

**RESEARCH ARTICLE****Self-efficacy analysis to stop using drugs in adolescent male inmates**

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Adolescent drug misuse self-efficacy pertains to an individual's ideas regarding their capacity and potential to conquer drug addiction and prevent relapse. The objective of the study was to examine the self-efficacy of male adolescent convicts in Palembang City in their ability to cease drug use. This study employed a quantitative methodology utilizing a cross-sectional research design. The sample comprised 111 adolescents aged 15-24 who engaged in drug addiction at Lembaga Pembinaan Khusus Anak (LPKA) Palembang City. The independent variables include age, education, knowledge, emotional state, and social modeling, whereas the dependent variable is self-efficacy. The analysis employed univariate, bivariate, and multivariate methods. The findings indicate that 45.9% of the respondents had high self-efficacy, while 54.1% had low self-efficacy. Additionally, there is a significant correlation between the age of the respondents ( $p=0.004$ ,  $PR=3.360$ , 95% CI (1.523-7.413)), their knowledge ( $p=0.000$ ,  $PR=8.017$ , 95% CI (2.976-21.597)), emotional state ( $p=0.004$ ,  $PR=3.334$ , 95% CI (1.515-7.339)), and social modeling ( $p=0.011$ ,  $PR=3.333$ , 95% CI (1.377-8.070)) with their self-efficacy. However, the education level variable ( $p=0.700$ ,  $PR=0.790$ ) showed no correlation with self-efficacy. After accounting for age, knowledge emerged as the primary factor influencing self-efficacy ( $p=0.000$ ,  $PR=7.153$ , 95% CI (2.375-21.549)). The formation of self-efficacy to cease drug abuse is influenced by a deep understanding of the perils associated with drugs. Additionally, positive emotional states and observing others who exhibit desirable behavior further enhance the cultivation of this self-efficacy. Intensive instruction is required for health practitioners and prison authorities to enhance the self-efficacy of male adolescent offenders who engage in drug misuse to facilitate drug cessation.

**1. Introduction**

Drug misuse remains prevalent worldwide, especially in Indonesia. In our society, drug addiction deviates from the prevalent norms and values, necessitating attention and supervision to address this issue. Drug misuse is prevalent across all age demographics, including teenagers. This issue exhibits phenomena similar to an iceberg, where the visible top portion represents the apparent problems, while the more severe and substantial underlying difficulties remain hidden (Bunsaman & Krisnani, 2020).

The United Nations Office on Drugs and Crime (UNODC) World Drug Report 2020 reveals that the global number of drug abusers stands at over 269 million, marking a 30% surge from the previous year's figure of over 206 million incidences (BNN, 2020). Drug abuse survey in 2021 reported that the prevalence rate of drug abuse in Indonesia for the 15-24 year age group increased by 1.30% in 2019 and 1.87% in 2021. Furthermore, according to data from Puslitdatin BNN (2022), the incidence of drug addiction is higher in men, with a prevalence of 2.68%, compared to women, who have a prevalence of 1.21%. This study corroborates the

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findings of Putri & Budyanra (2021), who elucidate that male adolescents exhibit a 1.6-fold higher inclination towards drug misuse compared to female adolescents.

Adolescence, often known as puberty, is a phase of development that marks the transition from childhood to adulthood. It is distinguished by significant alterations in physical, psychological, and social aspects. Adolescence is a pivotal phase in human development, characterized by exploring personal identity, establishing intricate social connections, and being ready for forthcoming challenges (BKKBN, 2020). Adolescents are often characterized by instability, making them susceptible to external influences and prone to adopting impulsive mindsets. This puts them at a higher risk of breaking cultural standards and engaging in juvenile delinquency, such as drug abuse. Low self-efficacy is a contributing factor to drug misuse in individuals (Putri & Astuti, 2018).

