

Factors Causing Drugs Among Adolescents in Bandar Lampung City

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ARTICLE INFO	ABSTRACT
<p>Keywords: Fakor Causes, Abuse, Narcotics</p>	<p>One of the problems that occurs in Indonesia is drug abuse. The meaning of Narkoba is psychotropic narcotics and other addictive substances. Narcotics or drugs are used as medicinal ingredients and research in medical science. As the years go, drugs are abused by irresponsible people, causing side effects that are pretty dangerous for people. Most users of drugs are teenagers, and the teenagers who should be the nation's relay are destroyed because of drugs.</p>

INTRODUCTION

Adolescence is the developmental phase between childhood and adulthood. Most young people follow what their friends do, and their curiosity makes them try drugs. The potential obtained in narcotics causes permanent brain damage that cannot be restored typically. Drug abuse sourced from Kominfo 2021 among young people aged 15-35 years with a percentage of 82.4% as users, while 47.1% act as dealers and 3.4% as couriers, and data from the Indonesia Drugs Report 2022, the most widely used types in Indonesia are 41.4% marijuana, 25.7% methamphetamine, 11.8% nipam, and 6.4% dextro. Drug abuse without a doctor's prescription regularly or periodically for at least 1 (one) month can cause physical and mental health problems. What are the factors and effects of drug abuse among adolescents?

METHOD

This research uses qualitative methods. This method is a data collection procedure that produces descriptions in the form of written words. The approach used in this study is a qualitative approach with a focus on collecting and analyzing descriptive data in depth. Conduct structured interviews with adolescents who have used drugs, families of adolescents affected by drug use, community leaders, and related professionals (e.g., health workers, counselors, or members of the police force).

RESULTS AND DISCUSSION

A. Causes of Drug Use Among Adolescents

There are many causes of drug abuse problems, especially among teenagers. The issue of drug abuse needs to be solved at its roots. That way, then, nothing else goes into the wrong hole.

Adolescence is self-discovery; when seeking identity, individuals want to socialize with others. This teenager will easily find an association. These are the things that parents are apprehensive about. Because teenagers do not have mature minds and cannot think long, teenagers look for friends to hang out with without seeing the good and bad friends they associate with. Most drug abuse occurs in children, adolescents, to adults (Baedowi, 2015) (Wallerstein, 1985).

Even though childhood to adolescence is a golden period in their development, if it is hampered by drug abuse, it is not very good. Parental supervision needs to be tightened, and one should not be careless about children's daily associations to avoid entering into the wrong association because so many children

experience drug abuse problems. One of the main causes of drug abuse is oneself. Because it is you who can control what will be done. If you are not convinced of the belief that drugs are wrong, it will not be easy to stop.

Adolescence is a transitional period in the human life span, linking childhood with adulthood. At that time, generally, teenagers have a reasonably high curiosity. This is undoubtedly good, but it is also very worrying if they fall into something negative or harmful (Santrock, 2003).

Factors that can make adolescents more at risk of falling into and becoming drug addicts are internal factors and external factors (Jehani, n.d.).

1. Internal Factors

It is a factor that comes from within a person. The internal element itself consists of the following:

a. Family

If the relationship with the family is less harmonious (Broken Home), someone will quickly feel hopeless and frustrated. To this factor, most teenagers abuse drugs. As a result, people seek compensation outside the home by becoming drug users.

Solicitation, persuasion, and lure of friends or peer group members. Tend to have mental disorders such as anxiety, obsession (thinking about things repeatedly), apathy, withdrawal in associations, depression, and being less able to deal with stress or hyperactivity. Adventurous, thrill-seeking, doing things that contain the excessive risk of danger. Not knowing about the dangers of drugs or not thinking about the dangers of drugs. Parents are not indifferent and do not supervise their children. There is no care, warmth, or affection in the family.

Adventurous, thrill-seeking, doing things that contain the excessive risk of danger. Not knowing about the dangers of drugs or not thinking about the dangers of drugs. Parents are not indifferent and do not supervise their children. The family has no care, warmth, or affection (Swait et al., 2012).

b. Psychological factors

Adolescents who experience severe stress, behavioral disorders, or depression and anxiety. So they take drugs to overcome the problems they are experiencing. With this, teenagers can share an addiction to drug use, which results in their mentality.

c. Genetic factors

Genetic factors are one of the factors that cause drug abuse. Drug abuse in adolescents is at significant risk of becoming a drug addict if his parents or relatives have been addicted to drugs.

d. Curiosity

Teenagers want to know what drugs feel like to become addicts. Almost 60% of the average prisoner attacks aged 15-35 years. Research states that at a young age, many risks becoming drug addicts.

e. Individual Factors

Factors originating from within an individual are the leading cause of adolescent drug abuse. Many things affect this, like running away from a problem and assuming that drugs are the solution.

