

JOURNAL OF HEALTH COMMUNITY SERVICE



Increasing Drug Abuse Education Among Adolescents at the MTs and MA Levels

Devita Rahma Putri¹, Noviantika Ratna²

¹Department of Medical Laboratory Technology, Faculty of Health, Universitas Nahdlatul Ulama Surabaya, Surabaya, Indonesia

²Department of Nutrition, Faculty of Health, Universitas Nahdlatul Ulama Surabaya, Surabaya, Indonesia

ARTICLE INFORMATION

Received: January 19, 2023

Revised: April 23, 2023

Available online: May 2023

KEYWORDS

Abuse, Drugs, Students, MTs and MA

CORRESPONDENCE

E-mail: devitarahma048.nk19@student.unusa.ac.id

A B S T R A C T

The problem of drugs in Indonesia is still urgent and complex. Drug abuse is included in one of the special forms of juvenile delinquency. The purpose of this study was to reduce the prevalence of drug abuse among adolescents by counseling MTs and MA students. The research method used a multistage random sampling method, namely giving a pre-test and post-test at the time of counseling. The population in this study were MTs and MA students in Randegansari Village with a total of 140 people. The results showed that before drug counseling, almost all MTs and MA students had a low level of knowledge, namely 95 people (67.86%). However, after counseling related to basic knowledge, dangers, impacts and threats of criminal law of drug acts, almost all students increased their knowledge level, namely 108 people (77.14%). The conclusion shows that students' knowledge of drugs is influenced by the surrounding environment such as the family environment, school environment, and the community environment where adolescents actualize themselves. Suggestions in overcoming drug abuse require efforts and support from all parties to achieve the expected goals. Prevention and control of drugs can still be done to prevent use and help adolescents who have fallen into drug abuse.

INTRODUCTION

The drug problem in Indonesia is still something urgent and complex. In the last decade, this problem has become rampant. It is evidenced by the significant increase in the number of drug abusers or addicts, along with the increasing disclosure of drug crime cases which are increasingly diverse in pattern and the syndicate network is also becoming more massive (Syahbudin & Abdullah, 2017). The impact of drug abuse not only threatens the survival and future of its abusers, but also the future of the nation and state, regardless of social, economic, age or educational strata. Until now, the level of drug trafficking has penetrated at various levels, not only in urban areas but has touched rural communities (Angrayni et al., 2023).

The problem of drug abuse in Indonesia is already very concerning. This is due to several things, including because Indonesia is in a position between three continents and considering the development of science and technology, the influence of globalization, highly advanced transportation flows and materialistic value shifts with the dynamics of the target opinion of illicit drug trafficking (Arifin, 2023). This concern is further sharpened by the rampant illicit circulation of narcotics that has spread at 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 clearly ignored the values of rules and norms and

laws that apply during community life is one of the causes of rampant drug use among the younger generation. In everyday life, during society there are still many teenagers who still abuse drugs. According to Amraeni (2021), the prevalence of drug abuse based on the education level of students who have used and used drugs in the past year at the SD / MI level was found to be 0.00% for students who have used or who have used drugs in the past year. At the junior high school/middle school level, it was found to be 4.90% for students who had ever used drugs, while for students who had used drugs in the past year it was 6.80%. At the SMA/MA level, 47.70% of students who had ever used drugs were found to have ever used drugs, while 57.40% of students who had used drugs in the past year were found to have ever used drugs. At the tertiary level or Academy obtained 47.40 % for students who have used drugs, while for students who have used drugs in the past year by 35.80% (Mukri et al., 2015).

Seeing the high prevalence of junior high school and senior high school students in drug abuse can be caused by internal and external factors. One of the external factors is the influence of peers who also abuse drugs. The characteristics of adolescents who are looking for themselves have a social orientation that is centered in their peer environment so that adolescents will be easily influenced and follow what their peers do. So, the solution that we can provide to reduce the prevalence of these problems is to provide counseling related to basic knowledge, dangers, impacts and criminal law threats of drug acts. And to measure the level of knowledge of junior high school / MTs and SMA / MA students, we provide pre-test and post-test related to drugs (Wati, 2019).

