



# Democratic Parenting on Knowledge, Attitudes and Drug-Free Behavior for Teenagers

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**Abstract:** *Objective* The dangers of drugs affect the central nervous system of consciousness, loss of control, hallucinations, anxiety, depression, violent behavior, addiction, mental disorders and organ damage leading to death, and can also have an impact on the economy, socio-culture, defense and quality of youth behavior as the nation's hope. This study aims to examine the effectiveness of democratic parenting training in preventing the dangers of drugs for adolescents through a commitment to a drug-free lifestyle for adolescents. *Methods* The study used a quasi experimental design with two groups pre and post test design, with a sampling technique using purposive sampling. Research with stages: (1) choosing parenting training about the dangers of drugs with the theoretical framework  $B = f(PF, EF, RF)$  namely factors (predisposing factors, enabling factors, reinforcing factors), (2) conducting democratic parenting training for parents, and (3) implementation of parenting democratic parents about the dangers of drugs to adolescents. Collecting data with a questionnaire on knowledge, attitudes and commitment to drug-free behavior for adolescents before and after training and compared with the control group. *Results* ANOVA analysis of the aspects of knowledge, attitude and behavioral commitment of respondents in the experimental and control groups showed a sig.  $0.000 < 0.05$ , then H1 is accepted, that is, there is a significant difference between the experimental group and the control group. The conclusion of parenting democratic parenting training is effective in increasing knowledge, attitudes, and commitment to drug-free living for adolescents.

**Keywords:** Dangers of Drugs, Knowledge & Attitude, Drug Free

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## 1. Introduction

The dangers of drugs affect the central nervous system of consciousness, loss of control, hallucinations, anxiety, depression, violent behavior, addiction, mental disorders and organ damage leading to death, and can also have an impact on the economy, socio-culture, defense and security, and the quality of youth behavior as the nation's hope [1]. Adolescent behavior that appears in drug abuse is strongly influenced by parenting patterns, as shown in the correlation analysis research by Murtiyani, that permissive parenting has a correlation with adolescents who use drugs [2]. Abdullah's research [5] shows that authoritarian parenting has a relationship with adolescents in abusing drugs [3]. Comparative research on parenting patterns by Anisah [3] shows that there are differences in social services related to

democratic, authoritarian, or permissive parenting to groups of adolescent drug users in preventing drug abuse [4]. Democratic parenting parents provide social services well, this is one of the reasons why teenagers do not abuse drugs. Based on the results of the research above, democratic parenting is expected to be a deterrent for adolescents from falling into drug abuse. However, there are problems with its implementation because it involves groups and the lack of knowledge and skills of parents about democratic parenting [5]. For this reason, it is necessary to conduct education management training for democratic parenting. Good knowledge and skills will form a good attitude in applying democratic parenting to adolescents so as to strengthen the commitment to drug-free behavior. Educational management training for democratic parenting can be used and chosen as an alternative effort to prevent adolescents from falling into drug abuse. The description above is used as the basis for the

research objective on "management training for parenting democratic parenting education about the dangers of drugs to knowledge, attitudes and commitment to drug-free living behavior for adolescents in SMK Probolinggo".

## 2. Researeach Methodology

This study uses a quasi-experimental design with a two-group pre-post test design approach. The purpose of using this design is to see the results before and after being given an intervention by involving one group of subjects being given the intervention and one group not being given the intervention. Respondents were tested before being given the intervention, and tested again after the intervention with a time series design, in this research the post-test was carried out by the researcher repeatedly within a certain time determined by the researcher [6].

The population in this study were all students of SMK Pobolinggo from class X, XI and XII who were still active, amounting to 102 people. The selection of the population as the research target is because the environment is in a risk/prone area for drug abuse. Sampling research was carried out by purposive sampling technique, which is a technique of determining the sample by selecting a sample among the population as desired by the researcher, so that the sample can represent the characteristics of the population that have been known previously [7]. The sample in the study for the intervention group was 30 adolescents and the control group was also 30 adolescents.

