

The Influence of Peer Pressure and Perceived Benefits on Self-Control among Drug Abusers at Class II A Banceuy Prison, Bandung

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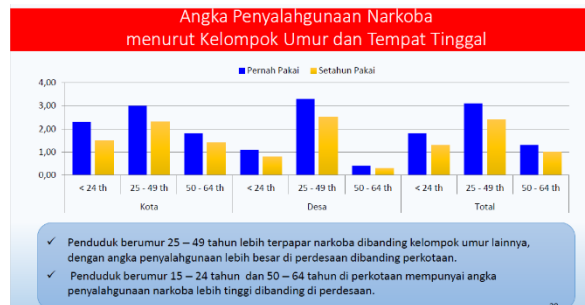
Abstract

Drug abuse is a problem related to self-control behavior among correctional inmates. Self-control is an important psychological construct in rehabilitation because it reflects an individual's ability to regulate impulses, respond to social pressures, and make sound behavioral decisions. The purpose of this study was to examine the influence of peer pressure and perceived benefits on self-control among inmates with a history of drug abuse. The study subjects consisted of 50 inmates. Data were collected using peer, perceived benefit, and self-control scales. Data analysis was performed using a discriminant analysis, yielding a discriminant function with a coefficient of 0.037, indicating that peer pressure and perceived benefits contribute 3.7% to self-control. The F test showed that the two independent variables did not have a significant effect on self-control ($p > 0.05$), peer pressure ($p = 0.197$), and perceived benefit ($p = 0.912$). These findings indicate that variations in self-control among correctional facility residents are more strongly influenced by factors other than peer pressure and perceived benefits, thereby necessitating a review of additional psychological and contextual variables in further research.

Keywords: Peer pressure, Perceived Benefits, Self-Control, Narcotics, Inmates

1. Introduction

In society, crime is a phenomenon that is inseparable from existing structural conditions. According to [Arifin, \(2020\)](#) crime should not only be considered a violation of the law but also a reflection of social injustice, economic problems, and weak supervision in society. According to [Jupriono & Fakrulloh \(2022\)](#), the types of crime in Indonesia that often occur in society include theft, robbery, murder, abuse, and drug abuse. In line with this, correctional institutions play an important role in dealing with lawbreakers, one of which is inmates involved in cases of drug abuse [Nurfadhilah et al. \(2021\)](#).



Source: BNN-LIPI Research Results 2019

Figure 1. Results of the drug abuse Survey

Drug abuse in Indonesia has shown significant dynamics in recent years. Based on diagram 1.1, the results of a drug abuse survey conducted by the National Narcotics Agency and the [Badan Narkotika Nasional dan Pusat Penelitian Masyarakat dan Budaya- LIPI, \(2019\)](#) show that the 25-49 age group has the highest prevalence of drug abuse compared to other age groups. This reflects that individuals in this age group are more vulnerable to social pressure. This condition shows that inmates in correctional institutions (LAPAS) and detention centers (RUTAN) are part of the lawbreakers who are involved in criminal cases of drug abuse. According to [Wibowo & Widjajanti, \(2024\)](#), there are 135,823 inmates and detainees involved in cases of drug abuse. This figure shows that 52.97 percent of prison and detention center inmates are involved in cases of NAPZA abuse. This is in line with the opinion of [Armunanto & Situmorang, \(2023\)](#), who stated that the high number of narcotics inmates in Indonesia is influenced by the high demand and illegal distribution of NAPZA, as well as the low success rate of rehabilitation and social reintegration programs for former users.

One of the institutions that handles explicitly these cases is the Banceuy Class IIA Correctional Facility in Bandung, which focuses on inmates with cases of narcotics and other addictive substances (NAPZA) abuse. Based on field findings from five inmates at the Banceuy Bandung Correctional Institution, it was found that inmates dare to try or use NAPZA, even though they are aware of the adverse effects that can arise, both on their health, legal status, and social life.

Based on the above explanation, inmates exhibit low self-control. This is evident in their decision-making, which is driven by momentary desires and prioritizes personal satisfaction over consideration of the long-term impact on themselves and others. It also illustrates that drug abuse behavior is not only caused by environmental factors but also reflects a lack of ability to resist desires and control oneself (low self-control). According to the self-control theory by [Pechorro et al. \(2023\)](#), self-control is defined as a lack of ability to control oneself, which is closely related to the emergence of problematic behavior, external behavioral disorders, and criminal acts. This is studied in the context of a different population, namely NAPZA abuse.