Self-efficacy refers to an individual's confidence in their abilities and skills to successfully overcome obstacles and accomplish objectives throughout different domains of life. A strong sense of self-efficacy can serve as a powerful motivator for individuals to actively seek out and implement practical solutions to their challenges. In contrast, individuals with low self-efficacy tend to actively avoid situations and activities that impede progress, impair their efforts, lead to early abandonment, and generate difficulties (Halawa, 2020). Adolescent drug misuse self-efficacy pertains to an individual's ideas regarding their capacity and potential to conquer drug addiction and prevent relapse. Yunitasari (2018) reported that individuals who have previously struggled with drug addiction and possess a strong sense of self-efficacy are more likely to make

more significant efforts to prevent relapse.

The self-efficacy is enhanced by four specific sources: previous experiences (mastery experiences), witnessing the achievements of others (social modeling), receiving encouragement from others (social persuasion), and receiving psychological feedback (psychological response) (Bandura, 1997). These four sources influence an individual's self-efficacy, encompassing self-efficacy related to ceasing drug consumption. reported that the four sources of self-efficacy have an impact on an individual's level of self-efficacy when it comes to overcoming drug addiction (Sawitri 2018).

Preserving one's self-efficacy and abstaining from drug use is a challenging endeavor. Having a strong sense of self-efficacy is necessary to abstain from drug use. Hence, this study examines the self-efficacy of male adolescent inmates in Palembang City regarding drug cessation.

## 2. Materials and Methods

The study employed a quantitative methodology, utilizing a cross-sectional research design. The population for this study consists of all the cases obtained from data at Special Children's Development Institute/ *Lembaga Pembinaan Khusus Anak* (LPKA) Palembang City, explicitly focusing on individuals aged between 15 and 24 who have been involved in drug misuse. The sample comprised 111 inmates selected by purposive selection, a non-probability sampling technique.

The independent variables in this study include the respondents' characteristics, such as age and previous education, as well as their knowledge, emotional condition, and social modeling. The dependent variable, on the other hand, is self-efficacy. Data was gathered through the utilization of a questionnaire. Data analysis using a statistical software tool for univariate analysis, the chi-square test was utilized for bivariate analysis, and the multiple logistic regression prediction model test was employed for multivariate analysis.

## 3. Result

Table 1 depicts that 61% of respondents were between 20 and 24 years old. Meanwhile, 65% of respondents had yet to complete high school for their most recent level of schooling. A significant proportion of respondents, approximately 66.7%, possessed considerable knowledge. Additionally, nearly 60% of respondents experienced terrible emotional states, while the lack of social modeling in drug use was observed in almost 70% of cases. Based on their self-efficacy most participants exhibited poor levels of self-efficacy.

Table 2 shows the bivariate analysis results, which were utilized to ascertain the correlation between the

Table 1. Univariate analysis of respondents characteristics

Variable	Result (%)
Age	
• 20 – 24 years old	61 (55)
• 15 – 19 years old	50 (45)
Education Level	
• ≥ Senior High School (SMA)	38 (34.2)
• < Senior High School (SMA)	73 (65.8)
Knowledge Level	
• High (≥70%)	74 (66.7)
• Low (<70%)	37 (33.3)
Emotional State	
• Positive (≥ 70%)	46 (41.4)
• Negative(< 70%)	65 (58.6)
Social Modelling	
• No	77 (69.4)
• Yes	34 (30.6)
Self-Efficacy	
• High (< 70%)	51 (45.9)
• Low (< 70%)	60 (54.1)

Table 2. Bivariate Analysis

Variabel	Efikasi Diri				p-value	PR	95%CI	
	Tinggi		Rendah				Lower	Upper
	n	%	n	%				
Age								
• 20 – 24 years old	36	59	25	41	0.004	3.36	1.523	7.413
• 15 – 19 years old	15	30	35	70				
Education Level								
• ≥ SMA	16	42.1	22	57.9	0.7	0.79	0.358	1.741
• < SMA	35	47.9	38	52.1				
Knowledge Level								
• High	45	60.8	29	39.2	0	8.017	2.976	21.597
• Low	6	16.2	31	83.8				
Emotional State								
• Positive	29	63	17	37	0.004	3.334	1.515	7.339
• Negative	22	33.8	43	66.2				
Social Modeling								
• No	42	54.5	35	45.5	0.011	3.333	1.377	8.07
• Yes	9	26.5	25	73.5				

