

Understanding Underage Alcohol Consumption: Exploring Motivations, Influences, and Impacts Among Students

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Abstract

This research discusses the negative behavior of students in consuming alcoholic drinks. The reason for consuming alcoholic drinks is to maintain solidarity with middle-aged friends and to forget the various problems they are facing. The subjects of this research consisted of 1 primary subject and 3 secondary subjects, the main informant is a class IX C student and supporting informants consist of 2 guidance and counseling teachers and a friend of the main informant who knows the behavior of consuming alcoholic drinks. This research is qualitative phenomenological research. Data collection techniques using interviews, observation and documentation. The data analysis technique used was source triangulation. The results of this study show changes in negative behavior in underage students who consume alcoholic drinks starting when the children are under 15 years of age, they consume alcoholic drinks in quiet places. Contributing factors include low self-esteem and the influence of social interactions with friends, family disharmony, low economy and low formal and non-formal education. The effects of this behavior range from having a dizzy head and a faster heartbeat, which can affect poor learning achievement at school. Guidance and Guidance Teachers can provide individual counseling services using Behavioristic techniques.

Keywords: *Alcohol Consumption, Adolescent Behavior, Social Influences, Negative Effects*

A. Introduction

Teenagers often experience anxiety, confusion and even shock in finding their identity (Kusuma, 2016). Several additional factors that influence teenagers' drinking habits include family, peers, environment and culture, mass media and technology. So the government's role in issuing a policy that prohibits the sale of alcoholic beverages (minol) with levels below five percent in all minimarkets in Indonesia currently requires strict supervision to minimize the use of alcoholic beverages among teenagers. (Ramadhani, 2015). Middle school students are part of individuals who are still looking for their identity. Lack of attention, not getting love from family and a toxic environment make students have no direction and purpose in life. The development tasks of teenagers in the technological era have increased quite rapidly compared to before technology arrived. Inner and physical conflict in adolescent development is something that needs to be developed at school. Guidance and Guidance Teachers have a role to help students develop their potential, talents and interests. The aim of the BK service is as a preventive

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measure. (Kusuma, 2016) At each stage of development, humans have certain roles both for the social environment and for themselves. A human must be able to fulfill each developmental task in order to perfect the next stage. One of the most unstable stages is the teenage stage because at this stage humans are going through an identity crisis or search for identity. According to Erikson (in Alwisol, 2009) the search for identity reaches its peak at the adolescent stage or adaptive phase of personality development. Identity arises from two sources, namely the first, confirmation or erasure of identification during childhood, and the second, history which is related to the willingness to accept certain standards. But a teenager often rejects the standards of older people in favor of group values.

This is because teenagers spend more time outside the home with their peers as a group for reasons of wanting to be accepted by the group and less Attention from parents means that teenagers try to smoke, drink alcoholic drinks, or consume illegal drugs without considering the negative impact on their physical and mental health. One of the things that is quite common among teenagers nowadays is the behavior of drinking alcoholic beverages. Drinking alcoholic beverages is often considered a modern lifestyle and is followed without thinking about the impact on their body and social life in the future. This activity is a form of failure in the process of forming self-concept. It started with teenagers often hanging out on the side of the road, until late at night, so that at that time they often used to drink alcoholic drinks with friends in the home environment of one of the villages in Gegesik sub-district. There was a night view with an endless number of young people. hang out at a roadside stall. Towards midnight, Gegesik District became quiet, but there were still several groups of teenagers still on the side of the road . Several groups of teenage boys were found who spent the night on the side of the road until early morning. According to information obtained during initial observations, the distribution of alcoholic beverages is currently developing wider networks . Even though it is easy to get, it is confidential the identity of the seller and the place where these alcoholic drinks are actually stored awake.

The habit of consuming alcoholic beverages is one of the behavioral deviations. Behavior according to (KBBI) is an individual's response or reaction to stimuli or the environment. Behavior is the actions or activities of humans themselves which have a very wide range, including: walking, talking, crying, laughing, working, studying, writing, reading, and so on. Human behavior is all human activities or activities, whether directly observed, or those that cannot be observed by outsiders. According to Darminto (2007) the definition of behavior is all actions that can be observed and measured and ignores cognition and emotions as determining factors. behavior. Human behavior is a group of behaviors that humans have and are influenced by customs, attitudes, emotions, values, ethics, power, persuasion, and/or genetics. A person's behavior is grouped into normal behavior, acceptable behavior, acceptable behavior, strange behavior, deviant behavior. (Rahman, 2016) . From the statements above, it can be concluded that behavior is all reactions from an individual's cognition and emotions to stimuli that can be observed and measured.

