

## ABSTRAK

**Latar Belakang:** WHO melaporkan 38,3% di atas usia 15 tahun sudah mulai mengonsumsi alkohol. Nilai konsumsi minuman beralkohol per kapita di seluruh dunia mencapai 6,2 liter. Pada tahun 2021, Badan Pusat Statistik (BPS) melaporkan konsumsi alkohol sebesar 0,36 liter per kapita, 0,18 di perkotaan dan 0,60 di pedesaan. Survei WHO secara global, menunjukkan bahwa kematian yang disebabkan oleh konsumsi minuman beralkohol mencapai 3,3 juta setiap tahunnya. Mengonsumsi alkohol secara terus menerus dapat merugikan jasmani dan rohani serta menimbulkan dampak negatif terhadap perilaku, cara berpikir, kehidupan keluarga, dan kehidupan sosial.

**Tujuan:** Menganalisis berbagai faktor yang mempengaruhi tingkat konsumsi alkohol.

**Metode:** Penelitian ini dilakukan dengan menggunakan metode cross-sectional. Kuesioner terstruktur digunakan dan didistribusikan secara online melalui formulir Google. Responden berjumlah 96 remaja yang berdomisili di Desa Plantaran Kabupaten Kendal. Responden dipilih melalui metode consecutive sampling. Pengolahan data dilakukan dengan SPSS menggunakan analisis univariat dan analisis bivariat Chi-Square. Variabel penelitian ini adalah tingkat pendidikan, tingkat pengetahuan, pendapatan responden, persetujuan orang tua, riwayat alkohol keluarga, pengaruh teman sebaya dan peraturan lingkungan.

**Hasil:** Dari 96 responden didapatkan hasil bahwa 50% (48 orang) mengonsumsi minuman beralkohol. Izin orang tua dan faktor teman sebaya memiliki hubungan yang signifikan dengan tingkat konsumsi minuman beralkohol di kalangan remaja.

**Kesimpulan:** Konsumsi alkohol di Desa Plantaran Kabupaten Kendal masih tinggi. Izin orang tua dan faktor teman sebaya yang berhubungan.

**Kata Kunci:** Orang dewasa yang mengonsumsi alkohol.

## ABSTRACT

**Background:** WHO reported 38.3% over the age of 15 have started consuming alcohol. The per capita value of consuming alcoholic beverages worldwide has reached 6.2 liters. In 2021, The Central Bureau of Statistic in Indonesian (BPS) has reported the alcohol consumption was 0.36 liters per capita, 0.18 in urban area and 0.60 in rural area. The WHO survey globally, showed that deaths caused by consuming alcoholic beverages reached 3.3 million each per year. Consuming alcohol continuously can harm physically and spiritually and also cause negative impacts on behavior, way of thinking, family life, and social life.

**Objective:** To analyze various factors that influence the level of alcohol consumption.

**Methods:** The research was conducted using a cross-sectional method. A structured questionnaire was used and distributed online via *Google form*. Respondents were 96 teenagers who live in Plantaran village, Kendal district. The respondents were selected through consecutive sampling method. Data processing was performed with SPSS using univariate analysis and Chi-Square bivariate analysis. The variables of this study were level of education, level of knowledge, respondent income, parental consent, family history of alcohol used, peer influence and regulations.

**Results:** From 96 respondents, the result showed that 50% (48 people) consumed alcoholic beverages. The permission of parents and peer factors had significantly related with the level of consumption of alcoholic beverages among adolescents.

**Conclusion:** Alcohol consumption in Plantaran village, Kendal district was still high. The permission of parents and peer factors were related with that.

**Keyword:** Alcohol consuming adult.