



Optimizing the role of youth cadre through education about the impact of drug abuse on adolescents

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ARTICLE INFO	ABSTRACT
<p>Article history Received: 2021-05-29 Revised: 2021-08-13 Accepted: 2021-08-20 Published: 2021-08-20</p> <p>Keywords Adolescents Drug abuse Youth Posyandu cadres</p>	<p>Adolescent is an age when someone is very vulnerable at drug abuse. Through the empowerment of youth Posyandu (health center) cadres in education about the impact of drug abuse, it is expected to be one of the promotive and preventive efforts so that teenagers are not entangled in drug abuse. This community service program aimed to provide socialization to youth Posyandu cadres about the dangers of drug abuse. This activity was attended by 40 participants who had previously taken the Covid-19 screening test to ensure this activity was safe to do at the Sumurjomblangbogo Village Hall, Pekalongan. Pretest and Posttest were conducted to measure the knowledge of cadres before and after the education. The results of this community service show that there was an increase in the knowledge of cadres from the majority of good knowledge (70%) to very good (90%). Similar activities are needed to develop youth Posyandu cadres to have health maintenance skills. Surely, it takes support and participation from residents and village officials.</p>
<p>Kata kunci Penyalahgunaan narkoba Kader muda Posyandu Remaja</p> <div data-bbox="263 1355 391 1489" style="text-align: center;"> </div> <div data-bbox="183 1496 470 1563" style="text-align: center;"> </div>	<p>Optimalisasi peran kader muda melalui edukasi tentang dampak penyalahgunaan narkoba pada remaja. Remaja adalah usia yang sangat rentan beresiko terjadi penyalahgunaan narkoba. Melalui pemberdayaan kader posyandu remaja dalam edukasi tentang dampak penyalahgunaan narkoba diharapkan menjadi salah satu upaya promotif dan preventif agar remaja tidak terjerat dalam penyalahgunaan narkoba. Program pengabdian masyarakat ini bertujuan untuk memberikan sosialisasi kepada kader posyandu remaja mengenai bahaya penyalahgunaan narkoba. Kegiatan ini diikuti oleh 40 peserta yang sebelumnya telah mengikuti tes skrining Covid-19 untuk memastikan kegiatan ini aman dilakukan di Balaidesa Sumurjomblangbogo. Pretest dan Posttest dilakukan untuk mengukur pengetahuan kader sebelum dan sesudah diberikan edukasi. Hasil pengabdian masyarakat ini, dapat meningkatkan pengetahuan kader yang semula mayoritas berpengetahuan baik (70%) menjadi sangat baik (90%). Kegiatan serupa dibutuhkan untuk pembinaan kader posyandu remaja agar memiliki keterampilan pemeliharaan kesehatan. Tentunya dibutuhkan dukungan dan peran serta dari warga dan perangkat desa.</p> <p style="text-align: right;">Copyright © 2021, Isrofah et al This is an open access article under the CC-BY-SA license</p> <div data-bbox="1133 1496 1316 1563" style="text-align: right;"> </div>

How to cite: Isrofah, I., Prastiwi, D., & Handoko, R. (2021). Optimizing the role of youth cadre through education about the impact of drug abuse on adolescents. *Journal of Community Service and Empowerment*, 2(2), 89-94. doi: <https://doi.org/10.22219/jcse.v2i2.16707>

INTRODUCTION

Narcotics, psychotropics, and illegal drugs or commonly known as drugs in health sector provide considerable benefits for healing and human safety (Bridgeman & Abazia, 2017). However, nowadays, the use of drugs is misused. Drugs used for medical purposes in excessive amount, regular, and for a long period is defined as drug abuse that causes physical health problems as well as disturbances in their behavior and social life. Drug abuse is a public health problem that will directly impact on the economy, health, and also social (Firdaus & Hidayati, 2018). The annual report from The National Narcotivis Agency (BNN) shows an increase in case of drug abuse. In 2016, there were 40-50 people per day and; whereas in 2017, the number increased to 57 people in Indonesia per day that caused death.

The narcotics problem has caused all countries in the world worried and restless. United Nations Office on Drugs and Crime (UNODC) as the world agency responsible for narcotics problem recorded that at least 271 million people worldwide or 5.5% of the global population with people aged between 15 to 64-year-old have consumed narcotics in 2017 (UNODC, 2019). Meanwhile, BNN (2018) recorded that drug abuse in Indonesia requires a serious attention and continuous care from all elements.

The surge of drug abuse and illegal trafficking of drugs has become a world serious problem that has no national borders. It is also considered as a global danger that threatens almost all aspects of people's live, nations, and countries. The problem that occurs in regards to drug abuse is worrying, unless being addressed, it will become a threat to the welfare of future generations for the increasing number of adolescents who use the drugs (Amanda, 2017).

Drug abuse has been widespread in various parts of the world. The level of drug abuse in Indonesia is continuously increasing year by year. A research conducted by BNN in collaboration with a researcher from the University of Indonesia's Research Center for Health in 2011 found that the estimated prevalence of drug abuse in Indonesia reached 2.2% of the population aged 10 to 59 years, or it is equivalent to 3.8 million people. It is known that most of those who commit this drug abuse are high school students and university students (Ema, 2019).

