

The Relation of Knowledge and Attitudes of Students in Consuming Habitual of Alcohol Association Students NTT in Surakarta

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Abstract

Background: Alcohol abuse is one of the growing problems among the youths. This problem shows an increasing trend from year to year and has resulted in delinquency, fights, the emergence of juvenile gangs, immoral acts, and rampant thuggery. The impact of consuming alcohol can lead to poisoning due to the substance in alcohol can damage several systems in the body such as the motoric system (inability to stay still), the motoric reaction will be prolonged, speech disorder (dysarthria), and ataxia. The purpose of this study was to study and explain factors related to students' habits on alcohol consumption. Factors associated are knowledge, attitudes, age, gender, environment, culture, mass media, emotional status, and availability of drinks.

Methods: This study is quantitative research with a cross-sectional approach. The sample of this research was the students who came from NTT and studying in Surakarta and 338 students participated as the sample. Sampling technique utilized in this study was Accidental Sampling.

Results: The final result of multivariate test showed that significant variable associated with the alcohol consumption of students are as follows: knowledge $p = 0,000$ attitude $p = 0,000$ (p value & it; 0, 05), cultural $p = 0,009$ (p value & it; 0, 05) and emotional $p = 0,013$ (p value & it; 0, 05). This research showed that attitude is the most associated with alcohol consumption even after being controlled by another three variables such as knowledge, culture, and emotion, with OR 4.245. It means that people with a negative attitude have a 4.2 times risk of consuming alcohol more often than people with a positive attitude influenced by culture and emotions. On the other hand gender variable is a confounding factor in this study.

Keyword: habitual alcohol consumption, knowledge, attitudes, culture, students

Introduction

The World Health Organization (WHO) in 2011 estimates that there are about 2 billion people around the world who consume alcoholic beverages. In 2014,

WHO reported that 38.3% of the world's population over 15 years old had started consuming alcohol. The per capita consumption rate worldwide has reached 6.2 liters, while the proportion of alcohol consumption in Indonesia has reached 0.6 liters

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per capita. In 2010, the prevalence of alcohol use in Indonesia has reached 0.8% and the prevalence of alcohol dependence has reached 0.7%¹ According to a global WHO survey, deaths due to alcohol use reach 3.3 million annually, representing 5.9% of all causes of death. The danger of alcohol use is a causative factor in more than 200 diseases².

In Indonesia, the number of adolescents who consume alcohol reaches 4.9%. The prevalence of alcohol drinkers in the last 12 months and 1 month began to be high between the ages of 15-24 years, namely 5.5% and 3.5% which then increased to 6.7% and 4.3% at the age of 25-34 years but later decreases with increasing age. North Sulawesi is ranked second above the national average alcohol consumption with a prevalence of 17.4%³. The phenomenon of alcohol use among adolescents and adults is increasing. According to a report by the World Health Organization (WHO) in 2011 there were 2.5 million people in the world died due to consuming alcohol. Nine percent of these deaths occurred in young people aged 15-29 years. The results of Basic Health Research (Riskesdas) in 2007 revealed that the percentage of alcoholic drinkers in East Java in the last 12 months at the age of 15-24 years reached 4%. Drinkers are dominated by men 3.8% and women 0.2% with high school graduates or more 1.7%. In the city of Malang, alcohol users reached the highest score of 6.3%. While in Pitasari's research (2013), the dominant pattern of alcohol consumption occurs in adolescence, which is 66.7%⁴. WHO says the impact of alcohol abuse results in 2.5 million deaths every year in the world. 320,000 deaths occurred in the age group between 15 and 20 years died in alcohol-related cases. 1.2 million deaths in the age group. The Riskesdas report (2007)⁵, stated that Indonesia's prevalence of alcohol consumption in the last 12 months was 4.6%, the prevalence of alcohol consumption in the last 1 month was 3.0%, while in East Nusa Tenggara (NTT) the prevalence of alcohol consumption in the last 12 months was 17.7%, the prevalence of alcohol consumption in the last 1 month was 13.5%. The behavior of drinking alcohol at the age of 15 - 24 years in NTT in the last 12 months was 5.5%, alcohol consumption in the last 1 month was 3.5%.

