

DESCRIPTION OF SMOKING KNOWLEDGE AND BEHAVIOR IN TEENAGERS

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Abstract: The efforts to find one's identity begin when entering adolescence accompanied by a desire to try new things including smoking, the percentage of smokers in Mahulu district is the fifth highest in Indonesia. The existence of the phenomenon of adolescents becoming more courageous in showing smoking behavior in public places caused researchers to be interested in knowing the description of smoking knowledge and behavior among adolescents at SMPN 2 Long Pahangai. This descriptive study used a questionnaire and involved all students who met the inclusion criteria so that 111 respondents were obtained. The results obtained were that most of them were in their early teens with 59 people, 62 women, 108 Dayak people, 45 people in class IX, 75 people who had family members who smoked. Most of them are addictive smokers, namely 30 people, use filtered cigarettes, namely 40 people, smoking duration of 1-2 years, namely 24 people, light smoker criteria (1-10 cigarettes/day), namely 42 people, and most of them are at the maintenance of smoking stage. smoking is 30 people. The conclusion obtained from this study is that most of the students at SMPN 2 Long Pahangai have a high level of knowledge about smoking, namely 96 people and most of the students at SMPN 2 Long Pahangai have non-smoking behavior, namely 62 people. It is necessary to increase education efforts regarding the dangers of smoking continuously and counseling about managing stress positively to adolescents. Health education also needs to be given to parents.

Keywords: Junior High School Adolescents, Knowledge of Smoking, Smoking Behavior

1. Introduction

The World Health Organization (WHO) writes that each cigarette contains 4000 chemical substances and 200 types of them are carcinogenic (cancer-causing), these carcinogenic substances are found in the main smoke that is inhaled directly into the smoker's lungs and the side smoke produced by the tip of the cigarette. burning, such as carbon monoxide, benzopyrene and ammonia (Ardiyanti et al., 2020). Infodatin (2018) in (Ardiyanti et al., 2020) also wrote that apart from cancer, smoking also has a bad influence on reproductive fertility levels, increases the incidence of ectopic pregnancies, disrupts fetal growth both physically and mentally and increases the incidence of perinatal deaths. The results of the 2013 Indonesian Basic Health Research show that the proportion of smokers in Indonesia was 24.3% of the total population, aged 10-14 who started smoking for the first time when they were 10-14 years old was 97.2%. Meanwhile, those aged 15-19 started smoking for the first time at the age of 5-9 years at 1.1%, at 10-14 years at 24.0% and at 15-19 years at 74.9% (Mirnawati et al., 2018). The percentage of

smokers over the age of 15 in Indonesia in 2021 is 28.96%, while the percentage of smokers in East Kalimantan is 23.37% (BPS, 2022) and Mahakam Ulu Regency is ranked fifth among all regions in East Kalimantan with the highest number of smokers. namely 13.52% (BPS, 2022).

Teenagers are at an age where they are trying to find their identity, are interested in trying new things and are easily influenced by the environment around them. The statement that smoking is a behavior that shows masculinity has influenced many teenagers and choose to join in smoking so that they are not considered losers (Mirnawati et al., 2018). Hasanah's research in (Mirnawati et al., 2018) states that one of the factors that influences smoking behavior is peers. This happens because teenagers generally hang out with each other, the characteristics of teenage friendships are influenced by similarities including age, gender and race. Similar research results were also presented by Singh et al., quoted by (Hidayati et al., 2019) that in Bangalore, India the main reason for tobacco use among teenagers is peer pressure and there is no age limit for obtaining tobacco.

Research conducted by (Avianty, 2018) resulted in the majority of respondents having high knowledge about smoking and its dangers of 69.7%, while the relationship between attitudes and smoking behavior of respondents showed that 23.6% had a positive attitude towards smoking and 60.7% of respondents who do not smoke. Meanwhile, among the respondents who had a negative attitude, there were 76.4% of respondents who smoked and 39.3% of respondents who did not smoke. Research by (Riyadi & Handayani, 2021) also wrote that teenagers who have low knowledge about the dangers of smoking have a high tendency to smoke, namely 76.8%. The same research also wrote that the lower the level of knowledge of teenagers about the impacts of smoking, the more the teenagers' smoking behavior will increase. Based on researchers' observations, teenagers in the Long Pahangai Community Health Center working area have smoking behavior, and they do not hesitate to smoke in public areas, some even do not hesitate to smoke even in the school area. Based on the results of the researcher's observations and the research results above, it encourages researchers to determine the level of knowledge and smoking behavior, especially among teenagers at SMPN 2 Long Pahangai.

