EXCESSIVE DEADLY ADDICTION CHEWING BETEL QUID AS A DOUBLE BURDEN, FOR POVERTY COMMUNITY KUPANG REGENCY, WEST TIMOR

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ABSTRACT

People's lives in developed countries are indeed in contrast to developing countries as well as in terms of behavior. Betel nut is estimated to be consumed by 10% -25% of the world's population. In East Nusa Tenggara, Indonesia, almost the entire population (21) districts consume betel nut, including the elderly, young people and school children, even those who are still studying in Early Education. About 80% of the population of Kupang Regency, West Timor, consume betel nut, even though the district of Kupang is mostly poor. Possible Hazards in areca nut mixed with various other ingredients such as betel nut and lime produce adverse health effects including oral cancer and other systemic diseases, as well as having the potential for dependence such as smoking and alcohol. We conducted a survey of traditional leaders and community leaders who have been addicted to consuming betel nut for more than 20 years in Kab. Kupang West Timor in a poor community. A total of 10 participants conducted in-depth interviews regarding events using betel nut, related to customs and culture, and their relationship to health. It was stated by WHO that areca nut is a psychoactive substance and is a class 1 carcinogen. According to the community, consuming betel nut is exciting and has nothing to do with any disease. No one agrees to stop consuming betel Nut, and mostly do not agree to prevent children from consuming betel nut from an early age.

KEYWORDS

Excessive Chewing Betel Quid, Poverty Community

INTRODUCTION


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The use of betel nut and betel quid is well known in Indian history and the association of this habit with oral cancer was noted over a century ago; yet the chewing of betel quid in India was considered to be a comparatively innocent practice with complete socio-cultural acceptance (Reddy et al. 2004). Consuming betel nut is a culture that is very strongly attached to Kupang Regency in West Timor. Of the various substances that are mixed into betel nut, the substance that is dangerous is betel nut because it is carcinogenic. The mixture used is usually areca nut, betel and lime. For the Kupang district, West Timor, Indonesia, there are no special preparations for children. However, in other countries the mixture is added with cloves, nutmeg and especially for small children there are special preparations taste sweet. There are some people who consume betel nut by using tobacco, there are also those who do not use tobacco. Betel nut is a native Indian culture that was recorded in 504 BC. It is estimate that as many as 10% -20% or around 600 million of the world's population consume betel nut (Flora et al., 2012). This culture then developed into Malaysia, Polynesia, Micronesia, and various other places on the South Pacific Island (Lingapa, 2011). In Indonesia, its use is in accordance with Chinese history, namely the mid-6th century in the history of the Liang dynasty (Rooney, 1995). Betel nut chewing is ranked fourth in the world as a psychoactive substance used after caffeine, alcohol and nicotine (Flora et al., 2012). In East Nusa Tenggara Province, all districts (21 regencies and 1 city) people still consume betel nut. Areca nut comes from the palm tree group and are used in various preparations by an estimated 10% of people the world population (Lee et al., 2014) on a regular basis.

The stones of the areca fruits, usually mistakenly identified as nuts, are generally not consumed, at least not for nutrition, but chewed along with other ingredients in forms that are both psychoactive and addictive (C. H. Lee et al., 2018). One of the most common preparations involves the use of a leaf from the betel vine (Piper betle), coated with slaked lime, to make a packet with areca and other ingredients referred to as a betel quid (WHO, 2012). About 50% of the time, adult users add tobacco to their quids (Niaz et al., 2017).

The majority of the betel quid users are stuck in a cycle of use and dependence while aware that they put their health at risk. As western societies have in recent decades been trying to deal with tobacco use. Asian countries have now started a new chapter in dealing with public health and dealing with the individual economy which involves consuming betel nut (Garg et al., 2014; Gupta & Johnson, 2014). Many Asian countries have campaigned and provided education about the dangers of betel nut (Kao and Lim, 2015; Mehtash, et al., 2017), but prevention of betel nut addiction is easier to do to help addicted people get out of their problems. In Timor, especially in Kupang District, East Nusa Tenggara, Indonesia, this new writer has been trying to introduce the community through counseling and research in the last 3 years in order to reveal the secret of betel nut which is popular with people but wreaks havoc on their health. Even the country of origin of betel nut for example India, the cessation program has been started for a long time and continues to run until now. Unfortunately, for those already using betel quid, individual awareness
of a health risk is generally not sufficient motivation for a person to quit chewing betel (Herzog et al., 2014; Little et al., 2014).

