



## THE INFLUENCE OF PEER RELATIONSHIPS ON SMOKING BEHAVIOR & DRUG ABUSE IN ADOLESCENTS

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### Abstract

Basically, teenage behavior is a time when they are looking for their identity and want the freedom to do things they like and want. Smoking behavior and drug abuse are still problems in the current era of globalization. The influence of peer relationships is the main factor in influencing a teenager's attitudes and behavior towards using cigarettes and drugs. The aim of this research is to determine the influence of peer relationships on smoking behavior and drug abuse in adolescents. This research method is a literature review, which involves collecting data by understanding and studying theories from various literature that is relevant to the research. The results of the research stated that based on the 3 factors identified, namely, invitations or persuasion from friends had a higher percentage compared to the behavior of wanting to try and stress due to the burden of studying/learning work/work. The conclusion of this research is that the influence of peer relationships is the main factor in influencing teenagers' attitudes and behavior regarding cigarette and drug use.

**Keywords:** Drug Abuse, Peers, Smoking Behavior, Teenager

### Introduction

Basically, teenage behavior is a time when they are looking for their identity and want the freedom to do things they like and want. Adolescence is also identified with experiencing various kinds of development, accompanied by a change from preschool to adulthood. Changes in biological, psychological and social aspects are things that accompany the development from adolescence to adulthood (Riadinata, 2018).

Smoking behavior is a behavior that is still a problem in the current era of globalization and the impact of smoking can cause various health problems for a smoker. Even though people, especially teenagers, already know the dangerous effects of smoking, it is still difficult for them to stop this habit. Data from WHO reveals that the age of 15 years and over is the age of smokers in the world based on a global population of 1.3 billion (Kristiani & Ricky., 2023).

Drug abuse is a problem that can have dangerous impacts such as physical, emotional, mental and spiritual damage to the nation's generations and is still a serious problem in the country that cannot be resolved and has an impact on drug users that have spread far and beyond aspects of age, social strata and gender. Sex (Djafar et al., 2021).

The 2018 World Drugs Reports published by the United Nations Office on Drugs and Crime (UNODC), revealed that 275 million people aged 15-64 years are drug users. And there are 3.5 million drug users in Indonesia, there are 2 million drug users among students and 1.5 million workers (Hasan et al., 2021).

Environmental conditions with a majority of smokers have a big impact on smoking habits in teenagers. This habit seems to have been passed down from generation to generation and coupled with

a lack of understanding so that they do not know the dangerous impact of smoking on health. Smoking behavior can create pleasure in itself, resulting in a feeling of dependence, coupled with the emergence of a high sense of self-confidence, making students reluctant to stop their smoking habit (Kristiani & Ricky., 2023).

This is the same as research conducted by Novariana et al (2022) on State Middle School Students in Way Kanan Regency. Results were obtained from 47 respondents who had influence from peers, as many as 29 students (61.7%) smoked. Meanwhile, of the 15 respondents who had no influence from peers, 3 students (20.0%) smoked.

Likewise with drug abuse, it comes from the bad influence of the social environment, especially peers who provide influence and pressure to use drugs as well as a less than harmonious relationship between teenagers and their families. Behaviors such as using drugs, smoking, and stealing originate from the strong influence of negative peers (Hasan et al., 2021).

The results of research from Hasan et al (2021) in the Batu city rehabilitation center, showed that of the 30 respondents who used drugs, there were 17 respondents (56.7%) who used drugs because of the influence of their peers while there were 13 respondents (43.3%) using drugs but not from the influence of peers, but rather from the influence of oneself.

The purpose of this research is to determine the influence of peer relationships on smoking behavior and drug abuse in adolescents.

## Method

The method used in this article is literature review, which involves collecting data by understanding and studying the theories of various literature relevant to this research. Data collected through search and construction from various sources such as books, journals, and previous research. Library materials obtained from the various references are analyzed critically and in depth to support propositions and ideas proposed.

