



Efforts to Prevent Drug Abuse Among Teenagers

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ABSTRACT

The abuse of illicit drugs (Narcotics, Psychotropics, and other Addictive Substances) among adolescents has become a serious problem in various countries, including Indonesia. Adolescents are a group vulnerable to the negative influences of their environment, including drug abuse. This article aims to describe the strategies for preventing drug abuse among adolescents and to analyze the challenges faced in these efforts. This research uses a qualitative approach with literature study methods and interviews with health practitioners and educators. The results show that preventive approaches involving education, the role of families, and communities can reduce the risk of drug abuse, although they face various obstacles such as environmental influences, limited access to information, and weak law enforcement

INTRODUCTION

The abuse of narcotics and psychotropic substances (NAPZA) among teenagers continues to increase along with the development of globalization and the unstoppable flow of information. Adolescence is a time of identity searching, where they tend to be more easily influenced by their social environment. According to the National Narcotics Board (BNN), the number of drug users among students is increasing every year. Therefore, effective prevention strategies are needed to curb the rate of NAPZA abuse among teenagers. This article discusses various preventive efforts and the challenges faced in their implementation.

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Drugs are a type of substance that is very dangerous. Drugs have addictive effects on users. The impact of drugs can be divided into three categories: the impact on oneself, the impact on the environment, and the impact on the nation. Victims of drugs spread across all segments of society, from students, university students, artists, housewives, traders, public transport drivers, street performers, civil servants, and others. Drugs are very easy to obtain, can even be processed at home, and are difficult to detect. Many factories in Indonesia are found that process narcotics (Eleanora, 2011).

Consuming drugs will lead to addiction for users. Addiction is a habit performed repeatedly to gain satisfaction, so if the desire is not fulfilled, it will trigger unexpected behaviors and create tolerance to continuously increase the dosage of use until the user experiences poisoning, and even overdose which can lead to loss of life (Rodhiah, Bahri & Martunis, 2020). One of the efforts to prevent the increase of drug abuse cases among adolescents is by enhancing their knowledge and attitudes toward drugs through the active role of counseling and outreach (Hayati, 2019).

Nevertheless, many parents feel hesitant to discuss drug abuse with their children. Some of us believe that our children will not get involved in such illegal activities. Others postpone it because they do not know how to address it, or are afraid that it will make them think about it and lead them towards undesirable directions (Dwitiyanti, Efendi & Supandi, 2019). The behavior of some teenagers who have significantly neglected the values, norms, and laws applicable in society is one of the causes of the rampant use of drugs among the younger generation. In everyday life, there are still many teenagers in society who continue to engage in drug abuse (Amanda, Humaedi & Santoso, 2017).

The environment plays an important role and has a positive influence on the achievement of public health status. The environment is also a determinant in the transmission and emergence of diseases, both communicable and non-communicable. Efforts to improve or enhance environmental conditions over time, and from one community to another, vary and are multi-tiered, ranging from simple to modern (Jumaidah & Rindu, 2017).

Based on this, we feel the need to hold community service activities by placing KKN students in Dusun 03, Desa Solokanjeruk, Kabupaten Bandung, where it is hoped that the KKN students can play an active role in implementing community service activities regarding Community Optimization in Efforts to Combat Drug Abuse in Desa Solokanjeruk, Kabupaten Bandung, Dusun 03. The activity in question is KKN service activities in the form of Counseling About the Dangers of Drugs in Desa Solokanjeruk, Kabupaten Bandung, specifically in Dusun 03.

LITERATURE REVIEW

Previous Research

Prasetyo, Idrus & Yuliani (2018) explain that drugs come in various types such as opium, morphine, marijuana, cocaine, heroin, and ecstasy, which when consumed can cause hallucinations, addiction, and negative effects on the physical and mental health of adolescents. This study focuses more on the classification of addictive substances and their dangers to adolescent users. Eleanora (2011) emphasizes that drugs are dangerous substances that have widespread effects on individuals, the environment, and even the nation. She highlights that drugs are easily obtained and processed, with production factories even found in Indonesia. This research focuses more on the broader impact of drugs on society.

Rodhiah, Bahri & Martunis (2020) discuss drug addiction that leads to repetitive behaviors, tolerance, and increased doses that risk poisoning and overdose. This study emphasizes that drug dependence can cause deviant behavior and ultimately lead to death. This research has advantages because it not only examines drugs in terms of types and their effects, like previous studies, but it also integrates prevention efforts through education, the role of families, communities, and practical support in society. In addition, this research is practical as it involves seminars, counseling, and collaboration with the National Narcotics Agency (BNN) and law enforcement, making its results more relevant and providing direct contributions to society, especially adolescents who are vulnerable to substance abuse.

METHODOLOGY

Data collection in this research was conducted using the following methods:

- 1) Observation, this observation is based on individual experiences and involves recording activities and events in real-life situations;
- 2) Interviews, the interview method used by the researcher in this study is unstructured interviews where the interviewee is asked for comments and

explanations regarding the research data. The interview model is specific because it adapts to the situation and condition of the informant; and

- 3) Gathering information in the form of facts or data used in the research, such as documentation, images, documents, and other works of the author. All of this is considered a form of documentation. After the data is collected, it is followed by a data analysis process carried out in three stages, namely:
 - Data reduction;
 - Data presentation; and
 - Data validation.