This provincial snapshot highlights priority child-related Sustainable Development Goals (SDG) indicators, based on national household surveys and other data sources. It complements the national SDG Baseline Report on Children in Indonesia produced by BAPPENAS and UNICEF, to support monitoring and evidence-informed policy making. East Nusa Tenggara, referred to as NTT, is a youthful province. Its 2.2 million children represent 42 per cent of the entire population. Eight in 10 children live in rural areas. Increased strategic investments in children are required to fast-track achievement of the SDGs for the province (Unicef, 2020). Close to 600,000 children (27 per cent) were living below the official poverty line in 2015 (Rp 9,793 per person per day). Many more families are insecure and live on incomes that are only marginally higher. In addition, nearly nine in 10 children experienced deprivations in two or more non-income dimensions of poverty, with higher levels of deprivations in rural areas (Unicef, 2020). People’s ability to better their lives is limited by their ability to earn an income. As many as 1.149 million people are poor and live below the poverty line. Development activities in West Timor, East Nusa Tenggara, continue to be carried out for the welfare of the population and the good of the natural environment, but the face of poverty and under development is still striking. The behavior of consuming betel nut which has been rooted because of the culture and customs taught by parents will continue to be a double burden for society, namely health and poverty for next generation. In Indonesia, East Nusa Tenggara Province is in 3rd place with a poverty rate of 20.23 out of the 10 poorest provinces after Papua 26.80 and West Papua 21.43. West Timor especially Kupang District is the third place with the most poor people (88,020) after TTS 120,450 and Southwest Sumba 98,800, so that West Timor, especially Kupang District is a poverty area. The purpose of this study is to analyze the use of betel nut by people who have been consuming betel nut for many years in relation to using betel nut, related to customs and culture, and their relationship to health and how their view about children consuming betel nut.

**RESEARCH METHOD**

Partnering with the PKK (Empowerment and Increasing Family Welfare) institution which empowers women to participate in Indonesia's development. PKK has the task of assisting the Government, villages and is a partner in empowering and improving family welfare. From the experience of this partnership, many community leaders and religious leaders have always collaborate. Usually community leaders and religious leaders regularly consume betel nut because they obey customs, including consuming betel nut. In 2019-2021 research has been conducted on betel nut as part of customs and culture. The research managed to collect data that betel nut consumption in Kupang Regency is about 79 - 80% in adults (Ngadilah et al. 2019). There is no significant difference between the number of male and female consumers, but there are slightly more women than men. Most of the betel nut consumers are dry land farmers, the majority of betel nut consumers have elementary school education and who consume more than 5 times a day there are 37.5% so it
is easy to get 10 respondents who have been consuming betel nut for years and are already addicted. (Ngadilah et. al 2019).

Ten of these Men and women have chewed betel quid for many years. The Respondent were between 40 and 80 years of age and had chewed betel for 30 to 78 years. From the red-black mouth and teeth, we know that these gentlemen are very strong and addictive in consuming betel nut. Apart from that, wherever they go, a betel nut pocket is always hanging from their shoulder which contains fresh or dried areca nut, betel flower and lime. People who are maniacs consuming betel nut also usually uphold customs and culture and believe that people must respect the customs and culture of their own country. The interviews took place at each respondent’s house and the interviews used the Timorese language. Researchers use a translator into Indonesian. In the respondent’s house during the interview, betel nut was always served which was placed in a special place called "Oko Mama” which contained fresh/dried areca nut, betel flower and lime. Guests who are served betel nut must take it, if we don't take it, we are considered not to know local customs and culture, and can even offend the host. So much. Customs and culture are upheld in the land of Timor. This research was funded by Eke Tetus Foundation.

**RESULT AND DISCUSSION**

The information obtained from these interviews was grouped into categories similar to the questions listed in it, see Table 1 and Table 2. From the results of Tables 1 and 2, it will be reflected in the various individuals who consume betel nut with their respective answers, including initiation, how the first time consuming betel nut, the belief that the effect of betel nut on health, psychological symptoms when consuming betel nut such as dizziness, nausea, etc., who consume betel nut in the family for how many generations, we count respondents as the first generation because their average age is old, their opinion if they stop consuming betel nut, parental approval if preventing children from consuming betel nut starting at an early age and who is the biggest influence on consuming betel nut when they are children.

