

Peer Conformity Towards Adolescents Alcohol Consumption Behaviour in Jayapura City

Konformitas Teman Sebaya terhadap Perilaku Konsumsi Alkohol Remaja di Kota Jayapura

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ABSTRACT

Adolescent alcohol consumption is an important and complex issue as it not only impacts health but also fuels risky sex, violence, and drug use. The purpose of this study was to determine the relationship between knowledge and peer conformity on alcohol consumption behavior among adolescents in Jayapura City. This type of research uses quantitative methods with a Cross-Sectional Study design. The total population was 2552 male students in 5 junior high schools and five high schools in Jayapura City, and the sample calculation obtained 343 respondents. The sampling technique used proportional stratified random sampling and primary data collection using a questionnaire. Statistical analysis using the Spearman Correlation Test. The results of the analysis were obtained from 343 adolescents; most respondents had knowledge in the good category, namely 200 respondents (58.3%), and as many as 273 respondents (79.6%) in the category of peer conformity, the majority of which were in the moderate category. The correlation test results of the relationship between knowledge factors and alcohol-drinking behavior in adolescents obtained a p-value of 0.032 with a value of $r = 0.116$. So, it means that there is a relationship between knowledge and adolescent drinking behavior, but the strength of the relationship is very weak, with a negative correlation. As for the peer conformity variable, the p-value is 0.227, meaning that there is no significant relationship between peer conformity and adolescent drinking behavior. Health agencies are advised to strengthen the PIK-R program in schools to prevent adolescent alcohol consumption.

Keywords: Alcohol, drinking, adolescents, knowledge, peer conformity

ABSTRAK

Konsumsi alkohol pada remaja adalah isu yang penting dan kompleks karena tidak hanya berdampak pada kesehatan, tetapi juga memicu hubungan seks berisiko, kekerasan, dan penggunaan narkoba. Tujuan penelitian ini untuk mengetahui hubungan antara pengetahuan dan konformitas teman sebaya terhadap perilaku konsumsi alkohol pada remaja di Kota Jayapura. Jenis penelitian ini menggunakan metode kuantitatif, dengan desain *Cross-Sectional Study*. Total populasi 2552 pelajar laki-laki di 5 SMP dan 5 SMA di Kota Jayapura dan perhitungan sampel diperoleh 343 responden. Teknik penarikan sampel menggunakan *proportional stratified random sampling* dan pengumpulan data primer menggunakan kuesioner. Analisis statistik menggunakan Uji Korelasi Spermman. Hasil analisis diperoleh dari 343 remaja, sebagian besar responden memiliki pengetahuan dengan kategori baik yaitu 200 responden (58,3%), dan sebanyak 273 responden (79,6%) pada kategori konformitas sebaya mayoritas kategori sedang. Hasil uji korelasi hubungan faktor pengetahuan terhadap perilaku minum alkohol pada remaja diperoleh *p-value* 0,032 dengan nilai $r = -0,116$. Sehingga diartikan terdapat hubungan antara pengetahuan dengan perilaku minum alkohol remaja, tetapi dengan kekuatan hubungan sangat lemah dengan korelasi negatif. Sedangkan untuk variabel konformitas teman sebaya hasil *p-value* 0,227, artinya tidak terdapat hubungan signifikan antara konformitas teman sebaya dengan perilaku minum alkohol remaja. Instansi kesehatan disarankan memperkuat program PIK-R di sekolah untuk mencegah konsumsi alkohol pada remaja.

Kata kunci: Alkohol, minuman keras, remaja, pengetahuan, konformitas sebaya

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INTRODUCTION

Adolescence is the transition period between childhood and adulthood, generally ranging from 10 to 19 years of age. Adolescence is an important period characterized by significant physical, psychological, emotional, and social changes. Some cases that are often encountered in adolescence are deviant behaviors such as drug abuse, smoking, alcohol consumption, and premarital sexual behavior. Excessive alcohol consumption behavior is also one of the risk factors for the incidence of non-communicable diseases such as high blood pressure, obesity, heart disease, and cancer.^{1,2}

Globally, according to the World Health Organization (WHO), alcohol consumption accounts for 5.3% of deaths, and this behavior can lead to early deaths, with 13.5% of deaths in 20-39-year-olds due to alcohol consumption.^{3,4} Meanwhile, in Indonesia, the results of the 2017 Indonesian Demographic and Health Survey (IDHS) showed that the percentage of adolescents who consume alcoholic beverages reached 37%.^{5,6} Basic Health Research (Riskesdas) data in 2018 showed that 3.7% of adolescents aged 15-19 years consumed alcohol.⁷