The next stage after the data is analyzed is formulating conclusions and recommendations.

RESULTS

The implementation of community service programs in the form of a seminar on the prevention of drug abuse and addictive substances (NAPZA) held in the area of Solokajeruk Village, Solsokanjeruk District, Bandung Regency has been carried out smoothly and achieved its objectives. This section outlines the characteristics of the participants and details of the seminar implementation, as well as presenting data related to the activities.

Characteristics of Partners and Participants

The main partners in this activity are community leaders and youth organizations in the area of Solokajeruk Village, Solsokanjeruk District, Bandung Regency, along with officials from BNN and members of Brimob Police from West Java as the implementing partners or facilitators. The seminar participants consist of youth organization members and young men and women from the mosque residing in Solokajeruk Village, Solsokanjeruk District, Bandung Regency, with approximately 60 attendees. These participants are part of the adolescent age group, which as explained in the introduction, is very vulnerable to the abuse of narcotics and addictive substances (NAPZA). The implementation of the Seminar on the Prevention of Narcotics and Addictive Substances Abuse (NAPZA)

The seminar was held according to the predetermined schedule, which is on Saturday, October 5, 2024. The event began with an opening session that included remarks from representatives of the student body of STAI Bhakti Persada delivered by the Field Supervising Lecturer and the Chairman of the event by the coordinator and representatives from the Youth Organization as well as the local government. This opening session aims to provide context for the activity and build a conducive atmosphere. The first session of the seminar focused on the dangers of narcotics and psychotropic substances (NAPZA) and law enforcement, presented by Mr. Arip Nurhadi S.H from the Mobile Brigade (Brimob). In this session, the speaker comprehensively explained various types of NAPZA, the modus operandi of its distribution, the physical and mental impacts on users, as well as the legal consequences awaiting perpetrators of drug

abuse and trafficking. This material is highly relevant to the needs of adolescents to understand the dangers of drugs, which is an important factor.

Next, in the following session, information was presented about the dangers of drug abuse by the speaker from the National Narcotics Agency (BNN), Mr. Soni Ramdani, S.Pd., MM.Pd., who explained about the dangers of drug abuse.



Picture 1. Photo of the Seminar Speaker on Drug Abuse Prevention Counsel
Brigadir Arip Nurhadi S.H.
Soni Ramdani, S.Pd.,M.Pd.

Table 1. Run Down of the P4gn/Napza Seminar Event Kkn-M Stai Bhakti Persada 05
 October 2024

NO	Date	Time	Activity	FILLER	Description
1	05 October 2024	12.30 - 13.00	Registration	Seksi Acara	30 Minutes
		13.00 - 13.10	Opening	Pemandu Acara	10 Minutes
		13.10 - 13.15	Remarks from the Field Supervisor Professor	Nanang Rahmat,S.Pd.,MA.Pd	10 Minutes
		13.15- 13.25	Welcome speech by the Head of Solokan Jeruk Village as well as the Opening of the Event	Pipin Zaenal Arifin,S.I.P.,M.Si	10 Minutes
		13.25- 13.30	Pray	Perwakilan MUI	10 Minutes
		13.30- 14.30	Speaker I	Sony,S.Pd.,M.Pd	60 Minutes

		14.30 - 15.30	Speaker II	Arif Nurhadi,S.H	60 Minutes
		15.30- 15.45	Question and Answer Session	Pemandu Acara	30 Minutes
		15.45 - 16.00	Closing & Group Photo	Pemandu Acara	15 Minutes

CONCLUSIONS AND RECOMMENDATIONS

1. Based on the results of research or observations conducted in Solokanjeruk Village, particularly in the Dusun 03 area regarding the abuse of P4GN or NAPZA on the first subject, which includes individual factors (personality) and environmental factors (peer relationships). Meanwhile, the factors causing the abuse of P4GN or NAPZA in the second subject are family factors (broken home) and residential environment factors.
2. The abuse of NAPZA has a negative impact on physical, psychological, social, and spiritual aspects, thus affecting academic performance.
3. The efforts of guidance and counseling teachers towards both subjects who have already misused NAPZA are carried out through informational services, individual counseling, home visits, and conducting raids. However, these efforts have not been maximized because issues related to NAPZA should receive more serious attention in their handling; therefore, there is a need for therapy and rehabilitation places that can be professionally accountable.

Recommendations:

- a. Increasing access to information and education on anti-drugs in remote areas through technology-based programs.
- b. Strengthening law enforcement to prevent drug circulation, especially among adolescents and school children.
- c. Involving more youth organizations in drug prevention campaigns through creative activities that directly touch the lives of teenagers.

FURTHER STUDY

This study still has limitations, so further research is needed related to the topic of Efforts to Prevent Drug Abuse Among Teenagers in order to perfect this study and increase insight for readers.

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