

Influence Psychoeducation to Control Self in Prevention Abuse Drugs among Junior High School Students in the District Kubung, Solok Regency in Year 2023

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ABSTRACT

Drug instances have increased in Solok Regency, with Kubung District seeing the largest increase in cases. Middle school students are a vital population because, during this formative period of personality formation, they experiment and seek validation from others, which makes more supervision necessary. The purpose of this study is to ascertain how psychoeducation about self-control can help junior high school pupils in Kubung District, Solok Regency, avoid drug misuse in 2023. With a one group pretest and posttest design and proportionate random sample of 110 respondents, This research uses the Quasi Experiment method. The analysis's findings indicated that 110 students' mean self-control scores increased from 42.51 to 48.28 after receiving psychoeducation, with a p-value of 0.025 (p-value <0.05) for the Wilcoxon test. These results show an increase in the average student pretest and post-test scores, indicating a significant influence of psychoeducation on increasing self-control in preventing drug abuse, which leads one to the conclusion that psychoeducation influences junior high school students' self-control in preventing drug abuse.

INTRODUCTION

Drugs are a group of common compounds that have a risk of addiction to users (Ministry of Health of the Republic of Indonesia, 2017). The United Nations Office on Drug and Crime or UNODC (2018) survey stated as much as 275 million population in the world or 5.6% of the world population (aged 15-64 years) ever consuming drugs.

In 2022, the amount suspect case drugs in Indonesia based on Education level, case highest found in the group Education level (School Final Intermediate) High School as many as 30,318 cases, followed by School Education level Intermediate First (SMP) 15,305 cases and level Elementary School (SD) 8,378 cases (BNN, 2023). Case data drugs according to provinces in Indonesia in 2022, West Sumatra Province is indeed Not in the region's top 10 with case drugs highest but is ranked 13th with a total of 1,184 cases. Based on data from the Indonesia Drug Report 2023, throughout 2022 there will be 1,184 cases of drugs, which experienced an increase amounting to 10.6% in 2021, namely 1,071 cases (BNN, 2023).

Vulnerable area drugs from the Indonesia Drug Report 2023 data are divided based on category dangerous and alert. Amount area vulnerable drugs category danger per district/city in West Sumatra Province, the highest data found in the district Solok (68.8%), then followed by Regency West Pasaman (40.0%), Regency Dharmasraya (23.5%), District 50 Cities (18.5%) and Regency Sijunjung (15.0%) (BNN, 2023).

Based on data, observations, and interviews beginning together officers from the Solok Regency National Narcotics Agency (BNNK), enhancement cases of abused drugs in the District Solo from 2021 (31 cases) to 2022 (46 cases), the previous one Already declined from 2020 (39 cases). Amount case drugs based on sub-districts in the Regency Solok in 2022, where 3 sub-districts with case abuse drugs highest in the district Solo is Subdistrict Kubung (28 cases), District Mountain Talang (11 cases), and Lembah Gumanti District (4 cases). Temporary Subdistrict Lake Kembar, District X Koto Singkarak, District Fistula Gumanti, and Bukit Sundi District No found case drugs in 2022.

Drugs can produce satisfaction momentarily in the individual who consumes which can make individuals who will feel Keep going want to consume so that necessary control themselves. Gottfredson and Hirschi (Hamzah & Herlambang, 2021) stated that self-control theory explains if the perpetrators of the crime of having control low self will have difficulty rejecting temptation and procrastination satisfaction. So that in line with the theory previously controlled The self also plays a role in the action individual deciding if He wants to consume drugs or Not.

Every man's encouragement To violate rules on the situation is certain, but in most people, impulses usually Do become tangible reality deviation. That matters Because someone who has self-control ability usually can withhold self from encouragement To behave and deviate. The ability is what is necessary for every individual to learn and should get used to from the age of teenager (Bernecker & Becker, 2020).

When the push For deviates or aggression currently peaking, controlling the self can help the individual lower and consider between behavior deviating

from norms and rules prevailing social, so the individual becomes reluctant To violate existing rules (Denson et al., 2012).

Psychoeducation can change aspects cognitive, emotional, and behavioral from something individual or group (Schaub et.al, 2016). Cultivated knowledge through psychoeducation can influence confidence in someone who has deep wrong motivation to understand drugs become has true beliefs that will bring up intention or strong intentions To behave and stay away from drugs (Ajzen, 1991). Psychoeducation can also be done to significantly influence to behavior of individuals, especially behavior health (Sudja et.al, 2014).

