



Development of Self-Regulatory Design Based on Local Cultural Values in Adolescents

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ABSTRACT

Drug abuse, especially among adolescents, is a big problem in Indonesia. One of the preventive efforts against drug abuse is to increase adolescent assertive behavior in refusing drug abuse. This study aims to (1) increase adolescent assertive behavior in resisting drug abuse through self-regulation based training Siri' na Pacce, and (2) identify differences in assertive behavior between male and female adolescents. The subject is class VIII students of SMPN 2 Turatea, Jeneponto Regency, South Sulawesi for the academic year 2020/2021 which amounts to 38 students, including 20 boys and 18 girls aged 12 to 15 years were selected as the research sample which was determined by purposive sampling technique (non-randomized sample). The research instrument was a questionnaire of assertive behavior in refusing drug abuse modified from the Drug Refusal Assertiveness Scale (DRAS) developed by Wills & Botvin (1989). This study uses a quasi-experimental Non-Equivalent Control Group Design (pre-test and post-test). The data analysis method is an analysis of covariance (ANCOVA). The research results show that the training is self-regulation based Siri' na Pacce has a significant effect on increasing adolescent assertive behavior in refusing drug abuse. In addition, female students are shown to have higher scores in assertive behavior than male students. This is related to active participation in self-regulation training, where female students are more active so they can understand the training material better and faster.

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INTRODUCTION

Development in education/learning is an effort to produce a product, where the product can be used to improve the quality of learning outcomes and processes. Drug abuse is a serious problem threatening the quality of human life worldwide (Pavlek et al., 2020; Skora et al., 2020), including in Indonesia (Prasetya & Deovanka, 2018). Drug abuse is not only done by adults but also occurs among adolescents, especially early adolescents. This has made Indonesia issue policies in international declarations and resolutions on the control and prevention of drug use, focusing on the younger generation (McLellan, 2017).

The increasing number of cases of drug use makes control efforts important (Das et al., 2016; Sabarinah, 2019). One of

the most effective ways to prevent adolescent drug abuse is a program to increase assertive behavior (Saleh et al., 2014). Assertive behavior is a concept that expresses abilities and personal characteristics to achieve goals in self-actualization. Assertive behavior is the ability to express one's reality based on real life situations (Heikkila et al., 2020). This is done by opposing something either through positive or negative expressions.

Assertive behavior is interpersonal behavior that involves expressing thoughts and feelings verbally honestly and spontaneously. People who are not assertive will have difficulty expressing their feelings and thoughts appropriately, so they tend to feel anxious, sad, and even depressed. A destructive environment easily influences

people in this condition, so they are motivated to abuse drugs to get positive feelings (Annapurna, 2021).

Research on the assertive behavior of junior high school adolescents in refusing drug abuse has been carried out by many researchers who provide education to say "no" to drugs. This study shows promising and good results in providing students with an understanding of the importance of saying "no" to drugs. However, this research only educates students to say 'no', not trains them to be more assertive or firm in rejecting drugs. In this case, if students are under pressure or coercion from other people, especially peers, then the possibility of being influenced is still high. For this reason, this research was conducted to increase adolescent assertive behavior to refuse drug abuse. This research was conducted by providing self-regulation-based training *Siri' Na Pacceto* to increase adolescent assertive behavior in resisting drug abuse. *Siri' Na Pacceto* is a culture that has become the philosophy of life for the Bugis-Makassar people. This is based on the assumption that culture can influence a person's behavior (Ultsani et al., 2019), including self-regulation (Rahayu et al., 2018).

In Indonesia, especially South Sulawesi, there is a culture called *Siri' Na Pacceto* which has become a way of life and the basis for the behavior of the Bugis-Makassar people. *Siri' Na Pacceto* means "ashamed". "*Siri' lanri nod is kodi*" means shame when someone commits a disgraceful act which results in a loss of honor or dignity as a human being (Safitri & Suharno, 2020). *Siri' Na Pacceto* contains the values of honesty which illustrate that awareness of *Siri'* in the past (the royal era) was very strong. In fact, there used to be a social sanction that someone had to leave society if they didn't have one say (embarrassed) (Rahayu et al., 2018). These moral values are considered important and can be used as the basis for training in self-regulation in rejecting disgraceful acts, especially drug abuse. Based on the application of principles *Siri' Na Pacceto* so far, society has not hesitated to reject invitations to commit disgraceful acts, even from those closest to them, including teenagers who mostly depend on their peers. Even though he is very close to his peers, a teenager will remain honest and firm in rejecting solicitations to abuse drugs without offending his friends. Conversely, adolescents who do not have an assertive attitude tend to be dishonest in rejecting friends' invitations to abuse drugs for fear of being hated or shunned by their peers.

