

The Effectiveness of Interpersonal Communication between Parents and Children in Preventing Adolescent Drug Use



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ABSTRACT: The purpose of this study is to determine whether better communication between parents and their teens may prevent the use of narcotics and other illegal drugs because teenagers do not have a defined place; they are no longer classified as children, but they are not yet socially acceptable. To enter the adult category, you must first fill out the form. Teenagers are a transitional stage between children and adults. Adolescence is commonly referred to as the "finding identity" or "hurricane and storm" phase. Teenagers are still unable to master and perform optimally in both physical and psychological capacities. The teenage phase is a critical growth stage in terms of cognitive, emotional, and physical development.

Because there is just one variable in this research, the research methodology used is a quantitative descriptive method. Everyone involved in the research process will benefit from the research design.

This survey was conducted on communication studies program students from all majors in the class of 2022. Quantitative approaches use concise data (condenser data) to see the broader picture. From all dimensions of interpersonal communication between parents and children known as openness, empathy, supporting attitude, positive attitude, and equality, it is known that respondents agree that effective communication between parents and children can reduce the use of drugs or illicit drugs.

KEYWORDS: Effectiveness, Interpersonal Communication, Drugs, Parents, Adolescents

INTRODUCTION

Almost every day, the media reports on drug trafficking and abuse among teenagers and students. Adolescent drug usage arises because they lack or do not understand the hazards of consuming drugs, making them easily caught and targeted by irresponsible parties (dealers). There are still many families, particularly parents, who do not know or grasp drug-related issues, making it impossible for them to deliver clear information or education to their children about the risks of drugs. In addition, there is a dearth of public education and counseling on the dangers of drug usage.

Narcotics (Drugs/Dangerous Substances), also known as NAPZA (Narcotics, Psychotropics, and other Addictive Substances), are drug substances or non-food substances that, when taken, smoked, inhaled, swallowed, or injected, affect the brain's work. Moreover, if entered into the human body will affect the body, particularly the brain (central nervous system) causing physical health problems, and psychological and social functioning depending on the type of medicine. In addition, it can produce changes in mood, thinking, and behavior. (Martono dan Joewana, 2008)

Given recent advancements in the trafficking and abuse of narcotics and psychiatric medications, it has reached a highly concerning level, making it an issue that all of us must work together to overcome. Because drug users include not only adults and students but also high school and elementary school students. This is supported by data from the Drug Addiction Hospital (RSKO) in Jakarta, which shows that many of the patients, who are mainly between the ages of 15 and 24, are still enrolled in junior high, high school, and even tertiary schools. The drug trafficking mafia has identified the younger generation as a strategic target. As a result, the younger generation is extremely prone to this issue.

Teenagers are a strategic target for businesspeople and drug dealers in the distribution of these illegal items since they are a group that is vulnerable to drug usage because, aside from being lively and energetic, they always want to try. They are also easily seduced and give up, making them vulnerable to drug addiction.

According to Papalia and Olds (2001), Adolescence is a developmental transition period between childhood and adulthood that typically begins around the ages of 12 or 13 and concludes in the late teens or early twenties. Otherwise, adolescent narcotic and psychotropic drug addiction is a major and very disturbing problem, because drug abuse can harm teenagers' future.

Adams and Gullota define adolescence as the period between the ages of 11 and 20. Meanwhile, Hurlock (1990) categorizes adolescence as early (13 to 16 or 17 years) and late (16 or 17 years to 18 years). Meanwhile, according to Papalia and Olds (2001), adolescence is a transitional period between childhood and maturity. Meanwhile, Anna Freud (in Hurlock, 1990)

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contends that there is a developmental process during adolescence that includes changes connected to psychosexual development as well as changes in connections with parents and their ideals, where the construction of ideals is a process of establishing orientation. In the future, Beyth-Marom et al. (1993) it is shown that both teenagers and adults had the same ability to engage with and refrain from engaging in self-destructive dangerous conduct.