2. Materials and Methods

This type of research is a descriptive research to see an overview of the level of knowledge and smoking behavior in adolescents at SMPN 2 Long Pahangai which was held in March 2023. The sample technique used was total sampling which obtained 111 respondents. Data collection was carried out using two questionnaires, namely a knowledge level questionnaire which contains 19 questions using a Gutmann scale with correct (1) and wrong (0) answer choices of the total high knowledge level answers if it has a total score of >75% (coding 1) and a low knowledge level if the value is <75% (coding 2). Smoking behavior data was also collected through a questionnaire which included 12 questions regarding smoking behavior, type of smoker, type of cigarette, duration of smoking, and criteria for smoking. The questionnaire used by the researcher is a valid and reliable questionnaire and has been used in previous

research, namely (Ningsih et al., 2012) so that the validity and reliability tests were not carried out on the questionnaire used by the researcher.

2. Result and Discussion

In table 1.1. data was obtained that of the 111 teenagers at SMPN 2 Long Pahangai, the majority were in their early teens (12-15 years) totaling 59 people, 62 people were female, 108 people were Dayak people, 45 people were sitting in class IX, and most of them have family members who smoke, namely 75 people.

Table 1. Characteristic of Teenagers at SMPN 2 Long Pahangai

No	Characteristic of respondent	N	%
1	Usia		
	Early teens (12-15 old)	59	53,2
	Middle teens (15-18 old)	50	45
	Late teens (18-21 old)	2	1,8
	Total	111	100
2	Gender		
	Male	50	45
	Female	62	55
	Total	111	100
3	Ethnic		
	Dayak	108	97,3
	Others	3	2,7
	Total	111	100
4	Class		
	VII	28	25,2
	VIII	38	34,2
	IX	45	40,5
	Total	111	100
5	Smoker family		
	No	36	32,4
	Yes	75	67,6
	Total	111	100

The age of 10-15 years is early adolescence (Sawyer et al., 2018). Some opinions state that factors in teenagers starting to smoke are related to the psychosocial aspect of crisis experienced during their development, namely the period when they are looking for their identity. This is seen from the study of adolescent development. The development of early adolescence is a time when teenagers are easily influenced by the environment, this environment includes peers, families who smoke, the influence of cigarette advertising media along the road from home to school, and cigarette advertising in other media such as television or social media, because Early adolescents are still experiencing the process of physical and psychological development. Smoking behavior that starts from early adolescence can worsen smoking behavior in the future, because smoking habits that start at a young age will make the smoking habit

stronger and it will be more difficult for that individual to stop smoking behavior (Mirnawati et al., 2018). Gender is one of the intrinsic factors behind teenagers becoming smokers, based on data showing that 63% of men are smokers while 45% of women are smokers because for teenage boys smoking is a symbol of power, virility and maturity (Somantri, 2020). On the other hand, smoking behavior in women is often considered something negative because it is related to the culture and norms that apply in Indonesia, so women are reluctant to smoke (Syarfa, 2015).

In some cultures smoking is considered "culture", for example in the Anak Dalam tribe, the existence of a culture of bartering natural products with cigarettes makes cigarettes almost like "culture" of the tribe because smoking is very attached and becomes an addiction for the Anak Dalam tribe (Anggraini, 2016). Culture comes from taste, intention, and pure creation of a society so that smoking is not part of culture, but if this is done from generation to generation and continuously, even as an obligation, it will be felt like culture. Based on the observations and experiences of researchers, the Dayak tribe still has a very strong family and togetherness system, especially for the Dayak tribe in Long Pahangai. At every event or gathering activity for the Dayak tribe, cigarettes and liquor are usually provided for guests, especially for male guests. Adolescents in grade IX generally have friends who have interacted with them intimately since grade VII. In their teens, children feel more emotionally "close" and feel their friends understand them more than their parents (Pasa et al., 2020)

One of the many factors that influence smoking behavior is the presence of a smoking family. Other family factors that can influence smoking behavior include incomplete family structures, family conflicts, lack of parental support and control (Setyowati, 2015). (Sanjiwani & Budisetyani, 2014) in his research wrote that other factors causing adolescent smoking habits are from parents who have permissive parenting styles. The smoking habit of teenagers is produced because of permissive parenting from parents, in which parents leave all decisions to their children. This is consistent with showing that there is a positive relationship between permissive parenting parents and smoking behavior.

Table 2. Knowledge of Teenager About Smoking at SMPN 2 Long Pahangai Merokok

No	Tingkat pengetahuan	N	%
1	High	96	86,5
2	Low	15	13,5
	Total	111	100

Based on the research results in table 2, it was found that the majority of teenagers at SMPN 2 Long Pahangai had a high level of knowledge about smoking, amounting to 86.5% and 13.5% of other teenagers had a low level of knowledge about smoking. The results of this research are in line with the results of research (Diyanto, 2019) regarding a study of smoking behavior among teenagers in Ketintang Village, Surabaya City, namely that the majority of respondents had a good level of knowledge with a percentage of 73.9%.

