

Enhancing Adolescent Resilience Against Drug Abuse: A Critical Review of Government Policies and the Role of External Support Systems in Indonesia

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Abstract:

This study aims to critically review the policies for enhancing adolescent resilience in preventing drug abuse in Indonesia to address the increasing prevalence of drug abuse among adolescents. The research employs a qualitative approach with data collection methods, including literature review and interviews, and uses Nvivo 15 software to organize, code, and analyze the data. The results show that the current policies implemented by the government focus more on interventions aimed at adolescents' internal factors than on external factors. This situation prevents the issue of rising drug abuse among adolescents from being effectively addressed, as the main factors of vulnerability and resilience strengthening lie in external factors. This study contributes by expanding the theory that can be used in policy formulation to improve adolescents' resilience in preventing drug abuse. Additionally, the study enriches the literature on the importance of strengthening support from adolescents' external environments to help them cope with vulnerabilities and enhance their resilience in preventing drug abuse.

Keywords: *policy, resilience, adolescent, drug abuse, external support.*

Abstrak:

Penelitian ini bertujuan untuk melakukan tinjauan kritis terhadap kebijakan peningkatan ketahanan diri remaja dalam menanggulangi penyalahgunaan narkotika di Indonesia, dalam upaya mengatasi peningkatan prevalensi penyalahgunaan narkotika di kalangan remaja. Penelitian ini menggunakan pendekatan kualitatif dengan metode pengumpulan data melalui kajian literatur dan wawancara, serta memanfaatkan perangkat lunak Nvivo 15 untuk mengorganisasi, mengkode, dan menganalisis data. Hasil penelitian menunjukkan bahwa kebijakan yang diambil oleh pemerintah saat ini lebih banyak berfokus pada intervensi terhadap faktor internal remaja, dibandingkan dengan intervensi terhadap faktor eksternal. Kondisi ini menyebabkan masalah peningkatan penyalahgunaan narkotika di kalangan remaja belum dapat teratasi secara efektif, karena faktor utama kerentanan dan penguatan ketahanan diri remaja terletak pada faktor eksternal. Penelitian ini memberikan kontribusi dengan memperluas teori yang dapat digunakan dalam penyusunan kebijakan untuk meningkatkan ketahanan diri remaja dalam menanggulangi penyalahgunaan narkotika. Selain itu, penelitian ini juga memperkaya kajian tentang

pentingnya penguatan dukungan dari lingkungan eksternal remaja untuk membantu mereka menghadapi kerentanan serta memperkuat ketahanan diri dalam menanggulangi penyalahgunaan narkoba.

Kata Kunci: kebijakan, ketahanan, remaja, penyalahgunaan narkoba, dukungan eksternal.

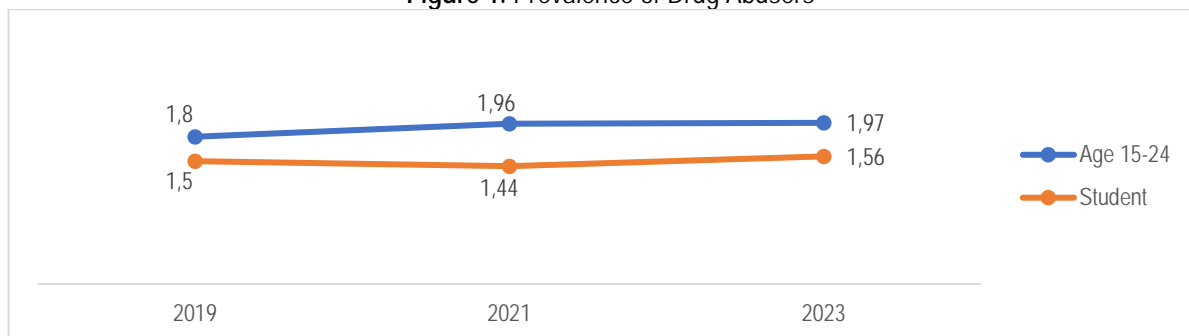
INTRODUCTION

Adolescents are an important part of the younger generation who have a strategic role in building national resilience. A country's ability to endure, recover, adapt, and become stronger in facing various shocks defines national resilience (Hanita, 2021). One of the main elements in strengthening national resilience lies in the strength of the younger generation's character. Adolescents with strong character will be able to face various challenges, uphold national values, and maintain integrity, which in turn will support the country's progress (Althafullayya, 2024). Strengthening the younger generation is crucial, especially in facing the demographic bonus, which can be both an opportunity and a challenge toward achieving Indonesia Emas 2045 (Samala et al., 2024). Failure to protect the younger generation from drug abuse can have a significant impact on the achievement of Indonesia Emas 2045 (Pasaribu et al., 2024; Rokhman et al., 2014; Anggono & Damaitu, 2021).

Adolescents are within the age range of 10 to 19 years, a transitional period from childhood to adulthood. During this phase, exposure to the surrounding environment, situations, norms, and cultures can influence the opportunities and risks faced (Lansford & Banati, 2018). In Indonesia, adolescents face three main issues: social problems (such as criminal acts, obscenity, and promiscuity), cultural problems (including the loss of self-identity due to the influence of foreign cultures), and moral problems (such as drug abuse) (Nur & Daulay, 2020). Various factors can contribute to drug abuse among adolescents, both from an individual perspective—such as impulsiveness, rebellion, emotional regulation issues, low religiosity, learning disorders, bullying experiences, or negative parenting patterns—and from family and environmental factors, such as mothers smoking during pregnancy, poor maternal psychological conditions, weak supervision, excessive pocket money, or family members involved in drug abuse (Nawi et al., 2021).