This alcohol consumption behavior can then have health impacts ranging from nerve damage, liver cirrhosis, and heart problems to social impacts such as due to deviant behavior.^{2,8} Data from the 2017 IDHS shows that adolescents who consume alcohol have a 10.8 times risk of using drugs and 8.05 times risk of having premarital sex.⁵

Some of the factors that trigger alcohol consumption in adolescence range from internal factors such as lack of knowledge to external

factors from poor social environment.^{9,10} On the psychological aspect, adolescents often experience unstable emotions and tend to search for self-identity. In this process, adolescents often feel more comfortable sharing their problems with their peers. The term conformity refers to a person's behavior or attitude changing to fit the norms, standards, or expectations of a particular social group. Adolescents spend a lot of time with their peers, so the process of conformity can have a negative effect if adolescents are in a negative environment.^{11,12}

Jayapura City, the capital of Papua Province, is known as a major supplier of alcoholic beverages. Alcohol consumption in this area has become part of the local culture, leading to significant social problems such as violence, rape, traffic accidents, and homicides. Alcohol consumption in Jayapura City is of particular concern, especially when it comes to adolescents. The adolescent population in Papua is reported to be 1.37 million, 32% of the total population. If associated with the results of Riskesdas in 2018, where it was reported that the proportion of alcohol drinkers aged >10 years in Papua reached 5%, it can be concluded that alcohol has made 68,000-70,000 adolescents addicted.^{7,13}

Alcohol consumption behavior among adolescents in Jayapura City is very worrying because it is sold freely, even in small shops or kiosks on the side of the road. This makes it easy for teenagers to buy and consume it with others on the roadside, in tourist attractions such as beaches and entertainment venues, and even teenagers do not hesitate to drink alcohol at home and in student dormitories.^{14,15}

Based on the background of the problems described, researchers are interested in analyzing



the relationship between knowledge and peer conformity on alcohol consumption behavior among adolescents in Jayapura City.

MATERIALS AND METHODS

The type of research used is quantitative research with a Cross-Sectional Study design approach. The research location was located in junior high schools and senior high schools spread across five sub-districts in Jayapura City, namely Abepura District, Heram District, South Jayapura District, North Jayapura District, and Muaratami District. The study was conducted for six months, from May to October 2024.

The study population was all active male students in 5 junior high schools and five senior high schools, totaling 2552 people. The data was obtained from the Basic Education Data of the Directorate General of Early Childhood Education, Basic Education and Secondary Education of the Ministry of Education, Culture, Research, and Technology in 2024.¹⁶ The number of samples obtained using the Lemeshow formula was 331 minimum respondents. The sample was drawn using a proportional stratified random sampling technique.

Primary data collection was carried out by filling out questionnaires independently by respondents. The research variables were knowledge about alcohol, peer conformity, and alcohol consumption behavior in adolescents. The cut-off point used for variable categorization is the average value or mean value. The data processing and analysis were conducted univariately and bivariately with correlation tests.

RESULTS

This study was conducted in 5 junior high schools and five senior high schools distributed in each sub-district in Jayapura City. The total number of respondents obtained in this study was 343 respondents. The following is the distribution of respondents based on characteristics:

Table 1. Distribution of Respondents Based on Characteristics

Characteristics	n	%
Age		
11 years old	4	1,2
12 years old	16	4,7
13 years old	30	8,7
14 years	54	15,7
15 years old	64	18,6
16 years old	62	18,0
17 years old	90	26,2
18 years old	21	6,1
19 years old	2	0,6
Religion		
Islam	154	44,9
Protestant	151	44,0
Catholic	36	10,5
Buddhism	2	0,6
Total	343	100

Source: Primary data, 2024

Based on Table 1, the highest number of respondents at the age of 17 years is 90 people (26.2%), and the lowest age is 19 years, which is only two people (0.6%). As for religion, the highest number of respondents were Muslim and Protestant, with 154 respondents (44.9%) and 151 respondents (44.0%), respectively.

Based on the knowledge category, Table 2 shows that the highest number of respondents in the good knowledge category is 200 respondents (58.3%), and the lowest in the poor category is 39 respondents (11.4%). The majority of junior and senior high school adolescent respondents were in



the moderate peer conformity category, with 273 respondents (79.6%). As for alcohol consumption behavior, most of the respondents were in the low alcohol drinking behavior category, with 227 respondents (66.2%). At the same time, the high category is only 15 respondents (4.4%).

