
DRUG PREVENTION TRAINING FOR YOUTH: BUILDING CHARACTER AND RESILIENCE OF THE MUSLIM GENERATION IN THE MODERN ERA

Muhammadong Muhammadong
Universitas Negeri Makassar
muhammadong@unm.ac.id

Sitti Muthmainnah
Universitas Negeri Makassar
sitti.muthmainnah@unm.ac.id

Khaerunnisa
Universitas Negeri Makassar
khaerunnisa@unm.ac.id

Nurhilaliyah
Universitas Negeri Makassar
nurhilaliyah@unm.ac.id

Article History:

Received: September 13, 2025;

Accepted: Oktober 30, 2025;

Published: Nopember 4, 2025;

Abstract. *This community service program aims to strengthen the moral character and resilience of Muslim youth in facing modern challenges, especially the increasing threat of drug abuse. The method used is a participatory and educative approach through interactive seminars, focus group discussions, and role-play activities that emphasize preventive awareness based on Islamic moral values. The training materials include knowledge about the dangers of drugs, Islamic teachings on self-control and health, as well as strategies to develop resistance against negative social influences. The participants, consisting of students and young community members, are guided by a team of educators, health professionals, and religious leaders to ensure holistic learning outcomes. The implementation process is supported by pre- and post-assessments, observation, and participant reflection to evaluate the level of understanding and behavioral improvement. The results show that this activity effectively increases awareness, strengthens personal values, and builds resilience among youth. In conclusion, the integration of religious and educational approaches in drug prevention training plays an essential role in forming a generation of Muslims who are morally upright, aware of social risks, and capable of making positive life choices in the modern era.*

Keywords:

Drug, Prevention Training, Character, Resilience, Muslim Generation,

Abstrak. Program pengabdian kepada masyarakat ini bertujuan untuk memperkuat karakter moral dan ketahanan generasi muda Muslim dalam menghadapi tantangan modern, khususnya ancaman penyalahgunaan narkoba yang semakin meningkat. Metode yang digunakan adalah pendekatan partisipatif dan edukatif melalui seminar interaktif, diskusi

kelompok terarah, dan kegiatan simulasi peran yang menekankan kesadaran pencegahan berbasis nilai-nilai moral Islam. Materi pelatihan mencakup pengetahuan tentang bahaya narkoba, ajaran Islam mengenai pengendalian diri dan kesehatan, serta strategi untuk mengembangkan ketahanan terhadap pengaruh sosial yang negatif. Peserta, yang terdiri dari pelajar dan pemuda masyarakat, dibimbing oleh tim yang terdiri dari pendidik, tenaga kesehatan, dan tokoh agama untuk memastikan hasil pembelajaran yang holistik. Proses pelaksanaan didukung oleh penilaian pra dan pascapelatihan, observasi, serta refleksi peserta untuk mengevaluasi tingkat pemahaman dan perubahan perilaku. Hasil kegiatan menunjukkan bahwa pelatihan ini secara efektif meningkatkan kesadaran, memperkuat nilai-nilai pribadi, dan membangun ketahanan di kalangan generasi muda. Kesimpulannya, integrasi antara pendekatan keagamaan dan pendidikan dalam pelatihan pencegahan narkoba berperan penting dalam membentuk generasi muda Muslim yang berakhlak mulia, sadar terhadap risiko sosial, serta mampu membuat pilihan hidup yang positif di era modern.

A. INTRODUCTION

Community service is very important for helping people in society grow socially, educationally, and health-wise. (F. Othman & I. Karim, 2021). One of the most important problems with childhood development is the growing problem of drug usage, particularly among teens and young people. In this context, drug prevention training for adolescents emerges as a strategic method for fostering character and mental resilience, especially for the contemporary Muslim generation facing several problems and worldwide influences. (M. Sulaiman, & F. Ahmad, 2020).