## Result

**Table 1. Reasons for drug abuse by gender and region of residence (%)**

Causes of Drug Abuse	Urban	Rural	Men	Women	Total
Invite a friend	89,3	68	84,5	63,6	83,6
Want to try	87,9	61,6	81,6	65,9	80,9
Study/work/work stress	22,8	13,4	20,9	7,4	20,3

Based on figure 1, it is known that the percentage due to the invitation / persuasion of friends about 89.3% occurred in urban areas, 68.0% occurred in rural areas, 84.5% of the gender of male users, 63.6% of the gender of female users, so that the total number of total invitation/persuasion of friends 83.6%. Meanwhile, according to the percentage of wanting to experiment, about 87.9% occurred in urban areas, 61.6% occurred in rural areas, 81.6% of male users, 65.9% of female users, so that the total number of total wanting to experiment was 80.9%. Furthermore, according to the percentage of stress due to study load/study work / work obtained 22.8% occurred in urban areas,

13.4% occurred in rural areas, 20.9% of the gender of male users, 7.4% of the female gender, so that the total amount of total stress due to study load/ study work/work 20.3%. (Irianto et al., 2021).

**Table 2. Prevalence of Smoking Behavior in Adolescents in the School Environment**

Variabel	Frekuensi	%
Have ever tried smoking		
Ever	125	32,6
Never	259	67,4
A smoker's old friend		
Ever	223	58,1
Never	161	41,9

Based on figure 2, it is known that the prevalence of students who have smoked is 32.6 %. Meanwhile, according to the distribution of respondents, most (58.1%) respondents have peers who smoke for 223 people, whereas, a smaller percentage ( 41.9 %) do not have peers. In addition, most of the surrounding community (98.2%) or 377 people ever responded to cigarette advertising, then, with a sample of 7 people (1.8 % ) who I have never seen a cigarette advertisement. (Lubis & Hill, 2019).

## Discussion

Adolescents, due to their innate inclination towards exploration, curiosity, susceptibility to peer pressure, rebellion against authority, and low self-esteem, find themselves at a crossroads where they are highly susceptible to addiction, leading them to engage in drug experimentation.

An in-depth examination of the data gleaned from this study illuminates the intricate web of factors influencing drug consumption patterns among adolescents. The findings underscore a predominant trend where a considerable proportion of adolescents who partake in drug consumption do so under the influence of peer invitations. This influence is starkly pronounced, with 89.3% of instances occurring in urban locales and 68.0% in rural settings. Moreover, a notable gender disparity emerges, with males exhibiting a significantly higher propensity towards drug dependence, accounting for 84.5% compared to females at 63.6%. Consequently, the proportion of drug dependence attributed to peer invitations stands at a staggering 83.6%. Additionally, adolescents residing in urban areas and males display a heightened inclination towards experimentation, with percentages soaring at 87.9% and 81.6%, respectively, surpassing their rural and female counterparts. The overall percentage of adolescents expressing a proclivity towards drug experimentation culminates at 80.9%. Furthermore, stress stemming from academic or occupational pressures exerts a palpable influence on drug consumption among adolescents, with incidence rates recorded at 22.8% in urban centers, 13.4% in rural areas, and 20.9% among males juxtaposed with 7.4% among females, culminating in a cumulative percentage of 20.3%.

From these discernments, it becomes unmistakably clear that peer solicitation factors wield the most pronounced impact in shaping the trajectory towards drug dependence in adolescents, commanding a formidable 83.6%. This is closely trailed by the desire to experiment at 80.9%, and stress attributable to study and work at 20.3%.

Parallel trends are discernible in smoking dependence among adolescents, as delineated in Figure 2, where 32.6% of students have experimented with smoking, with 58.1% swayed by peers who indulge in the habit. Moreover, a staggering 98.2% of students who have smoked were exposed to cigarette advertisements.

A salient differentiation emerges between students driven by curiosity, those influenced by peer behavior, and those directly exposed to cigarette advertising. Evidently, a substantial cohort of

students who smoke have been directly exposed to cigarette advertisements, tallying up to 377 individuals.

