

Counseling Deficiency of Mental Health Care among Adolescent in The Youth Care Health Services Program

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ABSTRACT:

Introduction: Drug abuse in Indonesia has entered a worrying stage where drugs are not only abused by adults but also used by teenagers/students. This study aims to identify factors that influence the tendency of drug use in adolescents in Senior High Schools in Banda Aceh City. Methods: This study uses a quantitative approach with 202 respondents in Senior High Schools in Banda Aceh City, using an instrument that has been tested for validity and reliability. The results of the study showed that the tendency of drug use in adolescents using the Opioid Risk Tool was in the low category, namely 200 adolescents (99%). Results: The results of the identification of factors influencing the tendency of drug use in adolescents obtained parental and family factors 75.2%, individual life situation factors 68.3%, peer factors 60.4% and cultural beliefs and values 82.2%. The results of the bivariate analysis showed that only peer factors influenced the tendency of drug use in adolescents in Senior High Schools in Banda Aceh City with a p-value of 0.045. Conclusion: the influence of peers on drug use in adolescents is closely related to cultural beliefs and values. Our recommendation is that mental health consultation services should be a core requirement in youth counseling services.

Keywords: Peers, Adolescents, Drug, Abuse

1. Introduction

Drugs are an abbreviation of narcotics and dangerous drugs/materials. In addition to drugs, another term introduced specifically by the Ministry of Health of the Republic of Indonesia is NAPZA which is an abbreviation of Narcotics, Psychotropics and Other Addictive Substances. (Puslitdantin 2019) defines drugs as substances or drugs obtained either naturally, synthetically, or semi-synthetically which cause effects of decreased consciousness, hallucinations, and

stimulation. The high rate of drug abuse is also contributed by the actions of drug syndicates. Most of the abuse is in the trial group, especially in the worker group. The reasons for using drugs because of heavy work, socio-economic ability, and pressure from the work environment are triggering factors for drug abuse in the worker group. (Surya et al. 2020).

Based on the report (UNODC 2019) there are 271 million people worldwide (5.5% of the world's population) with an age range of 15 to 64

years reported to have consumed drugs, based on the data it is known that 1 in 18 people have used drugs. The results of this report are higher than in 2009 which was estimated globally at 4.8%, meaning that there was an increase in drug users from 210 million to 271 million or an increase of 30%. In Indonesia, based on the report, the prevalence rate of drug use among students is 3.2% or equivalent to 2,297,492 people, of which 6.4% are high school students. Specifically in the province of Aceh, the prevalence rate in the last 1 year of drug users among junior high school students was 1.0%, high school students 3.3%, and college students 2.7%. Based on these data, it is known that high school students are very vulnerable to drug abuse. According to (Dewi, Ulfa, and Safirussalim 2022) "When viewed from the prevalence rate of narcotics in 34 provinces in Indonesia, Aceh is ranked 14th after the first province of DKI Jakarta. The number of drug abusers in Aceh in 2014 was 80,179 people. The prevalence of drug users in Aceh Province is ranked sixth in Indonesia. Aceh's prevalence rate in the last 1 year of drug users for junior high school students is 1.0%, high school students 3.3%, and college students 2.7%. Based on these data, it is known that high school students are very vulnerable to drug abuse, after DKI Jakarta and Yogyakarta. The number of drug cases in Aceh Province also increased from 943 cases in 2014 to 1,170 drug cases in 2015. The number of drug addicts in Aceh who need to be rehabilitated reaches around 6,000 to 7,000 people. The government through the National Narcotics Agency (BNN) and the Provincial Narcotics Agency (BNP) as the focal point for combating narcotics in Indonesia has made various efforts to overcome the problem of drug abuse and illicit trafficking, through prevention efforts, community empowerment, rehabilitation and eradication of drug abuse (Anon, 2022). There are many reasons why teenagers use drugs, including peer influence, drug availability, family environment (Nur Hasan et al. 2021). Genetic susceptibility. Individual factors, and also cultural factors. In addition, there are also social and cultural factors in the local community that increase the tendency of teenagers to use drugs (Alamsyah. T et al 2019). Various studies on

cultural interventions and their influence on preventing drug use among teenagers have been widely conducted (Nur Hasan et al. 2021). with his research found seventeen types of cultural interventions in handling drug abuse, Regarding cultural interventions, it states that a culture-based approach to development can prevent drugs for indigenous youth populations. Based on the results of the study, it has been shown that school-based drug prevention programs as a type of culturally sensitive health promotion program (Fidrayani Fidrayani 2018). This study will be conducted on prevention of drug abuse based on Acehese culture among high school teenagers in Banda Aceh City. Therefore, researchers want to explore in depth and conduct cultural interventions through extracurricular activities in schools as one strategy in preventing drug use among high school teenagers in Banda Aceh City.

