

## THE RELATIONSHIP BETWEEN HEALTH LITERACY AND SELF EFFICACY WITH DRUG ABUSE PREVENTION BEHAVIOR AT THE YOUTH POSYANDU IN THE WORK AREA OF THE KAMPUNG BUGIS HEALTH CENTER TANJUNGPINANG CITY

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### ABSTRACT

Health literacy and self efficacy are factors in increasing drug abuse prevention behavior. Therefore, high health literacy and self efficacy are needed in order to increase good behavior in preventing drug abuse. This study aims to determine the relationship between health literacy and self efficacy with drug abuse prevention behavior in youth Posyandu in the working area of the Kampung Bugis Community Health Center, Tanjungpinang City. The research is a quantitative study with a cross sectional design. The population is 60 respondents, and the sampling technique uses total sampling. Data collection using a questionnaire. Data analysis used the Spearman rho correlation test. The univariate result showed the proportion of high health literacy (68, 3%), high self efficacy (75%), and good drug abuse prevention behavior (88,4%). The results of the bivariate analysis of health literacy obtained p-values = 0,009 (p <0, 05) self effect obtained p value = 0,015 (p <0, 05) with drug abuse prevention. It was concluded that there is a relationship health literacy and self efficacy with drug abuse prevention behavior in youth posyandu in the working area of the Bugis Village Health Center.

### ABSTRAK

Health literacy dan self efficacy merupakan faktor dalam meningkatkan perilaku pencegahan penyalahgunaan napza. Oleh karena itu, dibutuhkan health literacy dan self efficacy tinggi agar dapat meningkatkan perilaku baik dalam pencegahan penyalahgunaan napza. Penelitian ini bertujuan untuk mengetahui hubungan health literacy dan self efficacy dengan perilaku pencegahan penyalahgunaan napza di Posyandu remaja wilayah kerja Puskesmas Kampung Bugis Kota Tanjungpinang. Jenis penelitian kuantitatif dengan desain cross sectional. Populasi sebanyak 60 responden, teknik sampling menggunakan total sampling. Pengumpulan data menggunakan kuesioner. Analisis data menggunakan uji korelasi spearman rho. Hasil univariat diperoleh proporsi health literacy tinggi (68,3%), self efficacy tinggi (75%) dan perilaku pencegahan penyalahgunaan napza yang baik (88,4%). Hasil analisis bivariat health literacy diperoleh p value = 0,009 (p<0,05) dan self efficacy diperoleh p value=0,015 (p<0,05) dengan perilaku pencegahan penyalahgunaan napza. Disimpulkan bahwa ada hubungan antara health literacy dan self efficacy dengan perilaku pencegahan penyalahgunaan napza di posyandu remaja wilayah kerja Puskesmas Kampung Bugis.

### INTRODUCTION

NAPZA (Narcotics, Psychotropics, and Addictive Substances) is a type of illicit drug that when it enters the human body will affect the body, especially in the brain or central nervous system, so that it can cause various health problems in the physical, psychological, and social functions due to habits, addiction (addiction) and dependence on the use of these drugs. Drug abuse is the use of one or several types of drugs on a regular or regular basis outside of medical indications, so that it can cause various kinds of physical, psychological and social functioning disorders (Azmiyati dkk, 2014).

The abuse of narcotics and addictive substances (drugs) in Indonesia is a very big and worrying

problem. Especially at the age of teenagers today who are getting closer to drugs. This is due to Indonesia's position not only as a transit and marketing area for narcotics, psychotropics and addictive substances, but has become a producing area for the use of narcotics, psychotropics and addictive substances (Hartini & Sukma, 2019). According to the World Drugs report in 2018 published by the United National Office on drugs and Crime (UNODC) it was detected that as many as 275 million people in the world or around 5.6% of the world's population at the age of 15-64 years have consumed or used drugs (UNODC, 2018).

Based on the results of a 2015 National Narcotics Agency survey, it was stated that the youngest age of drug abuse is 7 years and the average age is 10 years. The results of the study also stated that of the 97% of drug users during 2015 there were 28% of youth aged 17-24 years (Putri, 2018). Data obtained from the Tanjungpinang City BNN in 2020 the number of drug users was 16 people, then in 2021 there were 20 people and in 2022 until July there were 14 people in the Kampung Bugis health center (BNN Kota Tanjungpinang, 2022).

