

## Educational Counseling: Self-Management Education: Preventing Drug use and Prohibition Among Millennial Teens HKBP Duren Jaya Bekasi

Hotmaulina Sihotang<sup>1\*</sup>, Bernadetha Nadeak<sup>2</sup>, Marina Silalahi<sup>3</sup>, Rospita Siregar<sup>4</sup>, Alit Yuliawati<sup>5</sup>, Artati<sup>6</sup>

Universitas Kristen Indonesia

**Corresponding Author:** Hotmaulina Sihotang [hotmaulina.sihotang@uki.ac.id](mailto:hotmaulina.sihotang@uki.ac.id)

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### ABSTRACT

Many of these youth, who should be the nation's hope, have fallen prey to social environments, peer pressure, high curiosity, and lack of supervision, leading to drug abuse and promiscuity. Therefore, it is urgent to provide self-management education for youth so they understand and are able to manage their thoughts, attitudes, and behaviors on a daily basis. The method used for this activity was a seminar-based counseling approach. Fifty-nine participants, including students from HKBP Duren Jaya Bekasi, attended the seminar. To gauge understanding and the usefulness of the activity, participants were asked to answer five questions by selecting from the provided answers. The results of the outreach activities showed an increase in participants' understanding of self-management education to prevent drug use and promiscuity among millennial youth at HKBP Duren Jaya Bekasi.

## **INTRODUCTION**

Adolescence is a challenging transitional period, where individuals transition between childhood and adulthood. During this period, significant physical, psychological, and social changes occur. These changes often leave adolescents feeling confused, curious, and searching for identity, making them highly vulnerable to environmental influences, including negative influences such as drug use and promiscuity. The rapid developments of the millennial era, marked by technological advances, openness to information, and the flow of globalization, have positive impacts but also pose significant potential risks to adolescents' lives. Adolescence is a time of identity discovery that determines one's future (Haidar G, 2020). Adolescence, a developmental transition between childhood and adulthood, typically lasts from the age of 12 or 13 to the late teens or early twenties (Tyoningsih YS, et. al, 2023; Sawyer, S. M., et al, 2018; Hu, T., et al; 2020). The WHO defines adolescence as 10-19 years old, while the UN defines youth as 15-24 years old. Adolescents are no longer considered children, but they are not yet mature enough to be considered adults. Essentially, adolescents, who are searching for their identity, will be trapped in uncertainty if they find themselves in an unstable and challenging environment.

The adolescent age stage has three stages: (Remaja AH, 2023): Early adolescence, ages 12-15. Adolescents begin to develop an interest in the opposite sex and are easily aroused sexually. Middle adolescence, ages 15-18. Adolescents in this stage begin to physically mature, resembling adults. During this stage, adolescents place a high value on the presence of friends and enjoy having many. Late adolescence, ages 18-21. Adolescents in this stage are usually pursuing higher education or working to support the family. During this process, adolescents sometimes enter a phase of error before entering the transition period, so that most of these adolescents do not realize that the actions they choose and carry out are very contrary to the rules and even norms that apply in society. Some adolescents engage in various deviant or negative behaviors that they consider normal and even feel they have an advantage that they can be proud of (Irmawati F, 2023). They often call this behavior a sign of courage, but many people see it as behavior that is very worrying for Indonesian adolescents because it leads to negative things.

Adolescents are the nation's next generation, transitioning from childhood to adulthood. During this phase, they often experience emotional turmoil, intense curiosity, and a search for identity. However, without proper guidance and supervision, adolescents can fall into unhealthy social circles, such as drug abuse and promiscuity. One of the major challenges facing today's adolescents is the rise of drug abuse. Drugs, including narcotics, psychotropics, and other addictive substances, pose a real threat to the younger generation (Ismaya, N.A., Aripin, et al., 2021; Abd Al-Hassan, R.A., 2023). Based on data from the National Narcotics Agency (BNN), the prevalence of drug abuse in Indonesia is increasingly alarming. Many of these are students, who should be the nation's hope. Social environment, peer pressure, intense curiosity, and lack of supervision and education are the main factors leading adolescents to substance abuse. Furthermore, promiscuity is also a serious problem that threatens the future of

adolescents. Promiscuity is not just about freedom of association, but also encompasses behavior that deviates from social and religious norms, such as casual sex, alcohol consumption, and other immoral acts. Many adolescents no longer have boundaries in their relationships due to the influence of social media, a lack of understanding of moral values, and a lack of guidance from family and their surrounding environment. The consequences of promiscuity can be fatal, ranging from premarital pregnancy, sexually transmitted infections, moral decay, and even a bleak future. This phenomenon is certainly a serious concern, especially for educational and religious institutions. The church, as a place for faith and moral development, plays a crucial role in educating the younger generation.

