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The Behaviour of Consuming Alcohol of Adolescents in South Bolaang Mongondow Regency of North Sulawesi Province

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Abstract

The aim of this study is to determine the behaviour of consuming alcohol among adolescents in South BolaangMangondowRegency. The study was conducted using qualitative method with phenomenological design. There were 52 participants involved in this study included 20 adolescents were alcohol consumers, 14 adolescent's parents consumed alcohol, 6 health officers, 4 community leaders, 3 police officers and 5 alcohol sellers. The results of study indicated average adolescents consuming alcohol ranged from 6 to 15 years old since influenced by their friend when met up at night. The adolescents consumed alcohol during hang out with friends, looked cool, forgot their problems, and increased their self-esteem. The type of alcoholic drinks consumed were "cap tikus", "cap tikus" mixed with Pepsi, coke, "komix" mixed with M150. Besides, adolescents had stew cowhide fungus and inhaled glue brand "Fox". The adolescents only know alcoholic beverages are intoxicating beverages. The parents who consumed alcohol greatly affected their children to consume alcohol, too. The role of health officers, community leaders, and even police officers are important since their efforts haven't reduced number of adolescents who consume alcohol.

Keywords: Adolescents; Behaviour of consuming alcohol

Introduction

The adolescent is transition period from childhood into adulthood period which aged 10-19 years¹. This period is critical period since biological, cognitive, social and emotional that affected their life. The adolescent is defined in ranged of age of 10-18 years and ended between age 19 and 24²⁻⁴. The adolescence among rapid development phased in human life⁵. In this period, adolescence had involved in academic and professional decision, identity develops, orientation toward future and expectation from family and teacher⁶.

Social issues are major problem among adolescence⁷. The social issue lead problem in adolescence is alcohol consumption. In ⁵10, worldwide per capital alcohol consumption was 6.2 liters of pure alcohol consumed by every person aged 15 years or older⁸. Based on National

¹¹Institute on Alcohol Abuse and Alcoholism (NSDUH)⁹, ³estimated 623, 000 adolescence aged 12-17 years had alcohol use disorder in United States (National Institute on Alcohol Abuse and Alcoholism, Alcohol facts and statistics). The alcohol is caused many health problems such as liver cirrhosis, mental illness, cancer, pancreatitis and fetus damage among pregnant women^{10,11}. The alcohol consumption in adolescence was interfered with adolescent brain development and increased development risk of alcohol use disorder. Besides, alcohol consumption in adolescence is contributed in consequences action such as injuries, sexual assaults and death.

Several factors had influenced alcohol consumption in adolescent such as inadequate childhood attachment, insecure, parental figures, poor self-esteem, environment triggered, easy accessibility, peer influence, anxiety, and family problem¹². The adolescent also claimed rewarding value was part of alcohol consumption such as cope or escape unpleasant emotions, to ⁷be sociable, and enjoy mood enhancement³. In a study, peer and parental factors in shaped friendship tie choice and alcohol consumption

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behaviour¹³. Meanwhile, a study suggested adolescent with parent had alcohol problem also likely to drink more alcoholic beverages compared adolescent that parent without alcoholic problem¹⁴.

In Indonesia, 18.1% of total population aged 10-19 years in 2012¹⁵. The prevalence of alcohol consumption in last one month was 4.9% in male and 0.3% in female.

The beverage types consumed by men in urban areas were 33.6% beer, 14.4 % liquor, 27.1% wine and 25.0 % traditional alcohol. Meanwhile, men in rural area had consumed 18.6% beer, 6.6% liquor, 19.4% wine and 55.4% traditional alcohol¹⁶.

In North Sulawesi province, alcohol consumption rate is increased lead to health problem and crimes cases. From initial observations, 10 adolescents consumed alcohol because peer and environment influenced. The alcohol types consumed in adolescents was traditional hard (*cap tikus*) with M150 and beer. The study was conducted to find out behaviour of consuming alcohol among adolescents in South BolaangMangondow Regency.

Methodology

The study was conducted using qualitative method with phenomenological design. There were 52 participants involved in this study included 20 adolescents were alcohol consumers, 14 adolescent's parents that consumed alcohol, 6 health officers, 4 community leaders, 3 police officers and 5 alcohol sellers. The data were obtained through in-depth interview, non-participant observation, and Focus Group Discussion (FGD). In this study, observation was conducted on adolescents toward their behaviour, knowledge and attitude toward alcohol consumption. Besides, role of family, community leaders, authorities (police) and alcohol distributor also observed in this study.