According to the 2022 National Survey Report by Puslidatin BNN RI, the prevalence of drug abuse in the 15-24 age group has increased from 1.80% in 2019 to 1.96% in 2021 and 1.97% in 2023 (Puslidatin BNN RI, 2022, 2024). This increase is also observed among students, with the prevalence of drug abuse rising from 1.44% in 2021 to 1.52% in 2023 after previously decreasing to 1.50% in 2019. The following chart shows the pattern of increasing prevalence.

Figure 1. Prevalence of Drug Abusers



Source: Puslidatin BNN RI, 2022, 2024.

Drug abuse in Indonesia not only impacts individual health and well-being but also affects the country's economy. Bambang Soesatyo states that drug abuse has caused economic losses to rise from IDR 53 trillion in 2013 to IDR 84 trillion in 2021, and he expects these losses to continue increasing as the number of drug abusers grows (Rahmah, 2023). Drug abuse among the younger generation also impacts productivity, which in turn will affect the nation's economic competitiveness. Furthermore, drug abuse is considered one of the threats that can paralyze the strength of the nation, often regarded as a proxy war between the country's enemies. Therefore, authorities classify drug abuse and trafficking as extraordinary crimes. Given the large-scale threat, President Joko Widodo declared that Indonesia is in a "Drug Emergency" situation (Puslidatin BNN RI, 2024).

To address this issue, strengthening adolescents' resilience is an important step. Protective factors that can build adolescent resilience play a crucial role in helping them overcome the problems they face (McLaughlin et al., 2020). Good resilience can prevent adolescent issues from worsening. Self-resilience refers to an individual's ability to perform normal functions when facing adverse situations. With self-resilience, a person can overcome social and psychological problems that arise due to the circumstances they face (Grygorenko & Naydonova, 2023). Resilience is also closely related to national resilience. Self-resilience is one of the elements that form national resilience, as the resilience of individuals, communities, and the country mutually influences each other (Barnea et al., 2020).

Various authorities have implemented policies to strengthen adolescent resilience in tackling drug abuse. Some efforts include socialization of the dangers of drug abuse, peer youth anti-drug programs, family resilience programs, and the establishment of Drug-Free Villages (*Desa Bersinar*). Previous studies have shown that these efforts effectively increase adolescents' knowledge of the dangers of drugs, such as socialization about drug abuse (Agusalim et al., 2023; Kurniawan et al., 2023; Ratulangi et al., 2024; Sari et al., 2023; Siwij & Sumilat, 2023; Syahputra & Wibowo, 2022; Thaib et al., 2022), peer youth anti-drug programs (Lubis, 2023), and policies strengthening the adolescent environment, such as family resilience programs (Endri & Riskio, 2024) and the establishment of Drug-Free Villages (Nataludin & Samputra, 2023). With the effectiveness of these programs, the prevalence of drug abuse among adolescents should have decreased. However, data from Puslidatin BNN RI show that the prevalence of drug abuse among adolescents has actually increased.

Literature review shows that most previous studies have focused on assessing the effectiveness of policies in increasing adolescents' knowledge of the dangers of drugs. However, these studies have not sufficiently addressed the alignment of policies with adolescents' needs in facing their vulnerabilities and in efforts to improve their self-resilience. Furthermore, research on the accuracy of policies related to adolescents' needs is still limited.

This study aims to fill that gap by evaluating policies that aim to improve adolescent self-resilience in addressing drug abuse. This study focuses on exploring policies that have not aligned with adolescents' needs in improving their self-resilience. In addition, this study also aims to contribute to the formulation of future policies related to efforts to improve adolescents' self-resilience in addressing drug abuse, considering factors of vulnerability and self-resilience that current policies have not adequately addressed. This study argues that existing policies have not been effective enough because they do not consider psychological and social risk factors that influence adolescents' vulnerability to drug abuse. By addressing these factors, the government expects to reduce the prevalence of drug abuse among adolescents.

METHODS

This study aims to analyze policies for enhancing adolescents' self-resilience in combating drug abuse by exploring the risk factors related to adolescents' vulnerability and the factors that strengthen their self-resilience, which the current policies have not fully addressed. This research is motivated by the increasing prevalence of drug abuse among adolescents, based on data from Puslidatin BNN RI (2024). Although various studies show that existing policies have effectively increased adolescents' awareness of the dangers of drug abuse, the rate of drug abuse among adolescents continues to show an upward trend.

The approach used in this study is qualitative, employing a literature review and interviews (Haq et al., 2024; Servaes, 2020). The type of literature review used is a critical review, which aims to provide a deep and critical evaluation of the quality of existing research. This critical review identifies significant factors in the field and contributes conceptual insights that can enrich existing theories or even create new ones (Booth et al., 2016). The study is carried out in four stages: *first*, problem identification by reviewing literature related to policies aimed at enhancing adolescents' self-resilience in combating drug abuse; *second*, data collection through a literature study to find relevant sources and interviews with five informants to obtain primary data; *third*, data organization according to the research objectives; and fourth, the formulation of research findings.

The data sources used in this study are scholarly journals published between 2019 and 2024 that discuss efforts to enhance adolescents' self-resilience against drug abuse. The researchers collected the literature data through a search conducted from August to September 2024. The inclusion criteria used for journal selection are: 1) search keywords in English: "adolescent," "drug abuse," "illicit drugs," and "self-resilience," as well as in Indonesian: "*ketahanan diri*," "*remaja*," "*penyalahgunaan narkotika*," and "*efektivitas P4GN*"; 2) using Scopus, Springer, Taylor and Francis, PubMed, and Google Scholar databases. The exclusion criteria applied are: 1) journals that cannot be accessed in full; 2) duplicated journals.