The church is not only a place of worship, but also a center for character, spirituality, and social development of the congregation, especially adolescents. In this context, HKBP Duren Jaya Bekasi, as a church with a large congregation of young people and teenagers, has a moral and social responsibility to equip them with a correct understanding of the dangers of drugs and promiscuity. A profound transformation in education is crucial to addressing the positive impacts on adolescents in the digital era (Apriadi RT, Sihotang H, 2023). In the millennial era, adolescents are inseparable from gadgets, and their digital records must be reinforced to foster a positive digital record. The approach used in counseling and education for adolescents must also adapt to the characteristics of today's young generation, known as the digital generation. They grow and develop in a fast-paced, practical, and visual environment. Therefore, counseling methods must be creative, interactive, and able to capture their attention. One-way lectures are not enough; discussions, simulations, educational video screenings, and even the use of social media as a means of educational campaigns are needed. The promiscuity of adolescents in the millennial era remains controversial. The millennial era is moving faster along with increasing technological advances that provide added value through easy access to all information, this has an impact on the lifestyles of people from various groups, especially adolescents. Adolescence is a transitional period from childhood to adulthood. During this period, adolescents should begin to learn to take responsibility as young adults, capable of thinking and acting according to societal norms. This is also the case for the students at HKBP Duren Jaya Bekasi. They are among the youth who are the next generation for their families, churches, and communities.

The church, as part of society, plays a crucial role in educating and guiding youth to stay on the right path. The church is not only a place of worship, but also a place for character development and the formation of life values in accordance with the teachings of Christ. Therefore, counseling on preventing drug use and promiscuity is crucial, especially within the church youth community. Through these counseling activities, it is hoped that church youth will gain a better understanding of the dangers of drugs and promiscuity, and will be able to fortify themselves with a strong faith and true Christian values. Thus, they can grow into healthy, resilient individuals, and become a beacon of light and salt in society.

The promiscuity of adolescents in the millennial era remains controversial. The millennial era is moving faster along with increasing technological advances that provide added value through easy access to all kinds of information. This has an impact on the lifestyles of people from various groups, especially teenagers. Adolescence is a transitional period from childhood to adulthood. During this time, adolescents should begin to learn to take responsibility as young people who are able to think and act in accordance with prevailing societal norms. Current global data indicates that drug abuse has reached 296 million, an increase of 12 million compared to the previous year. This figure represents 5.8% of the global population aged 15-64. Meanwhile, the 2023 national survey on the prevalence of drug abuse indicated a prevalence rate of 1.73%, equivalent to 3.3 million Indonesians aged 15-64. This data also indicates a significant increase in drug abuse among the 15-24 age group (BNN, 2024).

Higher education institutions play a role in contributing to community prevention and addressing these issues. The Master of Educational Administration and Master of Law programs have lecturers with relevant competencies who can provide counseling and education on preventing promiscuity and drug use among adolescents at HKBP Duren Jaya. The Postgraduate Program has collaborated with HKBP Duren Jaya, and this Community Service Program (PKM) activity is a continuation of activities from the previous year. Educational and health outreach activities on drug prevention and promiscuity are highly relevant for implementation in the HKBP Duren Jaya Bekasi area. As a buffer zone for the capital city, Bekasi has a complex dynamic. High urbanization, easy access to technology, and a fast-paced and modern urban lifestyle present unique challenges in educating the younger generation. Therefore, this outreach aims to provide adolescents with a comprehensive understanding of the risks and impacts of drugs and promiscuity, as well as fostering awareness and the ability to say "no" to these negative influences.

This outreach also serves as a crucial preventative measure to equip adolescents with the right information and knowledge. Many adolescents fall into the trap of drugs or promiscuity due to ignorance, or misinformation from peers or social media. Therefore, accurate information, delivered by competent speakers, in an open and enjoyable atmosphere, can be crucial in building adolescent resilience against negative environmental influences. On the other hand, a spiritual approach is also essential in addressing this problem. Strong faith education will instill the values of truth, self-control, responsibility, and a sense of purpose in life. The church, through activities such as this counseling, contributes to building the moral and spiritual resilience of adolescents, so they are not easily tempted by deviant lifestyles. Christian values such as love, the sanctity of life, respect for the body as God's temple, and living in the light of God's Word are essential foundations for developing strong adolescent character.

