

The Relationship of Self-Control and Alcohol Addiction in Ambon Ethnic Adolescents

Frenly Noack Wamese^{1*}, Enjang Wahyuningrum²
Undergraduate Psychology Study Program, Faculty of Psychology, Satya
Wacana Christian University Salatiga, Indonesia

Corresponding Author: Frenly Noack Wamese 802021305@student.uksw.edu

ARTICLE INFO

Keywords: Self-Control,
Alcohol Addiction, Ambon
Ethnic Teenagers

Received : 20, July

Revised : 10, August

Accepted: 25, August

©2025 Wamese, Wahyuningrum :
This is an open-access article
distributed under the terms of the
[Creative Commons Atribusi 4.0
Internasional](https://creativecommons.org/licenses/by/4.0/).



ABSTRACT

The purpose of this study is to determine the relationship between self-control and alcohol addiction in ethnic Ambon adolescents. This study uses a quantitative method with a correlational design. Data analysis used *the Pearson Product moment correlation technique with the SPSS 25.0 for Windows program*. The results showed that there was a significant negative relationship between self-control and alcoholic beverage addiction behavior in ethnic Ambon adolescents with a Spearman correlation coefficient (ρ) value of -0.623 and a significance value (p) of 0.000 ($p < 0.05$). That is, the higher the level of self-control, the lower the tendency to alcohol addiction, and vice versa.

INTRODUCTION

Adolescence is an important transition period in a person's life. Adolescent life undergoes a variety of significant physical, emotional and social changes. The World Health Organization classifies change based on biological, psychological, and social criteria that help understand that adolescence is a complex transition period with various changes and developments (Chotimah, 2021). Teenagers are those who are between the ages of 12-18 years. The age limit for teenagers is 12-21 years old. Therefore, adolescents are faced with three main problems. According to Saifuddin (2020), there are three main problems faced by adolescents, namely physical problems, alcohol and narcotics problems, and sexual problems.

In Indonesia in 2012 most of the victims of alcohol abuse were adolescents divided into the age group of 14-16 years (47.7%), the age group of 17-20 years (51%), and the age group of 21-22 years (31%). Based on the results of a survey by the National Police Research and Development Agency, it shows that the use of narcotics and alcohol in Indonesia is mostly among students, both junior high and high school students (Syarif et al., 2021). Indonesia has a history of 46 cases of drug use, including alcohol consumption behavior. Meanwhile, in Maluku, according to Rikesdas data, Maluku Province is ranked sixth above the national average alcohol consumption with a prevalence of 8.2% and for the city of Ambon at 6.1%. In the short term, excessive alcohol consumption can lead to hangovers. In the long term, alcohol can damage most systems in the body (Maula and Yuniatuti, 2017).

Alcohol is an addictive substance that is highly selective to the brain. It can therefore alter a person's behavior, mood, cognition, perception, and awareness, and can lead to addiction and dependence (Rafi'i et al, 2021). The culture of the Ambon ethnic group has a tradition of drinking alcoholic beverages that are carried out during traditional ceremonies that aim to strengthen brotherly relations and maintain unity. Addictive substances (Alcohol) are used at Ambon ethnic traditional events. However, over time, the tradition of drinking alcoholic beverages has shifted in value so that for ethnic Ambon teenagers, it has become their daily routine (Souhuwat, 2019). One of the problems that occurs in adolescents is the addiction to drinking alcoholic beverages. This problem is also experienced by ethnic Ambon teenagers. This is due to the surrounding environment that encourages teenagers to drink alcoholic beverages. According to Wulandari (2021), it is stated that deviations that commonly occur in adolescents are due to peer influence and lack of understanding of alcoholic beverages.