Education through learning is a process of preventing drug abuse from an early age. Conveying from the start about drugs' impact or consequences is done through various methods and approaches. Reducing the number of potential users and the impact caused by drug abuse based on research can be done through learning (Boroumandfar, 2020). A sociocultural approach is a learning approach by raising relevant cultural values as a form of preventive effort in drug abuse (Nwagu et al., 2017). Traditional values-based self-regulation training is one form of service provided in learning.

METHODS

This research is a quasi-experimental study with a nonequivalent control group design. The research variables include self-regulation-based training *Siri' Na Pacceto* as the independent variable and assertive behavior in refusing drug use as the dependent variable. According to Creswell (2018), the non-equivalent pre-test and post-test group design is a quasi-experimental approach that uses group A as the experimental group and group B as the control group whose sampling is selected without random assignment. Both groups received pre-test and post-test, but only the experimental group received intervention treatment. In this study, the treatment was in the form of self-regulation training based on principles *Siri' Na Pacceto*. Both groups were given pre-test and post-test.

The research subject is 8th grade students of SMPN 2 Turatea, Jeneponto Regency, South Sulawesi were selected for the academic year 2020/2021 38 students, including 20 boys and 18 girls aged 12 to 15 years the research sample which was determined by purposive sampling technique (non-random sample). The reason for selecting this sample group was based on the age classification of early adolescents, namely 12 to 15 years, which is the age when adolescents easily lose self-control (Semple et.al., 2011).

The data collection instrument was a scale to measure adolescent assertive behavior in refusing drug abuse. This was given at the beginning of the study (pre-test) and at the end (post-test) to determine the assertive behavior of adolescents in the control and experimental groups, before and after being given self-regulation training, based on *Siri' Na Pacceto*. This was done to test the significance of self-regulation-based training *Siri' Na Pacceto* in increasing adolescent assertive behavior.

The data analysis method used to test the hypothesis is an analysis of covariance (ANCOVA). Covariance analysis was used to determine the effect of self-regulation-based training *Siri' Na Pacceto* towards assertive behavior of adolescents in refusing drug abuse, as seen from the pretest value as the covariance.

RESULTS AND DISCUSSION

Analysis of differences in adolescent assertive behavior between the experimental and control groups obtained a statistical value of 332.412, a significance value of 0.000, with an F-table of 4.121 (at a significance level of 5% and degrees freedom 1 and 35). Because the F statistic is greater than Ftable, or the significance value is less than a (0.050), the assertive behavior of adolescents in both groups is significant. In other words, self-regulation-based training *Siri' na Pacceto* has proven to significantly affect adolescent assertive behavior in refusing drug abuse.

Table 1
Analysis covariance

| Source | Sum Of Squares | Df | Mean Square | F | Sig |
|------------------|----------------|----|-------------|---------|------|
| Pre-test | 529.223 | 1 | 529.223 | 18.477 | .000 |
| Group | 9520.851 | 1 | 9520.851 | 332.412 | .000 |
| Error | 1002.461 | 35 | 28.642 | | |
| Correction Total | 11100.342 | 37 | | | |

R Squared = .910 (Adjusted R Squared =.905)

Table 2 shows that young women get an average pre-test score of 57.7778 with a standard deviation of 10.08437, while a pre-test score is 57.778 with a standard deviation of 10.08437, while the a-test score is 57.778 with a standard deviation of 10.08437, while an a-test score is 57.778 with a standard deviation of 10.08437. default 10.08437, while a-test. deviation 7.06569. This means that both gender groups have relatively the same level of assertive behavior before receiving self-regulation training. Furthermore, different conditions were found in the results of the post-test, where the female group obtained an average score of 92.0000 while

the male group obtained an average score of 84.4000. This shows that young women have higher assertiveness in refusing drug abuse after receiving self-regulation training based on the principle *Siri' Na Pacce*. This finding can also be seen from the difference in minimum and maximum scores between the two groups after participating in self-regulation training. Furthermore, the ANCOVA results regarding differences in assertive behavior based on gender can be seen as follows:

Table 2
Minimum and maximum scores of pre-tests and post-test by gender

| Descriptive | Female | | Male | |
|----------------------|----------|-----------|----------|-----------|
| | Pre-test | Post-test | Pre-test | Post-test |
| Number of the sample | 9 | 9 | 10 | 10 |
| Minimum | 47.00 | 83.00 | 43.00 | 74.00 |
| Maximum | 82.00 | 99.00 | 64.00 | 95.00 |
| Mean | 57.7778 | 92.0000 | 53.6000 | 84.4000 |
| Standar deviation | 10.08437 | 4.87340 | 7.06569 | 5.37321 |

Based on table 3, the F statistic is $4.628 > F$ table 4.494, with a significance value of $0.047 < 0.05$. These results indicate a significant difference between the assertive behavior of male and female adolescent groups in refusing drug abuse. The mean value of the assertive behavior of young women who received self-regulation training was 92.00, while the group of men who did not receive self-regulation training was

84.40. This shows that the provision of self-regulation-based training *Siri' na pacce* can increase adolescent assertive behavior effectively, especially when viewed by gender. Therefore, it can be concluded that there is a significant difference between the assertive behavior of male and female adolescents in refusing drug abuse.

