

# ADIKSI NAPZA di LINGKUNGAN UNIVERSITAS

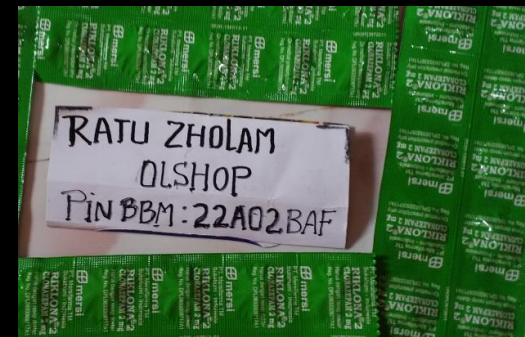
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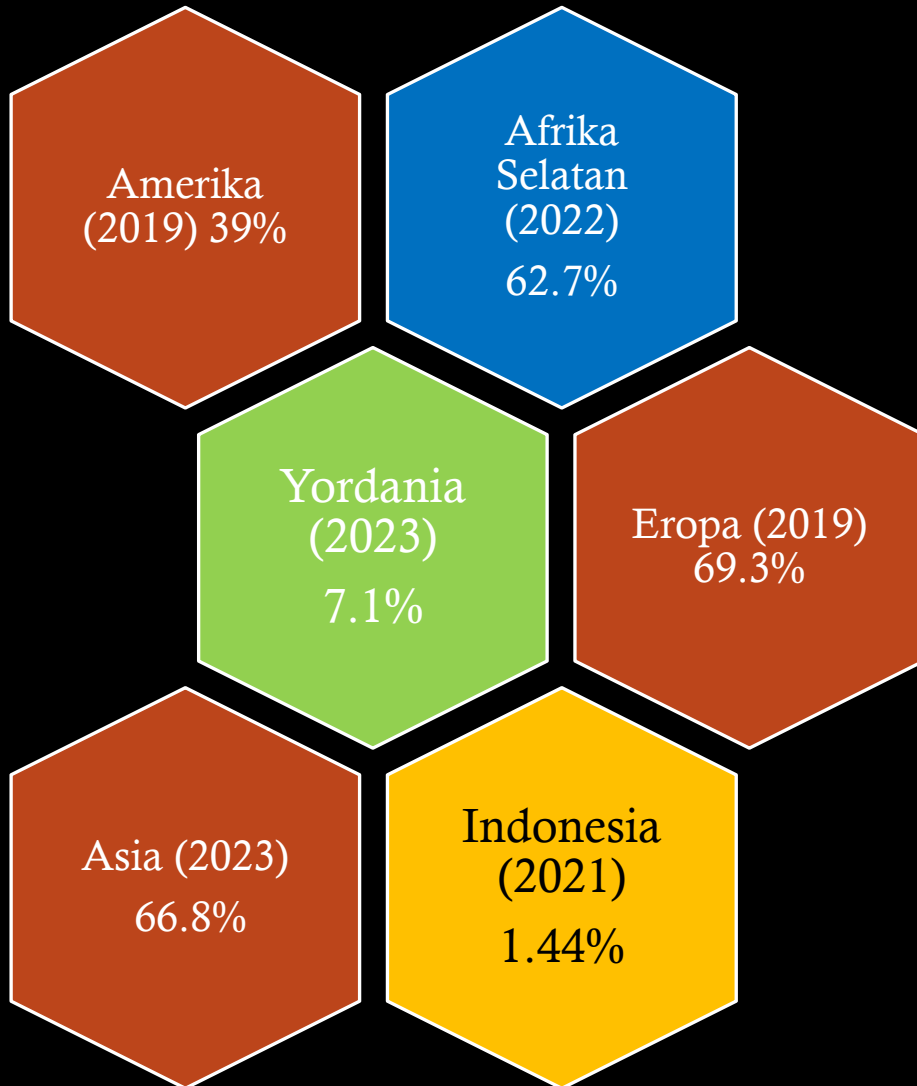


