

DYNAMICS OF ANXIETY IN EARLY ADULTS WHO CONSUME ALCOHOL

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ABSTRACT

Socio-economic factors that exist in society are triggers for individuals to develop unhealthy behavior and experiences, including instability in the household, child abuse, parents who smoke, parents who drink, difficult access to health, environmental pollution, heavy smoking, heavy drinking, alcohol and drug abuse by teenagers. Alcohol is a psychoactive substance with addictive properties that has been widely used in many cultures for centuries. Alcohol consumption can cause various types of health problems, one of which is psychological health. Psychological disorders that can arise as a result of alcohol consumption are stress, aggressiveness, anxiety and so on. Some teenagers without realizing it experience anxiety after consuming alcohol. Anxiety is an unpleasant feeling dominated by fear, tension, anxiety and nervousness. The type of research used in this research is a qualitative approach. This research approach is phenomenology. The main data collection techniques are in-depth interviews, observation, documentation and triangulation of respondents. The sampling procedure in this research uses purposive sampling, namely taking samples that are specifically selected based on the objectives and criteria of this research. Meanwhile, the research location is the place where the data is obtained which is provided directly from the respondent. The location for data collection in this research was carried out at Daun Coffee in Makassar City. The results of this study show that teenagers who continuously consume alcohol may experience anxiety more frequently or more intensely. Long-term use of alcohol as a way to cope with anxiety can lead to bigger problems, such as alcohol dependence or alcohol-related anxiety disorder (AUD).

Keywords: anxiety; early adulthood; alcohol

INTRODUCTION

Modernization, which is said to be the first milestone in modern progress, has had an extraordinary influence and impact on humanity in the twentieth century. Modernization has the impact of physical and mental changes in various areas and values of life, which of course will have consequences and influence on humans as components of life. Basically, modernization is technological progress which results in quite complex changes, that advances in technological science and modernization are new socio-economic factors which will also have an impact in the health sector.

Socio-economic factors that exist in society are triggers for individuals to develop unhealthy behavior and experiences, including instability in the household, child abuse, parents who smoke, parents who drink, difficult access to health, environmental pollution, heavy smoking, heavy drinking, alcohol and drug abuse by teenagers. One of the impacts of modernization from these new socio-economic factors which is quite real in our society is the abuse of alcohol among teenagers.

Several teenagers in Makassar admitted that they filled their weekends with gatherings with their friends while consuming alcoholic drinks. Alcohol is a psychoactive substance of addictive nature that has been widely used in many cultures for centuries. The two types of alcohol known to the public are ethanol and methanol. Ethanol or ethyl alcohol is a type of liquid that is volatile, flammable, colorless and is a type of alcohol consumed by the public (Minister of Trade of the Republic of Indonesia, 2014).

According to research, the type of alcohol consumed most by the male population aged 15 years and over in Indonesia is beer, 24.7%; liquor (whiskey, vodka, etc.) 9.7%; wine 22.5% and traditional alcohol 43.1% (Suhardi, 2007). When using alcohol, it can only be consumed within certain limits and must not exceed the specified limits. If alcohol is consumed excessively it will have a bad impact on the body and health. These include damage to the brain's performance system, heart problems, cancer, poisoning, and even death. Apart from having a bad impact on the body and health, consuming excessive alcohol can also cause mental disorders, where these mental disorders will result in changes in behavior such as acting rudely, getting angry easily, and even committing violations or criminal acts. Currently in Indonesia a policy for classifying alcohol levels has been made which is contained in MENKES No.86/1977. The habit of consuming alcohol can influence social actions, such as addiction to alcoholic drinks, free sex, drug consumption, and disturbing people around them (Sumarlin, 2012).

Data from the World Health Organization (WHO) estimates that currently the number of alcoholics worldwide has reached 64 million people. In Indonesia, in 2013 drug abuse reached 3.7 people (22%). In 2014, there was an increase, the National Narcotics Agency (BNN) estimated that 3.2 million people (1.5% of the

total population) in Indonesia had a history of using drugs, of which 46% were drinking alcohol (Triyono, 2014). Data from the research and development service (Dislitbang Polri, 2014), teenage alcohol users range from ages 14-16 years (47.7%), 17-20 years (51.1%) and 21-24 years (31%).

