Implementation peer counselors of anti drug to prevent drug abuse in students

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Abstract: : Prevention of drug abuse in students is an effort that needs to be done by the school to minimize the illicit circulation of drugs in the school environment. The goal to be achieved in this study is to determine the implications of the implementation of peer counselors on the prevention of drug abuse in students. This study used a correlation research design with two variables, namely peer counselors and drug abuse prevention. Using accidental sampling techniques, a total of 250 peer counselors from 5 high schools were obtained, then data were collected using peer counselor implementation questionnaires and drug abuse prevention questionnaires after which they were analyzed using the Pearson Product Moment correlation coefficient. The results showed a positive and significant relationship with an rxy value of 0.745 with a rtable value obtained of 0.273. This shows that the rxy value is more than the rtable value, so there is a positive and significant influence from some of the implementation of anti-drug peer counselors on the variable of prevention of anthroba abuse in students with the level of influence between some independent and some dependent, in the high category (0.61 to 0.80). The information indicates that the presence of peer counselors spread across high schools in Bone Bolango Regency plays an important role in preventing drug abuse in students.
Keywords: Peer Counselor; Drug Abuse; Drugs Addicted

Introduction

Drug abuse can cause addiction and have negative impacts, both on mental and physical health. The psychological impacts experienced include the inability to think normally and uncontrollably, increased anxiety, and physical dependence on drugs. The physical impacts experienced include nervous system disorders, heart and blood vessel disorders, skin disorders, lung disorders, and the risk of contracting HIV due to sharing needles (Rohiman, 2020).

Drug abuse is regulated under Law No. 35 of 2009, Article 1, Number 15 concerning narcotics. This law states that individuals who engage in drug abuse are those who use narcotics unlawfully or without rights. Although drug abuse is illegal, the development of drug abuse in Indonesia has reached a very concerning level. The number of drug abusers in Indonesia has shown a significant increase from 2008 to 2011, reaching 0.24% or approximately 911,805 users. However, the prevalence rate from 2011 to 2014 decreased by 0.05% or around 251,555 users. Despite this, by 2017, the prevalence rate continued to decline by 0.14% per year (Badan Narkotika Nasional, 2017).

In 2011, a study conducted by the National Movement for Anti-Drug and Violence Awareness (Gependa) revealed that drug use in Indonesia reached 3.3 million people, or about 1.99 percent of the population. Approximately 1.3 million of this number came from students and college students, while 2 million came from non-students. By 2018, this data continued to increase. According to the National Narcotics Agency (BNN), the number of young drug users in 2018 was around 2 million from the student population and 1.5 million from the workforce. Drug abuse is not only prevalent among adults but also among teenagers. One of the factors contributing to the phenomenon of drug abuse among teenagers in Indonesia is their lack of knowledge about drugs (Badan Narkotika Nasional, 2018).

In Gorontalo Province, the number of drug users based on data from the National Narcotics Agency (BNN) currently stands at 1.9 percent, or 10,244 people out of the total population of the province (Paa, 209 C.E.). Additionally, the number of drug-related crimes in

2020 increased by 28.70 percent compared to 2019. There were 131 cases, consisting of 80 cases related to narcotics and 51 cases involving hazardous substances (Sulut.inews.id., 2020). This indicates that the dangers of drugs can threaten students in Gorontalo Province at any time. The increasing data on drug abuse cases among students in Gorontalo Province highlights the need for solutions from various sectors to prevent and provide comprehensive understanding of drug abuse.

The implementation of guidance and counseling services through peer counselors is one of the best strategies that can be applied to implement prevention functions, development functions, and other related functions for students concerning drug abuse. According to (Hurlock, 2014), forming peer counselor groups is essential because the adolescent period is closely tied to peer groups, requiring recognition from peers and a new identity that can enhance self-esteem.

Peer counseling is a form of interpersonal behavior carried out by non-professional individuals who strive to help others (Erhamwilda, 2011). Guidance and counseling services provide support to students, both individually and in groups, to help them become independent and develop optimally in personal, social, and career relationships through various types of services and supporting activities based on applicable norms (Batubara et al., 2022). This aligns with the objectives of guidance and counseling services, which aim to assist clients in achieving optimal development and independence in personal, academic, social, and career aspects, in accordance with the mandate of Permendikbud No. 111 of 2014, Article 3 (Ferdiansyah & Noverina, 2018). In this way, peer counseling contributes to the valuable experiences and respect that teenagers need (Suranata, 2013).