# NAPZA

**N**arkotik, **A**lkohol, **P**sikotropika, dan  
**Z**at **A**diktif lain



# PREVALENSI



## Nikotin

- Rokok, vape

## Alkohol

## Ganja

- Ganja sintetis

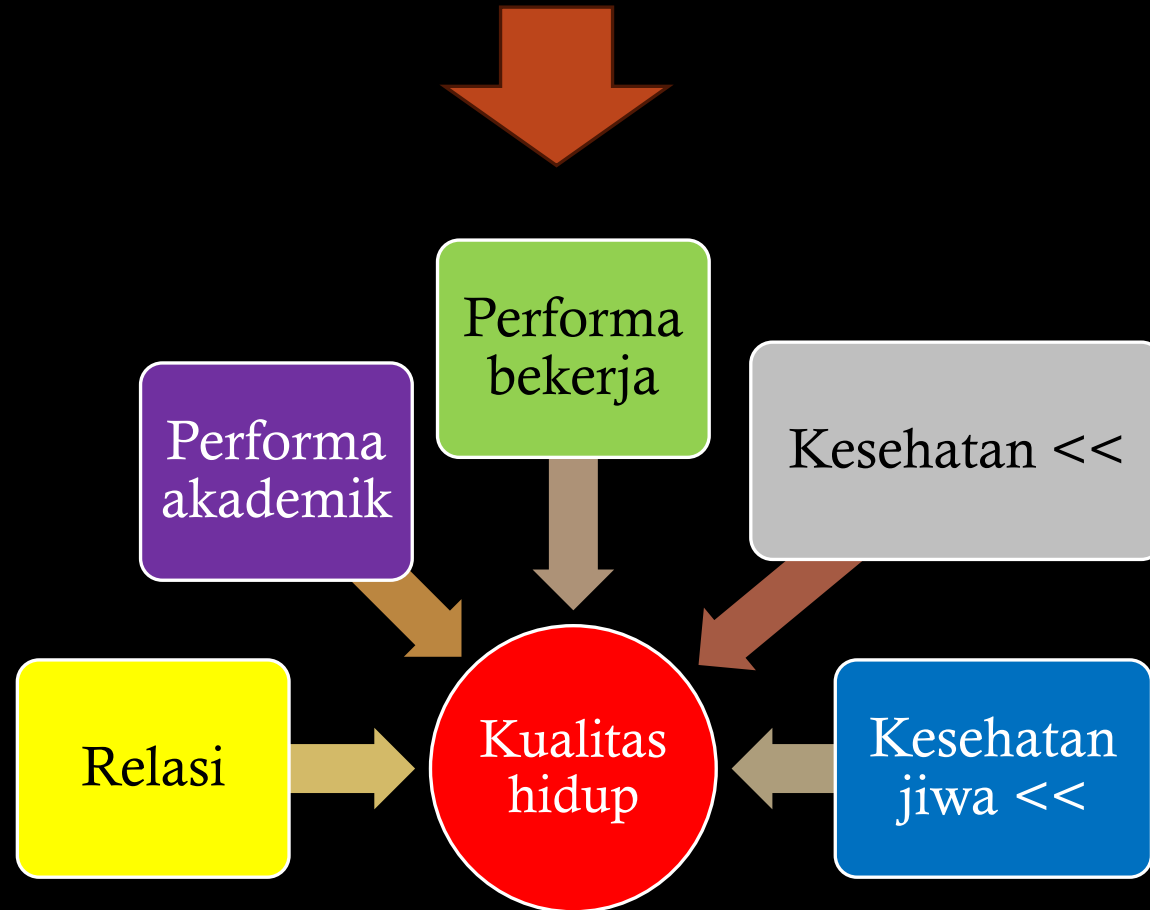
## Stimulan

- Sabu, ecstasy, metilfenidat

