

## Drugs Abuse Behavior Prevention Model through Family Approach in Adolescents in Kendari City

Wa Ode Nova Noviyanti Rachman<sup>1</sup>, Muhammad Syafar<sup>1</sup>, Sudirman Nasir<sup>1</sup>,  
Ridwan Amiruddin<sup>1</sup>, Abdul Kadir Ahmad<sup>2</sup>, Muhamad Tahir Abdullah<sup>1</sup>,  
Anwar Mallongi<sup>1\*</sup>, Nurhaedar Jafar<sup>1</sup>, Cece Indriani<sup>3</sup>, Wa Ode Rahmadhanian<sup>3</sup>,  
Nurdin Nurdin<sup>3</sup> and Ahmad Yani<sup>3</sup>

<sup>1</sup>Faculty of Public Health, Hasanuddin University, Makassar, South Sulawesi.

<sup>2</sup>National Research and Innovation Agency, Indonesia.

<sup>3</sup>Faculty of health sciences, University Mandala Waluya, Southeast Sulawesi.

\*Corresponding Author E-mail: rawnaenvi@gmail.com

<https://dx.doi.org/10.13005/bpj/2487>

(Received: 15 February 2022; accepted: 19 September 2022)

Narcotics, Psychotropics, and Other Addictive Substances (also called drugs) are the substances that affect the structure or function of several body parts of people who consume them, including adolescents. The increase in drug use in adolescents continues to increase by 24-28%. This study aimed to analyze the effect of the drug abuse behavior prevention model by using a module with a juvenile family approach in Kendari City. This study was a sequential exploratory mixed method. There were 5 people for in-depth interviews, and 10 people for FGD. The sample size was 132 people, consisting of 66 respondents for the intervention group, and 66 respondents for the control group. In analyzing the qualitative data, the researcher used content analysis, 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 drugs socialization, 4) the informants were worried and afraid of drugs trafficking, 5) the informants did not dare to report drugs abuse, 6) the informants prohibited teenagers to not hanging out with strangers, 7) the role of the village head was very much needed by the community, 8) staying away from drugs, and 9) the role of parents at home was very much needed by adolescents. Giving the module to the intervention group before and after the intervention showed that the level of knowledge and attitudes 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 behavior by using a family approach module, there was an effect of drugs abuse behavior prevention model using a module on family knowledge, and there was an effect of drugs abuse behavior prevention model using a module on family attitudes.

**Keywords:** Adolescents; Drugs Abuse Prevention; Family Approach; Module.

---

Narcotics, Psychotropics, and Other Addictive Substances (also called drugs) are the substances that 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

behavior if inserted into the body either orally (or drunk), smoked and inhaled, or injected<sup>1</sup>.

Drug abuse is a complex problem, both in terms of causes and effects<sup>2</sup>. The cause is the complexity of various factors, including physical and psychological factors of the perpetrators, and

environmental factors, both micro and macro<sup>3</sup>. In addition, drug abuse has a detrimental impact on various aspects of people's lives<sup>4</sup>.

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%<sup>2</sup>. In the United States, other drugs ranged between (19.4%) and Mexico City (1.7%)<sup>5</sup>. 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%)<sup>2</sup>. Five times greater cannabis use ranged from 28.8%, in the United States to 1.7% in Mexico City, and other drugs ranged between the United States (19.4%) and Mexico City (1.7%)<sup>6</sup>.

Drug abuse among adolescents has increased by 24-28%. The National Narcotics Agency as the focus in the field of Prevention and Eradication of Drugs Abuse and Illicit Trafficking (P4GN) recorded the number of drug abuse 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<sup>7</sup>.

Based on data from the National Narcotics Agency of the Republic of Indonesia in 2019, Southeast Sulawesi Province is the first ranked province out of 34 provinces as 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<sup>8</sup>.

In the last three years, Kendari City has experienced an increase in the use of drug abuse with types of methamphetamines, gorilla/synthetic tobacco, fox glue, marijuana, tramadol, and PCC. Meanwhile, the number of drug abuse cases in Kendari City has 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 of the drug abuse is caused by wrong associations, the environment, and also because of family dysfunction factors.

