

HUBUNGAN ANTARA *ALCOHOL EXPECTANCIES* DENGAN PERILAKU MENGONSUMSI ALKOHOL PADA REMAJA DI SURABAYA

Nama : Anissa Cessarea
Jurusan : Psikologi
Pembimbing :
Ananta Yudiarso
Yusti Probowati Rahayu

ABSTRAK

Penelitian ini dilakukan untuk mengetahui hubungan antara *alcohol expectancy* dengan perilaku mengonsumsi alkohol pada remaja. Penelitian terdahulu terkait ekspektansi yang dilakukan di beberapa negara menunjukkan bahwa ekspektansi individu terhadap alkohol, terbukti berperan penting dalam perilaku mengonsumsi alkohol. Lingkungan dan budaya yang berbeda dapat membentuk ekspektansi yang berbeda. Oleh sebab itu, penelitian terkait *alcohol expectancy* perlu dilakukan di Indonesia.

Penelitian dilakukan pada 360 remaja dengan rentang usia 15-24 tahun, pernah mengonsumsi alkohol setidaknya 1x dalam satu tahun terakhir, dan berdomisili di Surabaya. Data dalam penelitian ini dikumpulkan melalui kuisioner *online*. Variabel *Alcohol Expectancy* diukur menggunakan skala CAEQ (*Comprehensive Alcohol Expectancy Questionnaire*) dan perilaku mengonsumsi alkohol diukur menggunakan skala AUDIT-C (*Alcohol Use Disorder Identification Test*). Hipotesis penelitian dianalisis menggunakan analisis statistik nonparametrik yaitu *Spearman Rank Order Correlation*.

Hasil uji hipotesis menunjukkan bahwa terdapat hubungan positif antara *alcohol expectancy* dengan perilaku mengonsumsi alkohol ($r=0.250;p=0.001$). Selain itu, penelitian ini juga menemukan adanya korelasi positif antara aspek dalam *alcohol expectancy* dengan perilaku mengonsumsi alkohol, yaitu aspek 1) *social assertiveness and positive affect* ($r=0.281;p=0.00$), 2) *tension reduction* ($r=0.241;p=0.00$) dan 3) *sexual enhancement* ($r=0.238;p=0.00$). Asosiasi ini menunjukkan bahwa lingkungan sosial, harapan bahwa alkohol dapat menjadi *coping* terhadap *stressor* dan alkohol dapat meningkatkan gairah seksual, cenderung memengaruhi perilaku mengonsumsi alkohol.

Kata Kunci: konsumsi alkohol, *alcohol expectancies*, remaja.

*THE ROLE OF ALCOHOL EXPECTANCIES IN DRINKING BEHAVIOR
AMONG ADOLESCENTS IN SURABAYA, INDONESIA.*

Name : Anissa Cessarea
Discipline : Psychology
Contributor :
Ananta Yudiarso
Yusti Probowati Rahayu

ABSTRACT

This study aims to find the role of alcohol expectancies among adolescents on their drinking behavior. Previous research on this issue shows how individual beliefs concerning the immediate effect of alcohol, has been proven to play an important role on one's own drinking behavior. Previous research has been conducted in several countries, with different drinking culture and different prevalence (average per capita) alcohol consumption. Different cultures about alcohol can lead to different expectancy. Therefore, study about alcohol expectancies in Indonesia is need to be conducted.

The study was conducted in 360 adolescents in Surabaya who consumed alcohol at least once in the past year, with age range were 15-24 years old. Data on this study is being collected using online questionnaire which contains open questionnaire and two scale that being used to measure both variables. Comprehensive Alcohol Expectancy Questionnaire (CAEQ) was used to asses alcohol expectancies. Drinking behavior was assessed by Alcohol Use Disorder Identification Test (AUDIT-C). Data analysis was done by using non-parametric analysis : Spearman Rank Order Correlation.

The results of data analysis shows that there are significant correlation between alcohol expectancies and drinking behavior ($r=0.250$; $p=0.000$). Furthermore, this study finds significant association between alcohol expectancy aspects and drinking behavior. (1) Social assertiveness and positive affect ($r=0.281$; $p=0.000$), (2) Tension reduction ($r=0.241$; $p=0.000$) and (3) Sexual Enhancement ($r=0.238$; $p=0.000$). This findings explain that social influence, belief that alcohol can be used as a coping to individual stressor and belief that alcohol can increase sexual arousal are influencing individual drinking behavior.

Keywords : *alcohol consumption, drinking behavior, alcohol expectancy, adolescents*