

Efforts to Prevent the Use of Addictive Substances of Students of SMA Wijaya Kusuma Mandiri

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Abstract

This research aims to prevent the use of addictive substances of SMA Wijaya Kusuma Mandiri students which is done by means of socialisation of legal analysis material on addictive substances in Indonesia challenges and solutions as well as anti-drug awareness for the younger generation as a form of State defence. The implementation of socialisation was carried out by lecturers from the National Development University Veteran Jakarta which was held on 06 November 2024. The results showed that Wijaya Kusuma Mandiri High School students not only gained an in-depth understanding of the dangers of using addictive substances but also knowledge of opportunities to continue their studies at state universities at Universitas Pembangunan Nasional Veteran Jakarta, especially non-academic achievements.

Keywords: Addictive Substances, Socialisation, High School Students

INTRODUCTION

Addictive Substances are materials/substances/drugs that when entered into the human body will affect the body, especially the brain or central nervous system, causing physical, psychological, and social function disorders due to habits, addiction (addiction) and dependence (dependency). Substance abuse is the use of one or more types periodically or regularly outside of medical indications, resulting in physical, psychological health problems and impaired social function.¹

Adolescence is a critical period of development, characterised by significant physical, cognitive, social and emotional changes. During this time, adolescents are particularly vulnerable to engaging in risky behaviours, including the use of addictive substances such as tobacco, alcohol and marijuana. The use of these substances can have a profound and lasting impact on the academic performance and overall well-being of high school students.²

Numerous studies have highlighted the widespread nature of substance use among high school students. Substance use,

including smoking, has been found to be associated with mental distress, which can further affect academic performance.³ Furthermore, a recent report by the National Centre on Addiction and Substance Abuse at Columbia University found that risky substance use is a major public health concern among adolescents, with approximately one-third of students reporting use of alcohol, marijuana, or opioids.⁴ This widespread use of various substances is of great concern, as it can lead to a range of adverse health outcomes, including mental health problems, teen pregnancy, and sexual risk-taking.

Wijaya Kusuma Mandiri School located in Kampung Rambutan, Ciracas, East Jakarta, which was founded in 1977 as one of the schools in Indonesia by providing education from the level of Junior High School (SMP), Senior High School (SMA) and Vocational High School (SMK). Seeing the location of Wijaya Kusuma Mandiri School which is in a densely populated city and as one of the educational places that is

easily accessible by public transportation to form the character of students who have respect, independence, honesty, responsibility and spirituality is a challenge especially with the influence of the easier to find Addictive Substances around the school location such as grocery stalls (shops) on the roadside along the road to school.

Based on the background description above, the purpose of this study is the Prevention of the Use of Addictive Substances for Adolescent Students of SMA Wijaya Kusuma Mandiri. The novelty of this research is that the research location is different from that conducted by Arironang and friends who are not at Wijaya Kusuma Mandiri High School but at Harapan Tiga Private High School,⁵ and research conducted by Amilia and friends conducted at SMP Negeri 1 Pamarayan.⁶ Although in this study it has the same goal, namely to minimise the risk of using addictive substances in high school adolescents, the scope of research conducted by researchers is different from that conducted by previous researchers.

IMPLEMENTATION METHOD

Prior to the Prevention of the Use of Addictive Substances for Adolescent Students of SMA Wijaya Kusuma Mandiri, the Principal of SMA Wijaya Kusuma Mandiri, led by Mr. Drs. Sutopo on 04 November 2024, sent a letter to the Dean of the Faculty of Law, Universitas Pembangunan Nasional Veteran Jakarta regarding the request for resource persons with speakers Dr. Suwarsit, S.H., M.H., M.Kn. Attached is the letter:



Furthermore, teachers from Wijaya Kusuma Mandiri High School in collaboration with lecturers from Universitas Pembangunan Nasional Veteran Jakarta organised an activity plan on the day of implementation, which consisted of the following:

1. Preparation of Place and Time of Implementation: This activity was carried out by Mrs Sulastri, S.H., M.H., as the Moderator of the Jakarta Veteran National Development University Lecturer and Mrs Inka Julia riandamayanti, S.Pd as a teacher from Wijaya Kusuma Mandiri High School to ensure the availability of a place in the form of a field or classroom in the context of implementing Efforts to Prevent the Use of Addictive Substances and the need for time availability from the Jakarta Veteran National Development University Lecturer.
2. School Principal Debriefing to Resource Persons: This activity was carried out with the intention that the Principal Mr Drs Sutopo asked the resource person not to provide long material that was not easily understood by his students, but the material presented was clear and made his

students enthusiastically respond to the dangers of using addictive substances from now on and provide benefits for their future.

