



ISSN: 0975-833X

Available online at <http://www.journalcra.com>

International Journal of Current Research
Vol. 10, Issue, 10, pp.74754-74759, October, 2018

DOI: <https://doi.org/10.24941/ijcr.32894.10.2018>

**INTERNATIONAL JOURNAL
OF CURRENT RESEARCH**

RESEARCH ARTICLE

ALCOHOL ON ADOLESCENT AND HEALTH IMPACTS

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ARTICLE INFO

Article History:

Received 29th July, 2018

Received in revised form

12th August, 2018

Accepted 07th September, 2018

Published online 31st October, 2018

Key Words:

Adolescent,
Alcohol, Health,
Impacts.

ABSTRACT

Alcohol consumption is currently one of the adolescents problems whose numbers tend to increase every years. The result is that in addition can compromise the security of the environment such as the rise of juvenile gangs, sexual misconduct, rampant of thuggish could also impact on the health of adolescents. The purpose of this study was to determine the factors associated with alcohol consumption and its impact on the health of adolescents in Palu City, Central Sulawesi, Indonesia. This study used mixed research method were quantitative and qualitative research. Samples for this study were 65 teens, domiciled in the 8th Neighbourhood, 8th Hamlet, BTN Citra Pesona Indah, Talise Urban Village, Subdistrict Mantikulore Central Sulawesi Province, Indonesia, whereas qualitative sample amounted to 5 informants that teens who still consumed alcohol. The results showed a significant relationship between motive curious with alcohol consumption ($P = 0.001$), the opportunity with alcohol consumption ($P = 0.001$), inferiority with the alcohol consumption ($P = 0.001$), and emotional with alcohol consumption ($P = 0.001$). All of 5 informants said that they felt the effects for consumed alcohol such as decreased body resistance, easily hurted, lazy woke up, often felt asleep in class, vomited and coughed up blood. The conclusion was that there was influence between the motives of curiosity, inferiority, and emotional occasion for alcohol consumption and its impact on the health of adolescents in Palu.

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Citation: Rosmala Nur, Rasyika Nurul, I PutuDedy Budiastira, Nurhaya S Patui and Pitriani, 2018. "Alcohol On Adolescent And Health Impacts", *International Journal of Current Research*, 10, (10), 74754-74759.

INTRODUCTION

Alcohol was the substance most frequently abused human, alcohol obtained from the fermentation of honey, sugar, juice or tubers. From the fermentation, could be obtain alcohol to 15% but with the distillation process could be produce alcohol levels higher even reached 100%. The maximum blood alcohol level reached 30-90 minutes. Once absorbed, the alcohol/ethanol distributed to all of tissues and body fluids. With increased levels of alcohol in the blood of people will be euphoria, but with the decline of people can become depressed (Centre For Disease Control and Prevention, 2014). Alcohol is a drink that can cause drinkers get drunk and lost consciousness. Alcohol can damage the mind, so that people become abnormal (Clark 2005). The alcohol content above 40 grams per day for men or for women above 30 grams per day can cause damage to the organ/body part of the drinker. For example, damage of soft tissues in the oral cavity, around the throat, and in the digestive system (in the stomach).

Human organs most vulnerable due to alcohol is the liver (Donovan 2004) and (Nur 2015). World Health Organization (WHO) on alcohol and health in 2013 said as many as 320,000 people aged 15-29 died worldwide each year caused from alcohol-related. This number reached 9% of all deaths in that age group. Alcohol in the western world had become common and socially acceptable and almost consumed every day (Fahmi 2013). Data collected by BNN (National Narcotics Agency) Indonesia until 2013 illustrated the significant increase in the pattern of substance abuse including alcohol over the last five years. In 2013 occurred 42.213 cases of drug abuse, 31.708 cases of abuse of psychotropic and 9.346 cases of abuse of addictive substances, from previous data in 2008 occurred 28.118 cases of drug abuse, 21.318 cases of abuse of psychotropic and 4.639 cases of abuse of addictive substances. Abuse of drugs grouped by formal education in 2013 where junior high school and senior high school ranks first with 72.934 cases, elementary school with 6.346 cases, and colleges with 3.987 cases (Kusmaryadi 2013). Data obtained from the official Neighbourhood 08 RW 08 BTN Citra Pesona Indah village Talise subdistrict Mantikulore are adolescents aged 14-25 years amounted to 178 people. Of these, there are some teenagers as the alcohol collected from government RT 08 RW

