

## **School Efforts in Preventing Drug Abuse for Students in Vocational High Schools**

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**Abstract:** This study aims to know and describe the school's efforts in preventing drug abuse (Narcotics, Psychotropic, and Other Addictive Substances) by students at SMK Negeri 2 Salatiga. There were five respondents, namely the Head of Student Affairs, counseling teacher, subject teacher (PPKn), one of the students, and the Drug Unit of Salatiga Police. This research uses qualitative methods, with data collection techniques through observation and interviews. The results showed that there are several efforts or activities that have been carried out by schools to prevent drug abuse by students, namely; 1) intracurricular activities carried out by subject teachers (PPKn, BK). 2) co-curricular activities, where this activity aims to deepen the material in intracurricular activities, such as the cooperation of counseling teachers with doctors who are more expert in the field of health. 3) extracurricular activities, which are activities outside of class hours, one of which is PMR. 4) school collaboration activities with other parties, namely BNN, Police / TNI. These activities are the efforts of SMK Negeri 2 Salatiga in preventing drug abuse.

**Keywords:** Drug Abuse, Prevention Efforts, Vocational High School Students

### **A. Introduction**

Napza (Narcotics, Psychotropic Substances and other Addictive Substances) is a material/substance/drug that if it enters the human body will affect the body, especially in the brain or central nervous system, which can cause physical health problems, psychological and social functions, therefore it becomes a habit and addiction (addiction) and disorder to the drug itself. In general, the term drug is used by the health care sector, which is sought as a countermeasure from the point of view of physical, psychological and social health (Reynolds, Jeste, Sachdev, & Blazer, 2022). Drugs are also often referred to as psychoactive substances, which work on the brain system and can cause changes in the behavior, feelings and thoughts of individuals (Ummu Alifia, 2019).

The negative impact of drug use if used for a long period of time can cause damage to organs such as the liver, heart, lungs, kidneys and even damage to the brain (Doi &

Rabb, 2016). In addition, damage can also occur to other organs such as rapid body fatigue, confusion, stress, changes in appetite, memory loss, cold sweat, blindness, infertility, miscarriage, muscle and bone pain and even muscle paralysis. From these various physical impacts, drugs also have a negative impact on the mental and psychological state of individuals, such as feelings of anxiety, fear, spite, apathy, jealousy, envy, anger, unwillingness to socialize and even tend to have constant tension (Sofiyah, 2009).

The increase in drug use occurs in various countries, for example Thailand, drug users from year to year experience an increasingly rapid increase, this is triggered by the development of technology and information that is increasing and spreading cases of Drugs Trafficking which is contrary to existing laws in the country (Assanangkornchai, Sam-Angsri, Rerngpongpan, & Edwards, 2010). In 2013 the Thai government took the war on drugs policy which means the war on drugs promoted by the United States. Although Thailand has taken strict action against drug traffickers and smugglers into the country, the reality is that every year the country has an increase in drug abuse cases, resulting in more deaths, more people losing their jobs and ultimately more unemployment in the country.

Thailand is currently the first Southeast Asian country to legalize marijuana for medical purposes. Thailand is known as a country that has the highest level of drug trafficking. The country is a Golden Triangle region that includes Laos and Myanmar, so it is used as a transit point for drug marketing that can even trade drugs to the international market. This region is also known as a dangerous country and is very vulnerable to narcotics trafficking and smuggling (BNN RI, 2020).

Unlike Indonesia, where the Indonesian government rejects the legalization of marijuana. This is stated in Law No.8 of 1976 concerning the Ratification of the 1961 Single Convention on Narcotics and its Amending Protocols. Not only that, Indonesia is also known to be subject to and obedient to the 1961 UN Single Convention on Narcotic and Drugs which consists of opium, coca and marijuana. Narcotics in Indonesia are only used for educational or technological purposes, training, research and development/skills carried out by government agencies and supervised by the legal entity in charge. Although the Indonesian government prohibits narcotics users, cases of narcotics abuse also increase from year to year (Sumanang, & Purnawan, 2021).