3. Seminars and Discussions. Both are complementary and can be used simultaneously to achieve more effective results. The core activities in the Prevention of the Use of Addictive Substances of Wijaya Kusuma Mandiri High School Students by Lecturers of Universitas Pembangunan Nasional Veteran Jakarta were carried out by means of seminars accompanied by direct discussions with seminar participants. This activity is an educational activity because it is a guidance to teenagers of Wijaya Kusuma Mandiri High School so that they are not affected by the use of addictive substances. The speakers in the implementation of this seminar and discussion were from Universitas Pembangunan Nasional Veteran Jakarta, namely Mr Dr Suwarsit, S.H., M.H., M.Kn, Ms. Dr Suwarsit, S.H., M.Kn. Sulastri, S.H., M.H., and Mrs Dra. Marina Ery Setiyawati, MM while the host was delivered by Inten Suryaningrum, S.Pd.
4. Documentation The next stage is report writing. This stage is a documentation process that contains reports on the results of activities to be accounted for. The results of activities to prevent the use of addictive substances for high school students Wijaya Kusuma Mandiri is a form of Community Service that has been carried out by Lecturers of Universitas Pembangunan Nasional Veteran Jakarta in collaboration with Teachers of SMA Wijaya Kusuma Mandiri.

RESULTS AND DISCUSSION

Efforts to prevent the use of addictive substances by students of SMA Wijaya Kusuma Mandiri are carried out by providing

socialisation of the dangers of using addictive substances by resource persons from Lecturers of Universitas Pembangunan Nasional Veteran Jakarta to students of SMA Wijaya Kusuma Mandiri directly held on 06 November 2024 from 09.00 WIB to 12.00 WIB at SMA Wijaya Kusuma Mandiri located in Kampung Rambutan, Ciracas, East Jakarta. Socialisation of efforts to prevent the use of addictive substances to students of SMA Wijaya Kusuma Mandiri, the resource person provides two different materials but in substance has the same theme linkage, namely the first entitled legal analysis of addictive substances in Indonesia challenges and solutions while the second material entitled anti-drug awareness for the younger generation as a form of State defense.

At the time of the socialisation as an effort to prevent the use of addictive substances for students of SMA Wijaya Kusuma Mandiri, one of the students of SMA Wijaya Kusuma Mandiri asked directly about examples of addictive substances and the dangers of using addictive substances for users. The resource person explained that one of the addictive substances can be found in cigarettes and the dangers of using it can cause dependence in its use and can interfere with health.





The interviewees not only limited the dangers of cigarette use to health but also developed the dangers of cigarette use can make public perceptions or views of a person in a negative direction (naughty in teenagers) by exemplifying if his younger brother who goes to high school has a girlfriend, the guy is a smoker then the child is considered naughty and asks to immediately break it off. The public perception of cigarette users as naughty children is reinforced by research conducted by Arifin Syahmartua Siregar⁷ on female smokers in Cinangka Depok Village which was conducted in 2022 as a final project to obtain a Bachelor's degree from the National Islamic University.

The dangers of using addictive substances are not only found in cigarettes but also found in alcoholic beverages. Students of SMA Wijaya Kusuma Mandiri are expected to be able to avoid the use of addictive substances, especially narcotics and illegal drugs (Narkoba) which are increasingly widespread and easily found in Indonesia such as the recent news that a shophouse in Medan, North Sumatra, was raided by the Police of the Republic of Indonesia.⁸

Efforts to prevent the use of addictive substances for high school students Wijaya Kusuma Mandiri by socialising the material presented not only related to the dangers of using addictive substances for high school adolescents, but also anti-drug awareness for the younger generation as a form of State

defence. This is because defending the country is not limited to a person's activities in a direct struggle to defend the country by becoming a soldier of the Indonesian National Army (TNI) or if they are still teenagers carrying out education, but it can also be done indirectly, namely not using drugs which can damage health and also violate Indonesian law.

Drugs can be referred to as narcotics and drugs which according to Law No. 35 of 2009, the types are divided into 3 groups based on the risk of dependence. The first group such as cannabis, opium, and coca plants are very dangerous if consumed because of the high risk of causing addiction. While class 2 narcotics can be used for treatment as long as it is in accordance with a doctor's prescription. There are approximately 85 types of this class, some of which include Morphine, Alfaprodina, and others. And finally, class 3 narcotics have a fairly mild risk of dependence and are widely used for treatment and therapy.

