

SOCIALIZATION OF THE DANGERS OF DRUG ABUSE AND ITS IMPACT ON MENTAL HEALTH IN THE COMMUNITY

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ABSTRACT

Drug abuse remains a serious problem in Indonesia, with devastating effects both physically and mentally. This community service project explored public knowledge about the dangers of drug abuse and its impact on mental health. The activity was conducted at the Cigugur Tengah Community Health Center in Cimahi. Education and health promotion through interactive counseling, group discussions, and collaboration with the National Narcotics Agency (BNN) and medical personnel. This activity involved 30 participants, including cadres and families/caregivers of patients with mental disorders. Showed an increase in participants' knowledge regarding the identification of types of drugs, their psychological effects, and prevention and early detection strategies. The discussion also highlighted the importance of the role of families and the community in supporting prevention efforts. This outreach program effectively raised public awareness and served as the first step in building a drug-aware environment that supports overall mental health.

Keywords: Community, Drug Abuse, Mental Health

1. INTRODUCTION

Drug abuse remains a serious problem in Indonesia, with devastating physical and mental impacts. The National Narcotics Agency (BNN) recorded that the prevalence of drug abuse in Indonesia in 2024 reached approximately 1.95% of the total population, equivalent to 4.8 million people (BNN, 2024). This figure represents an increase compared to previous years, indicating the continued need for prevention and education efforts. In addition to impacting physical health, drug abuse also contributes to mental health disorders, such as depression, anxiety, and psychosis (NIDA, 2020).

According to the WHO (2024), substance abuse is a leading cause of disability and decreased productivity among adolescents and young adults. Communities with a low understanding of the dangers of drugs tend to be more vulnerable, so evidence-based outreach efforts are essential (Kemenkes, 2021).

This community service activity aims to raise public awareness about the dangers of drug abuse and its impact on mental health. This outreach is

a collaboration between nursing lecturers and the National Narcotics Agency (BNN), which will provide both policy and medical perspectives. Through this interactive approach, it is hoped that participants will understand the risks of drugs and be motivated to avoid them, while also becoming agents of change in their communities.

2. PROBLEM AND FORMULATION OF QUESTIONS

The underlying problem of this activity is the low level of public understanding, particularly in the Cigugur Tengah area of Cimahi, regarding the dangers of drug abuse and the serious impacts it can have on individual mental health and the social environment. This lack of comprehensive education leads to a high risk of drug exposure, especially among adolescents and young adults. Based on this, the problem formulation in this community service activity is: "What is the level of public knowledge about the dangers of drug abuse and its impact on mental health?"

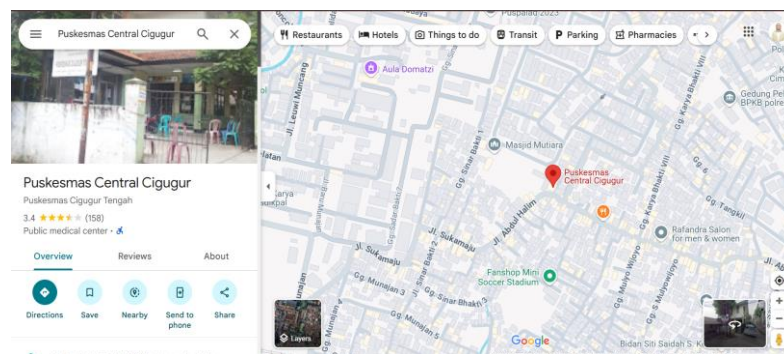


Figure 1. Map of Cigugur Tengah Health Center

3. LITERATURE REVIEW

Theories and concepts of Drug Abuse

a. Definition

Drug abuse (narcotics, psychotropics, and other addictive substances) is defined as the use of these substances outside of medical indications, without medical supervision, or in doses exceeding the provisions, resulting in physical and psychological dependence (BNN, 2017). According to the World Health Organization (WHO, 2024), drug abuse is included in substance use disorders (SUD), namely conditions in which the use of certain substances causes significant clinical disorders, including physical, mental, and social health disorders.

b. The Impact of Drugs on Mental Health

Drug abuse is strongly correlated with mental health disorders. According to the National Institute on Drug Abuse (NIDA, 2020), psychoactive substances such as marijuana, methamphetamine, and ecstasy can disrupt the balance of neurotransmitters in the brain, triggering anxiety disorders, depression, psychosis, and even bipolar disorder. Research by Volkow et al. (2016) shows that long-term drug users have a 2-3 times higher risk of developing mental disorders than the general population. The concept of dual diagnosis, or comorbidity,

explains that drug abuse often occurs alongside mental disorders (Kemenkes, 2021). For example, methamphetamine users tend to experience psychotic symptoms such as hallucinations and paranoia, while opioid abuse is associated with an increased risk of depression and suicide (Boland et al., 2022).

c. The Role of Socialization in Preventing Drug Abuse

Socialization and education are key strategies in preventing drug abuse. According to the Diffusion of Innovation theory (Rogers et al, 2008), disseminating information through socialization can change people's knowledge, attitudes, and behavior. Research by Munawwaroh et al. (2025) demonstrated that community-based educational interventions can reduce drug use intentions in adolescents by 30%.

