

DRUG ADDICTION PREVENTION THROUGH THE ENHANCEMENT OF MENTAL HEALTH SERVICES VIA ADOLESCENT TELECOUNSELING IN BANDUNG WETAN DISTRICT

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Abstrak: Adiksi narkoba merupakan permasalahan serius yang berdampak luas terhadap kesehatan mental dan kesejahteraan psikososial remaja di Indonesia. Provinsi Jawa Barat tercatat sebagai wilayah dengan tingkat kerugian sosial ekonomi tertinggi akibat penyalahgunaan narkoba, sehingga diperlukan upaya pencegahan yang bersifat promotif dan preventif serta berorientasi pada penguatan kapasitas psikologis remaja. Kegiatan Pengabdian kepada Masyarakat (PkM) ini bertujuan untuk meningkatkan pemahaman remaja mengenai penyalahgunaan narkoba serta mendukung perbaikan kondisi kesehatan mental melalui layanan konseling dan edukasi berbasis kebutuhan psikososial. PkM dilaksanakan dengan pendekatan partisipatif yang dalam praktiknya menunjukkan kesesuaian dengan prinsip Participatory Action Research (PAR), melalui pelibatan aktif peserta dalam proses identifikasi kebutuhan, pelaksanaan intervensi, serta refleksi kegiatan. Tahapan kegiatan meliputi identifikasi kebutuhan psikososial remaja melalui asesmen awal dan dialog terbuka, pelaksanaan intervensi berupa telekonseling dan edukasi kesehatan mental, serta evaluasi reflektif untuk menilai manfaat dan kebermaknaan kegiatan bagi peserta. Pendekatan ini menempatkan remaja sebagai subjek aktif, dengan memperhatikan pengalaman subjektif, konteks sosial, dan kondisi psikologis yang melingkupi mereka. Hasil kegiatan menunjukkan adanya peningkatan pemahaman remaja terkait jenis-jenis narkoba, faktor penyebab, dan dampak penyalahgunaan narkoba. Selain itu, remaja yang mengikuti konseling melaporkan merasa lebih terbantu dalam mengenali dan mengelola permasalahan kesehatan mental yang dialami. Temuan ini menunjukkan bahwa telekonseling dan edukasi kesehatan mental berbasis pendekatan psikohumaniora dapat menjadi strategi PkM yang bermakna dalam mendukung pencegahan penyalahgunaan narkoba. Kegiatan ini diharapkan dapat berkontribusi pada penguatan kesehatan mental remaja dan pengembangan model PkM yang kontekstual dan berkelanjutan.

Kata Kunci: kesehatan mental remaja, pencegahan narkoba, telekonseling, pendekatan partisipatif

Abstract: Drug addiction remains a serious public health issue with far-reaching consequences for the mental health and psychosocial well-being of adolescents in Indonesia. West Java Province has been identified as the region experiencing the highest socioeconomic losses due to narcotics abuse, highlighting the urgent need for promotive and preventive interventions that strengthen adolescents' psychological resilience. This Community Service Program (PkM) aims to enhance adolescents' understanding of drug abuse and to support improvements in mental health through psychosocially oriented counseling and educational services. The program was implemented using a participatory approach grounded in the principles of Participatory Action Research (PAR), emphasizing active involvement of participants in identifying needs, participating in interventions, and reflecting on program outcomes. The program stages consist of identifying adolescents' psychosocial needs through initial assessments and open dialogue; delivering interventions through telecounseling services and mental health education; and conducting reflective evaluations to assess perceived benefits and the program's meaningfulness to participants. This approach positions adolescents as active subjects, taking into account their subjective experiences, social context, and the psychological conditions in which they live. The findings indicated an increased understanding among adolescents regarding types of drugs, contributing factors, and impacts of drug abuse. Moreover, participants who received telecounseling reported feeling more supported in recognizing and managing their mental health challenges. These results suggest that telecounseling combined with mental health education, grounded in a psychohumanistic

approach, represents a meaningful community service strategy for supporting drug abuse prevention. This program is expected to strengthen adolescent mental health and support the development of contextual, sustainable community service models.

