

The Effect of Health Education on Adolescent Knowledge About the Drugs Abuse

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Abstract

Drug abuse is currently very impressive in Indonesia. Now drugs are widely used by all walks of life, even children and adolescents. This study aims to prove the effect of health education on adolescent knowledge about the dangers of drugs. This study uses a pre-experimental one group pretest-posttest design type. By using quantitative research methods by distributing questionnaires before providing health education and after health education to see the level of knowledge about drugs. Class XII students of SMA Negeri 6 ABDYA became the research population visited by 120 students and 30 students were randomly selected as research samples. The measurement of knowledge about the dangers of drugs was carried out twice, namely the first measurement before the intervention was given and the second measurement after the intervention was given. The results showed that adolescents with good knowledge in the first measurement were only 3.3% with an average value of 41.83% and in the second measurement increased to 73.3% with an average value of 72.83%. Paired Simple T-Test statistical test found a significant effect between intervention through education on adolescent knowledge about the dangers of drugs (P value < 0.001). Providing knowledge about the dangers of drugs plays an important role in increasing adolescent knowledge, so that adolescents can know and understand well about the dangers of drug use.

Keywords: Dangers of drugs; Knowledge; Youth

Introduction

Currently, drug abuse in Indonesia is very concerning, this can be seen from the increasing number of drug use in all circles (Amanda et al, 2017). This may be related to Indonesia's strategic geographical location and also the number of Indonesian residents who support it to make it a transit area for drug traffic. Perhaps this is also due to the socio-political conditions which are currently in a transition process where political stability and security are still very unstable and fragile which might push Indonesia into a drug trafficking area (Gaol, L. M.L. 2019). This kind of behavior does not reflect the values and norms that apply in people's lives. It is estimated that there is one in 42 people aged 10-59 years who have used drugs at least once in their lifetime. (Djusnir, 2015) Aceh as one of the provinces in Indonesia is in the 6th position as the largest drug user area. The survey conducted by BNN & LIPI in 2019 in Aceh showed that there were 2.80% with a total of 82,415 drug users aged between 11 and 40 years. Currently the problem of drug abuse in Indonesia has reached a very worrying point. Not only among urban youth, it has even spread to rural youth.

President Joko Widodo also said "Indonesia is currently in a drug emergency situation, almost 50 people die every day due to drugs, meaning that in a year around 18,000 people die" (Supratman, 2018). Drug abuse is a case that is increasing day by day, both in terms of quantity and quality.

This is a problem that cannot be taken lightly because most cases of drug abuse are actually found in young people, the nation's next generation. This drug abuse results in drug dependence, which according to WHO is defined as "a condition of periodic or chronic intoxication produced by repeated drug use (Purwatiningsih, S. 2001). It is feared that drug abuse will have a negative effect on health because it will lead to dependence. If the drug continues to be used, the body will continue to ask for larger doses to be able to increase the same level (Department of justice, 2001).

Knowledge is a cognitive aspect that is believed to play an important role in the process of drug abuse, this is because the lower the knowledge of adolescents about drugs, the higher the level of drug abuse (Solihah, 2014). This is in line with research (Santoso, 2010) which says that the policies that have been

carried out by the government and BNN regarding the provision of information and health campaigns have not produced optimal results, therefore there is a need for approaches such as providing health education to adolescents in schools. schools so that the information is right on target and, and the information conveyed can be comprehensive to all youth.

The results of the study (Melyanti, 2015) that the use of lecture methods such as providing health education and the use of leaflet media proved to be able to increase adolescent knowledge by 60%, because the two methods are health education methods which when combined will achieve satisfactory results. This is in line with the thoughts of Edgar Dale in Notoadmodjo (2012) about the cone of experience which is an initial attempt to provide reasons or the basis for the relationship between learning theory and audio-visual communication. This is in accordance with the assumption that the more senses that are used to receive information, the more knowledge will increase, such as reading by 10% and lectures by 70%.