<table>
<thead>
<tr>
<th>No</th>
<th>Ages</th>
<th>First time use</th>
<th>How firsttime use</th>
<th>Belief in health Risk</th>
<th>Report for Physiologic Effect</th>
<th>Hard to Stop</th>
<th>In the family everyone chewing betel</th>
<th>How many generations at home consume betel nut?</th>
<th>Agree to prevent children from consuming betel nut from a young age</th>
<th>Who had a lot of influence on consuming betel nut as a child?</th>
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<td>3</td>
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<td>No</td>
<td>yes</td>
<td>yes</td>
<td>thirth</td>
<td>agree</td>
<td>mother</td>
</tr>
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<td>2</td>
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<td>Quid from mother’s mouth</td>
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<td>yes</td>
<td>yes</td>
<td>thirth</td>
<td>Not agree</td>
<td>mother</td>
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<tr>
<td>3</td>
<td>54</td>
<td>4-5</td>
<td>Quid from mother</td>
<td>No</td>
<td>No</td>
<td>yes</td>
<td>yes</td>
<td>thirth</td>
<td>Not agree</td>
<td>mother</td>
</tr>
</tbody>
</table>

**Table 1. Characteristic of Respondent**

Excessive Deadly Addiction Chewing Betel Quid as a double burden, For Poverty Community Kupang Regency, West Timor
Table 2. Based on experience, Knowledge about Oral Health, Systemic Disease and Belief correlation to betel chewing

<table>
<thead>
<tr>
<th>No</th>
<th>Correlation betel chewing</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
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<th>10</th>
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<tr>
<td>1</td>
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<td></td>
<td>a. Oral Cancer</td>
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<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
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<td></td>
<td>b. Damaging gums</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
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<tr>
<td></td>
<td>c. Damaging teeth</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
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<tr>
<td></td>
<td>a. Colic/GERD</td>
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<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
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<td>No</td>
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<tr>
<td></td>
<td>b. Diabetes</td>
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<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
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<td>No</td>
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<td>No</td>
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<td>No</td>
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<td>d. Heart attack</td>
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<td>No</td>
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<td>No</td>
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<td>No</td>
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<td>f. Cough</td>
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<td>No</td>
<td>No</td>
<td>No</td>
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<td>No</td>
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<td></td>
<td>g. Damage the fetus</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
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<td>h. Cause anemia in</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
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<td>In pregnant women</td>
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<td>Belief</td>
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<td></td>
<td>a. Increase sex drive</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
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<td>b. Add spirit at work</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
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<td>c. Delay hunger</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
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<tr>
<td></td>
<td>a. Addiction</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
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<tr>
<td></td>
<td>b. Add beauty and fitness</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
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<td></td>
<td>c. If you stop consuming betel nut</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
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<td>No</td>
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</table>

**Habituall and Preparation**

On average, people with betel nut eating addiction say that at any event that involves many people, they always use betel nut as a treat before or after eating. These events include deaths, weddings, traditional events and so on. Usually, those who consume betel nut are adults, both men and women. They consume betel nut
consisting of 3 substances, namely betel nut flowers and lime, sometimes tobacco is added to certain people, but most people do not use tobacco.

In old people whose chewing is disturbed or their teeth are already missing a lot, they use a small mortar and pestle to grind betel nut. Betel nut is quite expensive for the pockets of the poor in Timor because just 8-10 areca nut costs 20,000 IDR with that money you can buy packaged rice for 2 people or 2 kilos of rice to eat for 2 days as a family (3-5 people). Timorese families, when visiting relatives/distant or close relatives or their neighbors, take out "Oko Mama", which is a place used to store betel nut and lime or tobacco. The container is made of woven rattan, which is beautifully colorful, or a betel nut pocket/bag made of colorful woven cloth (red color is more dominant). The simplest way to eat the betel nut is by putting in small sliced betel nuts (dry bits which are usually sliced), or a whole round betel nut which is usually half raw/half ripe, into the mouth while continuing to chew and then add lime to taste good and the color will turn red.

