

FACTORS THAT INFLUENCE TEENAGE SMOKING BEHAVIOR IN SMAN 1 GEGER, MADIUN DISTRICT

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FACTORS THAT INFLUENCE TEENAGE SMOKING BEHAVIOR IN SMAN 1 GEGER, MADIUN DISTRICT

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ABSTRACT

Behavior that is at risk to adolescent health is smoking behavior. Smoking behavior teenager lively in senior high school students, because at this age it is a transition period. Factors that affect teenager smoking behavior include psychosocial factors, parental permissiveness, and peer influence. The purpose of the study to describe the factors affect teenager smoking behavior at Senior High School of Geger Madiun District. The type research used descriptive quantitative with cross sectional design. The result of this study using the Normality Test value ($p=0,065$) more than a significance value of 0,05 which indicate that the data is normally distributed, so the data $\geq$ mean, 52 people (%) are affected by smoking behavior from psychosocial factors, 56 people (%) had permissive parents who smoked, 64 people (64%) were influenced by their peers smoking behavior. It is recommended that the school conduct extra supervision, contribute penalty smoking prohibition, conduct sudden raid, and conduct socialization to parents about the dangers of smoking.

Keywords: Teenager, Smoking, Behavior

INTRODUCTION

The percentage of the world's population that consumes tobacco is found to be 57% in Asian and Australian populations, 14% in Eastern European and Soviet Union populations, 12% in American populations, 9% in Western European populations and 8% in Middle Eastern and African populations (Alamsyah, 2017). According to Global Youth Tobacco Research, it shows that the prevalence rate of teenage smokers in Indonesia is very worrying. It is estimated that of the 70 million Indonesian children, 37% or the same as 25.9 million Indonesian children are smokers and this number makes Indonesia the country with the highest number of smokers in Asia (Noviana, 2016).

Lung cancer caused the most deaths in 2018 in Indonesia at 12.60%. Based on data from the Indonesian Lung Doctors Association (PDPI), in the last 15 years there has been an increase in the number of visits by lung cancer patients at the national respiratory referral center by 10 times, in addition, 52% of lung cancer sufferers in Indonesia were diagnosed with Small Cell cancer. Lung Cancer (SCLC) is based on a statement from Sita Laksmi Andarini as a Lung Specialist that this type of cancer is caused by smoking habits (Shatity, 2019).

Based on the National Basic Health Research (Riskesdas) report, the smoking age increases in adolescence, namely in the 15-25 year age group. Data in 2007, 2010 and 2013 show that the age for first smoking is highest in the 15-19 year age group (Ministry of Health of the Republic of Indonesia, 2015). Based on the 2018 Riskesdas report, it shows that the prevalence of smoking in Indonesia aged 15-19 years is 48.2%, higher than other age groups (Riskesdas, 2018). The prevalence of smoking in Indonesia in 2022 among those aged ≥ 15 years is 28.26% (BPS, 2022). The prevalence of smoking in adolescents aged ≥ 15 years in East Java Province is 28.51%. This prevalence rate is still quite high compared to DKI Jakarta Province at 21.25% and Bali Province at 17.91% (BPS, 2022).

Madiun Regency has one tobacco industry, namely PT. Digdaya Mulia Abadi (DMA) Cigarette Production Partner (MPS) PT. HM. Sampoerna in Nglames, Madiun District, Madiun Regency, which is the center for the production and distribution of Sampoerna cigarettes. The smoking prevalence of adolescents aged ≥ 15 years in Madiun Regency in 2021 is 14.19%. This prevalence rate is still quite high compared to Surabaya City at 13.38%, Mojokerto City at 13.26%, Madiun City at 13.30% (BPS, 2021). Even though the smoking prevalence rate in 2021 in Madiun Regency is relatively low, it could pose a risk to teenagers' smoking behavior, because there is a Sampoerna tobacco industry in Madiun Regency.

Based on basic education data from the Ministry of Education and Culture, the number of male students at SMAN 1 Geger ranked second at the high school level in Madiun Regency, namely 300 male students. The prevalence of smoking in adolescents aged ≤ 18 years, male (6.54%) is higher than female (0.16%) (BPS, 2022). 24.1% of male teenagers smoke while 4% of female teenagers smoke. Smoking behavior for teenage boys is a symbol of power, masculinity and maturity. Teenage boys don't want to be called cowards so they are more willing to take risks than teenage girls (Somantri, 2020). The location chosen for this research was strategic to the city center so that it was easy to reach cigarette traders.

Based on a preliminary study obtained from a Google form distributed by researchers, 133 male students at SMAN 1 Geger smoked out of 204 respondents with a percentage of 65.2%. Based on preliminary studies obtained from observations by researchers, male students smoke in secret after school hours end. Environmental factors around SMAN 1 Geger are an influence because there are many cigarette sellers freely so that male students can easily buy cigarettes, whereas those who cannot buy packaged cigarettes due to limited money buy retail cigarettes. The cigarettes they buy are conventional cigarettes.

