

Research Article

Word Analysis Regarding the Terminology of Addiction in Adolescents

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Abstract.

The World Drug Report 2018, published by the United Nations Office on Drugs and Crime (UNODC), states that as many as 275 million people in the world, or 5.6% of the world's population aged 15 to 64 years, have used drugs. Based on the data obtained and the latest research, the age group most prone to drug exposure and abuse are those between 15 and 35 years old, commonly known as the millennial generation. If adolescents are a group that is susceptible to substance abuse, then promotive interventions must be provided at this age to prevent usage that often results in addiction. Meanwhile, social phenomena related to the public understanding of drug abuse or addictive behavior have changed. These changes are caused by various factors and have resulted in evolving definitions in today's society, including among adolescents. Adolescents, as a group of people who have the developmental task of building relationships with peers, tend to accept or reject groups that are considered different, which can lead to stigmatization among teenagers. Understanding how teenagers view NAPZA/NARKOBA/substance abuse is important. The data obtained from this study consisted of 27 words, which were analyzed as emergent themes and two pairs of equivalences, serving as experimental material through a neurofeedback approach.

Keywords: addiction, substance abuse, stigma, neurofeedback

1. Introduction

The problem of narcotics and illegal drugs has become a social problem in the world that is quite complicated. The World Drugs Reports 2018 published by the United Nations Office on Drugs and Crime (UNODC), states that as many as 275 million people in the world or 5.6% of the world's population (aged 15-64 years) have used drugs.

In Indonesia, based on the 2019 BNN survey with LIPI, it was found that, 1.8% or around 3.4 million with a population aged (15-64 years), of which around 550,000 (16%) were addicts, 27% were recreational users. regular, and about 57% of users who try to use it. Data from BNN as the focal point in the field of Prevention and Eradication of

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Drug Abuse and Illicit Trafficking (P4GN) pocketed the drug abuse rate in 2017 as many as 3,376,115 people in the age range of 10-59 years.

Meanwhile, the number of drug abuse among students in 2018 (from 13 provincial capitals in Indonesia) reached 2.29 million people. One group of people who are prone to being exposed to drug abuse are those who are in the age range of 15-35 years or the millennial generation and have strong correlation with loneliness [1]. The rate of increase of 20% in 1 year. When teenagers are prone to being exposed to drug abuse, promotive intervention should be given at this age. So that it is expected to prevent the use of which usually ends with addiction or addiction.

The word "addiction" has been in the English for centuries. The word "addict" comes from the Latin "addictus", which means "to devote, sacrifice, sell, betray, or leave" (World of Dictionary, n.d). The term is most often used to denote a form of "Self-Imposed Enslavement", and for centuries, people believed that the cause of addiction was character weakness or low morals [2]. However, society's understanding of the causes of addictive behavior has changed, and as a result its definition has evolved to adapt to new understandings of this complex topic.

Currently, the definition of addiction recognized by the American Psychiatric Association is "continuous and compulsive use of a substance or behavior despite harmful consequences" [3]. The DSM-5 is the American Psychiatric Association's guide to identifying the names, symptoms, and diagnostic features of recognized mental illnesses [4]. The DSM-5 is used by healthcare professionals to define and classify mental disorders in order to enable diagnosis, treatment, and research [5]. The category of addiction diagnostics varied between editions of the DSM, but the most significant changes occurred between DSM-IV and DSM-V. In DSM-IV, addiction can be categorized as substance abuse or substance dependence.

Furthermore, the differences between the two diagnoses provide little guidance for appropriate treatment options. The term "abuse" also has a negative connotation, that is, it creates stigma when used to describe a health problem. For this reason, the DSM-5 combines these diagnostics into a category called substance use disorders [6]. DSM changed the term so that in its diagnosis one of the reasons was stigma.

Stigma is a form of prejudice that discredits, negative views or rejects someone, stigma is related to the structure of society and the values / norms that govern daily life [7]. Elimination of this stigma is important because the paradigm of the stigma of drug addicts in society makes it difficult for addicts to recover quickly. The high stigma of addicts in society has hampered the recovery program for addicts, many of whom even choose not to be involved in the activities of recovering drug addicts [8] As a result of

the stigma, addicts lose motivation to live and can cause a sense of anxiety disorder that is excessive against the stigma itself. Awareness and intention is the most powerful instrument to against the desire to consume substance. Many factors influence person of substance use to improving the quality of life after rehabilitation. Healing becomes the thing that relevant to person with substance use disorder. If there is a strong desire to heal from the drug user, the most important things is the support of the family [9]

Adolescents as a group that has a tendency to be prone to engage in substance use as well as being a group that has the opportunity to show stigmatizing judgments in other groups outside their 'circle of friends', is one of the fundamental reason why this research is important to conducted in that group. Adolescents need to established identity in this period, but due to negative environmental assessments of themselves, will form a negative belief scheme and with the frequent formation of these negative schemes, adolescents will experience helplessness in their daily lives [1]. With the presence of vulnerable groups exposed, namely teenagers and the presence of stigma as a barrier to healing, it is important to build efforts to create stigma-free interventions. A stigma-free intervention means that the terms used in the intervention process do not create a negative stigma.

