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**Adolescent Behavior in the Prevention of Drug Abuse at Vocational School Negeri 1  
Labang Bangkalan**

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**ABSTRACT**

**Introduction:** Prevention of drug abuse in adolescents can be done by providing health education and self-control training. Good self-control, adolescents will be able to control themselves from the influence of others and drug abuse will not occur. The ability to control themselves among adolescents is different, there are adolescents who have high self-control and there are adolescents who have low self-control. **Objective:** This study aims to determine the behavior of adolescents in preventing drug abuse at SMK Negeri Labang Bangkalan. **Material & Method:** Using a questionnaire. After the data is collected, the data is processed with the stages of editing, coding, scoring, and tabulating. This study uses descriptive analysis in the form of frequency distribution tables and narratives. The ethics in this study are by using unformed consent, anonymity, confidentiality, and volunteerism. **Result:** Data on drug abuse behavior shows that the majority of students' knowledge about drug abuse is still lacking, amounting to 104 (88%), data on students' attitudes and actions are still lacking, amounting to 73 (47.4%) each. **Conclusion:** The results of the study showed that adolescent behavior in drug abuse in 3 behavioral domains, namely knowledge, attitude and action, is in the poor category. Adolescent behavior in the knowledge domain is caused by adolescents who do not like to read books or listen to news about drugs so that adolescent knowledge about the dangers of drugs is still lacking.

**Keywords:** Self-control model; Behavior; Abuse; Drugs; Adolescents

**BACKGROUND**

Characteristics of teenagers with a strong curiosity and wanting to try new positive things will be able to optimize their development abilities <sup>(1)</sup>. Teenagers with low self-efficacy tend to try drugs, which have a bad impact on the physical health of teenagers. The toxic effects damage organs of the body, such as the liver, lungs, and brain, mental disorders, social and even education <sup>(2)</sup>. Drugs for teenagers, especially those aged 14-18 years, are a threat because teenagers of this age are

entering a phase of physical, psychological and social development. If addicted to drugs, it will have a negative effect on development, namely a decrease in the developmental abilities of teenagers <sup>(5)</sup>. Data keyword usage drugs in circles teenager make increase, improvement 24% until 28 % of teenagers use drugs every year. Where teenagers who have been exposed to drugs are more vulnerable to long-term use because teenagers have a long-time consuming drug <sup>(3)</sup>. Teenagers

who use drugs behave in a way that clearly ignores values, rules, norms and laws that apply in society.

Teenagers in Labang Bangkalan are vulnerable to drug protection, the area is at near the drug base. Data shows that during the early period of 2015, 49 teenagers were arrested for drugs, and 20 in among them are distributor and drug dealers targeting teenagers <sup>(4)</sup>.

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Self-control is a form of mental condition that influences the formation of positive and productive behavior and determines the harmony of relationships with people in our environment. Deviant behavior lately, delinquency, promiscuity and failure of a person's life are greatly influenced by low self-control (Sriyanti, 2012). The definition of *self-control* can be concluded as a potential self in an individual in directing themselves to do positive things so that they are more organized in doing an activity. Explanatory research design. The population is all students at SMK Negeri 1 Labang Bangkalan as much as 360 student and the sample is as much as 154 students. Sampling; random. To measure *Self Control* using a questionnaire and drug abuse behavior with a questionnaire adapted from the Health Promotion Model (HPM). HPM is a way to describe human interaction with the physical and interpersonal environment in various dimensions.

Drug prevention in adolescents can be done by providing health education about self-control or self-control and the dangers of drug abuse among adolescents. With good self-control, it is hoped that adolescents will be able to control

themselves from the influence of others and drug abuse will not occur. The ability to control themselves among adolescents is different, there are adolescents who have high self-control and there are adolescents who have low self-control <sup>(6)</sup>.

