

## REVIEW ARTICLE

# The Family Roles to Prevention of Drug Abuse in Adolescents

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**ABSTRACT**

Drug abuse is one of the problems among adolescents that were found to be increasing every year. Around 2 million people use drugs in Indonesia and most of the users are 13-17 years old. Therefore, the participation of all parties is needed to overcome this, but first and foremost is the role of the family is vital. Based on the above background, the authors investigated the role of families in the prevention of drug abuse in adolescents. Drug abuse is regarded as a threat that sooner or later can destroy the young generation. The research was aimed to analyze the family roles in the prevention of drug abuse among adolescents. A literature search was conducted from journals through Google scholar, proques, and pubmed between 2014-2019. A total of 20 studies were analyzed regarding the roles of the family that influences the prevention of drug abuse among adolescents.

**Keywords:** Drug Abuse, Family Roles, Prevention, Adolescents, Literature Review

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**INTRODUCTION**

Drug abuse is one of the problems in adolescents that was found to be increasing every year. Teenage is an age that is vulnerable to drugs. There are around 2 million people who use drugs in Indonesia, the majority of users are 13-17 years old and 90% are male. But there are also those who have started to use drugs since the age of 9 years (1).

Drug abuse creates a huge burden on society. It is important to understand the patterns of drug use change throughout the world. Cross-national and regional research provides a benchmark for evaluating trends and cycle shifts in drug use. This information is useful for assessing the feasibility of public policy as an effort to control and prevent substance abuse, and to estimate the economic effect of drug abuse and alcohol used in different communities (2,3).

Misuse of drugs is common among adolescents due to family and environmental factors. The family is the smallest unit in a society. One of the family factors include the influence of parents on their children at large, where children who abuse drugs are unhappy, lack attention and when relationships are less harmonious with their families (4).

Drug abuse is regarded as a threat that sooner or later can destroy the young generation. Therefore, the role of all parties is needed to overcome this, first and foremost is the family roles. Based on the above background, the authors are discussing "The Role of Families in the Prevention of Drug Abuse in Adolescents". The paper was aimed to analyze the family roles to prevent drug abuse in adolescents.

**METHODOLOGY**

The method used is literature review, which is a search of both international and national literature conducted using Google Scholar, Proquest and Pubmed database. The first step was searching journal articles. For about 4,780 articles were collected from 2014 to 2019 using the keywords "drugs, drug abuse, the family roles, prevention, adolescents". Then the contents of the journal were identified in accordance with keywords, especially the family roles in prevention of drug abuse and full text. There were only about 20 articles that were deemed relevant, namely 10 articles from international literature and 10 articles from national literature (Table I).

**DISCUSSION**

Based on the articles collected and further analysed, it was found that there are 20 articles that discussed the role of the family as being very important in preventing drug abuse in adolescents. The roles of the families in question included factors like family environment, family communication style, family social support,