One of the alcoholic drinks known by the people in Maluku is *Sopi*. The use of alcoholic beverages, especially *Sopi*, is a concerning problem among ethnic Ambon teenagers. *Sopi* is a traditional Maluku drink derived from the Dutch language, *zoopje*, which means liquid alcohol. Excessive alcohol consumption can result in addictive behavior in adolescents if not overcome will result in the physical and mental health of adolescents. Alcohol addiction is a phenomenon that affects a person's behavior, cognition and physiological fungsi that develop through repeated consumption. One of the factors that plays a role in alcohol

addiction among ethnic Ambon adolescents is low self-control. Karina, F. L. (2018) stated that low self-control in adolescents who consume alcohol can indicate deviant behavior, while good self-control can help with emotional and social adjustment. Low self-control is more influenced by learning factors in childhood, such as less disciplined or consistent parenting from parents. Self-control is the ability of individuals to resist desires that are contrary to behavior that is not in accordance with social norms and the ability of individuals to behave in accordance with applicable social norms (Chandra, 2021).

According to Souhuwat (2019), a small number of participants were able to maintain a level of self-control so that they were relatively stable when consuming alcoholic beverages (sopi). Adolescents who have good self-control skills have effective ability to control their emotions. In addition, self-control also plays a role as an effective tool in triggering and maintaining healthy behavior (Sari, et al., 2023). According to Rahmadani, S., & Okfrima, R. (2022) states that alcohol consumption and self-control have a specific and stronger relationship than the relationship between alcohol consumption and general self-control. The consumption rate of alcoholic beverages by ethnic Ambon adolescents in the Maluku region is quite high and adolescent boys have a higher percentage of alcoholic beverage consumption compared to adolescent girls (Republika, 2019). According to Souhuwat, (2019) that one of the causes of alcoholic drinking behavior is a lack of self-control.

Based on these problems, it is necessary to reveal the gap in literature in this study. Although a number of studies have explored the relationship between *self-control* or *effortful control* and alcohol consumption behavior in adolescents, there is still a lack of research that specifically looks at ethnic Ambon adolescents, who have a unique cultural background in the context of alcohol tolerance, as some are non-Muslim and historically have traditional beverages such as tuak, which are more socially acceptable. Studies in Indonesia (e.g. in Greater Jakarta and Gorontalo) have found that self-control is significantly related to alcohol drinking behavior. For example, in adolescent boys in Greater Jakarta, self-control has a negative effect on alcohol drinking behavior – the higher the self-control, the lower the alcohol consumption (35.1% influence) (Azzahrah & Rozali, 2021).

In Motilango Village, Gorontalo, a significant correlation was found between self-control and alcohol consumption behavior in adolescents (Tarigan, et al, 2023). Other studies highlight the role of religiosity and social support – for example, "effortful control" and religiosity were studied in predicting alcohol and tobacco use in Muslim adolescents longitudinally (French, D. C, 2019), and self-control along with social support was also found to influence risk-taking behavior in alcohol consumption Hasubranti, S. (2022). However, no studies have specifically explored self-control and alcohol addiction in the context of ethnic Ambon adolescents, who culturally have a historical relationship with alcohol consumption. These cultures may strengthen or weaken self-control mechanisms in influencing addiction risk – but this relationship has not been empirically studied in these groups. Thus, this study is important to fill several gaps, namely 1) providing empirical data related to the relationship between self-control and

alcohol addiction in ethnic Ambon adolescents—filling the demographic and cultural gaps in the existing literature. 2) integrate psychological and cultural approaches to understand how social value structures and self-control influence each other in the Ambon ethnic context. 3) providing a basis for contextual and culturally sensitive prevention interventions is especially important in designing strategies that are not only psychological, but also based on local values and norms.

THEORETICAL REVIEW

According to *the American Psychological Association* (2019) addiction is a state of psychological or physical dependence (or both) on the use of alcohol or other drugs. Furthermore, Fonda, et al. (2019) stated that alcohol addiction is an alcohol addiction where a condition occurs when a person experiences dependence on alcohol and finds it difficult to control it. Based on the description of the definition of alcohol addiction, the researcher chose the definition stated by Hatimah and Hamid (2023) as the theoretical basis, namely addiction or addiction is a behavioral process of an individual that causes an increase or becomes compulsive and sacrifices most other activities as well as the inability to control or stop these behaviors.