METHOD

This research is descriptive research using pre-test and post-test design as well as by providing counseling. Counseling is one of the methods used to convey information containing basic knowledge, dangers, impacts and threats of criminal law on drug acts. This research was carried out in one of the MTs and MA schools in Randegansari Village, Driyorejo District, Gresik Regency, East Java. The population in this study is MTs and MA students with a total of 140 people.

The initial research subject was carried out by visiting one of the schools, this aimed to conduct a survey and ask for permission to carry out counseling activities about drugs to MTs and MA students. This research was conducted by 140 students aged 13 – 19 years.

The researcher used a multistage random sampling method to get participants. The instrument used to collect data is a questionnaire to find out and measure the knowledge of MTs and MA students about drugs. We used a questionnaire that contained names, ages, classes and true or false questions. The knowledge of MTs and MA students was measured using a questionnaire that had been made by the researcher. This research approved by the Principal of MTs and MA that we selected.

We collect data at the same time as counselling. After explaining the purpose and research, the group distributed a questionnaire to students. The questionnaire is divided into 2 stages, the first is a pre-test questionnaire to find out students' knowledge about drugs before getting counseling from us, then a post-test questionnaire will be given after students get drug counseling. Students will answer questions in the classroom for approximately 30 minutes.

RESULT AND DISCUSSION

Respondent Characteristics Overview

Student Age

Table 1. Frequency distribution of the age of MTs and MA students in Randegansari Village, Driyorejo District, Gresik Regency which was carried out before counseling on drugs in August 2022

Age	Frequency	Presentation
10-13 Years	10	7.14%
14-16 Years	50	35.72%
17-19 Years	80	57.14%
Total	140	100%

Based on the table above, of the 140 students who were respondents in the study, 10 were students aged 10-13 years (7.14%), 50 were students aged 14-16 years (35.72%), and 17-19 years old as many as 80 people (57.14%).

Student Education

Table 2. Distribution of the frequency of education of MTs and MA students in Randegansari Village, Driyorejo District, Gresik Regency which was carried out before counseling on drugs in August 2022

Education	Frequency	Presentation
Junior High School	40	28.57%
High School	100	71.43%
Total	140	100%

Based on the table above, out of 140 students who were respondents in our study, 40 were junior high school/Islamic junior high school students (28.57%), and 100 were senior high school/Islamic senior high school students (71.43%). It can be said that in general, the students who were respondents were mostly senior high school/Islamic senior high school students.

Level of student knowledge about drugs before health counseling

Table 3. Frequency distribution of knowledge (pre-test questionnaire results) of MTs and MA students in Randegansari Village, Driyorejo District, Gresik Regency before health counseling on drugs in August 2022

Knowledge	Education		Presentation
	MTs	MA	
Low	30	65	67.86%
Tall	10	35	32.14%
Total	40	100	100%

Based on the table above, students' knowledge about drugs before drug counseling was conducted, the level of knowledge was low for 95 people (67.86%) and the level of knowledge was high for 45 people (32.14%). Thus, it can be said that the knowledge of MTs and MA students in Randegansari Village, Driyorejo District, Gresik Regency about basic knowledge, dangers, impacts and criminal law threats of drug acts in general is still low.

Level of student knowledge about drugs after health counseling

Table 4. Frequency distribution of knowledge increase (post-test questionnaire results) of MTs and MA students in Randegansari Village, Driyorejo District, Gresik Regency after health counseling on drugs in August 2022

Knowledge	Education		Presentation
	MTs	MA	
Low	8	24	22.86%
Tall	32	76	77.14%
Total	40	100	100%

Based on the table above, students' knowledge about drugs after drug counseling was conducted, the level of knowledge was low for 32 people (22.86%) and the level of knowledge was high for 108 people (77.14%). Thus, it can be said that the knowledge of MTs and MA students in Randegansari Village, Driyorejo District, Gresik Regency about basic knowledge, dangers, impacts and criminal law threats of drug actions in general have increased compared to before drug counseling was conducted.