Case studies in the country of Iraq, the danger of the risk of addiction to narcotics and psychotropic substances among high school students during the 2022-2023 school year, was found more in male students than female students. This is because male students have a statistically higher awareness of the risk of addiction compared to females.⁹ Learning from the State of Iraq does not rule out the possibility of high school adolescents Wijaya kusuma Mandiri, especially male ones, having a great potential to do the same thing, namely the potential for greater addiction than female students when using narcotics.

Unlike what happened in Afghanistan, which has successfully eradicated narcotics, even though Afghanistan is the largest opium producing country in the world. The success of drug eradication in Afghan society includes:

1. **Local Leadership Commitment:** The commitment and support of local leadership to social and economic initiatives is critical. Local leaders have played an important role in mobilising community participation by organising public meetings and encouraging involvement in anti-drug programmes.
2. **Education and Awareness Programmes:** Implementing education and awareness programmes has been one of the most successful strategies. Workshops and courses for young people and families on the dangers of drugs have significantly reduced consumption, especially among adolescents.
3. **Social Participation:** Mobilising local cooperation and establishing local councils and support groups involving community members, women, and youth are essential. These groups have helped identify local needs and create alternative economic opportunities for those previously involved in drug cultivation.
4. **Alternative Economic Programmes:** Development programmes aimed at creating jobs and improving livelihoods, such as sustainable agriculture projects, have reduced reliance on drug cultivation and strengthened local economies.
5. **Government and International Support:** Support from governments and international bodies is also a supporting factor, although this study emphasizes the importance of local initiatives.

The success of Afghanistan in limiting the use of narcotics to its people can be emulated by Indonesia, although limiting the dangers of drugs in Indonesia requires the effective participation of the entire community which is not only carried out by the National Narcotics Agency (BNN) such as the Central Java Provincial BNN which has made efforts to increase community participation by involving all components of

society in its programmes. One of them is by conducting socialisation to educational institutions such as schools and universities, especially in Semarang City and building international and regional networks in the field of prevention and inviting children not to smoke because smoking is considered a gateway to drug entry.¹⁰

Service activities on the dangers of drugs provide explanation and understanding for students and adolescents in the Australian Intercultural School environment, which aims to strengthen the morals and personality of students and adolescents today and in the future.¹¹ The results of the implementation of the socialisation of legal analysis of addictive substances in Indonesia challenges and solutions as well as anti-drug awareness for the younger generation as a form of State defence, to SMA Wijaya Kusuma Mandiri students include:

1. Students of SMA Wijaya Kusuma Mandiri in fact get knowledge and in-depth understanding related to the dangers of using addictive substances, especially cigarettes for health and the threat of negative perceptions of cigarette users towards high school teenagers.
2. Established a cooperative relationship between teachers of SMA Wijaya Kusuma Mandiri with Lecturers of Universitas Pembangunan Nasional Veteran Jakarta in an effort to prevent the use of addictive substances against students of SMA Wijaya Kusuma Mandiri which is done by socialising legal analysis of addictive substances in Indonesia challenges and solutions as well as anti-drug awareness for the younger generation as a form of State defense.
3. During the implementation of socialisation as an effort to prevent the use of addictive substances against students of SMA Wijaya Kusuma

Mandiri, in fact many students asked questions outside the material such as related to the advantages of continuing their studies at the Jakarta Veteran National Development University and how the University accepts non-academic achievement pathways.

CONCLUSION

Efforts to prevent the use of addictive substances against students of SMA Wijaya Kusuma Mandiri is a collaboration between teachers of SMA Wijaya Kusuma Mandiri with Lecturers of Universitas Pembangunan Nasional Veteran Jakarta which is done by socialising legal analysis of addictive substances in Indonesia challenges and solutions as well as anti-drug awareness for the younger generation as a form of State defense. Beyond the material presented, it was found that some students of SMA Wijaya Kusuma Mandiri explored further opportunities to continue their studies at state universities, especially at the Jakarta Veteran National Development University, even

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though efforts to prevent the use of addictive substances against SMA Wijaya Kusuma Mandiri students have provided knowledge and created a cooperative relationship between SMA Wijaya Kusuma Mandiri teachers and Lecturers of the Jakarta Veteran National Development University.

SUGGESTION

It is recommended to increase the duration and intensity of socialisation so that participants are more aware of the dangers of using addictive substances for adolescents of SMA Wijaya Kusuma Mandiri, and add projectors and places for socialisation in classrooms so that participants are more comfortable in understanding the material.

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