



Investigation on Parental Supervision of Adolescents' Attitude in Medicine Consumption

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ABSTRACT

The population of adolescents around the world continues to increase. WHO estimates that the adolescent population will account for one-sixth of the world's population. One of the problems that arise in adolescence is drug abuse. Figure of parents is the main factor that can prevent drug abuse behavior in adolescents. Other problems that can arise include the possibility of errors in drug consumption, inappropriate drug doses, and drug interactions. This study aims to determine the description of parental supervision when adolescents consume drugs. This research is a type of cross sectional study to find out the description of parental supervision in adolescents' attitudes when taking drugs. Sampling using purposive sampling technique. The results showed that 80.3% of respondents took drugs with parental supervision, while the other 19.7% took drugs without supervision. Adolescents who take drugs with parental supervision understand the important role of parents in monitoring the process while adolescents are taking drugs. This awareness can be generated by the respondent's education level, which is dominated by students from the health sector. In addition, the presence of family members who work in the health sector also increases the awareness of adolescents. Adolescents who take drugs without parental supervision are caused by psychological factors, where adolescents have a tendency to show self-ability and independence without parental intervention, including when taking drugs. Researchers suggest to do assistance to adolescents to be able to continue to increase awareness of adolescents to consume drugs with parental supervision.

Keywords: *Medicine Consumption, Parental Supervision, Adolescents, Attitude*

1. INTRODUCTION

There are 1.3 billion adolescents in the world today, which is 16 percent of the world's population. This data has increased from the previous year [1], [2]. The population of adolescents in Indonesia is 44 million, consisting of 48.5% girls and 51.5% boys [3]. Adolescence is a phase of life, which is a transition period between childhood and adulthood. This is an important stage of human development, characterized by marked biological and physiological changes [2], [4].

Behaviorally, adolescence is associated with unstable emotions, a period of learning to navigate peer relationships, exploring the limits of self-ability. This phase is also a time to affirm personal identity and transition to

independence. The consequences of this behavior in adolescents cause various problems. One of the problems that arise in adolescence is drug abuse. Figure of parents is the main factor that can prevent drug abuse behavior in adolescents [5], [6]

Regulations that monitor drug safety in pediatrics are evolving around the world, but there are still many problems in pediatric medicine [7]. Treatment problems in this age group become more complex because each age group has a unique condition. Adolescents are an age group that has different perspectives on the use and beliefs of drugs. Adolescents can even take medication on their own without parental monitoring [8], [9]. The drugs used are a group of drugs that can be purchased without using a prescription [10], [11]. Lack of information received by

adolescents when using drugs without a prescription, can result in the use of inappropriate drugs and the emergence of unwanted side effects [12], [13].

2. METHODS

This research is a type of cross sectional study to find out the description of parental supervision in adolescents' attitudes when taking drugs. Sampling using purposive sampling technique, namely the process of taking samples by considering the nature of the population that has several goals in common in this study. This study aims to find out the description of parental supervision when adolescents consume drugs. This research was conducted for six months in adolescents in Special Region of Yogyakarta (DIY). The research subjects consisted of school students, and first year college students who were categorized as adolescents.

3. RESULTS AND DISCUSSION

The research was carried out for 6 months with the research subjects being adolescents who were in the DIY area. This study begins by distributing questionnaires to research subjects to find out the description of parental supervision in adolescents' attitudes when taking drugs. A total of 791 respondents have filled out the questionnaire, consisting of university students and students. There are 36 respondents who do not meet the criteria for being an adolescent, so the number of respondents who are included in the criteria for adolescents is 755 respondents. Respondents (Figure 1) consisted of 82.12% Female and 17.88% Male.

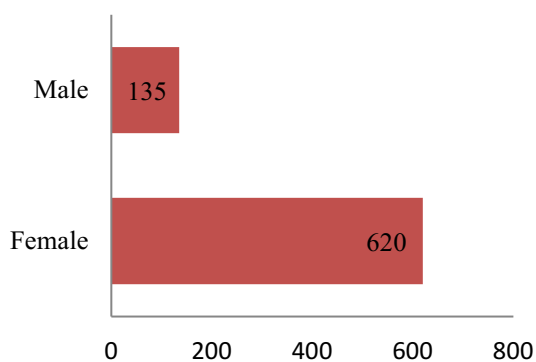


FIGURE 1. Respondent character based on sex

WHO classifies adolescents into 3 groups based on age. Adolescent groups based on age are Early Adolescent, Mid Adolescent and Late Adolescent. Respondents (Figure 2) in

this study consisted of 630 Late Adolescents, 119 Mid Adolescents and 6 Early Adolescents.

