

Factors Influencing Drug Abuse Among Adolescents in the Coastal Area of Jember: A Phenomenological Study

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ABSTRAK

Penyalahgunaan narkoba di kalangan remaja masih menjadi masalah kesehatan masyarakat yang serius, terutama di wilayah pesisir yang menghadapi tantangan sosial ekonomi dan keterbatasan pengawasan orang tua. Penelitian ini bertujuan untuk mengeksplorasi faktor-faktor predisposisi yang memengaruhi perilaku remaja terhadap penyalahgunaan narkoba, dengan fokus pada pengetahuan, keyakinan, dan persepsi budaya. Penelitian ini menggunakan faktor predisposisi sebagai variabel utama berdasarkan teori PRECEDE-PROCEED. Pendekatan kualitatif fenomenologis dilakukan dengan melibatkan lima siswa sekolah menengah pertama (kelas VII-IX) dari sebuah sekolah pesisir di Jember, dengan kriteria inklusi pernah menggunakan narkoba, bersedia menjadi responden penelitian, dan mampu berkomunikasi secara efektif. Partisipan dipilih menggunakan teknik purposive sampling. Data dikumpulkan melalui wawancara mendalam, observasi, dan telaah dokumen, kemudian dianalisis menggunakan Interpretative Phenomenological Analysis (IPA). Hasil penelitian menunjukkan bahwa remaja memiliki pengetahuan yang terbatas dan sering kali tidak akurat, yang sebagian besar diperoleh dari teman sebaya. Meskipun mereka menyadari adanya larangan agama, keyakinan moral belum terinternalisasi secara kuat sehingga tidak mampu mencegah penggunaan zat terlarang. Normalisasi budaya terhadap merokok, konsumsi alkohol, serta ketersediaan narkoba turut memperkuat sikap permisif. Penelitian ini menyimpulkan bahwa pengetahuan, keyakinan, dan persepsi budaya memengaruhi perilaku penyalahgunaan narkoba pada remaja pesisir di Jember. Walaupun para remaja tersebut menyadari bahaya narkoba, keterbatasan pemahaman, lemahnya internalisasi nilai-nilai agama dan moral, serta norma budaya yang permisif membuat mereka lebih rentan. Selain itu, lingkungan yang didominasi oleh pengaruh teman sebaya dan kemudahan akses terhadap narkoba semakin memperparah permasalahan tersebut.

Kata kunci: Faktor predisposisi, Penyalahgunaan narkoba, Remaja, Komunitas pesisir, Fenomenologi

ABSTRACT

Drug abuse among adolescents remains a critical public health concern, especially in coastal areas with socioeconomic challenges and limited parental supervision. This study aimed to explore the predisposing factors influencing adolescents' behavior towards drug abuse, focusing on knowledge, beliefs, and cultural perceptions. This study used predisposing factors as the main variable based on the PRECEDE-PROCEED theory. A qualitative phenomenological approach was conducted involving five junior high school students (Grades VII-IX) from a coastal school in Jember, with the inclusion criteria of ever used drugs, willingness to participate as respondents, and the ability to communicate effectively. The participants were selected using purposive sampling. Data were collected through in-depth interviews, observations, and document reviews, and analyzed using Interpretative Phenomenological Analysis (IPA). Results showed that adolescents possessed limited and often inaccurate knowledge, mostly obtained from peers. Although they recognized religious prohibitions, moral beliefs were weakly internalized and failed to prevent substance use. Cultural normalization of smoking, alcohol, and drug availability reinforced permissive attitudes. This study concludes that knowledge, beliefs, and cultural perceptions influence drug abuse behavior among coastal adolescents in Jember. Although these adolescents are aware of the dangers of drugs, their limited understanding, weak internalization of religious and moral values, and permissive cultural norms make them more vulnerable. Furthermore, a peer-dominated environment and the easy accessibility of drugs further exacerbates the problem.

Keywords: Predisposing factors, Drug abuse, Adolescents, Coastal communities, Phenomenology

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I. INTRODUCTION

Adolescence is a transitional stage between childhood and adulthood, characterized by rapid biological, cognitive, and socio-emotional changes. During this period, adolescents often exhibit a strong sense of curiosity and a tendency to experiment with new experiences, sometimes without fully considering the consequences, including increased experimentation with drugs or illicit substances¹.

