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## THE CULTURE OF DRINKING SOPI (TRADITIONAL ALCOHOLIC BEVERAGES) IN NTT AND THE IMPACT ON ADOLESCENTS IN KUPANG CITY

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### ABSTRACT:

The culture of drinking sopi (traditional alcoholic beverages) by the people of NTT, especially in Kupang City, has occurred since a long time ago, where this sopi drink is used in traditional events. The purpose of using sopi is as a binder for family silaturahmi. But for now the use of drinking sopi has deviated, where sopi is used for teenagers aged from the age range of 13-17 years the impact experienced by teenagers in Kupang City in consuming alcohol is that it can cause various impacts including causing aggressive behavior in drinkers, often causing physical, mental violence to cause chaos in the surrounding environment.

**Keywords:** Sopi culture, the impact of alcohol, aggressive behavior.

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### INTRODUCTION

Alcoholic beverages are drinks containing ethyl alcohol or ethanol processed from agricultural products containing carbohydrates by fermentation and distillation or fermented without distillation (Wibawa et al., 2022). In Indonesia today people consider alcohol has

now become a lifestyle. The Central Statistics Agency (BPS) noted that in 2021, alcohol consumption in Indonesia was recorded at 0.36 liters per capita for rural residents reaching 0.6 liters per capita. Meanwhile, in urban areas, it was recorded at 0.18 liters per capita last year.

Please note that sopi drink which is liquid alcohol was once derived from the Dutch language, namely, "zoopje". Sopi is a traditional liquor of the people of NTT where the production process is by distilling Tuak Nira (Zakharia et al., 2022). This sopi drink has existed for a long time which has been passed down from generation to generation by ancestors even until now sopi drink has become a habit in traditional events, rituals and at parties around the people of NTT. For this reason, this sopi will remain immortal as part of the local wisdom of the community (Salesman et al., 2018). In addition to sopi as a complement to traditional ceremonies, but so far sopi is mostly now blamed for use. Both among parents and teenagers in Kupang City (Damaledo, 2018).

This drink is easily available in Kupang City even though the sale is carried out in secret, even the circulation of sopi has spread to all areas in NTT including all districts in Kupang City. The security forces have tried to suppress its circulation by confiscating, sanctioning the owners and dealers of moke that have been found, but the circulation has never stopped, even always present in the community of Kupang City.

Adolescence is considered an emotionally difficult period, it can even be said that during adolescence it is often called the phase of self-discovery (Mulfinger et al., 2019). The age of adolescence generally ranges from the age of 13-17 years. If you consume alcohol, it can cause

various effects, including causing aggressive behavior in the drinker (Chan et al., 2019).

Aggressive behavior is a very deviant action and can harm various parties both in the surrounding environment and in other environments, such as behavior in the form of physical and mental violence as Bandura said (Kunbuddee et al., 2021) that aggressive behavior is an action or action that is learned and not owned from birth. Research conducted by Robertson, Forbes and Thyne (2017), Prabowo and Pratisi (2017) explains that people who consume alcohol are prone to aggressive behavior such as an alcoholic is prone to aggressive behavior such as hitting friends, chasing, threatening, yelling, and saying rudely, besides that it can behave aggression including physical, verbal, anger and relational aggression.

## RESEARCH METHODS

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Sopi, a traditional alcoholic beverage, has been a significant part of the culture of people in Nusa Tenggara Timur (NTT) for generations. This study aims to explore the culture of drinking Sopi in NTT and its impact on adolescents in Kupang City using a mixed-methods approach.

The study will employ a sequential explanatory design, where quantitative data will be collected first, followed by qualitative data. The quantitative data will be collected through a survey questionnaire administered to a sample of 400 adolescents aged 15-19 in Kupang City. The questionnaire will comprise questions related to their sociodemographic

characteristics, alcohol consumption patterns, attitudes, beliefs, and perceived impact of Sopi on their physical, mental, and social health. The data will be analyzed using descriptive and inferential statistics.

The qualitative data will be collected through in-depth interviews with a subsample of 20 adolescents selected from the survey participants. The interviews will be conducted using a semi-structured interview guide and will explore their perceptions and experiences related to Sopi consumption. The data will be analyzed using thematic analysis.

The study's expected outcomes are to identify the prevalence of Sopi consumption among adolescents in Kupang City, understand the cultural and social factors that influence Sopi consumption, explore the impact of Sopi consumption on adolescent health and well-being, and identify potential strategies to reduce the negative impact of Sopi consumption on adolescents in Kupang City.

The study's findings will have important implications for policymakers, healthcare professionals, and community stakeholders in NTT to develop targeted interventions and programs to prevent or reduce the negative impact of Sopi consumption on adolescents' health and well-being.

## **RESULTS AND DISCUSSION**

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Sopi drinks in Kupang City are usually priced at Rp 10.00 to Rp 20.000 / bottle. With a fairly cheap price and can be reached by low and medium economic

scale layers of society. So to get it is very easy. In general, teenagers start consuming sopi around the age of 13-17 years, which can be interpreted that the age is junior high and high school students. In everyday life, teenagers can be found drinking sopi at parties or in gathering places or hangouts in groups.

The amount of sopi consumed ranges from 2-6 bottles, depending on the number of people and joint venture money. In the city of Kupang itself, the number or range of youths and teenagers consuming sopi drinks is about 2-3 times a week. This condition can be seen or found when teenagers are gathering to form certain groups or they are at a party. In the city of Kupang itself, it is natural to find teenagers drinking sopi even though this is not appropriate to do. In addition, the tradition of drinking sopi is also carried out when you want to build a new house. Sopi will be drunk together with family and neighbors. Teenagers consider sopi to have become a culture in Kupang City.

Research conducted by Musni Umar (2014), said that there are various causes and reasons for someone in increasing the use of liquor, namely simple-minded reasons to warm the body, escape from the problems faced. influenced by the social environment, confronting others, and establishing social relationships with fellow associations or small groups in the use of alcohol. With the reasons above, it will increasingly make liquor more and more widespread for everyone who consumes it. The existence of these

cultural factors can push adolescents in a very bad direction which is with their thinking that consuming sopi is in order to get along and have many friendship relationships, to familiarize with each other and facilitate communication between them, find identity, be accepted in groups, easily obtained at a relatively cheap price.

Musni Umar (2014), said that there are prestige factors between others where they can be recognized and considered in groups, there is a sense of desire to try, the influence of the social environment, and lack of parental attention. According to Nurbiyati, T. (2014) a person's motive for becoming an alcoholic is certainly different, so to find out the source of the problem, counseling is needed. The impact of the culture of consuming sopi, making the area around Kupang City vulnerable to this, the number of cases of fights between teenagers, fellow friends, physical violence, and even throwing inappropriate words that shape the character of teenagers to be naughty such as defiance of parents, Teachers at school and even fellow friends. According to Musbikin (2013), the impact of adolescents consuming liquor is that it can cause physical health problems such as speech and disorders of the body that are not balanced when walking.

## CONCLUSION

From the discussion above, there is a way out that is considered good enough is to legalize sopi in the hope that sopi is more

expensive, distributed more regularly, hard for teenagers, sanctions for distributors against minors, in this case teenagers. There needs to be cooperation across sectors of the government and apparatus, firm action from the Kupang City government, increased health promotion efforts in schools, strict control and supervision by parents of socialization and guidance to the people of Kupang City about the impacts and dangers of sopi.

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