Keywords: adolescent mental health, drug abuse prevention, telecounseling, participatory approach

Introduction

Drug abuse has become a widespread problem across Indonesian society, as reflected in the increasing number of users, drug-related cases, and the diversity of distribution models and networks. Based on survey data conducted by the National Narcotics Agency (BNN) and PMB-LIPI in 2019, approximately 1.80% of Indonesia's population aged 15–64 years had engaged in drug abuse within the past year. This figure corresponds to approximately 3,419,188 individuals out of a total population of 186,616,874 within that age range. In other words, for every 55 Indonesians aged 15–64 years, one individual had abused drugs (Badan Narkotika Nasional, 2022).

West Java Province ranks highest in terms of socioeconomic cost losses resulting from narcotics abuse, with losses amounting to IDR 16,192,146 in 2017. This is largely attributed to the province having the highest number of drug abusers in Indonesia based on the 2017 survey (Badan Narkotika Nasional, 2017). The National Narcotics Agency of Bandung City reported a drug abuse prevalence of 1.49% in 2015, equivalent to 25,427 individuals. Furthermore, in 2017, the Bandung Metropolitan Police recorded 273 drug abuse cases involving approximately 368 suspects in Bandung, many of whom were of productive age, including adolescents. This finding is consistent with national data indicating that adolescents and the productive age group are among the most vulnerable populations to drug abuse in Indonesia (DetikNews, 2017; BNN RI, 2019). Currently, drug distribution targets are no longer limited to nightlife venues but have expanded into residential areas, campuses, schools, boarding houses, and even household environments (Badan Narkotika Nasional, 2017).

Adolescents constitute a group particularly vulnerable to drug abuse, primarily because they are undergoing a period of identity exploration. During this developmental stage, they tend to experiment with new experiences, including drug use (Hasan et al., 2021). Drug abuse has become a widespread problem in modern society, with adolescents and young adults among the most frequently affected groups in Indonesia (Putri & Budyanra, 2021). According to Erikson (1963), adolescence is a period highly susceptible to negative influences due to emotional and mental instability. Adolescents possess a strong curiosity, often spend considerable time outside the home, and may engage in risky behaviors (Erikson, E. H., 1963).

Multiple factors contribute to adolescents' involvement in drug abuse. These can be divided into internal and external factors. Internal factors include personality traits, anxiety, depression, and a lack of religious or moral commitment. Specifically, emotional instability has been linked to heightened risk-taking and poor self-regulation (Pfeifer et al., 2011), while

curiosity about novel experiences drives exploratory, sometimes risky, behaviors (Trucco, Colder, & Wieczorek, 2011). Peer pressure further influences engagement in deviant or risky behaviors (Allen, Chango, Szvedo, et al., 2012; Havewala et al., 2021). External factors originate from the environment, including family conditions, economic hardship, weak law enforcement, and broader societal influences. Peer influence and social environments are recognized as significant factors contributing to adolescent drug use (BNN RI, 2019). Disharmonious family relationships and insufficient parental attention may foster feelings of despair, increasing susceptibility to drug abuse. Economic challenges, such as difficulties in securing employment, may drive some adolescents toward involvement in drug-related activities. Personality factors, including maladaptive traits such as impulsivity and high susceptibility to external influences, are associated with an increased risk of drug abuse (Stone et al., 2012; National Institute on Drug Abuse [NIDA], 2020).

Psychological aspects further affect adolescents' vulnerability. Early life stress can increase the urge to use drugs due to alterations in oxytocin regulation, which governs emotional and behavioral control, thereby heightening susceptibility. Drug-related stress also impacts brain structures and hormonal release, weakening neural systems responsible for self-regulation and emotional control while reinforcing negative emotions. Consequently, individuals may experience impaired self-control and an elevated risk of relapse, making psychological factors significant predictors of relapse among drug users (del Palacio-Gonzalez et al., 2024).