The impact of drug abuse is that people often close themselves to those around them and are also more concerned with personal interests than common interests, people who are addicted to drugs tend to be more selfish than usual. According to previous research saying that the cause of people consuming drugs or illegal drugs is caused by a lack of love and attention from family so that he feels alone and no one cares, this is also related to environmental factors where he hangs out and also his friends around him. Waruwu, S. 2020). In addition, drug abuse is also caused by a lack of knowledge about drugs so that they get wrong information and eventually fall into drug abuse. This is usually also caused because the teenager has not been able to think rationally and is willing to experiment so that he is easily influenced by his friends around him.

Methods

The method used in this study is a pre-experimental method using a one group pretest-posttest design approach which aims to test the effect of a treatment. This study was used to see the effect of health education on adolescent knowledge about drugs. The population used in this study were teenagers who attended SMA N.6 ABDYA class XII with a population of 120 students. The sampling technique used in this study is simple random sampling and from the results obtained 30 samples of SMA N.6 ABDYA students who have almost the same characteristics. The independent variable in this study is providing health education about the dangers of drugs to adolescents, while the dependent variable is knowledge to adolescents about the dangers of drugs. This research

was conducted on October 18, 2021 until October 23, 2021 at SMA Negeri 6 Aceh Barat Daya class XII. This study used a questionnaire and 20 questions about the dangers of drugs in adolescents. This questionnaire is used as a tool to measure the knowledge of adolescents about the dangers of drugs before and after the treatment of health education about the dangers of drugs. Descriptive analysis to observe the frequency using the following formula:

$$N = \frac{Sp}{Sm} \times 100\%$$

Explanation:

N = knowledge value

Sp = score obtained

Sm= highest score maximum

The correct answer will be given a value of 5 and the wrong answer will be given a value of 0, then the results of the presentation value will be categorized according to an ordinal scale into 3 categories:

1. Good 65%- 100%
2. Enough 35%-65%
3. Less < 35%

To compare the level of knowledge of adolescents before and after giving health education, researchers used SPSS 22 For Windows with a 95% confidence level. If the p value 0.05 is obtained, the research on providing health education affects adolescents' knowledge about the dangers of drugs. The test used is the Simple Paired T test.

Results

Based on Table 1, it is known that there are more male respondents (53.3%) than female. Judging from the characteristics of the parents, it can be explained that the education level of the respondents' parents is mostly elementary school education (46.7%) and only 6.7% have undergraduate education. The respondents' parents are more likely to work as farmers (63.3%) than other types of work (entrepreneurs and civil servants). The number of family members living in one house is more than 5 people (56.6%). Furthermore, the assessment of respondents' knowledge before education was given (Pre Test) showed that only 3.3% had good knowledge, while after education was given (Post-test) more respondents had good knowledge (73.3%).

Table 1. Demographic Characteristics and Knowledge of Respondents

Variable	Frequency	Percentage
Gender		
Male	16	53,3
Female	14	46,7
Total	30	100,0
Parent's Education		
Primary School	14	46,7
Junior High School	7	23,3
High School	7	23,3
Bachelor	2	6,7
Total	30	100,0
Parent's Job		
Farmer	19	63,3
Entrepreneur	9	30,0
Civil servant	2	6,7
Total	30	100,0
Number of Family Members in A House		
<5 people	17	56,6
≥5 people	13	43,3
Total	30	100,0
Knowledge		
Pre-Test		
High	1	3,3
Enough	18	60,0
Low	11	36,7
Total	30	100,0
Post-Test		
High	22	73,3
Enough	8	26,7
Total	30	100,0

Primer Data, 2021

Table 2. The results of the simple paired T-test

Variable	Mean	SD	SE	P-value	N
Knowledge					
Measurement I	41,83	11,483	2,097	0.001	30
Measurement II	72,83	13,175	2,405		30

Primer Data, 2021

The results of the simple paired T-test showed that the average knowledge of respondents about drug abuse in the first measurement was 41.83 with a standard deviation (SD) of 11.483. In the second measurement, it was found that the average knowledge of respondents was 72.83 with a standard deviation of 13.175. the mean difference between the first and second measurements is -31,000 with a standard deviation of 15,833. The results of the statistical test obtained a p value of 0.001, so it can be concluded that there is a significant difference between the knowledge of the respondents in the first and second measurements or between before and after being given health education.