In addition, the desire to try without seeing the impact that will be felt after abusing drugs, the desire to follow idols or styles, the desire to be accepted in a particular environment or gang without thinking about using drugs, to misunderstandings about the initial effects of drug addiction. The inability to deal with problems is also a significant cause of drug abuse. This happens as a result of the ability of the individual so that he prefers to abuse drugs.

Unstable emotions are also a cause of drug abuse. Because emotional disturbances will cause discomfort and feel anything will look wrong coupled with the inability to overcome problems. In addition, there is also no purpose in life, and feeling confused about doing anything and not having anyone will be easier to abuse drugs because you have an unstable personality and have no purpose in life (Sholihah, 2015).

f. Drug Availability Factors

This factor is one of the causative factors in drug abuse that is often experienced by adolescents today. Types of drugs are now very varied. They are starting from synthetic pills to natural medicines. The kind of use is equally various. Some are smoked, burned, injected, inhaled, or eaten.

Now drugs are straightforward to find and get by drug abusers. Although medications are sold illegally, their circulation is widely available everywhere. This is also the main reason drug abusers

abuse a lot because the availability of drugs is not difficult to find. Drug smuggling has not been revealed, so many still abuse drugs (Vionalita & Rachmah, 2022).

2. External factors

Namely, causative factors that come from outside a person that affects in carrying out of action, in this case, drug abuse, as for the external factors themselves, among others:

a. Sociability

Peers have a strong enough influence on drug abuse, usually starting from following friends. Especially for someone who has a reasonably weak mentality and personality, it will be easy to fall into.

b. Education Factors

Education about the dangers of drug abuse in schools is also a form of drug abuse factor in adolescents. The lack of knowledge students possess about the risks of drugs also contributes to the spread of drug abuse among students (Kemendikbud, 2016).

c. Vulnerable population factors

Most teenagers live in a large circle environment and are at high risk of drug abuse. Many teenagers often try drugs such as amphetamine-type stimulants that cause various kinds of problems in the end.

d. Social / Community

Environmental factors are the highest factor in drug abuse in adolescents because they follow their friends or are accepted in the association, thus triggering adolescents to start trying and becoming addicted to drugs. In addition to the association of friends, family members can also be environmental factors that make adolescents become addicted, for example, because they cannot face the conditions at home because their parents fight all the time, so they do not get attention from their parents (Pradana, Rochmawati, & Sumiati, 2016).

A well-controlled community environment and good organization will prevent drug abuse and vice versa. If a social setting tends to be apathetic and does not care about the surrounding environment, it can cause rampant drug abuse among adolescents.

e. Eliminate Tiredness and Boredom

For some people, boredom, discomfort, and so on is something unpleasant and want to be eliminated immediately from the realm of mind. Prohibited substances can help someone with many thoughts forget the boredom that hits. One can pursue pleasure using illicit drugs that cause pleasant hallucinations and delusions. This factor is one of the causes of adolescent abuse of drugs.

B. Impact of Drug Abuse

Drug abuse is included as one of the particular forms of juvenile delinquency. Everyone who abuses illegal substances must have their reasons so that they can get caught in the trap of narcotics, drugs, or addictive substances. Adolescents who fail to undergo mental development processes during adolescence and childhood usually carry out juvenile delinquency.

Drugs have many negative impacts on their users and the surrounding community. The effect of excessive drug use will cause hallucinations, will feel extreme happiness and depression, and, if consuming it dependently, will damage all organs in the body and decrease nerve function. If the drug user is already dependent or is addicted and does not get drugs, then the user will feel the pain that tortures his body (Penyusun, n.d.).

The abuse of narcotics and illegal drugs among today's young generation is increasing. The rise of deviations in the behavior of the younger generation can endanger the survival of this nation in the future because the youth, as a generation that is expected to be the successor of the government, are increasingly vulnerable to being eaten away by addictive substances that destroy nerves. So the young man could not think clearly. As a result, the nation's resilient and intelligent generation of hope will remain only a memory. The target of the spread of this drug is young people or adolescents.

There are several effects of drug abuse among adolescents (Apriyantono, Fardiaz, Puspitasari, Sedarnawati, & Budiarto, 1989):

1. Physical dependence

People who experience physical dependence will feel some uncomfortable symptoms if they do not use one type of drug for a certain period. Medicines can cause electrolyte balance to decrease so that the body will experience a lack of fluids. If this effect lasts a long time, the body will experience convulsions,

hallucinations, more aggressive behavior, and tightness in the chest, which can cause damage to the brain.