Adolescents' involvement in harmful behaviors, such as drug abuse, poses a critical concern for communities, nations, and the state, as they represent the future driving force of national development. Drug use carries severe risks, including hallucinogenic, stimulant, depressant, and addictive effects. Prolonged dependence can lead to overdose and death. Physical consequences include seizures, hallucinations, impaired consciousness, peripheral nerve damage, cardiovascular disorders, respiratory difficulties, pulmonary tissue hardening, and reproductive system dysfunction. Psychosocial consequences of drug abuse include impaired cognitive and social functioning, anxiety, depression, reduced self-confidence, aggression, difficulty concentrating, and increased risk of self-harm and suicidal ideation (National Institute on Drug Abuse [NIDA], 2020)

Psychological aspects are one of the factors influencing the physiological condition of drug users. Early life stress could increase the urge to use drugs due to oxytocin regulation alteration, which governs emotional and behavioral control. Thus, it heightens the susceptibility to drug use. Drug-related stress also affects brain structure and certain hormonal release, weakening neural systems responsible for self-regulation and emotional control, while reinforcing negative feelings/emotions. Consequently, individuals may experience impaired self-control and an elevated risk of relapse. Such psychological factors have been identified as significant predictors of relapse in drug use populations (del Palacio-Gonzalez et al., 2024).

Adolescents' involvement in harmful behaviors to themselves or others, such as drug abuse, has become a critical concern for communities, nations, and the state, as adolescents

represent the future driving force of national development. Moreover, drug use poses severe risks, including hallucinogenic, stimulant, depressant, and addictive effects. Prolonged dependence can lead to overdose and death. Physical consequences include seizures, hallucinations, impaired consciousness, peripheral nerve damage, cardiovascular disorders, respiratory difficulties, pulmonary tissue hardening, and reproductive system dysfunction. Psychosocial aspects such as self-esteem, depression, anxiety, hostility, and risk-taking are significantly affected by substance misuse disorder (Hasan, 2019).

Given the severity of this issue, interventions targeting adolescent drug abuse are urgently required. This is very concerning due to the increasing number of adolescents falling into drug abuse and the significant impact felt across all levels of society. Preventive efforts such as education, anti-drug campaigns, and enforcement initiatives must be implemented comprehensively, beginning within families, schools, and communities. Community service programs that actively involve adolescents have been shown to increase awareness, preventive attitudes, and adolescents' active roles in mitigating risky behaviors within their social environments (Alallah et al., 2024; Cahyanti et al., 2025; Badan Nasional Narkotika, 2023). The National Narcotics Agency has also collaborated with various stakeholders at local, national, bilateral, and multilateral levels to address drug abuse.

Preventive efforts targeting negative adolescent behaviors can also be conducted through counseling as part of psychosocial assistance services within community service programs. Counseling plays a critical role in helping adolescents recognize problems, regulate emotions, and strengthen healthy decision-making skills, thereby yielding tangible benefits for individuals and target communities (Corey, G., 2017). Internal strengthening through the development of attitudes toward negative behaviors helps adolescents resist harmful influences. Counseling interventions addressing maladaptive behaviors such as drug abuse can be implemented through mental health counseling, which focuses on improving psychological well-being and reducing distress (Wampold, 2015).

Counseling services that were traditionally conducted face-to-face have evolved into online or telecounseling formats. In community service contexts, telecounseling is regarded as an effective alternative due to its flexibility, accessibility, and alignment with adolescents' characteristics. Previous community service initiatives and studies have demonstrated that telecounseling can enhance psychological well-being and help prevent mental health problems and risky behaviors among adolescents (Richards & Vigano, 2013; Baker & Ray, 2011). Telecounseling provides therapeutic effects that alleviate symptoms and improve mental health. Baker and Ray (2011) reported that online counseling has become a preferred option among professionals because of its accessibility, flexibility, and anonymity, which are often unavailable in face-to-face counseling. Online counseling has been shown to be effective in improving psychological well-being and reducing emotional distress, including feelings of loneliness, particularly among young people (Barak et al., 2008).

