



Alcohol Addiction Among High School Students in Pamekasan Regency: The Impact of Parental Supervision

Shinta Oktafiana⁽¹⁾, Sahrul Romadhon⁽²⁾, Faraniena Yunaeni Risdiana⁽³⁾, Muhammad Hadiatur Rahman⁽⁴⁾, Jessie Gunawan⁽⁵⁾

^{1,2,3,4} Institut Agama Islam Negeri Madura, Indonesia, ⁵University of Dundee, United Kingdom

¹oktafianashinta@iainmadura.ac.id, ²sahrul@iainmadura.ac.id,

³frisdiana@iainmadura.ac.id, ⁴hadiatur@iainmadura.ac.id, ⁵2559938@dundee.ac.uk

Abstract

The purpose of this study are describe reasons students consume alcohol excessively, describe parents response to knowing their son are alcoholics, and analyze meaning of parental supervision for students with alcohol addiction. This research uses qualitative research with a phenomenological approach. The phenomenological approach was chosen to interpret the meaning of parental supervision for students who are addicted to alcohol. Data collection techniques through interviews with 4 data analyses namely collective, reduction, presentation and conclusion. The results are 1) excessive alcohol consumption is caused by psychological and emotional problems. 2) parents' response when knowing their children are addicted to alcohol is to take preventive and coercive measures and 3) the meaning of parental supervision for students who experience alcohol addiction is that parental support is the main thing to be free from alcohol addiction. A comfortable atmosphere with harmony such as eating together and good communication between families. Parents should be able to control their emotions and spend time with teenagers.

Keywords: Alcohol Addiction, High School Student, Parental Supervision

Abstrak

Tujuan dari penelitian ini adalah mendeskripsikan alasan mahasiswa mengkonsumsi alkohol secara berlebihan, mendeskripsikan respons orang tua ketika mengetahui anaknya menjadi pecandu alkohol, dan menganalisis makna pengawasan orang tua terhadap mahasiswa yang kecanduan alkohol. Penelitian ini menggunakan jenis penelitian kualitatif dengan pendekatan fenomenologi. Pendekatan fenomenologi dipilih untuk memaknai makna pengawasan orang tua bagi mahasiswa yang kecanduan alkohol. Teknik pengumpulan data melalui wawancara dengan 4 analisis data yaitu pengumpulan, reduksi, penyajian, dan kesimpulan. Hasil penelitian adalah 1) konsumsi alkohol yang berlebihan disebabkan oleh masalah psikologis dan emosional, 2) respons orang tua ketika mengetahui anaknya kecanduan alkohol adalah dengan melakukan tindakan preventif dan koersif, dan 3) makna pengawasan orang tua bagi mahasiswa yang mengalami kecanduan alkohol adalah dukungan orang tua merupakan hal yang utama untuk terbebas dari kecanduan alkohol. Suasana yang nyaman dengan keharmonisan, seperti makan bersama dan komunikasi yang baik antarkeluarga. Orang tua harus dapat mengontrol emosi dan meluangkan waktu bersama anak remaja.

Kata kunci: Kecanduan Alkohol, Siswa Sekolah Menengah Atas, Pengawasan Paten

Received : 14-05-2024

; Revised: 05-06-2024

; Accepted: 06-06-2024



Introduction

The role of parents describes a series of patterns of behavior based on the beliefs and attitudes of parents, thus leading to changes in the attitudes of oneself and others. The role of parents is one important aspect so that adolescents can overcome problems or stress. Parents must provide understanding through mature ways, provide positive support or motivation to support the moral success of adolescents. According to the World Health Organization (WHO) groups adolescents based on the age of 12 to 24 years. In adolescence there is a transition from childhood to adulthood. Meanwhile, according to the Indonesian Ministry of Health in 2010, it can be said to be a teenager if it is between the ages of 10 to 19 years old and unmarried (Suryani & Kudus, 2022). The transition time experienced in adolescence is a change in thinking and a strong desire for self-discovery as an adult, but emotionally adolescents tend to be unstable.