Alcohol consumption can cause various types of health problems, one of which is psychological health. Psychological disorders that can arise as a result of alcohol consumption are stress, aggressiveness, anxiety and so on. Some teenagers without realizing it experience anxiety after consuming alcohol. Anxiety is an unpleasant feeling dominated by fear, tension, anxiety and nervousness. If someone faces a situation that makes them feel anxious, their heart will move faster, their breathing will become short, their mouth will become dry and their palms will sweat (Agustinus, 1985: 5-6).

According to Kholil Lur Rochman (2010: 104) in (Sari 2020), anxiety is a subjective feeling of disturbing mental tension as a general reaction to the inability to overcome a problem or the lack of a sense of security. Anxiety can cause feelings of very discomfort and not being free to carry out activities, so that anxiety can hinder daily activities.

Research conducted at the Department of Physiology, Louisiana State University Health Sciences Center, New Orleans, LA, addresses the amygdala center as an integrative center for anxiety and alcohol use disorders. The amygdala is the part of the brain that functions to process and store emotions, especially negative emotions. Alcohol-dependent humans show reduced amygdala volume, which mp.

METHOD

The type of research used in this research is a qualitative approach. As Moleong (2014) argues, a qualitative approach is a research procedure that produces descriptive data in the form of written or spoken words from people whose behavior can be observed. This approach is directed at the setting and individual as a whole. From this opinion, a qualitative approach in this research was used to obtain the dynamics of anxiety in adolescents who consume alcohol. This research approach is phenomenology. Data collected from informants is more accurate and valid because it corresponds to phenomena experienced directly. Phenomenology aims to understand problems or phenomena that occur from the perspective of someone who experiences them directly or in relation to the natural characteristics of human experience, as well as the meaning attached to them. In this research, the unit of analysis that will be studied is the subject, namely late adolescents who consume alcohol. So the unit of analysis in this research is the dynamics of anxiety among teenagers who consume alcohol. Data mining techniques are techniques or methods that can be used by researchers to

collect and obtain data, and research instruments are tools chosen and used by researchers in their activities of collecting data so that these activities become systematic and easier. In this research, researchers used several main data collection techniques, namely in-depth interviews, observation, documentation and triangulation with respondents. The sampling procedure in this research uses purposive sampling, namely taking samples that are specifically selected based on the objectives and criteria of this research. The criteria used are students aged 10-24 years, consuming alcohol and domiciled in Makassar. Meanwhile, the research location is the place where the data is obtained which is provided directly from the respondent. The location for data collection in this research was carried out at Daun Coffee in Makassar City..

FINDINGS AND DISCUSSION

Findings

Interviews conducted by researchers with participants were two young people who consumed alcohol in the city of Makassar. Researchers conducted individual interviews using semi-structured interview techniques. Based on interviews conducted with participants, related results were found based on the themes studied, namely anxiety in adolescents, levels of adolescent alcohol consumption and the influence of alcohol on adolescent anxiety. The following are the research results obtained by researchers:

First responden

The first participant is a young man with the initials AK, 24 years old with freelance work status. AK is the first child of 2 brothers. AK was seen wearing a black hoodie and jeans during the interview process.

AK defined that he had felt and often felt anxious due to personal problems he experienced, such as family problems. where the results of the analysis carried out obtained two coding results, namely perceived meaning and social support based on the perceived anxiety factor. The following is a presentation of interview results related to anxiety and factors that cause feelings of anxiety.

"Often. not ever, but often. It's like in my room like that, it's like when I'm in my room, I'm thinking like that, I'm just thinking about it, I'm like, I'm worried about what my future will be like, all kinds of things, basically it's all there is."

"It's not just that, like. what is that, kayak (laughs a little after saying the word). like, a lot, like, there are, like, like. Yes, problems like personality, like family, not about love. "There's him too, but it's more like a family thing."

"Yes I have. "It's like there's been a lot of noise from the house, there's been a lot of fighting at home, like, again, you're going to run away from the house."

The anxiety felt by AK comes from the personal problems he faces, such as feelings of anxiety that can arise when he is alone and thinking about the future, family and partner (women). AK thinks that finding a partner nowadays is very difficult because women usually look at things from a material and physical perspective. The following is a presentation of the results of the interviews that have been conducted.

"Yes, it's a place of escape, but it's like I'm conscious, so also if alcohol is for a moment, it's like I think of alcohol as my escape, it's a place for me to escape, but I'm conscious, it's like a moment, ji. I lost my drunkenness; I thought it was me again. Just like me, ji, who ended up like that. After you are drunk, I am done with all my money, what else do I think?"

