

## Understanding the Factors Causing Drug Abuse to Build Drug-Free Youth

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**Keywords:** habitus, drug abuse, drug-free youth.

**Abstract:** Narcotics and drugs or hazardous substances (drugs) are the most dangerous cross-border problems that can damage all people's life throughout world. Regarding drug abuse issue, Surakarta city has had an alarming rate, 1.96% of the population, close to national average of 2.2%. This study aimed to find out: 1) the factors causing drug abuse, 2) teenagers' knowledge on drug type and their effects, 3) adolescents' knowledge on drug trafficking networks, and 4) adolescents' knowledge on how to avoid drug abuse. The method used was descriptive qualitative one with phenomenological approach. Informants were selected using purposive sampling, while data collection using observation techniques, in-depth interviews and Focus Group Discussion (FGD). Data validation was conducted using source and method triangulations, and data analysis using interactive analysis model encompassing data reduction, data display, and conclusion drawing. The results showed the characteristics of drug abusers coming from various backgrounds. Habitus constituting knowledge on drug abuse hazard is mainly learned from playmates. Positive and negative capital is the users' cultural capital, while domain is dominated by peers. Thus, habitus, capital and realm determine adolescents' action to be drug abusers.

### 1 INTRODUCTION

About 20% of Indonesian populations belong to 10-19 year age group. It means, there are about 50 millions people. Adolescence is the transition period when teenagers often face complex problems that are difficult to solve by themselves. UNICEF (2012) mentions three risks the teenagers often face (TRIAD KRR): sexuality-related (unexpected pregnancy, abortion, Sexually Transmitted Disease infection), drug abuse, and HIV/AIDS risks. Transition period of adolescent life is divided into four stages (Youth Five Life Transitions): continue learning, start working, form families, exercise citizenship, and practice healthy life. Adolescents successfully practicing healthy life are believed to be the determinant of success in other four life areas, and vice versa.

National Anti-Narcotic Agency of Republic of Indonesia (BNN) mentions that the high number of drug abusers in Indonesia has indicated narcotic and drug emergency condition (Winarno, 2014). The

prevalence of narcotic and drug abuser, according to the survey in 2016, is 2.20 percent or more than 5.9 million people. Out of that number, 22% are teenagers, most of which are students and college students. It is worrying, because it affects adversely not only the corresponding ones but also their surrounding environment, including crime, dropout, deviating sexual behavior, and death.

BNN also mentions that to build drug-free adolescents, parents, school environment, and community's concern is required<sup>1</sup>. However, considering the effect of membership group on adolescents, peer education strategy can be used to improve their knowledge on drug abuse hazard. Peer education is a learning activity process occurring among peers to develop an individual or a group of individual's knowledge, attitude, and action (Iryanti, 2013). Innovative approach used refers to International Council on Management of Population action program (ICPD 2014).

To Indonesia, in addition to achieving the goal of SDGs 2030 (BPS, 2016), the drug abuse issue management is intended to prepare demographic bonus momentum in the year. Both of them will be missed when Indonesia fails in maintaining and improving its human resource, and mitigating risk factor including drug abuse that can threaten the quality of young generation.

Data of BNN (2017) survey on 18 provinces in Indonesia in 2016 shows that Central Java belongs to medium city viewed from the number of narcotic or drug or substance abusers. However, Surakarta City has been on alarming level, with 1.96% of total population, close to national average of 2.2%. Some institutions deal with drug abuser rehabilitation, one of which is Surakarta Regional Mental Hospital (RSJD Surakarta). This institution's data shows that most patients that have been stated as cured relapse repeatedly. Rahmadona and Agustin (2014) say that 66.7% respondents of rehabilitated patients have friends serving to introduce them with drugs. The patient's relapse usually occurs because after they have been cured they keep interacting with old friends. Such representation occurs commonly in many drug rehabilitation institutions, even in Lido constituting the drug abuser rehabilitation center in Indonesia (Pranawa and Humsona, 2017).

In addition to curative attempt, some institutions take preventive measure. However, the measure taken is still pervasion in nature as formal routine. This measure is still general, has not been able yet to lower the drug abuser number significantly. More serious and personal preventive measure is needed to avoid adolescents from drug trap. Recalling the importance of friend's role to adolescents, peer education strategy is used as a preventive attempt to avoid adolescents from drug abuse hazard. This article studies 1) the factors causing drug abuse, 2) teenagers' knowledge on drug type and their effects, 3) adolescents' knowledge on drug trafficking networks, and 4) adolescents' knowledge on how to avoid drug abuse.

## **2 THEORETICAL**

### **2.1. Factor Causing Drug Abuse**

Studies on drug abuse in adolescents show that the cause is not single factor. Watts (2018), for example, mentions the presence of internal and external factors. Internal factor includes religiosity, as suggested by Radosevich, et.al, (2010) that drug abusers have lower religiosity level than non-abusers. Meanwhile, external factor includes family, community, and peer.