Based on data from BNN RI, that in 2021 until mid-2022, BNN RI has succeeded in establishing 1,107 shining villages in which prevention, community empowerment and rehabilitation program interventions are carried out with a soft power approach strategy (BNN RI, 2022). In the hard power approach strategy, in the same period the cooperation built by BNN RI with POLRI, TNI, and Customs and Excise has succeeded in arresting 55,392 cases of drug crimes, 71,994 suspects with some evidence in the

sform of 42.71 tons of methamphetamine; 71.33 tons of marijuana; 1,630,102.69 items of ecstasy; and 186.4 kg of cocaine. Meanwhile, the Money Laundering Crime (TPPU) from drug crimes has successfully revealed 20 cases and secured 25 people as suspects with the amount of assets confiscated reaching Rp. 122,508,814,354, - (BNN RI, 2022). The data shows that drug crime cases in Indonesia are quite high and need early prevention and control measures. Furthermore, based on data on users among adolescents or students in Indonesia in 2018 reached 2.29 million people (BNN RI, 2019) and in Central Java there were 197,000 people (BNNP Central Java, 2022).

Referring to data on the increase in drug users among adolescents or students in Indonesia and in Central Java, it is necessary to prevent and overcome efforts so as not to damage Indonesia's young generation (Efni, Ahyani, & Fitria, 2023). Efforts to prevent drug abuse among students are the responsibility of schools that provide education for their students; therefore, the author is interested in conducting research by taking the subject in one of the schools in Salatiga City and the author took the title "School Efforts in Preventing Drug Abuse for Students in Vocational High Schools ".

## **B. Methods**

The study method used is qualitative research method. Sampling techniques used in this qualitative research are purposive sampling and snowball sampling techniques. The research was conducted at SMK Negeri 2 Salatiga, which is one of the educational units with SMK level in Salatiga City. SMK Negeri 2 Salatiga is located on Jalan Parikesit, Dukuh, Sidomukti Sub-district, Salatiga City, Central Java 50722. The respondents of this study are informants from the school, namely the Principal, the Deputy Head of Student Affairs, the counseling teacher and several students at SMK Negeri 2 Salatiga. In addition, other informants who provided information came from the Salatiga City Police who handle the narcotics field. The data collection techniques used were observation and interview, while the data analysis techniques included three activities: data reduction, data display, conclusion/verification. This study aims to describe the school's efforts in preventing drug abuse (Narcotics, Psychotropic and other addictive substances) by students at SMK Negeri 2 Salatiga.

## **C. Results and Discussion**

### **Narcotics, Psychotropic, and Other Addictive Substances**

Napza (Narcotics, Psychotropic and other Addictive Substances) is a material/substance/drug that if entered into the body will affect the organs of the body, such as the brain/central nervous system and can cause disturbances in health both physical, psychological and social functions due to a habit, addiction and dependence on the drug itself (Asmawati, Ikhlasia, & Panduragan, 2020). The term drug itself is often used in the health sector which emphasizes countermeasures in terms of physical, psychological and even social health. Drug is also a series referred

to as a psychoactive substance which means a substance that works on the brain, which can cause changes in behavior, feelings and also the thoughts of individuals (d'Angelo, Savulich, & Sahakian, 2017). In accordance with Indonesian Law No. 22 of 1997 concerning Narcotics, it reads that "Narcotics are substances or drugs derived from plants or non-plants, either synthetic or even semi-synthetic, which cause a decrease or change in individual consciousness, loss of taste, reduce to eliminate pain and can even lead to dependence.