The questions that prepared for interview are:

1. Understanding toward alcohol
2. Type of alcohol and type most consumed by adolescents
3. Age for adolescents to start consuming alcohol
4. Background of adolescents consumed alcohol for first time
5. Place used to consume alcohol

6. How to get alcohol?
7. The adolescent's behaviour toward alcohol consumption
8. Impact of alcohol consumption behaviour on the adolescents
9. Behaviour of adolescents after alcohol consumption
10. Role of families toward alcohol consumption behaviour in adolescents
11. Understanding toward the alcohol
12. Understanding toward the alcohol
13. The experience in alcohol consumption for parents
14. Prohibition of parent toward alcohol consumption
15. Knowledge toward law or value about alcohol consumption
16. Understanding toward alcohol
17. Response and opinion about alcohol consumption behaviour in adolescent
18. Response and opinion about alcohol consumption behaviour in adolescents
19. The supported factors and inhibitors to overcome alcohol behaviour in adolescents
20. The knowledge of health officer about alcohol and alcohol type consumed by adolescents
21. The response and opinion from health officers about alcohol consumption behaviour in adolescents
22. The efforts were done by health officer to prevent alcohol consumption behaviour in adolescents
23. The program introduced by health officers to reduce alcohol consumption behaviour in adolescents
24. The reason of alcoholic seller to sell alcohol
25. Understanding about alcohol and prohibition toward selling alcohol
26. The response and opinion toward alcohol consumption behaviour in adolescents
27. The response and opinion toward alcohol consumption behaviour in adolescents
28. The efforts had been made in control alcohol consumption behaviour in adolescents

Result and Discussion

The understanding toward alcohol consumption was one of predisposed factor encouraged alcohol consumption behaviour in adolescents. Based on

interview result, teenagers only understood that alcohol is intoxicating drink. The adolescents had same understanding level about meaning of alcohol, average of teenagers understood alcohol had consumed is intoxicating and reduce consciousness. Most of adolescents said their own family and friend's invitation and lead them to consume alcohol. The FGD results showed main reasons for alcohol consumption were friend's invitation, relieved stress and looked cool in their friend group.

Most common type of alcohol consumed by adolescents was "*cap tikus*" alcohol as same as FGD results. In additions, adolescents also preferred consumed mixture of "*cap tikus*" with Pepsi and beer, "*komix*" mixed with M150, cowhide fungus and inhaled glue brand "*fox*". "*captikus*" alcohol brand was a type of liquor contained 40% that produced by distillation process. Several adolescents bought alcohol by their own money. Some of adolescents also obtained alcohol by shared with their friend because they have no enough money to buy alcohol by themselves. Most of adolescents bought alcohol in stall or directly bought from retailer or sellers.

The behaviour was a predisposing factor that affected alcohol consumption pattern. The interview result showed that adolescents had positive attitude related to alcohol consumption. The teenagers also agreed that they felt happy, relieved stress, looked cool in their friend group when they consumed alcohol. The adolescents had experienced differences effect after alcohol consumption such as dizziness, shortness of breath, vomit, and became lazy. Based on FGD results, most of adolescents felt dizzy and vomited after consumed alcohol. The impact of alcohol consumption such as yelling, fights, some of adolescents had tried kill people and burn the house.

The adolescent's father had experienced in alcohol consumption, their children tended to consume alcohol as their father. The parent inability to control their emotional made their children became bad temper and had an opportunity to consume alcohol to relieve burdens faced by their parents. The adolescents that lived together with their parents had good relationship with parents. The parent knew their children consumed alcohol would be controlled and supervised by their parents. Some of parents gave punishment to their children if they were consumed alcohol.

The community leader knew clearly alcohol consumption behaviour was very serious problem as many cases of accidents and death from alcohol consumption. An approach was introduced to community by optimized role of community leaders before new policy was drafted to limit sale of alcohol. In additions, there was cooperation with health officers also important to provide counselling about impact of alcohol consumption so that community aware harm of alcohol to their health. The lack of attention from community would create dilemma in new policy introduction.

Based on interview result showed health officer had good understanding toward alcohol. Many cases such as accident and death were due to alcohol consumption. The alcohol consumption in adolescents was serious issue and effort was needed to prevent increasing in number of teenagers consumed alcohol. The program was introduced for alcohol consumption behaviour prevention such as counselling in school to adolescent. There were many obstacles faced in program implementation because lack of cooperation from community itself. In additions, health officers claimed that they were faced difficulty to overcome alcohol consumption in community because their habit in consumed alcohol that had been adopted in their life.

One factor leads to alcohol consumption in adolescents because of availability of stalls and shop that sold alcoholic beverages. The access availability of alcoholic beverages leadsto the adolescentstoward alcohol consumption behaviour. The number of shop and stalls that sold alcohol in public was due to high demand from community. The shops were often raided by police officers but there was nothing since socialization was given to alcohol seller. There was no official rule or regulation on prohibition of selling alcohol in public, so sellers were continued their alcohol selling to adolescents.

Conclusion

The cooperation from all peoples such as family, community leader, health officers and police officers were needed to control alcohol consumption behaviour in adolescents. The local government was suggested to introduce regulations about limitation in sale of alcohol publicly in stalls or agents that secretly sell alcohol to adolescents. The parent's supervision toward their children's activities at outside and their commitment

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