The researchers collected primary data through interviews with five informants who have knowledge and experience related to adolescents' vulnerability to drug abuse and government policies implemented to enhance adolescents' self-resilience. An interview guide was developed in advance to facilitate the data collection process. The researchers conducted the interviews with five informants selected based on the relevance of their experience and positions. The informants in this study are as follows:

Table 1. Research Informants

No.	Informant	Position
1	Amrul Fikri Hamid	Expert Narcotics Counselor, BNN Kuantan Singingi District, Riau Province
2	Fitriah	Head of SMA Negeri 2 Pangkalan Bun, Kotawaringin Barat District, Central Kalimantan
3	Yayan Saputra	Head of PKBM Putera Perantau, Kotawaringin Barat District, Central Kalimantan
4	SA	Adolescent
5	SB	Adolescent

The data collected from the literature review and interviews were then analyzed in four stages: *first*, data reduction, which involves screening and sorting relevant data; *second*, hypothesis testing, to ensure the validity and consistency of the data; *third*, data interpretation, which involves the meaning and in-depth analysis of the obtained information; and *fourth*, writing the research report (Poerwandari, 2017). The researchers used NVivo 15 software to support the analysis process and enhance the efficiency of data analysis, from coding to interpretation.

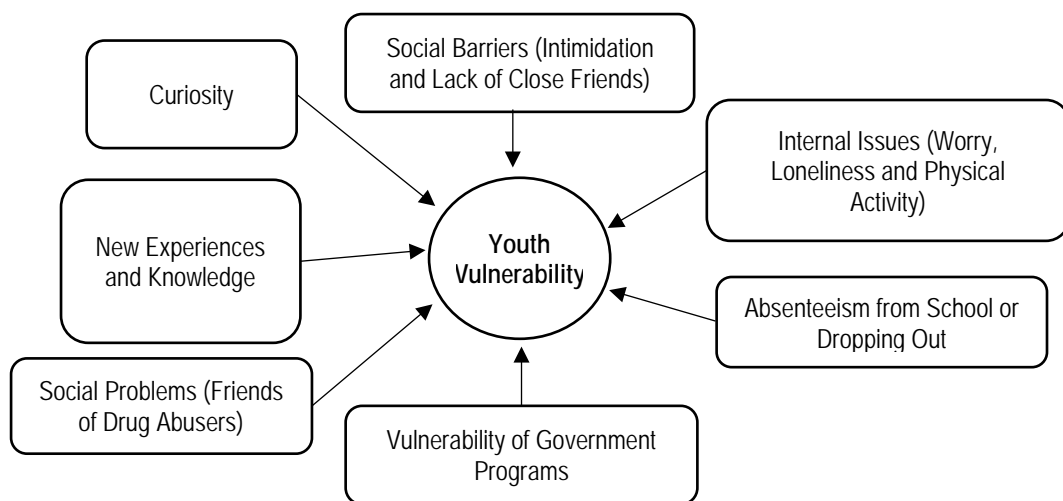
RESULTS AND DISCUSSION

Factors Leading to Adolescents' Exposure to Narcotics

Adolescence is a period filled with challenges, where a strong curiosity and a lack of clear direction in self-development become key factors contributing to vulnerability to drug abuse. Bad childhood experiences and an environment full of pressure or insecurity can exacerbate this vulnerability. One of the ongoing mistakes is the focus on threats to adolescents, while efforts to strengthen adolescents' self-resilience have not been fully optimized (Bonnie et al., 2019).

According to Soares et al. (2020), several factors make adolescents vulnerable to drug abuse, including curiosity, the desire to gain new experiences and knowledge, and social issues involving friendships with drug users. Additionally, noncompliance with regulations, as seen in companies selling tobacco and alcohol, plays a role as a risk factor for narcotic abuse. Ozeylem et al. (2021) added that social barriers such as bullying, inability to build good social relationships, and internal issues like anxiety and loneliness are key factors influencing adolescents' vulnerability to narcotics. Gubbels et al. (2019) also found that drug abuse among adolescents is more likely to occur in those who do not receive adequate formal education, such as those who skip school or drop out.

Figure 2. Risk Factors for Drug Abuse in Adolescents



Source: Bonnie et al., (2019), Gubbels et al., (2019), Ozeylem et al., (2021), Soares et al., (2020)

In an interview, Yayan Saputra, the Head of PKBM Putera Perantau, mentioned that adolescents who drop out of school are more vulnerable to drug abuse. These adolescents tend to fall into high-risk social environments. Furthermore, economic pressures that force adolescents to work in the informal sector, such as manual labor, can worsen their vulnerability to drug abuse.

“Adolescents who drop out of school often have friends who are vulnerable to abusing drugs, especially in areas with high drug risks. To be accepted by the group, they are forced to follow their friends’ lifestyle, such as consuming alcohol or narcotics. The second factor is the difficulty for school dropouts to find formal employment because they lack a diploma, so they choose to work in informal sectors involving heavy physical labor. In these conditions, they often consider consuming drugs like methamphetamine as normal to support their work” (Interview, January 22, 2025).

This statement aligns with an interview with Amrul Fikri Hamid, who emphasized that peer influence plays a significant role in adolescents choosing to abuse drugs.

“Adolescents seeking self-recognition will try to gain acceptance from their peer groups. If the group engages in drug abuse, the adolescent is likely to follow this behavior. Another contributing factor is the lack of positive support from the family. If an adolescent feels unappreciated or unloved by their parents, they will seek comfort in their high-risk peer environment. This type of environment can push adolescents to abuse drugs and ignore the potential dangers” (Interview, January 22, 2025).

Additionally, an interview with Fitriah, the Head of SMA Negeri 2 Pangkalan Bun, revealed that family disharmony is a factor that drives adolescents to risk drug abuse.

“Adolescents from families facing divorce or frequent parental conflicts tend to exhibit problematic behavior at school, such as frequent tardiness, truancy, or smoking. They then seek comfort in friendships with other adolescents who have similar family problems. This group then encourages each other to engage in negative behaviors, including drug abuse” (Interview, January 23, 2025).

An interview with SA supports this statement, where he mentioned that family problems were the root cause of his entry into a negative peer environment.