Meanwhile, if the parents don't have teeth, then using a mortar and pestle they pound betel nut together and when it is smooth, use a special spoon for betel nut, put it in their mouths and then add lime. If you have added lime, they will start hypersalivation, that is, their mouths are full of saliva. If you have started hypersalivation then the chewer starts to spit a lot. The place to spit is usually some kind of small bucket filled with about a third of sand. If the house where betel nut is consumed does not provide a bucket for spitting, then the betel nut consumer may spit in any place, such as in the front or back yard of the house. This means that communicable diseases such as hepatitis and tuberculosis can easily be transmitted to other people through sprinkling of saliva. If they consume betel nut together, they are unknowingly transmitting disease to one another. Usually the house of betel nut consumers has a distinctive smell, the smell of the betel nut.

Initiation

The decision to start consuming betel nut usually depends on the mother. Mostly mothers who have children under five teach their children to consume betel nut by the way their mother consumes betel nut until it is smooth which consists of 3 substances, areca nut, betel nut and lime, then the result of chewing betel nut is given to their child who is only 2 or 3 years old. years, the local term is called “Olok”. From there the children had their first initiation to consume betel nut. Sometimes children immediately consume the betel nut without the help of their mother to chew the betel nut. However, there are also those who start consuming betel nut at a young age around high school (16 ages) even after marriage. However, most of these respondents initiated consuming betel nut with the help of their mother by consuming it in the form of very fine quid from their mother's mouth when they were under 3 years old. There is also a father who, at around 4 or 5 years of age, learned to eat areca nut himself. If their parents consumed betel nut, they followed their parents' behavior. Of the ten betel nut maniac respondents, no one started Excessive Deadly Addiction Chewing Betel Quid as a double burden, For Poverty Community Kupang Regency, West Timor
consuming betel nut after they were over 17 years old. They usually have their parents, father and mother consume betel nut, and even their grandparents also consume betel nut.

**Physiologic Effects**

Collecting data on the psychological effects of consuming betel nut is not easy to explain to respondents because on average they have consumed betel nut from the age of 3 and under, so they forget how the effects are felt. There was one mother who was 67 years old, started consuming betel nut since she was 16 years old when she was in high school, saying that the first time she tried consuming betel nut with her neighbors, she had a "drunk" feeling, dizziness, and nausea as well as an unpleasant, bitter, palpitations and sweating. This effect is usually felt by people who are consuming betel nut for the first time. If you have tried repeatedly, the effect is no longer felt. For those who have never felt these effects because they first tried consuming betel nut from a very young age, what they feel now is that consuming betel nut tastes good, feels fresh in the body, and is passionate about working. If you don't eat betel nut, your body will feel sluggish and not enthusiastic about working/lazy. The time that is most often done is before starting something for example going to the fields, gardening etc. consuming betel nut first is important to increase stamina.

**Addiction**

No one said that without betel nut for days there is nothing. Wherever they go betel nut must be in their bag. An 80-year-old man said that if he didn't consume betel nut, it was as if something was missing. Some say it's better not to eat rice, the important thing is to eat betel nut. On average, they consume betel nut more than 5 times a day, some even say more than 10 times a day. I feel like eating betel nut continuously. In the morning before starting their activities they consume betel nut, and drink coffee, then work. At 11 o'clock they eat rice and side dishes and then continue with consuming betel nut again, up to 3 times before they have dinner. All respondents acknowledged that consuming betel nut was highly addictive, and none of them showed a tendency to stop. They all thought that trying to quit would be difficult.

A 78-year-old mother once felt weak and unexcited because she was hospitalized because of diabetes, the hospital did not allow betel nut to be consumed, I felt like I wanted to just go home to be able to enjoy betel nut, so they felt that betel nut was incredibly addicting. And none of the 10 interviewed wanted to stop consuming betel nut.