"My anxiety is like this when I'm alone. When I am alone, all my worries appear, like what the future holds, like what kind of woman (smiling), family. Because we also need a companion."

"Now, if I make you worry about women, because I think now women look like they look at material things, physically, that's what I think is worrying. Nda nda, what do you look like, what do you look like now, girls, now there is no one who can support us with what we are doing now, it's hard to support us like that. It's like accept it, that means accept what you're doing right now, like accept what is, it's hard now for girls like that."

The feeling of anxiety that AK felt made him look for escape as a form of calm for himself, one of which was consuming alcohol. reasons for consuming alcohol with the results of the analysis obtaining situational coding. This means that AK consumes alcohol because of the family problems he is facing. If he didn't have family problems, he probably wouldn't consume alcohol. Ak explained because he often remembers the problem almost every day. Alcohol is an escape when he feels worried, which makes him consume alcohol every day. The following is a presentation of the results of the interview relating to the reasons for consuming alcohol:

" It is like he is stressed, like there is a problem at home, then it is like this, that means if has a problem, it is like this, when he is having a problem, it is a new problem like what to drink, all kinds of things. what in, not saying like every day there are problems, what in, like you cannot do more, you cannot do anything. Yes, it is like, you can't forget a problem like that, it's like remembering it all the time is a problem, that's why it's like almost every day. "Sometimes it makes you worry, what, because yes, I know, it's a family problem."

"Yes, it means a place to escape. What if it is like, it drains more of his mind's energy, not his energy, thoughts (about feelings of worry). Yes, I keep thinking, even though I'm drunk, what, even if I'm drunk, I'm still drunk, I'm still on my mind, if it's a family problem, it's still there. For example, if it's a family problem, you're still thinking about it, even if you're drunk, you're still thinking about it, you can't forget it."

"Come on, so and so (minute 13.47) you are in my room. (Walking through my room) (when drunk). Why are you sleeping here, here, like that, mommy, saying sorry, mommy, you didn't realize it yesterday."

"So I'm like this, sis, like I'm having a problem. Yes, it's like this, mi, it's like there's a problem, I just drink it like this and then I feel like I've forgotten it, but I think of it like a moment, like that, eh, after you've finished drinking, it's still ji, it's still ji I remember my problem like this, like this, I'll still remember."

"Well, that's why noodles are what make you like those days (the reason for drinking alcohol). Well, that's it, but it's like it's my escape place, that's why you drink alcohol every day."

The symptoms of alcohol experienced by AK with the results of the analysis which obtained coding were drunkenness, decreased consciousness, feelings of anxiety, sweating and an attitude of dependence. This means that there are many things that can happen when you are drunk, such as losing things and causing AK to have an accident while riding a motorbike. The anxiety that AK usually feels after he consumes alcohol, AK defines that alcohol can help him overcome anxiety because he feels that not all problems can be explained. AK's body's response when anxious is usually to sweat, AK realizes that his future could be threatened because of his habit of consuming alcohol. AK asked himself when he could stop in this case, he also felt that someone or a partner could help him stop consuming alcohol. Ak explained that feelings of anxiety can also arise before consuming alcohol. The following is a presentation of the results of the interviews that have been conducted:

"Yes, that's why I usually do again like this, like drinking alcohol, whatever. often. I lost my wallet, my cell phone, all kinds of accidents, whatever (when drunk). because he was drunk. This is not yet my scar (while showing the scar on my right cheek and left knee) my scar has not yet disappeared. own motorbike, yes, because you need it, he is the one who can make you aware (of someone)."

"When it comes to anxiety, I think the situation is already under control and then I think. no. This is what Diza means, I think this is drinking, it's like you're worried about this, what's my problem? That also means you do not have to tell everything to everyone. You can tell all the problems."

"If you're worried, you're more like worried about the future, like I'm worried about my future, if you say what will happen to me in the future, what will happen to me like this and what will be my future."

"It's like it's hotter, he's sweating more and I'm thinking about how this is going to be in the future, how come you want to keep doing this, my problems are like I'm going to destroy you. It's like he's more worried that way, Sis."

"Be aware that I'm thinking about you, which means I'm aware that I'm still thinking about you. "I'm still thinking about when you'll be able to stop like this."