In English, the term narcotics is "Narcotic" which means all medicinal substances that have effects that are anesthetizing (lowering individual consciousness), stimulating (increasing one's enthusiasm/passion to carry out an activity) which is often referred to as doping, addiction/dependence to continue using the drug, causing hallucinations (delusional power). Narcotics can be classified into 2, namely narcotics in a narrow sense and narcotics in a broad sense. Narcotics in a narrow sense means that all substances or materials that are natural (all medicinal substances) such as opiates, cocaine and marijuana. While in a broad sense, narcotics are all natural medicinal substances derived from palaver somniferous, namely opium, opium, morphine, heroin and others. Eryth Roxylon Coca/cocain. Cannabis sativa, often called marijuana. Group of tranquilizers. Stimulant drugs. The group of drugs that trigger delusions (hallucinations) (Nakamura & Koo, 2016).

Based on the understanding explained by the WHO (International Health Organization), drugs are substances that, if entered into a living organism, will cause a change in the body's organ system. Drugs (Narcotics and Dangerous Drugs) are chemical substances that can change thoughts, feelings, mental functions and even individual behavior (d'Angelo et al., 2017). If narcotics and other types of substances, even intoxicating alcohol, are misused for purposes that are not in accordance with the health sector / for medical purposes, it can cause changes in the work of the brain nerves, so that users will think, feel and even behave abnormally. As an additive in the sense of a substance that can cause addiction in a person, the use of which is difficult to control and after addiction the user / addict will reach the highest and severe level of dependence.

It can be concluded that narcotics is a substance or drug that comes from plants or non-plants, both synthetic and semi-synthetic and can cause a decrease in consciousness, loss of taste and even relieve pain, so that it is able to make the user dependent on addiction. According to Indonesian Law No. 22 of 1976 which is classified as narcotics, namely opiates (opium, morphine, heroin, codeine, pethidine), cannabis (cannabis), Putau or what is known as the offspring of cocaine.

The types of narcotics/drugs that are often abused are:

1. Sabu (methamphetamine) is a methylamphetamine substance that is a derivative of amphetamine, where the name is taken from a Japanese dish. This

methamphetamine has a shape like a small white crystal similar to vetsin and has no odor. How to use this methamphetamine is usually burned using aluminum foil and the smoke is smoked or even using a specially designed glass bottle, commonly known as "boong". Meth is a type of narcotic that has a stimulant or stimulating effect on the central nervous system, the impact produced by methamphetamine is stronger and faster in reaction than ecstasy. When used, the user will be more excited, increased confidence, talk a lot (happy to talk), but the user has an excessive feeling of suspicion of people in his environment. The consequences of these things are disruptive to the user's life. Continuous use of methamphetamine can break down the user's body and even risk death.

2. There are 2 types of methamphetamines that are often found, namely:
  - a. MDMA (Methyl Deoxy Methamphetamine) commonly known as Ecstasy
  - b. Methamphetamine Ice, also known as SS.
3. Marijuana, which is often also called mariyuna, gele or cimeng, comes from the Cannabis sativa plant which has a hallucinogenic effect. Where this plant contains narcotic substances Delta9 Tetrahydrocannabinol (THC) which can intoxicate and provide the impact of euphoria (excitement) because it is hallucinated, provides calmness, attitudes do not care about the environment and feel peaceful and peaceful. Marijuana has an effect that can change the structure of nerve function so that it results in the level of movement (becoming slower), therefore it is often found that marijuana users often experience traffic accidents. The way to use this marijuana is by smoking it like a cigarette. When the user is consuming this marijuana the user's behavior looks strange, a lot of laughter even though there is nothing funny, both eyes do not feel fear. Substances contained in marijuana can affect changes in the mind, reduced memory, throat disorders, obstructed breathing and immunity in one's body will decrease.
4. Morphine, is a derivative of Opium made from mixing poppy sap (palaver sormary ferum) with chemicals.
5. Heroin, is a derivative of morphine that has gone through a chemical process. Initially heroin was intended as a treatment for people who were dependent on morphine, but based on the fact that heroin dependence is even greater than morphine. Morphine and heroin are also called putaw, which is characterized by white powder and odorless.
6. Ecstasy is a synthetic amphetamine substance made in pill or tablet form. Ecstasy has the meaning of abundant joy, excessive, forgetting. The way this pill works is to stimulate the autonomic nerve center which causes the user to feel happy and have increased confidence. Ecstasy in Indonesia is known as inex, enak, cui iin, flash, dollar, pliper, hammer with various attractive patterns. The price varies, some are high and some can even be reached by the unemployed.
7. LSD (Lysergic Acid) is a type of drug that can provide hallucinogenic effects, while the names usually known are Acid, Trips, Tabs, Paper. Has a small paper