Family becomes protecting and cause factors all at once to adolescent behavior. Family, according to Colondom (2007), can be protecting or risk factor in drug abuse. Inappropriate caretaking pattern, according Gordon & Gordon (2004), for example children who always be spoiled and whose wants always be fulfilled by parents, also makes children saying no to drug difficultly. Peer effect gets special attention from Watts (2009) and Santrock (2011), stating that negative peer effect can lead adolescents to behave less well easily.

Many other varying and less understandable causes underlie drug abuse. Hundreds variables have been studied as potential cause from alcohol and drug abuse originally. However, alcohol and drug abuse begins largely during interaction with friends abusing drugs as well (Norman, et. al., 1994). It can be seen more clearly that the road toward drug abuse is complicated, but according to Chaterine (2009), the history of interacting with friends abusing drugs reduce the possibility of not being involved within it.

The importance of peer as one of reasons why adolescents are involved in drug abuse and the main reason is to fit in: Many teens use drugs "because others are doing it"—or they think others are doing it—and they fear not being accepted in a social circle that includes drug-using peers. The wish to be like friends in their group and in order to acceptable to the group can override the norms inculcated by family, school, and community in general (Watts, 2018).

Adolescents are very vulnerable to drug abuse involvement because of their less developing brain condition that can result in poor decision making ability and increase the long term effect of drugs and alcohol. Understanding the cause of adolescent substance abuse is very important to a successful prevention and intervention program (Whitesell, et. al., 2013).

Although there are so many complicated factors making the adolescents entrapped into drug abuse, Pranawa et al sees the opportunity for the adolescents to keep far away and to escape from deviating behavior. Religiosity values (Radosevich, et.al, 2010) containing social relation values within (Humsona, et.al., 2016) can be attempted to be preventive measures. It is because Bourdieu sees that social behaviour will be realized from a three-aspect mechanism including: habitus, capital, and domain. Religiosity values are social and cultural capitals contributing to determining adolescents' social behavior.

## 2.2 Habitus of Drug Abusing Adolescents

Using Bourdieu's practical theory, the drug abusers' knowledge, attitude, and behavior can be understood through habitus, capital and domain enclosing it. Habitus includes knowledge, thinking, and action acquired from the environment (Prasetyawati and Ramli, 2012). Habitus is the product of skill. Economic, cultural, social, and symbolic capitals enable the creation of social structure. Out of those capitals, economic and cultural capitals determine the most relevant criteria of differentiation for the advanced community setting. It is what is called capital structure (Haryatmoko, 2003:11). Concept of habitus is inseparable from struggle domain concept.

Habitus is the product of skill becoming practical (not always conscious) action that is then translated into an apparently natural ability developing in certain social environment (Bourdieu, 1977:11). In that process of acquiring skill, the composed structures change into the composing structure. What is believed to be creative freedom is actually the product of structural limitation. So, habitus becomes an activator of action, thinking, and representation (Haryatmoko, 2003:10).

Economic, cultural, social, and symbolic capitals enable to create the social setting structure. Out of those capitals, economic and cultural capitals determine the most relevant criteria of differentiation for the advanced community setting. It is what is called capital structure (Haryatmoko, 2003:11).

Concept of habitus is inseparable from struggle domain (champ or camp?) concept. These two concepts are very fundamental as they relying on others for two-way relation: objective structures (social structures) and habitus structure integrated into actors (Bourdieu, 1977:9). The concept of camp becomes very decisive because within a very differentiated community, the objective relation setting has typicality that cannot be reduced into the relation organizing other field. However, basically each field is colored by Bourdieau's postulate (Haryatmoko, 2003:11), that in every community, some are dominating and some others are dominated.

## 3 METHOD

Surakarta was chosen as the location of research for two reasons. Firstly, Surakarta city is one of cities with high drug abuser number in Indonesia (BNN, 2017). Secondly, some institutions deal with drug

rehabilitation, one of which is RSJD Surakarta available to be this research's partner.

The research method employed was descriptive qualitative one to acquire a comprehensive and complete understanding on drug abuser in Surakarta. This research employed a phenomenological approach attempting to understand the definition of event and its relations to people in certain situation. The author attempted to enter into the subjects' conceptual world studied in such a way to understand what and how they develop a definition around the events in their daily life.

Qualitative method collected in this study consisted of primary and secondary data. Primary data was obtained directly from its source: drug abuser, accompanying psychologist, clinician, family, and peer community. Secondary data was obtained from Health Office, Police and Yayasan Kakak (Kakak Foundation). Primary data was collected using observation, in-depth interview and Focus Group Discussion (FGD) (Krueger, 1994). Secondary data was collected using documentation technique. Data validation was conducted using source and method triangulations (Moleong, 1995). Source triangulation was information obtained through different sources, while method triangulation was the one obtained through different methods, for example: interview, observation, or FGD. Data analysis was carried out using an interactive model of analysis with three components: data reduction, data display, and conclusion drawing. Analysis was also conducted along with informants participating in data collection,25 to draw final conclusion.

## 4 RESULT AND DISCUSSION

### 4.1 Factor Causing Drug Abuse

Drug abuse can be caused by internal and external factors. This study found internal factor regarding poor religious understanding. An abuser states that they do not feel that drug abuse breaks the religion norm. Another abuser find out that drug abuser break the religion norm but his wish to try is stronger.