Liquor and alcoholic beverages as a medium of transition from mild negative behavior to severe negative behavior must be prevented from spreading as early as possible, especially among teenagers (Idris et al., 2019) . According to Presidential Regulation Number 74 of 2013 concerning the control and supervision of alcoholic beverages, it is stated that what is meant by alcoholic beverages in this Presidential Decree, Alcoholic Drinks are drinks containing ethyl alcohol or ethanol (C₂H₅OH) which are processed from agricultural products containing

carbohydrates by fermentation and distillation or fermentation without distillation. Ethanol is a psychoactive substance when consumed it causes decreased consciousness. Then Traditional Alcoholic Drinks are alcoholic drinks made traditionally and handed down from generation to generation which are packaged simply and made at any time, and used for traditional needs or religious ceremonies. Then Sadock and Sadock (2007) a psychiatrist diagnosed that most alcohol disorders are related to other substance related disorders, anti-social personality, mental disorders, and anxiety disorders. Most show that people with alcohol-related disorders have higher suicide rates than the general public generally.

Based on the description above, it can be concluded that alcoholic drinks are drinks containing ethyl alcohol or ethanol (C₂H₅OH) which are processed from agricultural products containing carbohydrates by fermentation and distillation or fermentation without distillation. Alcohol use has different effects in the short term (Short-Term Effect) and long-term effects (Long-Term Effect). Can even have suicidal tendencies at higher levels of consumption tall. According to the Criminal Code, article 300 paragraph 1 contains: (1) Punishable by a maximum imprisonment of one year or a maximum fine of four thousand five hundred rupiah: 1. Any person who intentionally sells or gives intoxicating drinks to someone who is visibly drunk; Trafficking in women and trafficking in minor boys is punishable by a maximum imprisonment of six years. 2. Any person who intentionally makes drunk a child under the age of sixteen years; 3. Any person who, by force or threat of violence, forces a person to drink intoxicating drinks.

B. Methods

Research Design

The research methodology employed in this study adopts a qualitative approach with a case study design, focusing on phenomenology. The aim is to understand the social phenomena surrounding alcohol consumption habits among adolescent students at SMP N 1 Gegecik, located in Cirebon Regency. A qualitative approach was chosen due to its flexibility in delving into individuals' experiences, perceptions, and understandings regarding the research topic. Furthermore, the case study design allows for the exploration of specific phenomena within real-life contexts, with a focus on individual cases or a limited number of cases.

Research Procedures

The research procedure commenced with the identification of social phenomena occurring in the Gegecik area. Researchers gathered information regarding the prevalence of alcohol consumption among adolescent students and factors influencing their decisions to consume alcohol. Once identified, researchers devised strategies to understand individuals' experiences concerning alcohol consumption. Phenomenology was chosen as the theoretical framework to guide this research process. According to this approach, researchers aim to identify the essence or core of individuals' experiences related to the phenomena under investigation, such as motivations, perceptions, and impacts of alcohol consumption.

Data Collection Techniques

Data collection techniques utilized in this study include in-depth interviews, observation, and documentation. In-depth interviews are the primary method for qualitative data collection. Researchers conducted in-depth interviews with selected informants, consisting of one Class IX C student, two guidance counselors, and one close friend who possesses sufficient knowledge about the phenomenon being studied. Interviews were conducted using structured guidelines

designed to elicit in-depth information about individuals' experiences regarding alcohol consumption. Additionally, researchers conducted observations within and outside the school environment to gain a better understanding of students' behaviors related to alcohol consumption. These observations helped researchers observe social interactions among students and environmental dynamics that may influence their decisions to consume alcohol. Furthermore, researchers collected relevant documents such as school records and student behavior reports to complement data obtained from interviews and observations.

Data Analysis

Following data collection, the data analysis phase began. Data analysis was conducted continuously throughout the data collection process and after data collection was completed. Researchers employed content analysis techniques to analyze the collected data. This technique involves identifying specific characteristics of messages objectively, systematically, and comprehensively. Through content analysis, researchers aimed to uncover the essence of individuals' experiences related to alcohol consumption among adolescent students, as well as identify patterns, themes, and differences in the data. The results of this analysis were used to formulate in-depth conclusions regarding the phenomena under investigation and provide relevant recommendations for interventions or policies aimed at reducing the prevalence of alcohol consumption among adolescent students.