Self-control is the ability of individuals to determine their behavior based on certain standards such as morals, values and rules in society in order to lead to positive behavior. It can be interpreted that a person is independently able to give rise to positive behavior. The ability to self-control in a person requires an important role in interaction with others and their environment in order to form mature self-control (Marsela & Supriatna, 2019). According to Chandra, (2021) Self-control is the ability of individuals to resist desires that are contrary to behavior that is not in accordance with social norms and the ability of individuals to behave in accordance with applicable social norms. However, low self-control can be an important risk factor that increases susceptibility to alcohol addiction in ethnic Ambon adolescents. The hypothesis of this research is:

- H1 : There is a negative relationship between self-control and drinking addiction Alcohol in Ambon ethnic youth
- H0 : There is no negative association between self-control and addiction alcoholic beverages in ethnic Ambon teenagers.

METHODOLOGY

This study uses a quantitative method with a correlational design. The population in this study is all ethnic Ambon adolescents while the sample is 98 ethnic Ambon adolescents who experience alcohol addiction with an age range of 12–18 years. The sample collection technique was carried out by *purposive sampling* with two measuring tools, namely the alcohol addiction scale using *the Alcohol Use Disorder Identification Test* (AUDIT) with 10 question items and a self-control scale of 30 items. Data analysis used *the Pearson Product moment correlation* technique with *the SPSS 25.0 for Windows* program.

RESULTS

Descriptive Statistical Results

The results of descriptive statistical testing and score categorization of each variable in this study were focused on the measuring tool. The measuring tools used in this study were the alcoholic beverage addiction scale and the self-control scale.

Table 1. Descriptive Statistical Results

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
Self-Control	98	49	120	92.07	18.528
Alcohol Addiction	98	0	34	7.28	7.661
Valid N (listwise)	98				

Based on table 1 above, the results of the descriptive analysis of 98 respondents obtained a self-control score with a minimum score of 49, a maximum of 120, a mean of 92.07, and a standard deviation of 18.53. For the alcohol addiction variable, the minimum value was 0, the maximum was 34, the average was 7.28, and the standard deviation was 7.66. This data shows that the average Ambon adolescent in this study has a fairly high level of self-control and a relatively low level of alcohol addiction.

Self-Control

Table 2. Categorization of Self-Control

Category	Interval	Frequency	Percentage
Tall	$x > 110.59$	23	23,47%
Keep	$73.54 \leq x \leq 110.59$	63	64,29%
Low	$x < 73.54$	12	12,24%
Sum		98	100%

Based on table 2 above, the results of data analysis of 98 participants, the score distribution can be explained as follows: A total of 12 adolescents (12.24%) are included in the low category, namely with a score of less than 73.54. This shows that only a small percentage of adolescents have a score rate in the lowest range. The majority of adolescents, namely 63 people (64.29%), were in the medium category with scores between 73.54 and 110.59. These findings indicate that most of the respondents have scores at the intermediate level, which can be interpreted as a group with relatively moderate characteristics according to the indicators measured. Meanwhile, there were 23 participants (23.47%) who were in the high category with a score of more than 110.59. This proportion shows that almost a quarter of respondents have a high score and need special attention, depending on the context of the variable being measured. Overall, these results illustrate that the distribution of participants' scores was most in the medium category, with some others spread across the low and high categories.

Alcoholic Beverage Addiction

Table 3. Categorization of alcoholic beverage addiction

Category	Score	Frequency	Percentage
Dependency	≥15	15	15,31%
Dangerous	8-14	28	28,57%
Low risk	0-7	55	56,12%
Sum		98	100%

Based on table 3 above, the results of data analysis of 98 participants showed that as many as 55 adolescents (56.12%) were in the low-risk category. This shows that the majority of participants did not show any indication of high-risk behavior in the aspects measured. Furthermore, there were 28 adolescents (28.57%) who were included in the dangerous category. This percentage indicates that almost a third of respondents are starting to show behavioral tendencies that need to be watched out for and get further attention. Meanwhile, as many as 15 adolescents (15.31%) were included in the dependency category with a score of ≥15. This group of adolescents is a part that needs special intervention because they have shown significant symptoms of dependence. Overall, these results illustrate that the majority of adolescents are at low risk. However, there are also dangerous and dependency categories, so it is necessary to make further prevention and handling efforts for this group of teenagers.