The inability of adolescents to control their emotions often leads to deviant behavior. Adolescent deviant behavior in general rules or norms, customs, formal laws including the behavior of consuming alcohol which has become a social problem that until now has not been completely overcome. The behavior of consuming alcohol is a problem that is quite developed in the adolescent world and shows an increasing trend from year to year, resulting in adolescents committing forms of deviation in the form of delinquency, fights, juvenile gangs, immoral acts and rampant thuggery among adolescents that disturb society. Alcohol drinks are all types of intoxicating drinks, so that by drinking them become lost consciousness, which includes alcoholic drinks such as wine, wine, whisky, brandy, champagne, malaga and others (Lestari, 2016).

The World Health Organization (2014) states that worldwide 61.7% of the population aged 15 years or older (15+) have drunk alcohol in the past 12 months, even about 16.0% are heavy drinkers. The Republic of Moldova, Belarus, Lithuania, Russia and the Czech Republic were listed as the five countries with the highest per capita alcohol consumption rates in the world in 2015. The average population in this country, for those over 15 years of age consumes 15.8 liters of alcohol (equivalent to pure alcohol per year). The population of the Republic of Moldova was recorded the highest with a total consumption of 17.4 liters (Kumara, 2016). Alcohol use in Indonesia also shows the potential for a considerable increase in alcohol use. Based on data from Basic Health Research (Riskesdas) in 2007, the prevalence of alcohol consumption in Indonesia from 258,366 household samples in the last 1 year was 8.8% men and 0.7% women. The prevalence of alcohol drinking began to

be high at the age between 15—24 years, which was 5.5%, increasing to 6.7% at the age of 25—34 years (Mohi et al., 2022)

Alcohol consumption behavior is also often found in Pamekasan Regency. According to the National Narcotics Agency (BNN), alcohol consumption behavior in adolescents is not recorded because the focus of BNN is the networking of alcohol sellers, but from the data of alcohol sellers it is very easy to find and affordable among adolescents, so it does not rule out the possibility that the percentage of alcohol drinkers among adolescents is also very high. Alcohol consumption behavior causes very dangerous problems including dependence, illness, disability and death (Filus et al., n.d.). Data from the World Health Organization (WHO) reported the number of deaths in the world due to alcohol, namely in 2009 recorded 775,000 world population (5.3%) died due to alcohol. Data in 2011 recorded 2.5 million people in the world (9%) young age (15—29 years) died due to alcohol. Data in 2014 recorded 3.3 million people worldwide each year died from alcohol and were declared equivalent to one death every 10 seconds (Mohi et al., 2022).

The behavior of alcohol consumption occurs in adolescents aged around 15—25 years, with various driving factors starting from trial and error, because of solidarity with friends, as a search for self-identity or as an escape from the problems faced and also the lack of parental role to control children (Khairi, 2020) . The roles and functions of parents are very important to achieve a strong relationship between family members as a form of interdependence on each other (Ahmad & Gimnastiar, 2022). The role of parents is one important aspect so that adolescents can overcome problems or stress. Familiar and positive attachment to children, control of meeting children's needs, child-centered parenting strategies can consistently reduce stress or problems faced by adolescents. Parents are the first environment that relates to adolescents. Parents must provide understanding through mature ways, provide positive support or motivation to support the success of studies and children's moral values. The role of good parents will make the atmosphere safe so that adolescents feel at peace when they are in the middle of the family.

Research conducted by Puspitasari resulted that family factors have a significant relationship with antisocial behavior in adolescents ($p = 0.007$), where the higher the role of the family, the lower the antisocial behavior in adolescents and vice versa. Antisocial behavior is a child personality disorder that tends to violate rules, social norms and laws that often appear at the age of 15 years and above. This antisocial behavior also includes the behavior of alcohol consumption. Parental concern can make adolescents able to control emotions because the family becomes a place for adolescents to issue all complaints or just

tell daily activities. As in research conducted by Suseno which explains that parental attention and control over the association of adolescents with their peers is an important factor in the occurrence of alcohol consumption behavior among adolescents. Individuals with a good self-concept may be able to control emotions well so as to achieve emotional stability.

Factors that encourage adolescents to consume alcohol are family environment factors, social environment, and community environment (Sudhinaraset et al., 2016). Preliminary studies with community leaders, they said that the behavior of alcohol consumption in Pamekasan Regency, is quite often found. Teenagers consume alcohol usually in groups, at the celebration (wedding) of their peers, when teenagers who are already working receive payday or those who have returned from abroad. They drink in closed and open places, in stalls, at home, even dare on the side of the road.