"Because I'm still consuming it because I feel like I'm like this because I'm personally like, maybe there's a woman who gives me personal food. Personally, I do not know the other. It seems like the woman who gave you stopped being like this. Seriously, be honest, , because drunk people are honest."

"Yes, there is something like that, I mean, I think my problem is like that. "I'm worried that if you don't drink alcohol, I'll think about all my problems."

AK explained that the first time he consumed alcohol was in grade 2 of junior high school with his social friends. AK describes feeling happy when drinking alcohol. AK feels there are different reasons for consuming alcohol in the past and now. This is an aspect of the alcohol symptoms felt as a result of coding for being drunk and the initial cause of consuming alcohol as a result of trial-and-error coding. The following is a presentation of the results of the interview relating to alcohol symptoms experienced for the first time and currently.

"Ever (laughs). oh well, this is the beginning? oh, still in grade 2 of junior high school. Surely his friends were the first ones. Sadang (laughing a little), eh, it's hard to mention him one by one. Ji's school friends too. mmm, you are a 5th grader but you hang out with those guys. yes, outside of school"

"What's in, like in the beginning I felt like I didn't feel like I was drunk, but what in, like I'm more ketettaliang (minute 05.23) Jiki, different from now, different from now, if I mean if I'm drunk now, it's more like straight away Go home to sleep, it's like you've gone nowhere."

"You were definitely involved in the beginning, but now, it's more like facing a problem, then drinking. often, with friends. Ee at the fort. Gusung, Pulau, there is my best friend and a friend like that, his name is Bayu (with a small smile). eh, it's almost like it's days, just like the wind."

The next theme is the group of alcohol consumed with the results obtaining three codings, namely group C which is most frequently consumed, followed by groups A and B. AK consumes alcohol at a relatively high level, almost every day even though he himself is drunk.

Second respondent

The second respondent has the initials R and is 20 years old. R has an upright body posture with a height of around 170 cm and a weight of around 60 kg. R has just finished his education at a university in Makassar and is currently working as a freelancer.

During the interview process, R always folded his arms in front of his chest and was seen smiling several times when answering questions from the researcher. R always made eye contact with the researcher during interviews as evidenced by R always directing his gaze at the researcher both when asked questions by the researcher and when answering interview questions. R was seen leaning forward when answering the question about "right now, what do you feel when you consume alcohol?"

Anxiety is a general feeling, where a person feels afraid or loses self-confidence whose origin or form is unclear (Sutardjo Wiramihardja, 2005). R explained that he experienced anxiety because he thought about the future, family and the past. The future problem that weighs on his mind is that R is afraid that in the future he won't be able to make his parents happy. Meanwhile, the past events that he always thinks about are unintentional wrong actions. However, recently R no longer often feels anxious. This is in line with the theory expressed by Annisa and Ifdil, (2017) that anxiety is a condition when negative emotions arise due to worry about unexpected dangers that may occur in the future.

"I'm worried about what the future holds, what family to live for, and the past too (while crossing his arms)."

"From like actions, like those that were accidentally done"

"Afraid of how my parents won't be happy (looks like he raises his gaze)"

R explained that there are triggers that can make him feel anxious, such as seeing blood and scary things. He told the recent incident regarding the news of an accident on Jl. Pettarani Makassar, one of whose victims died as a result of being trampled on his head. According to R, this can cause fear of driving a motorbike at high speed.

"Yes, it's like blood, what kind of thing is it, that's so scary. Like recently, the news was about a collision in Panampu. the one who stepped on his head like that (squints his eyes)"

"It's like I'm afraid to ride a motorbike, I'm afraid I'm afraid to ride a racing motorbike (the anxiety it causes)"

The symptoms that R felt when he felt anxious, especially when R's father died, were physical and psychological symptoms. According to R, the symptoms felt were shaking, chest tightness, sadness and crying. On the first day his father died, R locked himself up and was alone in his room and the next day he drank alcohol to relieve his sadness.

"It's normal if I drink all the noodles, it's normal. Mageran is normal. Mager I think I'm laughing like that. "It's normal to worry when you're drunk, it's like you're not worried, it's like you're happy like that."