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08, 2013. With the above background, researchers interested in conducting research on "Relations Alcohol Consumption and Effects on Adolescent Health BTN Citra Pesona Indah RT 08 RW 08 Talise subdistrict Mantikulore Palu ". Consumed alcohol is one form of social deviation, social distortion that occurs in adolescents will not just appear when there is no pull factor or a motivating factor. Pull factors are outside oneself, while the driving factor comes from the self or family that allows a person to perform such deviations (Marshall 2009). Adolescent can fall into an alcohol problem since it is influenced by the neighborhood association as follows (Joseph, 2009). Use of alcohol among adolescent in general because the alcohol is promising something that is a sense of enjoyment, comfort and pleasure as well as serenity. although it is perceived as false. Deviations are caused by socialization imperfect good relationships in the community and family life in which they considered unsatisfactory so that they seeking escape outside the house to find a friend who can provide protection and recognition of the existence of themselves. Irregularities committed through abuse of drugs and alcohol, usually a person will not do this directly, but invited by a group of their friends to try first to prove that they have become adults. Over time the person will get recognition from their peers and become part of the group (Marshall 2009).

According of (Hutagalung 2008), factors that influence alcohol consumption among adolescent, among others: The social Environment ie curious motives and opportunity. Personality ie inferiority and emotional. Now, consuming alcohol is like being a part of the lifestyle of some communities in Indonesia. Starting from a mere trial and error, many of which later end up addicted to this one type of drinks. Alcohol has different levels. For example, beer and soda alcohol (1-7% alcohol), wine (10-15% alcohol), and alcohol or commonly called the spirit (35-55% alcohol). The concentration of alcohol in the blood is achieved within 30-90 minutes after drinking. During this time, the negative effects of excessive alcohol consumption the most widely known is drunk, and that too may disappear by itself. But it turned out negative effects do not stop there, alcohol also has other negative effects ie damage to the body's metabolic system of the body which then cause addiction and damage to some elements of the brain. Alcohol abuse will have an impact that is not good for a person's physical and psychological health. According to the result of the impact of substance abuse or addictive to the user are (White *et al.* 2008) and (Mercken *et al.* 2010); personality broken, behavior (lying, manipulation), the mindset of the typical (in a hurry), violation of norms and physical (shivering, sleepless nights sleep in the daytime). For those who are pregnant and if you consume alcohol the result is fatal, because the nutrients to the fetus will be disrupted, so that later the baby was born in a state of less than perfect, however, because the health of the fetus is diet and behavior of mother (Hutagalung 2008) and (Martino and Kovalchik 2015). Signs are caused by the consumption of alcohol and similar drugs, normally would cause the courage leads to rude behavior, grumpy, irritable and brutal acts. When viewed in terms of health, alcohol is also greatly impact the health of a person. Alcohol into the body can cause irritation of the digestive tract such as the stomach and intestines that can cause bleeding. Injured gastric ulcer disease can cause bowel perforated while will cause disruption of the absorption of food so that the body becomes thin ((Jackson 2002). Those affected by GMO usually experience changes in behavior, such as want to fight or commit other acts of violence, are not capable of judging

reality, impaired social function, and interrupted his work. Physiological changes also occur, such as the walk way that is not upright, flushing, or crossed eyes. Psychological changes experienced by drinkers for example irritable, talk rubbish, or loss of concentration (Krosnick *et al.* 2006). Those who are already addicted usually experienced a phenomenon called alcohol withdrawal syndrome, that fear stop drinking alcohol. They will often trembling and heart palpitations, anxiety, restlessness, depressed, and many hallucinations (Krosnick *et al.* 2006).

MATERIALS AND METHODS

This research used mixed methods research is quantitative research with survey method where researchers conducted a direct approach to the adolescents to determined the factors that influenced adolescents in consuming alcohol. While examined the impact of consuming alcohol on adolescents health, researchers used a qualitative research (independent and dependent variables) were observed at the same time by using research instruments were questionnaires and in-depth interviews (Machfoedz 2013) The research design used a cross sectional where researchers conducted measurements or observations at the same time or at a time (Machfoedz 2013). This research was conducted in the 8th Neighbourhood, 8th Hamlet, BTN Citra Pesona Indah, Talise Urban Village, Subdistrict Mantikulore, Central Sulawesi Province, Indonesia in January 2015.

