

## Perceptions of School Teenagers and Dropouts Towards Sopi Consumption

Venna Ismi Nur Hasanah<sup>1</sup>, Indra Yohanes Kiling<sup>2</sup>, Ribka Limbu<sup>3</sup>

<sup>1,2,3</sup> Faculty of Public Health, University of Nusa Cendana

e-mail: <sup>1</sup>[venaisminurhasanah@gmail.com](mailto:venaisminurhasanah@gmail.com), <sup>2</sup>[indra.kiling@staf.undana.ac.id](mailto:indra.kiling@staf.undana.ac.id),

<sup>3</sup>[limburibka10@gmail.com](mailto:limburibka10@gmail.com)

**Abstract.** Alcoholic beverages are one type of drink that is often consumed by people of all ages. The behaviour of consuming alcohol among adolescents is still being carried out. In the Province of East Nusa Tenggara (NTT), there is a type of local alcoholic fermented drink, one of which is sopi. This study aims to determine the Perceptions of School Adolescents and School Dropouts on Sopi Consumption in Kelapa Lima District, Kupang City. This type of qualitative research uses the photo-elicitation data collection method. The participants involved in this study were ten teenagers, namely five school teenagers and five school dropouts. The results of the study found five main themes related to knowledge about sopi, emotions felt, reactions, determinants of sopi consumption, and the consequences of sopi consumption.

**Keywords:** *perception, adolescence, sopi consumption, photo-elicitation*

**Abstrak.** Minuman beralkohol adalah salah satu jenis minuman yang sering dikonsumsi oleh manusia dari berbagai kalangan usia. Perilaku mengkonsumsi minuman keras dikalangan remaja masih saja dilakukan. Di Provinsi Nusa Tenggara Timur (NTT), terdapat sejenis minuman fermentasi lokal beralkohol, salah satunya yaitu sopi. Penelitian ini bertujuan untuk mengetahui Persepsi Remaja Sekolah dan Putus Sekolah terhadap Konsumsi Sopi di Kecamatan Kelapa Lima Kota Kupang. Penelitian ini merupakan jenis penelitian kualitatif, yang menggunakan metode pengumpulan data *Photo elicitation*. Partisipan yang terlibat dalam penelitian ini berjumlah 10 orang remaja yaitu 5 orang remaja sekolah dan 5 orang remaja putus sekolah. Hasil penelitian menemukan lima tema utama yang berkaitan dengan pengetahuan mengenai sopi, emosi yang dirasakan, reaksi, faktor determinan konsumsi sopi, serta konsekuensi dari konsumsi sopi.

**Kata kunci:** *persepsi, remaja, konsumsi sopi, photo elicitation*

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## **Introduction**

Alcohol is a substance that can affect physical and mental health and make individuals who consume it feel relaxed and happy, but it can also cause serious health problems. Alcoholic beverages are one type of drink that people of all ages often consume. Alcohol is obtained from the fermentation of microorganisms, such as sugar, fruit juice, seeds, honey, tubers, and certain cactus sap (Wiaro, 2013). Based on data obtained by the World Health Organization (WHO) in 2011, in Indonesia in the period 1990-2006, 16.47% of adolescents (aged 15-24 years) consumed alcoholic beverages, 42% were in urban areas, and most had conditions middle to lower socio-economic level (Wardah & Surjaningrum, 2013).

In the Province of East Nusa Tenggara (NTT), there is a type of local alcoholic fermented drink, one of which is *sopi*. *Sopi* is the local name for a typical drink that has been produced for generations by people on various islands in NTT. The *sopi* drink comes from the Dutch word *zoopje*, which means liquid alcohol (Ma'rit, 2018). Over time, *sopi* is not only used for the benefit of customs but is consumed as an activity to get rid of fear and for various other activities that have nothing to do with traditional activities. This change resulted in negative impacts, including higher crime rates (Ma'rit, 2018). As in the case that occurred on November 19 2021, seven students at SMPN 9 Kota Kupang, East Nusa Tenggara (NTT) caused a commotion by destroying school facilities. This action was carried out by the seven students under the influence of liquor (Saputri, 2021).