Based on the background description, the impact of teenage smoking behavior is lung cancer which can result in death and in Madiun Regency there is a tobacco industry, namely Cigarette Production Partners (MPS) PT. HM. Sampoerna is located in Nglames, Madiun District, Madiun Regency, which can facilitate access for teenagers to buy cigarettes and there are many teenage smokers, so researchers are interested in taking the title "An overview of the factors that influence teenage smoking behavior at SMAN 1 Geger, Madiun Regency".

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METHOD

This research uses a descriptive type of research with an analytical approach using a cross-sectional survey design. The research was conducted in November 2022 - May 2023. The population in the study was 133 students who admitted to having smoked by filling in a Google form that had been distributed by the researcher.

The number of samples used for research according to the Slovin formula was 100 respondents. Meanwhile, samples were taken using probability sampling techniques in the form of simple random sampling.

Factors influencing adolescent smoking behavior were measured using a valid and reliable questionnaire. Data were analyzed univariately using statistical software. Univariate analysis is a step to get a picture of the data that has been collected. This analysis aims to describe the characteristics of each variable in this study, including characteristic variables (age, class, number of cigarettes consumed), psychosocial factor variables, parental permissive attitude variables, social interactions with peers.

RESULT

SMAN 1 Geger Madiun Regency is located in Geger District, Madiun Regency. SMAN 1 Geger consists of class X with 10 classes, class XI with 9 classes, class XII with 10 classes. The total number of students is 994 students with 300 male students and 694 female students. Based on basic education data from the Ministry of Education and Culture, the number of male

students at SMAN 1 Geger is ranked second at the high school level in Madiun Regency, namely 300 male students.

Table 1. Frequency Distribution of Smoking Respondents Based on Age of Respondents at SMAN 1 Geger, Madiun Regency

Respondent Characteristics	Information	Frequency (f)	Percentage (%)
Age (Old)	15 years	9	9
	16 years	24	24
	17 years	35	35
	18 years	32	32
Class	X	29	29
	XI	40	40
	XII	31	31
Number of cigarettes consumed per day	Heavy smoker (more than 15 cigarettes)	12	12
	Medium smoker (5-15 cigarettes)	24	24
	Light smoker (1-4 cigarettes)	64	64

Table 2. Frequency Distribution of Respondents Smoking Based on Psychosocial Factors at SMAN 1 Geger, Madiun Regency

Num.	Psychosocial Aspects	Frequency (f)	Percentage (%)
1	Affected (≥ 6.36)	52	52
2	Unaffected (< 6.36)	48	48
	Total	100	100

The category of psychosocial factors is divided into affected and unaffected. Based on Table 2, it was found that most of the smoking behavior was influenced by psychosocial factors, 52 people (52%) and 48 people (48%) who were not affected. This is in line with research conducted by Almaidah (2021) that student respondents with high school (SMA) education tend to prioritize ego over other people's circumstances. High school students who smoke stated that they felt happy and could relieve stress if they smoked (Almaidah, 2021).

Table 3. Frequency Distribution of Statements on Psychosocial Factors that Influence Adolescent Smoking Behavior at SMAN1 Geger, Madiun Regency

Num.	Statement	Information	
		Frequency (f)	Percentage (%)
1	Smoking to reduce stress	70	70
2	Smoking to avoid being tense when interacting	69	69
3	Smoking to be considered an adult	73	73

Num.	Statement	Information	
		Frequency (f)	Percentage (%)
4	Smoking when lonely	72	72
5	Smoking to look cool	72	72
6	Smoking during extracurricular activities	74	74
7	Smoking for habitual reasons	72	72
8	Smoking to concentrate in class	71	71
9	Smoking to relieve boredom	66	66

Based on Table 3, it was found that the majority of respondents agreed that smoking when there were extracurricular activities was 74 people (74%), smoking was considered an adult for 73 people (73%), smoking when lonely was 73 people (73%) and a small percentage stated Agree that smoking can relieve boredom 69 as many as 66 people (66%). This is in accordance with the theory that the factor in teenagers' desire to become adults is smoking, because it can make them cool and unique (Alamsyah, 2009). Adolescents aged 15-19 years are the middle and late teens. At this time, teenagers are on the threshold of adulthood, that is, as the age of legal maturity approaches, teenagers become anxious to leave behind the stereotype of being a teenager and to give the impression that they are adults. Dressing and acting like an adult is not enough. Therefore, teenagers begin to focus on behavior that is associated with adult status, such as smoking (Prabawati, 2016).