Quantitative Research: The population in this study were all teenagers in 8th Neighbourhood, 8th Hamlet, BTN Citra Pesona Indah, Talise Urban Village, Subdistrict Mantikulore totaling 178 people. For quantitative methods, sample size was calculated using the Slovin's formula (Notoatmodjo 2003), as follows:

$$n = \frac{N}{1 + N(d)^2}$$

Description:

n = Amount of samples

N = Large populations

d2 = The error rate (10%)

From this formula, the number of samples obtained by 65 people.

The sampling technique in this study used simple random sampling that all populations had an equal opportunity to be sampled by means of raffle samples (Suyanto and Salama, 2011). In this study, the authors took a sample by writing the names of the teenagers in the paper and then rolled up and inserted into the container and then carried out the draw. If already obtained samples, the researchers seek addresses of respondents to filled the questionnaires.

Qualitative research: The number of informants who were in depth interview was determine using snowball sampling technique was a sampling technique that was originally small in number, then the sample was tell to choose their friends to serve as informants. Making temporary initial informants where the number of samples can be grown in research, tailored to the needs of research in line with the clear focus of research and had reached the saturation level (redundancy), which at the time with the addition of the informants will no longer provided significant new information. The number of

initial informants were 5 teens who consumed alcohol were each taken from one sample in junior high school, one sample senior high school, one sample in college, 1 sample in work, and one sample that did not work. Thus variation so that the information extracted informant will get varied answers anyway. Determination of the initial informants had the following inclusion criteris (Sugiyono 2010): teenagers who still consumed alcohol, teenagers who wanted to be informants, a teenagers who had the time for questioning and teenagers who were not known by researchers. Primary data obtained directly from the informants through interviews and questionnaires, while Secondary Data obtained in the 8th Neighbourhood, 8th Hamlet, BTN Citra Pesona Indah, Talise Urban Village, Subdistrict Mantikulore, Central Sulawesi Province, Indonesia from the form of data on the number of teenagers. Quantitative data analysis was conducted to determine the effect of independent variables and the dependent variable through cross-tabulation with statistical test Chi-square (X^2), with a confidence level of 95 % and a significance level of 0.05. While qualitative research, data analysis using methods interactive model developed by Miles and Huberman. Component analysis including data collection, data reduction, data presentation, and conclusion/verification. The stages of data analysis interactive model (Sugiyono 2010).

RESULTS

Results of Quantitative Research: In this quantitative study involving 65 adolescents, univariate analysis found alcohol consumption ie 63.1%. Then to see the role of Curious Motives, Opportunities, inferiority and Emotional on alcohol consumption can be seen in tables 1 to 4

Effects of Curious Motives Adolescents to the Alcohol Consumption: To determined the effects of curious motives about the alcohol consumption in adolescents can be seen in Table 1. Table 1 showed that informants who had the high curious motives were more likely to consumed alcohol with the proportion of 80.0. Based on the results of chi square test with $P = 0.001$ ($P < 0.05$), statistically significant influenced of curious motive with alcohol consumption in adolescents. When viewed from the odds ratio score (OR) = 7, meaning the informants who had high curious motive had a chance to 7 times more likely to consumed alcohol, compared with informants who had the low motives curious.

The Effects of Opportunity to Alcohol Consumption: To determined the effects of opportunity to consumption of alcohol in adolescents can be seen in Table 2. Table 2 showed that informants who had the high opportunity, likely to consumed alcohol with the proportion of 91.2 %. Based on the results of chi square test with P value = 0.000 ($P < 0.05$) means that statistically there is a significant effect between opportunity with alcohol consumption in adolescents. When viewed from OR = 22 meant that informants who had the high opportunities had 22 times more likely to consumed alcohol, compared with informants who had the low opportunity.

The Effects of Inferiority to Alcohol Consumption: To determined the effects of inferiority to the alcohol consumption in adolescents can be seen in Table 3. Table 3 showed that informants who had the low inferiority were more likely to consumed alcohol with the proportion of 81.8%. Based on the results of chi square test with P value = 0.000 ($P < 0.05$) meant that statistically there was significant relationship between low

inferiority with the alcohol consumption in adolescents. When viewed from the OR = 14, meant informants who had higher inferiority had a chance 14 times more likely to consumed alcohol compared with informants who had low inferiority.