"for calming, for calming (the effects of alcohol). for so and so, if you're tired, anuka anyway, after doing activities, activities"

Based on the results of interviews obtained related to the superordinate theme of alcohol, R explained that he started consuming alcohol when he was in grade 1 of junior high school. R started to get to know alcohol because of an invitation from his classmate. R said that he felt pleasure and calm the first time he consumed alcohol.

"ever (while smiling). 1st grade middle school. There is a friend in the hall, eee Aslan (looks thinking)"

"Hey, what's it like, delicious (feeling the first time you drink alcohol). It's like calming Ji."

Respondent R explained that the intensity of consuming alcohol could be 2-3 times a week, with 4 bottles of red wine alcoholic drinks. The reason R consumed alcohol was because of thoughts arising from the problems he was experiencing, so alcohol became an escape for him.

"Now it's with AK (laughing a little). usual in the fort, 2 or 3 times. 4, 4 bottles, red wine"

"ee I think (cause of drinking alcohol). It's like a lot of problems like that (holds her hair)."

He said that the effects he felt after consuming alcohol were laughter, drunkenness, headaches and laziness from doing activities. Apart from that, he also felt the same calm as when he first consumed alcohol, so he continues to consume alcohol to this day and uses alcohol as a sedative. he was having problems.

"laugh(response) nothing (sad)."

"Yeah drunk, headache (laughing) (feeling)"

"It's like this. Like yesterday, it's like he's calm, Ji doesn't want to do that (seen moving his body forward). Anu also ee like thoughts, So that you can escape from yesterday's thoughts."

The respondent once felt anxious after consuming alcohol, but the effect only lasted for a few days, and 3-4 days later he would feel anxious again and then look for and consume alcohol.

Alcohol as a sedative. Apart from being a sedative, R admitted that alcohol is a place to increase ideas. R defined that after he consumed alcohol his anxiety disappeared or in other words alcohol became an escape and became a calmer for him, he realized the effect of alcohol on his anxiety but felt that it did not have a significant effect.

"Usually it goes away in a few days or usually 3 days or 4 days later and then I'm worried about what happened yesterday"

"Hmm, what, as usual, there is this brand I want to make, it's usually like that, ji. Ji's mind. It's normal when you're drunk, so many ideas come into your head."

"Yeah (smiles a little) worried then looking for alcohol"

"Drinking alcohol just makes my anxiety go away, it's like slowing down"

"Yes as an escape (alcohol)"

"Oh no, if you drink alcohol, you'll lose my anxiety (laughing). Influential, but not too (alcoholic)"

Based on the results obtained by the researcher in writing which were given to respondents with the result that RL felt anxious because of his past, namely the absence of a current mother figure who accompanied him during his days after his mother left 3 years ago and his anxiety regarding his thoughts about

the future. The following is an explanation of the writing provided by the respondent.

"Now, my father is because he used to be closer to my mother, but my mother died 3 years ago. "For now, I often daydream about being a mother and the fear that the future will not match expectations."

Triangulation results

Based on the triangulation that was carried out with the respondent's friends, results were obtained that could help researchers strengthen the data to be produced, namely themes related to the causes of alcohol consumption and anxiety caused by alcohol. In the triangulation respondent, there was one respondent with the initials B who was a friend of the two respondents. B gave an explanation, namely that B became friends with respondent R around 2013, while respondent AK in 2020, B explained that the two respondents often met almost every day but met more intensely with respondent R. The following is a presentation of the triangulation results that Brother B said.

"If it's 2013, if it's AK 2020. Very close, almost every day. almost every day we meet. Yes, if R is almost every day, if AK is at most 4 or 5 a week. (rolling his eyes) (1.27)"

Respondent B also explained that there was a difference in alcohol consumption between respondents AK and RL, namely that AK drank alcohol for fun and the effect caused by AK was talking continuously and laughing, while R consumed alcohol when he was just sad remembering his late mother. The following is a presentation of the results of the triangulation that Brother B said.

"very often. It's like it's different, yeah. If AK does it often it's because his fun is different from his, Mi's fun. If you're happy, you'll definitely find someone to share your story with. I really care (while laughing and squinting) (2.09)

"R is indeed if he want, because sometimes he's stupid." like sad, like maybe feeling maybe naingatki mamana anyway so cosplay like that's her, cosplay as sweet potato (laughing) 2.34"

B stated that AK and R consumed alcohol, usually 2 bottles to be consumed together with a drum type of whiskey.

"5 bottles but different drinks. Yes, oh, if it's at least two a day. whiskey drums."