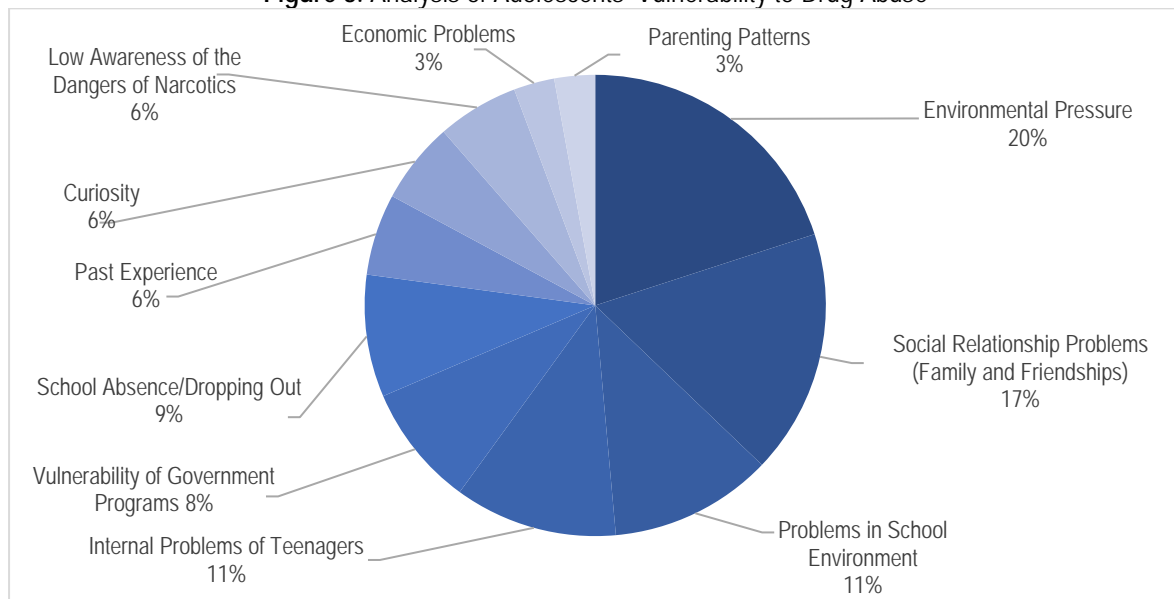
“I have seen my parents argue since I was little, and I was even beaten. I think that made me easily angry, and I often fought with my friends. When my parents divorced, I vented my anger and sadness by fighting. I also sought attention from my peers, who eventually invited me to smoke, drink, and even offered me marijuana” (Interview, January 23, 2025).

Meanwhile, SB, a female adolescent, revealed that environmental pressure was a more dominant factor influencing her vulnerability to narcotics.

“I have a competitive social group in terms of grades, which forces me to study harder so I don’t fall behind my peers. On the other hand, the heavy school assignments make me feel stressed” (Interview, January 23, 2025).

The data analysis using NVivo 15 showed several risk factors affecting adolescents’ vulnerability to drug abuse, as seen in the following figure.

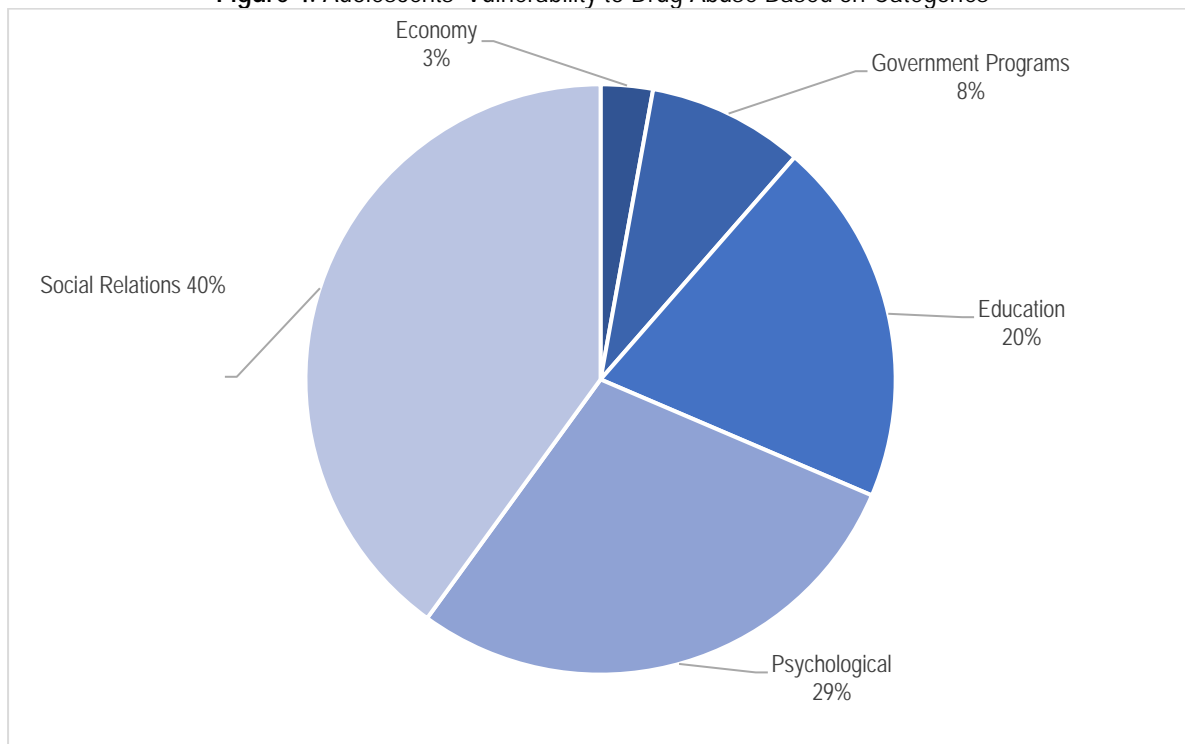
Figure 3. Analysis of Adolescents' Vulnerability to Drug Abuse



Source: Research Results, 2025.