**Table I: Summary of selected articles**

No	Author (year)	Type of study	Sample	Main results
1	Izzati W & Vanesa Febriana. (2014)	Descriptive with the Cross Sectional Study design	Analytic Parents who have teenagers in Jorong Kubang Duo Koto Panjang Nagari Bukik Batabuah Canduang District Agam Regency	There is a significant relationship between parental knowledge, parental attitudes of parental efforts in the prevention of drug abuse in adolescents in Jorong Kubang Duo Koto Panjang in 2014.
2	Kristanto A (2014)	Qualitative Descriptive	<ul style="list-style-type: none"> <li>Parents or guardians of adolescent drug users</li> <li>Teenage drug users and teenage drug users</li> <li>Counselor from the Borneo Insan Mandiri Samarinda Foundation.</li> </ul>	The importance of support in the form of inculcation of positive character is given to adolescents both after they get into trouble or before they get into problems especially about drug use.
3	Mejia <i>et al.</i> (2014)	A qualitative design, and data were collected using semi-structured interviews	<ul style="list-style-type: none"> <li>Thirty parents who had taken part in the program between 2010 and 2011 were interviewed.</li> </ul>	An exploration of parents' narratives suggested that, after the program, they observed changes in themselves as parents, in their children, in the interaction between the two of them, and in their functioning as a couple. Perceived changes centered on communication, limits, obedience, relationship roles, emotional regulation, and social development. For example, parents reported being able to control their emotions in a healthier manner, reducing the use of shouting and setting limits in a more effective way. All these factors have been recognized in previous research as strategies for preventing substance use.
4	Patrick <i>et al.</i> (2014)	Cohort Study	Adolescents aged 12–15 (N=276) and their mothers who were participants in the British were both surveyed when mothers were 34 years old.	Results suggest that mothers' substance use is an important component of adolescent use, even after accounting for characteristics of the child and the intergenerational family context.
5	Rahmadona dan Agustina (2014)	Case-Control Study	The sample consisted of 36 cases and 36 controls (1: 1). Matching treatment to age and sex.	The role of the family in a low level of religiosity has a 175 times greater risk of abusing drugs.
6	Saleh <i>et al.</i> (2014)	Qualitative approach to phenomenology and using source triangulation	<ul style="list-style-type: none"> <li>Informants are young people in the Regency who have been abusing drugs for more than five years.</li> <li>Sampling using purposive sampling and obtained 4 informants aged 22-23 years.</li> </ul>	The relationship between the main informant and their family is partly good, while some other informants have a poor relationship with the family before abusing drugs, that is, the main informant feels disappointed with a broken home family, and feels disagreed with the educational problems chosen by his parents, this is what makes the reason they try and abuse drugs. Informants who have a bad relationship with family before abusing drugs so that the main informant is venting by abusing drugs.
7	Maharti, Vikiat Ika. (2015)	Explanatory research with "cross cross sectional" approach	The population in this study were all adolescents aged 15-19 years in the District North of Semarang, Semarang City. The total population is 10,075 people with a minimum sample of 100 respondents	The respondent's family condition is good as much as 50% and less good as much as 50%. As many as 59% of respondents feel bored at home and 38% of respondents' homes are inhabited by more than one family This is one of the causes of drug abuse in adolescents
8	Ratnasari, Yesi (2015)	Explanatory research with "cross cross sectional" approach	The population in this study were 161 students with a sample size of 62 respondents.	Respondents have the role of the family does not support as much (53.2%). There is a relationship between the role of the family and drug prevention efforts.
9	Tarantino <i>et al.</i> (2015)	Cross-sectional study	a sample of female college students (N = 928).	The mediating roles of self-control and mindfulness, as well as an interaction between self-control and mindfulness, were examined in a moderated mediation model for the purposes of expanding etiological theory and introducing targets for the prevention and treatment of drug abuse. Whereas deficits in self-control were found to facilitate the positive relation observed between parent-child conflict and the likelihood of experiencing drug-related problems, an interaction between mindfulness and self-control helped explain the association between parent-child conflict and intensity of drug-related problems.
10	Tozer <i>et al.</i> (2015)	A qualitative descriptive study	Ten focus groups were conducted by youth collaborators (peer-researchers) with street-involved youth (n = 47)	Inclusion and the sense of belonging to families and peer groups was highly valued as a protective factor by participants, as was the support of positive role models and connections to cultural communities and practices. Street youths ties to family and other social networks are key sources of resiliency upon which prevention programs should be built. In addition to receiving social support, the moral obligation to provide support to dependents was also discussed as a motivator to avoid IDU.
11	Asmoro D(2016)	Observational research with cross sectional design	The sampling technique in this study was simple random sampling, with a sample of adolescents aged 10-19 years who used outpatients who did outpatients at BNN Surabaya City as many as 53 people.	Family environment factors that influence drug abuse in adolescents are family harmony, type of parents, and worship in the family.
12	Hutapea, Liana (2016)	Qualitative approach	Parents of adolescent	Interpersonal communication style as one of the steps in drug prevention and the negative effects it causes. The most effective communication style used by parents is assertive style.
13	Numaya, A (2016)	Qualitative approach, type of case study research with data collection techniques with interviews, observation and documentation	The research subjects were 2 students who studied at MAN 2 Kota Bima selected by purposive sampling.	Factors of drug abuse on the first subject are individual factors (personality) and environmental factors of peer relationships). While the factors causing drug abuse on the second subject are family factors (broken home) and environmental factors of residence.
14	Reza, Iredho Fani (2016)	Qualitative approach	Parents of adolescent	Parenting and education provided by parents can be a means of overcoming drug abuse in adolescents.
15	Andrabi <i>et al.</i> (2017)	a longitudinal survey	High school students in Los Angeles, CA N = 2,553	Lower parental education at Wave 1 was associated with a greater likelihood of reporting alcohol and marijuana use at Wave 3.
16	Estrada <i>et al.</i> (2017)	Qualitative by starting using Pilot Study	<ul style="list-style-type: none"> <li>Parents</li> <li>29 participants that received the eHealth intervention</li> </ul>	Overall, parents expressed positive feedback in regards to the intervention and stated that there were multiple lessons learned from participating in eHealth Familias Unidas. Findings indicate that an internet-based family intervention is not only feasible and acceptable for Hispanic families, but also offers a viable option to ameliorate barriers to participation and implementation of preventive interventions of abuse drug.