Inclusion criteria in this study were adolescents as students, aged 15-18 years, active status, living at home with parents, not smoking, not using drugs, willing to be a sample in the study and in good health. The exclusion criteria of this study were students who were included in the inclusion group, if in the research process students experienced obstacles they could not continue as respondents, such as experiencing illness, changing schools, students receiving warnings from schools or students getting assignments from school.

The independent variable in this study is the educational management of democratic parenting of parents about the dangers of drugs and the dependent variable is the knowledge,

attitude, and commitment to drug-free life behavior. Data were collected by using a questionnaire that had passed the validity test (expert judgment), language comprehension and reliability (Cronbach alpha value 0.977). The instrument contains statements and answers in the form of a Likert scale with reference to the elements of favorable and unfavorable statements, so that they are not biased. Research on educational management of democratic parenting parents on knowledge, attitudes and drug-free behavior for adolescents has received ethical approval from the STIKes Hafshawaty Probolinggo Ethics Committee with the number: KEPK/002/STIKes-HPZH/III/2021.

The data collected from the dependent variable in the form of knowledge, attitudes and commitment to drug-free behavior with the data collection period before and after education. Data analysis of research results through Editing, Coding, scoring, Tabulating, cleaning, normality test, variance test, and hypothesis testing with Paired T-test to compare pre and post test scores, while Anova test to compare the average data value of the treatment group with control.

## 3. Results

The data and discussion in this study refers to the research objectives, namely identifying the education management of respondents' parenting, training on democratic parenting of parents about the dangers of drugs, and analyzing the effectiveness of educational management of democratic parenting of parents about the dangers of drugs to knowledge, attitudes and commitment to drug-free behavior. for adolescents by measuring the level of knowledge, attitudes, and commitment to drug-free behavior for adolescents before and after training.

### 3.1. Characteristics of Respondents About Parenting Parenting

The subjects of this study were adolescents as students, aged 15-18 years, active status, lived at home with their parents, did not smoke, did not use drugs, were willing to be samples in the study and were in good health.

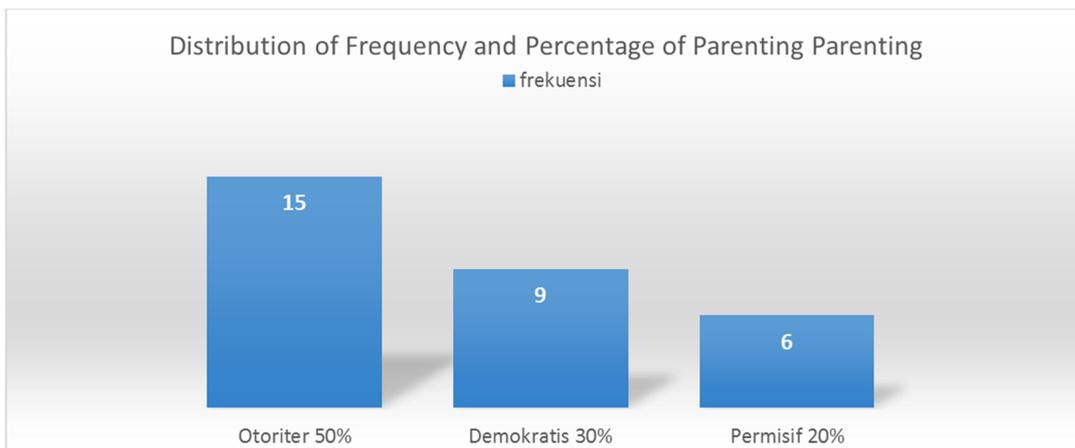


Figure 1. Distribution of Frequency and Percentage of Parenting Patterns.

