

## Dynamics of Decision-Making to Stop Consuming Alcoholic Beverages in Former Alcoholism

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**Abstract.** Decision-making is a cognitive process carried out to find the most appropriate alternative to change a behaviour, and it also occurs in alcoholic individuals to consider the cause and effect experienced to stop being alcoholic. Alcoholism is a term used for individuals who use and consume alcohol over long periods. The purpose of this study is to be able to describe how the dynamics of decision-making to stop consuming alcoholic beverages in former alcoholism based on perceptions, attitudes and behaviours that arise during the process of stopping consuming alcohol. The type of research used is qualitative with a phenomenological approach. Participants in this study amounted to 5 people in Kupang City. The results obtained showed that the initial perception of participants to decide to stop consuming alcohol due to feeling the adverse effects on themselves and the surrounding environment, then the participants began to take a stand by looking for and doing activities that can be used to stop consuming alcohol and behaviours that can be seen namely social support, reinforcement and modelling.

**Keywords:** *Decision Making, Alcoholism, Social Support, Reinforcement, Modeling*

**Abstrak.** Pengambilan keputusan merupakan suatu proses kognitif yang dilakukan untuk mencari suatu alternatif yang paling tepat untuk mengubah suatu perilaku, hal tersebut juga terjadi pada individu alcoholism dalam upaya mempertimbangkan sebab akibat yang dialami agar dapat berhenti menjadi alcoholism. Alcoholism adalah istilah yang digunakan pada individu yang menggunakan dan mengonsumsi alkohol dalam jangka waktu yang lama. Tujuan dari penelitian ini adalah untuk dapat menggambarkan bagaimana dinamika pengambilan keputusan untuk berhenti mengonsumsi minuman beralkohol pada mantan alcoholism berdasarkan persepsi, sikap dan perilaku yang timbul selama proses berhenti mengonsumsi alkohol. Jenis penelitian yang digunakan adalah kualitatif dengan pendekatan fenomenologis. Partisipan dalam penelitian ini berjumlah 5 orang, di Kota Kupang. Hasil yang diperoleh menunjukkan bahwa persepsi awal partisipan untuk memutuskan berhenti mengonsumsi alkohol dikarenakan merasakandampak yang merugikan diri sendiri maupun lingkungan sekitar, kemudian para partisipan mulai untuk mengambil sikap dengan mencari serta malakukan aktifitas yang dapat

digunakan untuk berhenti mengonsumsi alkohol dan perilaku yang dapat dilihat yaitu adanya dukungan sosial, reinforcement dan modeling.

*Kata kunci: Pengambilan Keputusan, alcoholism, social support, reinforcement, Modeling*

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### **Introduction**

The behaviour of consuming alcoholic beverages in Indonesia is not something new in society. Alcohol abuse has developed due to various factors such as culture and social environment, which certainly have an impact on the habit of consuming alcoholic beverages. Alcohol is an organic compound that contains organic compounds containing hydroxyl groups related to carbon atoms and is often consumed as drinks (Tritama, 2015). A person can be categorized as an alcoholic. When you have alcohol dependence and tend to have difficulty controlling behaviour despite understanding the consequences arising from excessive alcohol consumption, these consequences will certainly harm yourself and the environment (Wardah & Surjaningrum, 2015).

The results of research from Prabowo and Pratisti (2017) on phenomenological studies of aggressive behaviour in alcoholics show that consuming alcoholic beverages can increase negative emotions and interfere with complex thought processes, motor coordination, speech skills, and weakened vision. The effects of these alcoholic beverages can also influence a person's aggressive behaviour and can cause problems for themselves and the surrounding environment. This is marked by research by Issakh, Ottay and Rombot (2016) about the description of adolescent behaviour towards the habit of consuming alcoholic beverages in Sapa Village, Tenga District, South Minahasa Regency. It was found that consuming alcoholic beverages can cause aggressive behaviour, which is characterized by fights with colleagues and has an impact on job loss. The effects

experienced by alcoholic individuals then become one of the factors for alcoholic individuals to decide to stop consuming alcohol.