The Province of Central Java throughout 2017 was one of the provinces with fairly high number of drug use. According to the latest research conducted by BNNP that was presented in the online news on the portal of Kompas (2010), it was recorded that around 19% of the population in Indonesia, including Central Java, has found to consume drugs. In addition, a survey in 2017 conducted in Central Java shows that there were 500 thousand people involved in the abuse of these illegal drugs. It was further explained that there were ten cities and regencies in Central Java which are prone to drug trafficking, they were Semarang City, Solo, Banyumas Regency, Cilacap, Magelang, Jepara, Batang, Pemalang, and Wonosobo.

Drug abuse among adolescents is considered worst. Referring to BNN data, 2.2% of the total population of people of Indonesian are entangled in drugs. This report is based on the results of the latest research by BNN and the University of Indonesia (UI). In Central Java Province, there were about 500 thousand of people who involved in the abuse of these illegal drugs. Meanwhile, in DKI Jakarta, there were 7% of the people were on drug abuse and this number is considered higher compared to the other cities. On average, the other cities were recorded only at 2.2% of drug addicts of the total population, the difference of 4.8% compared to Jakarta (Amanda, 2017).

The drug spread recently is almost unavoidable as almost the entire world's population can easily get drugs from irresponsible individuals. For example, the drugs are from drug dealers who like to find drug users from schools, night clubs, brothel, and gangster quarters. This situation has put parents, mass organization, and government worried about drug spread that is so rampant. This case of drug abuse in Indonesia is in alarming situation. This is because of several factors such as the location of Indonesia is between three continents, the development of science and technology, globalization, advanced transportation, and the shift of materialistic value with the dynamics of the target audience to elicit drug trafficking. This concern is further sharpened due to the rampant illicit trafficking of narcotics which has spread to all levels of society, including the younger generation. This will greatly affect the life of the nation and state in the future (Amanda, 2017).

The impact of drug abuse includes physical, mental, emotional, and spiritual damage (Ali, 2007). In addition, drugs also cause a very broad negative impact both physically, psychologically, economically, socio culturally, defense, and security and various other elements of life. The number of impacts caused by drug abuse has resulted in the needs of a treatment program for those drug addicts, also an anticipation program should be designed for the non-drug users, especially for students (Firdaus & Hidayati, 2018).

The behavior of some adolescents who have clearly ignored the values, norms, and laws that are applied in social life has become one of the causes of the rampant use of drugs among the younger generation. In everyday life, there are still many adolescents who are still on drug abuse (Amanda, 2017).

Youth Posyandu is one form of the forums that can accommodate various activities, including youth activities that are positive. Through youth Posyandu, adolescents can get gather for discussion, ideas and opinion sharing, social work, and others. However, in the reality, the establishment of youth Posyandu is only a physical exist, its function and use are not used optimally as it is expected (Kemenkes RI, 2018). The youth Posyandu activities have benefits for adolescents, they will gain knowledge and skill in preparing healthy life skill through PKHS as well as self-actualization in activities to improve adolescents' health status.

The youth Posyandu in Sumurjomblangbogo Village Bojong District Pekalongan Regency that was established in 2019 by Puskesmas (Health Center) Bojong II is recorded in declining activity. As it was informed by the midwife of that village who is in charged in the existence and continuity of the activity, it was known that the Posyandu activity is increasingly passive as there is a declining interest of teenagers to attend every event that is initiated and held.

The narcotics case is also a concern of Transforming Our World: the 2030 Agenda for Sustainable Development Goals (SDGs). SDGs validated at the PPB session at the end of September 2015 has 17 goals, 169 targets, and 241 indicators that are planned to be achieved by 2030. All health issues in the SDGs are integrated into one goal, it is the third goal, which is to ensure a healthy life and encourage well-being for people of all ages. The consequences of

excessive drug trafficking targeting social, political, legal, cultural, and economic aspects. Adolescents are vulnerable to illegal drug trafficking (Fathun et al., 2019).

For the described background, a community service through the Partnership Program will be held by Lecturers in the Nursing Profession Department Faculty of Health Sciences Universitas Pekalongan in collaboration with Pekalongan City Police, Bojong II Public Health Center and the Youth Posyandu in Sumurjomblangbogo Village are expected to revive the spirit and motivation of the youth cadres in Sumurjomblangbogo Village, as well as increasing knowledge for cadres about juvenile delinquency which is lately becomes a trending issue.

METHOD

This community service activity was carried out by educating and discussing interactively about the impacts of drug abuse on adolescents. This community service was conducted on November 20, 2020 at Sumurjomblangbogo Village Hall, with a total of 40 participants who were youth Posyandu cadres. Certainly, the activities in this pandemic were carried out by observing health protocols through maintaining distance, wearing masks, and washing hands with running water or hand sanitizer as often as possible. The implementation flow is as shown in Figure 1.