Figure 1 shows that from 50% of parents of 30 teenagers with authoritarian parenting as many as 15 people (50%). The hallmark of authoritarian parenting is that children must follow their parents' orders, children are not given the opportunity to discuss or express opinions, parents give punishment when children are wrong, and parents use loud voices when talking to children [8]. Children may not be free, live confined and not confident with authoritarian parenting, so that children seek freedom outside the home to drugs. While the characteristic of permissive parenting is that

children are given wide freedom, there is no control from parents and a little firm attitude if the child makes a mistake. Children are considered like adults who do not need to be supervised and directed. In children with democratic parenting there is controlled and continuous supervision, if the child makes a mistake there is a measurable and educational punishment, there is an opportunity for discussion, attention grows affection and independence, achievement orientation, enjoys new situations, friendships and handles stress well [9].

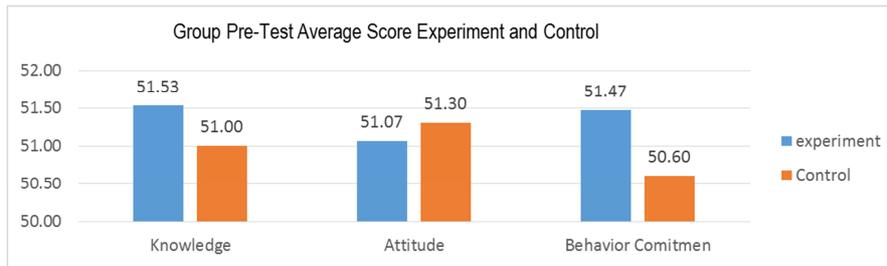


Figure 2. Distribution of Frequency Group Pre-Test Average Score Experiment and Control.

**3.2. Research Result Data The Average Pre-test Value of Respondents' Knowledge, Attitudes, and Behavioral Commitments**

In Figure 2, the average value of the pre-test data in the experimental group and control group shows the same results from the knowledge aspect of the experimental group with a value of 51.53 and control group 51.00, the attitude aspect of the experimental group with a value of 51.07 and the control group is 51.30, the behavioral commitment aspect of the experimental group is 51.47 and the control group is 50.00. Test independent samples test with a value of sig. 0.599 on the basis of the decision if the value of sig. > 0.05, then both groups have the same data value. With the condition of having the same initial data, it means that the two groups depart with the same starting point [10]. Comparative research results will be more visible if the research group and control group start with the same point. In the same initial conditions with different treatment processes, logically different results can be given [11]. The realm of one's knowledge will increase if the person concerned is exposed to the same knowledge. Increased knowledge affects attitudes and will then have an effect on someone to take a decision in behavior.

**3.3. Different Tests of Pre-test and Post-Test on Respondents' Experimental Group**

The research data showed an increase in aspects of knowledge, attitudes and commitment to drug-free behavior for adolescents, based on adolescents' answers on the questionnaire sheet after the education management training for democratic parenting for parents. Through the paired t test, it is known that there is a significant difference in the value of the pre-test with the post-test (.000 <0.05). It means that the hypothesis is accepted on the basis of the decision if the value of sig < 0.05 H1 is accepted. Through this paired t test, it aims to strengthen the explanation of the research value data in Figure 3, and at the same time answer the research hypothesis [12].

Research on the effectiveness of the influence of education management training on democratic parenting parents on the level of knowledge, attitudes, and commitment to drug-free behavior for adolescents can be seen that there is a difference in scores between pre-test and post-test 1, post-test 2, and post-test 3. Changes that occur in the experimental group on aspects of knowledge, attitudes, and commitment to the respondent's drug-free behavior can also be seen in table 1, the results of hypothesis testing using paired t-tests.

