

Causative Factors of Increasing Prescription Drug Abuse based on Transcultural Nursing Theory

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Abstract

Prescription drugs abuse in society is becoming a serious problem in the world. This case is caused by a variety of factors both internal and external, especially cultural factors. Various efforts have been done to reduce this problem but have not showed optimal results. This research was conducted to analyze the factors related to drug abuse in the society based on transcultural nursing theory. This research was conducted in two villages in the South Kalimantan Province of Indonesia, using a correlational research design with a cross-sectional approach. A total of 125 respondents suspected of abusing prescription drugs, were examined using a questionnaire. The sample selection using simple random sampling technique. Prescription drug abuse behavior was measured using a screening test CAGE-AID. The collected data was tested using a logistic regression test. Religious and philosophical factors ($p = 0.035$); kinship and social factors ($p = 0.038$); cultural and lifestyle factors ($p = 0.038$); political and legal factors ($p = 0.031$); and economic factors ($p = 0.015$) have a significant relationship with the behavior of drug abuse in the society. Meanwhile, technological factors ($p = 0.092$) and education (0.062) have no relationship with these behaviors. Easy access to drugs and the acceptance of this problem in the society have led to the higher cases of prescription drugs abuse. Counseling related to the use of prescription drugs as well as an increase in rehabilitation and religious programs need to be improved to prevent further abuse.

Keywords: Drug Abuse, Prescription Drug, Transcultural Nursing, Factors Analysis

Introduction

The use of prescription drugs for non-medical purposes is a serious problem that is developing in the world^{1,2}. Prescription drugs have harmful effects on the body such as poison, exacerbating the disease until damage organs and cause death³. This phenomenon of drug abuse has turned into a plague⁴.

The acceptance of the prescription drugs circulation in the environment and the lack of public knowledge lead to increasingly widespread acts of prescription drug abuse⁴. There are 230 million (5%) of the world's

population aged around 15-64 years of abusing drugs once a year⁵. In 2016, around 275 million of world's population at least misappropriate prescription drugs once in their lives⁶. More than 50 million people or about 20% of the world's population aged over 12 years use prescription drugs in the wrong way². This cases concomitant enhance the burden of disease globally because it is potentially as a cause of death in 1 among 100 cases⁵. Misappropriate victims can be old or young and various groups⁷.

Prescription drugs have a stronger effect for users and are difficult to identify and detect⁸. The CDC (Centers for Disease Control and Prevention) report shows that most prescription drug users get drugs from their friends or family⁹.

The role of peers and the environment is a factor that determines the abuse of addictive substances and illegal drugs¹⁰. Society requires the involvement of various

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parties such as providers of medicines, prescribers, and also government to overcome this problem¹¹. Society empowerment activities in the form of counseling and skills training have not shown significant results in efforts to decrease drug abuse¹².

The use of transcultural nursing design is needed to analyze healthy or sick behavior according to the cultural background factors of a person or group¹³. Prescription drug abuse behavior is adapted to the Theory of Planned Behavior in an effort to understand individual limitations to perform certain behaviors^{14,15}. Therefore, this research was conducted to analyze the factors related to prescription drug abuse in the society based on the theory of transcultural nursing.

Method

Research Design and Sample Selection

This research used a correlational research design with a cross-sectional approach. The population used was 160 people from two villages in South Kalimantan aged over 14 years. The criterion of the research sample was the citizen allegedly taking prescription drugs. Sample selection used simple random sampling technique.

The calculation results of the sample obtained 114 people as research samples. Furthermore, the number of samples added by 10% of the sample calculation results so that the total numbers samples was 125 people. The research was conducted on August to December 2017.

Research variable

The influencing factors are based on the transcultural nursing theory, including: technological factors, religious and philosophical factors, kinship and social factors, cultural values and lifestyle factors, political and legal factors, economic factors, and educational factors¹³. These factors then become independent variables, meanwhile, the dependent variable was prescription drug abuse behavior.

Research Instruments

The instrument used in this research was a questionnaire, regarding factors related to the prescription

drugs abuse based on transcultural nursing theory. The questionnaire has been tested for validity and reliability. In this research, 8 questionnaires related to transcultural nursing (Gero modification)¹⁶ and 1 of screening test CAGE-AID¹⁷ questionnaire were used as instruments.

