Original Research Article

Analysis of Smoking Behavior of Students at SMA Negeri 1 Montasik Aceh Besar in 2022

Keywords:
Smoke
Knowledge
Attitude
Cigarette advertising,
Friend
Family

A B S T R A C T

Smoking in this school is something worth paying attention to, because ~~almost~~ some students are active smokers, ~~and some~~while others are still dabbling and just joining their friends. Of the 205 students in Montasik High School, 80% of the students are active smokers. The purpose of this study ~~was~~ is to ~~determine the Analysis~~ analyse ~~of~~ the Smoking Behavior of Students at SMA Negeri 1 Montasik Aceh Besar in 2022. This research is a type of analytical survey research using a quantitative method approach. The population in this study was ~~all~~ 164 students who ~~behaved in~~expressed some smoking behavior, ~~which was 164 students and the~~from which a sample ~~was~~ of 116 students was taken. Data ~~are~~ were processed using univariate, bivariate and multrivariate analysis. The results of the study ~~found~~ showed that there was a relationship between knowledge (P value = 0.000), attitude (P value = 0.000), affordability to cigarettes (P value = 0.000), exposure to cigarette advertisements (P value 0.002) and peers (P value 0.000) with Smoking Behavior of Students at SMA Negeri 1 Montasik, while age, family influence and policies on cigarettes did not affect Student Smoking Behavior. ~~Multivariately, t~~The most dominant variables affecting smoking behavior are exposure to cigarette advertising (0.027), family member influence (0.000) and peer influence (0.000). It is hoped that there will be a strict regulation on students, teachers and employees who smoke in schools and the introduction of non-smoking areas in schools. For parents, they should be more careful in setting an example of behavior in the family environment and monitoring the behavior of parents is expected to be a provision in getting along in the community.

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INTRODUCTION

Smoking is an act of smoking a cigarette that is carried out by people who have a tendency to cigarettes. Smoking is not only done by adults, but in the reality of life we find many teenagers and schoolchildren who also smoke in various corners of public places. This habit will become a necessity for people who are already experiencing addiction. Smoking can cause health problems. The biggest contributor to the death rate today is due to smoking(any reference to this statement?). The risk of death from smoking can increase as the number of cigarettes smoked per day increases and the length of smoking. Not only for active smokers, even passive smokers (who inhale cigarette smoke) have 3 times the risk of active smokers(any reference?).

As for the formulation of the problem in this study are: how are the characteristics of student smoking behavior,

predisposing factors that include demographic characteristics such as age and gender, knowledge about the dangers of cigarettes and attitudes towards student cigarettes, possible factors include affordability to cigarettes and exposure to advertising/promotion of students' smoking behavior, reinforcing factors that include family influence, peer contact and no-smoking policies on student smoking behavior, whether there is a relationship between predisposing factors that include characteristics demographics such as age and gender, knowledge about cigarettes and attitudes towards cigarettes with students' smoking behavior, whether there is a relationship between possible factors including affordability of cigarette access and exposure to advertising/promotion of students' smoking behavior, whether there is a relationship between reinforcing factors that include family influence, peer influence and smoking prohibition policies on students' smoking behavior, whether the most dominant factor influences the smoking behavior of students of SMA Negeri 1 Montasik Aceh Besar.

In general, this study aims to analyze the smoking behavior of students of SMA Negeri 1 Montasik Aceh Besar, while the specific objectives are: to analyze the characteristics of student smoking behavior, analyze predisposing factors that include demographic characteristics such as age and gender, knowledge about the dangers of cigarettes and attitudes towards student cigarettes, analyze possible factors including affordability to cigarettes and exposure to advertising / promotion to behavior student smoking, analyzing reinforcing factors that include family influences, peer influence and smoking prohibition policies on students' smoking behavior, analyzing the relationship between predisposing factors that include demographic characteristics such as age and gender, knowledge of cigarettes and attitudes towards cigarettes with student smoking behavior, analyzing the relationship between possible factors including affordability of cigarette access and exposure to advertising/promotion to behavior student smoking, analyzing the relationship between reinforcing factors that include family influence, peer influence and smoking prohibition policy on student smoking behavior, analyzed the most dominant factors affecting the smoking behavior of SMA Negeri 1 Montasik Aceh Besar students.

With the conduct of this research, it is hoped that it can provide scientific benefits, namely as additional information, especially for school children about the dangers of smoking behavior. And also useful and has benefits for the institution as additional information and input for the School to be able to add insight into science and knowledge about smoking behavior towards elementary school students. For other researchers, this thesis can be used as input and a useful source of information for further research.

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According to the World Health Organization [45], there are an estimated 1.26 billion smokers worldwide and more than 200 million of them are adolescents, in adolescent men, 55% of those motivated by smoking behavior are influenced by advertising and the environment.
Based on research by the Ministry of Health in 2017, that 2-3 out of 10 Indonesian children aged 15-19 years are smokers. Over the course of 15 years, the percentage of children aged 15-19 years who smoked doubled, from 12% in 2001 to 24% in 2016. Based on research by the Ministry of Health in 2016 that 43 million children were exposed to cigarette smoke, and 11.4 million of them were aged 0-4 years [19].