The analysis groups the risk factors into four main categories: (1) psychological factors, which include internal adolescent issues, past experiences, curiosity, and low awareness of the dangers of narcotics; (2) social relationship factors, including environmental pressure, family and peer relationship issues, and parenting styles; (3) educational factors, such as school-related problems and school absenteeism or dropouts; and (4) economic factors and factors related to government programs.

Figure 4. Adolescents' Vulnerability to Drug Abuse Based on Categories



Source: Research Results, 2025.

The analysis results show that social relationship factors have the greatest influence on adolescents' vulnerability to drug abuse, followed by psychological factors, education, government programs, and economic

factors. Therefore, we can conclude that social relationship factors significantly influence adolescents' vulnerability to drug abuse.

Adolescent Resilience Against Drug Abuse

Resilience refers to an individual's response to shocks and their ability to carry out normal life functions under different circumstances. To strengthen adolescents' resilience, we need to encourage the reinforcement of protective factors, such as a positive outlook on life and self-confidence. With self-confidence, adolescents are able to make complex decisions regarding the problems they face. Furthermore, other protective factors may come from the surrounding environment, such as close and positive relationships with adults and a family environment with minimal conflicts (Sedillo-Hamann, 2023).

Various factors, such as problem-solving abilities, relationships with friends or partners, and strategies applied to manage stress, influence adolescent resilience (Karakuş & Göncü-Köse, 2023). Resilience also acts as a bridge between self-esteem and life satisfaction in adolescents. Their social competence influences adolescents' self-esteem. The higher their social competence, the higher their self-esteem, which in turn affects their resilience and life satisfaction (Caqueo-Urizar et al., 2022). Additionally, resilience mediates the relationship between self-management and adaptability in the educational environment. Good self-management, including optimism, self-confidence, mental health, and interpersonal skills, will shape resilience, which helps adolescents adapt to their educational environment (Jing & Kim, 2021). Adolescents who consistently show interest in education and put forth strong efforts in learning tend to endure educational pressures that cause them stress (Tang et al., 2021).

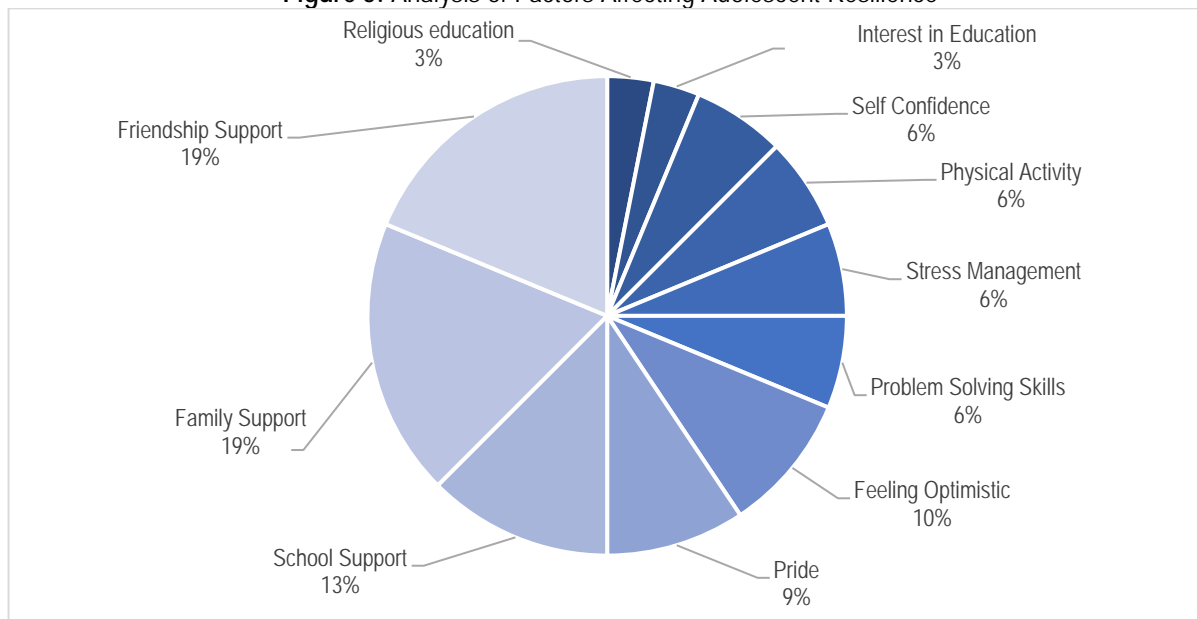
Marquez et al. (2023) identify two main protective factors that strengthen adolescent resilience: internal and external factors. Internal factors include physical activity, self-appreciation, emotional control, and optimism. Physical activity, for example, can increase optimism and strengthen adolescents' resilience (Li et al., 2024). Meanwhile, external factors include support from school, friendships, and family. Marquez et al. (2023) state that school support has a smaller and more sensitive impact on adolescent resilience because adolescents tend to view the school environment in two aspects: learning relationships and friendship relationships. In this case, friendship relationships play a larger role in shaping resilience. Parental support, though important, often has the smallest and least consistent impact due to parents' involvement in addressing adolescents' problems, which is often not adaptive.

An interview with Yayan Saputra revealed that external support, especially from friends, can motivate out-of-school adolescents to avoid drug abuse and continue their education (Interview, January 22, 2025). One of the students expressed that encouragement from peers pushed him to continue his education through equivalency programs and distance himself from negative environments that could lead to drug abuse. Moreover, the diploma obtained after completing the equivalency program also opens up opportunities for better job prospects, thus improving his economic condition and, ultimately, steering him away from negative social circles (Interview, January 22, 2025).