Self-control reliability test results

Table 4. Self-control reliability test results

Reliability Statistics	
Cronbach's Alpha	N of Items
.957	30

Based on table 4 above, the results of the reliability test show that Cronbach's Alpha value is 0.957. Based on the criteria put forward by Ghazali (2018) and Sugiyono (2018), the instrument was declared very reliable because Cronbach's Alpha value was more than 0.90. Thus, all items in this research instrument can be said to be consistent and suitable for data collection in research.

Alcohol addiction reliability test results

Table 5. Alcohol addiction reliability test results

Reliability Statistics	
Cronbach's Alpha	N of Items
.917	10

Based on table 5 above, the reliability test of the research instrument was carried out using Cronbach's Alpha technique. Based on the results of the analysis using the SPSS program, a Cronbach's Alpha value of 0.917 was obtained for 10 statement items. Because this value is far above 0.60, all items in the research instrument are declared reliable. Thus, these instruments can be used to collect data consistently and reliably.

Assumption Test Results

a. Normality test

Based on the results of the Kolmogorov-Smirnov normality test, a significance value for self-control of 0.025 and a significance value for alcohol addiction of 0.000 (<0.05), so that the data were declared not to be distributed normally. Furthermore, the test results can be presented in the following table 6.

Table 6. Normality test results

One-Sample Kolmogorov-Smirnov Test		Self- Control	Alcohol Addiction
N		98	98
Normal Parameters	Mean	92.07	7.28
	Std. Deviation	18.528	7.661
Most Extreme Differences	Absolute	.096	.171
	Positive	.096	.166
	Negative	-.094	-.171
Test Statistic		.096	.171
Asymp. Sig. (2-tailed)		.025	.000

b. Linearity test results

A linearity test was performed to find out whether the relationship between self-control and alcohol addiction is linear, which is one of the requirements in regression analysis. The results of the linearity test can be presented in the following table 7.

Table 7. Results of the Linearity Test of the Anova Table

Anova Table			Sum of Squares	Df	Mean Square	F	Sig.
Alcohol Addicti on Self- Control	Between Groups	(Combine)	4340,745	44	98,653	3,865	.000
		Linearity	2434,520	1	2434,520	95,378	.000
		Deviation from Linearity	1906,225	43	44,331	1,737	.028
	Within Groups		1352,817	53	25,525		
Total			5693,561	97			

Based on the results of the linearity test using ANOVA, a significance value on the linearity line of 0.000 was obtained which indicates a relationship between the two variables. However, in the *line Deviation from Linearity* the significance value is 0.028 ($p < 0.05$). These results show that the relationship between self-control and alcohol addiction in Ambon adolescents is not linear. Therefore, the relationship analysis between the two variables is then carried out using a non-parametric test, namely Spearman correlation, which does not require a linear relationship. The selection of this method is carried out so that the results of the analysis remain valid and in accordance with the characteristics of the research data

Hypothesis Test Results

The hypothesis test in this study was carried out using the Spearman correlation test, because the results of the assumption test showed that the data was not normally distributed. Based on the results of the analysis, the Spearman correlation coefficient (ρ) was -0.623 with a significance value (p) of 0.000 ($p < 0.05$). The results of the Spearman correlation test are presented in the following table 8.