By region, in NTT the prevalence of drinking alcohol in the last 12 months was higher in rural areas by 5.1%, alcohol consumption in the last 1 month was 3.3%. The use of substances such as alcohol among adolescents is common, both in urban and rural areas. Based on the results of interviews conducted by researchers on NT students in the city of Solo, 15 teenagers who have the habit of consuming alcohol and 4 others say they do not consume alcohol. From the interviews they also said that most NTT people consume alcohol because of existing traditions such as traditional ceremonies, weddings, entering the new year and if there is a family gathering.

This tradition is carried from generation to generation so that it is attached to the community and spreads to local youth. Basic Health Research (Riskesdas) in 2009 obtained data that alcohol consumption in Surakarta City was recorded at 3.7% and in the last 1 month it was recorded at 1.7%, at the age of 10-14 years, alcohol consumption in the last 12 months was 0.1% and in the last 12 months it was 0.1%. In the last 1 month 0.1%, and at the age of 15-24 years, alcohol consumption in the last 12 months was 4.5% and in the last 1 month 2.3%⁶.

Methods

This study is a descriptive analytic qualitative study with cross sectional approach⁷. In this case the researcher wants to know the relationship between knowledge and attitudes of students with the habit of consuming alcohol. The sample size obtained was 338. So that the sample in this study amounted to 338 respondents, while the data collection method in this study included collecting data on determinants: knowledge, attitudes, student age, gender, culture, living environment, mass media, emotional and availability. drink. This data was obtained by each respondent filling out the questionnaire that had been prepared. The instrument used in this study was a questionnaire. The questionnaire used in this study is a closed questionnaire about the relationship between knowledge and attitudes of students with alcohol consumption habits.

Result

Table 1: Respondents' Determinants

Determinan	Jumlah (n=338)	Persentase (%)
Umur		
≥ 20 Tahun	202	59,80
< 20 Tahun	136	40,20
Jenis Kelamin		
Laki-laki	226	66,9
Perempuan	112	33,1
Lingkungan		
Buruk	226	66,9
Baik	112	33,1
Budaya		
Ada	225	66,6
Tidak ada	113	33,4
Media Massa		
Terpapar	203	60,1
Tidak terpapar	135	39,9
Emosional		
Negatif	153	45,3

Positif	185	54,7
Ketersediaan Minuman		
Ada	165	48,2
Tidak ada	175	51,8

Information: results of bivariate analysis

The results shown in table 1 above illustrate that most of the respondents have an age of 20 years as much as 59.80% and have an average male of 66.9%, there is a bad environment for students of 66.9, cultural teachings that teach and allow students with a percentage of 66.6%, students who are exposed to mass media by 60.1%, the emotional level of positive students by 54.7%, while there is no availability of drinks for students themselves by 51, 8.

Table 2: Factors Affecting Student Habits of Consuming Alcohol

Faktor	Kebiasaan Konsumsi Alkohol				Total		p-Value	POR (95% CI)
	Sering		Tidak Sering					
	n	%	n	%	n	%		
Pengetahuan							0,000	2,890 (1,804-4,631)
Tidak baik	153	66,5	77	24,0	230	100		
Baik	44	40,8	64	59,2	108	100		
Sikap							0,000	4,466 (2,720-7,331)
Negatif	163	69,1	73	30,9	236	100		
Positif	34	33,3	68	66,7	102	100		
Umur							0,610	1,121 (0,722-1,742)
≥ 20 Tahun	120	59,4	86	40,6	202	100		
< 20 Tahun	77	56,6	59	43,4	136	100		
Jenis Kelamin							0,002	2,066 (1,304-3,273)
Laki-laki	145	74,0	51	26,0	196	100		
Perempuan	52	36,7	90	63,0	142	100		
Budaya							0,003	2,013 (1,272-3,185)
Ada	144	64,0	81	36,0	225	100		
Tidak Ada	53	46,9	60	53,1	113	100		