From the results of interviews with parents who have teenagers who have behaved once consumed alcohol obtained data, there are parents who say they do not care about their children because the child is "*wayward*" (naughty), and if scolded even "*raging*" (scolding parents again). There are also parents who say they do not know whether their children consume alcohol or not because they do not know their children's association outside the home environment anywhere. There are also parents who say their children are free to behave anything, including smoking or drinking alcohol because they are adults, as long as they can control and do not rape or kill others. From the background above, researchers can be drawn interested in examining the factors that cause adolescents to consume alcoholic beverages and how the role of parents in dealing with these problems with the holding of this study, it is expected to be able to educate people to be careful with their association so as not to fall into negative things such as juvenile delinquency in the form of drinking drinks containing alcohol where these drinks are very dangerous to health because can affect brain performance so that when going to school, the teenager will lose concentration.

Alcohol addiction among teenagers is a serious problem that can negatively affect their health, academic and social development. In Pamekasan, this phenomenon is increasingly worrying. One factor that may influence the level of alcohol addiction is parental supervision. A deeper understanding of the relationship between parental supervision and alcohol addiction among high school students can help formulate more effective policies to prevent and address this problem. Conducting this research is an important step towards identifying, understanding and addressing the problem of alcohol addiction among

Alcohol Addiction Among High School Students in Pamekasan Regency: The Impact of Parental Supervision adolescents, as well as designing effective and evidence-based prevention strategies. This will not only benefit the directly affected individuals but also their families, communities and society as a whole.

Method

This research uses qualitative research with a phenomenological approach. The phenomenological approach was chosen to interpret the meaning of parental supervision for students who are addicted to alcohol. Phenomenology is an approach that examines a particular phenomenon from the participant's point of view to understand the meaning of the participant's experience of a phenomenon. The data needed in qualitative research is in the form of written words, oral, and observable behaviour (Creswell, 2015). Therefore, the researcher acts as an instrument as well as a data collector. This is intended to find out the natural state of the field. Determination of research subjects using purposive sampling technique, namely choosing subjects who are very involved in alcohol addiction in adolescents by taking 3 heavy alcoholics with low parental attention. Data were collected through interviews. Data were analysed by data reduction, data presentation and conclusion which were done iteratively. The data collected relates to the reasons for students' excessive alcohol consumption, parents' responses to teenagers with alcohol addiction, and the meaning of parental supervision for teenagers with alcohol addiction.

Data collection techniques use interviews. Interview is a data collection technique carried out through face-to-face and direct questions and answers between data collectors and researchers to sources or data sources or can also be referred to as informants. Interview data is data obtained through question-and-answer between researchers and informants. This data can be validated using triangulation. Interviews conducted using structured interviews mean that researchers know exactly what information they want to extract from respondents so that the list of questions has been systematically made.

Researchers take data analysis techniques in the form of data reduction, data display and data verification. Data analysis in this qualitative research researchers use data analysis, qualitative research can be done through the following steps: Data reduction, namely the process of collection and research. Data reduction is a process where a researcher needs to be aware of the data that has been produced, by testing data in relation to aspects or research focus. After the data is reduced, the next step is to display the data. In qualitative research, the presentation of data can be done in the form of brief descriptions, charts, relationships between categories and the like. The most often used to present data in

qualitative research is narrative text. By displaying the data, it will reveal to understand you what happened. Plan the next work based on what has been understood.

Data verification is the final stage in qualitative data analysis techniques carried out looking at the results of data reduction still refers to the purpose of the analysis to be achieved. This stage aims to find the meaning of the data collected by looking for relationships, similarities, or differentiations to draw conclusions as answers to existing problems. The initial conclusions put forward are still provisional, and may change if no supporting evidence is found at the next stage of data collection. But if the conclusions put forward at the initial stage are supported by valid evidence, then the conclusions produced are credible conclusions. Verification is intended so that the assessment of the suitability of the data with the intent contained in the basic concepts of the analysis is more precise and objective.