Furthermore, this counseling is expected to have more than just a short-term impact, but also to be the beginning of a larger movement within the church. Through this activity, it is hoped that a community of adolescents will be formed that supports each other in living a healthy, drug-free life and avoiding promiscuity. The church can be a comfortable place for adolescents to grow, share, and ask questions without feeling judged. With the support of church ministers, parents, and collaboration with external parties such as medical personnel, counselors, and authorities, this activity can become part of a sustainable youth development program. Educational and health outreach regarding drug prevention and promiscuity is crucial for the youth of HKBP Duren Jaya Bekasi. This demonstrates the church's concern for the future of the younger generation, who are not only intellectually intelligent but also morally and spiritually strong. In an increasingly complex world, youth need the right tools and guidance to avoid being lost in misleading social circles. Through this activity, the church plays a role in protecting and shaping a future generation that is resilient, healthy, and imbued with integrity.

## IMPLEMENTATION AND METHODS

The Community Service activity was held at HKBP Duren Jaya Bekasi on June 28, 2025. The activity method included counseling for participants. The number of participants was 59 people consisting of confirmation students and non-students. To determine the characteristics of the participants and the benefits of the activity, participants were asked to complete a pre-test and post-test. However, only 40 people completed the test. To ensure the success of the community service activity, the activity was divided into three stages as presented in Figure 2.1.

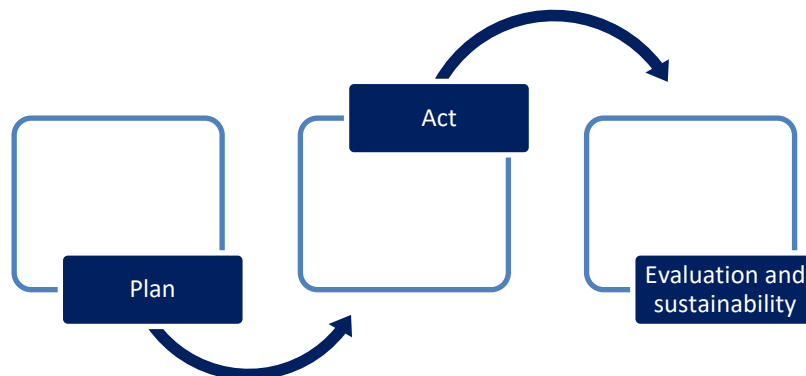


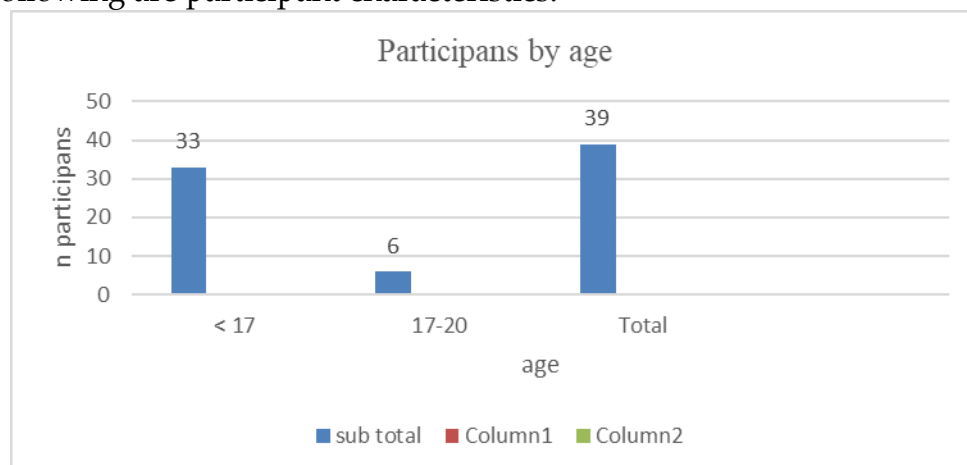
Figure 1. Step of Community Services

Figure 1. describes the planning stage. UKI and HKBP Duren Jaya have collaborated since 2021. Every year, UKI periodically carries out community service activities for HKBP Duren Jaya according to the needs of the partner. The goal is to provide knowledge to young students and non-students of HKBP Duren Jaya about the Prevention of Drug Use and Free Association. This is in line with the partner's program with the hope that HKBP Duren Jaya youth will become youth with character and competence as the next generation of families, churches and communities for the Indonesian nation and state. The UKI team coordinates with the HKBP Duren Jaya Health division in determining the time and place, materials needed by partners, the number of participants, the rundown of activities, as well as implementation techniques and sustainability so that they have an impact on participants and partners. Implementation Stage. Activities are carried out through a counseling approach in the form of an Education and Health Seminar: Prevention of Drug Use and Free Association Among HKBP Duren Jaya Bekasi Youth in the Digital Era. The material is delivered by PPT and video resource persons according to their competencies. After the presentation, a question-and-answer session and discussion led by a moderator followed. Evaluation Stage: Before the presentation, participants were given a pre-test to determine their initial understanding. After completion, a post-test was administered to determine changes in understanding and the usefulness of the counseling. The results will be analyzed to describe changes in participants' knowledge and attitudes.