According to (Willis, 2008), peers are groups consisting of children with similar ages, grades, and social motivations. This is referred to as a peer group, which can facilitate a healthy adjustment process. Therefore, to assess the extent of the implementation of peer counselors in preventing drug abuse in Gorontalo Province, with a focus on Bone Bolango District, this research is necessary and important to conduct.

Method

This research is correlation research, namely to determine the relationship between peer counselors and drug abuse prevention. The research was conducted at five junior high schools in Bone Bolango district, Gorontalo Province, namely SMA N 1 Kabila, SMA N1 Tapa, SMA N 1 Suwawa, SMA N 1 Bone Pantai and SMA N 1 Bolango Ulu. This research used an accidental sampling technique, this is because the size of the population cannot be known with certainty and resulted in a sample of 250 students.

Data were collected using a drug abuse prevention questionnaire, which had gone through expert judgment and a validity test was carried out, which obtained 30 valid items. Data were analyzed using the Pearson product moment correlation test. Before carrying out the correlation test, descriptive statistics were used to describe the categorization of each variable, as well as normality and linearity tests to assess the analysis assumptions.

Results and Discussion

Data normality testing as an initial analysis step in hypothesis testing. The data normality test was carried out with the aim of the research data having a normal distribution. The results of the data normality test showed that the Sig value of the test was greater than 0.05 (Sig > 0.05). So the data obtained for each variable, namely the anti-drug peer counselor implementation variable and the drug abuse prevention variable, are normally distributed. Next, a linearity test was carried out to obtain a value (constant) of 8.736 and a regression coefficient value of 0.817, so that the linear regression equation became Y=8.736+0.817X.

The next analysis is calculating the Fcount value for decision making. Analysis of the Fcount value is presented in table 1 below.

Table 1. ANOVA Test Results

			Sum of Squares	df	Mean Square	F	Sig.
Peer_Counselor_Implementation * Drug_Abuse_Prevention	Between Groups	(Combined)	7880.38	26	303.09	15.04	.065
		Linearity	6865.05	1	6865.054	340.82	.010
		Deviation from Linearity	1015.33	25	40.61	2.01	.048
	Within Groups		4491.77	223	20.14		
	Total		12372.16	249			

Based on table 1, the deviation from linearity Sig value is 0.048 (Sig > 0.05), and Fcount is 2.01, which is smaller than the Ftable value (F0.05;1;25 = 4.24). So the influence is partly independent and partly dependent in linear form. Product moment analysis to determine the influence of partly independent and partly dependent rxy values is obtained in table 2 below.

Table 2. Hypothesis Test Results

		Implementation of Anti-Drug Peer Counselors	Drug Abuse Prevention
Implementation of Anti-Drug Peer Counselors	Pearson Correlation	1	.745**
	Sig. (2-tailed)		.000
	N	250	250
Drug Abuse Prevention	Pearson Correlation	.745**	1
	Sig. (2-tailed)	.000	
	N	250	250

Based on table 2, the rxy value is 0.745 (the rtable value is 0.273) and the significance value is less than 0.05 (Sig < 0.05), so there is a significant influence between some of the independent and some of the dependent. The level of influence between the two is partly in the high category (0.61 to 0.80). Hypothesis testing is carried out using the t test, as follows. Apart from that, the coefficient of determination (r2) value was 0.555 or 55.50%. Based on the analysis of the t test, the calculated t value was 17.591. The t table value for a sample size of 250, obtained a t table of 1.971. So, based on the t test analysis, it can be stated that the t value is more than t table so that Ha is accepted and H0 is rejected. This is because tcount is outside the acceptance of H0, so there is a positive and significant influence between some.

Based on the description of the analysis of hypothesis testing, the regression equation for anti-drug peer counselor variables and some prevention of drug abuse among students is obtained, namely Y=8.736+0.817X. This shows that there is a functional influence from some independents to some dependents, meaning that mathematically the increase in the implementation of anti-drug peer counselors increases by 1, followed by an increase in preventing drug abuse among students by 0.817. The functional influence is due to the psychological aspects of anti-drug peer counselors. Next, a linearity test was carried out using the F test, aiming to determine the linear pattern of partially independent versus partially dependent linear patterns. From the F test analysis that has been carried out, it is concluded that the pattern of influence of some independents on some dependents is linear.