Result and Discussion

Alcohol consumption among students is a complex issue that requires an in-depth understanding of the various factors that influence it, as well as the important role of parents in addiction prevention and treatment. College students often consume alcohol to cope with loneliness, depression, stress, and social anxiety. Easy access to alcohol, lack of supervision, and the influence of friends also play a major role in this behaviour. When parents learn that their children are addicted to alcohol, they usually respond by limiting their children's socialisation, forcing them to stay at home, increasing religious activities, and tightening supervision. They also create a cosy environment through shared meals and deep conversations. Parental supervision is very important for students with alcohol addiction (Atmaningsih, 2020). Emotional support, a harmonious home atmosphere and good communication help children feel supported and understood. Parents need to control their emotions and spend time with their children to strengthen family bonds and support their child's recovery from addiction.

Reasons Student's Excessive Alcohol Consumption

The behavior of drinking alcoholic beverages is not dangerous if consumed not excessively for example once a month, drinks drunk 1 to 3 drinks, the last year realized felt able to stop drinking alcohol, consumed alcoholic beverages not until every month and often felt regret after drinking and had never been hurt or injured others due to drinking alcohol. While the behavior of non-alcoholic drinkers is someone who has never consumed drinks containing alcohol (Solina et al., 2018).

Deviant behavior that violates rules and status, behavior that endangers oneself and others, behavior that results in material casualties, and behavior that results in physical casualties. Factors that influence the occurrence of deviant behavior in adolescents are: children lack attention, affection and parental guidance, especially father guidance, physical and psychological needs of adolescent children become unmet. The child never gets the physical and mental exercise that is so necessary for a normal life.

Reasons student's consume alcohol include to dare to take risks, calm themselves, overcome themselves, run away from loneliness, forget sadness, feel confident, overcome depression, adjust to social situations, relieve pain, overcome personal stress when many schoolwork. The ease of getting liquor and the loose supervision of parents and the surrounding environment are one of the causes of so many children who consume liquor. In addition, a sense of solidarity and friendship bonds are one of the reasons to try liquor (Agiyah, 2022).

Student's consume alcohol beverages in general because these drinks promise something that becomes a sense of enjoyment, comfort, pleasure and tranquility, the most important thing is that it can eliminate the burden and all the problems faced. Basically, teenagers start drinking since school, association with schoolmates, especially colleagues who have groups or commonly called gangs who are drink addicts, resulting in teenagers who don't know will try. At first it was out of fear but there was curiosity about the taste and essence felt after drinking liquor. As for merchants, they deliberately do not blatantly sell liquor, they sell on.

The community is one of the places of education either directly or indirectly that has a major influence on adolescents in one of the villages in Pamekasan who have a habit of drinking, this is common in coastal areas when they hold side dish picking parties so that teenagers are curious to try, usually starting from a social environment where their peers have the habit of drinking alcoholic beverages. There is a failure rate in society and the influence of new norms or values of the community environment (Norhasan et al., 2023). From the above statements, the results of students' reasons for excessive alcohol consumption are presented in Table 1 as follows.

Table 1. Results of Students' Reasons for Excessive Alcohol Consumption

No	Reason	Explanation
1	Taking Risks and Challenges	consuming alcohol is a way to explore their boundaries and experience a sense of challenge that they may not experience under normal circumstances.
2	Overcoming Stress and Sadness	students often face high academic and emotional pressures. Drinking alcohol can be perceived as a way to relieve stress, cope with sadness, and temporarily forget about problems
3	Boost Self-Confidence	Alcohol can have temporary effects such as increased confidence and decreased social inhibition, which can help students feel more confident in social situations.
4	Overcoming Mental Health Problems	students may experience depression or anxiety, and they may use alcohol as a way to cope with these symptoms, albeit temporarily.
5	Adjusting to Social Situations	Alcohol is often part of the social culture of university students. Drinking alcohol can be seen as a way to conform to social norms and strengthen social bonds.

Students consume alcohol for a variety of reasons, including to face challenges, reduce stress and sadness, boost self-confidence, cope with mental health issues, fit into social situations, and alleviate pain. Factors such as easy access to alcohol and lack of supervision from parents and neighbours also contribute. In addition, social pressure and friendship ties play a significant role in encouraging alcohol consumption among university students. Therefore, it is important to address this issue through a holistic approach, including education, emotional support, and stricter supervision.