Globally, drug use affects approximately 296 million people, with adolescents making up a significant proportion of new users. In Indonesia, the National Narcotics Agency (BNN) reported a drug abuse prevalence of 1.73% in 2023, equivalent to approximately 3.3 million individuals aged 15–64. Alarmingly, East Java Province has seen a 22% increase in drug use in the past five years, with a disproportionate increase among young people aged 15–24². In Jember Regency, the trend in drug abuse cases since 2020 was 56 cases, followed by 268 cases in 2021, 283 cases in 2022, and 173 cases in 2023. In the previous three years, particularly from 2020 to 2022, there was an upward trend in cases. However, in 2023 it showed a 35 percent decrease³.

In the Indonesian context, several national surveys and cross-country studies in ASEAN have highlighted the alarming prevalence of illicit substance use among adolescents and identified personal factors (e.g., lack of knowledge, permissive attitudes, academic stress), interpersonal factors (e.g., peer influence and family dysfunction), contextual determinants (e.g., poverty and accessibility), and adverse psychosocial conditions as significant risk factors^{4,5}. These findings underscore the importance of examining predisposing factors such as knowledge, beliefs, and cultural perceptions when analyzing drug use behavior among adolescents in Indonesia⁶. Adolescents living in coastal areas are particularly vulnerable due to socioeconomic challenges, limited parental supervision, and proximity to drug trafficking routes. In many fishing communities,

parental absence due to work, peer group influence, and a lack of awareness of the dangers of drugs exacerbate the risk. Furthermore, cultural attitudes toward drug use, coupled with the availability of illicit substances, further increase vulnerability⁷. Although previous research has examined numerous cases of drug use, to date, few studies have in-depth explored how coastal adolescents interpret, understand, and shape their perceptions of drug use within their own social and cultural contexts. These limitations necessitate a deeper identification of the predisposing factors that subjectively influence coastal adolescents' involvement in drug use. Based on this background, the researchers sought to explore these predisposing factors further by focusing on the knowledge, beliefs, and cultural perceptions of adolescents who abuse drugs in the coastal area of Jember.

II. METHODOLOGY

This study is a qualitative phenomenological study to explore adolescents' lived experiences related to drug abuse. The phenomenological approach allows for an in-depth understanding of personal perceptions and meanings associated with drug abuse behavior. This study was conducted at SMP "X" located in the coastal area of Jember, East Java. The school was selected because it has a history of exposure to drug-related problems. Informants were selected using a *purposive sampling method* with a total of 5 students from grades VII to IX who had used drugs. Data were collected between July and August 2025 using in-depth interviews with open-ended questions about knowledge of drug dangers, beliefs, and cultural perceptions. Triangulation was carried out by obtaining data through in-depth interviews with key informants and validating findings through direct observation. Data were analyzed using *Interpretative Phenomenological Analysis (IPA)*. This study was approved by the Health Research Ethics Committee (KEPK) of Politeknik Negeri Jember with code 1179/PL17.4/PG/2025. Participation was voluntary, with *informed*

consent obtained from all participants. Confidentiality and anonymity were strictly maintained

III. RESULTS AND DISCUSSION

In the initial stage of presenting the research results, the researcher first described the informant's characteristics as an important part of understanding the context of their lived experiences related to drug abuse. The demographic characteristics of coastal youth who abuse drugs include age, gender, grade level, residence, and ethnicity, as shown in the table below.

Table 1. Demographic Characteristics of Informants

Name	Age	JK	Class	Residence	Ethnic group
Informant 1	13	PR	VII	Near school	Javanese
Informant 2	16	LK	IX	Near school	Javanese
Informant 3	15	LK	IX	Near school	Madurese
Informant 4	15	LK	IX	Near school	Madurese
Informant 5	16	LK	IX	Near school	Javanese

Based on Table 1, the informants consisted of adolescents aged 13–16 years, predominantly male. The majority of informants were in grade 9, and all lived near the school. From a sociocultural perspective, most informants were Javanese and Madurese.

