Relationship of Stress Levels in Alcohol Abuse in Teenager: A Literature Review

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ABSTRACT

Introduction: Adolescents are individuals who experience a period of transition from childhood to adulthood. The inability of adolescents to control their emotions often leads to deviant behavior. Alcohol consumption behavior is currently a growing problem in the world of adolescents. Alcohol abuse occurs because alcohol is used to overcome psychological problems and stress in their lives, a person consumes alcohol as a way to escape because drunkenness makes it easy to forget the problem. This is dangerous because it can lead to alcoholism or dependence.

Method: This writing uses a systematic review design. The data is taken from the science direct, proquest and google cendikia databases, with a period of 2016-2020. Search for journals and articles using the keywords

Result: It was found that there is a significant relationship between stress levels experienced by adolescents and alcohol abuse. Because teenagers can not solve the problems they face so that it has a negative impact on alcohol consumption.

Conclusion: Teenagers can be quickly influenced by negative things, especially from a bad environment, so that in the search for articles, more teenagers have problems from their families so that stress levels are higher. So there needs to be a role for parents in overcoming the bad effects of stress experienced by teenagers.

Keywords: Level of Stress; Alcohol; Teenager
Introduction

Teenagers are individuals who experience a period of transition from childhood to adulthood, according to the regulation of the Minister of Health of the Republic of Indonesia Number 25 of 2014, teenagers are residents with an age range of 10 to 18 years (Diananda, 2019). Adaptation to the environment is needed by everyone, especially in their teens, because at this age teenagers experience a lot of shocks and changes in themselves, especially when they have to be in a new place and a new environment (El-Azis & Rahayu, 2017). The transition period experienced by adolescence occurs when there is intellectual change and a strong desire to seek identity as an adult, but adolescents tend to be emotionally unstable (Hurlock et al., 1990).

The transition period experienced by adolescence occurs when there is intellectual change and a strong desire to seek identity as an adult, but adolescents tend to be emotionally unstable (Hurlock et al., 1990). This causes the inability of adolescents to control their emotions often leads to deviant behavior (Stanhope & Lancaster, 2004). Adolescent deviant behavior in general norms, customs, and formal laws, including alcohol consumption behavior which has become a social problem that has not been completely resolved until now (Solina et al., 2018).

Alcohol abuse occurs because alcohol is used to overcome psychological problems and stress in their lives, someone consumes alcohol as a way to escape because by being drunk he feels easy to forget the problem. This is dangerous because it can lead to alcoholism or dependence and can increase gradually, as a result they start drinking more each day (Ulilalbab et al., 2017). The prevalence of drinking alcohol is mostly male than female, while according to education, the prevalence of drinking alcohol is high in respondents who have graduated from Junior High School and graduated from Senior High School. In addition, by region the prevalence of drinking alcohol in rural areas is higher than in urban areas (Pribadi, 2017).

In 2019, there were 1.6 billion teenagers with an age range of 15 – 24 years or 16% of the total world population (Affairs & Population, 2019). Meanwhile, the number of teenagers in Indonesia is 66.3 million out of a total population of 256.7 million, which means that one in four residents is a teenager (Cicih, 2019). Whereas in Yogyakarta D.I Province according to the Central Statistics Agency in 2018 the number of teenagers with an age range of 15-24 years was 837,300 people, while in Sleman
Regency itself there were 48,600 male teenagers with an age range of 15-19 years. In the planned research location, there are 585 male youths in the age range of 17-18 years (BPS Provinsi D.I. Yogyakarta, 2018).

There are several factors that influence adolescents to consume alcohol, namely individual factors / individual personality (lack of confidence, easily disappointed, curiosity and trial and error, escape from a problem), environmental factors (family environment, peers, society) (Arifin, 2007). So that the factor of lack of confidence, curiosity or trial and error, escape from problems, lack of knowledge, bad family, bad environment can increase addiction or addiction in adolescents. (Maula & Yuniastuti, 2018). There are factors that cause adolescents to consume alcohol in the city of Kediri, namely age, education, attitudes, knowledge, affordability of alcoholic beverages and peer environment. The results showed that the level of knowledge, attitude, affordability and peer environment factors that had many opportunities to carry out alcohol consumption behavior was the affordability factor. (Ulilalbab et al., 2017).

With this, it is necessary to conduct a literature review related to the analysis of stress levels experienced by adolescents in alcohol abuse in order to better know the factors that influence alcohol consumption in adolescence.

Method

This systematic review was reported in accordance with PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses)

1. Data Sources and Searches

The data used in this research is secondary data obtained not from direct observation, but obtained from the results of research that has been carried out by previous researchers. This writing uses a literature review design. The data is taken from the Science Direct, Poquest and Google Cendikia databases, with a period of 2016-2020. Search for journals and articles using the keywords stress, alcohol, teenager and male.

2. Study Selection

The selection of literature is determined by the following inclusion criteria: 1) the population in the articles used is male adolescents, 2) articles published between 2016-2020, 3) articles published in Indonesian, 4) articles focused on the level of stress experienced adolescents with alcohol abuse, 5) articles on nursing and psychology. The
exclusion criteria included articles that used adults as the population. The search results were carried out based on these criteria and obtained 10 selected journals from 1340 article journals found. Due to the lack of research on these interventions, all types of research designs are included in this review.

3. Data extraction and quality assessment

All citations retrieved from electronic databases were imported to Mendeley Program. Two reviewers (BU, SNK) independently analyzed the titles and abstracts of every study retrieved from the literature search to identify potentially eligible studies. The fulltext of the remaining studies was obtained for further examination. The last review conducted by a first reviewer (TPD).