The Effects of Emotional to Alcohol Consumption: To determined the effects of emotional to alcohol consumption in adolescents can be seen in Table 4. Table showed that informants who had the high emotional were more likely to consumed alcohol with the proportion of 80.0%. Based on the results of chi square test with P value = 0.004 ($P < 0.05$) meant that statistically there was significant relationship between emotional with alcohol consumption in adolescents. When viewed from the OR = 5, meant that informants who had the high emotional had the opportunity five times more likely to consumed alcohol, compared with informants who had the low emotional.

Result of Qualitative Research: For the informants who consumed alcohol, there would be a change in them that was related to health. This interview was conducted to determined the feelings of informants, changes and disorders of the body as well as their ways to eliminated the habit of consumed alcohol.

First Experience of Consumed Alcohol: *"Initially, when I consumed alcohol was good, but if too much enters the body usually caused headache, vomiting, nausea due to the influence of drink. But, over time so accustomed and fun. My problem to be forgotten .."* (A, 21th). *"The first I drank this, my body felt hot, my head felt dizzy, the body felt weak, I just was not powered, sluggish.."* (KS, 21). *"The first my body was heat and then feel nauseous, dizzy" ..* (RD, 17th)

Perceived changes in the body for consumed alcohol: *"The change were my body resistance decreased, easily hurted, then eee I often excessive of sleep and I woke up late, I always want to sleep any more time learning hours.* (RD, 17th). *"The changes that I felt was my body thinner, because too much to drink. My friends had drink at night and when gathered with friends and then we stayed up. By stayed up, my weight being dropped drastically due to lacked of sleep and only drank alcohol.* (A, 21th)

Disorders of the Body when Consumed Alcohol: *"I've blood vomiting, blood cough, I had been treated in hospital. Now I often headache, dizziness, cough, sluggish .."* (RK, 18th)

The Efforts to Eliminated the Addiction with Alcohol: *"I avoided friends who liked to drink and looked for something else, yes, my message is do not drink alcohol, drink water and healthy drinks only, not alcohol, you can drink alcohol but must be according to the rules .."* (A, 21th). *"Initially started from yourself to no longer drank alcohol because I know that the alcohol is very damaging myself. Eee the second, I tried to not get along with my friends who drank alcohol, I kept a distance from them, I just kept friends with them but if to be invited to drank alcohol I tried not to do ..."* (RD, 17th)

DISCUSSION

The Effects of Curious Motives in Adolescents to Alcohol Consumption: Curious motives is a strong desire of adolescents to try new things that are not known positive and negative impacts.

Table 1. Distribution Effect on Curious Motives to Alcohol Consumption in Adolescents

Curious Motives	Alcohol Consumption				Total	P Value	OR 95 %
	Not consumed		Consumed				
	F	%	F	%			
Rendah	16	64.0	9	36.0	25	100.0	0.001 7.111 (2.307-21.919)
Tinggi	8	20.0	32	80.0	40	100.0	
Jumlah	24	36.9	41	63.1	65	100.0	

Table 2. Distribution Effect of Opportunities on Alcohol Consumption in Adolescents

Opportunities	Alcohol Consumption				Total	P Value	OR 95%
	Not consumed		Consumed				
	F	%	F	%			
Low	21	67.7	10	32.3	31	100.0	0,000 21,700 (5,329-88,359)
High	3	8.8	31	91.2	34	100.0	
Total	24	36.9	41	63.1	65	100.0	

Table 3. Distribution Effect of Inferiority to Alcohol Consumption in Adolescents

Inferiority	Alcohol Consumption				Total	P Value	OR 95%
	Not consumed		Consumed				
	F	%	F	%			
Low	16	76.2	5	23.8	21	100.0	0.000 14.400 (4.072-50.921)
High	8	18.2	36	81.8	44	100.0	
Total	24	36.9	41	63.1	65	100.0	

Table 4. Distribution Effect of Emotional to Alcohol Consumption Alcohol in Adolescents

Emotional	Alcohol Consumption				Total	P Value	OR 95%
	Not consumed		Consumed				
	F	%	F	%			
Low	17	56.7	13	43.3	30	100.0	0.004 5.004 (1.677-15.170)
High	7	20.0	28	80.0	35	100.0	
Total	24	36.9	41	63.1	65	100.0	

