community needs information to overcome abuse to prevent adolescents from falling into drug abuse (NyomanSuantara, 2020).

In a community, there will be someone considered and appointed as a leader who can lead the congregation. The leaders will carry out their role in achieving common goals for the welfare of all community units. Nick Mader et al. (2016) stated that one of the intermediaries for intervention is policymakers in an area who have been given information and education beforehand to pass it on to the whole community. The government has prepared a program so that policymakers are always involved in preventing and overcoming drug abuse in collaboration with the National Narcotics Agency, Provincial National Narcotics Agency, Regency National Narcotics Agency, and cadres of each region.

Nick Meader et al. (2016) stated that adolescents who grow up in harmonious families would feel they are cared for in various ways. On the other hand, teenagers in less pleasant families will feel easily discouraged and frustrated because they are constantly faced with family problems. Communication between family members must be well established, and feedback is always given so the purpose of communication can be achieved. The information provided to the adolescents must also be clear and not long-winded so that it is easy for them to catch the news. The parents must also be good at knowing and reading the character/personality of adolescent so that there are no misunderstandings in providing education, especially about drug abuse that is rife in the surrounding environment (Nick Meader et al., 2016; NoviyantiRcham, 2021; Rosyidah, 2017).

It is in line with a study by Newcomb and Bentler in WidiaAnggi(2016) that a good or favourable relationship with parents significantly reduces adolescent drug use. Social support consisting of good parental relationships during teenage growth and development can reduce drug abuse. The higher the attachment of parents to their children, the lower the risk of drug abuse. On the other hand, the lower the affection between parents and their children, the higher the risk of drug abuse. This study is also by a survey conducted in Dade Country, Florida, on approximately 2,500 middle and high school students that a strong attachment between parents to their children will reduce the possibility of delinquency.(WidiaAnggi, 2016; IkaSetyawati, 2020; Novita Sari et al., 2020).

**CONCLUSION**

Based on the result of the study, it can be concluded that:

1. The intervention model has effectively prevented drug abuse using a family approach module.
2. Drug abuse behaviour prevention model is an effect of eL using a module on family knowledge.
3. The drug abuse behaviour prevention model is an effect of a module on family attitudes.

**ACKNOWLEDGEMENT**

All authors thank Hasanuddin University for supporting and motivating me to complete this research.

**REFERENCES**


Aguirre-molina, Marilyn. 2015. “Approaches For The Prevention Of Alcohol, Tobacco And Other Drug Use.” (February).


Moreira, F. G., Silveira, D. X. da, & Andreoli, S. B.


Samouei, Rahele et al. 2015. “Investigating the Factors Stimulating and Inhibiting Drug Abuse According to Educators, Officials, Teenagers and Young Adults in the City of Isfahan.” *(2).

Sanchez, Zila Van Der Meer et al. 2005. “Main Reasons For Non-Use Of Illicit Drugs by Young Population Exposed To Risk Situations.” *39(4).*


Wa Ode Nova Noviyanti Rachman et al / DRUGS ABUSE BEHAVIOR PREVENTION MODEL THROUGH FAMILY APPROACH IN ADOLESCENTS IN KENDARI CITY


Widayatun. 2018. “Komponen Sikap Yang Mempengaruhi Terjadinya Penyakit ISPA.”