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. This meets the supporting characteristic indicators that have been set by the Provincial National Narcotics Agency, namely, in the last three years, there have been drug crime cases, criminal cases, dealers, and drug users. There is also one drug's entry point location and courier<sup>8</sup>. 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 behavioral theories. First, Skinner's theory formulated that behavior is a person's response or reaction to external stimuli. Second, Lawrence Green's theory stated that there are three factors used in investigating health status behavior, namely predisposing factors, enabling factors, and reinforcing factors<sup>7</sup>. Then, based on research conducted by Quynh Anh Nguyen et al. (2019), Theory of Reasoned Action (TRA) is a good model for predicting behavioral 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<sup>10</sup>.

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 are able to maintain and improve their own health<sup>11,12</sup>. One of the media that can be used in health promotion is the use of modules. This 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<sup>13</sup>. Therefore, the researchers are interested in conducting a study entitled drugs abuse behavior prevention model through family approach to adolescents in Kendari City.

## METHODOLOGY

In conducting this study, the researchers employed a mixed method. Mixed method was

a research approach that combined qualitative forms<sup>14</sup>. In this study, the researcher also used a mixed method sequential explanatory. This was a combination research method, where in the early stages of data collection using qualitative methods and at the next stage using quantitative<sup>15</sup>.

In analyzing the qualitative data, the researcher used content analysis, while quantitative data used a *pretest-posttest group control design* with a non-parametric test.

The pretest-posttest control group was tested using a non-parametric test. The research group was divided into two groups, namely, group 1 was the family that was given the intervention, while group 2 was the family as the control group<sup>16</sup>.

The main instrument in this study was the researchers themselves. This was because the knowledge and ability to explore information or data related to research problems were only owned by the researchers<sup>14</sup>. 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<sup>17</sup>. Moreover, the quantitative research instrument used a questionnaire.

The population of this study was all residents in Kampung Salo Village, 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 Kampung Salo Village area (132 respondents), intervention group (66 respondents), control group (66 respondents) and 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 are lack of knowledge about drugs, 2) drugs can ruin a teenager’s future, 3) National Narcotics Agency has carried out drugs socialization, 4) the informants are worried and afraid of drugs trafficking, 5) the informants do not dare to report drugs abuse, 6) the informants prohibit teenagers to not hanging out with strangers, 7) the role of the village head is very much needed

by the community, 8) staying away from drugs, 9) the role of parents at home is very much needed by adolescents. Meanwhile, the results of the study in Phase II state that the provision of modules through the intervention group before and after the intervention shows that 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. This also does not escape the level of knowledge of parents 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. They will learn the things that get inside and outside the home. If they do not have the knowledge, they get from their families and the surrounding environment, the level of knowledge of teenagers will be very low so the impact on drug abuse will be even greater if they are not equipped with prior knowledge and understanding.

The study above is in line with a study conducted by Kabir, Goh, Kamah & Khan (2013) and Turner Yang, Luo<sup>18</sup> who stated that the level of knowledge greatly affects the risk of drugs abuse and education and adolescent age, which affects 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<sup>19</sup>.

**Table 1.** Pretest-posttest control group research design scheme.

| Subject            | P1 | Treatment | P2 |
|--------------------|----|-----------|----|
| Intervention group | O1 | X         | O2 |
| Control group      | O3 |           | O4 |
| 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

This is supported by a study from Nurmaya 2020<sup>20</sup> who stated that some students who are entangled in drugs abuse show poor attitudes at school, for example, undisciplined behavior, frequent truancy, often travel late at night, staying up late, easily irritated and has difficulty concentrating, lie, achievement decreases, lazy to study, not doing schoolwork, often sleepy, lazy to study, and often ask parents for a lot of money without a definite need and its use is not clear, likes to be dazed or absent-minded. Such behavior shows that drugs do have a bad impact on a teenager<sup>17</sup>.

Around 2 million people use drugs in Indonesia and most of the users are 13-17 years old<sup>16</sup>. 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 socialization 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). In order to make it easier to implement national policies regarding P4GN, the National Narcotics Agency at the center is assisted by Vertical Agencies, namely the Provincial National Narcotics Agency and City/Regency National Narcotics Agency<sup>18</sup>.

Agus Pratama *et al.* (2021) stated that socialization is a learning process carried out by a person in order to acquire knowledge of skills, values, and norms to participate as members of the community in drug abuse. This 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<sup>22, 25</sup>.

Aji Wiratama (2021) also argued that drug smuggling can have an impact on the legal

realm, and people involved in drug abuse will receive a long criminal sentence in accordance with applicable laws<sup>26</sup>. 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 factor in efforts to overcome drug abuse. Therefore, it is necessary to encourage the public to be brave to report incidents in order to protect the younger generation from falling into drug abuse<sup>27</sup>.