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Hypothesis testing is carried out after the data obtained is normally distributed and has a linear pattern between partly independent and partly dependent. Hypothesis testing is carried out using a correlation test first in order to determine the significant influence between some independent and partly dependent groups, as well as categories of level of influence. The second relationship analysis was partly carried out by looking at the comparison of the rxy and rtable values. The rxy value is 0.745 (+) with the rtable value obtained being 0.273. This shows that the rxy value is more than the rtable value, so there is a positive and significant influence from some of the implementation of anti-drug peer counselors on the variable preventing drug abuse in students. The level of influence between partly independent and partly dependent is in the high category (0.61 to 0.80).

Preventing drug abuse among students is crucial for schools as it helps maintain their physical and mental health (Hoover & Bostic, 2021; Nawi et al., 2021). Drugs can cause various serious illnesses such as respiratory disorders, organ damage, and mental health issues. Additionally, drug use can disrupt students' concentration and memory, leading to lower academic performance. Students involved in drug abuse tend to have poor grades and frequently miss school (Miech et al., 2020). With effective prevention programs, schools can help students maintain their potential and build a brighter future.

Preventing drug abuse also helps create a safe and conducive school environment for the learning process. Students who use drugs may engage in destructive behaviors such as violence or theft, endangering the safety and well-being of other students. Through proper education, counseling programs, and extracurricular activities, schools can promote positive mindsets and reduce the negative influence of peer pressure. This demonstrates the school's moral and social responsibility in protecting students from the dangers of drugs and ensuring their healthy development.

Curiosity or a strong sense of inquisitiveness is often difficult for teenagers to control. Whenever there is something new, teenagers tend to try it immediately without considering the long-term consequences. This strong sense of curiosity is what often triggers a teenager to become a drug user. In line with this condition, Suariawan et al (2022) stated in their research results on the causes of drug abuse and trafficking in the jurisdiction of the Denpasar City Police that both internal and external factors contribute to drug abuse and trafficking. The internal factor is curiosity, while the external factor is negative peer influence. A teenager is more likely to try drugs if they associate with friends who use drugs.

Choosing the wrong friends or social circles is a significant factor that drives teenagers to try drugs, as peer influence is very strong at this age. To avoid such negative influences, teenagers need adequate education about the dangers of drugs and their long-term effects. Selecting friends who have positive values and are not involved in risky behaviors is crucial, and parents and teachers can help by guiding teens toward positive activities such as sports or school organizations. Teens should also be equipped with the skills and strategies to refuse invitations or pressure from peers who use drugs. Support from an involved and communicative family can provide a sense of security and a place to discuss any issues they face. Additionally, creating a healthy and positive environment at home and school through beneficial extracurricular activities and a supportive community can be an alternative to fill teenagers' free time with productive activities.

There are many ways to create a positive social environment for teenagers. One approach is to form peer groups that engage in positive activities and share various kinds of positive information. Several studies support the effectiveness of peer counselors. For instance, research by Astiti (2019) revealed that peer counseling effectively addresses students' problems. Another study by Hidayati et al., (2017) found that the establishment of peer counselors can enhance preventive measures against violent behavior among teenagers. This aligns with the findings of Rafiyah & Fitri, (2013), which indicated that efforts to prevent drug

use through increasing knowledge and forming anti-drug youth groups led to increased awareness among teenagers about drugs and their effects. Additionally, members of these groups were able to prevent themselves from engaging in drug abuse-related activities.

The formation of youth groups is one effort that schools can undertake to prevent the spread and abuse of drugs, particularly among students. This aligns with the findings of Ridha,(2019), which revealed that the implementation of peer counselors can optimize the function of guidance and counseling services in schools. Research by Rahim & Puluhulawa, (2022) on peer counselors as pioneers in preventing drug use to make Ilangata village in North Gorontalo district a "shining village" indicated that the establishment of peer counselors who work to prevent drug use among young people has proven effective in enhancing the ability and commitment of the younger generation to avoid drug abuse.

Based on the various research findings previously mentioned, the formation of anti-drug peer counselors needs to be implemented by schools to prevent drug abuse among students. The implementation of anti-drug peer counselors in five high schools in Bone Bolango district has had significant implications for preventing drug abuse among high school students. Therefore, based on these research results, schools are encouraged to continuously facilitate and support the activities of anti-drug peer counselors and to share the outcomes with other schools to promote the creation of drug-free schools (BERSINAR).

Conclusions and Suggestions

Based on the analysis that has been carried out, it was found that there is a strong relationship between the independent variable and the dependent variable. This relationship is positive and significant. Prevention of drug abuse in students is mostly influenced by the dependent variable, while the rest is influenced by other factors. The implementation of Anti-Drug Peer Counselors has a high influence on preventing drug abuse among students.

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