2. Methodology

Design

His study is a quantitative study that aims to identify drug use tendencies and factors that influence drug use tendencies in Senior High School Adolescents in Banda Aceh City

Participants

This study was conducted in five high schools in Banda Aceh City, namely SMA 3 as a place to test the questionnaire. Data collection was carried out at SMA 12, SMA 16, SMA Granada and SMAIT Al Fityan

Setting

Data collection activities were carried out from August to October 2023. The population in this study were all students from 29 high schools (17 public high schools and 12 private high schools) in Banda Aceh City

Study population

Sample size

Based on the population, it was determined using the cluster random sampling technique of four high schools that were the research locations, namely one Islamic-based private high school, one general private high school and 2 public high schools. Furthermore, the determination of the

number of samples was based on power analysis with medium effect size and power (0.08), a confidence level of 95% and an alpha of 0.05. Therefore, the sample size of this study was 50 respondents per group, with a total sample of 200 students and an additional 10% to prevent Drop out

Instrument

The instrument to measure the tendency of drug use uses the Opioid Risk Tool issued by the National Institute on Drug Abuse in 2021. The instrument to measure the factors that influence the tendency of drug use in adolescents,

researchers developed themselves using existing references and conducted a questionnaire trial.

Statistical methods

Logistic regression test

3. Results

1. Respondent characteristics

Table 1 below shows that the average age of teenagers is 17 years, namely 81 people with a percentage of 40.1%. The largest gender is female, namely 112 people (55.4%), and only 3 respondents, namely 98.5%, are only children.

Table 1. Respondent Characteristics

No	Variables	Sub Variables	frequency	(%)
1	Age	15 years	36	17.8
		16 years	79	39.1
		17 years	81	40.1
		18 years	6	3
2	Class	X	64	31.7
		XI	67	33.2
		XII	71	35.1
3	Gender	Man	90	44.6
		Woman	112	55.4
4	Siblings	No siblings	3	1.5
		There is a brother	199	98,5
TOTAL			202	100

Source: Primary Data processed 2023

2. Smoking History

Table 2 below shows the history of smoking in the family. The results obtained where the majority of respondents were non-smokers, namely 179 people (88.6%). While parents (in this case fathers) are smokers on average, namely 120 people (59.4%) and other families living in the same house with respondents are in the non-smoking category, namely 148 people (73.3%).

Table 2. Smoking History

No	Characteristics	Variables	Frequency	%
1	Respondents	Smoking	23	11.4
		Do not smoke	179	88.6
2	Respondent Parents	Smoking	120	59.4
		Do not smoke	82	40.6

3	Other Family in the House	Smoking	54	26.7
		Do not smoke	148	73.3
Total			202	100

Source: Primary Data processed 2023

3. Drug Use Tendency in Adolescents

Table 3. Based on the table above, the results obtained from screening the tendency of drug use in adolescents are in the low category, namely 200 adolescents with a percentage of 99%.

Table 3. Distribution of Drug Use Tendencies in Adolescents (n=202)

No	Drug Use Tendency	frequency	Percentage
1	Low	200	99
2	Currently	2	1
Total		202	100

Source: Primary Data processed 2023

4. Factors that influence the Tendency to Use Drugs

Table 4, it is known that all the highest values are in the existing category, namely parent and family factors 75.2%, individual life factors 68.3%, peer factors 60.4% and cultural values and beliefs factors 82.2%.

Table 4. Distribution of factors influencing the tendency to use drugs (n=202)

No	Variables	Sub Variables	frequency	Percentage
1	Parental and Family Factors	Yes	152	75.2
		No	50	24.8
2	Individual Life Factors	Yes	138	68.3
		No	64	31.7
3	Peer Factors	Yes	122	60.4
		No	80	39.6
4	Cultural Values and Beliefs Factors	Yes	166	82.2
		No	36	17.8
Total			202	100

Source: Primary Data processed 2023

Of the four variables above, not all factors have a relationship with the tendency of drug use in adolescents. The results of multivariate analysis using logistic regression are shown in table 5 below.

Variables	Mean	95% Confidence Interval for Mean		P-Value
		Lower	Upper	
Parental and Family Factors	1.74	1.53	1.94	0.22
Individual Life Factors	2.78	2.54	3.01	0,817
Peer Factors	1.22	1.09	1.36	0,046
Belief and values factors	0.71	0.55	0.86	0.792

Source: Primary Data processed 2023

From Table 5 it can be seen that the tendency of drug use is significantly related with a p-value of 0.000. From the logistic regression test it was found that there was no relationship between parent and family factors (P-value = 0.220), no relationship between individual life factors (P-value = 0.817), there was a relationship between peer factors (P-value = 0.046) and there was no relationship between cultural beliefs and values (P-value = 0.792).