The variable of prescription drug abuse behavior was developed from the screening test CAGE-AID¹⁷. This variable was developed according to Theory of Planned Behavior (TPB)¹⁴. The questionnaire consisted of 4 statements covering the desire to reduce drug use (cut down), feeling annoyed with other people's advice, feeling guilty, and the feeling of when you first open your eyes in the morning (eye opener).

Data Analysis

The collected data was analyzed descriptively and then an inference analysis was carried out using the chi-square test with a significance below 0.25. This research was analytic and has more than 2 independent variables so it used a statistical logistic regression test.

Result

Respondent Demographic Data

The majority of prescription drug abusers were male (95.2%). The age range of most abusers was 26-45 years (49.6%) and the lowest was 46-65 years (15.2%). All the total respondents are Moslem and come from the Banjar tribe (100%). Most respondents (86.4%) have incomes of less than IDR 2,258,000 with the most occupation as private employees (70.4%).

More than half of the respondents took 3-5 tablets of prescription drugs at one time (see Table 1). Most respondents (51.2%) got the prescription drugs from buying transactions with dealers. This research found that respondents sometimes mix prescription drugs with other drugs or substances before or when consumed (93.5%). The mixing of prescription drugs was mostly combined with other prescription drugs (55.2%). This misappropriation caused health problems more than 60% of respondents (63.2%).

Table 1. Respondent Demographic Data.

	Category	Frequency	Percentage (%)
General Data			
Gender	Male	119	95.2
	Female	6	4.8
Age	12-25 years	44	35.2
	25-45 years	62	49.6
	46-65 years	19	15.2
Religion	Moslem	125	100
Tribe	Banjar	125	100
Income	<Rp 2.258.000	108	86.4
	>Rp 2.258.000	17	13.6
Occupation	Private	88	70.4
	Student	4	3.2
	Entrepreneur	33	26.4
Variable			
The Duration of Use	More than one month	125	100
The Numbers of Drugs in One Consumption	3-5 tablet	70	56
	6-10 tablet	51	40.8
	>10 tablet	4	3.2
How to get the Drugs	Buy to the Dealers	64	51.2
	Buy in the Drugs Store	17	13.6
	Given by friends	44	35.2
Mixing Drugs	No	8	6.4
	Sometime	117	93.6
Drugs Mixture	Not Mixed	8	6.4
	Other Prescription Drugs	69	55.2
	Free Drugs/Free Unlimited	48	38.4
Risk to the Health	Medium Risk	46	36.8
	Heavy Risk	79	63.2

Factors Distribution Related to the Prescription Drug Abuse

The factor of technology use was included in the high category (61.6%) (see table 2). High values were also found in kinship and social influences factors (51.2%). However, the religious and philosophical factors (68%) also political and legal (60.8%) were in the weak category. In addition, cultural and lifestyle factors were included in the sufficient category (83.1%) and economic factors were included in this category as well (66.4%). 81.6% of respondents have the latest education, namely basic education.

Table 2. Factors Distribution Related to the Prescription drug Abuse.

Variable	Category	Frequency	Percentage(%)
Technological Factors	Less	0	0
	Enough	48	38.4
	High	77	61.6
Religious and Philosophical Factors	Less	85	68
	Enough	40	32
	High	0	0
Kinship and Social Factors	Less	0	0
	Enough	61	48.8
	High	64	51.2
Cultural and Lifestyle Factors	Less	0	0
	Enough	104	83.2
	High	21	16.8
Political and Legal Factors	Weak	76	60.8
	Enough	49	39.2
	Strong	0	0
Economic Factors	Less	0	0
	Enough	83	66.4
	High	42	42
Educational factors	Basic	102	81.6
	Middle	17	13.6
	High	6	4.8

Factors Analysis Related to the Prescription Drug Abuse

The technological factor showed the value of $p = 0.092$ which means that this factor has no relationship with drug abuse. The test results were similar to educational factors, where the value of $p = 0.062$.

However, the test results found that prescription drugs abuse was influenced by religious and philosophical factors ($p = 0.035$); kinship and social factors ($p = 0.038$); cultural and lifestyle factors ($p = 0.038$); political and legal factors ($p = 0.031$); and economic factors ($p = 0.015$) (see table 3).

Table 3. Factors Related to the Prescription Drug Abuse.