Table 2. Classification of Codes, Categories and Themes

Code	Category	Theme
Information obtained from friends, getting drunk, using pills, for healing	Limited knowledge and misperceptions	Teenagers' knowledge about drug abuse
Dizziness, red eyes, daydreaming/confused	Physical and behavioral changes	Teenagers' knowledge about drug abuse
Temporary calm, hallucinations, memory loss, death (experience from the family of one of the informants)	Impact/ drug abuse	Teenagers' knowledge about drug abuse
Lack of knowledge about how to prevent drug abuse	Prevention of drug abuse	Teenagers' knowledge

Code	Category	Theme
Religious prohibitions, being indifferent	The Inconsistency between Religious Prohibitions and Behavior	Belief: Normative, Religious, and Escape Conflict
Escape from problems	Drug Use as a Maladaptive Coping Mechanism for Family Problems	Belief: Normative, Religious, and Escape Conflict
Influence of friends and school environment	Permissive environment	A permissive environment increases the risk of use.
No discriminatory treatment	Normalization and Ease of Access in the Surrounding Environment	Easy access increases the risk of drug abuse
Easy and cheap access, sold every day around the school	Normalization and Ease of Access in the Surrounding Environment	Easy access increases the risk of drug abuse
Peer pressure, invitation to try	Social uniformity and peer pressure	Peer influence is a strong factor triggering drug use.

Table 3. Process of Creating Codes, Categories, and Themes

Topic	Unit of Meaning	Code	Category	Theme
What do you know about drug abuse?	"I heard from a friend about the yellow pill/Y pill and alcohol. They said it makes you drunk." (Informant 1)	Information obtained from friends, getting drunk, using pills, for healing	Limited knowledge and misperceptions	Teenagers' knowledge about drug abuse

Based on tables 2 and 3, the results of qualitative analysis using *Interpretative Phenomenological Analysis (IPA)* show that the coding process produced three main themes, namely adolescent knowledge, beliefs, and cultural perceptions.

Knowledge

Table 4. Results of *Science Analysis* Theme 1

Subtheme	Quote	Convergent	Interpretation Psychosocial
Information sources are	"I heard from a friend about	Most people get their	Knowledge is socially formed

Subtheme	Quote	Convergent	Interpretation Psychosocial
dominated by peers	the yellow pill/Y pill and alcohol. They said it makes you drunk." (11)	information from friends.	(peer-based knowledge), vulnerable to misinformation
Misconceptions about the function of drugs	"Drugs make me calm and can heal me." (14)	Some people interpret drugs as a sedative	Cognitive distortion occurs: drugs are perceived as a tool for emotional regulation.
Recognizing physical signs & user behavior	"Often daydreaming, easily startled, and difficult to communicate." (13)	Almost everyone can name the physical characteristics.	Direct observation forms <i>experiential knowledge</i>
Recognizing physical signs & user behavior	"The effect causes excessive hallucinations ..." (11)	Almost everyone can name the physical characteristics.	Direct observation forms <i>experiential knowledge</i>
Knowing the serious impact but not being a deterrent	"One of my brothers died from an overdose." (14)	Some are aware of the extreme risks	There is a cognitive-behavioral gap
Don't know prevention strategies	"I don't know how to stop using drugs. Maybe by smoking." (15)	The majority do not have healthy coping	When adaptive coping is not available, maladaptive behavior becomes an option.

Students' knowledge about drug abuse indicates that the majority of information is obtained from peers, along with various misperceptions and observations about the characteristics of drug users. Most informants explained that examples of drug abuse include pill use, drunkenness, and alcohol consumption. The majority of information obtained came from friends, rather than from formal media or other educational sources. This indicates that information from peers is more dominant than from formal education.

"I heard from a friend about the yellow pill/Y pill and alcohol. They said it makes you drunk."
(Informant 1)

Furthermore, informants misperceived that drug use was not inherently harmful but

beneficial. They believed that drugs could function as mood regulators or as a means of healing, while ignoring the potential harms.

"Drugs make me calm and can heal me"
(Informant 4)

Most informants demonstrated the ability to recognize the physical and behavioral characteristics of drug users. These characteristics were described in considerable detail, indicating that they observed peers who had used drugs, as well as based on personal experience.