2. Withdrawal Symptoms

If a person is dependent on always using drugs, withdrawal symptoms will occur once the use is stopped or the amount is reduced. Withdrawal symptoms due to the use of putu (heroin) generally last for 4-5 days after service is discontinued. Some types of drugs last for weeks or months (Metintas et al., 2010).

3. Sakau

Sakau is a symptom that occurs in the body due to sudden cessation of drug use or a drastic decrease in the dose of sacra drugs. Symptoms that arise from stopping or reducing the amount cause the effects of seizures, vomiting, shaking, anxiety, sweating, and so on; the higher the dose abused, the stronger the symptoms felt.

4. Tolerance

As is known that this property can make the wearer's body increasingly integrated with drugs and adjust to medications so that it demands a higher dose of use. Where the same dosage state no longer has an effect as the previous user, it is necessary to have a larger quantity resulting in overdose and even death.

5. Psychological dependence

Not all drugs cause physical dependence, but drug abuse has a psychiatric condition called psychological dependence. The psychological impact caused to the body due to drug use, such as tension, anxiety, slowness at work, carelessness, loss of confidence, difficulty concentrating, fantasizing, excessive suspicion, loss of self-control, laziness, and unstable emotions (Adam, 2018).

Drug abuse among adolescents is an act that is not following social norms and values that prevail in society, called deviant behavior. Deviation occurs when a person or group does not comply with norms, standards, and values standardized in the community. Deviations from the models or values of society are called deviations, while actors or individuals who commit these deviations are called deviants. In everyday life, this phenomenon is present along with other social phenomena; therefore, to be able to understand it as a social problem and distinguish it from other phenomena requires identification (Sutomo, 2018).

C. Prevention Efforts in Drug Abuse

How to prevent drug abuse is, among others, by holding an anti-drug program. One of them at the Tanjung Karang Health Polytechnic has carried out an anti-drug program but only touched the level of new students (semester 1) and only at the beginning of lectures, namely by holding urine tests by students with medical officers from the Lampung Regional Police. What should be done by the Polytechnic agency is that the anti-drug program must touch all students, even to the level of all Polytechnic leaders and employees. Anti-drug programs among Polytechnic students should include families because many studies have shown that parental attitudes are essential in shaping children's drug use beliefs. Parents are expected to supervise and educate their children to avoid drugs.

Material about the dangers of drugs can be included in courses or can also be held in short lectures, scientific orations, and others. The most important thing is to make regulations or regulations about drugs in the campus environment along with strict sanctions against students who are caught using drugs in the campus environment. In addition, there are other prevention efforts for drug abuse among adolescents, namely:

1. Instilling an understanding of healthy living in children from an early age

For example, what food/drink intake is suitable for their body and what food/drink intake is harmful. They are instilling an awareness of healthy living by exercising and educating them to be aware that very toxic substances are all around us. Any substances that harm our health must be shunned and destroyed. Healthy living behavior will be the most effective result when taught since the child is young, as early as possible.

2. Be responsive to the environment.

Parents should always be aware of small changes in their child's behavior. The changes that mark puberty and the transition from childhood to adolescence, adolescence to adulthood, are not the same as changes in the conduct of a child who begins to be exposed to drugs or is already addicted to drugs.

3. Good Interpersonal Relationships

Good interpersonal relationships with children will allow us to see the early symptoms of drug use

in our children. The close relationship between parents and children will make them feel comfortable and safe and can be a fortress for their safety in later navigating their lives (Putri, Sos, & Yasa, 2022).

CONCLUSION

Based on the description above, the author can conclude an outline of the factors that cause adolescent drug abuse: internal and external. Internal factors come from within a person, such as family, psychological, genetic, curiosity, and individual characteristics. At the same time, external factors from outside a person affect acting, such as association, educational elements, vulnerable population factors, social / community, and relieving fatigue and boredom.

The impact of drug abuse among adolescents is physical dependence, withdrawal symptoms, addiction, tolerance, and psychological support. Moreover, prevention can be by instilling an understanding of healthy life in children from an early age, responsiveness to the environment, and good interpersonal relationships.

By looking at the current condition of adolescents, this research suggests the following: It is expected that the role of parents to supervise and guide family members and more time to always be by the side of their children in any condition so that adolescents do not fall into doing strange things, especially drug abuse.

The community should carry out positive and practical activities so adolescents are not involved in drug abuse cases and deepen faith and piety for resilience in facing and solving life problems.

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