Research results on Analysis Flourishing Former Alcoholics in Sumlili Village, West Kupang District (Surah, 2020), the disadvantage experienced by individuals while still being alcoholics is that individuals often fight with their wives and even commit domestic violence, which ultimately makes their relationships with their wives and children tenuous. Another disadvantage experienced due to frequent consumption of alcoholic beverages is that individuals suffer from severe stomach pain, so they have to get intensive care in the hospital. The loss is why the individual no longer consumes alcoholic beverages. Although consuming alcoholic beverages causes harm to themselves and the surrounding environment, there are still many individuals who continue to consume alcohol even though they already have an awareness of the effects caused by consuming alcohol excessively. This is undoubtedly influenced because a person who is already addicted to alcohol will find it complicated to escape and also challenging to control the habit of consuming alcohol. After all, individuals who have been categorized as people with an addiction must have consumed alcohol for a long time (Prabowo & Pratisti, 2017).

### **Method**

The method used in this study is qualitative research with a phenomenological approach. The author uses this research method because the author wants to know how the dynamics and difficulties that occur in alcoholism in the decision-making process to stop consuming alcoholic beverages through descriptive data in the form of written or spoken words and observable behaviour (Moleong, 2016). The participants of this study were young adult individuals aged 20-40 years (Monks, Knoers & Haditono, 2017). Where former alcoholists reside in Kupang City, totalling five people. Data collection in this study was carried out using in-depth interview techniques with interview guidelines that had been

prepared before. The data used in this study will be analyzed through thematic data analysis.

### **Result**

The study participants ranged in age from 20 to 40 years, were students and private workers and had consumed alcoholic beverages for two years or more. The following is a brief description of the study participants:

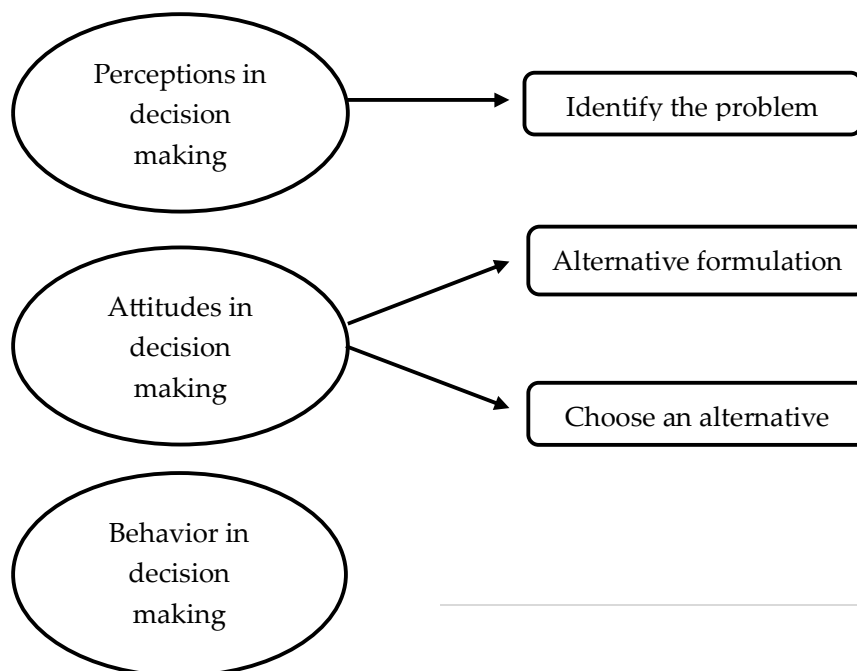
<b>Name/ Initials</b>	<b>Age</b>	<b>Work</b>	<b>Long-time consuming alcohol</b>	<b>Long time stop consuming alcohol</b>	<b>Information</b>
PL	22 years old	Student	3 years	1 year	Ex Alcoholism
WB	24 years old	Student	5 years	1 year	Ex Alcoholism
EB	25 years old	Grab	9 years	2 years	Ex Alcoholism
IR	33 years old	Private sector worker	12 years	6 years	Ex Alcoholism
DN	35 years old	Private sector worker	14 years old	4 years	Ex Alcoholism