"Often daydreams, easily startled, and has difficulty communicating"
(Informant 3)

"The effect causes excessive hallucinations, such as his friend suddenly hugging a banana tree and saying the tree is his girlfriend"
(Informant 1)

Some informants were aware of the impacts of drug abuse. Some reported the worst impacts based on family experiences.

"Makes you dizzy, your eyes red. I also have a relative who died from an overdose"
(Informant 4)

" I once vomited because I drank beer while drinking it"
(Informant 2)

The majority of informants also admitted they didn't know how to prevent drug use. This is evident in their confessions that when they feel stressed, they tend to distract themselves with other negative activities. This finding suggests that when healthy coping strategies are unavailable, adolescents tend to turn to other, more familiar, maladaptive behaviors.

"I don't know how to stop using drugs. Maybe by smoking."
(Informant 5)

Although most informants know that drug use is dangerous, they do not have a complete understanding of specific types of substances, their detailed health impacts, or their legal consequences. This study found that adolescents have limited knowledge and misperceptions about addictive substances. Most of the information they obtain from peers is often inaccurate or misleading, such as the assumption that drugs can “cure” or “calm down.” The lack of accurate information results in limited understanding among adolescents regarding the mechanisms of action and the long-term impacts of drug abuse⁹.

Despite this, some informants demonstrated a good level of knowledge about the serious negative effects, such as vomiting, red eyes, dizziness, and even death (based on family experiences). However, this cognitive knowledge remained insufficient to be a primary deterrent, as it was unable to overcome the urges or pressures that triggered use. This indicates a cognitive-behavioral gap, where the social and emotional attraction to drug use (especially due to peer influence) was stronger than understanding the dangers¹⁰.

This research is also in line with research in Bener Meriah which showed a significant relationship between students' knowledge and attitudes towards drug abuse prevention efforts. Low knowledge directly reduces adolescents' motivation and ability to refuse drug use¹¹. Knowledge dominated by misperceptions will weaken adolescents' awareness of the real dangers¹².

Belief

Table 5. Results of *Science Analysis* Theme 2

Subtheme	Quote	Convergent	Interpretation Psychosocial
Conflict between religious prohibitions and behavior	"According to religion, it is forbidden. But I still use it..." (I2)	The majority know that religion forbids it.	There is a conflict within oneself between the religious teachings one believes in and one's emotional needs.
Drugs as an escape from problems	"If there are family	Use related to family pressure	Drugs are used as a way to escape from

Subtheme	Quote	Convergent	Interpretation Psychosocial
	problems, I use..." (I1)		life's problems or pressures (<i>self-escape</i>)
Belief in drugs as emotional 'medicine'	"The effect is better, more calm." (I1)	Some believe in therapeutic functions	False beliefs about drugs make a person feel that their use is normal or harmless (<i>addictive beliefs</i>)

There are two conflicting sides to the informants' identities: belief and knowledge of religious prohibitions and the ability to adhere to these prohibitions in daily life. Most informants actually know that religion forbids drug use, but this knowledge isn't strong enough to make teenagers fear, reject, or avoid it. Instead, teenagers prioritize the calming effects of drugs over adhering to religious prohibitions.

"According to religion, it's forbidden. But I don't mind continuing to use drugs because they have a calming effect."

(Informant 2)

Teenagers' belief that drugs are a "cure" or "escape" is a strong predisposing factor, especially when under pressure from their immediate environment. Drugs are believed to have a therapeutic function, providing a form of escape and a substitute for emotional support from family.

"When I have family problems, I use drugs like the Y pill because it has better effects. I tried it 2-3 times at school."

(Informant 1)

Beliefs (including religious values and self-confidence) are complex predisposing factors. The main findings of this study indicate a discrepancy between religious prohibitions and adolescent behavior. Informants know that drug abuse is prohibited by religion. However, informants continue to ignore this prohibition because they feel a temporary "calming" effect from the substances they use. This phenomenon

can be analyzed through the concept of *self-escape* and substance use as a maladaptive coping mechanism. Drug abuse is seen as a way to escape from problems, especially family problems. In the context of beliefs, this is in line with the concept of *addictive beliefs*, where beliefs encourage the search for instant gratification and the inability to face problems, so that drugs are seen as a quick solution to relieve emotional stress^{13,14}.