Adolescents facing various issues require appropriate support and guidance so that every problem can be managed and resolved constructively. According to Sarwono (2012), there are several ways to handle deviant behavior in adolescents, namely individual treatment,

family treatment, group treatment, and partner treatment. Tele-counseling services, particularly addiction counseling, fall under individual treatment, in which the adolescent is treated in a face-to-face session with a psychologist or counselor. If information is needed from parents or others, they are interviewed separately at different times. Here, the counselor or psychologist does not position themselves as superior to the client; instead, they operate from an equal position, working together with the client to solve the problem. Issues that need to be addressed with this technique involve subjective norms, values, or feelings that cause internal conflict for the client. The primary role of a counselor or psychologist is to build a supportive partnership with clients, provide a safe space for expressing emotions, offer guidance during confusing times, and encourage clients when they face discouragement (Corey, 2017).

Community service activities focused on adolescents require educational, practical mentoring approaches to drive sustainable changes in knowledge and attitudes. Various service programs indicate that interventions based on psychoeducation and active participation are effective in increasing adolescents' understanding of risky behaviors and self-management skills. Counseling models and the use of interactive media in previously published community service (PkM) activities have shown a positive impact on participants' knowledge changes (Anggraini & Dewi, 2023; Triantoro et al., 2024).

Individual mentoring through counseling has become a relevant community service strategy for addressing adolescent issues, specifically those related to risky behavior and mental health. Online counseling, or tele-counseling, provides easier access, greater flexibility in scheduling, and psychological comfort for adolescents in expressing the problems they face. A community service model that combines psychoeducation and individual counseling services is considered capable of strengthening prevention efforts and improving adolescents' psychological well-being within the community (Baker & Ray, 2011; Richards & Viganò, 2013).

This Community Service project aims to conduct psychoeducation on drug addiction among adolescents in partnership with *Karang Taruna Kecamatan Bandung Wetan*, *Posyandu Remaja Tamansari*, *Soft Skill Community*, and *IPPMA Al-Hasanah*. The program covers the dangers of drug substances, risks for addicts, the importance of drug prevention among youth, the impact on mental health, and prevention efforts through individual tele-counseling techniques. Therefore, this community service activity is focused on the implementation of drug addiction psychoeducation and individual tele-counseling services for adolescents. This activity is expected to provide direct benefits, including increased understanding, improved mental health, and psychological support for adolescents.

Method

This Community Service Program (Pengabdian kepada Masyarakat/PkM) employed a pre-experimental design using a one-group pretest–posttest approach. This design aimed to describe changes in participants' conditions before and after receiving the intervention. In the context of community service, this design was used as an evaluative tool to assess program

usefulness rather than to rigorously test causal relationships, as in true experimental research. The primary intervention implemented in this program was psychological telecounseling, integrated with psychoeducation on mental health and the prevention of drug abuse (NAPZA). **Figure 1** illustrates the stages of the telecounseling intervention in this community service program.