According to [Nurfadhilah et al. \(2021\)](#), low self-control is also one of the main phenomena among inmates involved in cases involving NAPZA. According to Nastiti et al., (2024) self-control is influenced by factors grouped into three main aspects, namely individual factors that include temperament, cognitive abilities, and demographic aspects; environmental factors consisting of parents, teachers, peer pressure, and family; and intervention factors carried out intentionally, such as self-control training, which is designed to improve an individual's ability to control their behavior.

Environmental factors play a significant role in shaping individual behavior. The environment is formed when individuals are in the stage of social acceptance. According to [Ekanesia et al. \(2024\)](#), an individual's perception of the social support they receive can serve as a protective factor in coping with stress, including in the context of correctional facilities. This is in line with [Widiawati et al. \(2021\)](#), who state that social support from peer pressure plays a positive role in improving psychological well-being. One of the most common forms of peer pressure is direct, such as through invitations to try drugs. According to [Costello et al. \(2021\)](#), several studies show that individuals who have friends who use drugs are more likely to try them themselves.

Peer pressure can shape the perceived benefits of NAPZA use, such as reducing stress or increasing self-confidence. Based on ([Rosenstock, 1974](#)) Health Belief Model, a high perceived benefit of risky behavior can reduce an individual's ability to control themselves, thereby increasing the likelihood of substance abuse. According to [Khazae-Pool et al. \(2019\)](#) this perception plays an important role in the decision-making process because individuals tend to choose behaviors that are considered to provide the greatest benefits for themselves. When the benefits of a behavior are perceived to be high, whether in the form of psychological, social, or functional gains, the likelihood of individuals maintaining or repeating that behavior will increase.

Based on the above description, it can be concluded that peer pressure and perceived benefits of NAPZA use have the potential to influence an individual's self-control. Therefore, this study aims to determine the influence of peer pressure and perceived benefits on self-control among inmates who abuse NAPZA at the Banceuy Class IIA Correctional Institution in Bandung.

2. Literature Review

Self-control is a psychological construct that refers to an individual's capacity to regulate impulses, manage emotions, and consider long-term consequences when making behavioral decisions. Early theoretical perspectives conceptualized self-control as a relatively stable internal trait that plays a central role in explaining deviant and risky behaviors. [Gottfredson & Hirschi, \(1990\)](#) argued that individuals with low self-control are more prone to impulsive actions, sensation-seeking, and behaviors that provide immediate gratification, including substance abuse. From this perspective, weak self-control increases vulnerability to behaviors that disregard social norms and legal consequences.

Subsequent research expanded this view by emphasizing that self-control is not solely an inherent personal characteristic, but also shaped by environmental and situational factors. Contemporary studies suggest that self-control develops through continuous interaction between individual dispositions and social contexts. ([Pechorro et al. 2023](#)) explain that low self-control is closely associated with impulsivity, poor emotional regulation, and a preference for short-term rewards over long-term outcomes. Among populations with a history of criminal behavior and substance abuse, self-control is often formed through prolonged exposure to high-risk environments and maladaptive coping strategies. In correctional settings, behavioral restraint may be influenced by external institutional control, meaning that observable self-control does not always reflect strong internal self-regulation.

Beyond individual factors, social environment—particularly peer influence—has long been recognized as an important determinant of deviant behavior. Early sociological and criminological theories highlighted the role of peer pressure

in shaping behavioral norms and conformity. [Hirschi & Gottfredson, \(1983\)](#) through social control theory, proposed that weakened social bonds increase the likelihood of deviant behavior, especially when peer pressure tolerate or normalize such actions. Similarly, [Land & McCleary, \(1996\)](#), time series sentencing, argued that deviant behaviors are learned through interaction with others via observation, imitation, and social reinforcement. Within this framework, peer pressure serve as a source of behavioral modeling that can weaken self-control, particularly when risky behaviors are socially rewarded.

