

The Effect of Health Education Using Peer Group Approach toward Adolescents' Knowledge of the Dangers of Alcohol for Health in Indonesia

Asbath Said¹, Sartini Risky², & Hardiansa³

¹Sekolah Tinggi Ilmu Kesehatan Mandala Waluya Kendari, Jl. Jend. AH. Nasution Blok G-37 Kambu Poasia, Kendari, Southeast Sulawesi, Indonesia

Email: asbath.mw@gmail.com

²Sekolah Tinggi Ilmu Kesehatan Mandala Waluya Kendari, Jl. Jend. AH. Nasution Blok G-37 Kambu Poasia, Kendari, Southeast Sulawesi, Indonesia

Email: risky.sarjan87@gmail.com

³Sekolah Tinggi Ilmu Kesehatan Mandala Waluya Kendari, Jl. Jend. AH. Nasution Blok G-37 Kambu Poasia, Kendari, Southeast Sulawesi, Indonesia

Email: hardiansa@gmail.com

Abstract: Some of the factors that causing abuse of alcohol by adolescents are the descendants, families influences, friends influence, ethnicities, and personal issues. Today's teenage problems are complex and worrying. This is indicated by the low knowledge of adolescents about the dangers of alcohol for health. The importance of knowledge about the danger of alcohol for health is needed. Therefore, adolescents need to get enough information to know how dangerous alcohol. Peer group is a method of delivering information through peers that effective to use in adolescents. The study aims to determine the effect of health education with peer group approach toward adolescents' knowledge about the dangers of alcohol for health in the village of Wungkolo, District of South Wawonii, Konawe Islands. The study did not use the Pre-Experiment with the control group. The sampling technique is *purposive sampling*, with 17 people as the samples. The results of statistical test pair t-test obtained p value = 0,000. Based on the results of this study conclude that the health education with peer group approach is effective in providing knowledge to adolescents who consume alcoholic beverages. It is suggested that parents need to monitor the adolescents not to consume alcohol or issue rules concerning the banning of consuming alcohol and the Department of Health providing health education to the adolescents, especially about the dangers of alcohol for health.

Keywords: health, alcohol

1. Introduction

Adolescence is a transition period or switching from childhood to adulthood. In adolescence, the changes of biological, psychological, social and occur rapidly. This requires changes the behavior of adolescents for adjusts to the conditions of today's teenagers. At some adolescents, this adjustment process could take place without any significant problems because adolescents fail to recognize their identity and adequate social support, and every teenager has different characteristics that influence adolescents' behavior. Socio-economic factors that exist in the society are the trigger for individuals to bring the experience of unhealthy behaviour. They are instability in the household, child abuse, smoker parents, drunk parents, access to difficult health, environmental pollution, heavy smokers, a heavy drinker, abuse of alcohol and drugs by adolescents. One of the effects of modernization from the new socio-economic factors that are quite real in our communities is the abuse of liquor in teenagers. If this condition is allowed then the disaster will happen, adolescents who have alcohol poisoning or liquor are not effective for adolescents' social life.

Liquor or also called alcoholic beverages is a drink that contains ethanol. Ethanol itself is the matter or a substance that when taken to reduce the level of awareness for consumers (drunk). Liquor also has an addictive substance, a substance which, when consumed (though only once) will make the



person feel like to continue to take it (addiction) and ended up feeling dependent on liquor. Liquor also affects the system of the brain due to alcohol inhibits oxygen deficiency. Therefore, alcohol users feel dizzy. Liquor being circulated and consumed in the village of Wungkolo, many sellers of liquor that not legal/illegal, the seller does not have an official license to sell liquor. That's why consumers of liquor in the village of Wungkolo could freely get. Drinks were often drunk branded namely; *pongasi* (The typical drinks from Southeast Sulawesi)

Adolescent problems today are very complex and worrying. This is indicated by the low knowledge of adolescents about the dangers of alcohol on health. At the present moment many adolescents said that consuming alcohol as a result of joining in friends hanging out and wanted to say great. They say, by drinking they get a lot of friends where they are easy to get along after drinking alcohol, their confidence arising after drinking, the problem will be resolved after drinking, they say drinker will be highly respected by the people, then for relieving stress (feel enjoy). They were drinking alcohol with the usual groups of 4 to 6 people in accordance with the number of peers who join their group and were present at the time of alcohol consumption, binge drinking an event they usually do whenever there is an event, such as weddings or an event anything that enlivens the village and also commonly done at the time anymore to hang out with friends group, they held an event party alcohol usually in lodges, in ports or at the bridge done in secret so as not to be known by their parents. Riskesdas (Health Research Association) abuse of alcohol or liquor is now a problem that is developing in the world of adolescences and showed an increasing trend from year to year. Preferences drinkers in Indonesia by Riskesda (2013) states that the prevalence of alcohol use in urban areas 4.7% while the number of rural ranging up to 6.2% with the traditional type of alcohol ranges from 55.4% compared with 18.6% beer.