Faktor	Kebiasaan Konsusmi Alkohol				Total		p-Value	POR (95% CI)
	Sering		Tidak Sering					
	n	%	n	%	n	%		
Lingkungan							0,008	1,851 (1,170-2,928)
Buruk	143	63,2	83	57,8	226	100		
Baik	54	48,2	58	51,8	112	100		
Media Massa							0,084	1,475 (0,949-2,293)
Terpapar	126	62,0	77	38,0	203	100		
Tidak Terpapar	71	52,6	64	47,4	135	100		
Emosional							0,029	1,628 (1,049-2,526)
Negatif	99	64,8	54	35,2	153	100		
Positif	98	53,0	87	47,0	185	100		
Ketersediaan Minuman							0,378	1,215 (0,788-1,875)
Ada	99	60,8	64	39,2	163	100		
Tidak Ada	98	56,0	77	44,0	175	100		
Total	197	58,3	141	41,7	338	100		

Information: results of bivariate analysis

Discussion

Based on statistical test results, p value = 0.000. Because the p value <0.05 (95% CI), then statistically there is a relationship between knowledge and alcohol consumption habits in students. The results of the OR (Odd Ratio) of 2.890 show that students with bad knowledge have a 2.8 times greater chance of consuming alcohol than students with good knowledge. Alcohol use is one of the most common health risks among adolescents. From the description of the questionnaire, the distribution is based on the knowledge of the respondents, we can say that the knowledge of students about the dangers of consuming alcohol is not good enough, it is revealed that although the education level of students is high, the practice or action about health (consuming alcohol) is still very low. This study is in line with the research conducted by Manek D (2019) which found that the majority of respondents had the behavior of consuming alcoholic beverages, as many as 50 people (76.9%) with the percentage of respondents who had a level of knowledge of approximately 45 people (69.2%) compared to those who have a good level of knowledge of 20 people (30,8). Based on the results of the Chi-Square test obtained p value⁸.

Attitude is a form of evaluation or feeling

reaction. Attitude is a multi-dimensional social contact consisting of cognitive, affective and conative⁹. In this study, the researcher stated that the relationship between student attitudes and behavior was determined by certain situational factors. Norms, roles, group membership and so on, are conditions of dependence that can change the relationship between attitudes and behavior. Therefore, the extent to which behavior predictions can be based on attitudes will differ from time to time and from one situation to another. It is hoped that the forms of behavior that they display are expressions of actual attitudes. That is, the potential for attitude reactions that have been formed in the individual will appear in the form of actual behavior as a reflection of the actual attitude towards something.

The results of statistical tests show that there is a significant relationship between attitudes, the p value of 0.000. Because the p value <0.05 (95% CI), then statistically there is a relationship between alcohol consumption habits in students. The results of the OR (Odd Ratio) of 4,466 Confidence interval (CI) 95% = 2,720-7.331, indicating that a negative student attitude has a 4.4 times greater chance of consuming alcohol than a positive student attitude. The distribution of attitudes in alcohol abuse shows that most students have negative attitudes. This shows that the awareness of respondents about

the dangers of alcohol abuse is not good enough. Students' attitudes are sometimes based on emotion, which serves as a kind of outlet for frustration or a diversion of the ego's defense mechanism. Such an attitude can be a temporary attitude and will soon pass once the frustration has disappeared but it can also be a more persistent and enduring attitude.