Based on this, the family has an important role in fostering an understanding of morals and religious values as a bulwark against drug abuse. The lack of instilling values from parents can trigger the emergence of deviant behavior in adolescents. In addition, parenting styles that are too authoritarian or too permissive create an unsupportive family environment, thus encouraging adolescents to seek escape outside the home (15). Adolescent involvement in family worship activities and low levels of religiosity increase the risk of drug abuse compared to adolescents who have a strong religious commitment¹⁶. Adolescents' interactions with religious peers and family encouragement to participate in religious activities and practices also indirectly influence adolescents' religious development¹⁷.

Cultural Perception

Table 6. Results of Science Analysis Theme 3

Subtheme	Quote	Convergent	Interpretation Psychosocial
Normalization in the school environment	"Some of my friends wear it, even in class." (I3)	Usage is considered normal	Normalization of deviant behavior occurs
Absence of social stigma	"I feel like I've never been treated differently." (I2)	There are no significant social sanctions	Permissive culture strengthens the sustainability of behavior
Very easy and cheap access	"You can buy it at the shop... Rp. 10,000 for 6." (I1)	All describe easy access	Availability is a strong enabling factor
Peer pressure and invitation	"A friend invited me, and I was forced to try it." (I1)	Dominant peer pressure	A sense of solidarity makes a person ignore the risks

Drug abuse is no longer seen as an unfamiliar behavior or outside the realm of adolescent social life. Instead, it has become part of their daily lives and is considered normal within their social circles. This permissive environment is evident in the fact that drug use by peers can be found in various settings, including schools, which are supposed to be safe spaces.

"Some of my friends use it, some even in class"
(Informant 3)

Drug use within a group of friends doesn't elicit rejection or stigma from the surrounding community. Teenagers also don't feel they're being treated differently just because they've used drugs.

"I feel like I've never been treated differently"
(Informant 2)

The high availability of drugs and their very affordable prices make teenagers perceive drug use as commonplace and easy. Informants described access to drugs as readily available, even becoming integrated into their daily lives.

"Yes, it's very easy to get. They're usually near schools and sold daily. There are three locations, including a shop. You can also buy them from friends, and they're cheap. Six yellow pills are Rp 10,000, and seven Y pills are Rp 10,000."
(Informant 1)

In such environments, peer influence becomes the most dominant factor. Peer pressure and encouragement often override consideration of personal risk, thus becoming the primary gateway for adolescents to try drugs.

"Initially, a friend invited me and forced me to try it. After trying it, it tasted delicious. In the end, I was addicted."
(Informant 1)

Cultural perception, in this context, is defined as the acceptance or familiarization of substance use in adolescents' immediate social environment, which then creates a permissive environment. This study specifically shows that coastal culture in Jember contributes to the increased risk of substance use through two main factors: peer influence and normalization and ease of access.

Peer influence is a powerful factor triggering drug use. Several other qualitative studies also show that peer pressure and invitations are often a difficult starting point to resist¹⁸. Furthermore, the phenomenon of normalization arises through very easy access and relatively low prices. This finding is location-specific, where illegal drugs can be sold "every day near schools" or in places such as "closed stalls". This commonplace availability lowers risk perception and transforms predisposing factors in to ever-present enabling factors, thus encouraging adolescents to try and continue use¹⁹.

IV. CONCLUSIONS AND SUGGESTIONS

This study concluded that knowledge, beliefs, and cultural perceptions influence drug abuse behavior among coastal adolescents in Jember. Although adolescents are aware of the dangers of drugs, limited understanding, weak internalization of religious and moral values, and permissive cultural norms make them more vulnerable to drug abuse. Furthermore, peer-dominated environments and easy access to drugs exacerbate the problem.

Further research is recommended to deepen understanding of how permissive cultures and coastal environments shape adolescents' vulnerability to drug abuse. Psychological variables such as *coping*, resilience, and *self-efficacy* also need to be examined because they play a role in adolescents' escapist behavior in dealing with life's challenges. Furthermore, schools can strengthen adolescents' *life skills* and resilience to help them resist drug use. Community health centers (Puskesmas) play a

role in screening and counseling, and community leaders can help establish social norms that prevent drug abuse.

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