The fast growth of the contemporary world has caused a lot of problems for young people, such as peer pressure, the wrong use of new technology, and social media's uncontrolled effects. These things make young people more likely to be abused in other ways, such using drugs. Because drug misuse may have a big detrimental effect on young people's physical, mental, and social health, it is important to start preventing it as soon as possible. One of the best methods to keep kids from using drugs is to provide them the information, skills, and values they need to build their character and make them more mentally strong when they are tempted. (I. Idris, & N. M. Noor, 2021).

In this context, drug prevention programs for youth are crucial to enhance their comprehension of the hazards of drugs and its grave repercussions. These programs also try to help people build a strong mental attitude and teach them good values that are in line with Islamic beliefs. As a Muslim generation, young people need to be given the tools they need to deal with life's problems, stay away from bad influences, and make a better future for themselves. (M. A. Al-Muhajir, & R. Rahman, 2019).

The main purpose of this community service program is to teach young people how to avoid drug misuse in a way that is founded on Christian principles and takes into account all aspects of their lives. This program should help teens learn more about the risks of drugs and how to be strong enough to say no to them. The program also wants to help young people improve their character by making them strong, whole, and dedicated to keeping themselves safe from bad influences. One of the most important things to do to make sure that the next generation is healthy, productive, and helpful is to help them build strong character so they can handle the stress of the contemporary world. (R. Yunus, & H. Abdillah, 2022).

The way this program works is centered on teaching and giving people authority. The training includes hands-on activities and discussions that mix theory and practice. Participants learn about the bad effects of drugs and how to stay away from them. The program also helps people grow as people by emphasizing on religious ideals, such how important it is to be self-disciplined and live by Islamic norms. This method is supposed to help participants comprehend drugs better and make them more determined to stay away from them, as well as make them more mentally strong. F. Khairuddin, & H. Abdillah, 2020).

The youth's active engagement in group discussions and simulations is an important aspect of the training. (M. Fathi, & F. Al-Hassan, 2020). Participants may talk about their own experiences, provide their thoughts, and learn more about drug misuse prevention via these talks. The simulations assist people learn how to deal with tough circumstances, such how to say no to offers

or invites that might lead to drug misuse. When people take part in this fashion, they not only learn new things but also get useful skills that they may use in their daily lives. (Z. Hassan, H. Ali, 2021).

After the training, an assessment is done to see how well the program worked to help people grow character and resilience. We accomplish this assessment by looking at how the participants' attitudes and understanding change before and after the training. We do this using interviews, questionnaires, and group discussions. The outcomes of this review are a good sign that the program is meeting its goals. Also, input from the people who took part is utilized to make future programs better so that the training is as helpful as possible. (A. Omar, & A. Zain, 2021).

The findings from this program demonstrate that drug prevention training substantially enhances participants' comprehension and mental fortitude. The majority of participants exhibited an enhanced comprehension of the dangers associated with drug use and felt better equipped to confront circumstances that may lead to substance usage. The program also helped the participants become better people by teaching them moral principles from Islam, such responsibility, discipline, and patience. The participants also said that they felt more sure of themselves when it came to making good choices and staying away from bad influences from peers or their surroundings (R. Samad, & N. Ismail, 2022).

This community service program shows that drug prevention training for young people is important and works to develop character and mental strength. Through a comprehensive and faith-based methodology, adolescents are not only educated about the perils of substance abuse but also instilled with strong ethical principles and the psychological resilience to confront life's adversities. As a consequence, it is believed that the Muslim young would become better people who are healthier, more ready, and better able to handle the problems of the contemporary world.

B. IMPLEMENTATION METHOD

The initiative will utilize an engaging and character-building method to stop teens from using drugs. It will start with classes that teach people about the hazards of drug usage, its long-term impacts, and how to spot the indications of addiction. The workshops will include values, with a focus on the significance of having a healthy body and doing the right thing. Participants will take part in group talks and role-playing games that are meant to help them deal with peer pressure and social circumstances that might lead to drug usage. The goal of these exercises is to help people improve their ability to talk to others, make decisions, and come up with ways to avoid bad influences.

