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IMPROVING UNDERSTANDING OF THE DANGERS OF DRUG ABUSE IN ADOLESCENT CHILDREN THROUGH PSYCHOEDUCATIONAL ACTIVITIES

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ABSTRACT

Introduction: This study aims to determine the effect of psychoeducation regarding drug abuse on participants, namely students of the Muhammadiyah Gayungan Orphanage.

Methods: This study used a psychoeducation program in the form of interactive talk shows and psychoeducational video summaries about drug abuse at the Muhammadiyah Gayungan Orphanage. The target participants of this study were 11 children at the Muhammadiyah Gayungan Orphanage. This study used a pretest-posttest design with one group of participants. The data analysis technique used was the independent sample t-test.

Results: With a mean difference score of 30.9, providing psychoeducation had a significant effect on increasing adolescent knowledge on drug abuse at Muhammadiyah Gayungan Orphanage ($t(11) = 5.49, p = <.001, \text{Cohen's } d = 1.65$).

Conclusion: Psychoeducation regarding drug abuse proved to have a significant effect on the understanding of children at the Muhammadiyah Gayungan Orphanage regarding knowledge of drug abuse.

KEYWORDS

adolescent; drug abuse; psychoeducation.

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1. INTRODUCTION

In Indonesia, it was found that drug abuse continues to increase and this can be seen through the prevalence rate which is always increasing (BNN, 2022). Based on the results of a survey conducted by BNN, it was found that the prevalence of drug abuse in 2021 in the population aged 15-64 years was 1.95% for one-year drug abuse and 2.57% for the prevalence rate of ever use (BNN, 2022). This prevalence rate has increased from 2019, where in that year the prevalence of one-year drug abuse was 1.80% and the prevalence of ever use was 2.40% (BNN, 2022).

Drug abuse is the use of drugs that has a detrimental impact on the individuals who use them (Carr, 2015). Drugs themselves are substances that are able to change a person's thoughts, feelings or moods, and behavior when introduced into the body, either by drinking or orally, inhaling, or injecting into the body. In general, someone who is addicted to drugs will appear to have physical, psychological, and social impacts, where the three impacts have a close relationship between each other. Furthermore, changes in behavior, perception, feelings, and consciousness can also arise as a result of drugs (Amanda et al., 2017). In addition, there are

differences in the cognitive effects, both in the long and short term, of different drugs (Shau & Zhou, 2022).

The group of people most vulnerable to addiction is adolescents (Nawi et al., 2021). In adolescence, alcohol and drug use generally begins and also increases during this developmental period (Mafa & Makhubele, 2020). There is also a strong tendency towards experimentation, curiosity, susceptibility to peer pressure, resistance to authority, and poor self-esteem during this period, which makes individuals vulnerable to drug abuse (Nawi et al., 2021). Furthermore, risk-taking behavior also increases during adolescence, and there is a desire to try anything for oneself, which tends to be a need during adolescence. Substance use, even for adults, can be very dangerous, so substance use in adolescence where the adolescent brain is still developing, can increase this danger and can lead to lifelong damage (Shau & Zhou, 2022)

Drug abuse is a very complex problem, so it requires efforts and assistance from all parties so that the expected goals can be achieved. In this case, there are several interventions that can be done to overcome the problem of drug abuse, one of which is intervention at the primary level which can also be called the preventive function, which is in the form of education, distribution of information related to the dangers of drugs, and other forms (Amanda et al., 2017).

Based on the explanation above, the purpose of this study is to determine the effect of psychoeducation on drug abuse on participants, namely children at the Muhammadiyah Gayungan Orphanage. This psychoeducation has the aim of increasing people's understanding of drug abuse.

2. MATERIAL AND METHODS

This program was a non-training psychoeducational intervention delivered directly to the children of Yayasan Panti Orphan Muhammadiyah Gayungan (Al-

Muttaqin). The material presented in this psychoeducation came from sources in the form of journals, and was delivered in an interesting way, namely through videos and interactive games. The content of the material are definition of drug abuse, types of drugs, causes of someone abusing drugs and the impact of drug abuse.

The sampling technique used in this activity was nonprobability sampling, namely purposive sampling, sample selection is carried out according to the required criteria. The participants in this activity were the children of Muhammadiyah Gayungan Orphanage (Al-Muttaqin). On the day of implementation, the activity participated by 11 students aged 15-19 years.

The participants' understanding was measured using a pretest-posttest design. The pretest was given before the material began, while the posttest was conducted after the material was given, and was given by an interactive quiz method using the Quizizz web. Both used the same questions, which were 10 multiple choice questions. The collected data will be processed using the paired sample T-test analysis technique which functions to find the correlation between the independent variable and the dependent variable using the JAMOVI 2.3.18 application.