shape like a stamp with an attractive color? The method of use is to simply place it on the tongue and after a few minutes (30-60 minutes) it will cause a hallucinogenic effect, but this effect will disappear after 8-12 hours.

Narcotics have benefits in the health sector, namely to reduce and even eliminate pain, but all narcotics can cause dependence. Therefore, in its use, narcotics have been regulated in the law so that it can be useful for treatment, but the impact of dependence can be suppressed (Arfianti, 2021). The impact of drug use and abuse causes adverse effects both for the user and for the surrounding environment. For users, it can cause conditions such as impaired concentration, decreased memory, behavioral deviations, besides that it can lead to dependence, poisoning and even death. Another impact is that the body becomes thin, pale, malnourished, impotence (temporary), menstrual disorders (temporary), difficulty defecating (temporary), when using injections: abscesses, endocarditis, hepatitis B or C, AIDS / HIV infection, susceptible to pneumonia or pneumonia, pulmonary tuberculosis, abnormalities in the liver, bile, kidneys (from data from Atma Jaya Hospital) (Joewana, Satya et al, 2001).

The impact of drug dependence can be seen in forensic cases, such as traffic accidents, many sexual crimes, human trafficking and other types of crimes (Arfianti, 2021). The National Narcotics Agency (BNN) is an Indonesian Non-Ministerial Government Institution (LPNK) that has the authority to carry out government tasks in the field of prevention, eradication, abuse and illicit trafficking of psychotropic drugs, precursors and other addictive substances, except materials from tobacco and alcohol. BNN is headed by a head who is directly responsible to the President through the coordination of the head of the Indonesian National Police (Iqbal, 2019).

The establishment of the National Narcotics Agency (BNN) is based on Article 70 of Law No. 35/2009 on Narcotics. BNN as an agency that deals with narcotics crimes has main tasks, including:

1. Prevention. In this prevention, BNN emphasizes more on people who have never used / used the drugs mentioned, so that they are not easily influenced by the temptations that exist, both from family, friends, the environment and others.
2. Rehabilitation. In this rehabilitation, BNN focuses more on those drug addicts to be cured so that they are no longer dependent on narcotics. The largest rehabilitation center owned by BNN is in Lido, Bogor. In addition, there are also rehabilitation centers made by the community itself, such as Kunci and Al Islam. BNN focuses more on drug dealers, producers, couriers and precursors. These actions are carried out in order to reduce the existence of narcotics abuse (Iqbal, 2019).

### **School Efforts in Preventing Drug Abuse for Students**

School is a formal educational institution managed by the government or private sector. The goal is to educate students to have good character. Schools play a very important role in preventing deviations committed by students, for example, drug abuse. As an educator, what must be done when seeing students become addicts or abusers of narcotics is to see the symptoms, such as the opinion of Soedjono D, SH, in Wachjoe explains that "If a child prefers to hang out with naughty friends, it might give a sign if he will plunge into the association of using narcotics and if the deeper a person is tied to narcotics, then he does not pay attention to his main tasks, such as school assignments and others". Teachers as educators must also be aware, because it is not impossible if students have tried and even become addicts.