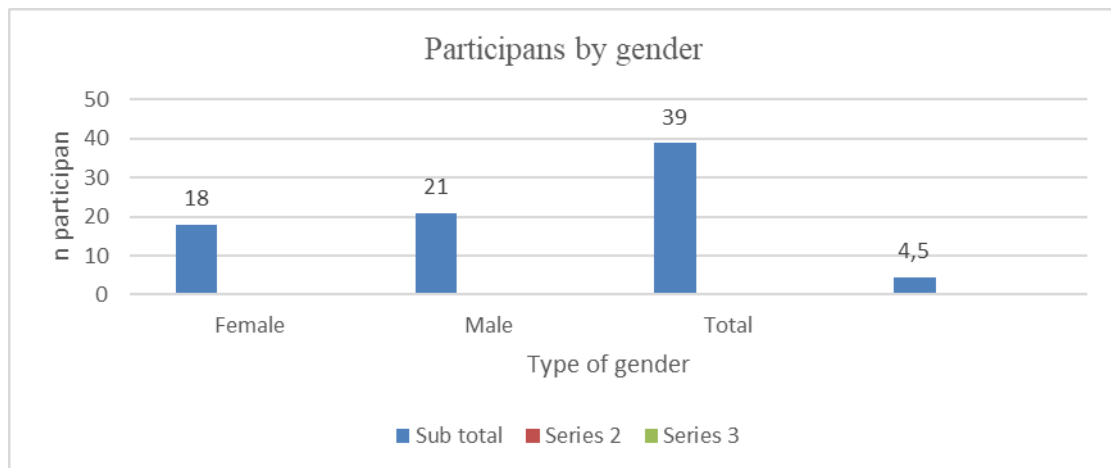
## RESEARCH RESULTS AND DISCUSSION

### *Participant Characteristics*

The seminar-based counseling focused on self-management education to prevent drug use and promiscuity among millennial youth at HKBP Duren Jaya Bekasi. Fifty-nine participants attended, but only 39 completed the questionnaire. The following are participant characteristics.



**Figure 2. Participants by Age**



**Figure 3. Participants by Gender**

There were five questions asked, and here are the participants' answers.

1. First question: Do you smoke?

Participant responses: 38 out of 39 (97.4%) did not smoke, or 1 out of 39 (2.6%).

Although only 2.6% smoked, these church youth need to be addressed by the church and their parents. Teenagers should not smoke. If they start smoking, it can impact their health and hinder their academic performance.

2. Second question: What are the most serious long-term impacts of drug abuse on physical health?

Participant responses: 39 (100%) stated permanent organ damage such as the liver, kidneys, and brain.

Third question: The term 'promiscuity' is often associated with risky behavior. What are the main health risks of promiscuity?

Participant responses: 37 out of 39 (94.87%) stated unwanted pregnancy and sexually transmitted infections; 1 out of 39 (2.5%) stated greater financial independence; and 1 in 39 (2.5%) stated they made more friends.

The fourth question asked, "*What is the most effective way to refuse a friend's invitation to try drugs?*".

All participants (100%) answered firmly, clearly, and without hesitation, "No".

The fifth question asked, "*If a friend shows signs of drug abuse, what is the most appropriate action to take?*".

Participant responses: 38 out of 39 (97.43%) stated encouraging them to talk to a trusted adult (guidance counselor, parent); and 1 in 39 (2.57%) stated staying away from them to avoid being influenced.