One of the causes of the high rate of consumption of alcohol among adolescents is the existence of an incorrect perception. Perception is an experience of objects, events, or relationships obtained by concluding and interpreting information, according to Notoatmodjo (2010) in (Aprilia, 2017). Perception is divided into two, positive perception and negative perception, where positive perceptions describe understandings and responses that have efforts to utilise them. In contrast, negative perceptions mean the opposite, namely understandings and responses that are not in accordance with the object being perceived.

Adolescence is derived from the Latin "*adolescence*", which means growing towards maturity. The maturity in question is not only physical maturity but also social and psychological maturity (Soetjningsih, 2004). (Monks, 2006) said that school adolescents are teenagers who study at school, usually attending junior high school or equivalent.

According to (Agung, 2015), some factors influence a person's consumption of liquor, including (1) unemployment is a situation where a person does not have a job; (2) promiscuity is behaviour outside the normal limits that are not in accordance with the norm; (3) enjoyment is the feeling that is felt after consuming liquor.

Based on this, against the background of the problems that have been described and looking at the results of previous research, the researchers felt the need to research the "Perceptions of School Adolescents and School Dropouts on Sopi Consumption in Kelapa Lima District, Kupang City".

### **Method**

This type of research is qualitative research. The population in this study consisted of adolescents living in Kelapa Lima District, Kupang City, with a total of 9,170 people. The participants in this research were teenagers in Kelapa Lima District, Kupang City, East Nusa Tenggara, who met the criteria. The criteria for research participants include (1) male gender aged 15-17 years; (2) teenagers who attend school and drop out of school; (3) have consumed Sopi in the last year; (4) residing in Kelapa Lima District, Kupang City; (5) willing to be a respondent in research. The sampling technique in this study used purposive sampling with a total of 10 adolescents, namely five adolescents from school and five adolescents who had dropped out of school.

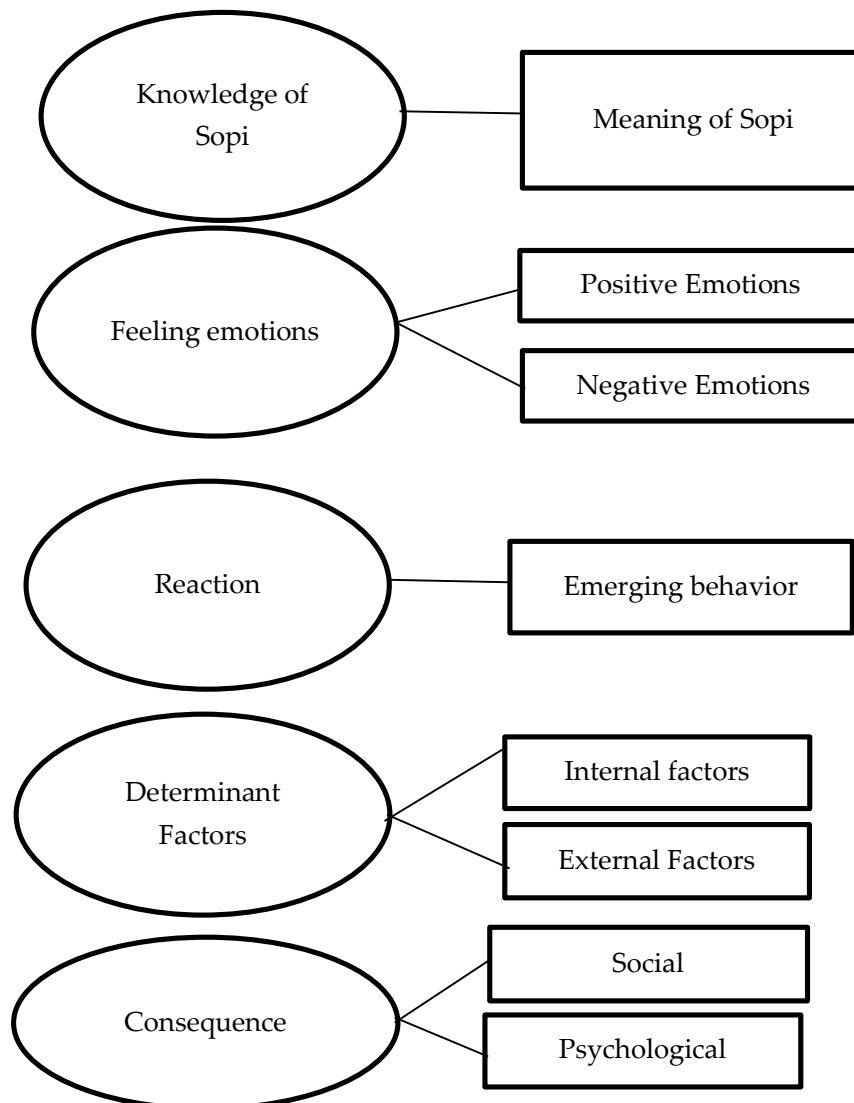
Data collection techniques used in this study were photo-elicitation techniques, semi-structured interviews and literature studies. The data analysis technique used in this research is the Miles and Huberman model (in Sugiyono, 2018), including (1) data collection, (2) data reduction, (3) presentation of data and (4) conclusion. So that the research data used can be accounted for, the researcher