The results of the bivariate analysis showed that informants who had the high curious motives were more likely to consumed alcohol (Table 1). Statistically, there was the effects between curious motives about the alcohol consumption ($P = 0.001$ and $OR = 7$). The results showed that high curious motives had a very strong effects on the consumption of alcohol which had seven times greater opportunity of went to consumed alcohol. This was possible due to the high teens want to know the motive of the alcohol then they will start to try and find an opportunity to consumed alcohol, because adolescent is a period that is mentally unstable so that most adolescent wanted to try something new. These desires should be restrained by adolescent before knew what the impact for themselves and their environment. Informants were first consumed alcohol seeing his friends consumed alcohol. Moreover, the insistence of friends that if it did not try the alcohol is considered disloyal to his peers. The tendency of the results above according with (Martino and Kovalchik 2015) and (Turbin *et al.* 2000) that adolescent have always wanted to know the nature of everything that is not yet known or less negative impact. For example, want to know how the taste of alcohol. Adolescent who consume alcohol in general for drinks give a sense of pleasure, comfort, joy, and peace, and also most importantly can eliminate the burden and all the problems faced. Similarly (Ari 2012) and (Kusmaryadi 2013) found that adolescents who consume alcohol tend to follow or see their friends who consume too. Usually, more their friends who consume alcohol, also higher the curiosity of the alcohol. Peers gave an important influence in shaping behavior in adolescents. Adolescent before starting something new, they want to know how the taste of alcohol.

It is motivated by the frequent adolescent look good social environment of the family and of the peers environment who frequently consume alcohol.

The Effects of Opportunity to Alcohol Consumption: Opportunity is a time obtained by adolescents due to lack of attention from family or lack of affection from parents. So that adolescent behavior cannot be controlled from the family of the adolescent have the opportunity to do things that are not desirable, such as alcohol consumption and so on. The results of the bivariate analysis showed that informants who had the high opportunity were more likely to consumed alcohol (Table 2). Statistically there was the influence of a opportunity to the alcohol consumption ($P = 0.000$ and $OR = 22$). The results showed that the high opportunity of having a very strong influence on consumption of alcohol with a 22 times greater opportunity of going to consumed alcohol. It was possible that with the high opportunity that were so adolescent began to try new things like consumed alcohol which was able to eliminated boredom at home and the problems it faced. Opportunity to came due because of busy parents or lacked of supervision of parents, peers who also consumed alcohol, and as an escaped from lack of affection or eliminated the problem because of the downturn. (Febrianty 2013) and (Bachtiar 2011) argued that because of busy parents and families with their respective activities or as a result of a broken home, they become a lack of affection, heartbreak, and so on. So in the event adolescent trying to find an escape by drinking alcohol. Adolescent have not been able to overcome their problem with positive thinking, so that the way taken is a shortcut that their problem will be resolved quickly so that new problems for themselves and their families or even the surrounding

environment. (Hany 2010) and (Hawar and I 2011), in his article titled "Alcohol Should not be Friend", found the supervision of parents and the surrounding community to a large extent so that the adolescent began to consume alcohol. Parents who just think that with sufficient children is the most important thing. It was very wrong way, in addition to physical needs, children also need love from parents, attention, and problem or opportunity in conveying their opinions, and parents to be friends in sharing.

The Effects of Inferiority to Alcohol Consumption:

Inferiority is where a person has a weak confidence that someone is afraid to *get along*, then by consuming alcohol that confidence grows and a sense of inferiority will disappear because of the influence of alcohol. The results of the bivariate analysis showed that informants were feeling inferiority were more likely to consumed alcohol (Table 3). Statistically there was the effects of opportunity to the alcohol consumption ($P = 0.000$ and $OR = 14$). The results showed that high inferiority had a very strong influence on consumption of alcohol with 14 times greater chance of going to consume alcohol. This could happen because of the possibility of inferiority will greatly affected adolescent in starting an association in their neighborhood. Adolescent would seek its own way so that these shortcomings were not known by friends and environment. People with inferiority not to got along, to competed and showed their image, so as to showed who they was, adolescent would use any means to be more dare in the mix such as consumed alcohol, smoked or used drugs. With so disadvantages that adolescent would not be seen by friends and environment. In keeping with the findings above, (Martino and Kovalchik 2015) and (Hutagalung 2008) noted that to cover up feelings of inferiority in the association in the community and among their peers, so they used the alcohol so get what conceivable among others, more active, more bold, more expressive and etc. According to (Aufseeser *et al.* 2006) and (Febrianty 2013), people were consuming alcohol will feel firmer, the euphoria, the problem goes away, so talk more than usual, feel more free in inter-personal relationships, so that adolescent who initially shy or afraid will feel more adventurous, without shame to mingle with their friends.