The dangers of drug abuse, especially teenagers, need to be prevented and anticipated. Adolescence is a period of transition from childhood to adulthood, that's why adolescence is a very important period (Sarwono & Sarlito, 2014). Many adolescents are not aware that experiences that seem fun can actually lead to a fall. One of the problems is a lack of knowledge about drug abuse, namely addiction, reproductive health, contracting disease and death from over-dose. Knowledge related to drugs can influence individual attitudes towards drug abuse (Sarwono & Sarlito, 2014).

In an effort to increase the knowledge of adolescents, they must have health literacy instilled in them. Health Literacy is the ability of a person who aims to gain access, understand and use information in accordance with the goals and improve healthy living behavior in order to avoid various kinds of diseases or take actions that can harm himself, can even harm others and can maintain good health for himself. themselves (Soerencen et al, 2015).

According to the results of research conducted by Putri & Nurjanah (2016) information obtained by the public both from newspapers, magazines, television, radio, internet and from health workers has a very close influence on the level of health literacy. However, the convenience of the public in accessing information about health through online media has a large impact and risk on changes in public health behavior.

As an effort to increase knowledge and insight into the importance of health, namely accessing information about health (Alfan & Wahjuni, 2020). Growing media and sources of health information have made people more health literate, but sometimes confused with various information, an understanding of health literacy is needed which contains how to access, understand, evaluate and apply information to make decisions on disease prevention and health promotion (Cafiero, 2015).

Based on research conducted by Aula & Nurhayati (2020) states that there is no significant relationship between health literacy and the health behavior of high school students in the city of Surabaya. This is because students acquire relatively the same knowledge as health but have not been able to change the attitudes and behavior of these students. Health behavior is not only influenced by the level of literacy but can be influenced by several factors, one of which is a predisposing factor (Amanda et al, 2017).

The teenage population, which is quite a lot, is an investment for a country. It is estimated that in 2030-2035 Indonesia will experience a demographic bonus, today's youth will enter a productive age in greater numbers than those of non-productive age (Kemenkes RI, 2018). Adolescents need special attention, because adolescents are very vulnerable to the problem of a lack of knowledge about reproductive health, including sexuality (BNN RI, 2015).

The complexity of existing youth problems has prompted the government to develop it so youth can easily access health information, so that it can assist adolescents in solving their problems. In addition, in dealing with complex problems, adolescents must have confidence in themselves to be able to overcome the problems they face. The term belief is called self-efficacy. According to Bandura (2012) self-efficacy is an individual belief that has the ability to exercise some form of control over one's functions and events in their living environment.

Bandura (2012) self-efficacy describes how a person can feel, think, motivate himself, and behave. Self efficacy contributes to a better understanding of the process of changing health behavior so it is very important to increase insight and knowledge and behavior in one's skills. Someone with

high self-efficacy can achieve the expected results, whereas those with low self-efficacy consider their ability to not necessarily get the expected results (Fatimah et al, 2021).

This is in line with research conducted by Intan Angitha Putri which shows that there is a strong and significant relationship between self-efficacy and the tendency to relapse in drug addicts undergoing rehabilitation with a p value = 0.006 ( $p < 0.05$ ). According to Syam (2017) states that the main factor that causes a relapse is the belief in one's abilities.

Based on the results of a preliminary study in the working area of the Kampung Bugis Community Health Center on 10 teenagers at random, from these data it was found that 7 people (70%) teenagers had self-efficacy in the low category and 3 people (30%) with high self-efficacy, so that they could be concluded that 70% of youth do not believe that they have the ability, while 8 people (80%) lack health literacy.

Based on the background above, the authors are interested in conducting research entitled the relationship between health literacy and self-efficacy with drug abuse prevention behavior at the youth Posyandu in the working area of the Kampung Bugis Community Health Center, Tanjungpinang City.

## **METHOD**

### **Types Of Research**

This type of research uses quantitative research with a cross sectional design. Cross Sectional research is research where the independent variables and dependent variables that occur in the research object are collected at the same time (Notoatmodjo, 2018).