**Perceived Health Risk**

Only one mother who experienced stomach ulcers believed that consuming betel nut caused ulcers or colic, besides that none of those who consumed betel nut believed that betel nut caused various kinds of diseases that had been proven through research by experts such as stomach ulcers, heart disease, diabetes, asthma, coughing, damaging the fetus causing anemia in pregnant women and so on. There was one man aged 80 who stated that he had been hospitalized because
he had a heart leak, but according to him it was not caused by betel nut. No one knew women who had oral lesions or sores on their lips, and they were unaware that in some parts of the world oral cancer is attributed to the areca nut and its associated components. A 67 year old man, He said began having heart palpitations and afterward decreased her betel use, but she did not blame betel for the rapid heart beat and sweating, but after consuming betel nut and sweating she felt light in body. On average they said that without swallowing the water from the betel nut they spit many times and their saliva turned red when lime was added. A 54-year-old woman once suffered from kidney disease and was hospitalized, however, she said that betel nut was not the cause. All respondents said that betel nut does not cause damage to the fetus or interfere with the pregnancy of the mother. There was even a father who said that in order for the child to be strong, from the time the children were 2 or 3 years old, they were trained to consume betel nut. There were no widespread concerns about the health risks for those who consumed betel nut in this study and apparently oral cancer is not uncommon here in Timor, only one said their relative had surgery in Bali for tongue cancer.

**Cosmetic Effect and Deley Hunger**

All of the respondent with teeth had badly stained teeth. Their teeth are dark brown. None of them perceived this as a problem to either their appearance or their dental enamel. chewing the quid actually strengthened their teeth. None of them, we interviewed had good teeth. In fact, many of them had fallen out of their teeth. How to brush their teeth using areca nut skin which is like coir which is rubbed on the surface of the teeth, especially on the front teeth. All the men and women who were interviewed said that consuming betel nut actually made fresh faces not pale and fresh red lips. In this study all of them consumed betel nut in the morning before breakfast. They don't feel hungry until about 11 o'clock starting to eat between breakfast and lunch. Most said that by consuming betel nut they did not feel hungry and the important thing was that betel nut not eating rice was not a problem

**Discussion**

**Health Risk**

The primary active ingredient in betel quid preparations is arecoline, which comes from the areca nut, the key component of all such preparations(Papke et al., 2015). Meanwhile, WHO (2012) has compiled the many effects of arecoline on body health, including because it is a carcinogen that causes oral cancer, even Gupta et al (2014) stated that Areca nut and betel quid are strong and independent risk factors for oral cancer, while Garg et al.2014 reviewed that betel nut causes diabetes, neurotoxicity/ nervous system which includes euphoria, dependency, increase skin temperature, and palpitations, and acute toxicity. According to (Ngadilah et al., 2023) that betel nut can cause damage in the oral cavity, including tooth abrasion and fracture teeth, because the hardness of areca nut causes abrasion of the teeth. Because the hardness of areca nut can also cause tooth fracture. The red Excessive Deadly Addiction Chewing Betel Quid as a double burden, For Poverty Community Kupang Regency, West Timor
saliva that is released after consuming betel nut will cause staining of the teeth from reddish to black. Regular consumption of betel nut will reduce tooth decay due to:
1. Production of sclerotic dentin following dental attrition.
2. Areca nut stain coats dental surfaces and it may protect against demineralization of the teeth.
3. Antimicrobial properties of tannins from areca nuts.

Increased salivary pH following areca nut chewing. There are studies which state that betel nut consumers have lower rates of tooth decay than those who do not consume betel nut, but there are also studies which state that there is no difference in tooth decay among betel nut consumers and those who do not consume betel nut. How does it affect the periodontal tissue? (Anand et al., 2014; Chen et al., 2017). People who usually consume betel nut usually have an island-like appearance on their cheek mucosa (Passi et al., 2017).

According to Papke et al (2015), addiction is a reason most of the betel chewing person continues the habit of chewing because the areca nut contains arecoline, which causes a sense of dependency (addiction). Betel Chewing is also significant associated with cardiovascular morbidities besides oral cancer (Mumtaz et al., 2019). Betel quid chewing is associated with an increased risk of metabolic disease, cardiovascular disease, and all-cause mortality. (Yamada et al., 2013). In a review of betel chewing by Garg et al, 2021 that consuming betel nut has an effect on the nervous system with symptoms of euphoria, dependence if you have tried several times, increased skin temperature so that according to consumers the face becomes fresh and reddish when consuming betel nut. Salivation is also an impact of consuming betel Areca nuts are viewed from the nervous system so that betel nut consumers start spitting red everywhere. Other effects from the point of view of the nervous system are palpitations, high alertness, neurotoxicity and anti-migraine so that consumers say that if they have a headache, the medicine is betel nut. Consuming betel nut also has an effect on the heart with symptoms of tachycardia and an increase in systolic blood pressure, lowers diastolic blood pressure, increases the risk of cardiovascular artery disease. (Garg, et al. 2021). Areca nut also affects gastrointestinal disorders in the stomach, as well as weight loss and BMI. In addition, areca nut also affects the endocrine glands such as the thyroid. In the fetus it causes LBW and premature, babies experience vitamin D deficiency (Rahman et al., 2019). Areca nut also exacerbates asthma due to arecoline in areca nut, areca nut is also toxic by causing dyspnea, tachycardia, palpitations, chest tightness, nausea, vertigo, dizziness, abdominal ulcers (Garg, et.al. 2021).

