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Alcohol Consumption Motivation in Adolescents



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Abstract

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The number of alcoholic drinks that adolescents abuse was due to various reasons. The objective of the study was to explore the motivation of adolescents in consuming alcohol. This study used a qualitative descriptive method. 13 participants were selected according to the inclusion criteria using snow-ball sampling. The data collection used semi-structured interviews. The data analysis stage in this study used the Colaizzi technique. This study consisted 3 main themes and 19 sub-themes; (1) feelings: a) comfortable, b) happiness, c) relieved, d) satisfied; (2) encouragement: a) society, b) curious, c) addictive, d) friend invitation, e) escape, f) solidarity, g) got trouble, h) stimulate activity, i) looking for new experience; (3) achievement: a) got many friends, b) recognized, c) so it looks cool, d) he problem solved, e) able to tell stories, f) healthy in body. The consumption of alcohol in adolescents was based on the will of the adolescent, both from within the individual and from outside the individual which motivated adolescents to consume alcohol with a purpose that the individual believes. Alcohol abuse among adolescents is a chronic problem in the government's efforts to reduce numbers due to the effect of alcoholic drinks. Alcoholic drink is a type of drink that has an intoxicating effect, is dependent on nature and causes changes in behavior, perceptions, emotions and cognition for those who consume it.

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INTRODUCTION

Alcohol abuse among adolescents is a chronic problem in the government's efforts to reduce numbers due to the effect of alcoholic drinks. Alcoholic drink is a type of drink that has an intoxicating effect, is dependent on nature and causes changes in behavior, perceptions, emotions and cognition for those who consume it (Prabowo & Pratisti, 2017; Wijaya, 2016). Alcohol consumption in adolescents is based on the domination of curiosity, trying to find pleasure, as a place to escape, a means of relieving the burden of the mind and making many friends (Nurjannah, 2018; Solina et al., 2019)

WHO in 2018 released Europe is the country with the most alcohol consuming population in the world, amounting to 449,304 people out of a total world population of 5,457,686 people (Hammer et al., 2018). High alcohol consumption also occurs in Indonesia according to data Riset Kesehatan Dasar (Riskesdas) 2018 North Sulawesi is the province with the highest alcohol consumption amounting to 16% (P2PTM Kementerian Kesehatan Republik Indonesia, 2018). Based on the results of the survey from Pusat Penelitian dan Pengembangan (Puslitbang) tahun 2015 there were 17.93% of adolescents who consumed alcohol from a total population of 11,110 people, of which 14.38% were boys while 3.55% were girls (PUSLITBANG, 2015). In East Java, the number of people who consume alcohol is 1.8% of the total population of 127,176 people (P2PTM Kementerian Kesehatan Republik Indonesia, 2018)

There are several things behind alcohol consumption in adolescents, one of which is association, when adolescents hang out with friends who consume alcohol they will be invited to consume the drink, supported by curiosity and solidarity, making adolescents continue to consume it and causing addiction (Mukrimin et al., 2017; Tri et al., 2018). Choosing alcohol as an alternative to escape when adolescents are in trouble, the influence of alcohol makes adolescents free to tell stories and can forget the problems they are facing (Kevaladandra & Nurmala, 2019).

Professional nursing views humans as unique individuals. This study seeks to understand the human side as a whole, so that the triggers of alcohol consumption in adolescents can be controlled as early as possible. This research aims to study and explore the background of alcohol consumption in adolescents in Ngawi District.

METHODS

This study uses a qualitative descriptive method with the aim of describe the motivation of adolescents in consuming alcohol. The data was collected by means of in-depth interviews which were recorded through an audio recorder and field notes. Sampling of participants in this study using snowball sampling and adjusted to the inclusion criteria that have been previously set. The results of data collection at the end of each participant were analyzed using the Colaizzi technique and continued continuously until the last participant with data saturation (Colaizzi, 1978). The analysis used Nvivo 11 software to avoid missing data and ensure the validity of data reliability.

RESULT

Data collection through depth interviews was carried out with an accumulation of 13 participants 12-19 years in Ngawi District. In the results of data collection that has been analyzed, with 3 main themes and 19 sub-themes, the details of which are as follows.