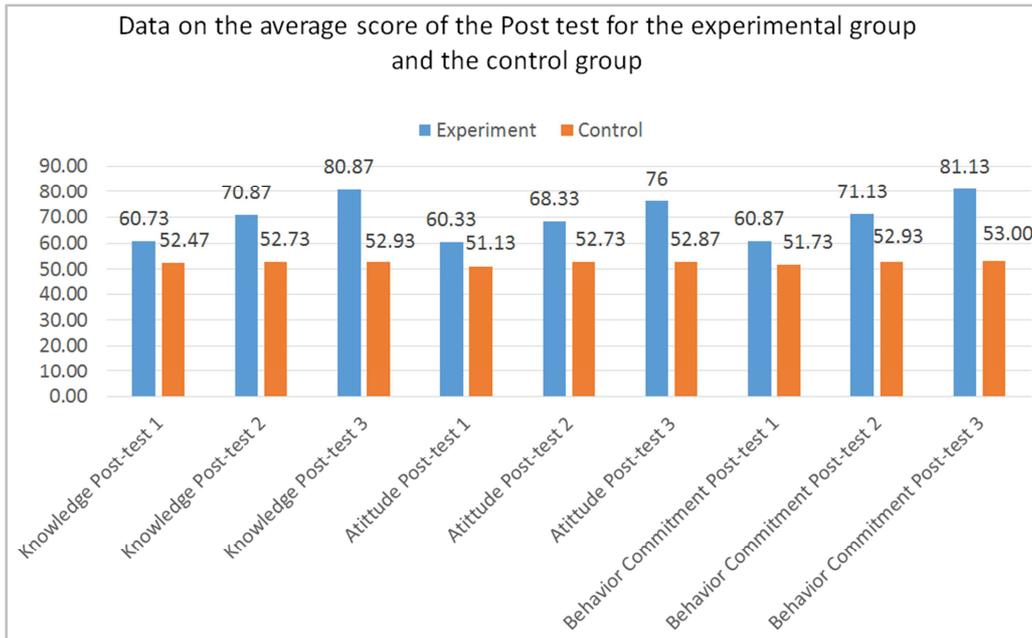
Table 1. Paired T-Test on the Knowledge, Attitude and Behavioral Commitment of the Experimental Group.

Paired Samples Test		Paired Differences				t	Sig. (2tailed)
		Mean	Std. Deviation	95% Confidence Interval of the Difference			
				Lower	Upper		
Pair 1	Pre_Test Knowledge – Post_Test Knowledge	-9.20000	4.91584	-11.03561	-7.36439	-10.251	.000
Pair 2	Pre_Test attitude – Post_Test attitude	-9.26667	5.46420	-11.30703	-7.22630	-9.289	.000
Pair 3	Pre_Test Behavioral Commitment – Post_Test Behavioral Commitment	-9.40000	4.76047	-11.17759	-7.62241	-10.815	.000

**3.4. Distribution of Frequency Post-Test Average Score Experiment Group and Control Group**

In Figure 3, the average value of the test post data in the experimental group and control group shows very different scores, especially test post 3 from the knowledge aspect of the experimental group with a value of 80.87 and the control group 52.93; the attitude aspect of the experimental group with a value of 76.00 and the control group 52.57; the behavioral commitment aspect of the experimental group

with a value of 81.13 and the control group 53.00. With the condition that there is post-test data 3 or post-test that is so far adrift between the average value data in the experimental group and the control group, it means that the two groups have very different endpoint values or in other words, the effectiveness of the pattern education management training is evident. democratic parenting of parents about the dangers of drugs to the knowledge, attitudes and commitment to drug-free behavior for adolescents, thus this will be good to apply [13].



**Figure 3.** Distribution of Frequency Post-Test Average Score Experiment Group and Control.

Comparative research on authoritarian, permissive and democratic parenting on efforts to prevent drug abuse for adolescents with the results proven that democratic parenting is more effective in preventing drug abuse for adolescents compared to other parenting patterns. The behavioral commitment aspect of the experimental group has the highest peak value, which is 81.13 when compared to values in other

aspects of the experimental group and control group, this condition occurs because of the effect of the knowledge and attitude aspects because decision making on behavioral commitment is influenced by conditions of knowledge and behavior. someone's attitude [14]. An increase in knowledge affects attitudes and will then have an effect on someone to take a decision in behavior.