The need for self-actualisation and the need for affection must be fulfilled properly (Hendra Puji Purwantoro, 2009). If not fulfilled properly, students will do things that are outside the limits of community norms. From this, it will have a big impact on the moral and mental damage of adolescents. So, the role of the closest people, especially parents, is needed.

Parents' Responses to Finding Out Their Child Is An Alcohol Addiction

The role of parents is sufficient in providing motivators can be seen from the statements of respondents who stated that parents sometimes ask where to go, worry when going out of the house, sometimes want to listen to complaints, care when they are experiencing a problem, often forbid to do things that violate the rules of family and social law, always give praise for the achievements I have achieved, Sometimes provide information about the

dangers of drinking alcohol and always pay attention especially in terms of association and explain the impact of wrong associations.

When parents learn that their child is addicted to alcohol, they often respond by taking preventative and coercive measures to help their child break out of the addiction. The first thing parents do is limit their children's interactions. Parents limit their child's social circle, especially if that social circle contributes to the habit of drinking alcohol. This can include limiting the child's time outside the home and being more selective about the friends the child often hangs out with. Second, parents force children to stay at home under strict supervision. In an effort to reduce negative influences from outside, parents decide to ask their children to stay at home for a certain period of time. This can provide an opportunity for parents to monitor and support their children more directly. Parents may increase supervision of their child's activities, ensuring that the child does not have easy access to alcohol. This can include closer supervision at home and knowing who the child hangs out with and what activities they do.

Third, increase the frequency of children's religious activities. Parents believe that religious activities can provide strong moral and spiritual support for children. By increasing the frequency of religious activities, it is hoped that children will gain positive values and inner peace that can help them in the recovery process. Fourth, Create a Comfortable Space for Children. It is important for parents to create a supportive and comfortable environment at home. This can be done by frequently eating together and having deep talks, where children feel heard and understood. Deep conversations allow children to express their feelings and problems, which can be an important step in their recovery. Fifth, preventive action parents seeking professional help such as a counselor or therapist to help their child overcome addiction and joining a rehabilitation program or support group can also be an effective step.

This overall approach includes a combination of direct (coercive) action to control the situation and preventive action to prevent the same problem from recurring in the future. A balanced approach between close supervision and emotional support can provide a stable and supportive environment for children to recover from alcohol addiction. When parents discover their child is addicted to alcohol, they often take preventive and coercive measures to help the child overcome this problem. These steps include limiting children's social interactions, forcing children to stay at home for certain periods of time, increasing the frequency of religious activities, increasing supervision, and creating a comfortable space through activities such as eating together and deep conversations.

This approach combines strict control with emotional support to create a stable and supportive environment for a child's recovery from alcohol addiction. In accordance with the theory of social action that the role of parents is one of the important aspects so that adolescents can cope with problems or stress. Parents must provide understanding through mature ways, provide positive support or motivation to support the success of adolescent morals (Lestari, 2016). The role of parents as educators can be done by teaching children to avoid negative behavior, teaching rejection of negative behavior, teaching the impact of negative behavior, and teaching health care (Hendra Puji Purwantoro, 2009).

The Meaning of Parental Supervision for Student With Alcohol Addiction

The family is the first educational institution for the development and growth of adolescent personality. Therefore, the family has a very important role in providing a pattern for the process of forming adolescent personality.

Judging from the lack of parental attention, the relationship between parents and children that is not good will cause children to easily fall into alcoholic beverages. Not only that, the wrong way of educating also leads children to poor personality development and formation. So the thing that needs to be considered in educating children is the overall treatment that children receive from their parents. Every child wants to be loved, cared for and harmonious in the family. As felt by the initial D, he said that he consumed alcoholic beverages because he wanted to attract the attention of his parents because his mother was a *single parent* so that he had more time outside so that he had less time with his child. However, not everything is given excessively because in this case being able to give affection to teenagers must be in a reasonable way. If the child feels unloved by his parents and feels less cared for by both parents, he will seek that pleasure in various ways. But when teenagers are too restrained, they will experience rebellion.