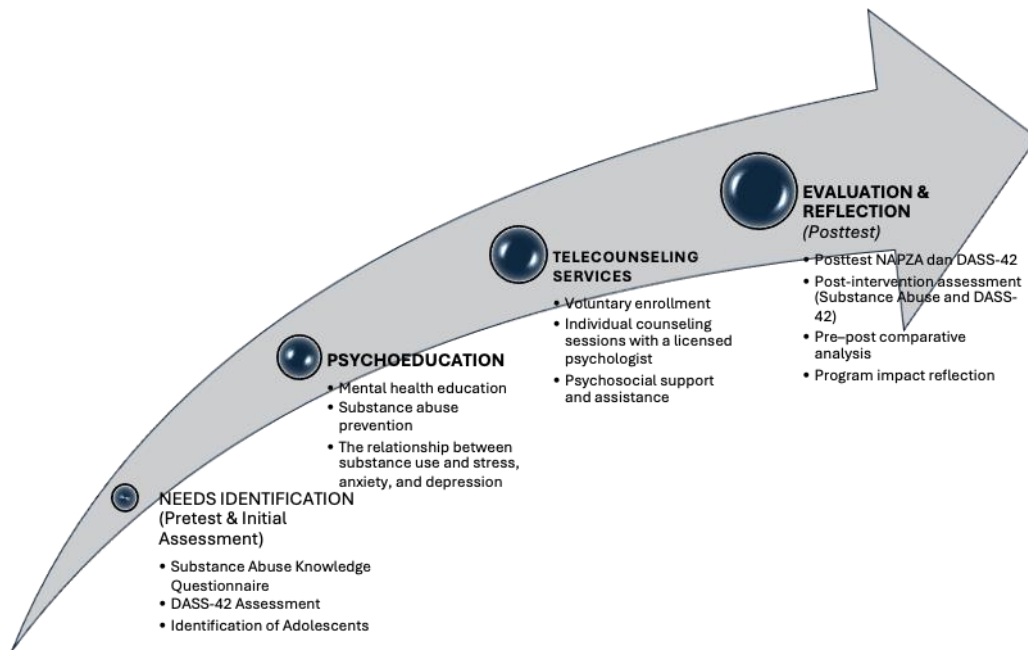


Figure 1. Stages of the community service program through telecounseling.

Activity Design

The scheme of the community service activities is organized as follows:

O1 → X → O2

Where:

- **O1:** Initial assessment of mental health conditions and knowledge related to NAPZA
- **X:** Provision of psychoeducation and psychological telecounseling services
- **O2:** Final assessment of mental health conditions and NAPZA-related knowledge

Approach and Intervention

The program was implemented using a participatory approach aligned with the principles of Participatory Action Research (PAR), as evidenced by adolescents' active involvement in needs assessment, intervention implementation, and reflective evaluation. The primary intervention, psychological telecounseling, served as a medium for psychosocial support, problem exploration, and strengthening adolescents' coping capacities.

Participants

The target participants of this program were adolescents residing in Bandung Wetan District, including those affiliated with the Youth Integrated Health Posts (Posyandu Remaja)

in Tamansari, Cihapit, and Citarum sub-districts; members of the Soft Skill Community; IPPMA Al-Hasanah; and the general public. Participants were selected using an accidental sampling technique, consisting of adolescents who voluntarily joined the program and consented to participate in the evaluation. Of the 46 adolescents who participated in the program, six proceeded to individual telecounseling sessions.

Evaluation Instruments

The evaluation instruments used in this program included a NAPZA knowledge questionnaire and the Depression Anxiety Stress Scale (DASS-42). These instruments served as program evaluation tools to assess participants' psychological conditions before and after the intervention and to support reflective evaluation of the program's benefits.

Data Analysis

Pretest and posttest data were analyzed using a paired-samples t-test to examine changes in mean scores, before and after the intervention. The analysis results were utilized for program reflection and evaluation rather than for generalizing findings to broader populations.

Results and Discussion

The community service activity was conducted at the Multipurpose Hall in Tamansari Sub-District and was generally successful. Based on coordination with program partners, activities were delivered through both offline and online formats. Offline activities included counseling and educational sessions for youth organizations (Karang Taruna) in Bandung Wetan District, encompassing the Tamansari, Citarum, and Cihapit sub-districts, as well as Posyandu Remaja, as shown in [Figure 2](#). Online activities targeted members of the Soft Skill Community, IPPMA Al-Hasanah, and the general public.



Figure 2. Coordinator of the Rehabilitation Division, West Java Provincial National Narcotics Agency (BNNP), together with Lecturers of Psychology from Bhakti Kencana University, as speakers

Participants received information regarding the impacts and prevention of drug addiction and were encouraged to act as agents of the anti-drug movement. The program aimed to enhance participants' capacity to educate their peers and the broader community while fostering social awareness. Government organizations contributed directly by engaging with communities, observing behavioral patterns, and participating in discussions to exchange knowledge and experiences. These discussions facilitated the identification of factual issues and informed follow-up prevention strategies in collaboration with psychology experts, the West Java Provincial National Narcotics Agency (BNNP), and pharmaceutical professionals. The results of the community service program evaluation are summarized in [Table 1](#).