Table 3
Analysis of Covariance

| Source | Sum Of Squares | Df | Mean Square | F | Sig |
|------------------|----------------|----|-------------|-------|------|
| Pre-test | 220.442 | 1 | 220.442 | 6.810 | .019 |
| SSE | 149.835 | 1 | 149.835 | 4.628 | .047 |
| Error | 517.958 | 16 | 32.372 | | |
| Correction Total | 1012.000 | 18 | | | |

R Square = .488 (Adjusted R Square = .424)

DISCUSSION

In general, this study proves that emphasizing moral values that prevail in traditional culture can act as a stronghold for adolescent self-regulation to fight against adverse environmental influences related to drug abuse. This can be a good solution to control adolescent drug abuse rates, namely as a preventive measure. On the other hand, this idea can also have a beneficial impact on cultural preservation. So far, the Indonesian government has tried hard to reduce the number of drug abuse among adolescents with five main approaches: promotive, preventive, curative, rehabilitative and repressive. This effort is considered comprehensive, but it would be even better if it included instilling cultural values, and not just prioritizing religious values. This point in particular can be included in the promotive and preventive approaches. Research related to the importance of cultural values in efforts to control the mindset and behavior of adolescents, especially in Indonesia, has so far been minimal. However, several relevant studies were found that strengthen the findings of this study. Several studies have shown that traditional cultural values influence adolescent attitudes and

beliefs, which in turn influence their health-risk behaviors (eg, use of cigarettes, alcohol, and drugs) (Dulay et al., 2018; Eslami et al., 2016; Sarkova et al., 2013). However, some research shows how certain cultural values can or operate as protection against substance use (Castro et al., 2007).

Traditional values can help students grow the potential to self-regulate according to the values the local community believes. Students in their teens experience pressure in their friendships (Blote et al., 2016), self-regulation which is triggered by traditional values that are still valid in society and becomes a social force that encourages students to stay away from things that are contrary to the will of society (Heikkila et al., 2020). The world of education is a very promising place to be a preventive effort for students' exposure to the effects of illegal drugs, even though the family is the most important community in doing so. So that the role of the family becomes quite central and collaboration and coordination are needed in dealing with illegal drug interventions in students' lives (Olafsdottir et al., 2018).

Self-regulation training efforts based on traditional cultural values such as *Sirri Na' Pacce* can be developed further for other areas in accordance with traditional values

still carried by the local community. The integration of traditional cultural values can be further coordinated by the local government through the National Narcotics Agency (BNN) and can be included as one of the UKS programs in schools (Raharjo et al., 2022). In today's digital era, students' mentality is easily influenced by various content that can easily be found online. Students with mental and psychiatric disorders symptoms can consult and coordinate with medical personnel at community health centers (Puskesmas) through the youth mental health consultation service program (Saljan & Hardy, 2022).

LIMITATION OF THE STUDY

This research is applied to schools with a community environment that carries local wisdom values *siri' na' pacce*. So that the research results cannot be generalized to students with different local wisdom values. The application of different local wisdom may have an impact on different research results.

CONCLUSIONS AND SUGGESTION

The design of self-regulation training based on local cultural values is proven to increase students' assertive behavior towards drug abuse. This is evidenced by the calculated F value of $4.628 > F$ table 4.494, with a significance of $0.047 < \alpha 0.05$. The results of this study indicate that gender makes a major contribution to assertive behavior triggered by self-regulation. The average assertive behavior of students with the female gender is 92.00. On the other hand, male students are slightly lower with an average assertive behavior of 84.40. Thus it can be proven that the influence of self-regulation-based training *Siri' Na Pacce* on the assertive behavior of adolescents in refusing drug abuse. The training is given a self-regulation module based on *Siri' and Pacce* principles, including self-monitoring based on *Lempu* or *Lambusu* (honesty), self-interaction based *Getteng/Toddopuli* (firm), and self-reinforcement based on *Sipakainga' sipakatau* (care and respect each other). Adolescents' assertive behavior in resisting drug abuse can be improved by self-regulation training-based *Siri' Na Pacce* the principle of this exercise can equip students with knowledge and skills in self-control to always behave honestly, and decisively, and remind each other to refuse drug abuse. This shows that culture influences a person's behavior. In addition, this study found that female adolescents had higher scores than male adolescents regarding attitudes against drug abuse. Female students are more active in participating in training, thus understanding the concept of self-regulation-based *Siri' Na Pacce* faster and better than boys.

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