

## SOCIAL SUPPORT AND SELF-EFFICACY OF ADOLESCENTS FOR THE PREVENTION OF DRUG USE IN INDONESIA

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### ABSTRACT

Drug abuse remains a significant public health issue in Indonesia, particularly among adolescents. Individuals aged 15-18 years are at heightened risk due to social pressure, inadequate information, and low levels of social support and self-efficacy. This study aimed to examine the relationship between social support and adolescent self-efficacy in the prevention of drug use. A correlational research design was employed, involving 80 adolescents aged 15-18 years. Data were analyzed to determine the association between social support and self-efficacy in drug use prevention. The findings revealed a significant positive relationship between social support and self-efficacy ( $p=0.018$ ). It can be concluded social support and self-efficacy are significantly associated with the prevention of drug use among adolescents. Interventions to strengthen these factors may contribute to reducing drug abuse in this vulnerable population.

**Keywords:** Adolescent Drug Prevention, Social Support, Self-Efficacy, Public Health, Indonesia, Drug Abuse Prevention.

### INTRODUCTION

Drug abuse, encompassing the misuse of drugs, psychotropics, and addictive substances, poses a significant challenge to public health in Indonesia. While these substances have legitimate uses in medical treatment and research, their improper consumption can disrupt brain function, inducing calming or stimulating effects, hallucinations, mood disturbances, and, ultimately, addiction (Azhar, Sawitri, & Rahayu, 2023). The escalating rates of drug addiction, coupled with the proliferation of drug-related crimes and increasingly sophisticated distribution networks, highlight the urgency and complexity of this issue. Adolescents represent a vulnerable demographic, increasingly falling

victim to drug abuse (Purbanto & Hidayat, 2023).

Drug abuse cause significant impact on social and individuals live. The societal and individual impacts of drug abuse extend beyond physical health, severely impairing psychological and social well-being (Rachman et al., 2022). Adolescence—a critical period of psychological and social development—represents a particularly sensitive stage where individuals are highly susceptible to external pressures and influences.

Many adolescents face challenges such as peer pressure, societal expectations, and limited access to accurate information. When these pressures remain

unaddressed, adolescents may resort to maladaptive coping mechanisms, including drug use, self-harm, and risky behaviors. These actions often stem from a perception of life as overwhelming or unrewarding, further exacerbating mental health challenges during this formative stage (Handayani & Sholihah., 2023).

Self-efficacy, defined as an individual's confidence in their ability to exert control over their behavior, plays a pivotal role in resisting drug use. Adolescents with low self-efficacy are more likely to succumb to external influences such as peer pressure, while those with strong self-efficacy are better equipped to resist negative behaviors and make positive choices. Low self-efficacy can make individuals especially vulnerable to the allure of drugs, particularly in environments where substances are easily accessible and peer influence is pervasive (Pradana, Raudhoh, & Hafizah, 2023).

Social support is another critical protective factor in preventing drug abuse among adolescents. Positive social relationships with peers, family, and the broader community provide adolescents with emotional, informational, and instrumental resources to navigate life's challenges. However, a lack of adequate social support can lead to feelings of isolation and rejection, reducing an adolescent's confidence and increasing their vulnerability to substance use. Conversely, effective social support from both professional sources, such as psychologists and counselors, and non-professional sources, such as family and friends, fosters resilience and can significantly enhance self-efficacy (Masruroh, Isroin, & Munawaroh, 2020; Pradana et al., 2023).

Existing research on the relationship between social support

and self-efficacy in drug use prevention has yielded inconsistent findings. For example, Muliati, Roswiyani, & Soetikno (2022) found no significant relationship between these variables among drug addicts, suggesting that the quality and sources of social support play a critical role in determining its effectiveness. Comprehensive and tailored support, particularly from professional sources during rehabilitation, may be necessary to maximize its impact on self-efficacy and recovery.

This study aims to investigate the relationship between social support and self-efficacy in the context of drug use prevention among adolescents. By focusing on this vulnerable group, the research seeks to provide insights into how strengthening these protective factors can mitigate the risk of drug abuse, ultimately contributing to more effective public health strategies.

