

**HUBUNGAN TINGKAT PENGGUNAAN ALKOHOL BERDASARKAN
SKOR AUDIT (ALCOHOL USE DISORDERS IDENTIFICATION TEST)
DENGAN DEPRESI PADA PENGHUNI LAPAS NARKOTIKA
KELAS IIA YOGYAKARTA**

INTISARI

Latar belakang: Depresi menjadi *co-occurring disorders* yang paling banyak ditemukan di dalam penjara dan terjadiannya sering dihubungkan dengan tingkat penggunaan dan ketergantungan alkohol. Instrumen AUDIT (*Alcohol Use Disorders Identification Test*) yang dikembangkan oleh WHO telah digunakan secara luas untuk meneliti gangguan penggunaan alkohol dan *co-occurring disorders* pada narapidana dan telah tervalidasi untuk skrining dan intervensi singkat di ranah hukum dan peradilan. Penelitian ini bertujuan untuk mengetahui hubungan antara tingkat penggunaan alkohol berdasarkan skor AUDIT dengan depresi pada penghuni Lapas Narkotika.

Metode: Penelitian *cross sectional* dilakukan pada 85 laki-laki penghuni Lapas Narkotika Kelas II A Yogyakarta yang lama berada di penjara kurang dari 1 tahun dan memiliki riwayat menggunakan alkohol dalam 12 bulan terakhir sebelum ditahan/dipenjara. Tingkat penggunaan alkohol diukur berdasarkan skor AUDIT dan derajat depresi diukur dengan *Beck Depression Inventory II* (BDI-II). Analisis bivariat dilakukan dengan uji *Chi-square* dan analisis multivariat dilakukan dengan uji regresi logistik multipel.

Hasil: Instrumen AUDIT versi Indonesia valid (*Pearson's product moment* $r = 0,559-0,795$; $p < 0,001$) dan reliabel (*Cronbach's alpha* = 0,859). Rincian tingkat penggunaan alkohol berdasarkan skor AUDIT yaitu *low-risk drinkers* sebanyak 48,2%, *high-risk drinkers* sebanyak 37,6% dan *probable alcohol dependence* sebanyak 14,1%. Gangguan penggunaan alkohol sebesar 51,8% dan kejadian depresi sebesar 77,6% dimana hasil analisis bivariat menunjukkan tidak terdapat hubungan yang bermakna antara tingkat penggunaan alkohol dengan depresi. Penghasilan tinggi menjadi faktor protektif terhadap terjadinya depresi dengan $OR=0,333$ (95% CI: 0,116-0,961; $p=0,042$).

Kesimpulan: Terdapat hubungan yang tidak bermakna secara statistik antara tingkat penggunaan alkohol dengan depresi pada penghuni Lapas Narkotik Kelas IIA Yogyakarta

Kata kunci: gangguan penggunaan alkohol – depresi – AUDIT – BDI II - narapidana

**THE ASSOCIATION BETWEEN THE LEVEL OF ALCOHOL USE
BASED ON AUDIT (ALCOHOL USE DISORDERS IDENTIFICATION
TEST) SCORES AND DEPRESSION AMONG INMATES
IN NARCOTIC PRISON YOGYAKARTA**

ABSTRACT

Background Depression becomes the most common co-occurring disorder in prison and its occurrence is often associated with alcohol use and dependence. The AUDIT (Alcohol Use Disorders Identification Test) instrument has been used extensively to investigate alcohol abuse and co-occurring disorders in prisoners and has been validated for screening and intervention in the justice system. This study aims to determine whether there is a relationship between the level of alcohol use based on AUDIT scores with depression among inmates in Narcotic Prison.

Method This study was a cross sectional design, the subjects were 85 male prison inmates in Narcotic Prison Yogyakarta with length of stay in prison less than a year and have used alcohol during the last 12 months before being locked up. The alcohol use severity was measured using AUDIT Indonesian version which had been tested for validity and reliability. Depression severity was measured using Beck Depression Inventory II (BDI II) Indonesian version. Bivariate and multivariate analysis were conducted using chi-square and multiple logistic regression.

Results The statistical analyses results showed that the AUDIT Indonesian version was valid (Pearson's product moment; $r = 0,559-0,795$; $p < 0.001$) and reliable (Cronbach's alpha = 0,859). Based on AUDIT scores, low-risk drinkers was 48,2%, high-risk drinkers was 37,6% and probable alcohol dependence was 14,1%. The incidence of alcohol use disorders among our subjects was 51,8% and depression was 77,6%. We found no significant association between alcohol use and depression. A high income was a protective factor against depression with $OR=0,333$ (95% CI: 0,116-0,961; $p=0,042$).

Conclusion There is no significant association between alcohol use severity and depression among inmates in Narcotic Prison Yogyakarta

Keyword alcohol use disorder – depression – AUDIT – BDI II – prison inmates