

## Initiating and Mentoring Cadres of "Drug Abuse Prevention in Teenagers" Among School Students

Nailis Syifa<sup>1\*</sup>, Engrid Juni Astuti<sup>2</sup>, M. Artabah Muchlisin<sup>3</sup>, Camelia Churil Aini<sup>4</sup>, Almas Syamma<sup>5</sup>

Universitas Muhammadiyah Malang

**Corresponding Author:** Nailis Syifa [nailissyifa@umm.ac.id](mailto:nailissyifa@umm.ac.id)

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### ARTICLE INFO

*Keywords:* Drugs, Narcotics, Abuse, Teenagers

*Received :* 19, September

*Revised :* 21, November

*Accepted:* 23, January

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### ABSTRACT

Abuse of narcotics, psychotropics, and other addictive substances (NARCOTICS) is a serious threat to teenagers and has the potential to disrupt national resilience. Teenagers are in a developmental phase that is vulnerable to negative environmental influences, so they need appropriate preventive interventions. This community service activity aims to form and assist anti-drug and juvenile delinquency cadres at SMP Negeri 1 Singosari, Malang Regency. The methods used include socialization, interactive counselling, group discussions, visualization of drug impacts through illustrations, and pre-test and post-test evaluation. The activity was attended by 35 selected students and showed a significant increase in knowledge and understanding related to the impacts of drugs. This program is effective in fostering students' awareness, positive attitudes, and commitment as drug abuse prevention agents in the school environment and community.

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## **INTRODUCTION**

Abuse of narcotics, psychotropics, and other additives (NARCOTICS) is a serious threat in the community, especially in teenagers, so that it becomes a national problem that can threaten the country's resilience (Irhamna, 2024). Based on the results of a survey conducted in 2023, drug abuse in Indonesia occurs in 1.73% of the population aged 15-64 years (BRIN, 2025). The eradication of narcotics is a priority for the Government of Indonesia, which is included in the *Asta Cita* of the President of the Republic of Indonesia Prabowo Subianto regarding strengthening narcotics countermeasures to optimize drug eradication (Perpres, 2025).

Teenagers is a very dynamic period of development and lasts from the beginning of puberty to the mid-twenties. In this phase, significant changes occur in various aspects, including biological, cognitive, emotional, and social. These transformations include physical changes triggered by neuroendocrine mechanisms as well as the development of personal and environmental relationships, such as increased peer roles and romantic relationships. Even though teenagers are becoming more active in the process of self-development, they still need support from a safe and supportive environment in order to grow optimally. Toxic environments can actually inhibit the positive development of adolescents, although this period also offers unique adaptive opportunities for change and the formation of healthy developmental pathways. By understanding the nature of teenagers development and its interaction with the environment, educational interventions such as the initiation of anti-drugs cadres can be designed to strengthen teenagers' resilience to negative pressure and support their well-being holistically (National Academies of Sciences, 2019).

Based on the Regulation of the Minister of Health of the Republic of Indonesia Number 7 of 2025, narcotics are substances or drugs that have benefits in the medical field, health services, and scientific development, but their use also has the potential to cause detrimental dependency if not used appropriately, controlled, and under strict supervision. Currently, there are various new psychoactive substances that have a high potential to be abused and can have a negative impact on public health (RI, 2025b). Based on the Regulation of the Minister of Health of the Republic of Indonesia Number 6 of 2025, psychotropics are substances or drugs that have an important role and great benefits in health services and scientific development, but their use can also have a detrimental impact on the lives of individuals, society, and national resilience if abused. In addition, there are certain drugs that, although not yet classified as psychotropics, have the potential to cause dependency syndrome if not used appropriately and under control (RI, 2025a).

SMP Negeri 1 Singosari is one of the public junior high schools located in Malang Regency, East Java. This school is located at Jl. Raya No.1, Candirenggo, Singosari, Malang, East Java. SMP Negeri 1 Singosari is located in a semi-urban area that has quite open access to various outside influences. Known as one of the favourite schools in the Singosari area, this school has a reputation for excellence in both academic and non-academic fields. Students who have many academic and non-academic achievements can be used as anti-drug and anti-juvenile delinquency cadres who can become successor agents of information about the impacts of drugs and juvenile delinquency both in their school environment and in their residential environment. So far, there has still been no debriefing or initiation of anti-drug cadres at SMPN 1 Singosari, so it is necessary to provide materials and understanding related to drugs and juvenile delinquency to these cadres.

## **IMPLEMENTATION AND METHODS**

The method of implementing this community service program is designed in the form of systematic stages that aim to implement solutions to the problems that have been identified. The approach used is educational and interactive, in order to be able to reach aspects of students' knowledge, attitudes, and skills in dealing with the impacts of drug abuse.