These findings not only underscore the multifaceted nature of substance abuse among adolescents but also underscore its nuanced interplay with social, psychological, and environmental determinants. Peer influence, gender dynamics, and exposure to external stimuli such as advertisements collectively contribute to the labyrinthine landscape of adolescent drug and tobacco dependence.

To address these challenges comprehensively, communities and policymakers must devise evidence-based strategies aimed at preventing and mitigating substance abuse among adolescents. This entails targeted interventions to counter peer pressure, educational initiatives elucidating the perils associated with experimentation, and endeavors to ameliorate stressors while fostering healthy coping mechanisms. Additionally, regulatory frameworks designed to curtail adolescents' exposure to pernicious influences, including cigarette advertising, assume paramount importance in combating tobacco dependence among youth.

Furthermore, sustained research endeavors are imperative to deepen our comprehension of the underlying mechanisms propelling adolescent substance abuse and to guide the formulation of efficacious prevention and intervention strategies. Through concerted, holistic endeavors, we can endeavor to foster a milieu that fosters the health and well-being of our youth.

In conclusion, the intricate interplay of social, psychological, and environmental factors significantly influences the susceptibility of adolescents to substance abuse. By addressing these multifaceted influences through evidence-based interventions and regulatory measures, we can strive towards creating a safer and healthier environment for our youth.

### **Relationship Of Smoking Behavior With Drug Abuse In Adolescent Boys In Indonesia.**

Research conducted by Dalimunthe (2019) underscores a significant correlation between smoking and drug abuse among university students in Indonesia (UPMI) with a statistically significant p-value of 0.0001. This correlation mirrors findings from other studies, such as a study in Finland, where 83% of 17-year-olds who initiated smoking showed a substantial correlation with subsequent drug abuse. This correlation is often explained by the "Gateway Theory," which suggests that smoking can serve as a gateway to experimenting with drugs like marijuana, primarily due to the introduction of psychoactive substances and chemicals into the body through smoking.

The Gateway Theory posits that early exposure to nicotine and other substances found in cigarettes may alter brain chemistry and increase the likelihood of experimenting with more potent drugs later on. Essentially, smoking acts as a precursor to drug use, potentially leading individuals down a path of escalating substance abuse.

Moreover, the study by Miech et al. (2021) provides further insights into this correlation. Their research indicates a significant decrease in drug abuse among adolescents who refrain from smoking, suggesting a protective effect against drug abuse for non-smokers. This implies that individuals who do not smoke are less likely to engage in drug abuse compared to those who smoke.

The findings from these studies highlight the critical importance of addressing smoking behaviors among adolescents and young adults as a means of preventing or reducing drug abuse. Interventions aimed at curbing smoking initiation, such as tobacco control policies, educational campaigns, and smoking cessation programs, may also serve to mitigate the risk of subsequent drug abuse.

Additionally, these findings underscore the interconnected nature of substance use behaviors and the need for comprehensive approaches to prevention and intervention. Rather than viewing smoking and drug abuse as isolated issues, addressing them within a broader context of substance use prevention can yield more effective outcomes.

Furthermore, understanding the socio-cultural factors that influence smoking and drug use behaviors is crucial for tailoring interventions to specific populations. Factors such as peer influence, family dynamics, socioeconomic status, and access to resources all play significant roles in shaping substance use behaviors among adolescents and young adults.

## Conclusion

The conclusion of this research journal is that the influence of peer relationships is a major factor in influencing the attitudes and behaviors of adolescents related to cigarette and drug use. The surrounding environment of both urban and rural areas consisting mostly of smokers and drug users can have a major impact on the habit smoking and fueling drugs in adolescents. In addition, the sense of wanting to try that arises from within yourself is also the main factor that the teenager instigated the invitation of his friends. Therefore, the results showed that the prevalence of students who try to smoke and have peers who smoke is quite significant. Not only smoking behavior, drug abuse behavior is also quite high incidence among adolescents.

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