Variable	Category	Prescription Drug Abuse		p
		Medium Risk	Heavy Risk	
Technological Factors	Less	0	0	0.092
	Enough	38	10	
	High	8	69	
Religious and Philosophical Factors	Less	12	73	0.035
	Enough	34	6	
	High	0	0	
Kinship and Social Factors	Less	0	0	0.038
	Enough	42	19	
	High	4	60	
Cultural and Lifestyle Factors	Less	0	0	0.038
	Cukup	43	61	
	Tinggi	3	18	
Political and Legal Factors	Weak	6	70	0.031
	Cukup	40	9	
	Strong	0	0	
Economic Factors	Less	0	0	0.015
	Enough	41	42	
	High	5	37	
Educational factors	Basic	29	73	0.062
	Middle	12	5	
	High	5	1	

Discussion

Drug abuse was a routine use of a substance, has been going on for 1 month, was pathological, occurred behavioral irregularities, and the patient suffered quite serious and was unable to stop its use¹⁸. Prescription drug abuse has been proven to be carried out by most of the respondents researched. Respondent misappropriated prescription drug by consuming 3-5 tablets at a time. Prescription drug was required to be consumed according to a doctor's prescription or as many as 1 tablet once consume. In addition, respondents sometimes mix prescription drug with other types of prescription drug with ingredients such as ephedrine, sodium diclofenac, or with free drug/ free limited content especially those containing dextromethorphan and chlorpheniramine maleate.

Factor analysis of this research was based on Transcultural Nursing theory, which there are 7 factors that influence person's behavior¹³. The first factor that influences was economic factors. This research found that the higher the problem in a person's economic factors, the higher the tendency to misappropriated prescription drugs. Economics is a human effort to fulfill material life from limited resources¹⁹. Person's economic level was greatly influenced by the numbers of income. The findings of this research indicated the low income of respondents who were considered to be a trigger for the use of prescription drugs. The low income initiated an increase of someone's life so that it triggers the prescription drugs abuse.

In addition, prescription drug dealers made it possible to repeat their actions because of venial penalties²⁰. The weaker the political and legal factors or the rule of law, the case waiver by village officials, and the weak law enforcement, the tendency to violate was higher. The legal regulations regarding the criminal penalties of prescription drug abuse was still insufficient compared to the narcotics law²⁰. The weak the rules made someone not deterrent from committing drug abuse. Person's religious level also supports misappropriation behavior. The religious practices that less triggering of dishonorable behavior, besides the religious educational factors in the family and someone's observance in religion.

The tendency of misappropriation or abuse also related to someone's kinship and social relations. The existence of indifference by the family and the presence of family and friends who consume prescription drug illegally, increase this misappropriation factors. Abusers feel welcome if they do the same with their peers and family²¹.

The existence of prescription drug abuse was also supported by negative socio-cultural factors from the society. Culture can be defined as non-physical traits such as values, beliefs, and habits that are shared together²². Bad influences of people who were considered important, create person's behavior and attitudes, so that they can misappropriate. The use of prescription drug in a group makes someone challenged to try to consume, have fun, and follow trends. Attitudes and habits such as this will gradually create a culture, especially in a group of society²².

On the other hand, technological and educational factors were not related to prescription drug abuse behavior. The use of technology is often related to the positive and negative impacts resulted²³. This factor has an influence on individual behavior based on culture¹³. However, the use of technology can be influenced because of someone's interest in accessing something. Easy access to information does not guarantee the support for finding information related to misappropriation behavior. In addition, the use of technology influences society's needs for the process of obtaining, storing, creating, and modifying information²⁴. The process of obtaining information was also related to educational

experience^{19,24}. Higher education makes someone wiser to understand something and think rationally²⁴. However, some respondents with higher education have the possibility to consume prescription drug illegally. This showed that the experience of higher education cannot be a guarantee for someone to do an analysis first before taking an action.

This research has obstacles such as the subjectivity of each respondent in filling out the questionnaire. Honesty of respondents needs attention because it affects filling out questionnaires. In addition, many respondents experienced obstacles in reading so it was feared that respondents would not understand the contents of the questionnaire.

Conclusion

Economic factors, political and legal factors, religious factors and kinship factors have a significant relationship with drug abuse activities. The price of prescription drugs is cheap enough to facilitate access to transactions by consumers, the majority of whom have only completed primary school. However, the high technological factors accompanied by the low educational factors, does not have a significant relationship with the prescription drug abuse.

Ethical Clearance: The research was also declared to have passed an ethical test by Medical Research Ethic Commission (KEPK) of Nursing Faculty Universitas Airlangga with number: 581-KEPK.

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Conflict of Interest: There is no conflict of interest.

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