Amrul Fikri Hamid also stated that external factors, particularly family support, play an important role in shaping adolescent resilience in dealing with drug abuse. Family support, in the form of appreciation for adolescents, can strengthen their resilience. Additionally, Fitriah revealed that cooperation between families and schools is a very powerful factor in shaping adolescent resilience. According to Fitriah, interventions involving parents have a positive impact on the behavior changes of troubled students. Through joint approaches between families and schools, adolescents tend to become more active in school and exhibit better behavior (Interview, January 23, 2025).

In interviews with SA and SB, it was found that parental support, praise from friends, and opportunities provided by schools to develop hobbies play significant roles in strengthening adolescents' resilience. SA stated that parental support is crucial in facing various challenges. Friends also provide motivation and praise when SA achieves good grades. Moreover, the school offers SA the opportunity to represent the school in a poetry competition, which further boosts his motivation and self-confidence (Interview, January 23, 2025).

Figure 5: Analysis of Factors Affecting Adolescent Resilience



Source: Research Results, 2025.

The analysis results using Nvivo 15 identified eleven factors that influence adolescent resilience, with external support—especially from friends, family, and school—being the most dominant factor. Internal factors such as optimism, self-esteem, problem-solving abilities, stress management, physical activity, self-confidence, interest in education, and religious education also play important roles in strengthening adolescent resilience.

Although various factors can influence adolescent resilience in combating drug abuse, this is not enough to build resilience optimally. One example is the family relationship, which, while providing positive support, can also become a risk factor if there are poor parenting patterns, violence, or disharmony within the household. Such issues further increase adolescents' vulnerability. Therefore, the government has implemented policies to strengthen adolescents' resilience in addressing drug abuse by involving various parties in prevention and rehabilitation efforts.

Policy on Enhancing Adolescent Resilience in Overcoming Narcotics Abuse in Indonesia

The National Narcotics Agency (*Badan Narkotika Nasional Republik Indonesia*) implements one of its main programs, the Anti-Drug Peer Support Program for Adolescents, as part of BNN's Strategic Plan for 2020-2024. The BNN Head Regulation Number 6 of 2020, established on June 22, 2020 (*Badan Narkotika Nasional Republik Indonesia (BNN RI), 2020*), regulates this program. In this program, BNN provides adolescents with training and knowledge about the dangers of narcotics abuse, self-control techniques, assertive behavior, as well as communication and social interaction skills. After attending the training, BNN expects adolescents to apply this knowledge to themselves and become role models for those around them. The program also includes training in emotional management, dealing with peer pressure, and conflict management, including understanding the dangers of narcotics (Hamid, Interview, January 22, 2025).

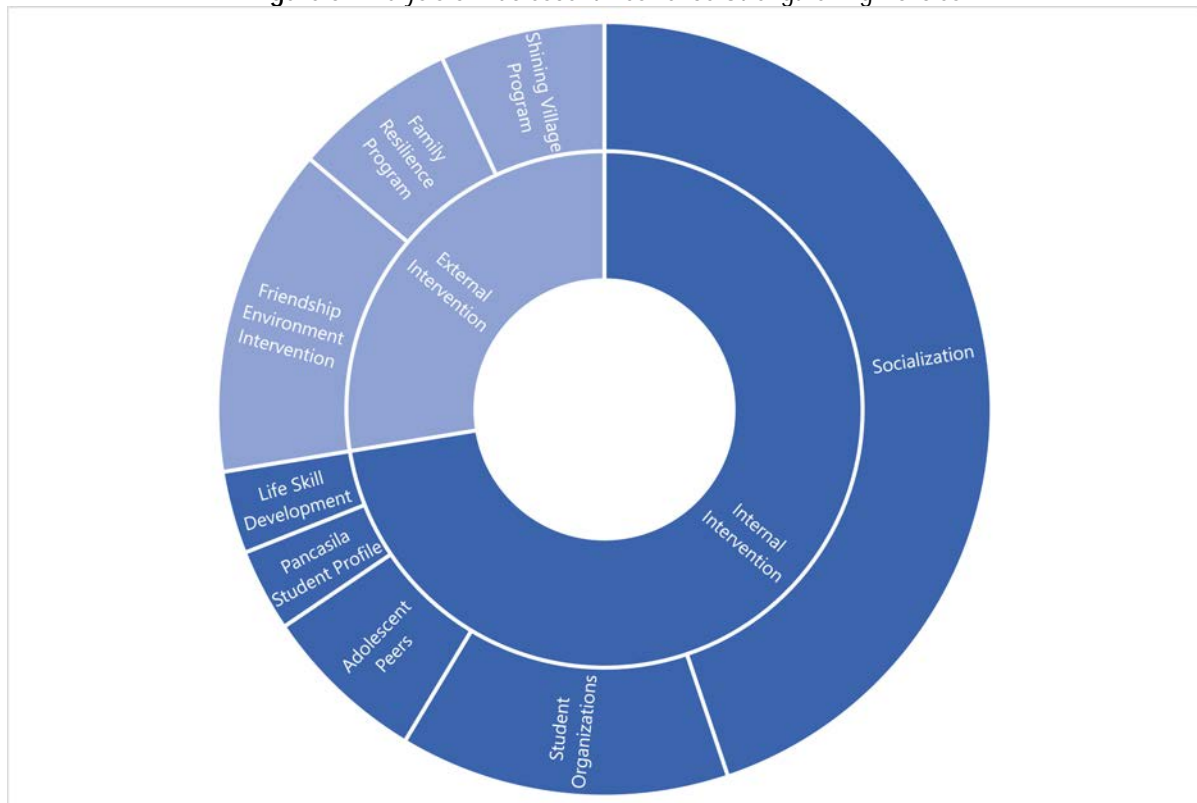
In addition, BNN also conducts life skill development programs for adolescents aimed at providing positive activities that can keep them away from narcotics abuse (Interview, January 22, 2025). Socialization about the dangers of narcotics abuse is crucial so that adolescents understand the risks and harmful effects of narcotics use (Agusalim et al., 2023). To strengthen adolescent resilience, BNN also intervenes in their surrounding environment, including through the Family Resilience Program, which is also part of BNN's Strategic Plan for 2020-2024. Through this program, the National Narcotics Agency (BNN) trains parents and children to understand good parenting practices, healthy lifestyles, stress management, and self-control skills. Additionally, the formation of the "*Desa Bersinar*" (Narcotics-Free Village) program is part of efforts to strengthen community social resilience in combating narcotics abuse and trafficking. *Desa Bersinar* is part of Presidential Instruction (INPRES) Number 2 of 2020, established on February 28, 2020 (Presiden Republik Indonesia, 2020).