### ***Educational Counseling on Self-Management to Prevent Drug Use and Promiscuity Among Millennial Youth at HKBP Duren Jaya Bekasi***

Today's church youth live in a very different era than previous generations. They not only face the challenge of spiritual faith development but also must grapple with the influence of millennial culture and the digital world. They are referred to as millennial youth; a generation born and raised amidst technological advances, social media, and the globalization of values. In the church context, church youth are the next generation and the hope of their families, churches, communities, and nations. They are not only the "church of the future" but also an active part of the body of Christ. The Apostle Paul exhorted Timothy, a youth in ministry, with these words: "Let no one look down on you because you are young. Be an example to the believers in speech, in conduct, in love, in faithfulness, and in purity." (1 Timothy 4:12). This verse describes the identity of church youth: they are called to be role models, not only for fellow youth but also for adults. The world challenges them with values that often contradict God's word, including drugs, promiscuity, and hedonism. However, as millennial church youth who know Christ, they are called to be "the light of the world and the salt of the earth" (Matthew 5:13-14). Church youth, as well as millennial youth, are called to live out their faith in the modern world. They need to be nurtured, supported, and provided with self-management education to fortify themselves with education and faith, thus shining for Christ. Millennial church youth are the young age group born between 1981 and 1996 (the millennial generation). Technological developments, the globalization of values, and the crisis of religious identity amidst social pluralism have made the characteristics of millennial church youth an important topic in the study of self-management education, which enables them to organize themselves and their activities.

Education not only enhances cognitive knowledge but also shapes character, social skills, and an individual's ability to manage themselves. One important aspect of education in the era of globalization and digital technology is self-management education. Self-management is an individual's ability to effectively manage thoughts, emotions, behavior, and time to achieve life goals. Self-management is part of formal education, character development, and non-cognitive competency development, which is essential for future success and personal life.

Self-management can be defined as the process of conscious self-control to direct an individual's actions and behavior toward set goals. According to Goleman (Jnr, S.A., & Dzogbewu, T., 2021), self-management is part of emotional intelligence, encompassing impulse control, self-motivation, and the ability to delay gratification. In line with this, research by Chung, S.R., et al. (2023) identified the concept of Emotional Intelligence, encompassing self-awareness, self-management, social awareness, and social management, as hidden drivers of success. Meanwhile, self-regulation, the ability of individuals to observe, evaluate, and respond to their own behavior, is crucial (Mujahidah, N., & Yusdiana, Y., 2023; Baumeister, R.F., & Vohs, K.D., 2004). Self-management encompasses several key components, including goal planning, time management, emotional control, self-discipline, internal motivation, and self-concept (Sihotang, H., 2016).

Self-management education is an integral part of the church curriculum, but it must also provide space for adolescents to understand themselves, plan their goals, and develop effective learning strategies. In this context, the church acts as a community educational institution, guiding adolescents to reflect on their actions, evaluate progress, and develop self-awareness and self-concept. In this regard, the church, in partnership with the Indonesian Christian University, has experts to meet the needs of its partners. Self-management education strategies can be implemented through a counseling approach using educational seminars. Within the 21st-century competency framework, self-management is included in the life skills category, which is essential in the workplace and social life. Individuals who are able to manage themselves effectively tend to have high adaptability, are more resilient to stress, and are able to make wise decisions. This aligns with the concept of self-directed learning, where individuals are responsible for their own learning process. With the rapid development of technology, the main challenge in self-management today is digital distractions that can hinder focus and productivity. Therefore, self-management education must also include digital literacy and the ability to set limits on the use of electronic devices.



**Figure 4. Counseling on Self Management Education to Prevent Drug Abuse and Promiscuity**



**Figure 5. Counseling And Q&A on Prevention and the Dangers of Drugs From A Legal Perspective**



**Figure 6. Participants Watch A Video Explanation About the Consequences of Drug Use and Promiscuity**



**Figure 7. Participants Watch a Video Explanation about the Consequences of Drug Use and Promiscuity**



**Figure 8. Handing Over Tokens of Love from UKI Speakers to HKBP Duren Jaya Which Were Received By Rev. Elfrida Nababan and The Team**



**Figure 9. Closing Ceremony and Presentation of Certificates to Speakers and Moderators**

## **CONCLUSIONS AND RECOMMENDATIONS**

The educational outreach program: self-management education to prevent drug use and promiscuity among millennial youth at HKBP Duren Jaya Bekasi was attended by both religious and non-Islamic students. Participants were very enthusiastic because it was a church program and reinforced the need for spiritual balance, knowledge, and insight into preventing drug use and promiscuity. Church youth are the next generation of the family, church, community, nation, and state, and must possess a high level of knowledge and character. Based on data obtained through a questionnaire, participants generally had knowledge about self-management education to prevent drug use and promiscuity. However, some youth were found to smoke when they should not. Furthermore, regarding promiscuity, church youth must be continuously supported because they are still in a transitional period and are easily unstable.

## **ACKNOWLEDGMENT**

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