

OPTIMAL JOURNAL OF NURSING RESEARCH AND INNOVATION

Published by
PT. Optimal Untuk Negeri

THE RELATIONSHIP BETWEEN PERCEPTIONS OF ALCOHOLIC BEVERAGES AND ALCOHOL CONSUMPTION BEHAVIOR AMONG ADOLESCENTS AT SMAS GARING TARANTANG, TUMBANG MANGGU VILLAGE, SANAMAN MANTIKEI DISTRICT, KATINGAN REGENCY

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ABSTRACT

Background: Adolescence is a transitional period from childhood to adulthood characterized by physical, psychological, and social changes. During this phase, adolescents are vulnerable to various behavioral deviations, one of which is alcohol consumption. Adolescent perceptions regarding alcoholic beverages are a factor that can influence alcohol consumption behavior. Therefore, it is important to understand the relationship between adolescents' perceptions of alcoholic beverages and their alcohol consumption behavior. Objective: To analyze the relationship between perceptions of alcoholic beverages and alcohol consumption behavior among adolescents at SMAS Garing Tarantang, Tumbang Manggu Village, Sanaman Mantikei District, Katingan Regency. Methods: This study employed a correlational analytic design with a cross-sectional approach. The study sample consisted of 62 respondents selected using a simple random sampling technique. Data were collected using a questionnaire on perceptions of alcoholic beverages developed by the research team of the Ministry of Health of the Republic of Indonesia and a questionnaire on alcohol consumption behavior developed by the research team of the National Narcotics Agency (BNN). Data analysis was conducted using univariate analysis to describe variable characteristics and bivariate analysis using the Chi-Square test with a significance level of $\alpha = 0.05$. Results: The majority of respondents held negative perceptions regarding alcoholic beverages (54%), and 84% of respondents had consumed alcohol at least once. Bivariate analysis showed that half of the respondents who consumed alcohol held negative perceptions, whereas only a small proportion of respondents who had never consumed alcohol held positive perceptions. The Chi-Square test results showed a p-value of 0.001 ($p < 0.05$), indicating a significant relationship between perceptions regarding alcoholic beverages and alcohol consumption behavior among adolescents at SMAS Garing Tarantang. Conclusion: There is a significant relationship between perceptions regarding alcoholic beverages and alcohol consumption behavior among adolescents at SMAS Garing Tarantang, Tumbang Manggu Village, Sanaman Mantikei District, Katingan Regency.

Keywords: Perception, Behavior, Adolescents

INTRODUCTION

Adolescents represent the nation's future generation and play a crucial role in the times ahead; they are expected to excel and successfully navigate the challenges of both the present and the future. They require guidance from an early age—both mentally and spiritually. Mentally, adolescents are expected to be capable of resolving the problems they encounter—such as obstacles, difficulties, and behavioral deviations in their personal and social lives—in alignment with the developmental tasks associated with this stage. According to Kumalasari (2014), adolescence is a transitional period between childhood and adulthood, spanning the teenage years through the twenties. Accompanying physiological changes are drastic shifts in socio-emotional states. Intellectually, adolescents tend to develop abstract thinking patterns and a desire to explore the new, often leading to experimental behaviors (Nurkhaifah Makmur, 2022).

Adolescence is a transitional period from childhood to adulthood. Most adolescents often face a problem or avoid a problem by seeking solace through drinking alcohol (Paat, 2023). Adolescence according to Santrock (2003) is a period of transition from childhood to adulthood, usually occurring in adolescents aged 13-20 years, today's adolescents face more demands and expectations, as well as more complex dangers and temptations. The main causes of alcohol consumption in minors according to Rori (2015) are often triggered by socioeconomic factors in society. Some of these include unstable household situations, acts of violence against children, the presence of parents who smoke or consume alcohol excessively, limited access to health services, the impact of environmental pollution, heavy addiction to cigarettes and alcohol, and abuse of addictive substances such as alcohol and drugs by adolescents (Widodo & Rofi'ah, 2023).

