

THE EFFECT OF COUNSELING ON INCREASING ADOLESCENT KNOWLEDGE AND ATTITUDES ABOUT NARCOTICS, PSYCHOTROPICS AND ADDICTIVE SUBSTANCES

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Abstract—Narcotics, Psychotropics, and Addictive Substances (Drugs) are substances that can affect a person's thoughts, feelings and behavior and can lead to physical and psychological dependence. The negative impact of the abuse of Narcotics, Psychotropics and Addictive Substances on adolescents is changes in attitudes, temperament and personality, and decreased discipline and moral values of behavior. This study aims to analyze the effect of counseling on increasing adolescent knowledge and attitudes about drugs. The study used a pre-experiment with pre and post-test design on 47 adolescents who were selected by consecutive sampling. The data were analyzed using paired t-test. There was a significant difference between before and after adolescents attended counseling, both in adolescent knowledge ($P = 0.02$ CI: 95%) and adolescent attitudes ($P = 0.04$, CI: 95%). Providing counseling can increase the knowledge and attitudes of adolescents about drugs.

Keywords— *counseling; narcotics; psychotropics; addictive substances; adolescents*

I. INTRODUCTION

Adolescence is a transition period from childhood to adulthood of the process of finding identity. Growth and development in adolescents is an overlap between children's behavior and adult behavior's patterns which tends to deviant behaviors [1]. In this period, the cognitive development starts to enter the mature phase which can affect the way adolescents think. Adolescents are required to be able to adapt to adults outside the family and school environment [2]. Adolescent self-concepts require control emotions, responsibility, self-control, realistic life goals, and be sensitive to others' interests, and able to adapt with the environment [3].

The most common problem of growth and development of adolescents relate to home environment, school environment, body condition, appearance, work, social adjustment, and values. Drug abuse is also a common problem among adolescents[4,5,6]. Narcotics, Psychotropic, and Addictive Substances are substances that can affect a person's psychological/psychological condition influencing thoughts, feelings, and behaviour even lead to physical and psychological dependence. Drug abuse or psychoactive substances are substances that act on the Central Nervous System (CNS) and affect mental processes that can have physical, psychological, and social impacts on the user, the family, and even society [7]. The effect of the drug on the body depends on the type of drugs, amount, and frequency of use, usage method, and whether it is used with other people. Psychological effects depend on personality, expectations, and feelings in using the drug, as well as biological factors depending on body weight and allergic tendencies. The negative impact of drug abuse on adolescents cover changes in attitudes, behaviour, and personality [8,9]

The National Narcotics Agency (BNN) reported that the number of drug abuse in Indonesia increases. The survey data on drug abuse in 34 provinces in 2017 showed that in Indonesia, the student group reaches 24%, and the prevalence of abuse according to the productive age group of <30 (3.0%) years is higher than aged ≥ 30 (2.8%) years both male and female workers [11]. Drug trafficking is worrying as this phenomenon is like an iceberg as the reveal case is only the surface [12]. In this transitional period, when adolescents are not good at managing changes and do not have good coping mechanism, they will find shortcuts to solve the problem and they are at a great risk of practicing drug abuse. The most important factor of drug use is the

individual factor. Adolescents should be responsible for their behavior and not blame other people or circumstances [13].

Responsibility and decision making are closely related to the knowledge and attitudes possessed by individuals. Knowledge about drug abuse is the result of knowing, and it occurs after a person senses information about drug abuse [3]. Knowledge about drug abuse can come from various sources, for example source of information, living in a place with high rates of drug users, parents as drug users, peer group influence, and low levels of education [4,8].

There are many efforts made by the government or community institutions to overcome adolescents who drug abuse. A comprehensive understanding of drug abuse is one of the most important things as a preventive effort in this problem. Understanding the victims of drug abuse is not easy. Therefore, the effort to prevent adolescents from using drugs is to provide effective counseling [8].

There has been a lot of research on drugs in Indonesia. However, research that focuses on education about drugs abuse is still lacking. This research aims to determine the effectiveness of counseling adolescents about drugs. It is hoped that this research can enrich further research data. Based on the elaboration above, the researcher is interested in identifying the effect of counseling on adolescents' knowledge and attitudes towards drugs.

II. METHOD

This research was carried out in the Kesunean Public Health Center area, Cirebon City. This research used a pre-experimental method with a pre- and posttest group design selected by consecutive sampling. The population in this study consisted of adolescents who lived in the Kesunean Public Health Center area. The research sample included those who met the inclusion and exclusion criteria. The inclusion criteria for this study were adolescents in the Cirebon Public Health Center area who were members of an active youth community at the Kesunean Public Health Center. Exclusion criteria included absent community members. The sample size for this study was 47 adolescents in the Kesunean Public Health Center area, Cirebon City. The data collection method uses primary data. The data were collected through a validated questionnaire. Questionnaire is about knowledge and attitudes about narcotics, psychotropics and addictive substances. Data analysis used paired t-test. This study has received ethical approval from the research ethics committee of the Faculty of Medicine, Universitas Swadaya Gunung Jati.