Table 1. Mental Health Problem Scores

Subject	DASS Dimension	Pretest	Category	Posttest	Category	Percentage Decrease
1	Total	31	N	12	N	61.29%
	Stress	12	N	4	N	66.67%
	Anxiety	11	M	4	N	63.63%
	Depression	8	N	4	N	50.00%
2	Total	48	M	46	M	4.17%
	Stress	17	L	17	L	0.00%
	Anxiety	14	M	12	M	14.29%
	Depression	17	M	17	M	0.00%
3	Total	43	M	8	N	81.40%
	Stress	17	L	1	N	94.12%
	Anxiety	12	M	2	N	83.33%
	Depression	14	M	5	N	64.29%
4	Total	38	L	4	N	89.47%
	Stress	13	N	0	N	100%
	Anxiety	13	M	4	N	69.23%
	Depression	12	L	0	N	100%
5	Total	4	N	2	N	50.00%
	Stress	2	N	1	N	50.00%
	Anxiety	1	N	1	N	0.00%
	Depression	1	N	0	N	100%
6	Total	77	VS	37	L	51.95%
	Stress	28	S	16	L	42.86%
	Anxiety	24	VS	13	M	45.83%
	Depression	25	S	8	N	68.00%

Average percentage decrease in mental health problems: 64.02%

Notes:

N = Normal

L = Mild

M = Moderate

S = Severe

VS = Very Severe

The analysis indicated a reduction in mental health problems, including stress, anxiety, and depression, among adolescents in Bandung Wetan District following the telecounseling intervention. The statistical analysis, using the Shapiro–Wilk normality test and paired sample

t-test, is presented in Tables 2 and 3.

Table 2. Results of the Normality Test (Shapiro–Wilk Test of Normality)

Variable	Statistic	df	<i>p</i>
Pretest Stress	0.963	5	0.846
Posttest Stress	0.829	5	0.106

Note: Data are normally distributed ($p > 0.05$).

The Shapiro–Wilk normality test indicated that the data were normally distributed both before ($W = 0.963, p = 0.846$) and after the intervention ($W = 0.829, p = 0.106$).

Table 3. Results of the Paired Sample *t*-Test

Paired Comparison	Mean (Pretest)	Mean (Posttest)	<i>t</i>	<i>p</i> (one-tailed)	Interpretation
Pre–Post Total DASS	40.167	18.167	3.169	0.012	Significant difference
Pre–Post Stress	14.833	5.667	3.018	0.015	Significant difference
Pre–Post Anxiety	12.500	6.000	3.534	0.008	Significant difference
Pre–Post Depression	12.833	6.500	2.666	0.022	Significant difference

Note: Differences are considered statistically significant at $p < 0.05$.

The paired sample *t*-test demonstrated a significant reduction in overall DASS scores ($t = 3.169, p = 0.012$), as well as in the stress ($t = 3.018, p = 0.015$), anxiety ($t = 3.534, p = 0.008$), and depression ($t = 2.666, p = 0.022$) dimensions. These findings indicate statistically significant differences following the telecounseling intervention ($p < 0.05$).

The Relationship between Mental Health and Drug Addiction among Adolescents

Drug abuse in Indonesia has continued to increase, particularly among adolescents. Adolescents are among the most vulnerable groups, even though they represent the nation’s future. Many drug users are within the age range of 11 to 24 years, which corresponds to both school age and productive age. Research indicates that approximately 97% of drug abuse cases occur among adolescents. A longitudinal study measuring various factors, including the ability to resist peer influence, examined the relationship between individual characteristics and peer pressure in risk behaviors such as substance use (Allen, Chango, Szvedo, et al., 2012)

Adolescents use drugs for various reasons, influenced by multiple contributing factors (Putri & Budyanra, 2021). There are two primary factors underlying adolescent drug use: internal and external factors. Internal factors include personal or personality-related issues such as developmental problems, genetic predisposition to addiction, and mental health problems. External factors may arise from family conditions, the social environment, and residential surroundings.

Adolescents experiencing emotional distress or mental health problems such as stress, anxiety, or depression may adopt unhealthy coping strategies, including drug use. They may lack adequate skills or social support to manage stress effectively and therefore resort to substance use as a means of alleviating their difficulties (Hasan, 2019). Conversely, drug abuse itself can negatively affect mental health. According to the *Indonesia Drugs Report 2020* by the National Narcotics Agency of Indonesia, long-term drug abuse can lead to the development of mental health disorders, including anxiety, depression, and other psychological problems (Badan Narkotika Nasional, 2020). Both acute and chronic drug use can disrupt cognitive and neurological functions, including attention, memory, and executive functioning, which ultimately impairs learning capacity and overall functioning (Pfeifer et al. 2011).

