

The Relationship Between Family Support and Assertiveness with Drug Use Behavior

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ABSTRACT

This study aims to examine the relationship between family support and assertiveness with the tendency to use narcotics in early adulthood. The univariate results show that family support has an average score of 2.591, indicating a high level of family support. Family support, particularly in the forms of emotional, esteem, and instrumental support, was found to play a significant role in preventing drug abuse, with a t-test yielding a t-value of 4.103 ($p < 0.05$). Meanwhile, assertiveness also had a high average score (2.573) and significantly influenced the tendency to use narcotics, with a t-value of 5.051 ($p < 0.05$). The multivariate analysis results indicate a significant interaction between both variables, with an F-value of 336.378 ($p < 0.05$), suggesting that family support and assertiveness together can reduce the tendency to use narcotics. The study concludes that the combination of positive family support and high assertiveness can strengthen an individual's protection against the risk of narcotic abuse in early adulthood.

Keywords: Family Support, Assertiveness, Narcotic Use, Early Adulthood

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INTRODUCTION

Drug abuse has become a highly concerning public health issue globally. The World Health Organization (WHO) categorizes substance abuse as a serious problem that threatens the sustainability of human quality of life because it can affect physical, psychological, and social health in the long term (WHO, 2022). Narcotics comes from the Latin word meaning anesthetic, which in Law Number 22 of 1997, Article 1 is defined as substances or drugs derived from plants, synthetic or semi-synthetic, which can reduce or weaken consciousness, eliminate feelings, and cause dependence (Setiayati, 2015). Classical literature also states that this term is related to the word "Narcissus," the name of a plant that can cause a person to lose consciousness. Narcotics are included in the category of non-food substances that, when entering the body, whether through drinking, smoking, inhalation, swallowing, or injection, will affect the functioning of the brain and central nervous system. The impacts are not only medical but also social, including

physical health disorders, changes in cognitive function, decreased social skills, and even the development of a dependency that is difficult to overcome (Herlina, 2008).

In Indonesia, drug abuse has become a multidimensional problem. Data from the National Narcotics Agency (BNN) in 2023 showed an increase in the prevalence of drug use nationally, particularly among the early adulthood age group, aged seventeen to forty-five. The 4.8 percent increase in this group indicates a particular vulnerability that requires attention. Early adulthood is a phase of development full of change, as individuals enter the workforce, develop financial independence, build broader social relationships, and face complex life pressures. The combination of high adaptation demands and weak self-control mechanisms can increase the risk of engaging in risky behaviors, including drug use (BNN, 2023).

Ternate City in North Maluku Province is one area facing this problem significantly. According to a 2023 report from the North Maluku Province National Narcotics Agency (BNN), approximately 35 percent of drug users in the region are young adults. Ternate's geographic location, as a port city and a gateway for goods from various regions, makes it vulnerable to drug smuggling and distribution. In addition to geographic factors, sociocultural conditions undergoing changes due to modernization and information transparency also contribute to the increased risk of drug abuse. Relatively easy access to illicit substances, peer group influence, and weak social control combine to exacerbate the situation (BNN North Maluku Province, 2023).

Several previous studies have shown that successful drug abuse prevention depends not only on law enforcement but also on strengthening protective factors at the individual and family level. Family support is one of the most powerful protective factors. Harwood et al. (2022) explain that emotional support, effective communication, and parental involvement in the lives of young adults can provide psychological stability and enhance individuals' ability to make healthy decisions. Family support can create an environment conducive to personal growth and act as a buffer against negative influences from the external environment.

In addition to family support, assertiveness is also recognized as a crucial social skill in preventing individuals from engaging in drug abuse. Assertiveness, as defined by Alberti and Emmons (2017), is the ability to express opinions, needs, and feelings firmly while still respecting the rights of others. Individuals with high assertiveness tend to be able to resist peer pressure and maintain positive personal decisions. Research by Putra and Setiawan (2021) in Jakarta and Kurniawan (2019) in Yogyakarta demonstrates that the combination of strong family support and high levels of assertiveness can significantly reduce the risk of drug abuse.

However, these findings have not been widely explored in the context of regions with socio-cultural characteristics like Ternate. This city boasts a close-knit family culture, where values of togetherness and mutual cooperation remain strong. However, the influence of modernization, migration, and the development of information technology are beginning to change patterns of community interaction. This situation has the potential to weaken the family's role as a bulwark against deviant behavior, including drug

abuse. Therefore, a study focusing on the role of family support and assertiveness in preventing drug abuse in young adults in Ternate is highly relevant and urgent.

Based on this background, the research question posed is how family support and assertiveness play a role in reducing the likelihood of drug abuse in young adults in Ternate City. This study aims to analyze the extent to which these two factors contribute to reducing the risk of drug use in young adults in Ternate, identify effective forms of family support, and explore strategies for strengthening assertiveness appropriate to the local socio-cultural context.