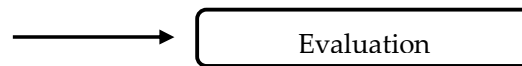
Based on the interview, it was found that the initial consumption of alcoholic beverages by the majority of participants was influenced by social environmental factors around the participants where because of a sense of appreciation and feeling hesitant to reject the offer given by friends finally accepted the offer and began to consume alcohol, some experienced problems and made themselves feel frustrated and confused to vent their emotions and eventually use alcohol As material to vent existing problems and coupled with support and invitations from friends made him then start consuming alcohol, besides that because in the family environment often consume alcohol and then offered also to try to continue the habit finally.

The habit of consuming alcohol then continued because of the inability to refuse the offer to consume alcohol when sitting with friends of the participants because it made the participants always consume alcohol at every opportunity with friends, and finally made the body accustomed to alcohol so that it made the participants feel that consuming alcohol was good. Besides that, the participants felt that consuming alcohol can make friendships close, and when having a problem, alcohol is considered the most effective place to vent, and indirectly, the body eventually gets used to accepting alcohol and becomes familiar which addiction to alcohol.

These habits eventually make the participants become dependent on alcohol and tend to be unable to control the habit of consuming alcohol, which then has an impact on personal and social life. The participants' impact was difficulty controlling emotions, difficulty focusing on a job, and often troublesome friends. It also had an impact on the health of the body, where swelling in the liver was experienced. This impact makes participants in this study have a fundamental view to decide to stop consuming alcohol because they experience the impact or loss felt.

The results of research data obtained through the interview process by researchers through manual thematic analysis, researchers identify existing data into three main themes as follows :





**Figure 1.**

*Theme and sub-theme trees*

The majority of participants finally decided to stop consuming alcohol because of a perceived perception or view of experiencing harm both to themselves and the social environment.

### **Perceptions in decision-making**

The disadvantage experienced by PL and DN participants is experiencing pain arising from excessive alcohol consumption.

*"Yes, I already feel that my stomach hurts, and once had a consultation with a doctor who said that my liver swelled from 15 cm to 16 cm, so the doctor's advice was for me to start reducing alcohol (PL)."*

*"At first, I didn't believe people say that alcohol consumption would be natural like that, but after I experienced it now, I just realized that alcohol is not good. The first loss is a loss of health where I have had time to see a doctor, and my disease arises because of my alcohol dependence (DN)."*

The loss was also felt by WB, who often confided when drunk and when he realized he must be ashamed because he had told his friends about his problems.

*"The downside is that if you're sober, you'll regret drinking alcohol because if you're stressed, you'll get drunk and you'll confide in it, and if you've confided in it and you're sober, you'll be embarrassed, especially when your friends record it. (WB)."*

The disadvantage felt by EB is that he will find it challenging to prepare himself as an athlete because when consuming alcohol makes his body condition not prime.

*"The loss may be sorry, I'm a little bit of a story if I also like sports, including athletes, and the loss is when I focus on preparing myself for the*

*game, but sometimes at night, friends sit around, there is a drink, finally have to stay up late and make physical condition decrease even though they have been training, tired, physical condition again rises above suddenly consuming alcohol, then drops again, it has to start again from scratch, and it's tiring. (EB)."*

Another disadvantage also experienced by IR is that it is difficult to focus on one job and control emotions.