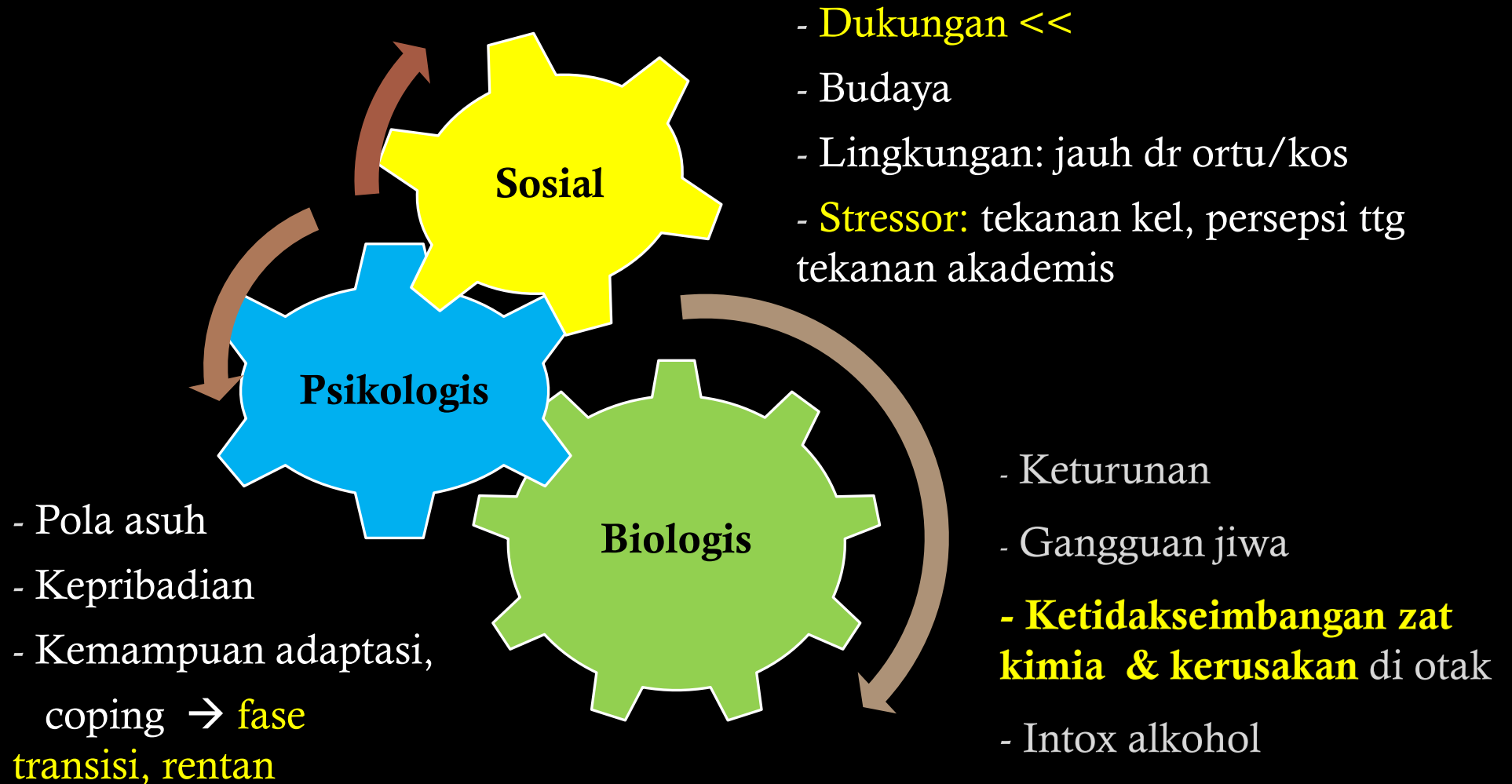
## Obat yang diresepkan

- Alprazolam, klonazepam, nimetazepam, nitrazepam, tramadol

- ◇ Komorbiditas dengan **gangguan jiwa**
- ◇ Komorbiditas dengan **adiksi perilaku**