**Betel Chewing Beliefs and Behavior**

The people of Timor Island and East Nusa Tenggara generally consume betel nut to increase brotherhood, social status, overcome boredom, relieve fatigue, increase enthusiasm and increase productivity, according to the results of a review (Garg, et.al. 2021). All respondents interviewed stated that the culture of consuming betel nut must be preserved because it is a community custom and culture, the same as in other regions such as India, Bangladesh, Taiwan, (Anczyk & Maćkowiak, 2016; Ngadilah et al., 2023). Betel nut is more commonly used for socializing than...
cigarettes and alcohol; Coffee ranks second. Consuming betel nut is not limited to men or women, but men and women are almost the same. Connoisseurs of betel nut are also not limited to the elderly or aged over 50 years, but in East Nusa Tenggara, especially West Timor, starting from children, teenagers, adults and the elderly. So that's why all the respondents who were interviewed educated children so that they "know customs" by "commonly" that is, if the mother chews betel nut and it becomes soft and smooth, some of it is directly given to children who are still small, around 1-3 years old, however, there are also children who are only 3 years old learn to consume only areca nut on their own. In the reviewed house, there are all 3 generations who consume betel nut, namely those interviewed, their children and grandchildren. No one agrees to stop consuming betel Nut, and mostly do not agree to prevent children from consuming betel nut from an early age.

**The behavior of consuming betel nut adds to the burden of poverty**

In the field of social work, poverty alleviation is a critical and ongoing concern. In fact, according to James Kelly, president of the National Association of Social Workers, it is one of the profession’s core competencies. To understand why poverty alleviation is such a pressing issue, social observers must recognize the many crippling effects of poverty on the economy, health, education and so on. Some of the most pressing problems of poverty are that poor children suffer from hunger, malnutrition and an increased risk of death from communicable diseases. Overall poor health and lack of resources can complicate schoolwork, leading to poor educational performance and diminished future prospects. Poor women tend to have fewer educational opportunities and may be subjected to forced labor, trafficking and other forms of violence. The elderly often lack employment opportunities, and many people don't care about their health condition unless they experience urgent illness. The sad reality is that, most families with poor income in West Timor community rather use their insufficient low hard-earned money to buy betel nuts on a daily basis, even though they can actually use the money to fulfill their basic necessities instead, although they know that the chewing of betel nuts has no health benefits whatsoever. Bad behavior such as consuming betel nut with the burden of poverty will worsen the condition of poverty suffered, the solution must be solved by many concerned parties. International Federation Social Work / IFSW seeks to collaborate with Health Department and other agencies to use advocacy and community organization skills to initiate and support social work efforts to eradicate extreme poverty.

**CONCLUSION**

Combating malnutrition in Kupang Regency East Nusa Tenggara in all its forms is one of the greatest health challenges, influenced by economic, behaviour and income growth. For poor communities consuming betel nut is a heavy burden for their lives because apart from needing money to buy it, while just for food is difficult, betel nut also causes a burden of disease for themselves and their families. Excessive Deadly Addiction Chewing Betel Quid as a double burden, For Poverty Community Kupang Regency, West Timor
All of the respondents learned to consume betel nut from a young age and mainly because of the role of the mother so counseling and education for mothers would be more effective in preventing their children from consuming betel nut from an early age.

More attention should therefore be paid to pretreatment evaluation, treatment strategy, and posttreatment follow-up among betel quid chewers. Therefore, the public health proceeding to discontinue areca nut consumption is advised to control premalignant and malignant lesions, such as Oral Submucous Fibrosis and oral cancer. This paper supports the realization of SDG’s.

REFERENCES


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