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**Self Control Model in Drug Abuse Behavior in Adolescents at State Vocational School 1
Labang Bangkalan**

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ABSTRACT

Introduction: 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, including delinquency, promiscuity and failure in a person's life, is greatly influenced by low self-control (Sriyanti, 2012). **Objective:** to determine the model *Self Control* in drug abuse behavior in adolescents. **Material & Method:** *Cross-sectional* research design. Population and sample are students of SMK Negeri Labang Bangkalan, totaling 154 Sampling; *total sampling*. 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. **Result:** The results of the study showed that for the results of self-control of students, most of them had insufficient behavioral control of 101 (84%), sufficient cognitive control of 79 (67%) and sufficient decision control of 65 (52%). For drug abuse behavior, data was obtained that most of the students' knowledge about drug abuse was still lacking of 104 (88%), data on student attitudes and actions were still lacking of 73 (60.7%) each. **Conclusion:** The application of the *Self-Control* model in drug abuse behavior in adolescents can create self-control by considering behavioral, cognitive and decision control so that it can prevent drug abuse behavior. Adolescents with a good self-control model will capable increase cognitive, behavior and decision face drugs, so that can stay away from or not consume drugs.

Keywords: Self-control model, Behavior; Abuse; Drugs; Teenager

INTRODUCTION

Characteristics of teenagers with a strong curiosity and wanting to try new positive things will be able to optimize their development abilities ⁽¹⁾. 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 ⁽²⁾. 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 ⁽⁵⁾. . 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 drugs ⁽³⁾. 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 ⁽⁴⁾.

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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 student. 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 ⁽⁶⁾.

LITERATUR RIVIEW

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 ⁽⁵⁾ 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 METHOD

Design the research used in this study is based on its type, which is descriptive explanatory research which aims to describe the self-control model and drug abuse in adolescent groups. The population in this study were adolescents / vocational high school students totaling 154 students. The sample in the study was 154 adolescents. Sampling technique simple random sampling. Amount example as many as 154 person students.variables: Variables on stage second this is Control self and drug behavior and the instruments used in the second stage in the form of a questionnaire to measure self-control and drug abuse behavior.

RESULT AND DISCUSSION

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
Location 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.

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

Indicator	Category	Frequency	Percentage
Consumption drugs	No consume	154	100
	Consuming	0	0
Total		154	100
Information Control Self	Available information	97	63.0
	No can information	57	37.0
Information about drugs	Got information	149	96.8
	Can information	5	3.2
Total		154	100
Source information	Person old	32	20.8
	Health workers	56	36.4
	Media social	66	42.9

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.

Table 3. Distribution Behavior Control Frequency of Teenager in Vocational School Hole Bangkalan July 2024

Indicator	Category	Frequency	Percentage
Control Behavior	Not enough	23	14.9
	Enough	101	65.6
	Good	30	19.4
Total		154	100
Control Cognitive	Not enough	23	20.5
	Enough	79	51.2
	Good	52	39
Total		154	100
Control Decision	Not enough	53	49.1
	Enough	65	52
	Good	36	25.8
Total		154	100

Table 3. The results of the study show that the results of the study show that for the results of student self-control, the majority of students had inadequate behavioral control, amounting to 101 (65.6%), sufficient cognitive control, amounting to 79 (51.2%) and sufficient decision control, amounting to 65 (52%).

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

Indicator	Category	Frequency	Percentage
Knowledge	Not enough	104	88.2
	Enough	45	35.1
	Good	5	3.24
Attitude	Not enough	73	47.4
	Enough	42	27.3
	Good	18	23.4
Action	Not enough	73	47.4
	Enough	48	31.1
	Good	33	21.4

Self Control

The research data shows that adolescent self-control in the domain of behavioral control, cognitive control and decision-making control is in the sufficient category. This is because when adolescents experience problems, they are more easily angered and do not want to tell others about

the problem or keep the problem to themselves, because adolescents are confused about how to convey to others the problems they are facing at that time. This is in accordance with the theory of child development at the age of 14, adolescent emotions are still quite volatile. They still have mood swings so that sometimes parents or others will be overwhelmed by this.

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 himself to do positive things so that he is more organized in carrying out an activity.

Self Control or self-control is an ability possessed by a person in controlling the emotions that exist in him. In Chaplin (2006), it is explained that self-control or *self-control* is an ability used to guide one's own behavior, as well as the ability used to suppress or prevent the emergence of impulsive behavior suddenly. Therefore, it is very important to build self-control in everyday life as a form of controlling behavior that we do not want and making

the goals we want to achieve more focused. By having a high ability of self-control, an individual can pay attention to the right way to behave in all situations that occur.

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 ⁽⁶⁾.

CONCLUSION AND RECOMMENDATION

Based on the results of research obtained from 85 respondents about the relationship between *self-efficacy* and *self-care management of Diabetes Mellitus* patients at the Taman Sidoarjo Health Center in May - June 2024, conclusions that can be drawn include Diet in young adults at Posbindu PTM Gedangan Karangrejo

Village, Tulungagung Regency mostly have a good diet. Economic factors in young adults at Posbindu PTM Gedangan Karangrejo Village, Tulungagung Regency who have good economic factors tend to have a good diet. And less economic factors tend to have a poor diet. Socio-cultural factors in young adults at Posbindu PTM Gedangan Karangrejo Village, Tulungagung Regency who have good socio-cultural factors tend to have a good diet. And less socio-cultural factors tend to have a poor diet. Environmental factors in young adults at Posbindu PTM Gedangan Karangrejo Village, Tulungagung Regency who have good environmental factors tend to have a good diet. And less environmental factors tend to have a poor diet.

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