As for some of the roles of schools in overcoming or preventing drug abuse, it can be done with several activities, namely Intracurricular activities, Co-Curricular activities, Extracurricular activities and even other activities. Intracurricular activities, are teaching and learning activities carried out at school in accordance with the applicable curriculum. Where this activity is useful for achieving the objectives of each subject (Jaenullah, Ferdian Utama, 2022). The activity schedule is compiled in accordance with the objectives of each lesson. Cocurricular activities are activities carried out outside of class hours, which aim to make students deepen and appreciate what will be learned in intracurricular activities. These co-curricular activities are carried out in a variety of activities such as: studying certain books, conducting research, making papers or clippings, wall magazines, skill lessons with the aim of deepening the subject matter. Extracurricular activities are activities outside of regular lesson hours, and even during school holidays. The implementation can be carried out at school or outside school with the aim of expanding students' knowledge. Examples of extracurricular activities are: Scouts, PMR (Youth Red Cross), arts, sports, PKS, nature lovers, tourism, Paskibra, Theater, Self-defense and so on. These activities are carried out periodically or only at certain times. Activities are usually monitored by teachers to support grades in certain subjects (Irwansyah, 2006).

Based on the research results, there are several school efforts in preventing drug abuse. First, intracurricular activities are activities related to classroom lessons. In SMK Negeri 2 Salatiga, intracurricular activities are also a means of preventing drug abuse, this is in accordance with the explanation of the counseling teacher and Civics teacher. The results of interviews with counseling teachers show that the prevention efforts made by counseling teachers are to provide material related to drugs during counseling hours, such as the definition of drugs, the benefits of drugs, the impacts and effects caused when consuming drugs and so on. BK teachers must be more careful in supervising students at SMK Negeri 2 Salatiga and must approach children so that unwanted offenses do not occur. The role of the counseling teacher is indispensable, because one of his duties is to be a place for students to complain and become an advisor in the learning process. Not only counseling teachers, one of the

Civics teachers also revealed that intracurricular activities can also be one of the efforts in preventing drug abuse, one way is by linking in subject matter such as the PERS section or laws and regulations.

Specifically, there is no material related to drugs, only by linking the material, the learning process can be a way to prevent drug abuse. In addition, subject matter teachers can also instill character in students through learning activities. Based on the opinion of the PPKn teacher, that character cultivation can also be done through activities contained in the independent curriculum, namely through the Formation of the Pancasila Student Profile. In the Formation of the Pancasila Student Profile, there are things that are taught, especially regarding the values contained in Pancasila, such as faith, fear of God Almighty, global diversity, mutual cooperation, creativity, critical reasoning, and independence. The implementation of the Pancasila Student Profile is the P5 activity (Pancasila Student Profile Strengthening Project), in P5 there are several themes that can answer the demands contained in the independent curriculum. Second, co-curricular activities where the co-curricular learning process is an activity at school carried out by students to deepen intracurricular activities. At SMK Negeri 2 Salatiga, these efforts are also made, as stated by the BK teacher, that in the BK learning co-curricular activities are carried out by inviting outside parties such as doctors. In relation to drug prevention efforts, doctors are more knowledgeable about drugs, including the definition, benefits or uses, impacts or effects, and things related to drugs. Although the counseling teacher also teaches about drugs, it is not yet as deep as what the doctor explains. So it needs teacher collaboration and cooperation with other parties so that what is needed can be completed and perfected. Third, extracurricular activities are additional activities outside of class hours.

According to resource persons such as counseling teachers, the Head of Student Affairs and one of the students revealed that efforts to prevent drug abuse are also carried out through existing extracurricular activities such as PMR (Youth Red Cross) where through this PMR information about drugs can be channeled through activities held by PMR. Fourth, are other activities, namely socialization and counseling activities which are school programs to prevent drug abuse by students, according to the Deputy Head of Student Affairs who is also a school program maker, the socialization held by the school collaborates with other parties such as the Police / TNI who are invited to become coaches in ceremonies or socialization activities in general, universities (socialization from UKSW law students) and parties related to drugs. According to one of the students who became a resource person in this study, it is true that the school holds activities such as socialization, counseling and even a urine test to enter SMK Negeri 2 Salatiga. However, there are obstacles in the past few years because of the Covid-19 pandemic which requires students to study online at home. Another interview conducted with Salatiga District Police, Drug Unit, stated that the activities carried out by the Drug Unit in preventing drug abuse are Binluh and P4GN, where Binluh is intended to provide guidance and counseling or

socialization either to schools in Salatiga, universities or to the general public through cooperation with the surrounding community.