In line with a study by Nyoman Suantara (2020), the danger of drug abuse among the younger generation is a social phenomenon in a society that has an impact on all aspects of life. The Drugs Dittres will be solved if it is carried out with efforts to tackle drug abuse among students by taking preventive and repressive efforts. Therefore, information is needed from the community in overcoming abuse in order to prevent adolescents from falling into drug abuse<sup>28</sup>.

In a community, there will be someone considered and appointed as a leader who can lead the community. The leaders will carry out their role in leading to achieve common goals for the welfare of all community units<sup>24</sup>. 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 will feel cared for in various ways. On the other hand, if teenagers are in a less harmonious family, then they will feel easily discouraged and frustrated because they are always faced with family problems. The communication between family members must be well established and there is always feedback given so that the purpose of communication can be achieved<sup>25</sup>. The information given to the adolescents must also be clear and not long-winded so that it is easy for them to catch the information. The parents must also be good at knowing and reading the character/personality of

adolescents so that there are no misunderstandings in providing education, especially about drug abuse that is rife in the surrounding environment<sup>18,15,26</sup>.

This is in line with a study by Newcomb and Bentler in Widia Anggi (2016) that a good or positive relationship with parents is very important in reducing drug use by adolescents. Social support consisting of good relationships with parents during adolescent growth and development can reduce drug abuse. The higher the attachment of parents to their children, the lower the risk of drug abuse<sup>27</sup>. On the other hand, the lower the attachment between parents and their children, the higher the risk of drug abuse that will occur. This study is also in accordance with a study carried out in Dade County, Florida, which was conducted on approximately 2,500 middle and high school students, that a strong attachment between parents to their children will reduce the possibility of delinquency<sup>17</sup>.

### CONCLUSION

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

1. There is an effect of the intervention model for preventing drug abuse behavior by using a family approach module.
2. There is an effect of drugs abuse behavior prevention model using a module on family knowledge.
3. There is an effect of drugs abuse behavior prevention model using a module on family attitudes.

### ACKNOWLEDGEMENT

All authors would like to thank Hasanuddin University for its support and motivation to complete this research.

### REFERENCES

1. Nasir S, Rosenthal D. The social context of initiation into injecting drugs in the slums of Makassar, Indonesia. *Int J Drug Policy.*; **20**(3):237–43 (2009).
2. Vega WA, Aguilar-Gaxiola S, Andrade L, Bijl R, Borges G, Caraveo-Anduaga JJ, et al. Prevalence and age of onset for drug use in seven international sites: Results from the international consortium of psychiatric epidemiology. *Drug Alcohol Depend.*; **68**(3):285–97 (2002).
3. DuPont R, Shea C, Han B, Madras B. Drug Use Among Youth: National Survey Data Support A Common Liability Of All Drug Use. *Prev Med (Baltim).*;113 (2018).
4. UNODC. World Drug Report 2020 [Internet]. 2020. Available from: <https://www.unodc.org/unodc/press/releases/2020/June>
5. Kepala Badan Narkotika Nasional. Press Release Akhir Tahun 2019. *BNN.*; 1–33 (2019).
6. BNNP SULTRA 2019. LSD, Kertas Si Pembuat Halusinasi 10 Jan. 2015 Jan.
7. World Health Organization. Promote Health. (2014).
8. Ajzen I FM. Theory of Reason Action – TRA. *J Pers Soc Psychol.*; **62**(1):98–109 (2013).
9. Boys A, Farrell M, Bebbington P, Brugha T, Coid J, Jenkins R, et al. Drug Use And Initiation In Prison: Results From A National Prison Survey In England and Wales. *Addiction.* **97**(12):1551–60 (2002).
10. Jenkins EK, Slemon A, Haines-Saah RJ. Developing harm reduction in the context of youth substance use: insights from a multi-site qualitative analysis of young people’s harm minimization strategies. *Harm Reduct J.*; **14**(1):53 (2017).
11. Wijayati R. Dampak Penggunaan Modul Terhadap Peningkatan Pengetahuan dan Keterampilan Keluarga dalam Menstimulasi Tumbuh Kembang bayi. *Keperawatan.*; **1**(2):83–90 (2006).
12. Creswell JW. Research Design Pendekatan Kuantitatif, Kualitatif Dan Mixed. Ke 3. Yogyakarta: Pustaka Pelajar; (2010).
13. Agustinus Bandur P. Penelitian Kualitatif, Studi Multi-Disiplin Keilmuan Dengan NVivo 12 Plus. Pertama. Jakarta: Mitra Wacana Media; 2019. 29 p.
14. Herawati E, Himam F. Penerapan Developmental Peer Appraisal untuk Meningkatkan Kohesivitas Tugas. *Gadjah Mada J Prof Psychol.*; **1**(3):193–202 (2015).
15. Sugiyono. Metode Penelitian Kuantitatif Kualitatif R&D. 2nd ed. Prof.Dr.Sugiyono, editor. Bandung: Alfabeta; 2019. 464 p.
16. NIDA. Preventing Drug Use Among Children and Adolescents. *ããÖæÑÇÊ ÌÇäÚÉ ÌäÓÐ* [Internet]. 2021;1999(December):1–6. Available from: <https://teens.drugabuse.gov/teachers/stats-trends-teen-drug-use>
17. Sale E, Sambrano S, Springer JF, Turner CW. Risk, Protection, and Substance Use in Adolescents: A Multi-Site Model. *J Drug Educ.*; **33**(1):91–105 (2005).
18. Rachman WONN, Syafar M, Amiruddin R,