EFFECTIVENESS OF INTERPERSONAL COMMUNICATION

According to Widjaja (2010), the word effect is the outcome of communication, both a person's attitude and behavior whether it is what we desire or not. Kriyantono (2008) defines communication effects as cognitive, emotional, and conative. These consequences are as follows:

1. Cognitive: related to or involving cognition, based on empirical factual knowledge. When the audience's knowledge, understanding, or perception changes, cognitive impacts occur.
2. Affective: influence the state of feelings and emotions. In terms of feelings.
3. conative: The nature of one's mental life in connection to struggle, including desire and volition.

According to Siagian (2001), "Effectiveness is the use of resources, facilities, and infrastructure in a certain amount that is consciously determined beforehand to produce several of goods or services for the activities it carries out." Effectiveness indicates whether or not the aims established have been met. If the results are approaching the aim, it indicates that the effectiveness is increasing.

Effectiveness is defined as correctly achieving goals or selecting the right goals from a variety of alternatives or choices of approaches and determining selections from several other options. Effectiveness can also be described as the achievement of set goals (Kriyantono, 2008). The amount of achievement of a goal is shown by effectiveness; a company is deemed to be effective if the effort is achieved and on target (Morissan, 2008).

INTERPERSONAL COMMUNICATION

Interpersonal communication is defined as communication that occurs in a face-to-face context between two or more persons, both organized and in a crowd (Wiryanto, 2004). Meanwhile, Interpersonal Communication refers to two-way, verbal, and nonverbal interaction between people. Sharing knowledge and feelings between people or in small groups (Febrina, 2008).

Devito (1989) defines interpersonal communication as "the delivery of messages by one person and the reception of messages by other people or a small group of people, with varying impacts and opportunities for immediate feedback" (Effendi, 2003). Interpersonal communication is communication between people face to face, which allows each participant to immediately catch the reactions of others, either audibly or nonverbally. This interpersonal relationship involves only two persons, such as a husband and wife, two colleagues, two close friends, a teacher and a pupil, and so forth (Mulyana, 2000).

According to Effendi, interpersonal communication is communication between communicators and communicants; this type of communication is considered the most effective in efforts to change one's attitude, opinion, or behavior due to its dialogical nature in the form of conversation. The communicator receives immediate feedback on the communicant's response. When communication is launched, the communicator knows for certain if the communication is positive or negative, successful or unsuccessful. If he can create opportunities for communicants to ask as many questions as possible (Sunarto, 2003).

Interpersonal communication can perform instrumental functions as a tool to influence or persuade others. This is because we can use our five senses to increase the persuasion of the messages we transmit to our communicants. In other words, interpersonal communication as the most complete and ideal kind of communication is essential at all times as long as humans have emotions; face-to-face communication, as opposed to communication through media such as newspapers, television, or even the most advanced technology, makes humans feel more comfortable with one another.

Interpersonal communication is considered effective when the communication meeting is enjoyable for the communicant. The efficiency of interpersonal communication (Interpersonal) starts with five general elements to consider, there are; specifically, openness, empathy, supportiveness, positivity, and equality (Devido, 1997).

Openness

At least three components of interpersonal communication are referred to by the trait of openness. First and foremost, effective interpersonal communicators must be open to the individuals they communicate with. This is not to say that you should immediately reveal your entire résumé. While this can be entertaining, it rarely improves communication. Instead, there must be a willingness to open up and expose normally hidden knowledge, as long as this self-disclosure is suitable. The second part of openness refers to the communicator's willingness to respond honestly to received inputs. People who are silent, uncritical, and resistant to questions are often uninteresting discussion participants. The third factor is "ownership" of feelings and beliefs (Bochner and Kelly, 1974).

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Empathy

Empathy is defined by Henry Backrack (1976) as "a person's ability to 'know' what another person is experiencing at a given moment, from that other person's point of view, through that other person's point of view." Sympathy, on the other hand, is feeling sad for or forgiving someone else. Meanwhile, empathizing means feeling something similar to the person who experienced it, being in the same boat, and experiencing the same emotions.