Figure 1. The activity will begin with drug counseling by the East Java Regional Police Team Knowledge is an important factor in shaping a person's actions (over behavior). Knowledge is the result of knowing and this occurs after a person senses a certain object.

Drugs are substances that when entered the human body, either orally or drunk, inhaled, or injected, can change a person's thoughts, moods/feelings, and behavior. Drugs can cause physical and psychological dependence (addiction).

According to the effects of its use (effect), due to overdose and symptoms of its effects (Withdrawal Syndrome) and medical circles, drugs that are often misused. Synthetic substances or drugs are also used by doctors for therapy for drug addicts are divided into 2 (two) groups, namely:

1. Narcotics Group, its effects cause euphoria, severe drowsiness, constriction of the pupils, and shortness of breath. Overdose will result in convulsions, coma, slow and short breathing. Symptoms free of its effects are irritability, trembling, panic and sweating, the drugs are methadone, codeine, and hydromorphone.
2. Depressant Group is a type of drug that functions to reduce the functional activity of the body. This drug can make the user feel calm and even make him fall asleep or become unconscious.

In accordance with the Narcotics Law Number 35 of 2009 concerning Narcotics, Narcotics are divided into 18 into 3 types, namely Narcotics, Psychotropics and other addictive substances.

1. Narcotics

According to Hidayatun & Widowaty (2020) that the definition of narcotics is "A substance that can cause certain effects for those who use it by inserting it into the body." These effects can be in the form of anesthesia, loss of pain, stimulation of spirit and hallucinations or the emergence of fantasies. These properties are known and found in the medical world with the aim of being utilized for treatment and human interests in the fields of surgery, pain relief and others.

2. Psychotropics

Psychotropic drugs are non-narcotic substances or drugs, either natural or synthetic, which have psychoactive properties through selective influence on the central nervous system which causes typical changes in normal activities and behavior (Wiraagni, 2021).

3. Other addictive substances

Other addictive substances are substances other than narcotics and psychotropics that can cause dependency in users, including:

- a. Cigarette
- b. Group of alcohol and other intoxicating drinks and addictive
- c. Thinner and other substances, such as wood glue, liquid eraser and acetone, paint, and gasoline which if inhaled can be intoxicating



Figure 2. Student Q&A session activities with the East Java Regional Police Team

According to WHO, adolescence is defined as a transition period from childhood to adulthood. While the age limit for adolescence according to WHO is 12 to 24 years, but if at the age of adolescence, they are married then they are classified as adolescents. While in psychology, the age range of adolescence is divided into three, namely: Early Adolescence (10-13 years), middle adolescence (14-16 years) and late adolescence (17-19 years).

Adolescence is marked by physical, emotional, intellectual, sexual and social changes. These changes can result in the following impacts: search for identity, rebellion, unstable stance, changing interests, easily influenced by fashion, conflict with parents and siblings, strong urge to know and try, intense association with peers and 17 forming peer groups as references. Therefore, adolescence is a vulnerable period for teenagers to fall into all forms of delinquency (Suryana et al., 2022).

Drug abuse is included in one of the special forms of juvenile delinquency. Every person who abuses illegal substances must have their own reasons so that they can get trapped into the trap of narcotics, drugs or addictive substances. Some factors that cause someone, especially teenagers, to become addicted or users of illegal substances are (Lukman, 2020):

1. Want to Look Stylish

Certain types of illegal substances can make the user more daring, cool, confident, creative, relaxed, and so on. The cool effects that are seen by others can become a trend in certain circles so that people who use illegal substances will be called trendy, sociable, fashionable, and so on.

2. Group Solidarity

A group of people who have a high level of kinship between members usually have a high solidarity value. If the leader or several influential members of the group use drugs, then usually other members, either forced or not, will also use drugs to feel like a family with the same fate.

3. Pain Relief

A person who has a disease or disorders that can cause unbearable pain can make people interested in shortcuts to treat the pain they suffer from, namely by using drugs and illegal substances.

4. Trying to Know

By feeling interested in seeing the effects caused by a prohibited substance, a person can have a strong curiosity to taste the pleasure of the prohibited substance. A person can try drugs just to satisfy his curiosity. Without realizing it and wanting it, the person will be addicted and will do it again and again without being able to stop.