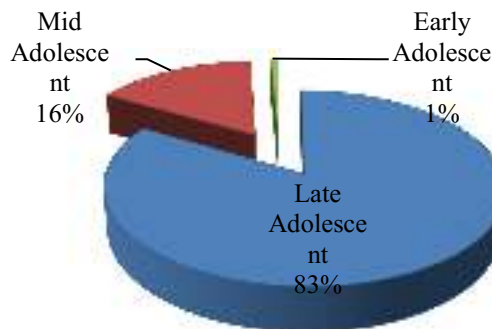


FIGURE 2. Adolescent category of respondent

The respondents of this study were adolescents consisting of students and college students. A total of 624 college students respondents and 131 student respondents (Figure 3). College students who became respondents in the study came from the health sector 71% and 29% from the non-health sector.

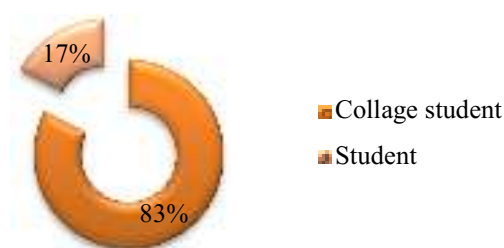


FIGURE 3. Profile of respondent based on level of education

The adolescents who were the respondents in this study came from different family backgrounds. All respondents do not have parents who work in the health sector, but 305 respondents have other family members who work as health workers and 450 others do not have other family members who work as health workers (Figure 4).

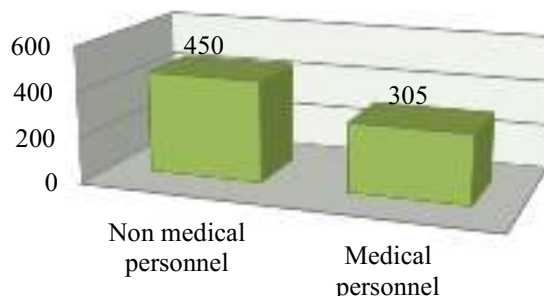


FIGURE 4. Occupation of the respondent's family members

Adolescents can get medication without a prescription at pharmacies and drugstores. Drug abuse becomes a major problem when adolescents take drugs without parental supervision. Other problems that can arise include the possibility of errors in drug consumption, inappropriate drug doses, and drug interactions [14], [15]. This condition can result in not achieving the desired therapeutic target and causing unwanted side effects. As many as 80.3% of respondents took drugs with parental supervision, while the other 19.7% took drugs without parental supervision (Figure 5).

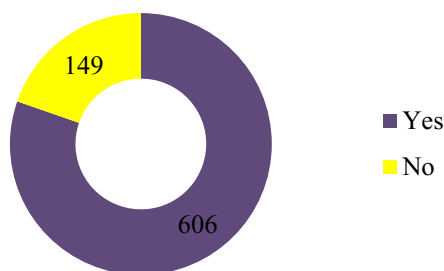


FIGURE 5. Number of respondents who take drugs with dan without parental supervision

The number of respondents who take drugs with parental supervision is very high, when compared to respondents who do not. This can be supported by several factors, namely respondents who are students in the health sector and factors of family members who work in the health sector. Respondents who have an educational background in the health sector have an understanding of using drugs rationally. Likewise, having family members who work in the health sector can also encourage awareness of respondents to use drugs rationally. The rational use of medicine includes several components, namely: 1) proper medicine; 2) proper user/patient; 3) precise indication; 4) proper method of administration & adequate dose and and 5) beware of side effects [16], [17].

Adolescents, in the psychological aspect, have the attitude of wanting to show self-ability and independence [4]. This psychological condition can encourage adolescents to tend to make decisions on their own, without parental consideration, in various ways, including when taking drugs. This attitude causes the number of respondents who consume drugs without parental supervision to almost 20% of all respondents. Seeing these results, it is necessary to provide assistance to adolescents to increase awareness to use drugs with parental supervision, in order to achieve the desired and therapeutic effect, avoid drug abuse and minimize side effects[12], [13].

4. CONCLUSION

The results showed that adolescents who took drugs with parental supervision were more dominant than adolescents who took drugs without parental supervision. This shows that adolescents already have sufficient awareness of the importance of parental supervision when taking drugs. This awareness can continue to be increased by providing assistance and education to adolescents about the importance of parental supervision while taking drugs.

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