The educational environment also plays a crucial role in enhancing adolescent resilience. One example is the establishment of the Anti-Narcotics Student Action Group (*KAPA Narkoba*), which aims to provide education about the dangers of narcotics abuse, violence, and discipline issues among students. In this way, adolescents can develop strong resilience in avoiding narcotics abuse and trafficking (Kristiono et al., 2020). Furthermore, the government also supports efforts to indirectly enhance adolescent resilience through the concept of the Pancasila Student Profile (*Profil Pelajar Pancasila*). This profile focuses on character development in students, enabling them to adapt to life's challenges with noble morals, independence, critical thinking, creativity, teamwork, and the ability to live in diversity (Rusnaini et al., 2021). The use of audiovisual media also proves to be an effective way to educate about the dangers of narcotics abuse. Research by Lisdiono et al. (2023) shows that the use of audiovisual media has a significant positive impact on strengthening adolescent resilience against narcotics abuse threats.

In addition to these programs, interviews with Fitriani, SA, and SB (January 23, 2025) revealed that several schools have implemented socialization programs about the dangers of narcotics abuse and established extracurricular Anti-Narcotics Task Forces. These programs aim to train students to combat narcotics abuse and develop other programs that indirectly strengthen adolescent resilience, such as the Generation Planning (*GenRe*) and Red Cross Youth (*PMR*) programs.

Analysis using Nvivo 15 shows that the policy to strengthen adolescent resilience in overcoming narcotics abuse consists of two main types of interventions: internal factor interventions and external factor interventions. Internal factor interventions include five efforts: the formation of student organizations, implementation of life skill development programs, implementation of the Pancasila Student Profile program, implementation of the Anti-Narcotics Peer Support Program, and socialization activities about the dangers of narcotics abuse. Meanwhile, external factor interventions include three efforts: interventions in the peer environment, the implementation of the Narcotics-Free Village program, and the Family Resilience program. The findings related to these interventions can be seen in Figure 6 below.

Figure 6: Analysis of Adolescent Resilience Strengthening Policies



Source: Research Results, 2025.

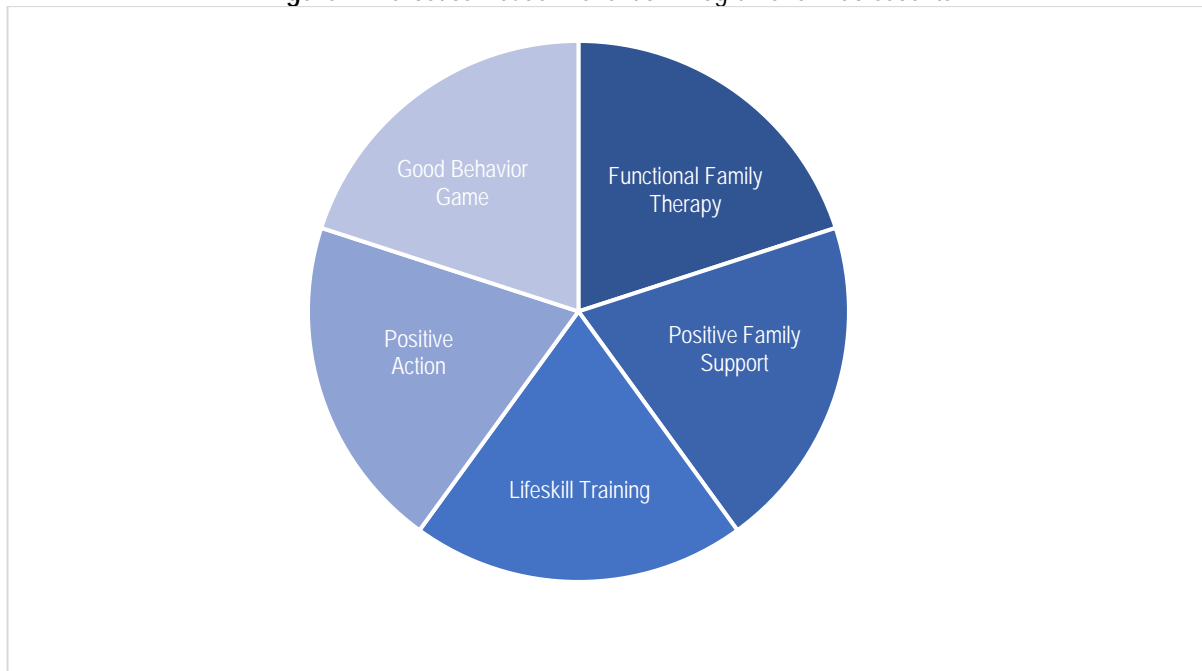
The figure above shows that current government policies tend to intervene more in the internal factors of adolescents. The most frequent intervention is the socialization of the dangers of narcotics abuse. On the other hand, interventions in external factors, particularly in the peer environment, are more limited, despite the formation

of anti-narcotics volunteers and the designation of adolescents as role models for their peers. However, external interventions are not as numerous as those targeting internal factors.