*"If for the loss during my alcohol consumption, that's what I feel, yes, if the work has not been done yet, I can't focus anymore because I spend time drinking, definitely tomorrow to work it's not fit, plus I also have difficulty control, I have emotions that eventually have an impact on me, in work, yes, I often also get reprimands from superiors because I work slowly and don't focus on it. (IR)."*

The losses for people around, as experienced by PL and WB participants, both revealed that when drunk, it only makes friends troublesome because they have to take care of the drunk.

*"If for harm to others, maybe to my friends, where if I am, I am already semi-conscious, well, most of them help take care of me, yes, if I am drunk, so if for others there is nothing, at most it only affects myself. (PL)."*

*"If you were drunk, you would have been unconscious, and you must have been a friend who carried you home (WB)."*

The disadvantage EB participants feel is also a loss for friends who have prepared well for the match, but because of him, his teammates must achieve less than optimal results and, of course, impact the entire team.

*"I end up harming my friends and at the same time harming the team because we often get match results that are not optimal. What else I am at the club, the captain, and if the night I drink the next game, I am not fit, meaning I can't manage my friends on the pitch, and that's for sure when the evaluation of the team is over, the coach always scolds me too (EB)."*

Another impact experienced by IR and DN is that relationships with family become tenuous.

*"Yes, I have a wife who ends up making her uncomfortable with me, and I have a relationship with her, so there is a distance that I feel (IR)."*

*"It affected my relationship and family, where my children and wife saw my life and harmony in the household, which also began to diminish; that's how it (DN) is."*

### **Attitudes in decision-making**

After the participants decided to stop consuming alcohol because of the impact felt, participants began to look for alternative options and take actionable attitudes to eliminate the habit of consuming alcohol. Based on this, the participants then looked for various alternative possibilities that could be done to help regardless of the habit of consuming alcohol. The majority of participants then took a stand by withdrawing from the circle of friends who were considered to contribute significantly to influencing alcohol consumption.

In addition, based on the study results, WB and EB made efforts to do activities by exercising and doing side jobs.

*"I started to reduce hanging out with friends who consume alcohol. Besides that, I also exercise and look for side jobs with the aim of keeping myself busy so that there is no time to sit down and drink with friends, and that method from me goes well (WB)."*

*"Yes, I started looking for a solution, for sure, yes, what can I do to help me stop so that I can pursue my dreams, to start being active in sports or love to be busy with work, so yes, the same as what I see from other futsal team friends, they are diligent in sports, always appear fit, so start trying to make like them too (EB)."*

As for PL, choose to listen to music.

*"Yes, what I did, in a way, was a lot of time at the beginning of looking for that solution, starting from watching anime, listening to music, yes, basically trying to find out, I have stress coping so as not to run to alcohol (PL)."*

IR spends a lot of time at home with his wife. All these alternatives are done to divert from alcohol dependence.



*"What I do is start to occupy myself with activities. Besides that, I try to spend time at home with my wife so that I can fix what has been making her disappointed (IR)."*

### **Behaviour in decision-making**

The behaviour arising from the majority of participants was the difficulty of controlling alcohol consumption habits due to alcohol dependence that had become a habit of the participants, as well as the influence of the environment, which ultimately made the participants continue to consume alcohol. But because of the losses felt then made they decided to stop consuming alcohol.

The behaviour seen during the decision-making process to stop consuming alcohol is the reinforcement in the form of social support felt by WB, EB, IR and DN.

*"I get support from my family so that when I want to go out to do activities, I must always be reminded, and that encourages me always to remember to stop because I also give my family hard if I drink continuously (WB)."*

*"I was finally able to stick with my commitment because I got support from my parents and some friends who supported me with my decision to stop drinking (EB)."*

*"Yes, thank God I was able to change even though it was difficult because, yes, my wife's support was amazing to stay with me and always support me. That's honestly shame for me too, and that's why I'm motivated to be able to change (IR)."*

*"First, I prayed for support from God, then support from my family and from friends from church; they supported me in escaping it all (DN)."*

In addition, the behaviour that arises is the modification of modelling behaviour carried out by EB, which is applied according to what is seen from the habits of his friends in maintaining physical condition to stay fit during futsal matches.