More recent research indicates that peer influence operates not only through direct behavioral imitation but also through cognitive and emotional processes. [Škarić-Jurić et al. \(2020\)](#) Radetić-Paić explains that peer pressure often manifests as social expectations and the need for acceptance, which can subtly undermine an individual's ability to resist group norms. [Roditis et al. 2016\)](#) found that individuals who are embedded in peer networks involving drug use tend to develop more permissive attitudes toward substance use, even when they do not actively engage in the behavior. In relation to self-control, these findings suggest that peer influence is especially salient among individuals with limited regulatory capacity, as they are more susceptible to social cues and external validation.

However, the role of peer influence may differ within correctional environments. Although inmates interact closely with fellow prisoners, their behaviors are regulated by strict institutional rules and constant supervision. As a result, peer influence in prisons may be expressed more strongly at the level of attitudes, beliefs, and internal tendencies rather than overt behavior. This contextual condition suggests that the relationship between peer pressure and self-control among inmates may be indirect and shaped by institutional constraints.

In addition to social influence, cognitive evaluations such as perceived benefit play a crucial role in substance-related decision-making. The concept of perceived benefit originates from the Health Belief Model proposed by [Rosenstock \(1974\)](#), which posits that individuals are more likely to engage in a behavior if they believe it provides meaningful benefits. Initially applied to health-promoting behaviors, this concept has been extended to explain engagement in risky behaviors, including substance use.

Early studies on substance abuse revealed that users often perceive subjective benefits from drug use, such as emotional relief, stress reduction, enhanced confidence, or social acceptance. These perceived advantages influence behavioral decisions, particularly when individuals face psychological distress or social pressure. More recent research by [Khazae-Pool et al. \(2019\)](#) emphasizes that perceived benefit is a key cognitive factor in sustaining addictive behavior. Individuals tend to weigh immediate rewards more heavily than long-term risks, which can weaken self-control by justifying continued substance use despite awareness of negative consequences.

From a theoretical perspective, peer influence and perceived benefit are interrelated factors that jointly affect self-control. Social interactions can shape individuals' perceptions of the benefits of substance use, while these perceptions can further reduce resistance to risky behavior. [\(Pechorro et al. 2023\)](#) note that individuals with low self-control are more sensitive to short-term rewards and environmental influences, making them particularly vulnerable to peer pressure and favorable evaluations of substance use. Nevertheless, within highly regulated environments such as correctional institutions, these relationships may be moderated by external control, legal awareness, and adaptive coping mechanisms developed during incarceration.

Overall, the literature suggests that self-control, peer influence, and perceived benefit are interconnected constructs in understanding substance abuse behavior. While theoretical and empirical studies consistently highlight their relevance, the strength and direction of their relationships may vary depending on individual characteristics and contextual conditions. This provides a theoretical foundation for examining the influence of peer pressure and perceived benefit on self-control among inmates with a history of drug abuse.

3. Research Method

Researchers use quantitative research methods that emphasize collecting numerical data and conducting statistical analyses to objectively and systematically test relationships or influences between variables. (Zhang & Chen, 2022), In line with this, this study uses associative quantitative research (explanatory research). The researchers chose this quantitative approach because it enables them to test hypotheses using structured, measurable questionnaire data. The subjects in this study were inmates at the Banceuy Class II A Prison who had been convicted of drug abuse. Inmates were selected according to criteria relevant to the study's focus. The researcher chose purposive sampling because only individuals who meet the criteria can provide a realistic picture of the phenomenon under study.

The main instrument in this study was a closed-ended questionnaire based on a Likert scale, in which respondents were asked to rate statements related to peer pressure (X1) with 10 items, perceived benefits (X2) with 11 items, and self-control (Y) with 13 items, with a sample size of 50 Inmates. Furthermore, all inmates' answers will then be processed using statistical analysis techniques, which supports regression testing to determine and identify peer pressure and perceived benefits that contribute significantly to changes in the level of self-control among inmates. Through this analysis, the influence of each variable can be clearly and quantitatively determined.

4. Findings and Discussions

4.1 Findings

The subjects in this study were 50 inmates who were drug users at the Banceuy Class II A Correctional Institution in Bandung.

Table 1. Drug use based on age

Age Group	Frequency	Presentntage
20-30 years	24	48%
30-40 years	20	40%
> 40 years	6	12 %
Total	50	100 %

Source: Research Data (2025)

Based on the table, NAPZA use in the age group is dominated by those aged 20-30 years with a percentage of 48%.