## LITERATURE REVIEW

The Health Promotion Model is a health promotion model developed by Nola J. Pender in 2007 and revised in 2016. This health promotion model combines 2 theories, namely the Expectancy Value theory and the Social Cognitive and Affective Theory which are consistent with all theories that view the importance of health promotion and disease prevention as logistical and economic. Health promotion is supported by values that emphasize self-direction, self-regulation, perceptions of self-efficacy, interpersonal experiences, and situational experiences. Internal factors in the form of individual characteristics and experiences also support the strength of this theory. The indicators studied above are directed at building commitment in carrying out health education. The weaknesses of theory This is The existence of factor external such as factor amplifier, interaction factors are not studied in more depth regarding the strength of their influence, it is difficult to apply on disability, low socioeconomic and cultural differences of clients for socialization theory. Health Promotion Model (HPM) is a way to describe human interaction with their physical and interpersonal environment in various dimensions. HPM born from study about 7 factors cognitive-affective And 5 behavioral modification factors that influence and predict health behavior. This model combines two theories, namely the Expectancy-Value theory and the Social Cognitive Theory in the perspective of protecting humans as a function holistic. Draft from objective direction behavior, including cognitive theory based on social on model expectancy value of human motivation explained by

Feather. Expectancy value theory explains that healthy behavior is rational and economical. A person will act and will continue to maintain by: 1) Increasing the desired results which are referred to as positive personal values, 2) Increasing based on available information to achieve the desired results. Individuals will not do something that is useless and has no value for themselves.

## RESEARCH DESIGN

**Objective:** This study aims to determine the behavior of adolescents in preventing

drug abuse at SMK Negeri Labang Bangkalan. DesignThe design used in this study is a descriptive design in the form of a case study. The population in this study amounted to 154 adolescents. Using a questionnaire. After the data is collected, the data is processed with the stages of editing, coding, scoring, and tabulating

## RESULTS STUDY

**Data Demographics in Vocational School Country 1 Hole Bangkalan, N = 154.**

Table 1. Data Demographics in Vocational School Country 1 Hole Bangkalan, July Year 2024

| Indicator         | Category                     | Frequency | Percentage |
|-------------------|------------------------------|-----------|------------|
| Age               | ≤ 16 years                   | 54        | 35.1       |
|                   | 17 years                     | 69        | 44.8       |
|                   | ≥ 18 year                    | 31        | 20.1       |
| Ethnic group      | Madura                       | 153       | 99.4       |
|                   | Java                         | 1         | 0.6        |
| Located stay      | Person old                   | 144       | 93.5       |
|                   | Grandma                      | 7         | 4.5        |
|                   | Member family other          | 3         | 1.9        |
| Income person old | ≤ Rp.3,000,000               | 130       | 84.4       |
|                   | Rp.3,000,000 – Rp. 4,000,000 | 13        | 8.4        |
|                   | ≥ Rp. 4,000,000              | 11        | 7.1        |
| Total             |                              | 154       | 100        |

Table 1. shows that almost half (44.9%) are 17 years old or 69 teenagers. Almost all (93.5%) or 154 teenagers are Madurese. Almost all teenagers (93.5%) or 144 teenagers live with their parents. Most

(84.4%) or 130 teenagers have parents with incomes of less than Rp. 3,000,000.

## Data Characteristics Teenager in Vocational School Country 1 Hole Bangkalan, N = 154

Table 2. Data Characteristics Teenager in Vocational School Country 1 Hole Bangkalan, July Year 2024

| Indicator                   | Category                     | Frequency  | Percentage  |
|-----------------------------|------------------------------|------------|-------------|
| Consumption drugs Consuming | <b>No consume</b>            | <b>154</b> | <b>100</b>  |
|                             |                              | 0          | 0           |
| Total                       |                              | 154        | 100         |
| Information Control self    | <b>Available information</b> | <b>97</b>  | <b>63.0</b> |
|                             | No can information           | 57         | 37.0        |

| Indicator               | Category               | Frequency  | Percentage  |
|-------------------------|------------------------|------------|-------------|
| Information about drugs | <b>Got information</b> | <b>149</b> | <b>96.8</b> |
|                         | No can information     | 5          | 3.2         |
|                         | Total                  | 154        | 100         |
| Source information      | Person old             | 32         | 20.8        |
|                         | Health workers         | 56         | 36.4        |
|                         | <b>Media social</b>    | <b>66</b>  | <b>42.9</b> |

Table 2 of the research results shows that all (100%) or 154 teenagers did not consume drugs. Most (63%) or 97 teenagers received information about drugs and almost all (96.8%) or 149 teenagers received information about drugs. The

source of information for teenagers was almost half, 66 (42.9%) of the information obtained by teenagers came from social media.