C. Findings and Discussion

A review of the level of education and background of the family's economic status, based on the results of a survey by the National Police Research and Development Service (Dislitbang), shows that the largest number of narcotics and alcohol users in Indonesia nationally are from the student group, both middle school, senior high school and college students, the number of which reaches 70 %, while only 30% are elementary school graduates, and most of them come from the upper middle class. Dryfoos (Kalangan et al., 2009) . One of the students at SMP N 1 Gegecik who has already tried it has become a habit to consume alcohol due to the influence of the surrounding environment. This background can be seen, among other things, from the five similar subjects, such as valuing friendship, feeling curious, wanting to make more acquaintances, or even wanting to be considered mature and respected in the group.

Adolescents who violate religious norms and customs generally lack self-control, or actually abuse this self-control, and like to enforce their own rules without paying attention to the existence of other people around them. This behavior can also be caused by social factors, they often hang out with friends without looking at their background. And in general these children are very selfish, and like to abuse or even exaggerate their self-esteem. Out of pleasure, they do it without paying attention to the effects they will receive (LOSA et al., 2016) . Egocentric attitudes in teenagers are not appreciated by parents and result in physical and psychological violence, ridicule and guilt in teenagers who are involved in these groups and become isolated in society.

primary subject in this study admitted that he dared to consume alcoholic drinks because of invitations from friends and felt he couldn't refuse, apart from that they were also curious about alcoholic drinks so they dared to try them . After trying it for the first time and then it became their habit when hanging out with friends. The characteristics of the level of juvenile delinquency certainly vary, there are teenagers who fall into it The level of delinquency comes from a broken

home, such as being separated from father and mother, they live with grandmother and grandfather, who often spoil teenage children. There is also a level of delinquency among juveniles who come from families with a fairly well-established economy, and vice versa, juvenile delinquency is found in families whose lives are just barely possible. (LOSA et al., 2016) . Family background is relatively low in terms of religion.

Behavioral counseling is counseling that focuses on changing behavior (Latipun, 2014). Behavioral counseling is "counseling that is expected to produce real changes in the counselee's behavior (counselling behavior)" (Winkel & Hastuti, 2005). Behavioral therapy is the application of various exercises, techniques and procedures that are rooted in various theories about learning (Corey, 2013b). This therapy involves the systematic application of learning principles to change behavior towards more adaptive ways." The reason for using this counseling is that using behavioral counseling will influence students' mindsets not to engage in behavior that hinders the learning process in class. This behavior will harm yourself and others. If students' mindsets can be changed to not engage in juvenile delinquent behavior, this will then influence student behavior to take actions that support the teaching and learning process. The characteristic of behavioral counseling is that it focuses on behavior .

behavior , accuracy and explanation of treatment goals, formulation of specific treatment procedures appropriate to the problem, objective interpretation of therapy results. (Maulana & Nugroho, 2019) . They do this habit about 3-4 times a week so they feel normal and there is nothing special about this habit, it just feels comfortable. However, Melon and Wine only carry out this habit when their group of friends have money to buy alcoholic drinks or when their friends invite them. They admitted that they were proud of this habit because they were able to be appreciated by their friends. Children under 15 years of age who often consume alcoholic drinks, who are students at SMPN 1 Gegesik, have different meanings regarding their habits. This group has the same opinion that alcoholic drinks are drinks that are intoxicating and increase self-confidence, as expressed by grapes, lychees and mangosteen. Apart from being an intoxicating drink, some of them, as stated by Apel, consider that drinking alcohol is a lifestyle that they follow, like the people around them.

The large influence of the environment on this habit is proven by the aim of all the research subjects who admitted that they continued this habit not only because they were curious or to divert attention from the problems they were experiencing, but also to maintain solidarity within the group, add friends, make drinking alcoholic drinks an event for gathering together. friends, even fear of being excluded from the group when refusing their invitation. From here they feel the false benefits offered by alcoholic drinks so that they don't care about the dangers that will befall them in the future.