### **Location and Time Of Research**

This research was conducted at the youth Posyandu in the working area of the Bugis Village Community Health Center in Tanjungpinang City. The research was conducted in November - December 2022.

### **Population and Sampel**

The population and sample in this study were adolescents who attended the youth posyandu in the working area of the Bugis Village Community Health Center in Tanjungpinang City, totaling 60 people. The sampling technique used is total sampling. According to Sugiyono (2019) total sampling is a sampling technique if the entire population is used as a sample in research.

### **Data Collection**

Data collection was carried out using a questionnaire. The questionnaire used is a set of questions to measure health literacy and self efficacy for drug abuse prevention behavior in youth Posyandu.

### **Processing and Analysis Of Data**

Statistical data analysis in this study is by using the Spearman rank correlation method. According to Sugiyono (2019) Spearman's rank correlation is an analytical method used to determine whether there is a relationship between two ordinal scale variables, namely the independent variable and the dependent variable.

## **RESULT**

Data analysis was carried out through several stages, namely conducting univariate and bivariate analysis. The data collected was taken from the results of filling out questionnaires by respondents who were carried out online via the Google form. The data is processed using computer software, then presented in the form of tables and narratives.

The univariate analysis in this study aims to describe the characteristics of the respondents, the independent variables health literacy and self-efficacy as well as the dependent variable behavior to prevent drug abuse, while the bivariate analysis in this study aims to determine the relationship between health literacy and self-efficacy with drug abuse prevention behavior at the Kampung Puskesmas. Bugis uses spearman's rho test.

## 1. Univariate analysis

**Table 1. Distribution of Respondents Based on Respondent Characteristics at the Bugis Village Health Center in 2022 (n=60)**

Characteristics of Respondents	Frequency (n)	Percentage (%)
<b>Age</b>		
- 11-14 years	11	18.3
- 15-17 years	33	55.0
- 18-20 years	16	26.7
<b>Gander</b>		
- Man	24	40.0
- Woman	36	60.0
<b>Education</b>		
- Junior High School	8	13.3
- Senior High School	38	60.0
- Vocational School	16	26.7

**Source: Primary Data, 2022**

Table 1. shows that age 15-17 years is the most respondent category, namely 33 respondents (55.0%), most of the respondents are female, namely 36 respondents (60.0%), and the majority of high school education level is 38 respondents (60.0%).

**Table 2. Distribution of Respondents Based on Health Literacy Level at the Bugis Village Health Center in 2022**

Variable	Category Level	Frequency (n)	Percentage (%)
<i>Health Literacy</i>	Low	19	31.7
	Tall	41	68.3
<b>Total</b>		<b>60</b>	<b>100</b>

**Source: Primary Data, 2022**

Table 2. shows the frequency distribution of respondents based on the level of health literacy, most of the respondents had high health literacy, namely 41 respondents (68.3%).

**Table 3. Distribution of Respondents Based on the Level of Self-Efficacy at the Bugis Village Health Center in 2022**

Variable	Category Level	Frequency (n)	Percentage (%)
<i>Self Efficacy</i>	Low	15	25.0
	Tall	45	75.0
<b>Total</b>		<b>60</b>	<b>100</b>

**Source: Primary Data, 2022**

Table 3. shows the frequency distribution of respondents based on the level of self-efficacy, most of the respondents had high self-efficacy, namely 45 respondents (75.0%).

**Table 4. Distribution of Respondents Based on the Level of Drug Abuse Prevention Behavior At the Bugis Village Community Health Center in 2022**

Variable	Category Level	Frequency (n)	Percentage (%)
Preventive behavior	Bad	7	11.6
	Good	53	88.4
<b>Total</b>		<b>60</b>	<b>100</b>

**Source: Primary Data, 2022**

Table 4. shows the frequency distribution of respondents based on the level of drug abuse prevention behavior, the majority of respondents who behaved well, namely 45 respondents (75.0%).