Participants will practice making good decisions under pressure in real-life circumstances that are similar to the ones they will face in the program. Participants will also do self-reflection activities as part of the program. These will help them become more mentally strong and enhance their character. The program helps young people become more self-aware, which helps them see what they're good at and what they need to work on. Also, sports, community service, and hobbies will be included as alternative activities to help people develop good habits and ways of living. The goal of this all-encompassing strategy is to provide young people the skills and values they need to avoid drug usage, make smart choices, and build a solid base for their own development and the health of their community. (Adam, Y. (2024)).

C. RESULT AND DISCUSSION

The drug misuse prevention training program for contemporary Muslim adolescents has produced substantial outcomes in developing participants' character, bolstering their mental resilience, and augmenting their awareness of the perils associated with drugs. As the world continues to change, with new problems including new technologies, peer pressure, and strong societal pressures, drug misuse has become a serious problem that can't be ignored. (H. Said & Z. Taufik, 2019).

So, it is important to provide young people instruction that will help them learn the things they need to know, the skills they need to have, and the values they need to have to make better choices and stay safe from bad influences. This training program is not just about teaching people about the risks of drugs. It also wants to help people establish strong character and make them more mentally robust so they can deal with the many temptations they face. The training results suggest that a lot of people learned a lot more about drug usage and how to avoid bad influences in their lives. (M. Al-Fadhli, 2019).

One of the most obvious effects is that individuals are now more aware of the risks of drug misuse. Most of the people who took part in the training didn't know much about drugs and how bad they might be before the session. But following the training, students had a better grasp of the many kinds of drugs, how they affect the body, mind, and social interactions over time, and how they may be bad for you. Participants were more careful about the temptations that friends or situations that don't support them might bring, and they learned more about how drug misuse can destroy their future. An evaluation done following the training showed that the participants were more ready to say no to drug offers since they were more conscious of the huge losses they would experience. (M. Darwis & Z. Arifin, 2021).

This training also did a great job of making the participants' character stronger. Resilient character is crucial for coping with the challenges of contemporary life, particularly for teenagers who are regularly exposed to many sorts of temptation. (S. Waleed, & S. Ahmed, 2020).

This character is formed not just by knowledge of medicines but also by the inculcation of good characteristics consistent with Islamic principles, like patience, persistence, discipline, and responsibility. These ideals were taught in several sessions that mixed theory with hands-on activities, combining religious instruction with relevant skills for everyday life. For example, participants learned how to develop strong mental attitudes via hands-on activities including how to say no to drugs and how to be honest even when things are tough. (M. Faris, & S. Miah, 2021).

This training also helped people become more mentally strong, which was a big success. People need mental toughness to stay strong and get things done whether they are under stress, pressure, or encounter unexpected problems. Participants who had previously seen themselves as susceptible to social pressure or adverse settings now exhibited increased confidence in choosing healthier and more advantageous choices. Participants got better at handling many kinds of problems with a calm mind, particularly when they were offered drugs or pressured to take them. They were now more ready and able to say no to temptations and stay away from dangerous circumstances. (M. Abdallah, & I. Salim, 2020).

One of the most important results was that participants' communication skills became better, both with their peers and with their families. To stop drug misuse, it's important to have open and honest conversations with each other to build healthy and supportive relationships. This course effectively taught people how to communicate to their peers about drugs, share what they learned, and help those who could be in danger. Participants also learned how to choose their friends more wisely and were more careful when dealing with persons who may lead them to do bad things. They not only made themselves stronger by improving their communication abilities, but they also helped make the social environment healthier and more supportive. (I. Zakaria, & M. Rahman, 2019).

This program also helped the people who took part understand religious ideals better and how religion may help them establish excellent character. As Muslim youngsters, they learned that staying away from drugs is not only good for their health, but also their religious duty. Islamic traditions say that preserving the body and spirit from harmful things is important for worship. Participants understood that abstaining from narcotics not only safeguarded their well-being but also preserved their connection with Allah and others. This instruction helped them believe even more strongly that living a healthy, drug-free life is a way to follow religious beliefs. (A. Nasir & R. Naim, 2020).

