

## SELF EFFICACY AND RESILIENCE IN ADOLESCENT DRUG ABUSERS

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### ABSTRACT

*This study aims to see the relationship between self-efficacy and resilience in adolescent victims of drug abuse in Makassar. The research method used is analytical descriptive research with a cross-sectional study approach. The sample in this study was selected by purposive sampling with a total of 120 respondents. The results of this study obtained a p value of 0.002 (<0.05) using the Fisher/s exact test. Conclusion, there is a relationship between self-efficacy and resilience in adolescent victims of drug abuse in Makassar.*

*Keywords: Adolescents, Drugs, Resilience, Self-Efficacy.*

### INTRODUCTION

Narcotics, psychotropic substances, and other 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 addiction and dependence reactions. Drug abuse is the regular use of one or several types of drugs not medically indicated, causing health problems and social function disorders. The efforts to prevent drug abuse have become an urgent matter that must be done. The Data from the National Narcotic Agency showed that 20% of drug users are students, most of whom are still actively studying at school, either in junior high school, senior high school, or college student. From a demographic perspective, Indonesia's population is very large and widespread, making it very vulnerable to drug abuse. The situation of drug trafficking and abuse in Indonesia is at an emergency level (BNN, 2019).

Around 30% of Indonesia's people are 10-24 years old. This population is the main target for drug abuse. The problem of drug abuse starts from trial and error use. Then it becomes addiction, which makes the user have to consume the drugs and there is an urge to increase the dose used, which can trigger overdose and can make death. Drugs are a major threat to the younger generation as evidenced by the increasingly high rate of drug abuse among adolescents. In 2018, the Indonesian Institute of Sciences and National Narcotics Agency conducted a survey in 13 major cities in 13 provinces in Indonesia, one of which was South Sulawesi, showed that the prevalence of drugs use in the past year among students was quite high reaching 3.2% (Junaedi et al., 2019). Data released by BNN RI shows that in 2018 among adolescents aged 12 to 17 years old is a critical risk period for initiation of drug use which will peak among young people aged 18 to 25 years. (BNN, 2019)

One way to stop drugs abuse is through rehabilitation program. The benefits of rehabilitation program have been felt by many drug abusers who are rehabilitated, but there are also those who have not success in rehabilitation program. This is because recovery process doesn't only depend on these external factors such as therapy during rehabilitation but internal factors, namely resilience (Setiyani & Keliat, 2021).

Resilience is ability to survive the frustrations, adapt successfully in the face of stress and adversity. Resilient people will be more resistant to stress and experience fewer emotional and behavioral disorders, so that it easier to heal during rehabilitation so that they don't experience relapse after undergoing the process (Tunggal & Effendy, 2018).

There are two factors that influence resilience. One is self-efficacy (Atik et al., 2021). Ghufroon & Suminta (2018) defined that self-efficacy is an individual's belief about his/her ability to face the tasks/action needed to achieve certain results. The result of research conducted in Spain show that there was a significant influence between self-efficacy, positive affect, and social support with resilience, and life satisfaction levels (Caprara et al., 2022).

Researchs about self-efficacy and resilience has been conducted by several previous researchers abroad and domestically with one of the variables and different locations. In this study, a bivariate analysis was conducted on self-efficacy with resilience in drug abusers who were undergoing rehabilitation program and targeted specially at adolescents.

## RESEARCH METHODS

This study used descriptive analytic research method with cross sectional study. This research conducted a cross tabulation between self-efficacy and resilience of adolescent drug abusers in Makassar City. This study was conducted on August 1<sup>st</sup> – November 1<sup>st</sup> 2021 at Drug Rehabilitation Centre of National Narcotics Agency of Baddoka and IPWL Makassar. The number of samples in this study was 120 respondents were selected using purposive sampling with the inclusion criteria were adolescents aged 12-24 years old who were rehabilitated. Data collection was carried out using the General Self Efficacy Scale Questionnaire to measure self-efficacy and using the Resilience Scale Questionnaire to measure resilience. Before filling out the questionnaire, the respondent filled out informed consent form. Then the results will be entered in to the SPSS application to be analyzed so as to obtain the results of univariate analysis and bivariate analysis in this study.

## RESEARCH RESULT

### Univariate Analysis

Table. 1  
Frequency Distribution of Respondents Based on Gender

Gender	n	%
Male	115	95.8
Female	5	4.2
Total	120	100

Table 1 showed that the most common gender was male with 115 (95.8%) respondents.