Data of included studies were independently extracted by the same two reviewers by including first author’s name, year of publication, study design, sample size, general characteristics of participants, research measurement tool and the main outcome of interest.

A descriptive analysis was done of the data obtained from the reviewed papers to include the complementary feeding with incident of stunting. Our hypothesis was that stunting were independent of complementary feeding in the 11 article

| Tabel 1. PICO analysis of used journal articles |
|-------------------------------|------------------------------------------|
| **Criteria**                  | **Inclusion**                            | **Exclusion**                                                   |
| Population                    | Scientific articles that list teenagers  | Scientific articles that do not include adolescents who have     |
|                               | who experience stress and alcohol abuse in solving their problems | not experienced stress assessment with alcohol abuse only by systematic review |
| Intervention                  | Free intervention (with treatment or not) | No impact on alcohol consumption behavior and the type of alcohol used |
| Comparation                   | There can be comparison or no comparison | -                                                             |
| Outcome                       | Relationship of adolescent stress level in alcohol abuse | No explanation of the relationship between adolescent stress levels in alcohol abuse |
| Design and Type of Publication | Cross sectional, Correlation study       | Quasi-experimental studies                                     |
| Year of Publication           | After 2015 until 2020                    | Research before 2015                                           |
| Language                      | Indonesian, English                      | Chinese, Thai                                                  |

Based on the results of a literature search through publications in three databases and using keywords that have been adapted to MeSH, the researchers found that from the search results there were a total of 1,340 journals with details of 1133 on google
scholar, 145 on pubmed and 62 on the garuda research portal from several journals in all search database. Then checked based on the completeness of the preparation of research articles with the number of articles obtained as many as 85 articles. Articles were filtered based on inclusion and exclusion criteria into 21 articles. Articles were critically assessed using guidelines or formats from the Joanna Briggs Institute into 11 relevant articles. The results of the selection of study articles can be described in Flowchart below this:

**Search through database, pubmed, Garuda portal, Google Scholar using the keyword stress levels in teenagers AND alcohol.**

The total search results are 1,340

Articles were filtered based on criteria, with a range of 5 years, full text, duplicates to 85 articles

Articles were filtered based on criteria, with a range of 5 years, full text, duplicates to 21 articles

Articles were filtered based on inclusion and exclusion criteria into 11 articles

Articles that ejected. (N=1,255)

Respondents:
Not focus on stress levels in teenagers
Does not include teenagers who consume alcohol (N=446)

Intervention:
No impact on adolescents with alcohol consumption (N=211)

Research result:
it is not explained the level of stress experienced by adolescents in the stress experienced (n=85)

**Picture 1. Flow Chart Review Literature Search**

**Results**

There were 11 articles that met the inclusion criteria with a cross sectional research design and a correlation study based on the literature review topic of the relationship between adolescent stress levels in alcohol abuse. The research design is 8 articles with cross sectional and 3 articles correlation study.
The results of the review of the article found that the cause of the stress level experienced by adolescents was more to problems in the family, the existence of negative environmental and social participation that supported. It is evident that the high role of peers can be seen from the statements of several respondents during interviews that adolescents consume alcohol because of an invitation from their friends. Peers provide a world in which adolescents socialize in an atmosphere that they create themselves (Norcross et al., 2013). In addition, there is a factor of knowledge in consuming alcohol which has an impact on the curiosity and desire of adolescents to try alcohol.

**Discussion**

Adaptation to the environment is very much needed by everyone, especially in their teens, because at this age teenagers experience a lot of shocks and changes in themselves, especially when they have to be in a new place and a new environment (Nasution, 2007). Adolescents experienced at this time is a period of transition experienced in adolescence, there are intellectual changes and a strong desire to search for identity as adults, but adolescents tend to be emotionally unstable (Hurlock et al., 1990).

In adolescence there are deviant behaviors that occur, these deviations are in the form of drinking alcohol consumption behavior which has become a social problem that until now has not been completely resolved (Sadiqi & Bukhari, 2020). Alcoholic drinks are all types of intoxicating drinks, so that by drinking them they lose consciousness, which includes alcoholic beverages such as wine, whiskey, brandy, champagne, malaga and others (Siswanto et al., 2020).

There are several factors that cause a teenager to consume alcohol, namely individual factors or individual personality (lack of confidence, easily disappointed, curiosity and trial and error, escape from a problem), environmental factors (family environment, peers, community) (Maula & Yuniastuti, 2017). Factors that cause a teenager to want to consume alcohol are individual factors or individual personality (lack of confidence, curiosity and trial and error, escape from a problem), environmental factors (family environment, school environment, peers, community) and environmental factors low knowledge (Harahap, 2016). Peers play an important role in inviting
behavior to consume alcohol when consuming alcohol or being together. According to adolescents consuming alcohol as a requirement in their association.

Those the stress experienced by adolescents can be a trigger to take actions to consume alcoholic beverages. When stressed, the body reacts to stress by releasing the hormone cortisol, because alcohol is a central nervous system depressant. (Ramadhan et al., 2008). So with this, it is hoped that teenagers will be able to improve their attitudes and relationships so that they can prepare for the future better.

Conclusion

Only 11 research articles are eligible for review and all of them are done in China, in English, and the journal database is limited. This makes the limitations of this review, so there is a need for further research related to the relationship between stress levels and alcohol abuse in adolescents. Further research is also useful for increasing the evidence base related to the impact of alcohol use on adolescents, especially research in the adolescent community. Because teenagers are the successors of the nation who should be well prepared and prepare for a better future.

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