

THE INFLUENCE OF DETERMINANTS ABUSE OF ADDICTIVE SUBSTANCES (DRUGS) AND MENTAL HEALTH IN ADOLESCENT

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ABSTRACT

Drugs are a complex problem in Indonesia, this is proven by the significant increase in the number of drug abusers or addicts. One of the factors causing the increase in drug consumption among teenagers is their attitude of ignoring applicable values, norms and laws. This study aims to determine the factors that dominate the occurrence of drug abuse in adolescents. The design of this research is descriptive correlative with a cross sectional approach. Sampling of 30 teenagers from total sampling statical metode. Data analysis used the Spearman Rho statistical test and binary logistic regression. The results showed that there was a relationship between age (p value = 0.005; OR = 33,925), peer influence (p value = 0.039; OR: 14,390). The most dominant factor in the occurrence of drug abuse in adolescents is age. Recommendations that can be conveyed from the results of research on children entering the adolescent transition phase should receive special assistance in their growth and development by creating emotional relationships and a sense of empathy for adolescence.

Keywords: abuse; adolenscence; drugs; nursing health mental; narcotics

INTRODUCTION

Drug is a complex problem in Indonesia, marked by the increase of drug addict number and number of revealed cases. This badly impacts the community and country life in the future. Many other factors which cause the increase of drug consumption in teenager is their attitude which ignores the values, norms, and applicable law. Adolescents are individuals who enter a transition period from children to adults which is marked by physical, social and psychological maturity (Berman, Snyder, & Frandsen, 2018). Based on data WHO (2020), it was found that treatment for adolescents is generally carried out from the age of 8 to 19 years, The problem of drug use among teenagers in Indonesia was recorded that in 2022, drug users in productive age reached 3.3 million people or 1.8 percent of the total population (BNN, 2022). Evidenced by the increasing number of drug abusers or addicts significantly, along with increasing disclosure of crime cases that increasingly diverse drug patterns and the more massive network syndicate. In general, Indonesian society, even the world community, is currently faced with a very worrying situation due to the rampant use of various types of drugs illegally. This concern is increasingly sharpened due to rampant illicit drug trafficking that has spread across all levels of society, including among the younger generation. This will greatly affect the life of the nation and state in the future. Behavior of some teenagers who have obviously far ignore the values of rules and norms and laws that apply in the midst of community life is one cause of the rampant use of drugs among the younger generation. In everyday life in the middle of society there are still many teenagers who still do drug abuse.

Factors mental health and the consume drugs involvement in teenagers, include for parents care, pocket money, gender, knowledge of teenagers about the dangers of drugs, attitudes of teenagers, reach of drugs, home environment, peers, school support. According to (Willis, 2017). Many have a factors that cause individuals to become drug addicts, personal factors such as interest, curiosity, and emotional instability. While external factors such as family psycho-social disorders, weak

laws, weak school systems in terms of counseling guidance, as well as weak religious education. The impacts caused by drugs, especially on teenagers, include cognitive decline, euphoria, excessive anxiety, aggression, decreased social function. Research results from Jumaidah & Rindu (2018) showed found that teenagers who abuse drugs are generally street teenagers, whose prolonged use of drugs causes cognitive problems. Found factors related to drug prevention behavior in adolescents such as knowledge ($p= 0.018$), attitudes ($p=0.047$ and environmental factors ($p=0.15$) showed from the research results (Sarina, Thaha, & Natsi, 2020).

The factors that enable drug protection among students include knowledge of other students in the sufficient category (58.7%). The majority of respondents' attitudes were positive (93.3%). School environmental conditions make a big contribution to helping students not abuse drugs (75.3%). Respondents (52.8%) perceived that drugs tend not to be easy to obtain. The majority of family conditions are not problematic (72.9%). And peers (63.3%) have no influence in contributing to drugs. Research results Pertiwi, Karnali, & Afdal (2019) showed that 71% of students had sufficient knowledge, 27% of students had good knowledge and 2% had insufficient knowledge. The results of research Zuhdi & Arief (2021), showed that the dominant trigger factor for drug cover is the ease of obtaining materials or tools for consuming and abusing drugs. From the data and problems above, researchers are interested in finding out Determinants of Abuse an Addictive Substances (Drugs) and Mental Health in Adolescents.

METHOD

The design of this quantitative research with descriptive correlative metode a cross sectional approach. Sampling of 30 teenagers from total sampling statikal metode. Data analysis used the Spearman Rho statistical test and binary logistic regression.

RESULTS AND DISCUSSION

Characteristics of Adolescents

The results of research on adolescents with drug abuse show an overview of research results regarding the characteristics of respondents which include age, education, access to drugs, family conditions and peer influence. In accordance with the research objectives, the data from this study Relationship between socio-demographics, knowledge and drug abuse. The results of the Spearman test showed that the correlation between variables and drug services for adolescents found that age had a significant relationship ($p= 0.001$) with a positive correlation and strong strength, gender had an insignificant relationship ($p= 0.782$) with a negative correlation and weak strength, education had a significant relationship ($p= 0.010$) with correlation (Tabel.1)

Table 1.
Characteristic Frequency Distribution

Characteristic of Adolescents	f	%
Age		
≤ 15 tahun	14	46.7
> 15 tahun	16	53.3
Study		
Homeschooling	13	43.3
Elementary School	11	36.7
Senior High School	6	20.0
Access to NAPZA		
low	21	70.0
High	9	30.0
Family Support		
Support	12	40.0
Problems	18	60.0
Friends Support	17	56.7
Support	13	43.3
Problems		
Knowledge		
Low	5	16.7
Medium	9	30.0
High	16	53.3
Abuse		
Active	17	56.7
Pasif	13	43.3

Relationship between socio-demographics, knowledge and drug abuse.