Empathic persons are able to comprehend others' motivations and experiences, their feelings and attitudes, and their future hopes and desires. We can express empathy both verbally and nonverbally. We can exhibit empathy nonverbally by demonstrating (1) active involvement with that person by suitable facial expressions and gestures; (2) focused attentiveness, including eye contact, attentive posture, and physical closeness; and (3) acceptable touching or loving.

Supportiveness

Effective interpersonal connections are characterized by an empathetic mindset. A notion based on the work of Jack Gibb. An unsupportive setting does not allow for open and compassionate dialogue. We demonstrate our support by being (1) descriptive rather than evaluative, (2) spontaneous rather than strategic, and (3) provisional rather than definitive.

Positiveness

In interpersonal communication, we transmit a positive attitude in at least two ways: (1) exhibiting a positive attitude and (2) positively encouraging the people we engage with. At least two components of interpersonal communication are referred to as a good attitude.

Equality

There may be some disparity in any scenario. Regardless of inequality, interpersonal communication will be more effective if the environment is equal. That is, there must be an implicit recognition that all parties are equally useful and valuable and that each party has something significant to contribute.

Parents

According to A. H. Hasanuddin (1984), "Parents are mothers and fathers who are known first by their sons and daughters." According to H.M. Arifin (1987, p.74), "Parents become the head of the family." Because children obtain their initial education from their parents, parents are the primary and first educators of their children. Thus, the family is the initial source of education.

In general, education in the home stems not from awareness and understanding born of educational information, but from the environment and structure naturally providing natural chances for developing an educational setting. This educational setting is realized through parent-child association and a reciprocal influence relationship (2012).

Parents frequently pay attention to their children by engaging in discourse and attempting to comprehend their difficulties. Children begin to think logically and critically, and they like comparing what they observe at home and outside the family. It is intended that parents will be able to provide explanations and understanding that correspond to the level of their child's thinking patterns.

Adolescent

DeBrun (in Rice, 1990) defines youth as the phase of development between childhood and adulthood. Papalia and Olds (2001) give an implicit understanding of youth (adolescent) through the concept of adolescence (adolescence). This viewpoint is reinforced by Piaget (in Hurlock, 1991), who states that psychologically, youth is an age when individuals get integrated into adult society, an age when youngsters do not feel inferior to older people, but rather the same, or at least similar.

According to Papalia and Olds (2001), adolescence is a transitional period between childhood and maturity. Meanwhile, Freud (in Hurlock, 1990) contends that there is a developmental process during adolescence that includes changes connected to psychosexual development as well as changes in connections with parents and their ideals, where the construction of ideals is a process of developing a future orientation. front. Beyth-Marom et al. (1993) demonstrated that both adolescents and adults have the same ability to engage in or refrain from engaging in self-destructive risk behavior.

RESEARCH METHODS

The quantitative technique was applied in this study, with research data in the form of numbers and statistics being used for analysis. The method employed is an experimental research method, in which the influence of certain treatments on others is investigated under controlled conditions (Sugiyono, 2012).

The research results were evaluated using univariate analysis because it only includes one variable, specifically, a data analysis approach on one variable independently, each variable is analyzed without being related to other factors. Univariate analysis is also known as descriptive analysis or descriptive statistics.

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Descriptive research seeks to describe the facts and characteristics of a population or a specific field in a systematic and precise manner (Azwar, 2012). A survey was employed as the research method, with research questionnaires distributed to UNAS students as research respondents. The author statistically (numbers) describes the trends in the responses of the respondents by providing the category Strongly Agree with a value of 4, Agree with a value of 3, Disagree with a value of 2, and Strongly Disagree with a value of 1.

RESEARCH RESULTS

Characteristics of Respondents

The subjects of this study were students from the National University's communication science study program, with majors in public relations, journalism, and advertising. The following Tables illustrate the research findings on respondent characteristics:

Table 1. MajorN-84

No	Konsentrasi	Total	Percentage
1	Journalism	41	49%
2	PR	33	39%
3	Advertising	10	12%
	Total	84	100%

According to Table 1, 49% or 41 of the respondents who filled out the questionnaire were Journalism students, 41 respondents for students who filled out the questionnaire, 39% or 33 respondents were PR students, and the remaining 12% or 10 respondents were Advertising students. As a result, the respondents who completed the most questionnaires were journalism students.