# Etiologi dan Faktor Risiko



Alasan Penyalahgunaan Narkoba	Perkotaan	Perdesaan	L	P	Total
Ada anggota keluarga yang menyalahgunakan narkoba	14,7	3,3	11,5	14,6	11,6
Konflik keluarga/hubungan tidak harmonis	7,1	4,1	5,6	21,3	6,3
Ajakan/bujukan teman	89,3	68,0	84,5	63,6	83,6
Dipaksa	2,5	5,4	2,8	12,3	3,2
Ingin mencoba	87,9	61,6	81,6	65,9	80,9
Bersenang-senang	46,8	32,9	43,1	44,9	43,1
Stres akibat beban belajar/pekerjaan belajar/pekerjaan	22,8	13,4	20,9	7,4	20,3
Ketersediaan (mudah diberikan)	27,6	27,4	27,0	42,1	27,6
Di lingkungan tempat tinggal banyak penyalahguna narkoba	23,1	26,2	22,9	46,6	23,9
Lainnya	2,5	12,8	5,3	4,3	5,2

Sumber : Hasil Olah Data Survei Prevalensi Penyalahgunaan Narkoba di Indonesia Tahun 2021

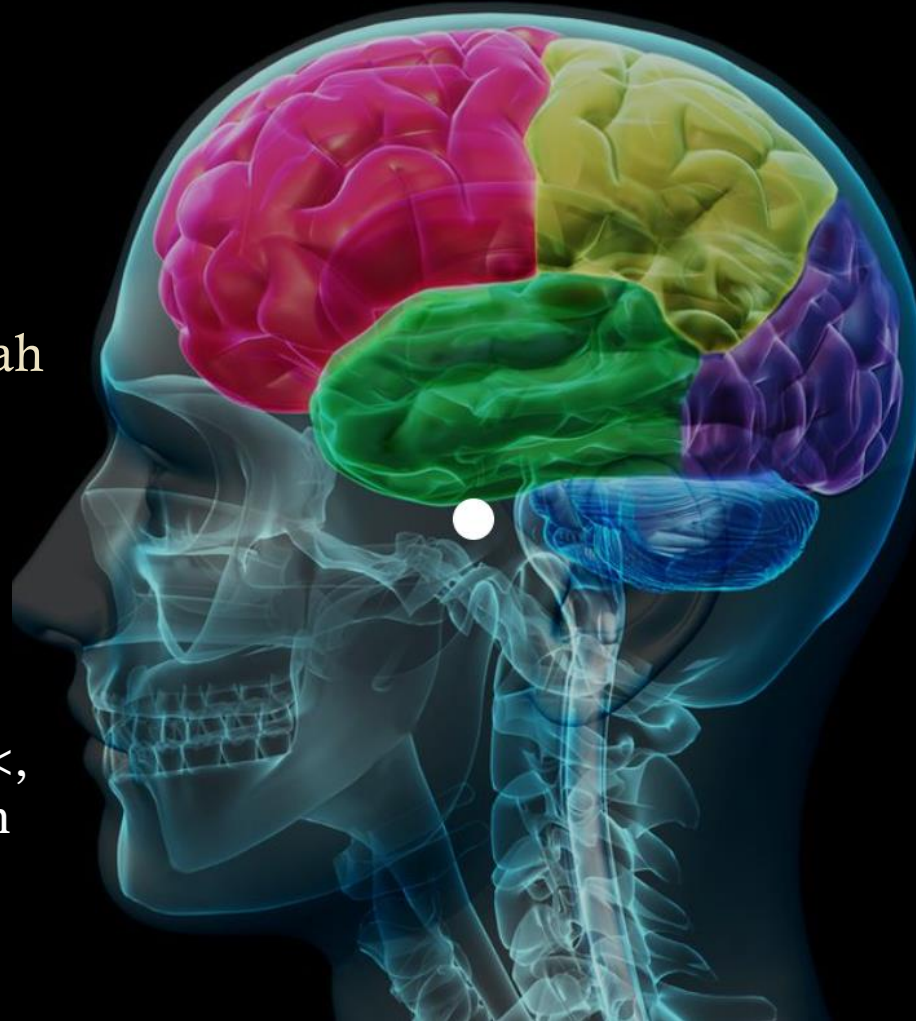


Factors	Moderate/high impact n (%)
Free time	635 (93.5)
<i>Family related factors</i>	
Lack of parents' support	652 (96.0)
Bad relationship between parents and children	637 (93.8)
Having addicted parent(s)	649 (95.6)
Parent's separation (divorce)	608 (89.5)
<i>Social related factors</i>	
Impact of media, TV programs and series	628 (92.5)
Peer pressure	657 (96.8)
Ease of access to drugs in area	593 (87.3)
Too much money available for the student	624 (91.9)
<i>University related factors</i>	
To help in concentrating while studying	415 (61.1)
Academic failure	606 (89.2)