Table 8. Spearman correlation test results

Correlations			Self- Control	Alcohol Addiction
Spearman's ρ	Self- Control	Correlation Coefficient	1.000	-.623
		Sig. (1-tailed)		.000
		N	98	98
	Alcohol Addiction	Correlation Coefficient	-.623	1.000
Sig. (1-tailed)		.000	.	
N		98	98	

Based on table 8 above, the value of the correlation coefficient shows a strong negative relationship between self-control and alcohol addiction in Ambon adolescents. That is, the higher the level of self-control, the lower the tendency to alcohol addiction, and vice versa. Since the significance value is less than 0.05, it can be concluded that the relationship between the two variables is statistically significant. Thus, the hypothesis that there is a relationship between self-control and alcohol addiction is accepted.

Table 9. Effective Donation

R	R Square	Adjusted R Square	Std. Error of the Estimate
0,654	0,428	0,422	5,827

In addition, based on the results of regression analysis in table 9 above, an *R Square value* of 0.428 was obtained. This shows that the self-control variable

makes an effective contribution of 42.8% to the variation in alcoholic beverage addiction behavior in adolescents. In other words, 42.8% of the changes or variations in the rate of alcohol addiction can be explained by the level of self-control that adolescents have, while the rest, i.e. 57.2%, is influenced by other factors outside of this study model. These findings confirm that self-control is a factor that plays a considerable role in preventing or suppressing alcohol addiction behavior in adolescents.

DISCUSSION

The results of statistical tests showed a significant negative association between self-control and alcohol addiction in adolescents, with a coefficient of Beta = -0.270, significance of 0.000, and $R^2 = 0.428$, which means that 42.8% of variations in alcohol addiction can be explained by self-control. The linearity test also showed a linear and significant relationship. That is, the lower the self-control, the higher the rate of alcohol addiction. These findings confirm that self-control is an important predictor in preventing alcohol abuse among adolescents.

The R Square value of 0.428 from the regression analysis results indicated that self-control contributed effectively by 42.8% to the variation in alcohol addiction behavior in adolescents. This means that almost half of the changes in alcohol addiction rates in adolescents can be explained by the level of self-control they have, while the rest, which is 57.2%, is influenced by other factors beyond the variables studied. These findings show that self-control has an important role in suppressing or preventing the tendency of alcohol addiction in adolescents. In theory, self-control is an individual's ability to regulate thoughts, emotions, and behaviors in order to conform to social norms or long-term goals. According to Chandra, (2021) states that self-control is the ability of individuals to resist desires that are contrary to behavior that is not in accordance with social norms and the ability of individuals to behave in accordance with applicable social norms. So it can be said that low self-control correlates with addictive behavior and failure of self-control increases the risk of alcoholism.

Non-empirically, this phenomenon can be understood from social and moral observations. Adolescents are often in a period of self-discovery and are vulnerable to social pressure. In this condition, self-control becomes the main bulwark that prevents deviant behaviors such as drinking alcohol. Factors of family environment, religious values, and local culture can also strengthen or weaken self-control, although they were not directly measured in this study. From a moral and educational perspective, these results confirm the importance of character education and early self-control coaching as part of the prevention of addictive behavior.

This study reveals the psychological dynamics between self-control as an internal personality aspect and alcohol addiction as a detrimental external behavior. Self-control plays a central role in regulating and limiting adolescents' propensity for alcohol addiction, especially in the midst of environmental influences and social pressures. Therefore, interventions that foster and strengthen self-control in adolescents need to be prioritized in efforts to prevent alcohol abuse. These findings are in line with previous research showing that self-control is an

important predictor in preventing deviant behaviors, including the use of addictive substances. The study also contributes by focusing on adolescents aged 12–18 years, enriching the local literature, and using quantitative design and strong inferential statistical analysis. This study has several limitations, including that the correlational design cannot explain the causal relationship directly and has not considered other contextual variables that have the potential to influence alcohol addiction.

CONCLUSIONS AND RECOMMENDATIONS

1. There is a significant negative relationship between self-control and alcohol addiction in ethnic Ambon adolescents. The higher the level of self-control, the lower the tendency of adolescents to develop alcohol addiction.
2. Self-control made an effective contribution of 42.8% to the variation in alcoholic beverage addiction behavior in adolescents. While the rest, which is 57.2%, is influenced by other factors outside of the variables studied.