There is several research that was conducted by Arief, Arini, and Warzuknidini in 2019 which were carried out on students at elementary, middle school, and student levels showed that psychoeducation prevention abuse drugs influential significant to knowledge, motivation, emotions, and behavior (Syuhada et.al, 2020). Age middle school students are teenagers beginning which is not enough more aged 12-15 years. Teenage is an important time in the journey of life man. Adolescence This is the bridge between a carefree childhood into a demanding adulthood not quite enough answer (Kusmiran, 2011). Teenagers experience individual changes in appearance physical, as well as change psychological. Changes that occur accompanied by activity development, ensure that all optimal and beneficial growth for the child moment He develops. Demonstrated " rebellious " attitudes teenagers a method to look for affirmation and discover that their uniqueness is a phase important in stage formation personality (Tahir, 2018). This matter pushes appearance intervention psychoeducation related to control self self-prevention abuse drugs used as tool supervision of adolescents.

THEORETICAL REVIEW

Psychoeducation is a systematic, structured intervention to transfer knowledge about the disease and its management, integrating aspects emotional and motivational For possible patient to overcome the disease and improve obedience to treatment and its effectiveness. Psychoeducation is an important component of handling disturbance medical and psychiatric, especially related mental disorders with a lack of outlook. Content from psychoeducation is the etiology of something disease, the therapy process, the effects side from medication, coping strategies, education family, and training Skills in life (Ekhtiari et al., 2017).

Psychoeducation is a method educational intended to give necessary information and train the family to cooperate with power health as part of the whole plan maintenance clinical For the health member family (Bhattacharjee, et al ., 2011). Besides That Psychoeducation is also interpreted as education or training carried out with the objective For do treatment and rehabilitation (Bordbar & Faridhosseini, 2012). 9 Psychoeducation appears as an adjunctive therapy significant can significantly increase the level of people's understanding of problem mental. (Bhattacharjee, et al ., 2011).

METHODOLOGY

Study This is research that uses an experiment method or method study experiment pseudo, with one group pretest design and posttest design. Population study This is students of SMP Negeri 1 Kubung and students of SMP Negeri 7 Kubung, den sample as many as 110 samples. Instrument in study This use questionnaire structured already divalizacion. Data analysis was carried out with the Wilcoxon test to know the difference between the mark pretest and posttest.

RESULTS

Respondent Characteristics

Respondent Characteristics	Frequency (f)	Percentage (%)
Age		
11 years old	1	0.9
12 years old	7	6.4
13 years old	36	32.7
14 years	33	30.0
15 years	25	22.7
16 years	6	5.5
17 years	2	1.8
Total	110	100.0
Gender		
Man	61	55.5
Woman	49	44.5

Respondent Characteristics	Frequency (f)	Percentage (%)
Total	110	100.0

Class	Frequency (f)	Percentage (%)
VII	36	32.7

VIII	31	28.2
IX	43	39.1
Total	110	100.0

Based on the table, it can be seen that the majority (32.7%) of respondents were aged 13 years, more than half (55.5%) of the respondents were male, and some (39.1%) respondents were in class IX.

Univariate Analysis
Pretest Aspects of Self-Control

No	Aspect	Mean	
		Good	Bad
1	<i>Self Discipline</i>	83.0	27.0
2	<i>Deliberate/Nonimpulsive Action</i>	96.0	14.0
3	<i>Healthy Habits</i>	68.0	42.0
4	<i>Work Ethics</i>	76.0	34.0
5	<i>Reliability</i>	106.0	4.0

Based on the table, it is known that of the 5 aspects assessed, there is 1 aspect that is still in progress and low enough for students' answers to get a good percentage of marks, namely in aspects of *healthy habits* or healthy habits.

Self-Control Pretest Statement Based on Healthy Habits Aspects

No	Statement	Good		Bad	
		f	%	f	%
1	I do fun things even though they have a bad effect on me	21	19,10	89	80.90
2	I reject things that are bad for me	85	77.30	25	22.70
3	I am a very disciplined person	99	90.00	11	10.00

Based on the table, it can be seen that almost all students got the answers percentage of good grades that led to an affirmative answer. However, there is a problem with the statement “I do fun things even though they have bad consequences for me”, where a higher percentage of bad scores lead to the answer agree

Posttest Aspects of Self-Control

No	Aspect	Mean	
		Good	Bad
1	<i>Self Discipline</i>	90.8	19.2
2	<i>Deliberate/Nonimpulsive Action</i>	96.0	14.0
3	<i>Healthy Habits</i>	95.6	14.4
4	<i>Work Ethics</i>	83.5	26.5
5	<i>Reliability</i>	106	4.00

Based on the table, it can be seen that there has been an increase in self-control in each aspect assessed.