Furthermore, B also said that his two friends were good at hiding their feelings. AK confides more often, even when AK is under the influence of alcohol, AK is usually anxious when consuming alcohol in an open space, he is afraid that the police will patrol and scold him. According to Bayu, AK is often anxious because of the love and family problems he is facing. B also explained

the incident about AK's fight with his father. The following is a presentation of the results of the triangulation that Brother B said.

“No, keep cheering up. pallaki anyway. pallaki is hiding nothing. Have you ever been drunk? Confess that R never ji, AK ji. Parnoki is like scary, very scary. I'm worried about who knows maybe there's still someone like that (4.10). the drink was alcohol, I was afraid of it like the police were there and then they would be scolded and told to go home.

"The same as his life if he always, like most often his love is the most important thing and his family. AK was that day too. AK call me, I'm outside, he says hello Bayu. Recently I hmm ee (appears to raise his gaze) outside Natelfonka. talk to me and say where? asked to pick up AK, recently I heard his father's voice saying "rinneko AK, sunna ine AK inne" sunna bede wants to be circumcised anyway hehehe (while laughing) (5.08) "rinneko AK wants to be circumcised anyway hahaha. immediately turn it off and become. when he came home even though I wasn't home yet, he was there to accompany me at home."

B explained that respondent AK consumed alcohol as a means of escape from dealing with Mas

DISCUSSION

First responden

Based on the results of interview data and coding that has been done based on answer from the questions asked by the researcher then the results will be discussed covers reason consumption alcohol, the symptoms it causes alcohol and perceived anxiety about consuming it alcohol. Analysis results interviews that have been carried out with AK respondents will displayed in the form description dynamics anxiety, as follows:

Table.1 Overview of dynamics worry respondent AK

Anxiety factor	When alone often daydreaming and anxious about the future and family problems.
Feeling anxiety _	Worried when realize the situation now, worry about the future, family problems and lack of confidence in matters find couple.
Reasons for consuming alcohol	Try (first), search calm, as an escape (present)

Intensity and Group	Almost every day by type whiskey alcohol
alcohol consumed	
Symptom alcohol	Accidents, lost wallet and cellphone, feeling hot, sweating, worry.

Based on the data presented in the table above, it can be stated that the dynamics of anxiety in teenagers who consume alcohol occurred in the first respondent, namely AK showed that the results of the anxiety factors included the problems faced by the respondent which resulted in AK often daydreaming and worrying about the future and family problems . Worry is circumstances when Negative emotions arise as a result worries will unexpected dangers that may occur in the future (Annisa & Ifdil, 2017). this is one of them factor AK 's anxiety. Support social and environmental around can influence method think someone about themselves and others. This is caused by experience someone with family, friends' colleagues, and others. Worry will arise If somebody feel insecure to environment. mechanism coping namely When experiencing anxiety, individual will use mechanism coping and incapacity overcome anxiety constructively cause happen behavior pathological (Untari 2014).

AK's inability to use coping mechanisms makes AK's anxiety level increase which makes alcohol consumption a means of escaping from the problems he is facing, this makes AK dependent on alcohol. This condition is the most severe conditions from someone who consumes drink alcoholic, because it already happened physical dependencenor psychological. Dependency physique marked as such tolerance and syndrome separated substance (alcohol), i.e., something conditions in which individuals used to use substance addictive (in this case alcohol) at regular doses certain. This condition will be reducing the amount of substance used or stopping wear, so will give rise to Symptoms according to type substance used. In this condition, anti- social behavior is common. (Sundeen, 2007).

Consequence from method solving the problem chosen by AK, namely consume alcohol causes several effects that is feeling anxious like Anxious when realize the situation present and effect temporary alcohol, finances disturbed Because buy alcohol, anxiety about the future, family problems and lack of confidence in matters find couple. The anxiety felt by AK includes reaction emotional when feel worried that is that is component anxiety related to perception individual to influence psychological from anxiety, like a feeling concern, tension, sadness, self -deprecation or others and Reaction cognitive, that

is influential fears and worries to ability think clear so that interfere with problem solving and coping demands environment surroundings (Calhoun and Acocella 2009).