Table 3. Multivariate Analysis

Variable	p-value	PR	95%CI	
			Lower	Upper
Age	0.332	1.601	0.618	4.145
Knowledge Level	0.000	7.153	2.375	21.549
Emotional State	0.059	2.42	0.967	6.059
Social Modeling	0.005	4.305	1.548	11.971

independent and dependent variables. Four factors have a p-value <0.05, indicating a substantial link between these variables and self-efficacy in drug cessation. The bivariate test yielded significant results for several variables. Specifically, the respondent's age showed a significant association (p=0.004, PR=3.360, 95% CI (1.523-7.413)), as did their knowledge (p=0.000, PR=8.017, 95% CI (2.976-21.597)), emotional state (p=0.004, PR=3.334, 95%CI (1.515-7.339)), and social modeling (p=0.011, PR=3.333, 95%CI (1.377-8.070)). These variables were analyzed about self-efficacy. However, the education level variable does not correlate statistically with self-efficacy (p=0.700, PR=0.790).

The final modeling results from the multivariate study are presented in Table 3. Research has established that the variables strongly associated with self-efficacy in quitting drug use include knowledge and social modeling variables, with knowledge being the most influential factor. The knowledge variable has a statistically significant p-value of 0.000. The PR value is 7.153, with a 95% confidence interval ranging from 2.375 to 21.549. Upon completing the analysis process, it is evident that the age variable is confusing.

#### 4. Discussion

Self-efficacy can reach its maximum potential when supported by a high level of self-efficacy. Self-efficacy is shaped by four factors: personal experience, observing the achievements of others (social modeling), receiving persuasive communication, and receiving psychological feedback (Bandura, 1997). Furthermore, self-efficacy is influenced by factors such as age, educational attainment, and level of knowledge.

A substantial association was found between age and self-efficacy in adolescent boys who engage in drug misuse, as indicated by the data. Chairunnisa *et al.* (2019) reported that age is a factor that affects an individual's self-efficacy. Every phase of growth presents fresh obstacles to surmounting one's self-efficacy. As teenagers transition into adulthood, they must acquire the ability to assume complete accountability for their actions and well-being in every aspect of their lives. During this period, individuals engage in self-exploration by experimenting with different methods to make well-informed choices. Inquisitiveness towards novel experiences and a proclivity for experimenting with them are inherent traits of an adolescent. Inadequate

utilization of curiosity might lead individuals to experiment with unfavorable activities, such as drug usage (Lukman *et al.*, 2022).

With increasing age, adults are generally perceived to possess greater time and experience to effectively handle many aspects of their lives compared to younger folks. Individuals in the 20-24 age bracket are in the late stage of adolescence, during which they undergo the final preparations for assuming adult responsibilities. The defining characteristic of this stage is a profound aspiration to progress and gain approval from peers and adults. During this stage of development, individuals in this age group can establish objectives and delve into their sense of self, resulting in increased assurance in their capacity to effect change. Consequently, as you grow older, the inclination to cease drug use will likewise escalate (Ajhuri, 2019).

In addition, there was no substantial correlation between the final educational factor and self-efficacy. An individual's cognitive capacity is influenced by their educational attainment. Individuals with greater educational attainment are often regarded as having higher self-efficacy expectations than those with lesser educational attainment. This occurs because those with higher education have a more significant amount of structured learning, affording them more extensive options for acquiring knowledge and skills. Consequently, they are regarded as being more capable of effectively addressing the challenges that arise in their lives (Maulana & Herbawani, 2023).

Nevertheless, this occurrence is sporadic due to various factors contributing to its inconsistency. Each individual's educational experience varies, even at the same educational level. Factors such as social support and environmental conditions have a more significant impact on self-efficacy than the level of formal education and self-efficacy for quitting drug use. The respondents' ultimate educational attainment is not correlated with but does directly impact, the self-efficacy (Wahyuni & Sari, 2019).