**Table 2.** LSD ANOVA Test Results Data Knowledge, Attitudes and Behavioral Commitments of Respondents Test Posts 1, 2, 3 Experiment & Control Groups in Probolinggo Vocational High School Adolescents.

Multiple Comparisons				
(I) Post_Test_1,2,3	(J) Post_Test_1,2,3	Mean Difference (I-J)	Std. Error	Sig.
Knowledge_Post_Test_1 Group_Experiment	Knowledge_Post_Test_1 Group_Control	8.26667*	1.02945	.000
Knowledge_Post_Test_2 Group_Experiment	Knowledge_Post_Test_2 Group_Control	18.13333*	1.02945	.000
Knowledge_Post_Test_3 Group_Experiment	Knowledge_Post_Test_3 Group_Control	27.93333*	1.02945	.000
Attitude_Post_Test_1 Group_Experiment	Attitude_Post_Test_1 Group_Control	9.20000*	1.02512	.000
Attitude_Post_Test_2 Group_Experiment	Attitude_Post_Test_2 Group_Control	15.60000*	1.02512	.000
Attitude_Post_Test_3 Group_Experiment	Attitude_Post_Test_3 Group_Control	23.46667*	1.02512	.000
Behavioral Commitment Post_Test_1 Group_Experiment	Behavioral Commitment Post_Test_1 Group_Control	9.13333*	.95615	.000
Behavioral Commitment Post_Test_2 Group_Experiment	Behavioral Commitment Post_Test_2 Group_Control	18.20000*	.95615	.000
Behavioral Commitment Post_Test_3 Group_Experiment	Behavioral Commitment Post_Test_3 Group_Control	28.13333*	.95615	.000

\*. The mean difference is significant at the 0.05 level.

### 3.5. Comparison of the Average Scores of the 1st, 2nd, 3rd Experimental and Control Groups

Based on table 2 the results of the analysis of variance with the ANOVA test on aspects of knowledge, attitudes and behavioral commitments of respondents in the experimental group and control group, it can be seen from the results of the comparison of post tests 1, 2 and 3 showing that all aspects with sig values.  $0.000 < 0.05$  then  $H_1$  is accepted, which means that both have different knowledge, attitudes and behavioral commitments. It can be concluded that the post-test 1, 2, and 3 of the experimental group were much better than the control group, meaning that there was a very significant difference.

## 4. Discussion

### 4.1. Knowledge

In table 3, the results of the different tests with the Independent Samples T-test on the knowledge aspect for test post 1, post test 2, and post test 3, show that there is a very significant difference between the experimental group and the control group. This happened because the experimental group had better knowledge after the education management training for democratic parenting parents was carried out, it was seen from the results of the comparison of pre-test score data with post-test 1, post-test 2 and post-test 3 data, in the experimental group compared with The control group which can be seen in Figure 3. This can also prove that the education management training for democratic parenting for parents on the level of knowledge for adolescents has proven to be effective in increasing the level of knowledge of adolescents about the dangers of drugs.

**Table 3.** Hypothesis test results (Independent Samples T-test) Aspects of Knowledge of Respondents Post test 1, Post test 2, and Post test 3 in the Experimental and Control Group at SMK Probolinggo.

Knowledge Aspect Data Classification	p-value	Information
Post test 1 group Experiment & Control	0,00	$H_1$ received
Post test 2 group Experiment & Control	0,00	$H_1$ received
Post test 3 group Experiment & Control	0,00	$H_1$ received

This increased adolescent knowledge is in accordance with the statement from Notoatmodjo (2012) which states that increased knowledge occurs because someone has curious behavior which is followed by the sensing process [15]. In the explanation above, it can be emphasized that the increase in knowledge occurs because of the results of the curiosity of the respondents after the sensing in the training. In addition, education management training for democratic parenting parents on the level of knowledge of the dangers of drugs for adolescents is one way to form adolescent independence in increasing understanding of information towards the formation of attitude commitment.