uses a credibility test. The credibility test used includes (1) technique triangulation, (2) using reference materials, and (3) holding member checks.

### Result

The results of this study are presented based on the themes that have been obtained through interviews. This study found five main themes describing school and dropout adolescents' perceptions of sopi consumption in Kelapa Lima District. The five themes include cognitive aspects, affective aspects, conative aspects, determinant factors for young sopi consumption, and consequences.

The research results can be described as follows :



### **Discussion**

The participants in this study had a sufficient understanding of sopi. Every participant already knew that sopi was not good for health, and some said that sopi had no benefits. To understand sopi, the average participant knows that sopi is an alcoholic liquor. This is in line with research conducted by (Picauly, Intje et al., 2020), which showed that 60% of respondents with poor knowledge of sopi rote still consumed sopi rote.

In line with some of the research results above, according to (Notoatmodjo S, 2007), knowledge or cognition is a critical domain for forming one's actions. The participant's knowledge in this study regarding sopi consumption is a short-term effect of sopi consumption, where the participants said that sopi is an intoxicating and dizzying drink. However, the participants did not know and were aware of the long-term effects of sopi consumption on physical and mental health.

In Feeling emotions, various feelings arise when consuming sopi. This is in line with the results of research conducted by (Wattimena, 2013), which said that 8 participants, or the equivalent of 20%, felt happy and tired when consuming sopi. In addition, there are research participants who feel happy and dizzy. Sopi also makes participants feel confident. Furthermore, negative emotions arise from the consumption of sopi. Some said they were normal, felt strange, anxious, and felt like something was missing, and some said they could not speak freely. This is in line with self-confidence and the results of research conducted by (Wattimena, 2013), which said that 29 participants (72.5%) felt normal when consuming sopi. There were also 9 participants (22.5%) who felt uneasy if they did not consume sopi; some felt tired, and their body condition was unstable if they did not consume sopi.

The behaviour after consuming sopi included sitting and then sleeping, looking for trouble with other people, driving reckless motorcycles, swearing, and fighting. According to (Miller, Kathleen et al., 2016), research revealed that the higher the alcohol content in a drink, the higher the risk for the person to take

actions out of control. This is in line with research conducted by (Kay, 2022), which states that there are several changes in consumer behaviour when drunk, including some who choose just to sleep, some who find it difficult to sleep but talk more and seem to provoke a commotion, some are just silent and does not talk much; some prefer to pour out their hearts, which seem sad to the point of crying, and some prefer to enjoy their drunken state by joking or making the atmosphere seem more funny.