Validity Test and Reliability Test

Table 2. Validity and Reliability Tests

Variable	Numbers of Items	Validity	Reliability
Peer Pressure (X1)	10	0,095-0,618	0,683

Perceived Benefit (X2)	11	0,419-0,752	0,785
Self-Control (Y)	13	0,075-0,580	0,675

Source: Research Data 31 (2025)

Based on the validity test results, all items in each variable have correlation values that meet the validity requirements. The overall validity value based on the r table is $> 0,279$. For the reliability test, this calculation using Cronbach's Alpha shows good reliability values of 0,683 for variable (X1), 0,785 for variable (X2), and 0,675 for variable (Y). Since all Cronbach's Alpha values are $> 0,60$, the instrument can be considered reliable.

Normality Test

Table 3. Normality Test

Variable	N	Asym. Sig.	Sig. (p-value)	Description
Peer Pressure (X1)	50	0,200	$> 0,05$	Normally Distributed
Perceived Benefit (X2)	50	0,200	$> 0,05$	Normally Distributed
Self-Control (Y)	50	0,200	$> 0,05$	Normally Distributed

Source: Research Data 31 (2025)

In this study, the normality test was performed using the kolmogorov- Smirnov (K-S) method on the unstandardized residual values. From the three variables, the Asymp. Sig. (2-tailed) value + 0,200. This value is $> 0,05$. Indicating that there is no significant difference between the distribution of the study residuals and the normal distribution.

Heteroscedasticity Test and Multicollinearity Test

Table 4. Heteroscedasticity Test and Multicollinearity Test

Variable	Coefficient $t \beta$	Standard Error	Calculated t	Sig.(p)	Tolerance	VIF
Peer Pressure (X1)	-0,124	0,117	-1,056	0,297	0,981	1,020
Perceived Benefit (X2)	-0,136	0,075	-0,259	0,075	0,981	1,020

Source: Research Data 31 (2025)

The results of the classical assumption test for heteroscedasticity indicate that the significance values for the peer pressure (X1) variable are 0.297 and for the perceived benefit (X2) variable are 0.075. Both values exceed the significance threshold of 0,05, indicating that there is no heteroscedasticity in the model.

For the multicollinearity test results, the tolerance value for both variables X1 and X2 is 0,981, while the (VIF) value for each variable is 1,020. A tolerance value $> 0,10$ indicates that there is no strong correlation between the independent variable. Thus, there is no multicollinearity in the constructed regression model.

Multiple Linear Regression Analysis

Table 5. Uji F (Simultan)

Model	Sum of Squares	df	Mean Square	F	Sig.
1 Regression	21.018	2	10.509	.899	.414 ^b

n			
Residual	549.402	47	11.689
Total	570.420	49	

a. Dependent Variable: SELF-CONTROL

b. Predictors: (Constant), PERCEIVED BENEFIT, PEER PRESSURE

Source: Research Data 31 (2025)

The simultaneous test results show that the significance value of the simultaneous effect of X1 and X2 on Y is $0.414 > 0.05$, and the calculated F value is $0.899 < F$ table 3.183. Thus, the variables of peer pressure and perceived benefit do not have a significant effect on self-control.

Table 6. T-Test (Parsial)					
Model		Unstandardized Coefficients		Standardized Coefficients	t
		B	Std. Error	Beta	
1	(Constant)	23.368	5.420		4.312
	Peer Pressure	.264	.202	.189	1.308
	Perceived Benefit	.014	.129	.016	.111

Source: Research Data 31 (2025)

Based on the table above, the multiple linear regression equation can be formulated as follows:

$$Y = 23.368 + 0.264X_1 + 0.014X_2$$

Furthermore, the partial test results show that the peer variable obtained a t-value of 1.308 with a significance level of 0.197, while the perceived benefit variable obtained a t-value of 0.111 with a significance level of 0.912. Thus, it can be concluded that X1 and X2 show no significant effect on Y.

Determination Coefficient Analysis

Table 7. Coefisient of Determinasion

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.192 ^a	.037	-.004	3.41898

a. Predictors: (Constant), PERCEIVED BENEFIT, PEER PRESSURE

b. Dependent Variable: SELF-CONTROL

Source: Research Data 31 (2025)

Based on the above determination analysis table, an R-squared value of 0.037 was obtained. This indicates that the variables Perceived Benefit and Peer together account for only 3.7% of the variance in Self-Control. The Adjusted R-Square value is -0.004.