Reaction the emotions that AK causes he also lacked confidence in finding it couple. confidence is _ form feeling peaceful, without feelings of sadness, fear and worry, all of this will come to those who believe (Anand, 2009) Every stage in age development has a big influence on development the soul is included in it self- concept will influencing ideas, thoughts, beliefs and views individual about himself and can influence individuals in relationships with other people. Individuals with a negative self -concept more range to anxiety (Untari, 2014).

Anxiety can also be a trigger consumption excessive alcohol. _ Individuals who feel stressed or depressed often look for way to remove feeling that, and drink alcohol can provide a temporary feeling of relaxation or calm. AK admits that He consume alcohol Because want to running away from family problems such as an authoritarian father, AK 's emotions and feelings of displeasure when being in the house. This is a factor reason AK 's anxiety. Neighborhood or surroundings where you live influence method think individuals about themselves and others. This is caused Because exists unpleasant experiences for individuals with family, friends, or co - workers. So that individual the feel insecure to the environment. This unpleasant feeling makes AK press his emotions feel and cause prolonged anxiety. Worry Can happen If incapacitated individual finds an outlet for his own feelings in this personal relationship, especially if himself suppress feelings of anger or frustration for a very long period (Savitri Ramaiah, 2003).

Respondent tells about his first time consume alcohol and shows the results of the cause of the first try drink alcohol namely trying it out when AK was in junior high school. In the initial stages it usually starts out of desire know a very big from someone (teenager). Because in this phase, teenagers usually always want to look for new experiences, including consuming drink alcoholic (Sundeen, 2007) According to WHO, teenagers is population in the range ages 10-19, according to Republic of Indonesia Minister of Health Regulation Number 25 of 2014, teenagers is population in the range aged 10-18 years and according to the Population and Family Agency Planning (BKKBN) range age teenager is 10-24 years old and not yet married.

At first AK started to try drinking alcohol around 13-14 years old where Pre adolescence, has a very short period, approximately only one year; for men 12 or 13 years old - 13 or 14 years old. It is also said that this phase is phase negative, because seen Act inclined behavior negative. A difficult phase for the communication relationship between children and parents. Development functions the body is also disturbed Because experience changes including hormonal changes that can cause change atmosphere heart that does not unexpected.

Teenager show enhancement reflectiveness about themselves changing and improving regarding what people think about them (WHO).

There is a difference reason consumption alcohol in respondents in the past and present, respondents explain reason He consume alcohol Because look for peace and as an escape from the problems he faced. In this condition, generally somebody consume drink alcoholic as one an effort or way to escape from current problems faced, conflict, or stress and frustration. (Sundeen, 2007). AK consumes alcohol even now experience dependency and create intensity consumption high alcohol like almost every day consume 1 bottle Whisky type alcohol. I consume it alcohol with group C Drinks containing alcohol _ rate alcohol between 20%-50% which includes types these: Randy, Vodka, Wine, Drum, Champagne, Whiskey.

Consumption rate alcohol AK makes He has felt symptoms caused by alcohol such as loss wallet, cellphone, experience accident consequence effect feeling stoned and worried. Apart from the symptoms AK also usually feels that temperature body hot and sweaty. Symptom the most common type of drunkenness is stoned, which is what this condition is is characteristics intoxication liquor available injury, disability, and death. Consumption lots of liquor can cause decline consciousness, stop breathing which leads to death. Not only that, effects period short liquor causes _ destroyed work productivity caused by disorientation and accidents consequence drive in condition stoned (Gunawan, 2009). someone who has history addiction to alcohol will experience symptom drop out of school if He willing reduce the amount of use. In general, the process of symptoms occurs 6-24 hours after drink the last one. these symptoms can last for 5 days, in between is shaking, nausea, anxiety, depression, sweating, headaches, and anemia Dawson et al (2010).

Second respondent

Analysis results interviews that have been carried out with respondent R will displayed in the form description dynamics anxiety, as follows:

Table. 2 Overview of dynamics worry respondent R

Reason worry	Past deeds, worries about the future about making parents happy
Symptom worry	Lock yourself in your room and... consume alcohol
Reasons for consumption alcohol	At first try and try Calming.

Intensity and class alcohol consumed	2-3 times a week with 4 bottle alcohol manifold wine
Symptom alcohol	such as drunkenness, headaches, and lazy about activities and feelings anxious again after 3-4 days after consuming alcohol.