Factors	Strongly agreed/agreed n (%)
Counselling and advice	582 (92.2)
Prayers and supplications	567 (89.9)
Increasing the number of educational programs and activities	561 (88.9)
Abandoning relationship with people who use illicit drugs	550 (87.2)
Playing sports	588 (93.2)
Listening to music	456 (72.3)
Engage in artistic activities	564 (89.4)
Not carrying a lot of money	469 (74.3)
Specifying the places to visit	539 (85.4)

**Merokok** ~ Fungsi kognitif <, kompetensi verbal dan auditorik <

- Daya pikir
- Keputusan
- Perencanaan
- Memori kerja
- Pemecahan masalah
- Kontrol perilaku



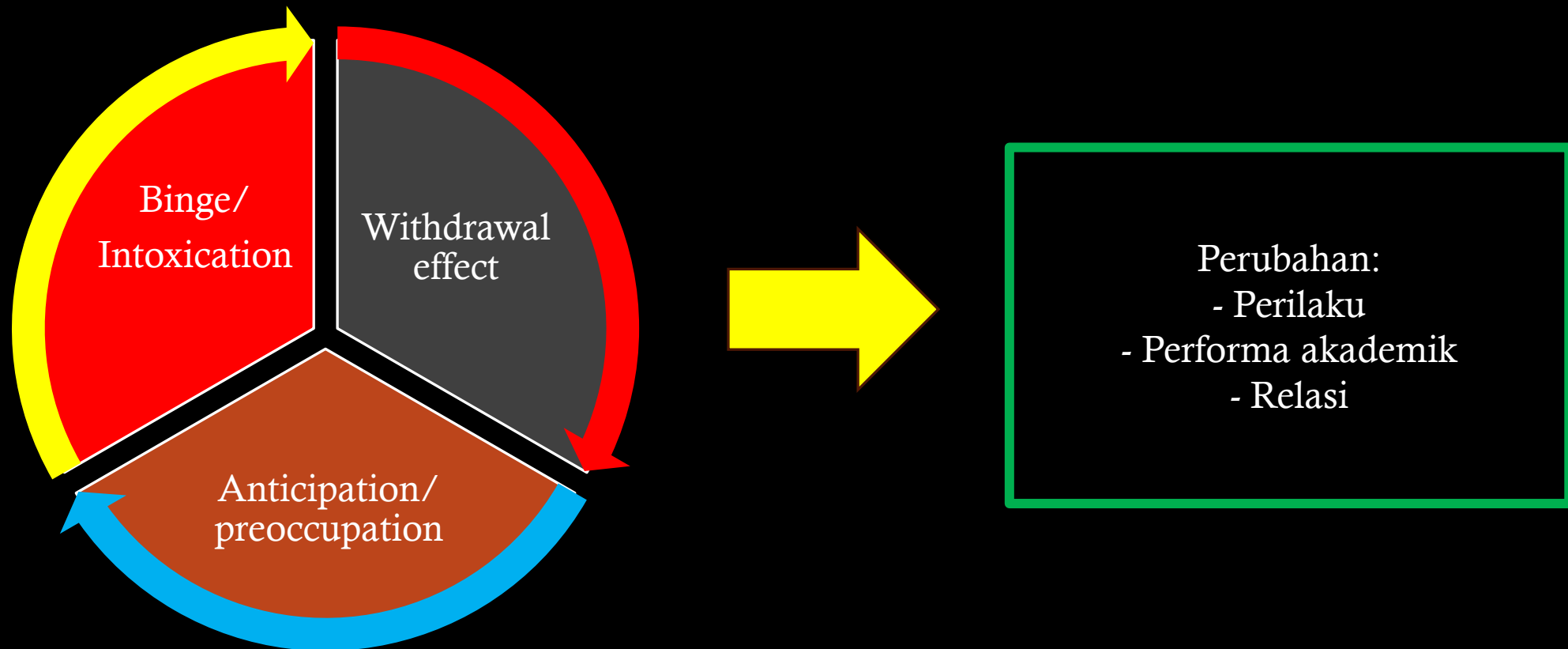
- Daya ingat
- Emosi

**Alkohol berat** ~ Memori kerja <, DO, kecelakaan, pertengkaran

**Ganja** ~ Kemampuan belajar & kerja <, fungsi neuropsikologis <



# Tanda dan Gejala



# Tatalaksana

## IDENTIFIKASI masalah

Akar masalah dan implikasinya

## IDENTIFIKASI faktor risiko

Tekanan akademik? Sosial?

Masalah psikologis?

Kurangnya awareness, akses ke pelayanan?

## IDENTIFIKASI faktor protektif

Aktivitas bermakna, olahraga?

Ibadah?

Tinggal dengan ortu?

Teman non pemakai?

Konseling

# Impact of Physical Exercise on Substance Use Disorders: A Meta-Analysis

Dongshi Wang, Yanqiu Wang, Yingying Wang, Rena Li, Chenglin Zhou

Published: October 16, 2014 • <https://doi.org/10.1371/journal.pone.0110728>

Article	Authors	Metrics	Comments	Media Coverage
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Abstract

- Introduction
- Methods
- Results
- Discussion
- Conclusions
- Supporting Information
- Acknowledgments
- Author Contributions

Abstract

**Objective**

The goal of this meta-analysis was to examine whether long-term physical exercise could be a potential effective treatment for substance use disorders (SUD).