#### Description Behavior Abuse Drugs

Table 4. Distribution frequency Behavior Abuse Drugs in Teenagers in Vocational School Bangkalan Hole, July 2024

| Indicator | Category          | Frequency  | Percentage  |
|-----------|-------------------|------------|-------------|
| Knowledge | <b>Not enough</b> | <b>104</b> | <b>88.2</b> |
|           | Enough            | 45         | 35.1        |
|           | Good              | 5          | 3.24        |
| Attitude  | <b>Not enough</b> | <b>73</b>  | <b>47.4</b> |
|           | Enough            | 42         | 27.3        |
|           | Good              | 18         | 23.4        |
| Action    | <b>Not enough</b> | <b>73</b>  | <b>47.4</b> |
|           | Enough            | 48         | 31.1        |
|           | Good              | 33         | 21.4        |
| Amount    |                   | 154        | 100         |

Table 4 shows that on group Meanwhile, regarding drug abuse behavior, data was obtained that the majority of students' knowledge about drug abuse was still lacking, amounting to 104 (88%), and data on the majority of students' actions were still lacking, amounting to 73 (47.4%)

#### DISCUSSION

##### Drug Abuse Behavior

The results of the study showed that adolescent behavior in drug abuse in 3 behavioral domains, namely knowledge, attitude and action, is in the poor category. Adolescent behavior in the knowledge domain is caused by adolescents who do not like to read books or listen to news about

drugs so that adolescent knowledge about the dangers of drugs is still lacking. In the attitude domain, adolescents assume that if they consume drugs, they will likely look more awesome or cool with their other friends. While in the action aspect, adolescents tend to be indifferent and do not care too much about their environment even though they suspect there is drug abuse because they think it is none of their business.

Drug abuse is the use of narcotic drugs, psychotropic drugs, and addictive substances that are not in accordance with their function. This condition can cause addiction that can damage the brain and cause death. [Drug abuse](#) occurs due to internal and external factors. Internal factors are curiosity that then tries and becomes a habit. While external factors come from an unhealthy environment or being friends with drug addicts.

The National Narcotics Agency (abbreviated as BNN) is an Indonesian Non-Ministerial Government Institution (LPNK) which has the task of carrying out government duties in the field of prevention, eradication of abuse and illicit trafficking of narcotics, psychotropics, precursors and other addictive substances except addictive substances for tobacco and alcohol. BNN is led by a head who is directly responsible to the President. Facing the increasing trend of drug problems, the Government and the People's Representative Council of the Republic of Indonesia (DPR-RI) passed Law Number 5 of 1997 concerning Psychotropics and Law Number 22 of 1997 concerning Narcotics. Based on these two laws, the Government (President Abdurahman Wahid) formed the National Narcotics Coordinating Agency (BKNN), with Presidential Decree Number 116 of 1999. BKNN is a Coordinating Agency for drug control consisting of 25 related Government Agencies. (<https://bnn.go.id/profil>). BNN is tasked with supervising and controlling drug trafficking in Indonesia. The BNN has

made several efforts to eradicate drug cases, such as providing education and taking action against manufacturers, users and distributors, as well as imposing punishments.

Teenagers can play an active role in educating others about the dangers of drugs, for example through activities at school, campus, or community, they can spread correct information about the health, legal, and social risks caused by drugs. Prevention of drug abuse can be done in various ways, such as coaching and counseling and supervision in the family, counseling by competent parties both in schools and the community, religious studies by religious scholars, supervision of night entertainment venues by security forces, supervision of drug distribution. Another thing that can be done is to provide health counseling and self-control training. Good self-control, teenagers will be able to control themselves from the influence of others and drug abuse will not occur. The ability to control themselves among teenagers is different, there are teenagers who have high self-control and there are teenagers who have low self-control <sup>(6)</sup>

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