Table. 2  
Frequency Distribution of Respondents Based on Substances Abused

Substances Abused	n	%
Cannabis	5	4.2
Methamphetamine	112	93.3
Synthetic Substances	3	2.5
Total	120	100

Table 2 showed that the most abused substances was methamphetamine with 112 (93.3%) respondents.

Table. 3  
Frequency Distribution of Respondents Based on Self-Efficacy

<i>Self Efficacy</i>	n	%
Low	28	23.3
High	92	76.7
Total	120	100

Tabel 3 showed that most of the respondents had high self-efficacy with 92 (76.7%) respondents.

Table. 4  
Frequency Distribution of Respondents Based on Resilience

Resilience	n	%
Low	19	15.8
High	101	84.2
Total	120	100

Table 4 showed that most of respondents had high resilience, namely 101 (84.2%) respondents.

## Bivariate Analysis

Table. 5  
Relationship between Self-efficacy and Resilience

<i>Self Efficacy</i>	Resilience				N	%	<i>p Value</i>
	Low		High				
	n	%	n	%			
Low	10	8.3	18	15	28	23.3	0.002
High	9	7.5	83	69.2	92	76.7	
Total	19	15.8	101	84.2	120	100	

Table 5 showed that most respondents who have high self-efficacy also have high resilience, namely 83 (69.2%) respondents. While respondents who have low self-efficacy and also have low resilience were 10 (8.3%) respondents.

## DISCUSSION

### Univariate Analysis

Based on table 1, it can be seen that the gender of adolescents who mostly undergo rehabilitation was male with 115 (95.8%) respondents and 5 (4.2%) was female. The result of this study were in line with previous research which shows that in 2019 drug abusers in Purbalingga Regency in men was 28 cases while only 4 cases in women result of this study are in line with previous research which shows that in 2019 drug abuse in Purbalingga Regency in men was 28 people while only 4 cases were found in women (Riani & Pangesti,

2020). This was also accordance with the theory which says that men and women have different personalities where men are more easily influenced by drugs.

This is also the same as research that has been conducted at the Kalianda National Narcotics Agency Rehabilitation Center, Lampung Province, which shows that all drug residents in April 2022 were male (Istianto, 2022). This research was also reinforced by research that explains that adolescent crime is mostly committed by male adolescents compared to female adolescents. This was what causes many drug abusers to be male. So it takes effort from everyone to help direct children and adolescents to useful and positive activities. When they grow up, it is hoped that these adolescent boys will grow up to be the leaders of their families or even the leaders of their country (Lailatul, 2022).

Based on table 2, it can be said that the substance (drug) most consumed by adolescents is methamphetamine 112 (93.3%), then marijuana in 5 (4.2%) respondents and 3 (2.5%) adolescents who consume synthetic narcotics. This is also reinforced by data from UNODC (United Nation on Drugs and Crime) in Data and Information Centre of Ministry of Health Indonesia explained that the use of methamphetamine (crystal meth) has increased dramatically by 158% in the last five years. The results of this study are in line with the data that in 2020 cases of drug abuse and trafficking have increased in almost all regions, this can be seen from the data on arrests of drug cases made by both the police and the National Narcotics Agency in 2020. The National Police Criminal Investigation Agency stated that there was an increase in drug abuse cases during the Covid-19 pandemic that broke out in Indonesia in 2020. BNN also stated that the Covid-19 condition was actually used to continue to distribute drugs to the public. Drug trafficking networks are looking for loopholes (Amin et al., 2022). Methamphetamine abuse increased 119% during Covid-19 pandemic from 2.7 tons to 5.91 tons. Other study showed that addictive substances abuse committed by adolescents in Blangkejeren District in Aceh include abuse of inhalants, solvents, alcohol, and cigarettes (Yahya & Fadhila, 2020).

Table 3 showed that 101 respondents had high self-efficacy and 19 respondents had low self-efficacy. The results of this study are supported by the theory of self-efficacy which is an individual's belief in his own abilities, based on individual experience in performing tasks or the ability to solve contextual and forward-looking problems. So for people who have high self-efficacy, small failures can be considered as delayed success. Things that others think are impossible will become possible. Self-efficacy influences individuals' choice of actions, the amount of effort invested, and the time they persist in the face of adversity. The greater the self-efficacy, the greater the effort put in (Rachmawati et al., 2021). The results of the research that has been done contradict research conducted in Surabaya found that self-efficacy in adolescent drug addicts at Orbit Healthy House Margorejo Indah Utara Surabaya most respondents have low self-efficacy, namely as many as 10 respondents (83.33%) (Halawa, 2020).