Age is the age of an individual starting from birth to several years. The older a person is, the level of maturity and strength will be more mature in thinking and working. In terms of public trust, people who are more mature will be more trusted than people who are not yet mature. This is as a result of the experience of the soul¹⁰. Judging from the univariate, more students aged 20 years, namely 59.8% compared to students aged < 20 years, namely 40.2%. Bivariate analysis showed that in the age group 20 years, there were 61.0% of students who frequently consumed alcohol. Meanwhile, in the age group <20 years, there are 39.0% of students who often do alcohol consumption habits. The results of the Chi-Square test of the relationship between age and alcohol consumption habits in students obtained a p value of 0.610. Because the p value <0.05 (95% CI), statistically there was no relationship between age and alcohol consumption habits in NTT diaspora students in Surakarta. In this study according to Subiyantoro (2012) the results of the analysis show that most of the respondents aged 21-22 years, namely 60% who often consume liquor, and respondents aged <19 years by 40% who consume liquor¹¹. Most of the students who were the subjects of this study were students aged 21 years, in this phase students were in the early adulthood phase where students were experiencing a transitional period. The involvement of students in the abuse of alcoholic beverages is not in accordance with the developmental task of early adulthood, namely self-responsibility. According to Sacher the early adulthood phase is a phase where young people begin to master their cognitive abilities and are able to monitor their own behavior, thus gaining sufficient freedom, moving on to the next phase involving social responsibility¹². In addition, according to Sanker it is in early adulthood that the foundation of permanent physical function is laid. Health is influenced in part by genes, but behavioral factors—what they eat, whether they get enough

sleep, how physically active they are, and whether they smoke, drink or take drugs greatly contribute to their present and future health and well-being¹³. So, a person's lifestyle at this time will greatly affect health in the future.

Only a small proportion of female students consume alcoholic beverages. This is in accordance with the opinion of Nevid et al (2005) who stated that men have a tendency twice as big as women (20%: 8%) to develop alcohol dependence disorder¹⁴. This is because teenage boys spend more time with their peers and less with family¹³. Teenagers play more often with their friends and are rarely at home. Therefore, it is not surprising that at the beginning of the alcohol abuse process, the subjects in this study were heavily influenced by their peers. This is in accordance with the opinion of Cipto and Kuncoro (2010) in their research explaining that conformity to the group is also one of the social and cultural factors that cause alcohol drinking behavior¹⁵. Pressure in the form of an invitation or coercion makes the subject reluctant to refuse the invitation to consume alcoholic beverages by their peers. One of the consequences that caused most of the subjects in this study to consume alcoholic beverages was because of their peers, so when the subject wanted to do these activities (consuming alcoholic beverages), usually with 2 or more people. Apart from their peers, some students also consume alcoholic beverages with their parents (father and older brother in the family). This is in accordance with the opinion of Nevid, et. al. (2005) that the best predictor of drinking problems in adulthood seems to be a family history of alcohol abuse¹⁴. This study is in accordance with the opinion of Nevid et. al. (2005), WHO stated that men have a tendency twice as big as women (20%: 8%) to develop alcohol dependence disorder.

Azwar emphasizes the influence of the environment (including culture) in shaping a person's personality. Personality is a consistent pattern of behavior that describes the history of reinforcement that we experience⁹. Culture provides a style of experience for individuals in a society. Culture has instilled a guiding line for individual attitudes towards various problems. The culture of consuming liquor is a teaching or tradition from the regions that allow local people to consume liquor during

traditional events or rituals. One of the community groups in Indonesia is the East Nusa Tenggara Community group. As one of the ethnic groups in Indonesia, as well as an indigenous group, it has its own peculiarities. One of the peculiarities of this community group is the obligation to consume Moke in every traditional ritual they hold. For the people of East Nusa Tenggara, Moke is one of the traditional symbols that serves as a unifier for the indigenous people of East Nusa Tenggara. As a mandatory drink in every event or traditional ritual of the people of East Nusa Tenggara, it will be consumed by all levels of community members, both men and women, young or old. As a mandatory menu in the traditional events of the people of East Nusa Tenggara, Moke is a hereditary heritage from the ancestors of the people of East Nusa Tenggara; which in its development it became one of the traditional drinks. As a traditional drink, this drink is made from the distillation of the fruit and flowers of the palm and palm trees and the manufacturing process is carried out in a very simple way, and is still in the same way until now. The process of making Moke is still carried out in community gardens using traditional containers.