Theme 1: Feelings

Sub-theme: comfortable

“when I was drink, I feels comfort...” (V2-168)
 “it was make me feel better, it mean comfort for being live” (V5-47)

Sub tema: happiness

“There is just happy, basically consumption alcohol and can behappy with my friends” (V1-102-103)
 “Drink it aim to just happiness, just looking for entertainment.” (V6-66-68)

Subtema: Relieved

“...after drinks, relieved feeling came in” (V1-34-35)
 “after i consume it i feel relieved” (V9-115)

Sub theme: Satisfied

“I feel satisfied, I am satisfied because there is no burden anymore.” (V8-98-99)

Theme 2: encouragement

Sub-theme: Society

“The habit start with interact in society. Curiosity because around here used to be a lot of friends who had been drinking alcohol” (V2-108-109)

Sub theme: Curious

“I drink alcohol because it started with my curiosity.” (V2-107)

“yes, I’m always curious to spontaneously try...”(V7-125)

Sub-theme: Addictive

“Yes, curious continues spontaneously I tried it and finally became addicted.” (V7-125-126)

Sub themes: Friend Invitation

“At first I was invited by a friend.” (V2-33)

“Because of friends, drinking is influenced by friends” (V4-6)

Sub-theme: Escape

“In my position at that time, yes, I had no other way to get rid of the thoughts that were always in my mind” (V2-118-119)

“just to escape at the bad conditions.” (V13-66)

Sub-theme: Solidarity

“Can only think of following a friend, the term is a friend there, I’m going there, my friend is here, I’m going” (V13-62-63)

Sub theme: Got Trouble

“At that time I had a problem, there was a problem and my friend suggested drinking alcohol together. so that the problem can relieve.” (V8-112-114)

“if there are problems or dizziness or how to make an outlet.” (V12-9-10)

Sub themes: stimulate activity

“Usually for work enthusiasm, school work, doing homework or what.” (V4-26-28)

Sub themes: Looking for new experience

“It is like now looking for experience, maybe you can tell the children later if you are married or do not let the children follow.” (V5-59-61)

Theme 3 :Attainmnet

Sub themes: Got Many Friends

“Because drinking is usually a lot of drunken friends.” (V11-57-58)

Sub-theme: Recognized

“Naughty people have lots of friends like this.Bad people are feared by people or whatever. maybe that’s where it got friends.” (V10-18-19)

Sub themes: so it looks cool

“I drink like this looks cool.” (V5-22)

Sub themes: The problem solved

“When I drink, I feel relieved, my mind’s burden is gone, yes, all the problems I face are gone, instantly I don’t think about many problems anymore.” (V12-46-49)

Sub themes: able to tell stories

“If I drink, I want a lot of stories, I am more open at that time than I didn’t drink.” (V11-141-142)

Sub themes: healthy in body

“If consumed in moderation it is healthy in body.” (V3-38-39)

“it feels good in the body well, especially when I wake up in that body it feels like being healthy again.” (V6-17-18)

DISCUSSION

From data collection in research that has been done, alcoholic drinks can provide comfort. This is supported by other studies which state that when a person consumes alcohol rises a feeling of comfort (Pratama & Muhartono, 2019). Various effects that arise after consuming alcohol can be used as a coping. Coping in question is emotional-focused coping with the aim of creating comfort, creating calm, avoiding various reactions that arise due to negative emotions so that it becomes a positive reinforcer for adolescents to consume alcohol (Cho et al., 2019). The effects are felt, including reducing emotions, creating comfort, making themselves feel better, this is a positive reinforcement for adolescents to consume them.

The results of interviews with participants were obtained when someone consuming alcohol will get pleasure. The above is supported by research that the feelings shown when drunk are happy and proud (Lia Khikmatul Maula & Yuniastuti, 2017) In other study it is also explain that alcohol consumption can provide enjoyment, comfort, pleasure and serenity (Goleman et al., 2019; Prabowo & Pratisti, 2017). When an individu is drunk, they get pleasure, pride, comfort, enjoyment and serenity.