## 2. Bivariate Analysis

**Table 5. Relationship between Health Literacy and Preventive Behavior Drug Abuse in Working Area Youth Posyandu Bugis Village Health Center in 2022**

<i>Self Efficacy</i>	Preventive behavior				Total		<i>p</i>	<i>r</i>
	Bad		Good					
	n	%	n	%	n	%		
Low	3	5.0	12	20.0	15	25.0	0.015	0.314
Tall	4	6.6	41	68.4	45	75.0		
Total	7	11.6	53	88.4	60	100		

**Source: Primary Data, 2022**

Table 5. shows that from 60 respondents (100%) it was found that the majority of adolescents in the Posyandu Work Area of the Bugis Village Health Center had high health literacy, namely 41 respondents (68.3%), so that these adolescents were more likely to have good behavior in preventing abuse drugs, namely as many as 37 respondents (61.7%). The Spearman correlation value obtained is 0.336, meaning that this value indicates a positive correlation with the strength of the weak relationship between variables.

**Table 6. Relationship between Self Efficacy and Preventive Behavior Drug Abuse in Working Area Youth Posyandu Bugis Village Health Center in 2022**

<i>Health Literacy</i>	Preventive behavior				Total		<i>p</i>	<i>r</i>
	Bad		Good					
	n	%	n	%	n	%		
Low	3	5.0	16	26.7	19	31.7	0.009	0.336
Tall	4	6.6	37	61.7	41	68.3		
<b>Total</b>	<b>7</b>	<b>11.6</b>	<b>53</b>	<b>88.4</b>	<b>60</b>	<b>100</b>		

**Source: Primary Data, 2022**

Table 6. shows that from 60 respondents (100%) it was found that most of the Posyandu youth in the Work Area at the Bugis Village Health Center had high self-efficacy, namely 45 respondents (75.0%), so that these adolescents were more likely to have good behavior in preventing abuse drugs, namely as many as 41 respondents (68.4%). The Spearman correlation value obtained is 0.314, meaning that this value indicates a positive correlation with the strength of the weak relationship between variables.

## DISCUSSION

### 1. Characteristics of Respondents

Adolescence is a transitional period in the span of human life, connecting childhood with adulthood (Suryana et al, 2022). At that time, generally teenagers have a high enough curiosity about something. This is certainly good, for their developmental period by looking for positive things, but it is also very worrying that if they fall into it it can harm both themselves and others.

According to Arshintia et al (2018) cases of drug abuse among adolescents are certainly caused by several supporting factors, including high curiosity and a friendly environment. The friendship environment is one of the highest supporting factors for a teenager using drugs, most of which start from trying so that they become addicted to taking drugs. Lack of education regarding the dangers of drugs among adolescents can make drug abuse cases more widespread (Balaka, 2017).

According to BNN RI (2015) the results of a survey that has been conducted show that based on the prevalence rate according to the age group under 30 years it is higher than those over 30 years of age. Drug use is more common among teenagers because their age is still very unstable and easily influenced. Where at first they were just trying to become regular and active users and even addicted, so that it was easier for them to fall into committing acts of drug abuse (BNN RI, 2015).

Gender is a term that distinguishes men and women biologically from birth (Setianingsih et al, 2015). According to Chairunnisa (2018) there is no relationship between gender and drug use behavior. According to the researchers' assumptions, this is caused by the association of peers, both men and women, who have almost the same association, depending on the upbringing of parents and their environment.

In contrast to the results of research conducted by Sembiring et al (2021) which states that gender is one of the factors that can influence drug abuse because women have lower aggressiveness and ambition than men. This is in accordance with Fadli research (2015) which stated that gender influences the factors that cause high drug abuse in men, one of which is rebellion in the family which is also carried out by many men (Fadli, 2015).

However, drug abuse that befalls women is far more worrying because it can have more serious effects. The effects are related to health problems, whether clinical or psychological. Various research shows, 70 percent of drug abuse in women leads to physical and sexual problems. Various studies have shown that drug abuse in women occurs due to childhood trauma and parental backgrounds who also have the habit of drinking alcoholic beverages and illegal drugs.

In addition, according to Chairunnisa (2017) the level of education influences drug abuse behavior. The higher the education level of a teenager, the easier it is for a teenager to receive information about drug abuse. According to Notoatmodjo (2018), the level of education determines whether it is easy for a person to absorb and use knowledge. According to Hairina et al (2017) higher education will expand the scope of association, making it easier for respondents to receive information about health.