According to Arifin in Maula & Yuniastuti (2017), factors that cause adolescent alcohol consumption include individual or personality factors, such as low self-confidence, being easily disappointed, curiosity, experimentation, or escaping problems. Environmental factors include family, school, peers, and community. A 2016 WHO report showed that adolescent alcohol consumption per capita in Southeast Asia increased by 34%, contributed by India, Thailand, and Indonesia. Dr. dr. Kristiana Siste, Sp.KJ (K) from the Faculty of Indonesian Medicine (FKUI), reported that the prevalence of adolescents aged 13-17 in Indonesia reached 4.4% based on a 2016 survey. This is significant given the high prevalence of adolescents in Indonesia. Alcohol consumption varies, from wine, spirits, beer, and others, including adulterated alcohol (Ansori, 2021). Data from the 2007 Basic Health Research (Riskesdas) cited in Solina (2018) indicates that the prevalence of adolescent alcohol consumption is 8.8% among males and 0.7% among females. The majority are aged 15-24 (5.5%) and aged 25-34 (6.7%). According to the World Health Organization (WHO), the number of alcoholics worldwide has reached 64 million. people. WHO recorded that in 2011, 4.3% of male and 0.8% of female students had consumed alcohol (Manek, 2019). Alcohol consumption among both adolescents and young adults is a very serious health problem. Underage drinking carries negative health and social risks, such as impaired brain development, which affects concentration while studying, resulting in poor academic performance, suicide, and depression. Memory loss and a high risk of sexual behavior, addiction, and violence against



those around them, as well as motorcycling and car accidents that can cause injury and death (Paat, 2023). Indonesia is an archipelago consisting of various cultures with different origins and backgrounds. One of the habits that exist in Indonesian society is the habit of drinking alcohol. The habit of consuming alcoholic beverages can affect health, especially if consumed in excessive amounts and continuously. Developments in the modern era have had many positive and negative impacts on human life, especially among adolescents. Adolescent development encompasses both cognitive and psychosocial aspects that can influence behavior and relationships. Adolescent social interactions generally have both positive and negative impacts. If adolescents choose friends who positively influence their behavior, they will behave in accordance with existing social norms. Conversely, if adolescents choose friends who negatively influence their behavior, they will negatively impact their social life (Raya, 2022). Alcohol consumption among adolescents continues. This behavior persists because it has become a habit among adolescents. Alcohol consumption is driven by its affordability, easy availability, and sometimes, to satisfy their cravings, adolescents drink adulterated alcohol. Continual consumption of alcohol can negatively impact their health. Underage drinking carries negative health and social risks, such as impaired brain development, suicide and depression, memory loss, high risk of sexual behavior, addiction, impaired decision-making, poor academic performance, violence, and motor vehicle accidents (Sulistyowati, 2012). Perception is individual (Walgito, 2010). Therefore, adolescents' perceptions of alcohol will differ from one another. This is due to the knowledge, beliefs, and values underlying each individual. Forming accurate perceptions is crucial, as perception is the process individuals use to manage and interpret their sensory impressions in order to give meaning to their environment. This study was conducted on adolescents in Tede Village, Bastem District, Luwu Regency in 2022. This study was quantitative with a cross-sectional design, involving 30 respondents, using the chi-square test. The results showed a p-value of 0.000. This means $p < \alpha$, so H_0 is rejected and H_a is accepted. Thus, it can be interpreted that there is a relationship between knowledge and alcohol consumption behavior among adolescents (Nurkhafifah Makmur, 2022). The study involved 50 adolescents in Runtu Village. The sampling technique used was total sampling. The independent variable in this study was perceptions about alcohol consumption, while the dependent variable was alcohol consumption behavior. Data collection used a questionnaire and was analyzed using the Chi-Square test. The results showed that 23 adolescents (46%) had positive perceptions and 27 adolescents (54%) had negative perceptions. Of the respondents, 42 (84%) had alcohol consumption behavior, while 8 (16%) did not consume alcohol. The Chi-Square test showed a significance value of $p = 0.001 < \alpha (0.05)$, so H_0 was rejected and H_1 was accepted. The conclusion is that there is a relationship between perceptions about alcohol and alcohol consumption behavior among adolescents in Runtu Village (Remaja, 2017). The author's own experience was taken into consideration in Tumbang Manggu Village, where this research was conducted. When the author was in school, Among the reasons why Tumbang Manggu Village was chosen as the research location is the frequent gatherings of teenagers after school hours. These gatherings typically involve teenagers pooling their money to buy alcohol. The types of alcohol consumed by these teenagers vary, from traditional drinks to drinks sold in liquor stores.