**Methods**

The PubMed, Web of Science, Elsevier, CNKI and China Info were searched for randomized controlled trials (RCT) studies in regards to the effects of physical exercise on SUD between the years 1990 and 2013. Four main outcome measures including abstinence rate, withdrawal symptoms, anxiety, and depression were evaluated.

[Journal List](#) > [Front Psychiatry](#) > PMC9539410

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PMCID: PMC9539410

PMID: [36213929](https://pubmed.ncbi.nlm.nih.gov/36213929/)

## Effects of moderate-intensity exercise on social health and physical and mental health of methamphetamine-dependent individuals: A randomized controlled trial

[Jisheng Xu](#), [Zhicheng Zhu](#), [Xin Liang](#), [Qiuyue Huang](#), [TianZhen Zheng](#), and [Xue Li](#)\*

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[Yang Yan-guang](#), [Chen Jing-yi](#), [Pang Xiao-Wu](#), [Shen Meng-lu](#), [Yang Su-yong](#), [Xu Ding](#), [Xiao Ke](#), [Wang Tian-yuan](#), [Wang Jia-bin](#) & [Zhu Dong](#)

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# Peran Institusi

## **Prevensi**

Mentorship, support group, tim konseling, kampanye, workshop

## **Promosi**

Kultur yang bisa menggiatkan pentingnya kesehatan dan kesejahteraan mental, >> kesadaran

## **Kolaborasi**

Psikiater, RS jejaring, organisasi, komunitas

# What's next?

## PREVENSI DAN PROMOTIF

- ✓ **Tingkatkan awareness** → kampanye edukasi kesehatan mental, pencegahan adiksi, sumber pendukung dan bantuan
- ✓ **Seminar dan workshop** → strategi koping, penyelesaian masalah yang lebih baik
- ✓ **Keterlibatan komunitas** → libatkan mahasiswa, fakultas, keluarga
- ✓ **Aturan dan kebijakan tegas** → Kampus bebas NAPZA → tes, alur kebijakan jelas



**Tobacco-Free  
Smoke-Free  
Vape-Free  
CAMPUS**

*A Healthy  
Choice* 



**D** **DRUGS**  
**E** **ND**  
**A** **LL**  
**D** **DREAMS**

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say no to drugs

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