The Effects of Emotional to Alcohol Consumption:

Emotional is the uncontrolled behavior of adolescent in life. Adolescent do not like to be restrained by rules that restrict their association. The results of the bivariate analysis showed that informants who had high emotional were more likely to consumed alcohol (Table 4). Statistically there was the influence of inferiority to the alcohol consumption ($P = 0.004$ and $OR = 5$). The results showed that high inferiority had a very strong effects on consumption of alcohol with 5 times greater chance of going to consumd alcohol. This trend might occur because of the emotional would bring them on a personal conflict. On the one hand, there were rules that must be obeyed, and the other side there was a strong desire to be free from the rules, so that the high emotional adolescent could not think clearly and chose the way of freedom in socializing without being dictated by the existing rules. The findings above according with (Bott 2014) and (Hutagalung 2008), that adolescent emotional typical is still unstable, especially during puberty. At that time they wanted to escape from the bonds of the rules imposed by parents to satisfy their personal life, so that it causes a personal conflicts. In an attempt to escape from the personal conflict they seek refuge in drinking alcohol with the aim to reduce the saturation of the rules given by the

parents. (Centre For Disease Control and Prevention 2014) and (Kusmaryadi 2013) also found adolescent weakness of mental due to the high emotional would easily do things that are negative so that all these negative influences lead to drug abuse activities, psychotropic or alcohol or dangerous drugs.

Result of Qualitative Research: The results analysis of the opinions from 5 informants showed that after consumed alcohol, informants felt no change in their body due to alcohol. After consumed alcohol, they were free of problems, free in socializing, though initially to felt dizzy or nauseous but over time became accustomed and fun. But over time they began to appear new problems related to health. They felt body resistance began to decline, easily hurted, the body started to thin, it was often too late to get up early, always wanted to sleep especially during school hours, and there was also a feeling sluggish. (Kaya and Unalan 2010) and Bachtiar (2011), alcohol containing addictive substances that if consumed even though few will lead to addiction outstanding and when consumed continuously will cause nerves brain damage that causes easy to lose sense, balance and sense of touch.

The same thing was stated by (Mercken *et al.* 2010) and (Fahmi 2013) that the adverse effects of drinking alcohol to various organs in the body, from the brain, mouth, gastrointestinal tract, up to the large intestine. Drinking too much alcohol usually cause a reaction of confusion, slowing of reaction time, blurring of vision, to a loss of concentration and muscle coordination, which can make a person an injury or fatal accident. In addition, the use of alcohol in a short time and excessively can cause alcohol poisoning or alcohol intoxication that could endanger lives. Results in a short period can be felt with increasing heart rate and the heart of the state will be weakened and so can not work optimally. This actually happens because alcohol can damage the cells of the body and also including cells of the heart, resulting in heart performance would not be optimal (Martino and Kovalchik 2015) dan (Bachtiar 2011). For those who already have a wife it is very dangerous because if too often consume alcohol can cause decreased sex arousal and will cause impotent (Bachtiar 2011). Drinking excessive chronically can lead to damage brain tissues, causing a power interruption memories, capability assessment, learning, and certain mental disorders. Due to alcohol, the feeling of someone being changed, people become irritable and disturbance of attention to the environment so excluded from their social environment and or removed from their job. It also can permanently damage the brain tissues (Marshall 2009).

Conclusion

Based on the results of research and discussion, it can be concluded there was the effects of curious motives, opportunity, inferiority, emotional to alcohol consumption in adolescents. In addition there was the effects of alcohol consumption on adolescents health which decreased body resistance, easily hurted, hard to get up early, often sleepy, thin body, vomited and coughed up blood, and felt sluggish when had sex.

Acknowledgement

The authors sincerely wishes to thank all those who have participated and supported this research to completion.