- Rahmadania WO, Gerung J. The family roles to prevention of drug abuse in adolescents. *Malaysian J Med Heal Sci.*; **16**:137–41 (2020).
19. Curtis RG. Defining adolescence. *Contemp Psychol.*; **42**(2):119–119 (2015).
20. BNN. Rencana Strategis Badan Narkotika Nasional Tahun 2020-2024. (2020);
21. Yuliasiti P, Sari H. Pengawasan Orangtua terhadap Risiko NAPZA pada Remaja. *J Ilm Mhs Fak Keperawatan* [Internet]; **2**(3):1–6 (2017). Available from: <http://jim.unsyiah.ac.id/FKep/article/view/3879/307>
22. Mohamad M, Mohammad M, Salleh F, Abd Ghani M, Ramli R, Afthanorhan A. The antecedent and consequence of youth drug abusers' life satisfaction: Delinquency behavior as the mediator. *J Rev Glob Econ.*; **8**:783–96 (2019).
23. Ariyanti V. The victims of drugs abuse and their legal status in the Indonesian narcotics law. *Int J Business, Econ Law.*; **13**(4):119–23 (2017).
24. Chhoa KH, Zakaria H, Abd Rahman FN. Problematic alcohol use and depression in secondary school students in Miri, Malaysia. *Pediatr Int.*; **61**(3):284–92 (2019).
25. Santyasa IW. Metode Penelitian Pengembangan dan Teori Pengembangan Modul. Disajikan dalam Semin Pelatih Bagi Para Guru TK, SD, SMA, dan SMK.; 50–60 (2009).
26. Spooner C. Causes and Correlates Of Adolescent Drug Abuse and Implications For Treatment. *Drug Alcohol Rev.*; **18**(4):453–75 (1999).
27. Tukayo I, Syafar M, Bahar B, Nurdin A. Social Immunity For Not Using Drugs Among Adolescent (A Case Study of the Frontier Skouw Tribe Papua, Indonesia and Papua New Gunea). *Int J Sci Basic Appl Res.*; **29** (2016).
28. Bunsaman, S., M., Krisnani H. Penyalahgunaan Narkoba Pada Remaja. *Progr Stud Kesejaht Sos Fak Ilmu Sos dan Ilmu Polit Univ Padjajaran* [Internet]. 2020;7:221–8. Available from: <http://jurnal.unpad.ac.id/prosiding/article/download/28132/pdf>
29. Rosyidah R. Pengaruh Media Sosial Terhadap Penyimpangan Perilaku Pada Siswa. *Millah.* 2017;XIV(2):47–66.
30. Velleman RDB, Templeton LJ, Copello AG. The role of the family in preventing and intervening with substance use and misuse: A comprehensive review of family interventions, with a focus on young people. *Drug Alcohol Rev.*; **24**(2):93–109 (2005).
31. Novitasari, N., & Rochaeti N. Penegakan Hukum Terhadap Tindak Pidana Penyalahgunaan Narkotika Yang Dilakukan Oleh Anak. *Indones J Crim Law*; **2**(2):93–104 (2021).