4.2 Discussion

Based on the hypothesis analysis, the F value is 0.899 at the 0.414 level, and the calculated F is $<$ the table F of 3.183. Meanwhile, the Adjusted R Square is -0.004, indicating that the combination of variables X1 and X2 accounts for 3.7% of the variance in self-control. This presentation suggests that the influence on self-control remains low. This is evidenced by the p-values for the peer variable ($p=0.197$) and perceived benefit ($p=0.912$), both of which exceed the significance level of 0.05. These findings indicate that the influence among variables must

be understood comprehensively by considering the inmates' behavioral dynamics. Furthermore, the researcher conducted a partial test on each variable. The peer variable X1 showed a t-value of 1.308. This result indicates that peer influence in the study context is not directly reflected in an individual's self-control. Among inmates, individuals can interact intensely with their social environment, but this influence does not automatically become habitual self-control, so its impact is not statistically detectable.

However, theoretically, according to [Widiawati et al. \(2021\)](#) drug use behavior is formed through a process of behavioral modeling, observation, and social reinforcement within peer pressure. When someone sees their friends accepting or using drugs, this can become direct reinforcement, increasing the likelihood of the individual imitating the behavior. This is in line with [Škarić-Jurić et al. \(2020\)](#) Radetić-Paić's theory, which explains that peer pressure is a condition in which individuals feel demands, encouragement, or expectations from their peer pressure to follow certain behaviors, including using narcotics or illegal substances, in order to gain social acceptance, avoid rejection, and conform to group norms. This dynamic shows that interaction with peer pressure not only influences observable behavior but can also be driven by the individual's need to remain accepted in their environment.

This tendency can lead to the conclusion that in the perceived benefit partial test, the t-value is 0.111, which is < 2.01174 . This suggests that its empirical influence was not statistically supported in this study. The regression coefficient's direction is consistent with theory, indicating that perceived benefit remains conceptually associated with self-control among inmates, although its statistical influence is not yet significant. The correctional environment is a controlled social space with formal norms and consequences for certain behaviors, so that the process of filling out the research instrument takes place in a situation that encourages careful and normative responses [Burek & Liederbach, 2021](#)). This imposes limitations on the diversity of responses recorded in line with the institutional context, resulting in relatively free variation in the data obtained.

Phenomenologically, inmates assess the use of NAPZA as having benefits and advantages from an action, as explained in the theory Rosenstock, (1974), that perceived benefit is an individual's belief that a particular action utilizes health services. However, contemporary studies show that NAPZA users also assess the direct benefits of use, such as stress reduction, social acceptance, and improved performance, which are strong drivers of usage behavior despite knowing the long-term risks ([Zhang & Chen, 2022](#)). In research on substance abuse, the concept of perceived benefit is related to the cognitive process of decision-making. Khazaei-Pool et al., (2019) identified that individuals who use NAPZA often assess that this behavior provides certain functions and benefits in their lives, and this perception plays a role in maintaining addictive behavior. In their findings, perceived benefit is reflected through the "pros" component that appears in the decisional balance, which is a subjective assessment of the positive aspects of NAPZA use. According to [Pechorro et al. \(2023\)](#), low self-control increases an individual's tendency to engage in risky behavior due to an orientation toward short-term gratification rather than consideration of long-term consequences. This is especially true when individuals are more easily influenced by their social environment and the perceived benefits of NAPZA itself.

Considering this framework, the influence of peer pressure and perceived benefits on the self-control of inmates who abuse drugs is likely to be affected by other dimensions that have not been fully measured in this study but develop in the context of a strict and restrictive

correctional environment. These conditions encourage inmates to develop coping strategies, awareness of legal consequences, and institutional environmental adaptation processes [Amri, \(2018\)](#). These adaptive mechanisms form patterns of self-control that are not solely derived from peer influence and perceived benefits, but also from personal experiences and normative compliance with applicable rules. Therefore, although the correlation between variables is insignificant, it remains theoretically relevant; its influence may be indirect or hidden within broader psychological dynamics, and thus not fully captured by statistical testing.

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