Most of the teenagers from SMPN 2 Long Pahangai who were involved in this research were in their final year or class IX, the higher a person's education, the better their level of knowledge. According to Potter et al., (2016), knowledge can be obtained as information that is continuously needed to understand experiences. The knowledge possessed will have an important influence on a person's actions. In many studies, a high level of knowledge will influence a person's behavior in a positive direction, as in research results (Umari et al., 2020) that there is a significant relationship between knowledge and smoking behavior, namely the higher the level of knowledge, the lower the smoking behavior in junior high school students. This is different from the results of research conducted by Liviyana which stated that even though respondents knew the dangers of smoking, respondents still continued to smoke, this was because they felt dependent, found it difficult to stop smoking and felt that cigarettes could provide a calming effect if consumed in a depressed state (Diyanto, 2019). Some teenagers specifically smoke with the aim of reducing negative feelings in themselves such as improving mood, relaxing and giving vent to feelings (Diyanto, 2019). The desire to have lots of friends and be able to socialize causes teenagers to join in smoking behavior, according to (Nugroho, 2017) by smoking someone is considered open, easy going, mature and has high self-confidence.

In the study of smoking behavior shown in table 3, data was obtained that the majority of teenagers at SMPN 2 Long Pahangai had non-smoking behavior, namely 55.9% and the other 44.1% had smoking behavior. The results of this research are in line with previous research carried out on junior high school students in the city of Depok in 2017, namely that 70.3% of respondents did not smoke (Avianty, 2018). On the other hand, in research (Novariana et al., 2022), the results showed that 51.6% of respondents had smoking behavior.

Very rapid changes in development cause teenagers to become unstable and easily influenced by moral and cultural values obtained from outside, both from the mass media and the surrounding environment. As a result, it is very vulnerable to bad behavior such as smoking (Sari, 2019). There are many reasons behind teenage smoking behavior. In general, smoking behavior is a function of the environment and the individual. This means that apart from internal factors, smoking behavior is also caused by environmental factors. Factors in adolescence can be seen from the development of teenagers who start smoking in connection with the psychosocial aspects of the crisis experienced during development, when they are looking for their identity. Not all of these efforts to find one's identity can go according to society's expectations.

Tabel 3. Smoking Behavior in Teenagers at SMPN 2 Long Pahangai

No	Variable	N	%
1	Smoking Behavior		

	No smoking	62	55,9
	Smoking	49	44,1
	Total	111	100
2	Smoker Type		
	Non adiktif	19	61,2
	Adiktif	30	38,3
	Total	49	100
3	Type of Cigarette		
	Filter	40	81,6
	Non filter	9	18,4
	Total	49	100
4	Duration of smoking		
	1-2 year	24	49
	2-3 year	14	28,6
	>3 year	11	22,4
	Total	49	100
5	Criteria of smoker		
	Mild (1-10 stick)	42	85,7
	Moderate (11-20 stick)	6	12,2
	Severe (>20 stick)	1	2
	Total	49	100
6	Stages of Smoking Behavior		
	<i>Preparatory</i>	0	0
	<i>Initiation</i>	5	10,2
	<i>Becoming a smoker</i>	14	28,6
	<i>Maintaining of smoking</i>	30	61,2
	Total	49	100

Source: Data Primer, 2023

Smoking behavior among respondents generally increases over time according to their stage of development, which is characterized by an increase in the frequency and intensity of smoking, which will ultimately lead to dependence on nicotine. The influence of nicotine in cigarettes can make a person become an addict or dependent on cigarettes. Adolescents who are addicted to smoking generally cannot resist the urge not to smoke, they tend to be sensitive to the effects of nicotine (Novariana et al., 2022). Most respondents use filter cigarettes that have a cork, they think that the cork can filter the contents of cigarette smoke so that it can reduce the risk of disease. The ease of obtaining filtered cigarettes at stalls or shops in the local area and also the cheap price are the factors why filtered cigarettes are widely used by smokers.

The number of cigarettes in one day is a determinant for determining dependence on nicotine. The lower the time interval between waking up and smoking, the higher the level of dependence on cigarettes. The influence of the environment and adolescent smoking behavior is relatively high, meaning that the higher the influence of the social environment on adolescent smoking behavior, the higher the number of cigarettes smoked. Continuous use of cigarettes can become a part of a person's daily life, so that individuals feel that something is incomplete if they

don't smoke, this is because someone smokes or is seen smoking because it is considered normal in society. According to Leventhal Clearly quoted by (Manafe et al., 2019), at the maintaining of smoking stage, smoking becomes part of a person's self-regulation in certain situations because of the effects caused by smoking, namely relaxation and sensory enjoyment.

3. Conclusion

The conclusion of this study is that most of the adolescents at SMPN 2 Long Pahangai have a high level of knowledge about the dangers of smoking (86.5%) and most of them have non-smoking behavior (55.9%). However, almost half of teenagers, namely another 44.1%, have smoking behavior. Even the majority of teenagers who smoke are already at the stage of maintaining smoking, namely 30 people (61.2%). So that it is necessary to increase education efforts regarding the dangers of smoking continuously and counseling about managing stress positively to teenagers at SMPN 2 Long Pahangai. Apart from that, strong cooperation is needed from various parties such as parents, teachers and health workers in controlling teenagers.

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Conflict of Interest

There is no conflict interest in this research.

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