Based on the results of the interviews, the alcoholic drinks they usually consume are drinks that can be intoxicating and are dangerous for the body, but they still haven't found anything strange about their health so they think they still consume alcoholic drinks within reasonable limits, no one takes the impact seriously. this alcoholic drink. Due to lack of education and attention from adults around the house, especially attention from parents. It can be said that someone is abusing alcoholic drinks when they consume alcoholic drinks in excess, without the correct rules and doing it repeatedly continuously, of course it will have bad physical effects and result in physical and psychological dependence. for banquets or parties or just gathering to spend free time. Mixed alcohol is also used to increase a person's self-confidence, so that they feel more worthy and a little more "brave". In other cases, alcohol is used as an escape for young

people who experience frustration in everyday life due to problems with education, family (broken homes), work, and other social problems in social life. (Mulyadi, 2014) .

. Appropriate counseling is used to handle these clients through the process of relationship building counseling (building relationships), assessment (disclosure and understanding of problems), formulating intervention plans/strategies, implementing interventions, termination and referral, counseling evaluation. The characteristics of the relationship in this counseling are unique, lie in the attitudes of the counselor and counselee, are therapeutic, planned, there is full acceptance of the counselee by the counselor, have a balance between objectivity and subjectivity, a balance of cognitive, affective and conative elements, a balance between ambiguity. (Purwakanita Hasan & Mansur Tamam, 2017) The existence of this social phenomenon will certainly invite certain assessments and responses from society. Of course, all people have different views on the social phenomena that occur. Patterns of alcoholic drinking habits among students at SMPN 1 Gegecik. A more serious response was expressed by Mrs. Manis, who currently works as a guidance and counseling teacher at one of the State Middle Schools in Gegecik District. Based on his response, actually the period of adolescence or children under 15 years of age is a period of searching for identity. If in the end they fall into deviant habit patterns, it means that the external factors that influence the habit of consuming alcoholic drinks are stronger than the internal factors. According to him, the habit of underage children consuming alcoholic drinks stems from the family's negligence in educating their children and they feel free to do things they think will satisfy themselves.

The results of observations from researchers obtained data from trusted sources, namely guidance and counseling teachers, close friends and the students concerned. The initial R claims to be one of the good students at school and has no friends. Some of my classmates at junior high school introduced me to their PUI junior high school friends in Gegecik. From this friendship, good communication and friendship were established at the beginning. Several friends invited R to try alcoholic drinks, at first R refused because he was never familiar with alcoholic beverages. After R drank and was forced by his friends, R became sick and did not go to school. 1 week after R tried Minol, his physical condition was often sick and he had problems concentrating on learning, such as being lazy at school, not being able to follow lessons in class, and arguing with his parents at home. Several deviant behaviors appeared after R consumed alcohol several times without the knowledge of the teacher and parents.

Table 1. Counseling Data History

NO	Client Identity	Visible Symptoms	Summarizing	Treatment
1	R (IX C)	- Juvenile delinquency - Drink alcohol	R admitted that he had consumed alcohol more than 3 times without his parents and teachers knowing.	Individual Counseling
2	L is R's friend	- L helps R in protecting R when consuming alcohol - L helped R when buying alcohol and contributed to drinking together	Inviting friends outside of school to try alcohol with the threat that if they don't follow the friend's orders they will be	Individual Counseling

NO	Client Identity	Visible Symptoms	Summarizing	Treatment
			considered stupid and effeminate.	

Heni and Heri as guidance and counseling teachers at SMP N 1 Geesik. The home visit activity was carried out by the 2 guidance and counseling teachers to find out the reason why R was not at school. R did not dare to admit his mistake to himself because he had promised his group to keep the secret and hide his identity. Home visit activities and collaboration between guidance and counseling teachers, homeroom teachers, parents and teachers at school made R aware of his bad attitudes and habits. After individual counseling with a behavioristic approach, R began to open up to explain the real situation. The results of the counseling reduction found that R admitted that he was invited to try alcohol (alcoholic drinks) to increase his self-confidence and become a child who was respected by his other friends. L denied it during the counseling process. L's habit was longer before R knew about alcohol. L was a student who had many red notes at school.