The results of the Spearman test showed that the correlation between variables and drug abuse in adolescents found that age had a significant relationship ($p= 0.001$) with a positive correlation and strong strength, gender had an insignificant relationship ($p= 0.782$) with a negative correlation and weak strength, education had a significant relationship ($p= 0.010$) with correlation negative and moderate strength, access to drugs has a non-significant relationship ($p= 0.939$) with a negative correlation and very strong strength, adolescent family conditions have a significant relationship ($p= 0.003$) with a positive correlation and strong strength, the influence of friends has a significant relationship ($p = 0.006$) with a positive correlation and moderate strength and adolescent knowledge about NAPZA has a significant relationship ($p = 0.013$) with a positive correlation and medium strength (table 2).

Tabel 2.

The relationship between socio-demographics, knowledge and drug abuse among teenagers

Variabel	r	p-value
Age	0.665	0.001
Gender	-0.053	0.782
School	-0.464	0.010
Access to NAPZA	-0.015	0.939
Family Support	0.522	0.003
Friends Support	0.493	0.006
Knowledge	0.447	0.013

Final results of Binary Logistic regression analysis.

The results of the Binary Logistic Regression Test found that in the final results age and peer influence were the factors that dominated the occurrence of drug abuse in adolescents. Age had a positive relationship (p value= 0.005, OR =33.925), while peer influence had a positive relationship (p value= 0.039, OR=14.390) (table 3).

Tabel 3.
 Analyze Binary regresi Logistik

Variabel	B	p	OR	95% CI
Age	3.52	0.00	33.92	2.930-

Based on the research results, it was found that age, education, family conditions, influence and knowledge of adolescents are strongly related to drug abuse in adolescents. The factor that dominates the occurrence of drug abuse in adolescents is age ($p < 0.05$) with a positive relationship and OR 33.925 which means that age those who are not dominant (≤ 15 years) have a risk of abusing drugs of 33.9 times. The results of research conducted by (Nurmaya, 2016) found that the factors for drug abuse in research subjects were family factors such as broken homes, personality factors, peer environmental factors (peers). Research (Melaniani & Sri Asmoro, 2016) found that factors related to drug abuse in adolescents were family harmony ($p=0.026$), busy parents ($p=0.032$), permissive type of parents ($p=0.015$), not supporting worship. in the family ($p=0.021$). Research results (Nur'artavia, 2017) found that 80.95% of students who abuse drugs are men, 54.5% are in their early years and 52% are currently pursuing high school education.

Knowledge is a response given by a person to a stimulus found by that individual, the response to a stimulus includes a person's perception, knowledge, or awareness and attitude towards a stimulus that is found and cannot be clearly observed (Rachmawati, 2019). Adolescence is an age that is still closely related to "high curiosity" in this phase, teenagers will look for their identity by trying all new things, teenagers will enjoy these things and continue to remain as their identity, teenage boys who abuse drugs will initially consuming cigarettes as a basic form of macho identity, but this of course will not satisfy him easily so that teenagers will try new things even though these things are known to cause problems. Teenagers' choice to try is also closely related to their peer environment where peers will strongly support the same activities such as consuming cigarettes, watching pornographic films and carrying out mutually supportive activities even though this has a negative impact on themselves and others.

Personality factors can be influence drug use teenager. Mental health problems such as depression, anxiety, and bipolar disorder can make teenagers more susceptible to it seeking pain relief through use drugs. Genetic dependence states that if someone in the family have a history of drug use, then teenagers are also more likely to experience it the same problem. Developmental problems such as social problems or internal problems the environment can influence how teenagers respond to pressure and can lead to drug use. Adolescent social environmental factors is the influence of peers. Teenager who are in the social environment who provides or supports drug use, more susceptible to try or use drugs. So also teenagers who experience pressure from friends to follow trends or to showing excitement, can be a factor that influence drug use. Family factors can include history spreading drugs in the family, conflict within the family, or lack thereof emotional support from parents. Teenager that grows in an environment with factors these, are more susceptible to seeking pleasure or to solve problems through drug use. Environmental factors are the environment in

which the teenager lives, incl school, community, and economic environment. Teenagers living in communities with high crime rate or at unstable economic environment, more vulnerable to stress and can lead to drug use.

CONCLUSION

Based on the research results, it can be seen that the factors are age (p value=0.005; OR= 33.925) and peer influence (p value=0.039; OR=14,390). Drug abuse in teenagers is caused by unresolved teenage tasks making teenagers unable to have a productive identity, the presence of peers who do not help teenagers in choosing their identity worsens the situation of teenagers so that teenage abuse becomes an alternative in their lives. This research recommends that families in particular activate teenagers' activities in extracurricular activities at school and at home, and that families provide a place for families to discuss their problems. Families should also accompany teenagers in their growth and development by creating emotional relationships and empathy with children.

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