An adolescent's experience of failing to complete a task, causes low confidence in the adolescent to face the next task. In other words, the adolescent has low self-efficacy. Successful experiences in completing an academic task can increase the confidence in adolescents in facing and completing subsequent tasks. In other words, the adolescent has high self-efficacy.

Based on table 4 we can conclude that the frequency distribution of respondents with low resilience was 19 (15.8%) respondents and 101 (84.2%) respondents with high resilience. The high resilience in adolescent drug abusers is due to the high desire of these abusers to recover. As the results of the study suggest that former addicts who are respondents to the

study have protective factors of resilience who believe that they are able to deal with negative assumptions from the environment (Rantelaen & Huwae, 2022).

### **Bivariate Analysis**

From the results of the bivariate analysis shown in table 5, it was found that there were 10 (8.3%) respondents who had low self-efficacy with low resilience. While respondents with low self-efficacy with high resilience were 18 (15%) respondents. Respondents with high self-efficacy with low resilience were 9 (7.5) respondents and respondents with high self-efficacy with high resilience were 83 (69.2%) with a p value of 0.002 (<0.05) which means that there is a relationship between self-efficacy and resilience in adolescents who abuse drugs.

Resilience in drug abusers is influenced by two factors, namely internal factors and external factors. An individual who is able to develop positive aspects in himself will also be able to develop his resilience. This positive aspect is related to self-efficacy (Caprara et al., 2022). In addition to these factors, another opinion found that the factors that influence resilience are protective factors and risk factors. Protective factors are internal factors in the form of social competence and good self-acceptance and external factors in the form of social support obtained from family, close friends and the surrounding community. Risk factors are internal factors in the form of psychological characteristics, namely impulsivity and external factors in the form of family dysfunction and a history of childhood trauma. The results of other studies examining the resilience of male prisoners are influenced by protective factors that contribute positively to the formation of resilience and risk factors that have an impact on the low resilience of men. (Koroh & Andriany, 2020).

Self-efficacy is an individual's belief in his or her capacity to obtain certain accomplishments through their own actions. Experimental, longitudinal, clinical, and correlational studies have shown that self-efficacy leads to better performance and effective functioning across a range of contexts and ages. Self-efficacy beliefs are related to cognitive, decision, motivational and affective processes. They are also associated with effective interpersonal and emotional functioning (Gerbino, 2020).

From this study, it was found that there was a significant influence between self-efficacy and resilience in adolescent drug abusers in Makassar City. As for respondents who have low self-efficacy and low resilience as many as 10 respondents are due to the influence of knowledge. Knowledge affects the formation of high self-efficacy. This is supported by research conducted on children which states that one of the factors that influence self-efficacy is knowledge. As for respondents with low self-efficacy but high resilience, most of them are due to environmental support and family support. (Amira & Mahmudiono, 2021).

This study also supported by the result of research which suggests that resilience in rehabilitation patients is also influenced by spirituality and dependence on higher powers in life which causes individuals when facing stressful and challenging life situations, improve their social skills and are able to overcome difficulties, and achieve inner peace by building relationships by getting closer to Almighty God and reducing their tendency to turn to drug abuse so that they can be protected from the negative effects of relapse risk. Individual resilience affects the success of adapting to stressful situations with various risks and challenges and can help individuals solve problems and prevent vulnerability to the same factors in the future (Pishghadam et al., 2018).

According to researchers, self-efficacy played a big role in increasing high resilience because it will help to organize and achieve future goals for adolescents even though they have been involved in drugs. In addition, to increase resilience, support from rehabilitation centers and family support is also needed to increase the teenager's self-confidence.

## CONCLUSION

The conclusion of this study was that there is a significant relationship between self-efficacy and resilience in adolescent victims of drug abuse in Makassar City.

## SUGGESTION

It was necessary to conduct health education for adolescents who abuse drugs to increase their self-efficacy and resilience. It is also necessary to conduct further research related to other internal and external factors that affect resilience in order to accelerate the healing of patients who want to escape from drugs.

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