The guidance and counseling teacher gave a summons to R and L's parents to communicate with the school rules and regulations. The presence of parents at school is a warning that R and L have a red note to be given one more chance. The changes in attitudes that have occurred over time give a sign that R and L are influenced by alcohol groups outside of school. Several counseling strategies can be given to R and L so that R and L no longer join the alcohol group. With an emotional approach and regular counseling, R and L become aware of the mistakes in their actions and choices in their group of playmates. Meanwhile, according to Erikson (in Alwisol, 2009) adolescence or adolescence is one of the stages of human development at the age of 12-20 years. The task of guidance and counseling teachers is to improve guidance and counseling services for students who have or do not have problems at school.

Table 2 Results of Individual Counseling

	Student	Guidance teacher	Parent
Phase 1	3	4	2
Phase 2	4	4.4	2
Phase 3	5.5	5	3
Phase 4	7	9	5

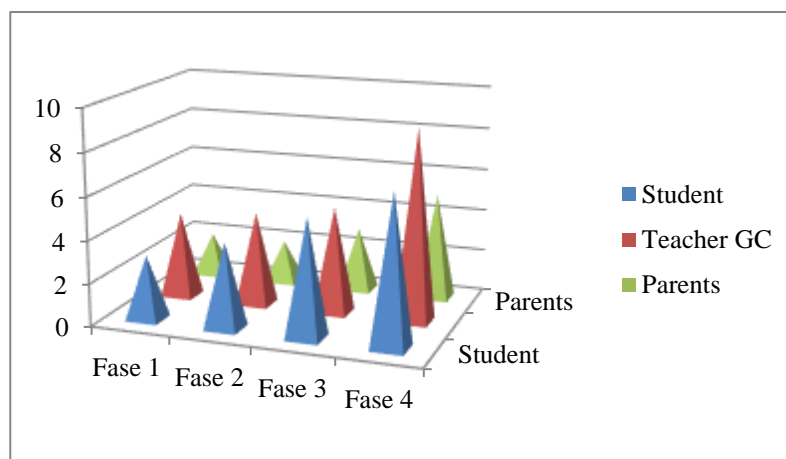


Figure 1 Individual Counseling

The results of figure 1 analysis found that individual counseling service activities can be implemented in 4 phases. In the first phase, the students' level of understanding was determined on a scale of 3, the BK teacher's level was 4 and the parents' level was 2. This means that parents have a low level of understanding of their child's condition. And the guidance and counseling teacher's attitude in understanding potential student problems can be seen from the aspect of the development of the student's recognition. In the second phase, the students' level of understanding increased on a scale of 4 and the guidance and counseling teachers were 4.4 while the parents were 2. The low understanding of problems and aspects of students' development was influenced by parents working in Taiwan and not getting attention from both parents. Phase 3: Students already understand the elements of the problem and the impact of promiscuity after watching educational shows on the impact of using alcohol to harm oneself. The guidance and counseling teacher acts as a facilitator to help students overcome problems. Parents have started to collaborate with the BK teacher at scale 3. Phase 4 shows that students have chosen and are able to make decisions about problems that occur at scale 7 and the BK teacher implements the 12th principle, namely Tut Wuri Handayani. Parents believe in the shortcomings of dictatorial parenting. and not paying attention to children. Alcohol is a psychoactive substance that is addictive or addictive. Psychoactive substances are a class of substances that work selectively, especially on the brain, so that they can cause changes in a person's behavior, emotions, cognition, perception and consciousness, etc. Meanwhile, addiction is a substance or substance which, when used, can cause addiction or dependence. (Kalangan et al., 2009) . Based on students' self-understanding of the problems faced by guidance and counseling teachers, guidance and counseling teachers can play an optimal role in developing potential and minimizing student problems by increasing education on juvenile delinquency and the impact of the use of alcohol, methamphetamine and promiscuity. Parenting and collaboration activities are starting to be planned to increase parents' understanding in collaborating with schools.

D. Conclusion

The deviant behavior of children under the age of 16 who consume alcoholic beverages is problematic behavior and has begun to emerge since students have just entered their teens. One of the class IX C students at SMP N 1 Gegecik is following the current trend by joining a community that has a habit of consuming alcoholic drinks. reasons to appreciate solidarity between friends or when they are facing problems, be it family problems, close friends and so on. They claim to be able to forget problems that way. Apart from that, a lifestyle that always follows developments with the times. Alcoholic drinks are not only a means of escape from family problems, many of them vent various disappointments about something that does not meet their expectations through the act of getting drunk. Researchers can provide emotional approaches and several counseling services that are provided as a curative function with a periodic process until finally students are aware that alcoholic drinking habits can damage the future.

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