4. METHOD

The method or approach used in this activity was health education and promotion. The target group received material on the dangers of drug abuse and its impact on mental health. Thirty participants took part in this activity. The event began with a presentation and concluded with a group discussion (questions and answers and sharing experiences).

PKM steps and steps for implementing this activity are :

a. Preparatory stage

At this stage, we first conducted a survey with the Cimahi Health Office and the Cigugur Tengah Community Health Center. We then inquired about the needs of the area through the relevant parties, and then reached an agreement to determine the implementation date. After identifying the needs, we prepared materials to collaborate with the National Narcotics Agency (BNN) using PowerPoint (PPT) media and other equipment.

b. Implementation Stage

The implementation of Health Education and Promotion was carried out on Thursday, June 26, 2025, from 07.30 to 13.00 WIB at the Cigugur Tengah Community Health Center, Jl. Abdul Halim No. 199, Karangmekar, Cimahi Tengah District, Cimahi City, West Java 40522, attended by 30 participants. It began with an opening by the Head of the Community Health Center and the Head of the Nursing Study Program, then material was provided regarding the dangers of drug abuse and its impact on mental health through powerpoint presentations and demonstrations, followed by a discussion group and question and answer session.



Figure 2. Counseling process regarding the dangers of drug abuse and its impact on mental health

c. Evaluation Stage

After the presentation session was completed, the participants were divided into five small groups of six people each (using the forum group discussion method). These groups included lecturers, cadres, and members of the community who were receiving treatment at the community health center, particularly families caring for patients with mental disorders. Participants were required to answer questions posed by their facilitators and share experiences related to the presentation material.



Figure 3. Group discussion stage with participants



Figure 4. Final Activity Documentation

5. RESULTS AND DISCUSSION

a. Results

The Community Service (PKM) activity conducted education through PowerPoint aimed to prevent and reduce the incidence of drug abuse in the community. In the process, this counseling was carried out directly at the Cigugur Tengah Community Health Center, Cimahi, attended by families of mental health patients, cadres, representatives of the National Narcotics Agency (BNN), representatives of the Cimahi

Health Office, Psychiatrists, Psychologists, the Community Health Center Team and the Community Service team of nursing FPOK UPI. Based on the final results of the discussion, the participants complained about high anxiety and fear of the increasing incidence of drug use in their surroundings. Participants were afraid that their children or families would fall into dangerous things. However, this discussion showed an increase in deeper knowledge among participants regarding drug abuse prevention and ways to maintain mental health.

b. Discussion

The outreach program on the dangers of drug abuse and its impact on mental health in the Cigugur Tengah area of Cimahi is a response to concerns about the risk of substance abuse among the community, particularly adolescents and young adults. According to data from the National Narcotics Agency (BNN, 2024), the prevalence of drug abuse in Indonesia continues to increase significantly, with the productive age group (15-35 years) being the most vulnerable. Environmental factors, social pressure, and a lack of education are the main triggers for substance abuse.

The impact of drug abuse is not limited to physical harm but also significantly impacts psychological and mental health. Research conducted by Safinah et al. (2024) shows that drug abusers are at high risk of developing mental disorders such as depression, anxiety, psychosis, and impulse control disorders. This is caused by disruption of neurotransmitters in the brain due to long-term use of psychoactive substances. The latest edition of the book "Abnormal Psychology" by Kring et al (2021) also confirms that addictive substances affect the limbic system and prefrontal cortex, which are responsible for decision-making and emotional regulation.

The results of the outreach activities demonstrated an increase in participants' understanding of drug types, their impact on brain and psychological function, as well as the importance of early detection and the role of families in prevention. This aligns with research findings by Khasanah et al (2021), which stated that community-based educational interventions can improve health literacy and reduce permissive attitudes toward drugs. In the Central Cigugur area, access to information is widespread but not evenly distributed. A direct approach through outreach has proven effective in conveying prevention messages in a more personalized and contextual manner.

Furthermore, this activity also aims to strengthen collaboration between academics, health workers, government agencies, and community leaders in creating a supportive and drug-free environment for mental health. Continuous education is needed so that the public is not only aware of the dangers of drugs but also able to recognize the early signs of mental disorders that may arise from drug abuse.

6. CONCLUSION

A socialization activity on the dangers of drug abuse and its impact on mental health in the Cigugur Tengah area of Cimahi positively contributed to increasing public understanding and awareness of the importance of early prevention. Through an interactive, educational approach, participants gained information about the types of drugs, their effects on physical and psychological conditions, and prevention strategies that can be implemented both individually and collectively. This activity also emphasized that drug abuse not only impacts the body but also triggers various serious mental health disorders.

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