This research is expected to make significant contributions in two main areas. Practically, the research findings can serve as a basis for the local government, the National Narcotics Agency (BNN), and community organizations in designing evidence-based drug prevention policies and programs that are relevant to Ternate's local characteristics. From an academic perspective, this research enriches the scientific literature on protective factors against drug abuse in an archipelagic region with a distinctive family culture and provides new insights into the interaction between social change and risky behavior in an area at the crossroads of trade flows and population mobility (Putra & Setiawan, 2021; Kurniawan, 2019).

METHOD

This study used a quantitative approach with a survey design to measure the influence of family support and assertiveness on the tendency of drug use among inmates of Class IIA Penitentiary in Ternate City. The independent variables consisted of family support and assertiveness, while the dependent variable was the tendency of drug use. The instruments used were a Likert scale questionnaire for the independent variable and WHO ASSIST V-31 for the dependent variable. The study population consisted of 386 inmates, with a sample of 198 respondents selected through a purposive sampling technique based on the following criteria: male or female aged 17–45 years, having been involved in drug abuse, and willing to participate. The majority of respondents were male (87.9%), aged 28–35 years (59%), and had a high school education (56.1%). The family support instrument was developed based on House's (1981) aspects, which include emotional, appreciation, instrumental, and informational support with a Cronbach's Alpha reliability of 0.865, while the assertiveness instrument was developed based on Alberti & Emmons' (2017) aspects, which include honesty, assertiveness, and respect for others with a reliability of 0.893. Meanwhile, the WHO ASSIST V-31 instrument was used to measure the type and frequency of substance use, urges to use, and the resulting impacts.

Data collection was carried out by distributing questionnaires directly in a special room to maintain confidentiality, beginning with an explanation of the research objectives and procedures for filling them out, followed by the signing of informed consent by respondents. The data was processed with SPSS using descriptive analysis, assumption

testing, correlation, and regression, as well as evaluation of the results based on p-value and R².

FINDING AND DISCUSSION

RESEARCH RESULT

Descriptive Analysis Based on Respondent Characteristics

1. Descriptive Analysis Based on Variables

The research data was analyzed through tabulation and coding of respondents' responses. The value of each variable was calculated by summing the questionnaire scores, dividing by the number of statements, and then determining the average. This average was then grouped into classes based on intervals determined by a specific formula.

$$IK = \frac{NT-NR}{JK} = \frac{4-1}{4} = 0,75$$

NT (4) is the highest scale value, NR (1) is the lowest scale value, and JK is the number of classes according to the Likert scale. Based on the average of each questionnaire indicator, the class interval (IK) is explained in Table 1.

Table 1. Variable Class Interval

Class Interval	Category
1,00 < IK ≤ 1,75	Very Low
1,76 < IK ≤ 2,50	Low
2.51 < IK ≤ 3,25	High
3.26 < IK ≤ 4	Very high

Source: Sudjana dalam Rosiani dkk, 2023

2. Descriptive Analysis of Family Support Variable (X1)

The Family Support variable was measured through 30 questions in a questionnaire that had been distributed to respondents. Based on the results of the calculation of respondents' responses presented in Table 4.5, a total average value of 2.591 was obtained (2.51 < IK ≤ 3.25), which indicates that the Family Support variable was highly valued by respondents.

3. Descriptive Analysis of Assertiveness Variable (X2)

The assertiveness variable was measured through 16 questions in a questionnaire distributed to respondents. Based on the results of the response

calculation, a total average value of 2.573 was obtained ($2.51 < CI \leq 3.25$), which indicates that the assertiveness variable was highly rated by respondents.

4. Descriptive Analysis of Narcotics Use Propensity Variables (Y)

The propensity to use variable was measured using the standard WHO Assist V-3.1 questionnaire, which consists of nine questions. The first question asked respondents what types of substances they had ever used in their lives. The results showed that the majority of respondents, approximately 25.7%, reported having used tobacco products such as cigarettes, cigars, and clove cigarettes in the past three months. However, no respondents reported using narcotics at the Ternate City Class IIA Prison. The next question assessed the concerns of those closest to them regarding drug use and the respondents' efforts to reduce or stop use. The scores from the second to seventh questions were summed to obtain the SSI score, which was used as a basis for determining the appropriate type of intervention for respondents.

Table 2. Respondent Characteristics Based on Type of Intervention

Types of intervention	Amount	Percentage
No intervention	14	7.1%
Brief intervention	184	92.9%
Total Respondents	198	100%

Source: Processed Primary Data (2024)

Based on Table 3, the majority of respondents (92.9%) required brief intervention, while 7.1% did not. The next question asked about their experience using medication by injection.