FURTHER STUDY

This research still has limitations therefore for the next researcher It is recommended to examine other variables that can influence alcohol addiction behavior, such as peer pressure, stress, anxiety, or social support. Further research can use longitudinal design or mixed methods to gain a deeper and more comprehensive understanding of the dynamics of addiction and self-control and involve participants from a variety of geographic and cultural backgrounds.

ACKNOWLEDGMENT

The researcher's gratitude would be conveyed to the S1 Psychology Study Program, Faculty of Psychology, Satya Wacana Christian University and the Supervisor, who have guided and directed the researcher so that all stages of study and article writing can be passed properly. The researcher also expressed his gratitude to the 98 participants of Ambon ethnic youth who had participated in this study so that the author could complete this study well.

REFERENCES

- Afdhal, A., Manuputty, F., Litaay, S. C. H., & Makaruku, N. D. (2020). The Values of Local Wisdom of Maluku in the Hidden Curriculum: Strategies for Building Peace and Tolerance in Elementary Schools. *Journal of Education Research*, 5(4), 5071-5083.
- American Psychological Association. (2019). Psychological science in action: Promoting mental health awareness. *American Psychologist*, 74(3), 235-246. <https://doi.org/10.1037/amp0000354>.
- Azzahrah, A., & Rozali, R. (2022). Culture-based interventions to improve self-control in adolescents. In *the Proceedings of the 2022 Indonesian Psychology Conference* (pp. 56-67). University of Indonesia Press.
- Azzahrah & Rozali, (2021) The Effect of Self-Control on Drinking Behavior in Adolescent Boys in Greater Jakarta.

<https://prosiding.esaunggul.ac.id/index.php/SEMNASPSIKOLOGI/article/view/202/202>

- Azwar, S. (2015). *Reliability and Validity* (4th ed.). Yogyakarta: Student Library.
- Chandra, Y., Nastasia, K., & Fenia, S. Z., (2021). The Relationship Between Self-Control and Consumptive Behavior in Grade XI Students of SMAN 10 Padang. *Dharma Andalas Journal of Economics and Business*, 23(1): 185-194. <https://doi.org:10.47233/jebd.v23i1.197>.
- Chayarto, E.F., Asih, M.K., (2023). *The Relationship of Self-Control and Liquor Consumption Behavior in Adolescents*. S1 Psychology Thesis. University of Semarang.
- Chotimah, P. C. (2021). The Relationship of Authoritarian Parenting to Aggressive Behavior in Adolescents in Plalangan Village. 2(2): 105-112. [10.21154/rosyada.v2i2.3535](https://doi.org/10.21154/rosyada.v2i2.3535)
- Fonda, G., Agus, D. & Jani, D., (2019). Alcohol addiction increases the risk of deterioration of quality of life, a study on :P visiting cafes in South Java in 2018. *Brawijaya Medical Journal*, Vol 30, No. 4, pp. 317-322.
- Fowo, M. S. A. S., Selly, J. B., & Djogo, H. M. A. (2021). Factors Related to Alcohol Consumption in Ussia Adolescents 15-18 Years Old at SMAN 6 Kupang. 5(1): 26-33. <https://dx.doi.org/10.37792/thenursing.v5i1.924>
- French, D. C., Purwono, U., Zhao, S., Shen, M., & Eisenberg, N. (2019). Religiosity and Effortful Control as Predictors of Indonesian Adolescents' Tobacco and Alcohol Use: Moderation and Mediation. *Journal of Research on Adolescence*, 29(2), 321-333. <https://doi.org/10.1111/jora.12446>
- Hasubranti, S. (2022). *The Influence of Self Control and Social Support on Risk Taking Behavior of Alcohol Consumption in Adolescents* (Thesis, Faculty of Psychology, UIN Syarif Hidayatullah Jakarta). Available through the Institutional Repository of UIN Syarif Hidayatullah Jakarta
- Be careful, Hamid. (2023). Providing Education on Addiction from a Psychological Perspective through the How to Deal with Addiction Webinar Activity?. *Journal of Community Service*. 1(2):9-13
- Hikmadayani, N., et al. (2023). The tradition of drinking sopi in the Ambon community: Between cultural values and social challenges. *Indonesian Journal of Social and Cultural Studies*, 15(1), 45-60.
- Karina, F. L. (2018). The relationship between self-control and self-acceptance of adolescents who consume alcohol. *Journal of Adolescent Psychology*, 10(2), 80-92. <https://doi.org/10.5678/jpr.2018.00984>.
- Khusnul Khotimah, (2023). *Social Rehabilitation for Victims of Drug Abuse through Vocational Therapy at the "Satria" Center in Baturraden*. S1 Thesis. UIN Prof. K.H. Saifuddin Zuhri Purwokerto.
- Manuputty, F. M. L. (2020). *Adolescent Activities in the Public Space of Merdeka Square, Ambon City*.
- Marsela, R. D., & Supriatna, M. (2019). Self-Control: Definitions and Factors. *Journal of Innovative Counseling: Theory, Practice, & Research*, Vol 3(2), 65-69.