5. Follow the crowd

People who have become victims of drugs may try to invite others who have not been contaminated by drugs so that others can share the sensation or suffering they feel. Dealers and users may share free drugs as an introduction and will ask for payment after the victim is addicted.

6. Resolve and Forget Burden/Stress

People who are plagued by many problems and want to escape from their problems can fall into the clutches of narcotics, drugs or addictive substances so they can sleep soundly, get drunk, or feel the joy that arises because of using certain substances.



Figure 3. Photo session with Field Supervisor Lecturer and East Java Regional Police

Based on the effects caused, drug abuse is divided into 3 (Budianto, 1989), namely:

1. Depressants, which suppress the central nervous system and reduce the body's functional activity so that the user feels calm, can even make the user sleep and become unconscious. If overdose can cause death.
2. Stimulants stimulate body functions and increase arousal and awareness.
3. Allucinogen, the main effect is to alter the power of perception or cause hallucinations.

CONCLUSION

The conclusion that can be drawn in this activity is the understanding of MTs and MA students about drugs and prevention efforts with an average increase in post-test results of 77.14%. Almost all participants actively participated in counseling activities by paying attention to the material provided seriously and actively asking questions when there was something they wanted to know more about. There is a change in the increase in knowledge and understanding of students in drug counseling, this can reduce the number of juvenile delinquencies in drug abuse.

UNKNOWLEDGEMENTS

Thank you to UNUSA for providing the opportunity to carry out this activity.

REFERENCES

- Amraeni, Y. (2021). *Isu kesehatan masyarakat dalam SDG's*. Penerbit NEM.
- Angrayni, L., Syafrinaldi, S., Handayani, F., & Musrifah, M. (2023). Penguatan Peran Serta Masyarakat Sebagai Power in Community Dalam Upaya Penanggulangan dan Pencegahan Penyalahgunaan Narkoba Di Desa Pulau Birandang Kabupaten Kampar. *Diklat Review: Jurnal manajemen pendidikan dan pelatihan*, 7(1), 208-214.
- Arifin, N. (2023). *Analisis Yuridis Terhadap Penanganan Kepolisian Pada Tindak Pidana Penyalahgunaan Narkotika Melalui Restorative Justice di Wilayah Hukum Kepolisian Resor Kota Pati* (Master's thesis, Universitas Islam Sultan Agung (Indonesia)).
- Hidayatun, S., & Widowaty, Y. (2020). Konsep Rehabilitasi Bagi Pengguna Narkotika yang Berkeadilan. *Jurnal penegakan hukum dan keadilan*, 1(2), 166-181.
- Lukman, H. R. (2020). *Penanganan Adiksi NAPZA bagi Pembimbing Kemasyarakatan: Memahami lebih dekat mengenai adiksi NAPZA dan penanganannya*. Rumah Bunyi.
- Mukri, S. G., Rosyadi, A. R., & Saefuddin, D. (2015). Metode pendidikan islam dalam penanggulangan penyalahgunaan narkoba bagi remaja di Pondok Remaja Inabah Suryalaya Tasikmalaya. *Ta'dibuna: Jurnal Pendidikan Islam*, 4(1), 43-68.
- Suryana, E., Wulandari, S., Sagita, E., & Harto, K. (2022). Perkembangan masa remaja akhir (tugas, fisik, intelektual, emosi, sosial dan agama) dan implikasinya pada pendidikan. *JIIP-Jurnal Ilmiah Ilmu Pendidikan*, 5(6), 1956-1963.
- Syahbudin, S., & Abdullah, M. (2017). Upaya Polres Tanjung Jabung Timur dalam Menanggulangi Tindak Pidana Penyalahgunaan Narkoba di Tanjung Jabung Timur. *Legalitas: Jurnal Hukum*, 1(2), 44-69.
- Wati, N. S. (2019). *Pengaruh kenakalan remaja terhadap prestasi belajar siswa kelas XI SMA Negeri 01 Pacet Mojokerto* (Doctoral dissertation, Universitas Islam Negeri Maulana Malik Ibrahim).