Table 4. Frequency Distribution of Smoking Respondents Based on the Permissive Attitude of Parents at SMAN 1 Geger, Madiun Regency

Num.	Permissive Attitude of Parents	Frequency (f)	Percentage (%)
1	Positive (≥ 4.18)	56	56
2	Negative (< 4.18)	44	44
	Total	100	100

The category of parental permissive attitude is divided into positive (indifferent) and negative (caring). Based on Table 4, it was found that the majority were indifferent (positive) towards their children's smoking behavior as many as 56 people (56%) and a small percentage were concerned (negative) towards their children's smoking behavior as many as 44 people (44%). This is in line with research conducted by Aulia (2020) that smoking behavior was influenced by parents as many as 62 respondents (68.1%) and 29 respondents (31.9%) were not affected (Aulia, 2020). This is in line with research conducted by Setiawati (2022) that there were 22 respondents who stated that parents approved of all children's behavior so that respondents often assumed that respondents were given the freedom to behave. Therefore, this pushed respondents towards negative behavior and one of them was smoking behavior, respondents said that their parents did not reprimand respondents for their smoking behavior (Setiawati, 2022).

Table 5. Frequency Distribution of Statements on Parental Permissive Attitude Factors That Influence Adolescent Smoking Behavior at SMAN1 Geger, Madiun Regency

Num	Statement	Information	
		Frequency (f)	Percentage (%)
1	Parents do not provide knowledge about the dangers of smoking	69	69
2	Smoking at family gatherings	73	73
3	Parents give punishment when their children smoke	24	24
4	Parents give sanctions when their children smoke	16	16
5	Parents give money to buy cigarettes	76	76
6	Parents smoke and invite their children	77	77

Based on Table 5, it was found that most of the respondents agreed with the statement that parents smoked and invited their children to smoke, 71 people (77%), 76 people (77%) gave money to buy cigarettes, 73 people smoked at family gatherings. (73%) and a small majority agree with the statement that parents give punishment to their children who smoke as many as 24 people (24%). This is in accordance with the theory of Crofton (2009) in Yulviana (2015) which states that teenagers with parents who smoke tend to smoke in the future, this happens at least because of two things, the first is that the teenager wants to be like his father who looks dashing and mature. while smoking. Second, because these teenagers are used to cigarette smoke at home so they easily switch to becoming active smokers (Fransiska, 2012).

Table 6. Frequency Distribution of Respondents Based on Peer Associations Who Influence Teenage Smoking Behavior at SMAN 1 Geger, Madiun Regency

No	Statement	Information	
		Frequency(f)	Percentage (%)
1	Affected (≥ 4.92)	64	64
2	Not Affected (< 4.92)	36	36
	Total	100	100

The category of peer influence is divided into influenced and unaffected. Based on Table 6, it was found that most of the smoking behavior was influenced by peer influence as many as 64 people (64%) and those who were not affected were 36 people (36%). This is in line with research conducted by Aulia (2022), that there were 62 respondents (68.1%) influenced by peers and 29 respondents (31.9%) who were not influenced by peers (Aulia, 2020). Adolescence is a process where a person will imitate the things done by the people closest to them in their environment. Psychologically, teenagers are very vulnerable to the influences around their environment. Teenagers tend to do things that their peer group does, for example

if their friends smoke, the teenager will automatically be influenced and imitate this behavior and consider this to be a form of loyalty (Anggraeni, 2019).

Table 7. Frequency Distribution of Respondents' Statements on Peer Associations Which Influence Teenage Smoking Behavior at SMAN1 Geger, Madiun Regency

Num.	Statement	Information	
		Frequency(f)	Percentage (%)
1	The respondent's friend is a smoker	73	73
2	Often get invitations from friends to smoke	65	65
3	Smoking when socializing with friends	71	71
4	Remain in the group if you don't smoke	72	72
5	When you come home from school smoke with friends	75	75
6	Peers actively smoke and will remain friends	69	69
7	There are friends who threaten to smoke	67	67

Based on Table 7, it was found that the majority of respondents agreed that when they come home from school, 75 people (75%) gather and smoke with friends, 73 of the respondent's friends are smokers (73%), they are still members of the group if they don't smoke. as many as 72 people (72%) and a small percentage often get invitations from friends to smoke as many as 65 people (65%). This is in line with research (Prabawati, 2016) that the characteristics of teenagers who have friends who support smoking are teenagers who have friends who smoke, teenagers who are often close to friends who are smoking, friends who offer to smoke, friends who invite them and also friends who threaten to smoke. smoke. The most supportive characteristic is teenagers who have friends who smoke, with a total of 62 (96.8%) teenagers (Prabawati, 2016). Teenagers are often outside the home and spend time with their peers. Adolescents will tend to want to be accepted in their group, so that adolescents will have the potential to imitate what their peers do. Likewise, if group members have smoking behavior, then teenagers will tend to follow the same thing without caring about the consequences (Anggraeni, 2019).