Based on the background exposure, the focus of this study is to measure the social stigma of adolescents regarding the terminology of addiction and drug users using a neurofeedback approach.

2. Methods

Participants in this study were teenagers aged 15-18 years in the city of Bandung as many as 307 people. The instrument used in this study is an open-ended question about what words come to mind when hearing the word addiction. The data analysis used is qualitative analysis. The first step is to determine each theme for each participant through the coding results. These codes are interpreted as emergent themes. Then this emergent theme is combined between participant data. The results are concluded to reach the final theme.

3. Result

The following is the data obtained which are emergent themes that have not been concluded

TABLE 1: Open-End Question Result.

No	Word	frequency
1	Sabu	27
2	Penjara	19
3	Obat-Obatan terlarang	16
4	Obat-obatan	15
5	Berbahaya	14
6	Kecanduan	14
7	Ganja	13
8	Zat Adiktif	13
9	Depresi	12
10	Halusinasi	12
11	Haram	12
12	Merusak	12
13	Narkoba	10
14	Rehabilitasi	10
15	Illegal	9
16	Heroin	8
17	Stres	8
18	Terlarang	8
19	Buruk	7
20	Polisi	7
21	Psikotropika	7
22	Morfin	6
23	Sakit	5
24	NAPZA	4
25	Overdosis	4
26	Pengedar	4
27	Pergaulan bebas	4

4. Discussion

Various studies have shown that substance use disorders or drug use problems are often stigmatized compared to other health problems [10]. Stigma of health problems itself is described as a socio-cultural process in which certain social groups who experience rejection, are not considered/not valued, 'expelled' of the group and are socially discredited based on their health condition [11], [12]

Stigma itself is defined as "the different ways it manifests at the self, social and structural levels". Goffman et.al define stigma as dehumanization of a person based on their social identity or participation in negative or unwanted social categories [10]. In the definition built by Link & Phelan (2001), stigma consists of various components in

it, namely distinguishing and labeling differences, associating differences with negative attributes, separating "us" and "them", the presence of emotional responses, loss of status and discrimination, lower-power group vs. higher-power group [13], [14].

The relationship between stigma and substance abuse disorders manifests differently than other health conditions because it is very difficult to build community social acceptance regarding individuals and users of illegal drugs. One of them is the acceptance of young people or teenagers. At this time, adolescents are in a period where the peer group becomes the main goal and is very sensitive to acceptance/rejection. Meanwhile, adolescents are also very sensitive to norms or information about behavior that is considered "common" and accepted. including showing a tendency to show attitudes in making rather risky decisions that are also influenced by peers [15]

This negative stereotype or stigma regarding substance abuse disorders will lead to various losses, such as mental and physical health problems, difficulty completing their addiction treatment, to delays in the recovery period from an integrative treatment process between professions. Stigma, in a more classical definition, is also referred to as "permanently marking the disgrace and shortcomings of others" which is an emphasis on giving a name or definition to something [16]

The stigma of society, especially from young people or adolescents, becomes a fairly systemic problem when it is associated with efforts to prevent substance abuse disorders and efforts to overcome individuals who have been addicted to drugs. This relates to perceptions of adolescent social acceptance, one of which is the assessment of users of dangerous drugs. The higher the adolescent's assessment of the use of dangerous drugs, it can become the main target in designing prevention programs for adolescents to improve their perception of the use of dangerous drugs among their peers, including making decisions about the use of dangerous drugs themselves [17] Terminology and Language which we use to describe social and criminal issues in society, influence and reflect our attitudes and our approach to viewing these problems [18]. The choice of language used indirectly becomes important when it is attached to matters relating to substance abuse.

Based on the results and data analysis, there are 3 pairs of words that are concluded as further experimental materials, namely: **(1) obat obatan berbahaya dan NAPZA (2) obat obatan terlarang dan NARKOBA (3) Rehabilitasi dan pengobatan.**

5. Conclusion

Finding words that are associated with addiction and substance abuse will be words that are matched with other words that are not associated with negative stigma. So that more positive words will be the terms used in the healing process of people with addiction. The words obtained have been concluded and will be used as material for neurofeedback experiments.

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