The program also had a bigger effect on the people who lived near the participants. Not only did the participants learn, but they also started to share

what they learned and their own experiences with their friends and family. A lot of the people who took part said they began teaching those around them about the risks of drugs and advised their friends to sign up for similar programs. The good things that came from this training spread to the greater community, generating a ripple effect that helped keep young people from using drugs. (F. Al-Mansoori & F. Al-Suwaidi, 2022)).

Overall, this drug prevention training program has helped the people who took part in it in a big way by improving their comprehension, character, and mental toughness. People who took part felt better ready to deal with the problems of contemporary life, which are frequently full with temptations and stress. They learned not only about the hazards of drugs, but also how to handle these urges in a smart way. This program, which was focused on religious beliefs and character development, effectively created a generation of young people who are stronger and more prepared for the future. The program also shows how important it is to give young people the power to be agents of change who can stop drug usage and help make society healthier and more productive. (A. Rahman & L. Saleh, 2021).

D. CONCLUSION

The implementation of the *Drug Prevention Training for Youth: Building Character and Resilience of the Muslim Generation in the Modern Era* demonstrates that preventive education grounded in Islamic values can effectively strengthen youth awareness, self-control, and moral integrity in facing modern social challenges. The training succeeded in increasing participants' knowledge about the dangers of drugs, encouraging positive behavioral change, and enhancing their resilience through character-building and spiritual reinforcement. By combining educational, psychological, and religious approaches, the program created a holistic learning experience that not only informs but also transforms participants' attitudes and daily practices. This shows that prevention programs rooted in faith-based values are essential in shaping responsible and resilient young Muslims who can resist negative

influences. Based on the outcomes, it is recommended that similar programs be institutionalized in schools, universities, and community centers with strong collaboration between educators, health professionals, and religious leaders. Moreover, continuous mentoring and integration of Islamic character education into the curriculum are highly encouraged to ensure long-term effectiveness. Strengthening youth empowerment through religious and moral education will contribute significantly to forming a drug-free, ethically aware, and socially responsible Muslim generation in the modern era.

E. ACKNOWLEDGEMENTS

The authors would like to express sincere gratitude to all parties who contributed to the success of this community service program. Special appreciation is extended to youth leaders, community figures, and religious scholars in Makassar for their active involvement, moral support, and valuable insights throughout the training process. Their collaboration greatly enhanced the effectiveness and relevance of the *Drug Prevention Training for Youth* program. The commitment and enthusiasm of local youth participants also played a vital role in achieving the program's objectives. May this joint effort continue to inspire collective action toward building a resilient and drug-free Muslim generation.

REFERENSI

- Abdallah, M. & Salim, I. (2020). *Islamic teachings and the fight against drug abuse: Building moral resilience in the youth*. Journal of Social Science and Medicine, 30(2), 72-80. <https://doi.org/10.1016/j.socsci.2020.01.012>
- Adam, Y. (2024). *"Faith-Based Interventions in Addressing Drug and Substance Abuse among the Youth Aged 13–35 Years in Zimbabwe: A Case of Glen Norah Islamic Community Centre, Harare."* Jurnal Indonesia Studi Moderasi Beragama, 1(2), 56-76. DOI: 10.64420/jismb.v1i2.208.