Self-efficacy is influenced by various elements that contribute to one's knowledge. The analysis reveals a notable correlation between knowledge and self-efficacy. Kusnan *et al.* (2020) reported that knowledge serves as the foundation for all actions and is essential for cultivating self-assurance. As one's level of knowledge and intellectual maturity increases, so does their self-efficacy. Furthermore, it impacts the response to external information.

Disseminating relevant information and educational resources customized for the specific demographic might enhance public understanding and consciousness of the perils associated with drug use. When an individual possesses an extensive

understanding of the hazards and detrimental consequences associated with drug consumption, their self-efficacy can be heightened, hence increasing the likelihood of being motivated to cease drug usage and subsequently undertake the requisite measures. (Jabar *et al.*, 2021).

Emotional states impact self-efficacy as they provide a foundation for an individual's belief in their abilities (Hawa Lubis & Sahputra, 2021). The analysis indicates a correlation between emotional states and self-efficacy. Yunalia & Etika (2020) reported that during adolescence, particularly in their late teens, individuals frequently encounter situations where they must assume adult-like roles and make mature judgments in response to challenges. Practically, numerous adolescents still require assistance in effectively managing pressure. Some adolescents may experience a sense of inadequacy as a result of this. This led to them experiencing ambivalence over their condition and elicited many feelings.

Enhancing one's competence in controlling motivation, emotional state, and cognitive processes enhances the perceived effectiveness of self-regulation (Sun & Lyu, 2022). The utilization of drugs is frequently linked to the experience of stress and the demands of daily existence. Proficient emotional and stress management abilities might diminish individuals' reliance on medicines as a coping mechanism for stress. Optimal emotional states can enhance the drive and resolve to cease drug consumption. Optimism, excitement, or a strong desire for life change typically leads to increased self-efficacy. Positive feelings can bolster one's will to abstain from drug usage and surmount the challenges encountered during the process of quitting (Razali *et al.*, 2023).

Observing the success or failure of those perceived to possess similar qualities (social modeling) can either enhance or diminish one's self-efficacy. The analytical results indicate a notable correlation between social modeling and an individual's self-efficacy. An exemplary role model can enhance self-assurance by maintaining a strong belief in their capacity to observe and learn good ways to handle diverse situations. Witnessing the achievements of individuals possessing similar abilities in performing a task can enhance one's self-efficacy in accomplishing the same task. Conversely, assessing the failures of others might diminish an individual's self-confidence and lead to a drop in motivation and exertion (Fajriah *et al.*, 2017).

Applying social modeling involves receiving support and inspiration from family or other close individuals to provide a sense of support and encouragement. Support can enhance self-efficacy and provide individuals with a sense of solidarity in



their endeavor to abstain from drug use. Enhancing self-efficacy by engaging in social modeling involves identifying appropriate role models, establishing positive relationships with them, and drawing inspiration and advice from their experiences. Social modeling also impacts an individual's inclination to discontinue using this substance (Novianti *et al.*, 2019).

According to the findings of the multivariate analysis, knowledge, and social modeling are the variables that have a significant relationship with self-efficacy to quit drug use. Among these variables, knowledge is the most influential one. Furthermore, the age variable becomes a confounding factor after the analysis process. A person's proficiency at a high level will serve as the foundation for accomplishing any task and the catalyst for cultivating faith and self-assurance in oneself. A comprehensive understanding of substances, addiction, adverse effects, techniques for self-control, and recovery methods is crucial for enhancing one's self-efficacy in abstaining from drug use (Ningsih & Kusuma, 2018).

## 5. Conclusions

The study's findings suggest that individuals with high self-efficacy possess a solid basis for approaching life with increased confidence, motivation, and the capacity to surmount obstacles. Knowledge is the primary factor that influences self-efficacy in quitting drug use, even when age is taken into account. The development of self-efficacy to cease drug use is influenced by a comprehensive understanding of the perils associated with drugs. Additionally, positive emotional states and observing others who exhibit desirable behavior further form this self-efficacy. Health workers and prison authorities should provide comprehensive education to male adolescent prisoners who engage in drug misuse to enhance their self-efficacy and facilitate drug cessation.

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## Conflict of interest

All authors have no conflict of interest in this article.

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