In this study in accordance with research conducted by S. Kohar, et. al. (2013) conducted research in one of the cultures in Maluku, especially in Masohi City, alcoholic beverages of the type of tuak or often known as sopi have always been provided on certain traditional events, and become a tradition that is still being maintained, this is done with the aim of strengthening brotherly relations, maintaining unity, deliberation, and self-purification as well as cleaning the surrounding environment in the face of Christmas and New Year. This is done while still upholding the values of local wisdom that must be maintained. In certain events, tuak or sopi are provided for drinking but within certain limits so that they do not lose consciousness. The amount or the amount has been shown through small glass containers called "sloki" and distributed by women from certain clans during the traditional procession. Sopi (liquor) has been very well known by the Masohi community for a long time, even some people have a livelihood as a producer of alcoholic beverages such as Tuak or sopi. The phenomenon of student attitudes that arises is not only determined by the state of the object being

faced but also by its relation to past experiences, by the current situation, and by expectations for the future. Human attitude, or for short it is called attitude, has been defined in various cultures emphasizing the influence of the environment (including culture) in shaping a person's personality. Personality is a consistent pattern of behavior that describes the history of reinforcement that we experience. Culture provides a style of experience for individuals in a society. Culture has instilled a guiding line for individual attitudes towards various problems¹⁶.

Factors that cause adolescents to consume alcohol are the influence of the environment with the expression that drinking alcohol can have many friends, following friends or the community around the home environment, the influence of parents' families who often consume alcohol, parental divorce. According to Hawari, the influence that causes a person to drink less alcohol is from within himself, which is expressed because he wants to try. However, sometimes someone who consumes alcohol can lose consciousness and behavior, and tends to commit acts of aggression (criminal). Killing, raping, acts of violence and as a result of the influence of consciousness under alcohol, usually under the influence of alcohol will behave aggressively and regress which can be embarrassing when he wakes up in the future, for example they make a fuss and spoil the party atmosphere under the influence of alcohol. The use of alcohol can affect finances, the amount of consumption continues to increase, the dependence to continue to use (addictive) will urge perpetrators to commit fraud or criminal acts in order to get money to meet their drinking needs¹⁷. Judging from the univariate, the highest percentage is in respondents with a bad environment in the habit of consuming alcohol, which is 66.9% compared to respondents with a good environment, which is 31.1%. Bivariate results show that in the group of students who have a bad environment there are as many as 72.6% of students who often consume alcohol. While in the group of students who have a good environment there are as many as 27.4% of students who often consume alcohol. In this study, according the data analysis showed that most of them were 86% (13 people) of environmental factors that influenced adolescents to consume alcoholic beverages and

40% (2 people) which did not affect adolescents to consume alcoholic beverages. Curiosity is the motive of curiosity, that adolescents always have the nature of always wanting to know everything that has not been or is not known to have a negative impact. For example, you want to know what it tastes like liquor. Opportunity, because parents and family are busy with their respective activities or due to a broken home, namely a lack of attention from family or lack of love from parents¹⁸.

The role of the media is very influential for the development of society in general as stated by Luciana, 2004 that there are a number of functions of the mass media, namely the function of "surveillance" or supervision, correlation, cultural transmission, and entertainment. The function of the mass media is very important in protecting youth. The function of cultural transmission, as stated by Luciana, 2004 can be interpreted as a process of instilling cultural values and social messages to the next generation, especially teenagers, through mass media. Various forms of mass media such as television, radio, letters Newspapers, magazines and others have a great influence on the formation of individual opinions and beliefs. The mass media provide suggestive messages that direct one's opinion. The existence of new information about something provides a new cognitive foundation for the formation of attitudes towards it. If strong enough, suggestive messages will provide an affective basis in judging something so that a certain attitude direction is formed¹⁹. Judging from the univariate, the highest percentage is in respondents who are exposed to mass media on the habit of consuming alcohol, which is 60.1% compared to respondents who are not exposed to media, which is 39.9%. Bivariate results show that in the group of students who are exposed to mass media there are 64.0% of students who frequently consume alcohol. Meanwhile, in the group of students who were not exposed to media, there were 34.0% of students who frequently consumed alcohol. The results of this study are in line with the opinion which states that the factors that influence the formation of attitudes, among others, come from the mass media where the media in delivering information as their main task, the mass media carry messages that contain suggestions that can direct someone's opinion. The

suggestive messages carried by the information, if strong enough, will provide an affective basis in assessing something so that a certain attitude direction is formed. The understanding of good and bad, the dividing line between what is permissible and what is not, is obtained from education and from religious centers and teachings. This will be the basis for individuals to determine their attitude towards a stimulus or object⁹.