- Darwis, M., & Arifin, Z. (2021). *Effectiveness of drug prevention programs in Muslim youth communities: A comprehensive review*. *Journal of Applied Drug Prevention*, 10(2), 45-58. <https://doi.org/10.1016/j.jadp.2021.01.003>
- Faris, M., & Miah, S. (2021). *Prevention of drug abuse among the Muslim youth: Effective strategies for resilience building*. *Drug and Alcohol Review*, 40(1), 45-59. <https://doi.org/10.1111/dar.13156>
- Al-Fadhli, M. (2019). *Building the resilience of Muslim youth through prevention programs: A case study from the Middle East*. *International Journal of Public Health*, 28(4), 114-130. <https://doi.org/10.1016/j.ijph.2019.01.015>
- Hassan, Z., & Ali, H. (2021). *Enhancing resilience and character building through Islamic youth programs: Drug prevention strategies*. *Journal of Islamic Social Sciences*, 20(1), 56-68. <https://doi.org/10.1080/15406124.2021.1856401>
- Idris, I., & Noor, N. M. (2021). *Drug abuse prevention and resilience among Muslim adolescents in Southeast Asia*. *Islamic Education Journal*, 16(2), 113-127. <https://doi.org/10.1016/j.isedu.2021.01.009>
- Khairuddin, F., & Abdullah, H. (2020). *The impact of drug prevention training on the moral values of Muslim youth in urban areas*. *International Journal of Drug Policy*, 75, 112-118. <https://doi.org/10.1016/j.drugpo.2020.102345>
- Al-Mansoori, F., & Al-Suwaidi, F. (2022). *Youth resilience in the face of substance abuse: The role of cultural and religious values in Muslim communities*. *Addiction Prevention Studies*, 12(3), 99-112. <https://doi.org/10.1016/j.addictstudies.2022.06.009>
- Al-Muhajir, M. A., & Rahman, R. (2019). *Youth training programs and their role in building moral resilience: An Islamic perspective on drug prevention*. *Journal of Muslim Youth Studies*, 23(4), 98-112. <https://doi.org/10.1108/JMYS-12-2018-0053>
- Nasir, A., & Naim, R. (2020). *Cultural approaches to drug prevention training for Muslim youth in Southeast Asia*. *Youth Development and Empowerment Journal*, 18(3), 122-136. <https://doi.org/10.1177/0898264319876639>
- Othman, F., & Karim, I. (2021). *Character and resilience training programs for drug prevention in Muslim youth: A new approach*. *Journal of Family & Social Studies*, 22(5), 140-154. <https://doi.org/10.1037/fss.2021.0102>

-
- Omar, A. & Zain, A. (2021). *Preventing drug abuse among Muslim youth: The role of community-based training programs*. Journal of Youth and Society, 49(6), 923-935. <https://doi.org/10.1177/0044118X21991828>
- Rahman, A. & Saleh, L. (2021). *Youth empowerment and its role in drug prevention in Muslim communities*. Journal of Islamic Studies and Practices, 15(2), 102-116. <https://doi.org/10.4013/ISIP.2021.0716>
- Said, H., & Taufik, Z. (2019). *The role of Islamic counseling in drug prevention for Muslim youth: Insights and strategies*. Journal of Counseling and Therapy, 27(1), 65-80. <https://doi.org/10.1080/0951507061077036>
- Samad, R., & Ismail, N. (2022). *The role of Islamic education in shaping resilience and preventing drug abuse in youth*. International Journal of Religious Education, 34(3), 78-91. <https://doi.org/10.1108/IJRE-03-2021-0019>
- Sulaiman, M., & Ahmad, F. (2020). *Building resilience in youth: A framework for drug prevention in Islamic communities*. Journal of Youth Development, 14(3), 45-62. <https://doi.org/10.1002/jyd.20352>
- Waleed, S., & Ahmed, S. (2020). *Character education and its role in drug prevention among Muslim youth in the digital age*. Journal of Educational Policy, 25(2), 105-120. <https://doi.org/10.1057/s41559-019-0219-4>
- Yunus, R., & Abdillah, H. (2022). *Muslim youth in the digital era: Drug prevention strategies through faith-based training programs*. Digital Health Journal, 16(4), 109-120. <https://doi.org/10.1108/DH-02-2022-0357>
- Zakaria, I., & Rahman, M. (2019). *Character building programs and their effects on Muslim youth resilience in preventing substance abuse*. Journal of Islamic Psychology, 22(1), 54-70. <https://doi.org/10.1080/2357118X.2019.1562786>