Another adolescent said that they do not want to abuse drug because they are afraid of breaking the religion tenet. They acquired religion tenet from family and school stating that breaking the religion tenets means sinful and to be punished, either in the world or hereafter. Therefore, when his friends invited him to try drugs, he declined it.

Drug abuse can also be caused by external factor, such as family, playmates, and community. Family

becomes protecting and causing factors all at once for the adolescent behavior. This study found an abuser feeling neglected by his parents. He followed his friends to try drugs. His parents did not know it until several months when he was reprimanded by school. Family as the value socializing institution does not function well here.

Most cases are drug abusers due to friends' urge. Peer is the factors affecting mostly the drug abusing adolescents. The wish to be acceptable to the group makes them overriding the norms taught by family and school.

Permissive community less concerned with drug abuse hazard also becomes a cause. People reluctantly report drug abusers to the authorized one. They do not want to be involved in subsequent law enforcement process. To them, silent will be better, moreover when the case does not involve their family member.

#### **4.2 Adolescents' knowledge on types of drugs and its effect**

Generally, adolescents know drug abuse hazard. Types of drugs they know are: methamphetamine, marijuana, and ecstasy. Other types they know are: heroin, marijuana, and codeine. The forms known are: capsule, powder, leaves, liquid, and crystal. They know them from the information they acquired. They do not know much about the new forms of drugs and drug precursors.

The effect they know is that drug improves energy and creativity but can result in hallucination, pain, dizziness, languidness, and poor appetite. Drug consumption can harm health and learning concentration. Adolescents will absorb the lesson very difficultly when they consume drugs. Drug abuse effect is very hazardous in both short and long terms. Some people said that drug abuse can result in death.

#### **4.3 Adolescent's knowledge on drug network**

Adolescents know that Indonesia formerly was drug circulation market, but it is drug producer now. The income gotten from drug is so high that many people rely on drugs for their life. Drug network is created from international to family level. Its centers are located in many points, including household, society, peer, community where nearly all members are involved drug network.

Adolescents' knowledge on drug network is formerly acquired from peer, school, family, and online media. An informant said:

I have never abused it, but I know how to get it. It is not easy, but I know it. When we contact them, and we are reliable, we will afford it. However, buying drug is unlike buying other products. The most important thing here is trust. Because selling drugs is risky, being arrested, the seller will be very careful.

#### **4.4 How to avoid drugs**

Adolescents know several ways to avoid drugs. Firstly, improving obedience to religion will make them unaffected with temptation to abuse drugs. Secondly, another way is to improve relationship between family members including with parents and siblings. Avoid making friends with drug abusers will avoid them from being tempted to abuse it. Joining anti-narcotic group existing in school or community is recommended.

From the findings above, it can be seen that family has value socializing function, but it can also be the cause and the agent socializing the factors triggering adolescents feeling getting inadequate attention from their parents. Parents' preoccupation makes adolescents feeling lonely when they need someone to share anything that cannot be replaced by others.

Habitus of abusers is due to internal and external factors. Internal factor includes religious value. Domain where they are will color the choice they make, because when they grow into adolescence, in addition to family, membership group will also influence them. To adolescent drug abusers, interaction with social environment is very important, and even is considered more important than family. Moreover, when family or school instead becomes the source of problems to the adolescents, values and norms inculcated into group will be more meaningful. The reinforcement of cultural capital including religiosity values and appreciation to social relation values will strengthen self-confidence, responsibility, and care about themselves and environment, so that adolescents will avoid drugs bravely.

Habitus includes knowledge, thinking, and action. Rational action is human activity building on its rationality in achieving certain objective, but the rationality also builds on knowledge acquired from family, social, and institutionalized education. Habitus is a practical sense encouraging the actor to act and to react in specific situation in a way that is not always calculable previously, and not merely a

conscious compliance with rules (Prasetyawati and Ramli, 2012).

When they abuse drugs, none of them planned it. They only followed their friends who have abused it first. They know the consequence, the values they break, and the severe sanction, but the domain enclosing and social capital in the form of network according to them very valuable makes them neglecting the cultural capital inherent to them so far. The wish to keep recognized as the part of group and the sensation they get from drugs lead them to try abusing drug. Drugs' addictiveness makes them abusing it continuously. Hedonistic lifestyle makes adolescents leaving drug difficultly.

## 5 CONCLUSION

Family's poor control as found in this study confirms Winarno's (2014) opinion that the higher prevalence of adolescents abusing drugs is due to family's poor control. When there is peer's temptation, adolescents will be interested in abusing drugs. The domain enclosing adolescents and social capital in the form of network according to them very valuable makes them neglecting the cultural capital inherent to them so far. The wish to keep recognized as the part of group and the sensation they get from drugs lead them to try abusing drug. Drugs' addictiveness makes them abusing it continuously. Hedonistic lifestyle makes adolescents leaving drug difficultly.

## ACKNOWLEDGEMENTS

The author expresses her gratitude to *Direktorat Jenderal Penguatan Riset dan Pengembangan Kementerian Riset, Teknologi, dan Pendidikan Tinggi* (Director General of High Education) for funding the research.

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