Table 3. Use of drugs by injection

Use of injectable drugs	Amount	Percentage
Never	94	47.5%
Never in the last 3 months	104	52.5%
Total Respondents	198	100%

Based on table 4, the majority of respondents (52.5%) had used drugs by injection, although not in the last 3 months, while 47.5% had never done so.

5. Multiple Linear Regression Test

Multiple linear regression analyzes the influence of several independent variables on one dependent variable at once.

$$Y = \alpha + b_1X_1 + b_2X_2 + b_3X_3 + \epsilon$$

Sumber: Sugiyono (2018:188)

Information:

Y = Tendency to use narcotics

α = Intercept constant

b1,b2 = Regression coefficient

X1 = *Family*

X2 = *Asertivitas*

ε = Error

Table 4. Multiple Linear Regression

Coefficients ^a					
Model	Unstandardized Coefficients		Standardized Coefficients	T	Sig.
	B	Std. Error	Beta		
1 (Constant)	1.398	.370		3.772	.000
<i>Family</i>	.054	.013	.401	4.103	.000
<i>Asertivitas</i>	.127	.025	.494	5.051	.000

a. Dependent Variable: Tendency to Use Drugs

The results of the multiple linear regression test produced a multiple linear regression model equation as presented in Table 5.

$$Y = a + b_1X_1 + b_2X_2 + b_3X_3$$

$$Y = 1,398 + 0.054X_1 + 0.127X_2$$

The results of the multiple linear regression test show that a constant of 1.398 indicates that if the family and assertiveness variables have no effect, the tendency to use narcotics is 0.426. The coefficient $\beta_1 = 0.054$ means that every 1 unit increase in family increases the tendency to use narcotics by 0.054, while $\beta_2 = 0.257$ indicates that a 1 unit increase in assertiveness increases the tendency by 0.127. All coefficients are positive, so the relationship between the independent and dependent variables is unidirectional. Assertiveness has the greatest influence, making it the dominant factor in influencing the tendency to use narcotics.

Hypothesis Testing

1. Test for Determination of R / Effective Contribution

The coefficient of determination (R^2) measures the contribution of the independent variable to the dependent variable, with the results showing a significant influence of X1, X2, and X3 on Y.

Table 5. Determination Test

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.881 ^a	.775	.773	1.047
a. Predictors: (Constant), <i>Asertivitas</i> , <i>Family</i>				
b. Dependent Variable : Propensity for drug use (Y)				

The coefficient of determination (R^2) of 0.775 or 77.5% indicates that the Family Support and Assertiveness variables contribute to explaining 77.5% of the variation in the tendency to use narcotics, while the remaining 22.5% is influenced by other variables outside the scope of this study.

If a manual calculation is carried out, the Effective Contribution (Coefficient of Determination / R Square) is as follows:

Table 6. Summary of Analysis Results

Variable	Koef Regresi (Beta)	Koef Korelasi (r)	R _{square}
<i>Family Support</i>	0,401	0,864	0,775
<i>Asertivitas</i>	0,494	0,869	

- a. Effective Contribution of Family Support Variable to Drug Use Tendency

$$SE(X1)\% = \beta X1 \times \text{Correlation Coefficient}(X1) \times 100\%$$

$$SE(X1)\% = 0.401 \times 0.864 \times 100\%$$

$$= 34.64\%$$

- b. Effective Contribution of Family Support Variable to Drug Use Tendency

$$SE(X2)\% = \beta X2 \times \text{Correlation Coefficient}(X2) \times 100\%$$

$$SE(X1)\% = 0.494 \times 0.869 \times 100\%$$

$$= 42.93\%$$

- c. Total Effective Contribution

$$SE \text{ Total} = SE(X1) + SE(X2)$$

$$= 34.64\% + 42.93\%$$

$$= 77.5\%$$

2. T-test

The partial t-test evaluates the effect of each independent variable on the dependent variable by comparing the calculated t-value and the tabulated t-value. The test was conducted using SPSS 26.

Table 7. T-test

Coefficients ^a					
Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
(Constant)	1.398	.370		3.772	.000
Family	.054	.013	.401	4.103	.000
Asertivitas	.127	.025	.494	5.051	.000

a. Dependent Variable: Tendency to Use Drugs

Based on the test with a significance of $\alpha = 0.05$ and $df = 196$, the t table is 1.972. The Family variable has a calculated t of $4.103 > 1.972$ and a significance value of $0.000 < 0.05$, so it has a partial significant effect on the tendency to use narcotics. Similarly, the Assertiveness variable with a calculated t of $5.051 > 1.972$ and a significance value of $0.000 < 0.05$, also has a partial significant effect on the tendency to use narcotics.