Based on the results of Mullan, et al (2017) showed that there was a significant relationship between education level and drug abuse prevention measures in class X SMA Negeri 3 Semarang. The level of education influences the prevention of drug abuse. If character education is not given by parents to their children from an early age, it will have a negative impact on the future of these children, besides that they can fall into negative behavior, one of which is drug abuse.

According to Hartanto et al (2016) educational factors are obtained mostly from students and university students, because they do not yet have extensive knowledge and insight into the dangers of drugs so they are easily tempted by friends' persuasion to use drugs. One person's actions can be influenced by others. If the knowledge gained is lacking, it will affect applications in everyday life (Notoatmodjo, 2018).



## **2. Description of Health Literacy Frequency Distribution, Self Efficacy, and Drug Abuse Prevention Behavior**

Health Literacy is a person's ability to obtain, access, understand and use health information and services to make the right decisions (Badura, 2013). The level of health literacy can limit a person's ability to understand health terms. Health literacy aims to improve one's health because of the ability to prevent disease (Fitri, 2022).

The results of the study, based on the description of the level of health literacy at Kampung Bugis Health Center, most adolescents have high health literacy because they have the ability to access and use information and health services to make the right decisions about the actions to be taken. According to Alfani & Wahjuni (2020) the benefits of health literacy are used as a medium to build community conditions. Several studies have proven that everyone's health literacy has an influence on the individual.

By increasing the level of understanding of health problems and supported by social action that actively involves the community so that people can participate and practice it in their daily lives (Indriana, 2019). Apart from being a solution to health problems, health literacy can also be a stronghold for the community to avoid the threat of existing opinion issues.

Self-Efficacy is an individual's belief in his ability to organize and carry out a series of certain actions needed to get the expected results (Fatimah et al, 2021). Self efficacy can contribute to a better understanding of the process of changing health behavior so it is very important to increase one's insight into knowledge, behavior and skills.

From the results of the study, based on the description of the level of self-efficacy at the Kampung Bugis Health Center, most adolescents have high self-efficacy because these adolescents have strong abilities or self-confidence in carrying out, acting on or overcoming a situation. According to Arisanti & Hakim (2019) someone with high self-efficacy thinks that he has the ability to achieve the expected results, while someone with low self-efficacy thinks that the abilities he has have not got the expected results.

Research conducted by Sorensen (2015) states that self-efficacy has a very positive and significant effect on a person's affective abilities, in this case it can be interpreted that the higher the self-efficacy possessed by a person, in general it will have a positive impact on an increase in affective abilities. for a health worker.

NAPZA is a type of illegal drug that needs to be avoided, because if it enters the human body it will affect the body, especially in the brain or central nervous system, so that it can cause various physical and psychological health problems (Sholihah, 2014). According to Azmiyati (2014) drug abuse is the use of drugs regularly or regularly outside of medical indications, so that it can cause many health problems both physically, psychologically and other social functioning disorders.

From the results of the study, based on the description of the level of drug abuse prevention at the Kampung Bugis Health Center, most of the youth had good behavior because they often attended counseling related to drug abuse prevention which was often held by the health workers at the Bugis Village Health Center. The counseling that was held had a positive impact on adolescents to prevent drug use which could harm themselves.

The counseling aimed at increasing understanding of the dangers of drug abuse and saving the nation's next generation from the dangers of drugs as early as possible, so that the millennial generation does not approach drugs after knowing the impacts and dangers of drug use (BNN RI, 2015)

## **3. Relationship between Health Literacy and Self Efficacy with Drug Abuse Prevention Behavior**

### **a. Relationship between Health Literacy and Drug Abuse Prevention Behavior**

Based on the results of the analysis of the Spearman's Rho test that has been carried out, it is obtained that  $p \text{ value} = 0.009$  ( $p < 0.05$ ) so that  $H_0$  is rejected, thus the results of the analysis in this study indicate that there is a significant relationship between health literacy and drug abuse prevention behavior at the regional youth Posyandu the work of the Bugis Village Health Center. This is in line with research conducted by Friyatama (2017) which states that there is a significant relationship between health literacy and community-based drug management. Another study conducted by Alfani & Wahjuni (2020) showed that there was a significant relationship

between health literacy and healthy living behavior with a value of  $r = 0.037$  ( $p < 0.05$ ).