## LITERATURE REVIEW

Drug abuse is a person who consumes drugs without supervision from a doctor and is done continuously so that it causes dependence if its use is reduced or stopped suddenly, causing physical and psychological symptoms, for this reason integrated and comprehensive efforts are needed including preventive, repressive, therapeutic and rehabilitation efforts (Lestari, 2017); (Safira, 2023). Abdulsyani (Susanti & Rahardjo, 2018:126) stated that there are several factors that cause drug crimes based on criminology theory, these factors include (Rachmawati, 2023); (Nurmala, 2022):

### 1. Internal Factors

These internal factors are divided into two, namely specific

factors and general factors, namely:

- a) Internal factors are specific, namely the psychological state of a person or individual, including mental illness, emotional power, low mentality, confusion.
- b) Internal factors are general, internal factors can be categorized into several types, namely: age, gender, position in society, education of the individual, problems of recreation or entertainment of the individual.

## 2. External Factors

These external factors originate from the environment or outside of humans, internal factors are as follows:

- a) Economic Factors  
The rapid development of the economy in the modern era has led to the emergence of crime, including drug crimes.
- b) Religious Factors  
The norms in religion teach about goodness and truth, and religion always guides to the path of truth, so that if humans truly understand and study religion, they will become good people, and will not do things that can endanger themselves or others.
- c) Reading Factors  
Bad reading will tend someone to commit crimes, such as stories, pictures that can encourage someone to commit acts that violate the law.
- d) Film Factors

Films are one of the factors causing drug abuse, watching will affect a person's attitude (Suradi, 2017).

## RESEARCH METHODS

This cross-sectional study was conducted among adolescents aged 15-18 years from two schools in Aceh Besar Regency, with data collected between August 7 and September 24, 2024. Eighty respondents were selected through a random sampling technique to ensure the representativeness of the population. Data were gathered using validated and reliable instruments, including the Multidimensional Scale of Perceived Social Support (MSPSS) to measure levels of social support and a self-efficacy questionnaire to evaluate adolescent confidence in specific scenarios (Zimet, Dahlem, Zimet, & Farley, 1988).

The selected schools met predefined criteria aligned with the study's objectives, offering a diverse student population suitable for exploring the relationship between social support and self-efficacy. Statistical analysis was performed using the chi-square test to examine the association between social support and self-efficacy among adolescents. All analyses were conducted using PSPP software. Ethical approval was received from the Ethical Committee of the Nursing Faculty of Universitas Syiah Kuala, No. 112026120724, dated 31 July 2024. Written consent for participations were obtained from all respondent students and their parents.

## RESEARCH RESULTS

Table 1. Characteristics of Respondents

Characteristic	Frequency (n)	Percentage (%)
Gender		
Male	47	58.8
Female	33	41.3
Age (years)		
10	1	1.3
12	1	1.3
>12	78	97.5
Ethnicity		
Acehnese	77	96.3
Other	3	3.8
Residency Status		
With parents	73	91.3
With relatives	1	1.3
Dormitory/shelters	6	7.5
Exercise Habits		
Almost every day	12	15.0
Once or twice a week	56	70.0
Several times a month	9	11.3
Several times a year	1	1.3
Never at all	2	2.5
School Attendance		
Always go to school	45	56.3
Missed one day	15	18.8
Missed two days	8	10.0
Missed three days	6	7.5
Missed more than three days	6	7.5
Perceived Intelligence		
Very smart	25	31.3
Smart	14	17.5
Average	31	38.8
Below average	1	1.3
Don't know	9	11.3
Drug Education		
Yes	17	21.3
No	63	78.8
Social Support		
High	65	81.3
Moderate	11	13.8
Low	4	5.0
Self-Efficacy		
Good	25	31.3
Not good	55	68.8