Self-Control Posttest Based on Healthy Habits Aspects

No	Statement	Good		Bad	
		f	%	f	%
1	I do fun things even though	99	90.00	11	10.00
2	they have a bad effect on me				
3	I reject things that are bad for me	87	78.90	23	20.90
4	I am a very disciplined person	101	91.80	9	8.20

Based on the table, it can be seen that almost all of them get a good percentage that leads to an affirmative answer. The statement “Doing fun things even though they have a bad effect on you me”, already got a good percentage that leads to the answer no agree, so there are no more problems with this aspect of *healthy habits*.

Bivariate Analysis

Self Control Variables	Mean	p-value
<i>Pretest</i>	42.51	0.025
<i>Posttest</i>	48.28	

The results of the descriptive analysis showed that the average self-control *pretest* score for 110 students was 42.51 and there was an increase after the implementation of psychoeducation so that the average self-control *posttest* result was 48.28. The results of the analysis using the Wilcoxon test showed a *p-value* of 0.025 because the *p-value* was <0.05, so there was a significant influence of psychoeducation on increasing self-control in preventing drug abuse in junior high school students in Kubung District, Solok Regency.

DISCUSSION

Analysis Univariate

Research control self student before done psychoeducation Already Enough Good If seen from aspect control yourself, though there is some statement that is the answer bad, so can be said problematic. According to Tangney, Baumeister, and Boone aspects control self consists of self-discipline, deliberate/non-impulsive action, healthy habits, work ethics, and reliability, and there are several statements (Tangney et al, 2004).

Based on theory This is a problematic statement in the aspect of healthy habits, namely the statement “ I do fun things although matter That effect bad for me ”, which is where based on results respondents or students tend will do the things they want without think about impact in the future.

Analysis Bivaiait

Influence Psychoeducation to Control Self in Prevention Abuse Drugs Psychoeducation influences attitude control self middle school students against drugs. Viewed from enhancement control self-respondents after given psychoeducation about prevention abuse drugs. There are enhancement behavior prevention abuse drugs after psychoeducation prevention abuse drugs can cause Because of enhancement knowledge respondents about drugs. Knowledge or cognition is a very important domain For the formation of action or behavior somebody.

Research conducted by Viola Dara Bunga Permata, et al (2019) regarding the Influence of Psychoeducation Prevention of Abuse Drugs on Knowledge, Motivation, and Behavior in High School Students found that there is an influence psychoeducation to enhancement behavior students in the prevention of abuse drugs, which can be seen from the increase in average value posttest.

Students who step on age teenager need own control good self. Control good self will make students or teenagers become good and capable individuals

control self. Control self can taught or practiced to students. Besides that, schools also become the right place To teach or practice control self through learning or service guidance and counseling.

One of the possible solutions is To increase the ability to control the student that is with psychoeducation. Psychoeducation is an activity To increase understanding and or Skills in business prevention from appearance disturbance psychology in groups (Lukens et al ., 2004).

research also mentions that psychoeducation can increase behavior-intensive health-seeking in insomnia sufferers (Prabansari, 2018). Psychoeducation also influences changing the behavior of child teenagers as smokers are active In reducing behavior smoking (Faizah and Rayinda, 2019).

CONCLUSIONS AND RECOMMENDATIONS

Based on the results research and discussion guided by the objectives research, can concluded as follows:

- a. Average value attitude control self junior high school students in the District Lemur Regency Solo before being given psychoeducation about prevention abuse drugs namely 42.51.
- b. There is an increase in the average value attitude control self junior high school students in the District Lemur Regency Solo after given psychoeducation about prevention abuse drugs that is to 48.28.
- c. There is influence significant psychoeducation to control self in the prevention of abuse drugs among junior high school students in the District Lemur Regency Solo in 2023

FURTHER STUDY

Every research certainly has limitations. Limitations in the sense of research limitations that influence the researcher's ability to explore the data being studied, limited data available, or external research factors such as limited time and resources. So further research is needed to complete this research.

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