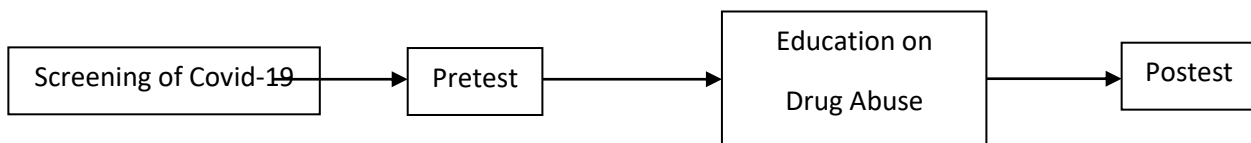


Figure 1. The flow chart of community service implementation at Sumurjomblangbogo village

RESULTS AND DISCUSSION

The community service activities done by educating adolescents about drug abuse. The activities were held by lecturers from Nursing Profession Department Universitas Pekalongan in collaboration with Bojong II Public Health Center and Pekalongan City Police were followed by 40 cadres of youth Posyandu of Sumurjomblangbogo Village.

Before the activities, COVID-19 screening was undertaken to ensure that participants were free of virus transmission. As for documented events, it is presented in Figure 2.



Figure 2. COVID-19 screening before the community service activity held

The COVID-19 screening was conducted by a team from Bojong II health center and team of lecturers from Nursing Profession Department Universitas Pekalongan. The screening has resulted that no one of the attendees were reactive, this means that the 40 cadres of youth Posyandu were eligible to join the activities (Figure 3 and Figure 4).



Figure 3. A documentation of participants' activities



Figure 4. A presentation on drug abuse education

Upon entering the activity room, all participants fill in an attendance form and a form with 30 questions measuring their knowledge on drug abuse. As for participants' demographic profile, it is detailed in Table 1.

Table 1. Characteristics distribution of participants at Sumurjomblangbogo village (n=40)

Characteristics		Total (n)	Percentage (%)
Gender	Male	16	40
	Female	24	60
	Total	40	100
Level of Education	High School	28	70
	Bachelor	12	30
	Jumlah	40	100

According to Table 1, it is clear that most participants are female (60%) and the level of education taken are high school (70%). This education was trained to someone in productive age because as many as 7 million Americans aged 12 used drugs not for medical purposes but for abuse, so it is anticipated that this issue will not happen in Indonesia. Most drug abuse occurs among adolescents, whereas they are generations in productive ages in a life cycle. The adolescents of productive age will become the nation's next generation so they must be directed and guided so that they do not get trapped in drug abuse that will damage the nation (Lander et al., 2013; Richert et al., 2020). Middle school and high

school/vocational school students are a group of adolescents who are prone to this case. This kind of community service activity under the topic of drug abuse is very important to be done and continued with other different methods. It is expected that the community service activity, which focus on students at school age, will prevent the next generation of this nation from illegal drug abuse. This early control is good to prevent the next generation of a nation from the damage that is caused by illegal drugs (Hastuti & Megawati, 2019).

Referring to the result of education (before and after the activity) as presented in Table 2, it is to state that activity of this community service can improve the knowledge of cadres of youth Posyandu on the impacts of drug abuse on adolescents. After an education and interactive discussion were given, most participants' understanding becomes very good (90%) and good (10%).

Table 2. Results of pretest and post test (n=40)

Level of knowledge	Pretest		Posttest	
	Total (n)	Percentage (%)	Total (n)	Percentage (%)
Very good	-		36	90
Good	28	70	4	10
Poor	12	30	-	-
Total	40	100	40	100

This shows that cadres' knowledge on the impact of drugs after being educated is improved. The level of cadres' knowledge is also affected by their level of education (Sumiatin, 2020). The education can be in the form of teaching special skills and also can be an understanding that is unseen but it is more meaningful. Overall, the higher the level of education, the better the level of knowledge. In addition to education, knowledge is also influenced by whether or not cadres actively participate in various youth Posyandu activities, as in each activity there are new information/skills that are learned in the forms of knowledge, experience, and motivation from the trainer.

CONCLUSION

This community service can improve cadres of youth Posyandu knowledge on the impact of drug abuse on adolescents. This has met the first and main purpose of conducting this community service, where the cadres of youth Posyandu have better understanding than before the activities. Thus, in the future, those cadres can share their knowledge gained through media/social networks according to nowadays pandemic situation.

The condition of youth Posyandu at Sumurjomblangbogo Village should be a positive forum for adolescents and further be developed into per-village Posyandu so that the reach and access to information regarding the impact of juvenile delinquency is widely conveyed. Other than teenagers, parents should take part in educating the impact of juvenile delinquency. Therefore, it is better for the village apparatus, especially the village head of Sumurjomblangbogo to conduct a meeting once a month with residents whose children are teenagers for socialization and the establishment of Teenage Family Development (BKR).

ACKNOWLEDGEMENT

Thank you to Youth Posyandu cadre of Sumurjomblangbogo Village, team of PKK Sumurjomblangbogo Village, and Bojong II health center for their participation in this community service.

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