3. F TEST

The F-test is used to examine the simultaneous influence of Family and Assertiveness variables on the tendency to use narcotics.

- If the calculated $F > F_{table}$, H_0 is rejected and H_a is accepted, meaning that the independent variables have a significant simultaneous effect on the dependent variable.
- Conversely, if the calculated $F < F_{table}$, H_0 is accepted and H_a is rejected, meaning there is no significant simultaneous effect.

Table 8. F Test

ANOVA ^a					
Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	737.259	2	368.629	336.378	.000 ^b
Residual	213.696	195	1.096		
Total	950.955	197			

Simultaneous model testing yielded an F value of 336.378 with a p-value of 0.000, greater than the critical F value of 3.04. Since the significance was less than 0.05, the null hypothesis was rejected, indicating that Family Support and Assertiveness together had a significant effect on the tendency to use narcotics.

DISCUSSION

The Relationship Between Family Support and the Tendency to Use Drugs in Early Adulthood

The results of the study showed that Family Support was highly rated by respondents with an average score of 2.591, where family support, especially from the North Maluku environment, plays an important role in the healing process of drug abusers. Forms of emotional, appreciation, instrumental, and informative support provide a positive effect as a buffer when experiencing severe stress, thereby strengthening mental health (Ramadhan & Abdurrahman, 2025). The character of former addicts differs cognitively, emotionally, and socially due to the effects of drugs, so that the struggle to be free from drugs is a lifelong process with a high risk of relapse, where family support is a major factor in keeping them clean. Bivariate tests showed a significant effect of Family Support on the tendency to use narcotics ($t_{\text{count}} 4.103 > t_{\text{table}} 1.972$; significance 0.000), in line with Zakiyah Darojah's research which emphasized that family support helps drug abusers return to a healthy and social life, as well as reducing the impact of stress and strengthening mental health in a supportive environment.

The Relationship Between Assertiveness and the Tendency to Use Drugs in Early Adulthood

Based on the univariate results, the average total score for Assertiveness was 2.573 (in the category $2.51 < CI \leq 3.25$), indicating that the Assertiveness variable was highly rated by respondents. Respondents had the ability to express thoughts, feelings, desires, and needs honestly and directly without violating the rights of others. In a social context, assertiveness is a crucial skill for maintaining personal integrity, managing interpersonal relationships, and dealing with adverse social pressures, including drug abuse. According to Alberti & Emmons (2017), assertiveness is the ability to express feelings and needs honestly and directly without oppressing or being oppressed by others, while still respecting the rights and opinions of others.

The results of the bivariate t-test showed a calculated t-value of 5.051 for the Assertiveness variable, which is greater than the t-table value of 1.972, with a significance value of $0.000 < 0.05$, indicating that assertiveness has a significant partial effect on the tendency to use drugs. Albert Bandura's (1986) social learning theory explains that self-control through assertiveness is a crucial skill that protects individuals from negative social pressure. Individuals with high levels of assertiveness tend to be able to resist risky invitations, such as drug use, because they have the confidence to uphold their personal principles. With this skill, individuals become more independent in decision-making and more resilient to negative environmental pressures.

The Interaction Between Family Support and Assertiveness in Influencing the Tendency to Use Narcotics in Early Adulthood

The results of the multivariate ANOVA test showed an F value of 336.378 with a significance of 0.000, which is higher than the critical value of 3.04. Because the

significance value is below 0.05, the null hypothesis is rejected, so that Family Support (X1) and Assertiveness (X2) simultaneously have a significant effect on the tendency to use narcotics (Y). The combination of family support and individual assertiveness plays a crucial role in strengthening resilience in the face of life stress and the risk of drug abuse (Siregar, 2024). Positive family support can increase self-confidence and encourage the development of assertiveness skills, while strong assertiveness skills enable individuals to optimally utilize family support in dealing with social and emotional stress. Thus, family support and assertiveness work synergistically to form a strong protective barrier against the risk of drug use, particularly in early adulthood. Zhang et al. (2021) highlighted the importance of social support and positive parenting in reducing the risk of drug abuse in adolescents, stating that family support can strengthen individuals' resilience to social pressures that trigger risky behavior.

CONCLUSION

This study shows that family support and assertiveness, both partially and simultaneously, have a significant effect on reducing the tendency to use drugs in young adults. The majority of respondents with high levels of family support, particularly those from North Maluku, indicated that the family environment plays a crucial role in the recovery process, while assertiveness helps individuals resist negative social pressure to use drugs. The synergy of these two factors creates a strong protective barrier against the risk of drug abuse. Therefore, it is recommended that families increase support for their young adults, the government and relevant agencies design family-based prevention programs and increase assertiveness, and the community better understand the role of both to enable effective interventions. Future research can explore other factors that support drug abuse prevention and the effectiveness of developed interventions.

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