Participants felt relieved after consuming alcohol. People will feel relieved if they can tell the problems they are facing (Cornilov et al., 2019) adolescents believe talking under the influence of alcohol becomes more freely so that it makes adoles-

cents feel relieved like they don't have a problem to tell their problems (Amalia et al., 2018). By consuming alcohol, adolescents can tell stories freely to solve problems, when they can tell stories freely, adolescents feel relieved and can solve their problems for a moment.

In the interview, the participants expressed their satisfaction because they did not have a burden and could solve problems. In research conducted by Nurjannah explained that adolescents consume alcohol only for pleasure, satisfaction and enjoyment (Nurjannah, 2018). Getting satisfaction is one of the reasons adolescents consume alcohol, with it they can solve problems and eliminate the burden they feel.

Starting from hanging out with friends who consume alcohol, the participants participate in consuming alcoholic drinks. If adolescent choose bad social relationships, the adolescent will join into negative relationships such as alcohol (Tri et al., 2018). Social relationship is one of the triggers for adolescents to consume alcohol, if adolescents cannot choose good social relationship, they will enter into associations that are difficult to escape from alcohol.

The research data reveals that starting from hanging out with friends who drink alcohol, making adolescents curious and trying it. Adolescents have a great sense of curiosity, because in this transitional period adolescents often do everything experimental, including consuming alcohol (Goleman et al., 2019). Starting from curiosity and wanting to try, adolescents try everything that is experimental, including consuming alcohol

Participants said that it started from their curiosity to decide to consume alcohol until they became addicted. This statement is in accordance with research when adolescents are accustomed to consuming alcohol and easily get it, then that person will use it alone and without realizing it will gradually become addicted (Spear, 2018). Curiosity makes adolescents consume alcohol until they are addictive, when adolescents become addicted they look for various ways to consume the drink.

Participants stated that a friend's invitation was the reason they consumed alcohol, starting when they gathered with friends and were invited to join, causing participants to spontaneously drink the alcohol. In the study Manek that it was explained that the influence of the environment and the invitation of friends are the reasons for adolescents to con-

sume alcohol, because in this environment it is very easy to get alcohol, plus the association of adolescents cannot be separated from alcoholic drinks (Manek et al., 2019). When hanging out with friends who consume alcohol, adolescents will drink it, this is supported by the ease of getting alcohol in that environment

The results of the interview stated that alcohol was chosen as an escape if adolescents had problems and could not solve it. This statement is supported by research that alcohol consumption is used as an outlet for problems, reduces anxiety and calms the mind (Agabio et al., 2021; Shuai et al., 2020). Teens use alcohol as an escape when they can't solve problem, they think that when they consume alcohol the problem they face will be resolved even for a moment. Alcohol is also the main choice for reducing anxiety and calming the mind.

Participants mentioned their reasons for consuming alcohol to create solidarity with friends. Starting from a friend's invitation and wanting to respect, they are together to consume alcohol. The relationship that is formed between fellow drinkers shows high solidarity, from this relationship can lead to an attitude of solidarity, cooperation and mutual help (Karlsson et al., 2020; Sandi et al., 2020) Solidarity is the reason for adolescents to consume alcohol, because in this association there are social relationships that show solidarity and mutual respect for fellow friends. significant association between socioeconomic status and alcohol consumption (Farmer & Hanratty, 2012)

Interview data shows that the participants' reasons for consuming alcohol were due to problems. When they get into trouble and can't solve alcohol is used as an alternative to be able to tell stories and solve problems. This is supported by research when adolescents have problems and have a lot of thoughts and cannot solve them, alcohol is chosen to solve the problem. (Kevaladandra & Nurmala, 2019). When teens have a problem with alcohol is chosen as an alternative to solving a problem, they think that alcohol lightens the mind a little and allows them to tell stories.

Participants revealed the reasons for consuming alcohol to get enthusiasm, alcoholic drinks were used as encouragement when he was working, in his opinion alcohol had a mild effect on the body that made that sense of enthusiasm appear in him. In a study, it was stated that workers assumed that by consuming alcohol they felt calm, had a spirit of

work and released pressure in the work environment (Goyena & Fallis, 2019). Individu think that consumes alcohol they will feel calm, have enthusiasm for work and can release pressure on the work environment. When consume alcohol and gives a free feeling to the body.