During this program, there were no obstacles and everything went as expected. The activities carried out by the Police are more flexible because there is no set time to carry out the activities, the more the better when it comes to socialization, coupled with the data that there is still drug abuse in Salatiga. Therefore, it is the duty of the police as security forces to be ready to prevent or eradicate drug abuse in order to make Salatiga a better city. There are several things that are socialized such as understanding, benefits/usefulness, laws/sanctions that regulate and even the impacts caused. The Binluh and P4GN activities are the Police's efforts to prevent and eradicate abuse in Salatiga. The hope of the police is that the current generation of young people will not approach drugs, because it is dangerous and can damage the future. These four efforts can be the school's way of preventing drug abuse in SMK Negeri 2 Salatiga, namely intracurricular activities, co-curricular activities, extracurricular activities and other activities involving the parties concerned.

The results of this study are in line with the results of previous research conducted by Fidrayani and Desiana Utami (2018) with the title "School Programs in Drug Prevention Efforts at SMK 41 Jakarta". The results showed that school efforts/programs in preventing drug abuse are; a) making school rules, b) conducting intensive and spontaneous raids, c) collaborating with related agencies for counseling and socialization, d) using extracurricular activities as a means of prevention, e) incorporating material about narcotics into the teaching curriculum, f) maximizing tasks in efforts to prevent drug abuse. In addition, similar research has also been conducted by Wahyudi, Rezeki (2021) with the title "Efforts to prevent drug abuse at MIN 1 Banjarmasin". The results of the study are: 1) Efforts made by schools in preventing drug abuse among students include conducting religious activities which are carried out every week, counseling, and socializing the dangers of drugs among students, communicating with parents of students or the surrounding community about the condition of students when outside school, trying to be faster in responding to problems of drug abuse among students. 2) The obstacles faced, the low understanding of students about the dangers of drug abuse, the community does not care about the environment, so that if in the neighborhood it is known that someone is using drugs does not want to report to the school, parents, or police, and the lack of supporting facilities and infrastructure, such as posters of the dangers of drugs, tools and medical equipment for narcotics tests. Further research has also been conducted by Suhertina and Darni (2019) with the title "The role of counseling guidance teachers in preventing drug abuse at SMAN 1 Kampar, SMAN 1 Pangkalan Kerinci, SMAN 1 Pinggir Bengkalis, and SMAN 12 Pekanbaru". The results of the study showed that drug abuse among high school students was found to be 4.5%. The role of counseling teachers in preventing drug abuse among high school students is done by: a) Providing information services about the dangers of drugs for students, b)

collaborating with BNN, the Police, and Puskesmas; c) implementing policies or special programs to overcome drug abuse among students, one example is the drug test on prospective new students.

#### **D. Conclusion**

Based on the results of the research, it can be concluded that there are several school efforts in preventing drug abuse, first through intracurricular activities carried out by subject teachers. For example, subject teachers can link the material taught with basic knowledge about drugs, both understanding, benefits, and even the impacts caused. Second, through co-curricular activities at school, this activity aims to deepen the material that has been explained in intracurricular activities. An example is an activity organized by the counseling teacher in collaboration with one of the doctors. Third, through extracurricular activities at SMK Negeri 2 Salatiga, for example, PMR extracurricular activities which are more dominant in the health sector. Fourth, the school collaborates with other parties, such as the National Police/TNI, the Police and other parties. The collaboration between the school and other parties is carried out in various ways such as socialization, counseling, urine tests and other activities.

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