Tumbang Manggu Village is the birthplace of the author, and he is also an alumnus of Garing Tarantang Senior High School. This was a strong reason and consideration for the researcher to choose this location for the research. Given the issues facing teenagers, a more in-depth study is needed to examine their perceptions and behaviors regarding alcohol consumption, which are unhealthy. Therefore, the study, entitled "The Relationship between Perceptions of Alcohol and Consumption Behavior in Teenagers at Garing Tarantang Senior High School, Tumbang Manggu Village, Sanaman Mantikei District, Katingan Regency," was conducted. Research Method Research design according to Nursalam (2008) is a strategy or stage for achieving research objectives, which has been established and serves as a guideline or guide for researchers throughout the research process (Sujarweni, 2014). This indicates that the research design outlines the steps researchers must take to achieve the research objectives. This study aims to analyze adolescent perceptions and behaviors regarding alcohol consumption. This study used an analytical correlation research design with a cross-sectional approach (Suparyanto, 2011), where the research aims to determine the relationship between variables, and data from the independent and dependent variables are collected simultaneously (Remaja, 2017).

RESEARCH RESULTS

1. Adolescent Perceptions

Table 4.1 Overview of Adolescent Perceptions about Alcoholic Beverages at Garing Tarantang Senior High School, Tumbang Manggu Village, May 2024

No.	Teenagers' Perceptio	F	%
1	Positive	29	46
2	Negative	33	54
	Total	62	100

The table above shows that most teenagers in SMAS (Garing Tarantang, Tumbang Manggu Village) 33 students (54%) had negative perceptions about alcohol.

2. Alcohol Consumption Behavior Table 4.2 Description of Alcohol Consumption Behavior at Garing Tarantang Senior High School, Tumbang Manggu Village, May 2024

No	Alcohol Consumption Behavior	Frequency	Percentage (%)
1	Consumes	54	84
2	Does Not Consume	8	16
	Total	62	100

The table above shows that the majority of teenagers at Garing Tarantang Senior High School, Tumbang Manggu Village, have consumed alcohol, amounting to 54 (84%).

3. Relationship between Perceptions about Alcohol and Alcohol Consumption Behavior.

Table 4.3 Relationship between perceptions of alcoholic beverages and alcohol consumption behavior at SMAS Garing Tarantang, Tumbang Manggu Village (May 2024 period)

	Alcohol consumption behavior				total	
Adolescent Perception	Consume		Does Not Consume			
	Frequency	%	Frequency	%	Frequency	%
Positive	21	30	8	16	29	46

Negative	33	54	0	0	33	54
Total	54	84	8	16	62	100

The table above shows that the majority of adolescents at SMAS Garing Tarantang, Tumbang Manggu Village, who have consumed alcohol hold a negative perception of it; this group comprises 33 individuals (54%). Statistical analysis using the Chi-Square test yielded a p-value of 0.001. Since $p < \alpha$, the null hypothesis (H_0) is rejected, indicating a relationship between perceptions of alcohol and alcohol consumption behavior among adolescents at SMAS Garing Tarantang, Tumbang Manggu Village.