III. RESULTS AND DISCUSSION

The treatment in this research was by providing health education or counseling about the dangers of drugs. Before counseling, respondents were first given a questionnaire about their knowledge and attitudes about drugs. Then, they received counseling to identify whether there was an increase in knowledge and attitudes before and after the counseling. Table 1 shows the characteristics of the respondents.

TABLE I. DISTRIBUTION OF FREQUENCY AND PERCENTAGE OF DATA ON ADOLESCENTS' CHARACTERISTICS

Characteristics	Frequency (n)	Percentage (%)
Age		
12-15	25	53
16-18	13	27.6
19-21	9	19.4
Sex		
Male	30	64
Female	17	36
Education Level		
Junior High School	23	49
Senior High School	8	17
Not attending school	16	34

TABLE II. DISTRIBUTION OF FREQUENCY AND PERCENTAGE OF ADOLESCENT' KNOWLEDGE ABOUT DRUGS

Level of Knowledge	Frequency (n) of pre-counseling	Frequency (n) of post-counseling
Poor	2	0
Moderate	18	12
Good	27	35
Total	47	47

Based on Table 2, a total of 27 respondents have a good knowledge level (57.4%), while 18 respondents have a moderate knowledge level (38.3%) and 2 respondents have a poor knowledge level (4.3%). After attending the counseling, the number changes in which 35 of the 47 respondents have a good knowledge level (74.5%) and 12 respondents have a moderate knowledge level (25.5%).

TABLE III. DISTRIBUTION OF FREQUENCY AND PERCENTAGE OF ATTITUDES

Attitudes towards Drugs	Frequency (n) of pre-counseling	Frequency (n) of post-counseling
Moderate	20	14
Good	27	33
Total	47	47

Based on Table 3, a total 20 out of 47 respondents have moderate attitudes, while 27 respondents (57%) have good attitudes. After attending the counseling, a total of 33 out of 47 respondents (70.2%) have good attitudes and 14

respondents (29.8%) have moderate attitudes.

TABLE IV. THE EFFECTIVENESS OF COUNSELING ON ADOLESCENTS' KNOWLEDGE AND ATTITUDES TOWARDS DRUGS

Knowledge and Attitudes	P
Knowledge	0,02
Attitudes	0,04

Based on table 4, the P-value reaches <0.05 indicating that there are significant differences in adolescents' knowledge and attitudes before and after attending the counseling. Therefore, providing counseling to adolescents is effective in increasing their knowledge and attitudes about drugs.

Knowledge is the result of knowing and it occurs after people sense certain objects. Sensing occurs through the human senses, including vision, hearing, smell, taste, and touch. Knowledge about drug abuse can come from various sources, such as sources of information, living in a place with high crime rates, parents as drug users, peer group influence, and low levels of education [12].

Attitude is a person's assessment of a stimulus or object and in this case, it is a problem regarding health. After individuals know the stimulus or object, the next process is assessing or acting towards the stimulus or object. Someone will judge or respond to an object or stimulus after getting knowledge about the stimulus or object. The establishment of attitudes covers 4 process levels including Receiving, Responding, Valuing, and Responsible [12,13].

Generally, adolescents want to start or try something they never knew about. They have high curiosity and try to get the desired information. Providing accurate and precise information is crucial for adolescents in forming their attitudes toward something. Information can be obtained through print media, mass media, online media, and counselling [14,15].

Drug abuse is a pathological behaviour in which this behavior is usually carried out by individuals who have vulnerable or high-risk personalities allowing bio-psycho-social-spiritual disorders [7,16]. Drug abuse has a relationship with adolescents' knowledge and attitudes. Adolescence is a transition period to adulthood in which adolescents allows changes in behavior and understanding of something. This stage also allows adolescents to commit drug abuse which results in dependence as the final stage of drug abuse where a person feels unable to live without using the drug [13,17].

Despite the fact that drug abuse remains a huge public health challenge and social problem, with the large number

of adolescents involved in and impacted by the chaos of drug abuse, the issue of appropriate counseling still requires more attention. Therefore, this research has assessed an integrated approach that can be applied to counseling adolescents regarding drug abuse. Based on the assessment of counseling strategies, this research can determine that counseling can have a good influence on teenagers avoiding drug abuse [18].

As to substance utilization and abuse, avoidance depends on previous history of conduct, and embarks to foresee and turn away planned negative outcomes from happening. [18] Therefore, some efforts are required including conducting counseling activities related to drugs where the long-term goal of health education is getting optimal health status. The medium-term goal is healthy behavior and the short-term goal is establishing understanding, attitudes, and norms. This study reveals positive changes in knowledge and attitudes in which adolescents' knowledge and attitudes about drugs increase

IV. CONCLUSIONS

Providing counseling to adolescents is effective in increasing their knowledge and attitudes about drugs. The limitations of this research are the minimal sample size. Counseling can also be done to improve adolescents' understanding of other materials such as reproductive health, physical and mental health in adolescents, and others.

In addition, to prevent adolescents from being drug users, promotional activities, screening, symptomatic treatment, and counselling about addiction are required.

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