

BAB V

KESIMPULAN DAN SARAN

1.1 Kesimpulan

Berdasarkan penelitian yang telah dilakukan di SMA Negeri 3 Atambua mengenai faktor-faktor yang mempengaruhi konsumsi minuman keras pada remaja diperoleh kesimpulan sebagai berikut :

- 1.1.1 Remaja SMA cenderung mengonsumsi alkohol pada usia yang relatif muda, dengan tingkat kecanduan dan penggunaan yang berbahaya, terutama dengan motif sosial sebagai pendorong utama. Karakteristik responden mayoritas berusia 16-17 tahun sebanyak 23 orang (56,1%), berjenis kelamin laki-laki sebanyak 36 orang (87,8%), tinggal bersama orangtua sebanyak 38 orang (92,7%), urutan anak I-V sebanyak 32 orang (78,1%), menggunakan kendaraan pribadi sebanyak 21 orang (51,2%), memiliki uang bulanan Rp.5.000-Rp.70.000 sebanyak 24 orang (58,5%), sebagian besar kelas XII sebanyak 18 orang (43,9%), mayoritas pernah mengonsumsi minuman keras sebanyak 41 orang (100%), dan usia pertama kali mengonsumsi minuman keras mayoritas 15 tahun sebanyak 14 orang (34,1%) serta usia termuda konsumsi minuman keras berusia 12 tahun (4,9%).
- 1.1.2 Mayoritas remaja mempunyai tingkat konsumsi alkohol kategori risiko sedang sebanyak 22 orang (53,7%) dan tingkat kecanduan sebanyak 1 orang (2,4%).
- 1.1.3 Mayoritas remaja termasuk dalam klasifikasi penggunaan alkohol yang berbahaya sebanyak 26 orang (63,4%).
- 1.1.4 Sebagian besar remaja mengonsumsi alkohol yaitu motif sosial sebanyak 19 orang (46,3%).

1.2 Saran

1.2.1 Puskesmas Haliwen

Puskesmas juga bisa menjadi salah satu pihak yang terlibat dalam implementasi Program Pendidikan dan Kesadaran tentang bahaya alkohol pada remaja. Puskesmas memiliki peran yang penting dalam memberikan informasi kesehatan kepada masyarakat, termasuk remaja. Pihak Puskesmas dapat menyelenggarakan sesi penyuluhan, seminar, atau lokakarya tentang dampak negatif alkohol dan cara mencegahnya. Dengan demikian, Puskesmas dapat menjadi mitra yang efektif dalam upaya pencegahan konsumsi alkohol remaja.

1.2.2 SMA Negeri 3 Atambua

Orangtua dan sekolah perlu bekerja sama untuk memberikan pemahaman yang lebih baik tentang risiko alkohol kepada remaja. Hal ini bisa dilakukan melalui program pendidikan di sekolah dan komunikasi terbuka antara orangtua dan anak.

1.2.3 Bagi sekolah, lembaga pendidikan formal, dan organisasi masyarakat yang terlibat dalam pengembangan remaja.

Sekolah memiliki peran penting dalam memberikan pelatihan keterampilan sosial dan pengambilan keputusan kepada siswa. Selain itu, lembaga pendidikan informal dan organisasi masyarakat, seperti kelompok pemuda atau klub kegiatan ekstrakurikuler, juga dapat memberikan pelatihan dan dukungan dalam membangun keterampilan hidup yang sehat kepada remaja.

1.2.4 Keterlibatan Komunitas

Melibatkan komunitas dalam upaya pencegahan alkohol remaja dapat sangat efektif. Program-program komunitas yang menawarkan alternatif sehat untuk menghabiskan waktu luang, seperti klub olahraga atau kelompok kegiatan seni, dapat membantu mengurangi frekuensi konsumsi alkohol.

1.2.5 Pengawasan dan Pembatasan Akses: Orangtua dan wali perlu lebih memperketat pengawasan terhadap akses remaja terhadap alkohol. Hal ini termasuk mengontrol uang bulanan, mengetahui di mana mereka

berada saat tidak di rumah, dan memberikan pengawasan yang lebih ketat terhadap aktivitas di luar rumah.

- 1.2.6 Pendekatan Holistik: Mengatasi masalah konsumsi alkohol remaja memerlukan pendekatan holistik yang melibatkan berbagai pihak, termasuk keluarga, sekolah, pemerintah, dan komunitas. Kerjasama lintas-sektoral dapat meningkatkan efektivitas upaya pencegahan.

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