Table 2. GenderN-84

No	gender	Total	Percentage
1	Male	54	64%
2	Female	30	36%
	Total	84	100%

Table 2 illustrates the gender breakdown. The majority (64%) or 54 respondents were male, while the remaining 30% (as many as 30 respondents) were female, implying that the majority (64%) of respondents who completed the research questionnaire were male.

Table 3. Ages N-84

No	Ages	Total	Percentage
1	18 years old	16	19%
2	19 years old	26	31%
3	20 years old	14	17%
4	21 years old	7	8%
5	22 years old	4	5%
6	23 years and over	17	20%
	Total	84	100%

According to Table 3, the age of the respondents at the time of filling out the research questionnaire was 26 respondents (31%) aged 19 years. There were 17 responses (20%) over the age of 23. There were 16 respondents aged 18 years (19%), 8 respondents aged 21 years (8%), and 4 respondents aged 22 years (5%).

1. Transparence Dimension

There is a willingness to open up and divulge previously hidden knowledge, as well as a willingness among parents and their teenagers to respond honestly to incoming stimuli. Table 4 shows the findings of a study on openness during interpersonal interactions between parents and children.

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Table 4. Transparency n = 84

No	Questions	Strongly agree	Agree	Disagree	Strongly disagree	Mean	Information
1	My parents frequently warned me about the hazards of consuming illegal substances.	58	24	1	1	3,66	Strongly agree
2	I don't hide it or lie to my parents about my smoking habits.	37	32	11	4	3,21	Agree
3	My father/mother frequently inquired openly whether I utilized illegal drugs.	36	40	6	2	3,38	Agree
4	If I start consuming illegal drugs, my parents will stay in to have an open line of communication with me.	52	31	1	0	3,61	Strongly agree
5	I will be receptive to any opinion, advice, or suggestions from my parents, particularly those concerning the prohibition of the use of illegal narcotics.	55	29	0	0	3,65	Strongly agree

Based on the results of calculating the mean or average answer from the respondents, it can be concluded that the openness dimension is equal to 3.50 for all respondents' answers, indicating that the respondents strongly agree that there is a willingness to open up to reveal information that is usually hidden, and a willingness between parents and their teenagers to react honestly to new stimuli.

2. Empathy Dimension

The ability of parents to 'know' what their child is going through at any particular time, from their perspective, through their eyes." Sympathizing is feeling sorry for the parents. Table 5 shows the research findings about the emphatic attitude of parents toward their children in the interpersonal communication approach:

Table 5. Empathyn = 84

No	Questions	Strongly agree	Agree	Disagree	Strongly disagree	Mean	Information
1	If I start using illegal drugs, my parents will be sad and disappointed.	68	17	0	0	3,85	Strongly agree
2	My parents will be pleased if I am free and not involved in the use of illegal drugs.	73	12	0	0	3,90	Strongly agree
3	My parents would push me to stay positive if there was a difficulty or calamity.	53	31	0	0	3,63	Strongly agree
4	I will always be open to my parents' suggestions on how to avoid consuming illegal drugs.	58	27	0	0	3,72	Strongly agree
5	If my parents are involved in the use of illegal drugs, I will know their anguish and despair.	61	23	0	0	3,73	Strongly agree

Based on the results of calculating the mean or average answer from the respondents, it can be concluded that for all respondents' answers on the empathy dimension, it is 3.77, indicating that the respondents strongly agree that the ability of parents to 'know' what their child is experiencing at a given time, from the point of view of parents, through the eyes of parents, and vice versa from their teenagers, so that they can empathize with their parent, is important.

3. Supportive Attitude

Effective interpersonal connections are characterized by a helpful attitude. An unsupportive setting does not allow for open and compassionate dialogue. Parents demonstrate a supportive attitude by being (1) descriptive rather than evaluative, (2) spontaneous rather than strategic, and (3) provisional, not certain. Table 6 shows the findings of the research technique of interpersonal communication between parents and children in reducing the abuse of illegal drugs, as viewed from the aspects of a supporting attitude.