DISCUSSION

1. Adolescent perceptions of alcoholic beverages. Research findings indicate that the majority of adolescents at SMAS Garing Tarantang in Tumbang Manggu Village hold negative perceptions regarding alcoholic beverages. In this context, a negative perception is one that views the consumption of alcohol as a commonplace activity that poses no health risks. Perception is an automatic process—occurring rapidly and often unconsciously—through which we recognize the stimuli we receive. These perceptions can influence our actions (Notoatmodjo, 2010). Adolescents' negative responses regarding the dangers of alcohol consumption can be influenced by predisposing factors, such as knowledge. A lack of information about alcoholic beverages is precisely what can shape students' perceptions negatively, leading them to believe that alcohol is not harmful to health.
2. Alcohol consumption behavior: Research findings regarding alcohol consumption among adolescents at SMAS Garing Tarantang (Tumbang Manggu Village) indicate that nearly all respondents have consumed alcohol. This figure is substantial and the statistic is quite concerning, particularly given the respondents' status as adolescents and the fear that this behavior might spread to others. According to Notoatmodjo (2010), an individual's knowledge plays a crucial role in interpreting the stimuli they receive. Respondents admitted to never having received information about the dangers of alcohol consumption; the data suggests that more than half of the respondents lacked information regarding these risks. Knowledge is defined as the result of human sensory perception—or an individual's understanding of an object—acquired through their senses.
3. The relationship between perceptions of alcoholic beverages and alcohol consumption behavior. Research findings regarding adolescents at SMAS Garing Tarantang (Tumbang Manggu Village) indicate that only a small proportion of respondents who held positive perceptions—viewing alcohol as harmful to health—did not consume



alcohol, whereas half of the respondents with negative perceptions—viewing alcohol as not harmful or detrimental to health—engaged in alcohol consumption. Chi-square statistical analysis confirmed a relationship between perceptions of alcoholic beverages and alcohol consumption behavior among these adolescents. In this study, a positive perception is defined as viewing alcohol as harmful to health, while a negative perception is defined as viewing alcohol as neither harmful nor detrimental to health. Data analysis reveals that the majority of respondents held negative perceptions, which influenced them to engage in negative behavior (i.e., consuming alcohol), and vice versa. According to Supratman & Mahardian (2016), perception is an individual's response or opinion regarding an object, which significantly determines their behavior toward that object; individuals differ in how they perceive the stimuli they receive.

CONCLUSION

Based on the research findings, the researcher concludes the following:

1. The majority of adolescents at SMAS Garing Tarantang in Tumbang Manggu Village hold a negative perception regarding alcoholic beverages; specifically, 33 individuals (54%) expressed such a view.
2. Regarding alcohol consumption behavior, 54 adolescents (84%) at SMAS Garing Tarantang in Tumbang Manggu Village reported having consumed alcoholic beverages.
3. Statistical analysis using the Chi-Square test yielded a p-value of 0.001. Since $p < \alpha$, the null hypothesis (H_0) is rejected, indicating a relationship between perceptions of alcoholic beverages and alcohol consumption behavior among adolescents at SMAS Garing Tarantang in Tumbang Manggu Village.
4. Recommendations
 - a) Nurses and health promotion officers are encouraged to provide information—specifically through educational outreach—regarding the dangers of alcohol consumption. This

This aims to increase adolescents' knowledge and understanding of these risks, thereby helping to reduce or prevent alcohol-consuming behavior among them.
 - b) For future researchers Future researchers are encouraged to study the issue of alcohol consumption among adolescents using a qualitative research approach, specifically employing interviews for data collection.

This approach would allow researchers to gain in-depth insight into the alcohol consumption behaviors of these young people.
 - c) Adolescents



Adolescents are expected to participate in preventing alcohol abuse, take an active role in educational outreach regarding the dangers of alcohol, and fill their spare time with positive activities.

d) Village Officials

Village officials are expected to actively engage adolescents in village development and involve them in village security and community activities.

e) Palangka Raya Health Polytechnic (Ministry of Health).

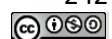
The Palangka Raya Health Polytechnic is expected to enhance its health promotion resources regarding alcohol—for instance, by creating engaging content for adolescents and expanding its library collection to include accessible online literature on the dangers of alcohol consumption.

f) SMAS Garing Tarantang

SMAS Garing Tarantang is expected to raise student awareness regarding the dangers of alcohol consumption.

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