CONCLUSIONS AND SUGGESTIONS

Teenagers are the successors of the nation who have an important role in the future, adolescence is a transition period to adulthood, during adolescence a person will be very easily involved in free association such as alcohol use, to being involved in drug use. The tendency of drug use in adolescents is influenced by several factors, in this study several factors have been studied that influence the tendency of adolescents in drug abuse. The results of the study showed that the description of the tendency of drug use in adolescents using ORT (Opioid Risk Tool) screening was in the low category, namely 200 adolescents with a percentage of 99%. From the results of the analysis of factors influencing the tendency of drug use in adolescents, it was found that parents and family factors were 75.2%, individual life factors were 68.3%, peer factors were 60.4% and cultural values and beliefs were 82.2%. Meanwhile, the results of the analysis of factors influencing the tendency of drug use in adolescents showed that there was a relationship, namely peer factors with a p value of 0.045. Based on developmental tasks in adolescence according to Schubert (2016), the characteristics of adolescent development are starting to find identity outside of a family. At the same time, conformity with peers is also very important. Adolescents spend more time with peers and less with family (Rahmatunnisa 2019). The influence of peers further influences daily life so that if a child receives bad influence from peers, it will be the cause of social deviation in society (Raharjo, Kumboyono, and Hayati 2022). Based on the results of previous research conducted by (Alamsyah et al. 2021) it shows that someone who has friends who use drugs is 2.3 times more

at risk of using drugs compared to teenagers who do not have friends who use drugs. This peer factor is very difficult to avoid, because among teenagers, feelings of loyalty to friends are very strong among teenagers, if they do not get positive channels, this positive trait can turn negative, such as drug abuse and other types of crime. Previous research has reported that one of the factors related to drug abuse in peer factors is in two ways, namely the socialization process and peer selection. Peer influence is the result of socialization which means that peers can influence a person's behavior. The socialization process explains the growth of prosocial and antisocial behavior and the amount of involvement of drug users has an effect on increasing a person's drug use (Andrews et al., 2002; Trucco, 2020). Furthermore, Tucker et al., (2015) reported that drug use is consistently influenced by peers, the more friends who use drugs are associated with increased initiation of drug use in school adolescents. Based on the results of the study, it is known that students who use drugs during school will experience a decrease in social function in society, and are more involved in tension and fights compared to students who do not use drugs during school (Saljan and Hardy 2022). The results of the study showed that in addition to peer factors, other factors such as parental and family factors 75.2%, individual life factors 68.3% and cultural values and beliefs 82.2% also have an influence on the tendency to use drugs in adolescents in high schools in Banda Aceh City. According to the BNN, there are five factors that underlie adolescents' use of drugs, namely family history, choosing the wrong friends and social environment, being in a difficult situation, deep trauma and inability to adapt to the environment.

The results obtained from this study are in line with research conducted by (Rahmadona and Agustin 2014) which reported that there is a significant relationship between the role of parents/family on the tendency to use drugs with a risk of 4.2 times greater if the family does not play a role in drug prevention or there are members in the family who are drug users. Whitesell et al., (2013) reported that family risk

factors include childhood abuse (including abuse and neglect), substance abuse by parents or family, parental marital status, parental education level, parent-child relationship, family socioeconomic status, and children's perceptions that parents approve of their drug use. Childhood abuse, including physical abuse and neglect, has been associated with an increased risk of drug use in adolescents, with one study reporting 16% of abused children abused drugs (Singh, Thornton, and Tonmyr 2011). Although many risk factors for substance abuse and dependence in adolescents are external, there are several individual factors that can contribute to the risk of developing a substance abuse disorder. According to Whitesell et al (2013). There are two individual risk factors that can influence the tendency to use drugs, namely attention deficit hyperactivity disorder (ADHD) and depression. Several studies have shown that ADHD in childhood causes an increased risk of developing disorders of substance use in adolescence or adulthood. Specifically, children with ADHD are more likely to use drugs, with the odds increasing from 1.47 to 3 times, where the former is based on the development of a substance use disorder and the latter on the use of illicit drugs other than marijuana. Furthermore, the meta-analysis concluded that ADHD in particular can cause an increased risk of alcohol or nicotine abuse (Charach et al., 2011). Likewise with depression, the term depression encompasses feelings of sadness, pain, gloom, or anger. Clinical depression specifically refers to a situation in which a person's feelings of depression interfere with their daily life. Depression has been shown to be genetically related and may also result from stressors such as parental divorce, parental

substance abuse, family member depression, or feelings of inadequacy. These stresses can lead to feelings of sadness, which some teens report as a motivator for them to start using drugs. This form of "self-medication" is common among teens who may not be identified as clinically depressed, but still suffer from some form of depression (Taylor 2011). Likewise, cultural values and beliefs influence the tendency for adolescent drug use. The influence of cultural values and beliefs is one factor that is related to ongoing drug abuse. Alfred Lindesmith in Chen (2014) assessed that cultural values and beliefs also influence the process of social education towards drug abuse. Lindesmith links the cause of opiate addiction to fearless syndrome. In a cultural context, what causes someone to become dependent on drugs is the formation of a tradition where each individual believes in consuming opiates continuously. If an individual does not make a connection between the symptoms of the syndrome and stopping drug use, addiction to consuming opiates continuously will not occur, so this arises when individuals connect fearless syndrome with stopping drug use (Ioan et al., 2015). In America, teenagers are more likely to enter rehabilitation institutions than to enroll in colleges and universities. Initial drug use among teenagers who experience internal problems such as broken homes, dropping out of school and loss of work productivity are common in American culture. Therefore, proactive action is needed so that teenagers are aware of the negative consequences associated with drug abuse which will also have an impact on the bleak future of the teenager (Zhen-Duan and Taylor 2014).

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