### ***Socialization and Preparation***

The initial stage of implementing activities began with a process of socialization and coordination with the school. In this stage, the team establishes active communication with the school to convey the goals, benefits, and activity plans in a comprehensive manner. School involvement is essential to ensure the smooth implementation of the program. In this meeting, a schedule for the implementation of activities was prepared that was adjusted to the school's academic calendar so as not to interfere with the learning process. In addition, the team also formed an internal executive committee consisting of lecturers and students. Each team member gets a clear division of tasks according to their expertise. The preparation of educational materials, training materials, pre-post-tests, and communication media is also carried out in this stage. All materials are prepared with the age and comprehension ability of junior high school students in mind, and use simple and easy-to-understand language.

### ***Transfer of Knowledge, Information, and Skills***

After the socialization stage, the activity continued with training and counselling on the impact of drug abuse (NAPZA). This activity is the core of knowledge transfer to students and is carried out in the form of interactive counselling. The materials presented include:

1. Definition and types of drugs.
2. The impact of drugs on physical, psychological, social, and spiritual health.
3. Laws that regulate the prohibition of drug use and abuse in Indonesia.
4. Strategies for preventing drug abuse in teenagers.

The transfer knowledge is not only in the form of lectures, but also small group discussions and interactive quizzes.

To increase the effectiveness of counselling, a pre-test will be carried out before the transfer knowledge and a post-test after the material ends, to find out the extent to which students' understanding has increased. This activity also provides space to identify students' perceptions and experiences of drugs that may have occurred in their environment, so that it can be used as a basis for follow-up activities.

### *Visualization of the Impacts of Drugs through Image Illustrations*

At this stage, the cadre students are divided into 4 groups, with a total of 7 or 8 students per group. Each group was given media to illustrate the impacts of drugs and juvenile delinquency on cardboard pictures and drawing tools. After that, each group presented and explained what had been done. The most innovative group will be rewarded.

### *Expectations of Cadres on the Tree of Hope*

At this stage, the cadre students were then instructed to pour out their attitudes, hopes related to the impacts of drugs and juvenile delinquency which would then be attached to the tree of mutual hope.

## **RESULTS AND DISCUSSION**

The activity of initiating and assisting anti-drug and juvenile delinquency cadres which was held at SMPN 1 Singosari Malang on Wednesday, December 10, 2025 was attended by 35 selected students from various classes. Student cadres are selected from various classes with the hope that in the future the cadres can convey information, or as anti-drug agents in their respective classrooms and in the environment around where they live. Demographic data from anti-drug cadre students at SMPN 1 Singosari is presented in table 1.

**Table 1. Demographic Data of Anti-Drug Abuse Student Cadre Participants**

<b>Gender</b>	<b>Percentage (%)</b>
Male	26
Female	74
<b>Parents' Work</b>	
Indonesian National Armed Forces	17
Civil Servant	14
Private	46
Merchant	6
Others	17

The outreach activity went smoothly and received positive responses from the students. During the knowledge transfer activity, the students were enthusiastic in participating, listening, and taking notes. The presentation of the material was also interspersed with question-and-answer sessions. During the question-and-answer session, several students asked questions about drugs and juvenile delinquency, as shown in Figure 1. One of the questions from the anti-drug cadre students was related to the risk factors that can trigger a teenager to consume drugs. Drug abuse among adolescents is influenced by various individual, social, and environmental factors. Risk factors that contribute to abusive behaviour in adolescents include smoking, alcohol consumption, peer influence, gender, family conditions, and environmental conditions that support access to addictive substances. Teenagers exposed to these factors have a higher chance of engaging in drug use due to social pressure and a lack of supervision or preventive education (Yani et al., 2022).



**Figure 1. Knowledge Transfer Process and Active Discussion Session with Anti-Drug Cadres**

After the knowledge transfer process and active discussion with the drug cadres, the next session was to understand the material that had been obtained through illustrations created by each group. This session was very interesting for the students because in this session the cadres could express their creative ideas related to the impacts of drugs and juvenile delinquency through illustrative drawings (Figure 2).



**Figure 2. Understanding of Cadres Related to the Impacts of Drugs and Juvenile Delinquency through Image Illustrations**