### 4.2. Attitude

In table 4, the results of the Independent Samples T-test on

the attitude aspect for test post 1, test post 2, and test post 3, show a very significant difference between the experimental group and the control group. This difference in attitude aspect occurs because of an increase in the attitude of the experimental group respondents to the good category which can be seen in Figure 3, the increase in test posts 1, 2, and 3 is made possible by other factors as well, such as changes in attitude that occur due to a person's condition. that changed. But in this study, changes in improving attitudes for the better in adolescents could occur because of an increase in knowledge from education management training for democratic parenting parents on the level of knowledge, attitudes, and commitment to drug-free life behavior for adolescents.

**Table 4.** Hypothesis test results (Independent Samples T-test) Aspects of Respondents' Attitudes Post test 1, Post test 2, and Post test 3 in the Experimental and Control Group.

Attitude Aspect Data Classification	p-value	Information
Post test 1 group Experiment & Control	0,00	$H_1$ received
Post test 2 group Experiment & Control	0,00	$H_1$ received
Post test 3 group Experiment & Control	0,00	$H_1$ received

It means that education management training for democratic parenting parents has been proven to be effective in increasing respondents' attitudes towards drug-free behavior commitments in the experimental group compared to the control group who did not receive training. In addition, there are other factors that can also affect attitude change, namely information media from various news media, social media, culture and the environment [16]. The positive attitude of this respondent needs to be maintained continuously to support a more stable attitude of commitment to drug-free life.

### 4.3. Behavioral Commitment

In table 5, the results of the Independent Samples T-test on aspects of behavioral commitment for test post 1, post test 2, and post test 3, show that there is a very significant difference between the experimental group and the control group. This happens because there is an increase in behavioral commitment in the good category which can be seen in Figure 3 from the results of post-test 3 in the experimental group compared to the control group, there is a very significant difference. Increased commitment to adolescent behavior can arise, among others, due to aspects of knowledge and good attitudes that can be a motivator or impetus for respondents to make a behavioral commitment [17, 18].

**Table 5.** Hypothesis test results (Independent Samples T-test) Aspects of Behavioral Commitment of Respondents Post-test 1, Post-test 2, and Post-test 3 in the Experimental and Control Group at SMK Probolinggo.

Data Classification Aspect Behavioral Commitment	p-value	Information
Post test 1 group Experiment & Control	0,00	$H_1$ received
Post test 2 group Experiment & Control	0,00	$H_1$ received
Post test 3 group Experiment & Control	0,00	$H_1$ received

The occurrence of an increase in the behavioral commitment of the respondents is more likely to prove that the educational management training of democratic parenting parents is effective in increasing the behavioral commitment of the experimental group when compared to the control group [19, 20]. The following is a comparison of the data on the average value of respondents based on aspects of behavioral commitment after the education management training for democratic parenting for parents was carried out, in the post-test stage 3, the experimental group was 81.13 and the control group was 53.00.

#### 4.4. Limitations

The measuring instrument in this study only used one type of questionnaire with the linkert system, even though the measurement of data in this study was carried out in series up to 4 times, it was possible for respondents to become bored or bored because they filled out or answered questionnaires that did not change the content of the questions.

## 5. Conclusion

Teenagers' parenting pattern at SMK Probolinggo mostly uses authoritarian parenting 15 respondents (50%). The pre-test mean value data from the two groups approached the same starting point, while the post-test average score data from the two groups were in very different categories. The experimental group after receiving education management training on democratic parenting of parents, the average score continued to rise until it got a good peak score at test post 3, which was 81.13 while the control group was 53.00. Anova test on all aspects showed that the value of sig. 0.000 < 0.05 then H1 is accepted, that is, there is a significant difference between the experimental group and the control group.

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