The results of the interview stated that the participants consumed alcohol to seek experiences so that they could share with their children. This is evidenced by research that the reason for consuming alcohol is to seek new experiences, adolescents who know the effects of alcohol and the effects they have felt will not invite others to consume it (Goyena and Fallis, 2019; johannessen 2020). The reason adolescents consume alcohol is to seek experience, when someone has felt the effects and effects of drinking alcohol, they will not invite other people to consume.

Participants explained that the reason for consuming alcohol was to make many friends, the more friends who consumed alcohol, the more friends they would get from that environment. In the another study also explained that by consuming alcohol, adolescents will get many friends, with alcoholic drinks they are easier to socialize and their self-confidence will increase (Sandi et al., 2020) After consuming alcohol, adolescents become more confident, and they are easier to get along with, so that adolescents will get lots of friends.

Participants explained that when they consumed alcohol, they would be recognized and feared by the people around them. For adolescents, recognition from friends and people around them is the most important thing (Diananda, 2019). To be recognized by the environment and the people around them, adolescents will do various ways, even though what they are doing is actually wrong, such as consuming alcohol (Saputro et al., 2014; Wijaya, 2016). Adolescents get recognition from people around them is an important thing, they will do various ways to get this recognition, one of which is by consuming alcohol.

During the interview, one participant answered the reason he consumed alcohol to make him look cool. This is supported by research which reveals that adolescents consume alcohol to increase their cool impression and look cool and are recognized by their friends (Lia Khikmatul Maula & Yuniastuti, 2017). Alcohol is consumed to make it look cool and cool and is recognized by friends around it.

From the research conducted the reasons for the participants to consume alcohol were so that the existing problems could be resolved. Through alcohol they can tell their friends freely. In the study (Kevaladandra & Nurmala, 2019) it was stated that when adolescents have a problem and cannot solve it, alcohol is chosen as the only way to overcome the problem. For adolescents, alcohol is used as an option to solve problems, by consuming it, adolescents can tell stories freely.

The reason the participants consume alcohol is to be able to tell stories freely, because when they are under the influence of alcohol they have no limitations when telling stories. The consumption of alcohol among adolescents is used as a forum so that they can tell their friends freely (Kevaladandra & Nurmala, 2019). By consuming alcohol, adolescents are free to tell their friends without any restrictions.

Participants state their reasons for consuming alcohol to get a good sensation in their body, for them when they wake up after consuming alcohol their bodies feel free. In research conducted by Manek et al that adolescents consume alcohol to have fun with their friends and create a good sensation in the body (Manek et al., 2019). The effect produced after consuming alcohol when you wake up will feel free in the body.

CONCLUSION

Socialization in adolescent being one of the triggers for adolescents to consume alcohol, when adolescents cannot choose good associations they will enter into relationships that cannot be separated from alcohol, supported by curiosity and solidarity to make teens try this. Alcoholic drinks can provide comfort, pleasure and satisfaction so that they continue to be consumed, because alcoholic drinks have addictive properties when consumed continuously making adolescents addicted. Alcohol is also chosen as an escape when having problems, when under the influence of alcohol it is easier for adolescents to tell stories, this makes adolescents feel relieved because they can solve their problems.

Adolescent have the achievements they want to aim for when consuming alcohol. alcohol consumption is chosen as a means of getting lots of friends and being recognized in their environment, some adolescents consume alcohol to seek experiences so that they can be shared with others. Alco-

hol is also used as an encouragement, the effect produced after waking up makes the body feel good and makes adolescents feel healthy again.

SUGGESTION

Nursing services are advised to participate in reducing the amount of alcohol consumption in adolescents, through promotive, preventive, curative and rehabilitative services, as well as learning more about the handling of alcohol consumption so that it does not increase, and a high degree of health can be achieved.

In this research, there are still many things that need to be improved, for further research, it is necessary to develop the existing knowledge so that the existing knowledge can be useful, especially in the field of nursing.

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