Based on the research results obtained, the phenomenon that occurred to the respondents that is consume alcohol caused Because exists factor the anxiety they feel. This anxiety arises Because there are problems that occur at home or worries towards the future. For respondent 2, namely R, who is 20 years old, his anxiety feels it the arise Because exists thoughts within him regarding wrong actions in his past do and worry if in the future your ca n't make parents happy. R feels worried about the future so make it feel anxious. Similar thing stated by Annisa & Ifdil, (2017) that anxiety is a condition when negative emotions arise due to worries about unexpected dangers that may occur in the future.

R felt several symptoms physical and psychological when feeling Anxiety appears, like shaking, chest feels breathless, sad, and crying. R felt this symptom the most when it came to his father died which made R lock himself in his room and disappear sad by drinking alcohol. Froggatt (2003) explains that the term “anxiety” refers to feelings of discomfort and fear, coupled with several symptoms physical discomfort, including tension (tense muscles), throbbing increased heart rate Quickly, breathe hunt, mouth dry, body sweating and shaking. The beginning of R's consumption alcohol when very young _ namely when he was in grade 1 of junior high school. R is starting to get to know him alcohol Because invitation from his friends. The first feeling you feel when you first consume it alcohol is enjoyment and tranquility. As stated by Sundeen (2007), that one reason somebody consume alcohol is because try it. This means that it usually starts at the initial stage out of desire know a very big from someone (teenager). Because in this phase, teenagers usually always want to look for new experiences, including consuming drink alcoholic.

Until now he is consuming alcohol Can 2 – 3 times a week with 4 bottles of alcohol at a time type wine red. However, the reason R is currently consuming alcohol is for calming when anxiety and worries start to arise in the mind. This was also stated by Sundeen (2007), that one reason consume alcohol that is situational -on these conditions, generally somebody consume drink alcoholic as one an effort or way to escape from current problems faced, conflict, or stress and frustration.

R describes alcohol as a way out or escape when he currently feel anxiety. Desire to consume alcohol Because there are burdensome problems thought so that need alcohol to get out of thoughts that. The feeling of being drunk that occurs when consuming it alcohol, according to R you can forget thoughts about problems and anxiety as well as bring up feeling happy and happy within himself. Apart from feelings happy as an effect from alcohol, he also felt other effects of alcohol, such as drunkenness, headaches, and laziness in activities.

R makes alcohol as a sedative when a problem arose. However, anxiety that R had forgotten while consuming it the alcohol doesn't go away so just. According to R, effect from consume alcohol only lasts for 3 – 4 days. After that, the anxiety and worries that were previously felt will reappear. When the anxiety appears again, that's when R will consume more alcohol up drunk. This happened Keep going continuously until now. Can said that effect tranquility and pleasure from alcohol cannot eliminate anxiety permanently. However, it is only temporary.

CONCLUSION

Worry is one affects that may occur in teenagers who consume it excessive alcohol. Alcohol can cause change anxiety and unpredictable moods, especially if consumed in large quantities. The perpetual teenager consume alcohol can experience more anxiety often or more intense. The anxiety felt by the user alcohol can varies, this depends on factors individuals like types experienced anxiety, level user alcohol factor environmental, situational and mechanism coping or method individual dealing with stress or pressure faced. Worry can influence behavior consumption alcohol individual. Some people have experienced it anxiety may try overcome feelings of discomfort, stress, or pressure by drinking alcohol, because alcohol can cause the temporary effect is relaxing and pleasant. However, use alcohol to cope worry period long can causes bigger problems, such as addiction alcohol or distraction alcohol related anxiety (AUD). Use Both respondents did not drink alcohol from feeling felt anxiety, consuming alcohol with term long can give rise to dependency and more critical Because exists tolerance where the individual used to use substance addictive at regular doses certain. Visible pattern from teenager consumer alcohol that is effect from consumption alcohol to escape and forget the problem at hand only lasts temporarily, the anxiety is assumed has is lost then reappears. This makes respondents return to searching and consuming alcohol as a mechanism coping used. Feeling The anxiety felt by the two respondents cannot be separated from internal factors such as anxiety about the future and family problems faced. Feeling This anxiety encourages respondents to consume alcohol as pleasure. Use drinking alcohol regularly by both respondents can worsen symptom felt anxiety. Alcohol can influence function the brain regulates emotions and behavior, so can

cause symptom anxiety like both respondents feel reaction the body feels hot, sweaty, headaches and lazy to do activities.

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