Discussion

Prior to health education, respondents did not really understand the dangers of drugs and this was seen when giving questionnaires to all respondents who

were in one room, some of the respondents asked questions to each other when filling out the pre-test questions. It is possible that this situation occurs, because most of the respondents do not have good knowledge about the dangers of drugs. On the other hand, after the researchers provided education, the knowledge of adolescents increased, so that there were no more respondents who had low knowledge about the dangers of drugs and even more who had good knowledge. These results identify that education about the dangers of drugs has a positive role in an effort to change the paradigm or mindset of teenagers. Especially at the age of teenagers, they need to dig up information and find out about the dangers of drugs. A previous study concluded that due to a person's low knowledge, the person is indifferent and has a tendency to continue to consume drugs because they are already addicted (Herman et al, 2019).

It should be understood that schools as formal educational institutions are places for students to acquire various knowledge and skills that are not only related to subjects that are already embedded in the curriculum. Furthermore, it is also important for them to be equipped with various kinds of knowledge and other skills in the form of extra-curricular activities, including knowledge about the dangers of drugs. Schools share the responsibility to provide information and keep students from falling into drug abuse. This is in accordance with the opinion (Notoadmojo, 2003) that one of the factors that influence knowledge is information that can be obtained by adolescents.

In addition to providing knowledge, schools can create an environment that supports students to be more active in doing positive things, such as forming a group of anti-drug generation organizations in schools. This needs to be done because considering that students spend a lot of time in school, so the role of schools is very important to prevent drug abuse, schools can play an effective role such as providing guidance to teenagers or students at school to know more about drugs, of course if all students are equipped with complete knowledge about drugs, of course, students can avoid drug abuse.

At home, the role of parents is also very important in preventing children from drug abuse. Supervision, discipline and family lifestyle are guarantees for the child not to fall into negative behavior. According to (Machfoedz, 2005) that health education aims to change people's behavior in helping individuals to be able to independently or in groups to carry out activities or development. Because the more information that is conveyed in health education, the more information will be received. For this reason, parents need to have good knowledge about the dangers of drugs, so that they can be conveyed to their



children. Parents are required to be able to care for their children with love, so that children are not easily stressed and have a place for them to complain and exchange ideas when they have problems in life. It should be understood that parents' knowledge is usually associated with their level of education. Parents who are highly educated will be linear with their better knowledge, so that knowledge or insight can be transmitted to teenagers (their children). The level of education also has an impact on how to provide children with easier understanding and information (Muliadi et al., 2021). The role of parents is needed in preventing drug abuse in adolescents, parents must be an example for their children, build good communication with their children. As stated by (Joewana, 2006) in his research that a person's knowledge can be influenced by various factors such as environmental and socio-cultural. Socio-cultural factors can influence knowledge through social values taught by parents and then applied by their children. If the knowledge provided by parents is in a positive form, then that knowledge can have a positive impact on adolescent knowledge and behavior and vice versa. The results of the study obtained information that only 6.7% of parents of teenagers with undergraduate education, while more elementary school education (46.7%). This gives instructions about the need for a program that aims to increase the knowledge of adolescent parents about the dangers of drugs from the Public Health Center and the health office as institutions that function to foster families and communities in their working areas. The theory states that the more senses that are used to receive information, the more one's knowledge increases, such as the theory of Edgar Dale (1946) in Notoadmodjo (2012) about the cone of experience which states that from reading, information can be absorbed by 10% and lectures 70%. So that with the combination of the lecture method and leaflet media, many of the five senses are involved, so many also get wider and better knowledge

Conclusion

This study concludes that providing education about the dangers of drugs has a significant positive effect on adolescent knowledge. There is a stark contrast in the knowledge of adolescents before and after intervention in the form of education. Before education was given, more teenagers had low knowledge about the dangers of drugs, but on the contrary, after education was given, more teenagers had good knowledge about the dangers of drugs. It is suggested that there should be a program in the form of an effort to increase adolescent knowledge about the dangers of drugs, especially from schools. In the home

environment, parents can guide and convey about the dangers of drugs to teenagers.

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Author Contribution and Competing Interest

The author's contribution to this research is collecting respondents' data through questionnaires, conducting observation and short interviews, analyzing result, and compiling manuscripts.

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