*"In addition, as I said earlier, I saw my friends who were always fit, and I was also motivated to be like them. I finally started to make it like they did. For example, I didn't drink, and I finally did not drink. I diligently*

*exercised to keep my physical condition changed, so I was more enthusiastic about staying in this commitment (EB)."*

After a long process to stop consuming alcohol, the study participants were then able to stop consuming alcohol and also experienced changes in quality of life and could control emotions, be able to focus more and become a better person.

### **Discussion**

From the study results, it was found that social environmental factors around the participants influenced the majority of participants' initial consumption of alcoholic beverages. Based on this, it can be said that the environment has an essential role in forming one's behaviour and mindset. This is in line with the basic concepts of social psychology, which say that the environment certainly influences mindset and behaviour as a form of individual conformity to be liked and accepted in a group (Brown, 2014). Related to this, the theory of behaviourism also states that interactions with the environment influence human behaviour. Where according to B. F. Skinner (2017), the theory of S-O-R explains that a behaviour can be influenced and carried out with various responses and also reactions obtained from the stimulus or stimuli from outside, which will then cause a person experiencing changes in behaviour in accordance with the stimulus or stimuli obtained from the surrounding environment. Individuals can develop alcoholism because alcohol is included in addictive substances, which, when continuing to consume excessively, will cause someone to become an addict or dependent on alcohol (Carin, 2018).

These habits that eventually make the participants become dependent on alcohol and tend to be unable to control the habit of consuming alcohol have an impact on their personal and social lives. Through this impact, participants in this study have a fundamental view to decide to stop consuming alcohol because they experience the impact or harm felt, in line with the results of research conducted by Putri (2020), showing that many factors influence a person to stop consuming alcohol include getting input from others and also because they experience losses arising from consuming alcohol habits.

After realizing the impact felt, participants began to look for alternatives and mili alternatives that could be done to help overcome the habit of consuming alcohol. The alternative is to withdraw from social environments that can influence them to consume alcohol. This, in line with the results of Surah research (2020), said that individuals who stop consuming alcohol have considerations to stop consuming alcohol and also start looking for various alternative activities or activities that can be done to be free and stop the habit of consuming alcohol. In addition, it is also according to the theory of coping behaviour that in solving a problem, the individual can have or manage problems that cause losses and cause stress by avoiding, avoiding or solving problems with social support (Corsini, 2014).

After escaping from alcohol addiction, participants received many positive changes both for their lives and the surrounding environment. Based on the research results by Surah (2020), positive changes certainly occur for individuals both for themselves and the surrounding environment where individuals have been able to control emotions, focus on work and experience changes in character into a better person.

### **Conclusion**

Based on research conducted by researchers, the participants' drinking habits were influenced by environmental factors that influenced and as an escape from the problems that were the beginning of the participants consuming alcoholic beverages. This habit makes the participants eventually have alcohol dependence, and it becomes challenging to be able to break away from the habit of consuming alcohol. These habits then impact participants' lives, who experience losses for themselves and those around them. Losses for oneself are physical, health, economic and psychological. In contrast, losses for the surrounding environment are tenuous relationships in the household and make it difficult for friends to take care of when drunk.

These losses ultimately make participants aware and decide to stop consuming alcohol. Still, of course, it is not easy for participants to get away because alcohol dependence is also a friendship environment that tends to make participants have difficulty stopping. These difficulties can be overcome thanks to the desire and commitment of oneself as well as support from family and friends so that the study participants can successfully quit the habit of consuming alcoholic beverages and have an impact on changes in the quality of life and relationships of the participants with their environment. Changes were then felt by the participants after being released from alcohol dependence, namely being able to control emotions, better relationships with family and recovery in terms of health felt by participants.

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