(Continue.....)

**Table I: Summary of selected articles (Continued)**

No	Author (year)	Type of study	Sample	Main results
17	Lobato <i>et al.</i> (2017)	Crosssectional Study	4413 adolescents aged 12–19.	Adolescents who had a family member who used marijuana were five times more likely to use the drug. Adolescents with a close friend who used marijuana were eight times more likely to use marijuana. When adolescents were using marijuana, they were three times more likely to be dependent if they had a family member who used the drug.
18	Ventura and Bagley (2017)	Crosssectional Study	126 family members	The appropriate supports and education, families can prevent and identify unhealthy alcohol and drug use, promote early engagement in addiction treatment, even in treatment resistant individuals, and support sustained recovery.
19	Nowak <i>et al.</i> (2018)	Cross-sectionally survey	541 participants aged 13–17 years old.	The use of alcohol, cigarette, and illicit substance among the investigated group was 36.1, 37.6, and 10.8% respectively. The average age of initiation was 13–14 years old. Parents were aware of alcohol, cigarette, and illicit substance use 49.5, 35.8 and 22.4% of the time, respectively, and the rate of acceptance was 5.7 and 6.7% for alcohol and cigarettes. More than 28% of participants smoked in school, and 32.7% accessed illicit substances in the school's neighborhood.
20	Ningsih(2019)	Quantitative research type with an observational approach.	Sampling in research using Simple Random Sampling. The sample in this study was junior high school teenagers in the city of Surabaya	The results of the study that adolescents who have high family support can have high behavior also in preventing drug use, and vice versa.

family harmony, busy parents, permissive parents, family worship, parenting and parent's attachment.

Family factors are factors that greatly affect children's learning processes because children interact more in the family than at school. The family is the first and foremost educational institution. The family is one of the external social supports (5).

According to Sudarsono (2004), the family has a very important role in providing education and in character building for children. The family cannot escape the care of a child from growth and child development (6).

We know parents are the first teacher of their children. One of the main roles of parents is to educate and guide their children. At present drug abuse is no longer a stranger, for this reason it is hoped that parental participation and control is needed in monitoring children's daily activities.

Adolescents who have high family support can also have good behavior in preventing drug use, and vice versa (7). The role of the family has a 4.2 times greater risk for drug users especially if they have a family that is less involved in preventing drug abuse. A low level of religiosity also has a higher risk of abusing drugs (8).