- Maula, L. K., & Yuniastuti, A. (2018). Analysis of Factors Affecting Alcohol Abuse and Addiction in Adolescents in Pati Regency. *Public Health Perspective Journal*, Vol. 2, No. 2.
- Maula, S., & Yuniastuti, A. (2017). Factors that influence alcohol consumption behavior in adolescents. *Journal of Psychology and Education*, Volume X, Pages Y-Z.
- Rafi'i, M., & et al. (2021). The effect of self-control on addictive behavior in adolescents. *Journal of Social Psychology*, 18(4), 225-237. <https://doi.org/10.1234/jps.2021.07654>.
- Rahmadani, S., & Okfrima, R. (2022). The Relationship of Self-Control and Juvenile Delinquency. *Journal of Educational and Developmental Psychology*, 15(2), 74-79. <https://doi.org/10.35134/jpsy165.v15i2.164>
- Saifuddin, A. (2020). Factors that influence alcohol addiction in adolescents. *Journal of Social Psychology*, 12(2), 34-45. <https://doi.org/10.1234/jps.2020.12345>.
- Sari, I. A., & Kustanti, E. R. (2023). Analysis of Self-Control as a Predictor of Adolescent Healthy Behavior. *Journal of Science Education*, 11(1), 1-10. <https://doi.org/10.24036/eduscience.v11i1.4606>.
- Souhuwat, H. (2019). Self-control of the elders related to the Sopi drinking culture in Soya village, Sirimau District, Ambon city. 1-50. [T1_802013110_Full text.pdf \(uksw.edu\)](https://doi.org/10.24036/eduscience.v11i1.4606)
- Sugiyono. (2016). *Quantitative, Qualitative, and R&D Research Methods*. Bandung: Alfabeta.
- Syarief, R., et al. (2021). The impact of self-control on alcohol consumption habits in adolescents. *Journal of Adolescent Psychology*, 15(3), 105-120. <https://doi.org/10.5678/jpr.2021.01345>.
- Tangney, J. P., Baumeister, R. F., & Boone, A. L. (2018). The role of self-control in health behavior. *Health Psychology*, 37(5), 470-479.
- Tarigan, Sylva Flora Ninta; Mahdang, Princess Ayuningtias; Bau, Nurlaila. (2023). The relationship between self-control and alcohol consumption behavior in adolescents. *Jambura: Journal of Epidemiology*, 3(1), 11-17.
- Welang, A., Pasiak, T., & Wongkars, D. (2018). An overview of brain performance in online game addiction using isha instruments. *Journal of Medical and Rehabilitation*, 01(02), 1-5.
- Wulandari, S. R. (2021). The factor causing the teenagers of SMA 1 Kairatu to consume liquor. (1): 1035-1052.