Student alcoholics are teenagers in high school who are having a difficult time coping with themselves. these students are going through a lot and need support from their parents. every child has expectations of family relationships. The meaning of parental supervision for students with alcohol addiction is very important, as parental support is the main factor that can help children break free from addiction. Here is a further explanation of the meaning of supervision.

Table 2. The Meaning of Parental Supervision for Student with Alcohol Addiction

No	Parental Supervision	Meaning
1	Consistent Emotional Support	Support from parents gives children a sense of security and reassurance.
2	A Comfortable and Harmonious Atmosphere	A comfortable and harmonious atmosphere at home is very important in a child's recovery from addiction
3	Improved communication	Open and honest communication between parents and children is key in understanding and overcoming addiction problems.
4	The Control of Parents' Emotions	Parents need to control their emotions when dealing with difficult situations such as child alcohol addiction.
5	Quality time	Spending time with your teen is a tangible form of care and affection.
6	Preventive and Educational Approach	This can be done through open discussions

Support from parents gives children a sense of security and reassurance (Ikawati & Wahyuni, 2017). When children feel supported and understood, they are more likely to open up about their problems, including alcohol addiction. This emotional support includes listening without judgement, providing positive encouragement, and showing affection. A comfortable and harmonious atmosphere at home is very important in a child's recovery from addiction. Activities such as eating together are not just a time to eat, but also a time to interact, share stories, and strengthen family relationships. This harmony helps the child feel accepted and loved, which is an important factor in reducing dependence on alcohol.

Open and honest communication between parents and children is key in understanding and overcoming addiction problems. With good communication, parents can know their child's feelings and thoughts, give appropriate advice, and help their child find solutions to their problems without feeling ostracised or not understood. Parents need to control their emotions when dealing with difficult situations such as child alcohol addiction. Overly emotional reactions, such as anger or panic, can make the child feel depressed and further shut down. Instead, a calm and thoughtful reaction shows the child that parents are ready to help them with a cool head and an open heart.

Spending time with your teen is a tangible form of care and affection. Joint activities, such as sports, hobbies, or simply talking, help strengthen the bond between parents and children. It also provides an opportunity for parents to monitor their child's development and provide direct guidance. In addition to close supervision, parents need to educate their

children about the dangers of alcohol and its negative effects. This can be done through open discussions, setting a good example, and creating an environment that supports healthy and positive behaviour. Parental supervision is not only a means of control, but also a tool to support and guide children out of alcohol addiction. Supervision accompanied by love, good communication, and consistent emotional support can provide a strong foundation for the child to emerge from addiction and build a better life (Ahmad & Gimnastiar, 2022).

Conclusion

Excessive alcohol consumption is often an individual's response to various psychological and emotional problems such as loneliness, depression, stress and social anxiety. Factors such as easy access to alcohol, lack of parental and neighborhood supervision, and a sense of solidarity and friendship bonds contribute to the tendency of individuals to consume alcohol. When parents learn that their child is addicted to alcohol, they usually respond with preventive and coercive measures. These measures include limiting the child's socialization, forcing the child to stay at home for a certain period of time, increasing the frequency of religious activities, and tightening supervision. Parents also create a cozy space through activities such as shared meals and deep conversations.

The significance of parental supervision for students with alcohol addiction is that parental support is a major factor in helping children break free from addiction (Aviv et al., 2023). A cozy and harmonious atmosphere, such as eating together and good communication between family members, is very important. Parents need to control their emotions and spend time with their teenagers, creating a supportive and stable environment for the child's recovery. Overall, an approach that combines strict control with emotional support, good communication and positive activities can provide a strong foundation for the child to overcome alcohol addiction and rebuild a healthy and balanced life.

Suggestion

There needs to be counseling from the local police so that adolescents have knowledge about the dangers of alcoholic beverages and also from the school to provide socialization to parents and students about the dangers of alcohol and also positive influence of adolescents is needed to build awareness of the dangers of alcohol among adolescents. Therefore, there needs to be positive activities for teenagers such as futsal badminton sports activities, badminton and also other sports, so that in a healthy body there is a strong soul. Then strict action is needed against unscrupulous traders who still sell

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liquor, for example revoking the license to sell. Because if all parties do not cooperate, then things that are done whether it is from the police or schools will be in vain so that the percentage of teenagers consuming alcohol will increase every year.

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