A similar study conducted by [Aula & Nurhayati \(2020\)](#) regarding the relationship between health literacy and health behavior towards public high school students in the city of Surabaya, obtained a  $p$  value of 0.006 with a correlation value of -0.219. This means that there is a significant relationship between health literacy and health behavior of high school students in the city of Surabaya.

The research results said that health literacy activities can increase individual awareness to access health information, increase adolescent knowledge and understanding regarding adolescent health behavioral dimensions. By increasing adolescent health literacy it is hoped that it will be able to increase adolescent self-awareness to maintain health, have positive health behaviors in order to minimize the impact of drug abuse.

From the results of the study, based on the relationship between the level of health literacy and drug abuse prevention behavior at the Kampung Bugis Community Health Center, it was found that teenagers who behaved well tended to be more likely to get knowledge and information about drug abuse counseling. In addition, most of the respondents have high school education. According to [Suhartatik & Rusni \(2016\)](#) The higher the level of education, the easier it is to receive information about drug abuse.

The information obtained from both formal and non-formal education can have a short-term effect because it results in a change or increase in someone's knowledge. Advances in technology will provide various types of mass media that can influence public knowledge about new innovations. The existence of new information about something provides a new cognitive basis for the formation of knowledge about it ([Noor, 2018](#)).

According to the assumptions of researchers, other factors also influence the results of this study, namely the age factor. The majority of respondents are in the age range of 15-17 years. Factors related to drug abuse in the RSJ in 2014 were adolescents aged 19-24 years. This is because their age is still unstable and easily influenced by others. Starting from trial and error and eventually becoming addicted, so that the teenager will more easily fall into drug abuse.

#### **b. The Relationship between Self Efficacy and Drug Abuse Prevention Behavior**

Based on the results of the analysis of the Spearman's Rho test that has been carried out, it is obtained that  $p$  value = 0.015 ( $p < 0.05$ ) so that  $H_0$  is rejected, thus the results of the analysis in this study indicate that there is a significant relationship between self-efficacy and drug abuse prevention behavior at the regional youth Posyandu the work of the Bugis Village Health Center. This is in line with research conducted by [Yunitasari \(2018\)](#) which shows that there is a relationship between self-efficacy and post-rehabilitation drug abuse, with a  $p$  value = 0.002 ( $p < 0.05$ ). Similar research by Putri (2020) states that there is a relationship between self-efficacy and the tendency to relapse in drug addicts undergoing rehabilitation, with a  $p$  value = 0.004 ( $p < 0.05$ ).

However, the results of this study are different from research conducted by Maaidah (2020) which states that there is no relationship between self-efficacy and relapse prevention attitudes in users undergoing drug rehabilitation, by obtaining a  $p$  value = 0.049 ( $p > 0.05$ ). This is due to possible differences in terms of the research methods used in the study and the number of samples studied.

The results of research by [Sujono \(2014\)](#) say that self-efficacy can increase confidence in how far individuals carry out an action in behavior in certain situations. Positive self-efficacy is the belief to do better. Confidence of a teenager to take an action in dealing with health problems is a very good thing.

From the results of the study, based on the relationship between self-efficacy and drug abuse prevention behavior at the Kampung Bugis Community Health Center, it was found that adolescents who behaved well tended to be more likely to behave badly, this was because these adolescents had strong beliefs before taking action about drug abuse. A strong belief in an action will have a positive impact on a person's quality of life ([Arisanti & Hakim, 2021](#)).

According to the researchers' assumptions, self-efficacy is one of the main factors that influence a person's self-care. Respondents who have high self-efficacy will behave well, while



respondents who have low self-efficacy will behave badly. Self-efficacy can influence a person's behavior to carry out a certain action, but there are several factors that build a person's self-efficacy including success experiences, social modeling, social persuasion, and psychological responses.

## CONCLUSIONS AND RECOMENDATIONS

The conclusion of the research results shows that there is a relationship between health literacy and self-efficacy with drug abuse prevention behavior in youth posyandu in the working area of the Kampung Bugis Health Center. The higher one's health literacy and self-efficacy then it is influential in increasing his self-confidence so that it tends to have good drug abuse prevention behavior, due to the ability to access appropriate information and have self-confidence in healthy living behaviors.

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