Based on the early study that conducted by researchers through closed interviews to the chief village, head of the RT, citizens and adolescents who reside in the village of Wungkolo, the District of South Wawonii, said that from 54 young men around 30% that consuming alcoholic beverages. Usually done in party event, in lodges or the house of one adolescent and often disturbing public order and create uncomfortable citizens or the neighbourhood, and not infrequently to be a fight among adolescents are already affected liquor. Knowledge about the dangers of alcohol for health is important so that adolescents need to receive enough information to know how the dangers of alcohol. By knowing about the health dangers of alcohol for adolescents may avoid the negative things that might be experienced by adolescents who do not have enough knowledge about the dangers of alcohol for health.

One of the efforts to overcome this problem is to carry out the health education with peer approach group. The health education change process that aims to change individuals, groups and communities towards positive things are planned through the learning process. Health education in principle intended to make people behave by the values of the health. Peer group approach is one of the agents of socialization for individuals and peers. In this group the ongoing decline in social values, cultural norms, reference behave systems and patterns of thinking group of adolescents. The more mature a person it will be the stronger influence of the peer group, so that the influence of the family will be weakened. Santrock said that peer is individuals that have the age and maturity at the same level, where the interaction with peers is the beginning of friendship.

2. Method

The research design that used in this study is pre-experimental design that used form the design of one group pretest-posttest. The population of this study was adolescent boys aged 14 to 19 years as many as 54 people. The data were analyzed use frequency distribution of the sample in this study that adolescents met the inclusion criteria as many as 17 people. Sampling method in this study is purposive sampling method. The variable in this study is a peer group and knowledge of the use of alcohol.

3. Findings

General data in this study include the characteristics of that survey respondents include: age and education.

Table 1. The characteristics based on age

Most adolescent boys in the village of Wungkolo age 17-19 years is 64.7%

No	Age Group (Years)	f	%
1	14-16	6	35.3
2	17-19	11	64.7
Total		17	100

Table 2. The characteristics based on Education

No	Level of Education	f	%
1.	SMP	6	35,3
2.	SMA	11	64,7
Total		17	100

Most adolescents in the village of Wungkolo is SMA educated. This means that the teenager was knowledgeable and able to access the information more widely.

3.1 Univariate Analysis

Table 3. Distribution of respondents Based On Adolescents' knowledge About The Dangers of Alcohol for Health in The Village of Wungkolo, District of South Wawonii, Konawe Islands

Table 3. Result Criteria

Knowledge	Criteria			
	Pre-test		Post-test	
	F	%	f	%
Enough	6	35,3	17	100
Less	11	64,7	0	0
Total	17	100	17	100

Most of the adolescent boys (64.7%) before treatment had less knowledge about the dangers of alcohol

3.2 Bivariate Analysis

Table 4. The Effect of Health Education Peer Group Approach Based on Adolescents' knowledge About the Dangers of Alcohol for Health in The Village of Wungkolo, District of South Wawonii, Konawe Islands

Table 4. The Analysis

Variable	f	Mean	SD	T	P Value
Pre Test –Post Test	17	647	493	5,416	0,000

From the Table 4 above, there is a significant effect of health of education with peer group approach to knowledge of adolescents about the dangers of alcohol

4. Discussion

Adolescent knowledge about the dangers of Alcohol in The Village of Wungkolo, District of South Wawonii, Konawe islands before is being given of health education as much as 35.3% of respondents have a good knowledge, and as much as 64.7% of respondents have a lack of knowledge. This condition is likely influenced by the level of youth education programs background and junior high school education. The factors can be compared with Desi Maria Ulfah research at Purbalingga in 2005. The results are consistent with the factors that influence a person's knowledge is the internal factor those are a factor in their own self, such intelligence, interests, physical condition. External Factors which outside factors, such as family, community, means, approach factor to learn that is learning efforts factor, such as strategies and methods in learning.

From the results of statistical tests, before and after health education by using t-paired, average values (mean) = 647, 493 with a Standard Deviation significant value of 0.000 ($p < 0.05$). Statistical test results were also obtained value of $t = 5.416$, where t is greater than t table (2.131), which means that H_0 is rejected, H_a accepted. This shows that there is a significant effect of health education with peer group approach to knowledge of adolescents about the dangers of alcohol for health in the village of Wungkolo District of South Wawonii.

This is caused by several factors: health education conducted with an approach to a peer group that respondents feel comfortable and do not feel reluctant to express opinions, approaches peer group also involves peers that researchers have been guided to provide motivation and discuss the dangers of alcohol to the peer group to improve their knowledge of the group's friends. By involving peers make respondents more asking questions and not shy to express their opinions and his heart so that respondents can understand and evaluate the knowledge they have acquired. Besides, given health education through peer group approach helped by the media in the form of leaflets which contain materials such media or the message, but it also leaflets media can help recall what was taught or given by the provider health education.

This indicated that such an important role in improving the knowledge peers within the peer group because peers have a close relationship and understand each other.

5. Conclusion

From the statistical test, before and after health education using t-paired test, mean value = 647, Deviation Standard 493 with significant value 0,000 ($p < 0,05$). There is the influence of health education with peer group approach to knowledge of adolescents about the dangers of alcohol for health in the village of Wungkolo District of South Wawonii, Konawe Islands

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