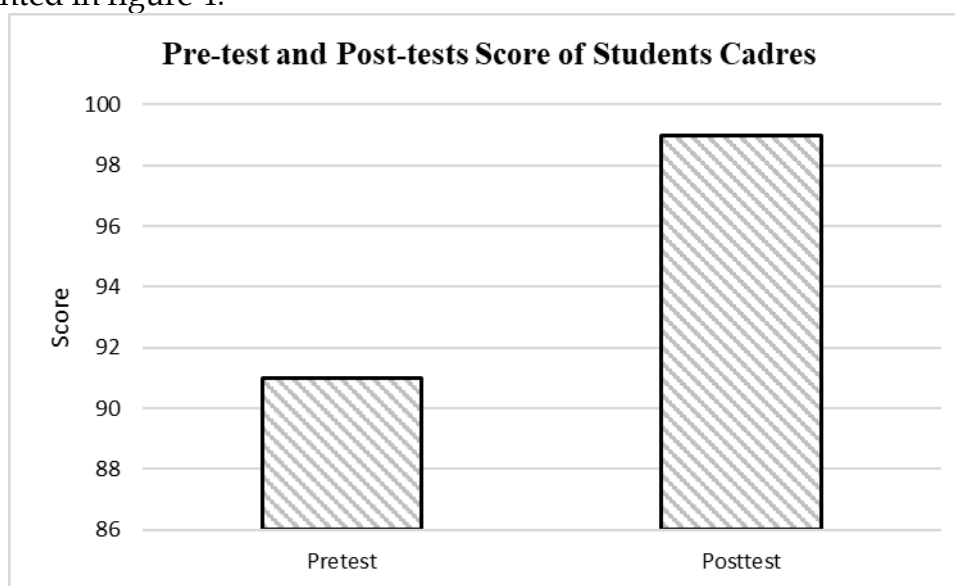
Next, the innovated images created by each group are presented and given an explanation of the meaning of the images, which can be seen in figure 3.



**Figure 3. Presentation from the Cadres related to the Pictures of Drug Abuse that Have Been Made**

This material presentation session was the most interesting session where cadres could express their ideas related to drug abuse and juvenile delinquency. The explanation of the material by each of these groups can also be used as a benchmark that the cadres understand related to the material that has been explained. In addition, the presentation by these cadres is one of the benchmarks of success that they can be the right connector of information related to the impacts of drugs and juvenile delinquency. The cadres can explain in their own language both verbally and in pictures to carry out a drug stop campaign. Of the several innovative images made by the group, there is one image made in the form of an anime related to the impact of drug abuse. Based on references, the impact of drug abuse on adolescents is widespread, including physical and mental health disorders, dependence, decreased thinking and decision-making skills, aggressive behaviour, as well as social problems such as isolation and decreased academic function (Ogbodo Adoga, 2018).

The student cadres were also given a written evaluation through a pre-test and post-tests. The pretest is given at the beginning before the presentation of the material, while the post-tests is given at the final session before the activity ends. The diagram of the pre-test and post-tests results of the student cadres is presented in figure 4.



**Figure 4. Results of Pre-test and Post-test of Student Cadres**

The results of the evaluation show that there is an increase in knowledge and understanding related to drugs abuse and juvenile delinquency. The average score of the students' pretest was in the range of 90, which shows that the students' knowledge at the beginning is also good. This is because there is a selection process at the beginning of each class for students who eligible as anti-drug cadres. The average score of the student post-tests is in the range of 99, this shows that all student cadres have understood the material presented. Efforts to prevent drug abuse in teenagers are considered more effective if carried out through an educational and participatory approach involving families, schools, communities, and related institutions such as the National Narcotics Agency and law enforcement officials. Counselling, seminars, and empowerment activities of

youth organizations have been proven to be able to increase teenagers' knowledge and awareness of the impacts of drugs. However, its implementation still faces various challenges, such as limited access to information, negative environmental influences, and weak law enforcement. Therefore, strengthening community-based education, cross-sectoral collaboration, and the use of information technology is recommended as a sustainable strategy in preventing drug abuse among teenagers (Komarudin et al., 2025).



**Figure 5. Student Cadre Expectations Outlined in the Hope Tree and Group Photo Session Between the Team Along with the Teacher Council and Student Cadres**

At the end of the session, the student cadres wrote their hopes on a piece of paper which was then pasted to the tree of hope. From the writing, it can be seen that various positive and motivating hopes of student cadres for a bright future without drugs. Some of them also wrote about the steps that will be taken to eradicate drug abuse in the surrounding environment. This expectation brings an important step that school-based preventive programs that combine approaches to social competency enhancement and social influence can have a protective effect against drug abuse among adolescents. In addition, mass media campaigns and intensive interventions involving families also have an important role in shaping awareness, reducing substance use, and encouraging teenagers' active involvement in choosing healthy lifestyles (Das et al., 2016).

## CONCLUSIONS AND RECOMMENDATIONS

The activities of initiating and assisting anti-drug and juvenile delinquency cadres at SMPN 1 Singosari Malang went well and received a positive response from students. A total of 35 student cadres showed high enthusiasm and the ability to understand the material of drugs abuse through discussions and creative activities. The results of the pre-test and post-tests showed a significant increase in knowledge, indicating the effectiveness of the educational and participatory methods applied. This program not only improves students' cognitive understanding, but also fosters attitudes, awareness, and commitment of cadres to act as agents of drug abuse prevention in the school environment and its surroundings. Thus, the initiation of school-based anti-drug cadres is an effective and sustainable preventive strategy in an effort to reduce the risk of drug abuse in teenagers.

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