3. RESULTS

Psychoeducation activities were conducted face-to-face at the Muhammadiyah Gayungan Orphanage involving 11 adolescents and 2 administrators. This psychoeducation activity was carried out in accordance with the plan that had been prepared. Before the material was given we did mini games to attract the attention of the teenagers there and also gave a pretest. The pretest was given to see their knowledge about drugs. The material was given in the form of interesting videos that had been made before and participants were also allowed to ask questions after the video was given. The question and answer session was conducted with the hope of filling the

Tabel 1. Normality Test Results. Note. A low p-value suggests a violation of the assumption of normality.

	W	p
Pre Test – Post Test	0.960	0.777

Tabel 2. Descriptive Results Statistics

	N	Mean	Median	SD	SE
Pre Test	11	53.6	60	16.29	4.91
Post Test	11	84.5	80	8.20	2.47

Tabel 3. Paired Samples T-Test Results.

		Statistic	Df	P	Mean difference	SE difference	Effect Size		
Pre Test	Post Test	Student's t	-5.49	10.0	<.001	-30.9	5.63	Cohen's d	-1.65

shortcomings of the video in increasing the knowledge possessed by the teenagers. Based on the question and answer session, they seemed quite enthusiastic in knowing more about drug abuse, and one of the administrators also shared his story related to drug abuse that had been experienced by his closest person, so that the teenagers could understand directly from the real story experienced by their closest person. After the question and answer session, the participants also did a posttest to find out how far they understood the material provided and whether there was a difference with the previous one.

Based on the results of the sample normality test, it shows that the sample is normally distributed because it is > 0.05 ($W = 0.960$, $p = 0.777$). The average owned by the sample in the post-test ($M = 84.5$, $SD = 8.20$) is also greater than the pre-test ($M = 53.6$, $SD = 16.29$). With a mean score difference of 30.9, the provision of psychoeducation has a considerable effect on increasing adolescents' knowledge related to drug abuse at Muhammadiyah Gayungan Orphanage ($t(11) = 5.49$, $p = <.001$, Cohen's $d = 1.65$).

4. DISCUSSION

Drug abuse is the use of illegal drugs, prescription drugs, or over-the-counter drugs for purposes other than the main purpose of using the drug, or use in excessive amounts. Drug abuse can also be understood as the excessive misuse of drugs without medical purposes or certain indications (BNN, 2020). Based on data from the National Narcotics Agency in

2017, the prevalence of ever use is 4.1% and the prevalence of yearly use is 2.2% in East Java. This shows that there is drug abuse occurring in East Java province, including among junior and senior high school students in Surabaya city. Based on the prevalence data and one of the preventive intervention efforts that can be done through education, researchers conducted a non-training psychoeducation to distribute information and increase adolescents' knowledge about the dangers of drug abuse.

Psychoeducation affects the knowledge, emotional, and behavioral aspects of junior high school students in responding to drug abuse in the experimental group than in the control group (Lestari et al., 2020). The results of other studies show that the application of psychoeducational therapy had a significant effect on knowledge, motivation and behavioral attitudes in children aged 10-12 years about the dangers of drug abuse (Syuhada et al., 2020). Further research also shows the same results that providing education with multi-media such as audiovisual was important to increase adolescents beliefs in forming positive attitudes for the prevention of drug abuse (Jannah et al., 2022). Through the provision of non-training psychoeducation, participants gained knowledge that was not only limited to the definition and types of drugs, but also to the symptoms, causes, impacts, and examples of drug abuse. In addition, participants were also given information related to the dangers of smoking as additional knowledge. Based on the

posttest results, it was concluded that the materials presented could be sufficiently understood by participants with an accuracy rate of 62%. In addition, participants can find out the correct answers to the quiz questions at the end of the quiz, thus strengthening their memory.

Based on the evaluation of the implementation of the psychoeducation program, it can be seen that this program runs in accordance with the initial objectives, namely conveying information about the dangers of drug abuse, which is supported by the participants' activeness in asking questions and sharing their experiences or perspectives related to drug abuse. However, there are limitations in the implementation of this program, namely the small number of participants with only male gender so that the reach of information dissemination is not widespread. Furthermore, the researchers were not able to confirm the difference in the level of understanding of the participants before and after participating in the psychoeducation program by using pretest and posttest measurements.

5. CONCLUSION

Based on the results of statistical analysis, psychoeducation on drug abuse knowledge affects participants' knowledge in understanding drug problems that are vulnerable to adolescents. After participating in psychoeducation about drug abuse, participants increased their understanding of drug abuse through post-test results. This psychoeducation focuses on increasing knowledge about drug abuse which includes definitions, prevalence, causes, impacts and examples of cases of children trapped in drug abuse problems. The suggestions for future researchers are to design psychoeducation with more participants and add a control group as a comparison group.

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