The study included 80 adolescents aged 15-18 years from

two schools in Aceh Besar Regency. Of these, 58.8% were male. The

majority (97.5%) were older than 12 years, placing them in the late childhood or early adolescence stage. Most respondents identified as Acehnese (96.3%), with a small proportion representing other ethnicities. Regarding residency status, 91.3% lived with their parents, reflecting strong family ties, while a smaller number lived in dormitories or shelters (7.5%). Lifestyle patterns revealed that 70% engaged in exercise once or twice a week, while 15% exercised almost daily. However, school attendance showed some irregularity, with 56.3% reporting consistent attendance, while others missed one or more days weekly. On perceived

intelligence, 31.3% considered themselves very smart, with 38.8% identifying as average. Alarming, 78.8% reported having never received drug education, highlighting the need for improved awareness initiatives. Social support was generally high, with 81.3% of respondents reporting strong support networks, but self-efficacy levels were concerning, with 68.8% demonstrating low confidence in their ability to achieve personal goals. The combined demographic, educational, lifestyle, social support, and self-efficacy characteristics are presented in Table 1.

**Table 2. Chi-Square Test for Social Support and Self-Efficacy**

Good	25	31.3
Not good	55	68.8
Value	df	Asymptotic Significance (p-value)
Pearson Chi-Square	8.045	0.018
Likelihood Ratio	8.838	0.012
Linear-by-Linear Association	7.233	0.007

The chi-square test revealed a statistically significant relationship between social support and self-efficacy. The Pearson chi-square value was 8.045 ( $df = 2$ ,  $p = 0.018$ ), and the likelihood ratio was 8.838 ( $df = 2$ ,  $p = 0.012$ ). Furthermore, the linear-by-linear association test yielded a value of 7.233 ( $df = 1$ ,  $p =$

0.007), indicating a significant linear relationship. These findings suggest that adolescents with higher social support are more likely to have better self-efficacy, highlighting the importance of strengthening social support networks to improve confidence and decision-making skills in adolescents.

## DISCUSSION

The results of this study demonstrate a significant relationship between social support and self-efficacy in adolescents, particularly regarding their ability to resist drug use. The statistical analysis indicated that adolescents who reported higher levels of social support also tended to exhibit better self-efficacy, with the p-value of

0.018 confirming a statistically significant association. This suggests that social support plays a crucial role in shaping adolescents' confidence in their ability to make healthy decisions, especially when faced with external pressures, such as peer influence or the temptation to use drugs.

Social support is a critical factor in adolescent development, influencing their emotional well-being, self-esteem, and overall coping mechanisms. Adolescents with strong social networks—whether these are familial, peer-based, or community-oriented—are more likely to develop a sense of security that bolsters their confidence in managing challenges. In the context of drug prevention, the emotional and psychological support that adolescents receive from family, friends, and other trusted adults provides them with the resilience to resist peer pressure and environmental temptations that might lead to substance use. It has been reported that students who perceived high levels of social support were less likely to report alcohol and drug use initiation, particularly at low levels of peer victimization (Wormington, Anderson, Tomlinson, & Brown, 2013); (Rahayuningsih, 2024).

The finding that 78.8% of respondents had never received drug education further emphasizes the importance of integrating both education and social support in drug prevention efforts. Without proper educational resources, adolescents may lack the knowledge and skills needed to make informed decisions about their health, which can undermine their self-efficacy. This highlights the necessity of combining educational programs with strong social support systems, as these two elements work synergistically to foster adolescents' sense of self-worth and confidence in their ability to resist drug use (Agustina, 2019).

Moreover, the overall self-efficacy of the respondents in this study was relatively low, with 68.8% reporting poor self-efficacy in achieving personal goals. This underscores the need for targeted interventions to improve self-

efficacy in this age group. Programs that focus on enhancing adolescents' self-esteem, problem-solving skills, and resilience—coupled with increased social support—could help improve their ability to navigate challenges, including resisting drug use. Additionally, the study's findings suggest that other sociodemographic factors, such as age, gender, and exercise habits, might also influence self-efficacy. However, it was the strong connection between social support and self-efficacy that stood out, suggesting that fostering supportive environments may be one of the most effective strategies for boosting adolescents' confidence in their ability to avoid risky behaviors.

## CONCLUSIONS

This study underscores the critical role that social support plays in shaping adolescents' self-efficacy. Strengthening these support networks, alongside implementing comprehensive drug education programs, could be key strategies in preventing drug use and enhancing adolescents' decision-making skills. Future research should explore other potential factors that contribute to self-efficacy and investigate the long-term impact of integrated interventions that combine both education and social support.

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