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Table 6. Supportive Attituden = 84

No	Questions	Strongly agree	Agree	Disagree	Strongly disagree	Mean	Information
1	Father/Mother was not upset and allowed me to disclose that I smoked as long as it wasn't illegal drugs.	17	26	32	12	2,64	Agree
2	My father/mother provided me with moral and material assistance when I got into problems outside the house.	24	55	6	4	3,30	Strongly agree
3	My father/mother will also consider and solve difficulties if I become involved in illegal drug problems.	42	34	8	2	3,43	Strongly agree
4	Parental support is quite beneficial in assisting me refrain from using illegal drugs.	58	27	0	0	3,73	Strongly agree
5	Every child involved in the use of illegal drugs needs parental assistance.	59	25	1	0	3,73	Strongly agree

Based on the results of calculating the mean or average answer from the respondents, it can be concluded that the mean or average answer for all respondents on the dimension of supportive attitude is 3.36, indicating that the respondents agree that effective interpersonal relationships are relationships in which people have a supportive attitude. Parents to their children, and children to their parents. Parents demonstrate a supportive attitude by being (1) descriptive rather than evaluative, (2) spontaneous rather than strategic, and (3) provisional.

4. Positive Attitude

Parents transmit a positive attitude in interpersonal communication in at least two ways: (1) by expressing a positive attitude and (2) by positively encouraging their teenagers to become engaging partners. A positive attitude refers to at least two characteristics of interpersonal communication. Table 7 shows the outcomes of the research strategy for interpersonal contact between parents and their children with a positive attitude.

Table 7. Positive Attituden = 84

No	Questions	Strongly agree	Agree	Disagree	Strongly disagree	Mean	Information
1	My parents were never cautious and always thought favorably of my every activity outside the home.	20	52	12	0	3,10	Agree
2	I will willingly and enthusiastically embrace any advice from my parents about not using illegal drugs.	53	30	1	0	3,62	Strongly agree
3	If my parents discovered I was doing illegal drugs, they responded calmly and did not curse.	20	34	22	8	2,79	Agree
4	My parents will provide a solution or a way out, if I have problems in my social life, especially if I am involved in the use of illegal drugs.	37	45	2	0	3,42	Agree
5	My father/mother always gives smart and gentle advice to keep me away from promiscuity and the usage of dangerous drugs.	42	40	2	0	3,48	Agree

Based on the results of calculating the mean or average answer from the respondents, it can be concluded that for all respondents' answers on the positive attitude dimension, it is equal to 3.28, indicating that the respondents agree that parents need to have a positive attitude in interpersonal communication with their children in at least two ways: (1) express a positive attitude and (2) positively encourage their adolescents to become interacting partners.

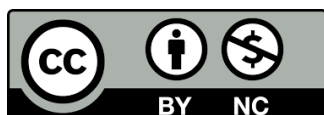
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CONCLUSION

1. The transparency dimension has a mean score of 3.50, indicating good agreement. There must be a readiness to open up and divulge previously hidden knowledge, as well as a willingness between parents and their teenagers to respond honestly to the stimulation they receive.
2. The empathy dimension has an average answer of strongly agreeing at 3.77 the need for parents to 'know' what their child is going through at a given time, from the parent's point of view, through the eyes of the parents, and vice versa from their teenagers so that they can empathize with their parents.
3. The supportive attitude dimension has an average answer of 3.36, indicating that effective interpersonal relationships are those in which parents are supportive of their children and vice versa.
4. The average agreed answer for the positive attitude dimension is 3.28. Parents must have a positive attitude in interpersonal communication with their children, and vice versa.
5. Interpersonal communication will be more effective if the climate between parents and their children is equal, according to an average agreed answer of 3.40.
6. An average value of 3.46 is obtained from all characteristics such as transparency, empathy, supporting attitude, positive attitude, and equality, indicating that respondents feel that effective communication between parents and children can reduce the use of drugs or illegal drugs.

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