Consumption of sopi also interferes with school life and the work of participants, including most teenagers who go to school, who say that consumption of sopi makes them late and even prevents them from going to school. This is in line with research conducted by (Soselisa, 2021) that there were 16 respondents or (88.88%) who continued their education after being involved in consuming sopi until late at night, which caused them to be late for school or absent from school and study time at house is also disturbed.

This study found two determinant factors of sopi consumption: internal and external. Internal factors come from within the individual, so this is related to an incredible feeling of curiosity in adolescents. This is in accordance with what was said by (Suseno, 2014) in his research on the behaviour of consuming alcohol among early adolescents, where the results showed that the reason these teenagers drank was that they wanted to know so they would be seen as thugs, slang and confident. External factors come from the peer environment. This is in line with the results of research conducted by (Kusuma, 2018) that the higher the peer conformity, the higher the behaviour of alcohol abuse in college students. The magnitude of the influence of peer conformity on alcohol abuse behaviour in college students is 32.38%. This is also in line with (Saisa, 2022) research, which states that the participant consumed sopi liquor due to social and environmental influences.

This study also found the consequences of consuming sopi for teenagers, including psychological consequences and social consequences. For the psychological consequences, some participants said that they became addicted and

drunk. Kartono & Kartini (2002) in (Tawa, 2014) say that the impact of consumption includes loss of self-control, alcoholism, drunkenness, delirium tremens, alcoholic karsakov, and changes in personality structure. The social consequences of most of the participants doing things that harm themselves and those around them include fighting, swearing, driving reckless motorbikes, yelling at random people, getting into accidents due to drunkenness, embarrassing parents, and dirtying the house because of vomiting. This is in line with research conducted by (Lette, 2018), which says that the impact of drinking sopi on teenagers is that teenagers become indifferent to their parents, causing crime rates, especially fights and accidents among teenagers, to increase, teenagers becoming addicted to drinking sopi, experiencing mental disorders, physical health (chest pain and vomiting mixed with blood), skipping school to drink coffee with friends.

### **Conclusion**

Adolescents' perceptions of sopi consumption in this study were viewed from 3 perspectives: understanding related to sopi consumption, emotions felt and reactions. In terms of understanding related to sopi consumption, most teenagers, both teenagers who attend school and drop out of school, already have an excellent short-term understanding of sopi consumption but not an understanding related to the long term. There are two emotions that are felt, namely positive emotions and negative emotions. Positive emotions that encourage teenagers to consume are feeling happy, confident, and more accessible when telling stories after consuming sopi. Negative emotions arise when teenagers do not consume sopi, namely in the form of strange feelings, anxiety, lack of confidence, mediocrity, and so on.

Then, for reactions, most teenagers sleep and make noise after consumption. Consumption of sopi also interferes with school and work for some teenagers. There are two determinant factors in adolescents who consume sopi: internal and external. There are two consequences for the consequences, namely the psychological impact and the social impact.

*Suggestion*

The suggestions in this study are the following: for teenagers, it is hoped that youth will be productive in participating in positive and valuable activities for the future, choose positive associations, and not lead to negative things, especially the consumption of sopi. Second, Related Institutions it is expected to provide counselling (education and training) regarding the impact or dangers of using alcohol for health so that adolescents do not have negative perceptions and know about the dangers of consuming sopi for health. Third, For future researchers who are interested in research that discusses matters related to the perceptions of school-going and out-of-school teenagers who consume sopi, it is hoped that they will pay more attention to the factors that influence negative perceptions of the use of sopi, one of which is the influence of peers. Besides that, you can also develop research by taking samples from a broader range.

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