Table 2. Distribution of Respondents Based on Research Variables

Variable	n	%
Knowledge		
Less	39	11,4
Sufficient	104	30,3
Good	200	58,3
Peer Conformity		
Low	33	9,6
Medium	273	79,6
High	37	10,8
Alcohol Drinking Behaviour		
Low	227	66,2
Medium	101	29,4
High	15	4,4
Total	343	100

Source: Primary data, 2024

Table 3. Spearman Correlation Test Results

Variable	Coefficient	Sig.
Knowledge	-0,116	0,032*
Peer Conformity	0,065	0,227

Source: Primary data, 2024

The results of the correlation test, as shown in Table 3, indicate that the peer conformity variable is not associated with alcohol drinking behavior among junior and senior high school adolescents in Jayapura City, with a p -value of $0.227 < 0.05$. As for the knowledge variable, the p -value is $0.032 < 0.05$, so it can be concluded that there is a significant relationship with adolescent drinking behavior. The coefficient value $r = -0.116$ with the strength of the relationship is very weak

with a negative direction. This means that an increase in negative knowledge decreases negative behavior.

DISCUSSION

This study found that the majority of respondents had good knowledge, moderate peer conformity, and low drinking behavior. The results of bivariate tests for the first variable, knowledge, were found to have a correlation with the drinking behavior of junior and senior high school adolescents in Jayapura City but with a weak strength of relationship towards alcohol drinking behavior. Another study in Kupang with a sample of high school adolescents also found similar results; out of 172 adolescents, the causal factor of alcohol consumption behavior was found to be a lack of knowledge.¹⁰

In this study, adolescents already had a good understanding of alcohol and its impact on health. As shown in Table 2, the majority of respondents knew the definition of alcohol, understood the cancer-causing effects of alcohol consumption, and knew the symptoms of alcohol addiction and the oplosan liquor that increases alcohol levels.

The negative correlation indicates that increased knowledge about alcohol can play a role in preventing alcohol consumption behavior. That is, the higher the knowledge about the risks and negative consequences of alcohol, the less likely they are to engage in drinking behavior. Based on the data presented, it can be concluded that adolescents understand the dangers and impacts of alcohol. Good knowledge will encourage good behavior. In this study, the highest percentage of adolescents was in the good knowledge category, while for alcohol consumption behavior, the



majority was in the low category. It can be concluded that due to good knowledge, junior and senior high school adolescents in Jayapura City avoid alcohol consumption behavior. This can be a recommendation to strengthen education programs related to the dangers of alcohol among adolescents or the general public.

In the peer conformity variable, in Theory, the higher the conformity, the more likely an adolescent is to follow the behavior or norms that apply in his group, including negative behavior.¹⁷ In this study, the measurement of conformity is adjusted to 3 aspects, namely obedience, agreement, and cohesiveness. These three aspects will produce peer conformity. The obedience aspect in question is a condition where a person tries to obey the rules in the group. The agreement aspect is an aspect that emphasizes trust in others, one of which is listening to group opinions, while the cohesiveness aspect looks at adjusting to the group.^{18,19}

The correlation test found that peer conformity is not associated with alcohol-drinking behavior among junior and senior high school adolescents in Jayapura City. Although peer conformity is often considered a major factor influencing adolescent behavior, including drinking behavior, it is not the sole factor influencing adolescent drinking behavior. The results of this study are similar to studies in Grobogan, Central Java, and Tigajuru Village, Jepara Regency, which found that high peer conformity was not the cause of adolescent drinking behavior.^{12,18}

The results of this study show that peer conformity is in the moderate category, meaning that a negative environment does not easily influence junior and senior high school

adolescents. In several components of the conformity assessment in the questionnaire, the respondents of this study are firm in their respective stances so that their peers do not easily influence them. This can be seen from the results of the distribution of questions regarding peer conformity, especially in the aspect of obedience; respondents showed a tendency to reject friends' invitations that were not to their principles or values (Table 4).

Peer conformity arises because of the urge of an adolescent to want to be accepted by his peer group. Acceptance in the group sometimes causes pressure on adolescents to follow and conform to the group. This conformity can have a positive and negative influence depending on the group to which the teenager is heading. The importance of factors such as strengthening moral values from family, education, and self-awareness can play a role in shaping resistance to negative peer influences. Thus, although peer group conformity can encourage negative behavior, not all adolescents will be easily influenced if they have strong principles.

CONCLUSIONS AND SUGGESTIONS

This study concludes that peer conformity among junior and senior high school students in Jayapura City is mostly in the moderate conformity category, knowledge is mostly in the good category, and alcohol consumption behavior is mostly in the mild category. Correlation test results found a relationship between knowledge and adolescent alcohol drinking behavior but with a very weak relationship strength with a negative correlation. Meanwhile, the peer conformity variable was found to be unrelated to adolescent



drinking behavior.

It is recommended for future researchers to be able to examine similar topics with different methods, such as qualitative methods or *mixed methods*, to be able to explore the motives or causes of adolescents when consuming alcohol. It is recommended that relevant health agencies optimize the PIK-Remaja program in schools to prevent alcohol consumption behavior.

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CONFLICT OF INTEREST

The authors declare that there is no conflict of interest regarding the publication of this article.

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