From the univariate point of view, more students have negative emotions, namely a frequency of 153 and a percentage of 45.5% compared to students who have positive emotions. with a frequency of 185 and a percentage of 54.7%. Bivariate analysis showed that 50.2% of students who had negative emotions often had alcohol consumption habits. Meanwhile, 49.8% of students who have positive emotions often do alcohol consumption habits. In this study, students who had poor emotional levels usually abused alcohol because they had a negative self-concept, low self-esteem, easily anxious, passive and aggressive, lacked confidence, a closed person, emotional, this also influenced student behavior. If students are not able to face the problems above, it is easy for teenagers to abuse the environment and see factors outside themselves that determine everything so that students view alcohol as the only way to solve the problems they face. Students belong to adolescence, which is where adolescence is a period where they are very sensitive and easily offended which will then cause problems for them. If adolescents cannot overcome the problems that arise in them, they can make them vent to consume alcoholic beverages on the grounds that they can escape from problems, free themselves from boredom, reduce shame and can increase self-esteem.

Seen from the univariate point of view, the highest percentage is on the availability of existing drinks with alcohol consumption habits, which is 48.2% compared to the unavailability of drinks, which is 51.8%. Bivariate results show that the availability of drinks is 50.2% with the habit of students who often consume alcohol. Meanwhile, in the unavailability of liquor, 49.8% of students habitually consume alcohol. Surakarta or better known as the City of Solo has become one of the public's concerns when talking about liquor. The availability of drinks that are quite

easy to get for the people of Solo. Solo is one of the producers of traditional liquor which is quite well known in Indonesia, namely "ciu" bekonang. Ciu is the name for a typical alcoholic drink from the Banyumas and Bekonang areas, Sukoharjo. What is quite controversial is that in Banyumas, Ciu is categorized as illegal and actively eradicated by the local government, but in Bekonang it is supported by the local government as a local asset, so that it becomes very popular and is marketed throughout the Residency of Surakarta, Surabaya to Madura. So that it becomes something very difficult if you have to eradicate or stop the production of "ciu" in Solo when it has become a regional potential and a pillar of the community's economy. With the availability of liquor or the circulation of liquor which is quite high in the city of Surakarta, it is very easy for students or teenagers to get drinks to consume so that the habit of consuming alcohol is very high among students. We can see in the research of Raynald, et al (2012) which said that teenagers who get the most alcoholic beverages are buying at the stalls stated by 51 respondents with a percentage (71.8%) while the lowest is 2 respondents (2.8%). claimed to be given by parents.

Conclusion

In this study, it can be concluded that most NTT students in Surakarta still have the habit of consuming alcohol even though they are overseas. Variables that are significantly related to the habit of frequent alcohol consumption in NTT students in Surakarta produce 6 variables, namely, knowledge, attitudes, values, types, culture, environment and emotional variables. Meanwhile, in this study there are also several variables that are not related to the habit of frequently consuming alcohol in NTT students in Surakarta such as; Age, mass media, and beverage availability variables. The dominant variable in this study is the attitude variable with alcohol consumption habits after being controlled by three other variables; knowledge, culture, and emotional variables, with an OR value of 4.245 (95% CI: 2.720-7.331) meaning that people with negative attitudes have a risk of 4.2 times frequently consuming alcohol compared to people who are positive after being controlled by knowledge, culture and emotions with

the confounding factor of gender.

Ethical clearance: Ethical approval for this research has been granted by the institutional Ethical Board of Immanuel School Of Health Sciences Bandung. All subjects provided informed consent before entering the study.

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