DISCUSSION

The research results showed that the majority of respondents fell into the light smoker category, 64 people (64%) and a small number fell into the heavy smoker category, 8 people (8%). These characteristics indicate that a teenage smoker is a light smoker who is in the initiation stage. The initiation stage is a critical stage for the individual because he is in the trial and error stage where he assumes that by smoking he will appear mature so he will start by trying several cigarettes (Leventhal and Cleary, 1980 in Kintoko, 2004). For teenagers in class XI between the ages of 15-18 years old who really need friends, teenagers will be happy if lots of friends acknowledge them. They are in a state of confusion because they do not know whether to choose whether they are sensitive or indifferent, busy or alone, optimistic or pessimistic, idealistic or materialist, and so on (Monks, 2008).

According to the theory put forward by Laventhal & Cleary (in Halim, 2013) that psychosocial factors in a person's smoking behavior include behavioral habits that must be maintained, smoking behavior is carried out by someone because smoking can create a feeling of pleasure and relaxation and can show masculinity & maturity. a person, smoking behavior is carried out by someone to reduce feelings of tension or anxiety that arise due to interactions with other people. Smoking behavior is carried out by individuals to reduce stress without aiming to solve problems that cause stress (Putri, 2016). Psychological activity in the form of a person's association with smoked cigarettes, which is considered to be able to increase concentration power, facilitate problem-solving abilities, relieve tension, increase self-confidence, and ward

off loneliness (Aula, 2010). People try to smoke for reasons of curiosity or want to escape from physical or mental pain, free themselves from boredom (Nasution, 2007). Most of the research results showed that 52 people (52%) were influenced by smoking behavior from psychosocial factors and 48 people (48%) were not affected. This is in line with research conducted by Nisa (2021) that 39 respondents (54.2%) were influenced by psychosocial reasons in their smoking behavior.

This is in accordance with the theory that the factor in teenagers' desire to become adults is smoking, because it can make them cool and unique (Alamsyah, 2009). According to Prabawati (2016) teenagers aged 15-19 years are the middle and late teens. At this time, teenagers are on the threshold of adulthood, that is, as the age of legal maturity approaches, teenagers become anxious to leave behind the stereotype of being a teenager and to give the impression that they are adults. Dressing and acting like an adult is not enough. Therefore, adolescents begin to focus on behaviors associated with adult status, such as smoking. Smoking behavior in adolescents is related to the psychological aspect of crisis experienced during their development, namely the period of searching for their personality identity, the desire to smoke also often arises due to uncomfortable situations such as loneliness, confusion, cold, boredom, anger and stress, then smoking can provide a feeling of comfort and tranquility (Isa, et al, 2017).

The majority were indifferent (positive) towards their children's smoking behavior as many as 56 people (56%) and a small percent cared (negative) towards their children's smoking behavior as many as 44 people (44%). This is in line with research conducted by Aulia (2020) that smoking behavior was influenced by parents as many as 62 respondents (68.1%) and 29 respondents (31.9%) were not affected. This is in line with research conducted by Setiawati (2022) that there were 22 respondents who stated that parents approved of all children's behavior so that respondents often assumed that respondents were given the freedom to behave. Therefore, this pushed respondents towards negative behavior and one of them was smoking behavior, respondents said that their parents did not reprimand the respondent's smoking behavior.

Most of the smoking behavior was influenced by peer influence as many as 64 people (64%) and those who were not affected were 46 people (46%). This is in line with research conducted by Aulia (2022), that there were 62 respondents (68.1%) influenced by peers and 29 respondents (31.9%) who were not influenced by peers. Adolescence is a process where a person will imitate the things done by the people closest to them in their environment. Psychologically, teenagers are very vulnerable to the influences around their environment. Teenagers tend to do things that their peer group does, for example if their friends smoke, the teenager will automatically be influenced and imitate this behavior and consider this to be a form of loyalty (Anggraeni, 2019).

CONCLUSION

The conclusion that can be drawn in this study is that the majority of respondents who smoked at the age of 17 were in class XI of high school and were in the light smoker category (1-4 cigarettes). On their children's smoking behavior and smoking responses from peer influence.

RECOMENDATION

Suggestions that can be put forward are that teachers/students are expected to carry out extra supervision during extracurricular activities by means of extracurricular supervisors reporting routinely during activities via WhatsApp chat accompanied by picture and video evidence of activities. Schools are expected to follow up regarding Regional Regulation Number 10 of 2020 concerning No-Smoking Areas. by imposing sanctions against smoking and holding impromptu raids before entering class and it is hoped that the school will conduct outreach to

parents/guardians of students during school committee meetings regarding the "dangers of smoking" so that parents can supervise when their children smoke.

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