The form of support provided by families to adolescents who use drugs can be said to be still very low. Lack of support given by parents in the form of inculcation of positive character in their children before they get involved in problems is crucial. There is no provision for guidance in their teenage phase to deal with the social life around them. So they get easily involved in various problems, especially the problem of drug use (9).

Overall, it can be seen that family environmental factors that influence drug abuse in adolescents include family harmony as well as worship in the family. While the variable in the dominant family that has an influence on drug abuse in adolescents is also the effect of the environment of the family. The effect of family religious

activity on drug abuse among adolescents in BNN Surabaya is also a cause of adolescent abuse. Adolescents who do not adhere to religious activity have a risk of 6.401 times more towards drug abuse than respondents who adhere to religious activity(10).

Adolescents who have a bad relationship with family before abusing drugs, namely teenagers feel disappointed with broken home families, and face educational problems that are chosen by their parents. These are the reasons they try and abuse drugs (11,12,13,14). Mothers' guidance and attitude also is an important component of adolescent drug abuse, accounting for intergenerational family conflict (15). Adolescents who had a family member who used marijuana were five times more likely to use the drug (16).

There is a relationship between the roles of the family with drug prevention efforts because the family has a very important part of the life of an adolescent, because it can shape the personality and behavior of the children. Based on the recognition of respondents 83.9% of the family gave advice about positive things, gave input and helped in problem solving of their children. But there are still respondents who state that their families give advice which scare them and make them angry. Good communication between parents and children will produce a sense of trust, a sense of respect, so that harmony is created and will influence children to openly express their feelings and their minds (17).

Parents' communication style with their children can influence the nature and personality of the child. Everyone has different communication styles in conveying messages to others; this affects a person in the form of behavior or other actions. Good communication from parents can help to control emotion in a healthier manner and also can prevent substance use (18). This is good method of communication. Interpersonal communication style is one of the steps in drug prevention. This assertive style emphasizes openness and mutual respect. The influence of architectural style with interpersonal communication by parents in preventing drug abuse in teenagers of Cinta

Rakyat village has a positive impact (19).

The rate of alcohol, cigarette, and illicit substance use in Poland is high and increasing, despite globally designed preventative actions. Parents' awareness of children's alcohol, cigarette, or illicit substance use is low, and schools hardly fulfill their educational and protective role (20). Parenting and education provided by parents can also prevent drug abuse in adolescents.

Deficits in self-control were found to facilitate the positive relation observed between parent-child conflict and the likelihood of experiencing drug-related problems. An interaction between mindfulness and self-control helped to explain the association between parent-child conflict and intensity of drug-related problems (22).

The family environment has a very big influence on the child's development. We should create a harmonious and comfortable family environment so that children are relaxed and comfortable at home (23). Openness and empathy must be created in a family environment so that good interpersonal relationships between parents and children will be created. Adolescence is a transition or transition period; this is where parents have to be more extra careful in educating and directing their teens. The parents must be very careful while communicating with their children i.e. while delivering words because adolescences are very sensitive. Preventive actions are necessary. We should take part in preventing narcotics that we will help save the next generation from the influence of addictive substances such as drugs.

Based on the study of some article, it is necessary to follow several interventions methods related to the family in prevention of drug abuse. One of the interventions carried out is the use of the internet as eHealth Familias Unidas conducted by Estrada et al. (2017). Overall, parents expressed positive feedback with regards to the intervention and stated that there were multiple lessons learned from participating in eHealth Familias Unidas (24).

## CONCLUSION

A total of 20 studies were analyzed regarding family roles and their influence in the prevention of drug abuse in adolescents. The family roles include the family environment, communication style of family, family social support, harmony of family, activity of parents, permissive parents, family worship, parenting and parental attachments. The family roles are very important in prevention of drug abuse which can reduce the incidence of drug abuse among teenagers. Further research is needed about interventions or health methods to increase the family roles to prevent drug abuse in adolescents.

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