Given the magnitude of these impacts, a comprehensive and in-depth understanding and prevention of drug abuse are essential. Enhancing adolescent mental health through a holistic approach can help prevent drug addiction. Positive initiatives may include education, improved access to affordable mental health services, and the creation of supportive social environments. Preventive and promotive approaches are particularly crucial, considering that mental health services in Indonesia remain limited. Therefore, this community service program implemented psychoeducation as a promotive approach and telecounseling as the primary preventive intervention. This initiative aligns with government priorities, which have emphasized preventive strategies since 2016 (Badan Narkotika Nasional, 2023).

In response to social and health developments, telecounseling or online counseling has emerged as a promising method to support adolescent mental health. The aim of telecounseling is to promote adolescent mental well-being through a range of approaches, from prevention to rehabilitation. This community service activity focused on improving mental health to prevent drug abuse among adolescents in Bandung Wetan District. Telecounseling offers a familiar and accessible alternative for adolescents to obtain effective mental health services. It is a professional service that utilizes virtual technology to facilitate communication between counselors and clients. Despite the absence of face-to-face interaction, therapeutic engagement can still be effectively achieved during counseling sessions.

Consistent with prior research, telecounseling has been identified as an effective therapeutic medium for addressing adolescent mental health concerns (McClellan, M. J., et al. 2022). Dowling, M., & Rickwood, D. (2013) further emphasize that online counseling enables meaningful therapeutic interactions despite physical distance.

Based on the telecounseling intervention provided to adolescents in Bandung Wetan District, all participants reported feeling more relieved and relaxed after counseling, as they were able to express personal issues that had previously been difficult to share with others. Prior to telecounseling, participants commonly experienced irritability, emotional sensitivity, excessive anxiety, nervousness, emotional dysregulation, feelings of hopelessness, difficulty coping with problems, and sadness. Following telecounseling, participants demonstrated calmer emotional responses, renewed hope, increased productivity, and improved physical well-being.

These findings are in line with Dowling and Rickwood (2013), who recommend intervention-based telecounseling as an effective medium for addressing adolescent mental health issues. Adolescents are generally familiar with information and communication technology, making telecounseling a viable alternative for those who face barriers to in-person counseling, such as time constraints, anxiety, or negative emotions. McClellan et al. (2022) suggest that remote psychological services are as effective as face-to-face interventions for certain conditions, underscoring the relevance of telecounseling.

The significant differences observed between mental health conditions before and after the telecounseling intervention indicate that telecounseling was effective in improving adolescent mental health within this community service program. This activity also contributes to the realization of both global and national commitments to enhancing community well-being. Mental health is a key focus of the Sustainable Development Goals (SDGs), which succeeded the Millennium Development Goals (MDGs). Within the SDGs framework, two targets are directly related to mental health. First, by 2030, signatory countries are expected to reduce premature mortality from non-communicable diseases by one-third through prevention and treatment efforts. Second, the goals include promoting mental health and well-being and strengthening prevention and treatment of substance abuse, including harmful use of narcotics and alcohol (Badan Pusat Statistik, 2016).

Conclusion

The implementation of this community service program demonstrated that participants were able to understand the material related to drug abuse and its association with mental health. Through the promotive and preventive actions undertaken, adolescents gained knowledge regarding types of drugs, causes and consequences of drug abuse, and those who received counseling reported feeling supported in addressing their mental health problems. The results of the paired sample *t*-test analysis indicated significant differences in mental health conditions (stress, anxiety, and depression) among adolescents in Bandung Wetan District. Mental health problem levels after telecounseling were lower compared to pre-intervention conditions. It is recommended that relevant stakeholders continue disseminating information on the dangers of drug abuse and the importance of maintaining mental health, so that adolescents may be protected from substance abuse behaviors.

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