Another finding, based on an interview with Amrul Fikri Hamid, reveals that participants in the family resilience program, as part of the government's external factor intervention policy, do not always come from families that are vulnerable to narcotics abuse. This results in more vulnerable families not fully benefiting from the program, meaning that the risks in the family environment that influence adolescents' narcotics abuse cannot be completely addressed.

To effectively enhance adolescent resilience, interventions on both internal and external factors need to run concurrently. Hsiung et al. (2022) argue that effective programs should include interventions at the individual, family, school, and community levels surrounding adolescents. The researchers propose five narcotics abuse prevention programs that have proven effective and have a high cost-benefit ratio. These five programs are: *first*, a functional family therapy program that provides short-term family counseling to strengthen family relationships; *second*, a positive family support program involving parents to improve managerial skills within the family and enhance communication; *third*, a life skill training program that develops self-management and social skills; *fourth*, a positive action program that provides understanding about self-concept, self-management, and self-evaluation; and *fifth*, a behavioral game program that rewards positive behaviors performed by adolescents. All these programs include interventions on both internal and external factors that can strengthen adolescent resilience in facing narcotics abuse threats.

Figure 7: Narcotics Abuse Prevention Programs for Adolescents



Source: Hsiung et al. (2022)

By implementing these five programs, we hope to significantly improve adolescent resilience in overcoming narcotics abuse, both in terms of internal and external factors. These programs aim to create adolescents who not only possess strong resilience but can also become agents of change in their environment to prevent narcotics abuse.

Evaluation of the Policy to Strengthen Adolescent Resilience in Countering Drug Abuse in Indonesia

Based on the analysis results, there is a gap between the policies implemented and the need to strengthen adolescent resilience, particularly in addressing existing risk factors. The current policy mainly focuses on interventions targeting internal factors of adolescents, but it has not balanced these with interventions on external factors. In fact, the greatest risk factors affecting adolescents' vulnerability to drug abuse are pressure from their social environment and issues in family and peer relationships. These two are external factors that

need more attention. Furthermore, when analyzing adolescents' resilience in resisting drug abuse, external factors such as family support, friendships, and school play a significant role in strengthening adolescent resilience.

According to Ungar (2012), external factors play a crucial role in shaping resilience. The interaction between individuals and their environment is an ecological process that can foster positive growth in resilience. An individual's ability to adapt to shocks or pressure depends heavily on how the social environment provides opportunities for adaptation. Jefferies et al. (2019) also argue that in adolescent resilience, three forms of resilience must be considered: interpersonal resilience, intrapersonal resilience, and parenting resilience, which comes from parents and the surrounding environment. The current policy tends to focus solely on strengthening adolescents' intrapersonal resilience, while interpersonal resilience and parenting resilience have not received balanced attention.

Additionally, Amrul Fikri Hamid stated that there are several obstacles in policy implementation, one of which is the lack of support from local governments, such as reluctance to issue local regulations (*Peraturan Daerah/PERDA*) supporting drug abuse prevention. Local regulations are vital as they provide the legal framework for implementing drug prevention and eradication activities at the local level. Furthermore, the current policies often lack sustainability, making it difficult for interventions to be expanded or updated in the future.

Moreover, an interview with adolescent SA revealed a lack of attention to the problems faced by adolescents in depth. SA expressed that no one ever asked about his feelings or difficulties or what he needed. The socialization regarding the dangers of narcotics, which is the primary intervention, is more informative and has not addressed the issues felt by adolescents. Yayan Saputra made a similar observation during an interview, stating that the existing intervention programs have not involved school dropouts, especially those attending Community Learning Centers (PKBM). School dropouts tend to be more vulnerable to drug abuse, as Gausel & Bourguignon (2020) stated that school dropouts are at high risk of deviant behavior.

The evaluation of the government's policy to strengthen adolescent resilience shows that the current policy is insufficient to address the primary risk factors influencing adolescents' vulnerability, which are issues in social relationships and external factors. The existing policy focuses more on strengthening adolescents' internal factors and provides less attention to external factors. Therefore, policymakers need to adjust the policy by balancing interventions on both internal and external factors. They can expand family resilience programs, the *Desa Bersinar* program, and develop student organizations focused on preventing drug abuse. This will enable a more comprehensive and effective approach to countering drug abuse among adolescents.

CONCLUSION

This study found that the main factors influencing adolescents' vulnerability to drug abuse are pressure from their surrounding environment, as well as problems in social relationships, including family and peer relationships. In contrast, the factors that strengthen adolescents' resilience in resisting drug abuse come from external support, such as family support, peer support, and school support. The main finding of this study shows that the current government policies mainly intervene in the internal factors of adolescents compared to external factors. As a result, the existing policy has not fully addressed adolescents' vulnerability, as external factors are the most influential in their vulnerability. Furthermore, the policy has not maximized the strengthening of resilience from external factors because it tends to focus more on adolescents' internal factors.

This study expands the understanding that policymakers can use to formulate more effective policies to enhance adolescents' resilience in combating drug abuse in the future. The findings obtained can also be used by drug counselors to enrich their understanding of strengthening adolescents' resilience and to comprehend the vulnerabilities present in adolescents better. Additionally, this research enriches the study of the importance of external environmental support, such as family, friends, and schools, in helping adolescents face their vulnerabilities and strengthen their resilience in countering drug abuse. Methodologically, we combine literature review, in-depth interviews, and the use of Nvivo 15 software to provide a new approach that researchers can apply in future studies on drug-related issues.

However, this study has limitations, as the number of informants used is still limited, which may affect the generalization of the findings. Additionally, the use of secondary data has the potential to introduce bias in the interpretation of the results. Therefore, we recommend conducting further research on each vulnerability and resilience factor of adolescents in future studies. Future research should also focus on school dropouts to identify more appropriate policy strategies for enhancing their resilience in combating drug abuse.

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