Aceh Besar Regency is one of the regencies/cities in Aceh, Indonesia. The number of high schools in Aceh Besar Regency is 46 schools. One of these high schools is SMAN 1 Montasik which is located in Lampaseh Krueng, Montasik District. Based on data obtained from interviews with the Principal of SMA Negeri 1 Montasik, the number of students in the city was 391 students, men totaling 205 people and women totaling 186 people. Of the 205 male students, about half of those students smoked. The efforts that have been made by the school include always providing direction and guidance to students not to smoke, especially in the school environment, because the school has a long-standing regulation that students are prohibited from smoking in the school environment and its surroundings with the sanction of being called by parents, but the students still smoke secretly. So far,

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the program that is currently and has been running is the existence of a regulation prohibiting smoking

in the school environment in the form of cooperation with the Montasik Health Center regarding the regulation of KTR (Non-Smoking Area) by affixing KTR stickers on the walls of the school. Smoking, from ancient times to the present for students, is a gross violation. Whoever is caught sucking, be prepared to receive punishment.

As the rules for smoking bans in the school environment become stricter, it turns out that the number of smokers of child age continues to grow. In fact, if elementary to secondary school students become active smokers, it is very likely that they experience a decrease in learning achievement, burn out, drop out, and unfinished primary education. Although it looks strange and awkward, the phenomenon of school students smoking has become a daily sight. Students who smoke come from all levels of education, starting from elementary school (SD), junior high school (SMP), and high school (SMA). The average child first tries and gets used to smoking when they are in the seventh and eighth grades of Junior High School (SMP) or around the age of 12-13 years. Because they were early teenagers, they tried smoking because of curiosity, as well as a very strong influence of the environment and peers at their age. This shows that child smokers are increasingly due to blunt regulations or policies [17].

Green tries to analyze that the health of a person or society is influenced by 2 main factors, namely behavioral factors (behaviour causes) and factors outside of behavior (non-behaviour causes), behavior is the result of various factors that affect it both internally and externally (environment). Furthermore, behavior is influenced by 3 main factors which are shortened to PRECEDE (Predisposing, Enabling and Reinforcing Causes in Educational Diagnosis and Evaluation). This precede is a direction in analyzing or diagnosing and evaluating behaviors for educational interventions (health promotion). Precede is the diagnosis phase of the problem, while PROCEED (Policy, Regulatory, Organizational Construct in Educational and Environmental Development) is a direction in the planning, implementation and evaluation of health education [29].

RESEARCH METHODOLOGY

This research is a type of analytical survey research using a quantitative method approach. Analytical survey research is a survey research that tries to explore the health phenomenon that occurs, then performs an analysis of the dynamics of correlation between the phenomenon or between risk factors and effect factors [34]. The results of correlation analysis in analytical survey research can be seen how far certain risk factors contribute to the presence of an effect. The study also included cross-sectional research. Cross-sectional research is a study to study the dynamics of correlation between risk factors and effects, by means of approach, observation, or data collection at once at a time (point time approach) [34]. The research was conducted at SMA Negeri 1 montasik, which is located in Lampaseh Krung, Montasik district, Aceh Besar Regency. The study was conducted from August to December 2022.

The data ~~is~~ are sourced from data from SMA Negeri 1 Montasik. Data collection in this study used checklists and questionnaires in the form of questions in the form of a scale that

consists of: (1) a scale measuring students' smoking behavior (2) a scale measuring the age of students' smoking behavior (3) a scale of sex measurement of students' smoking behavior (4) a scale of measuring knowledge about the dangers of smoking to students' smoking behavior (5) a scale of measuring attitudes towards cigarettes (6) a scale measuring affordability to cigarettes against students' smoking behavior (7) a scale of measuring the cigarette behavior of family members towards student smoking behavior (8) a scale measurement of peers in smoking behavior of students (9) scale of measurement of exposure of cigarette advertisements to student smoking behavior (10) scale of policy measurement on cigarettes on student smoking behavior.*what are these scales?) Data analysis using univariate, bivariate and multivariate analysis. [34].(Incomplete sentence)

The study also included cross-sectional research. Cross-sectional research is a study to study the dynamics of correlation between risk factors and effects, by means of approach, observation or data collection at once at a time (point time approach) (Notoatmodjo, 2018).

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SEARCH AND DISCUSSION

Findings

Tabel 1. Hubungan Umur dengan Perilaku Merokok pada Siswa di SMA Negeri 1 Montasik Aceh Besar Tahun 2022

No	Umur	Perilaku Merokok				Total	%	P. Value	α
		Merokok		Tidak merokok					
		F	%	F	%				
1	12-14	24	70,6	10	29,4	34	100	0,442	0,05
2	15-17	50	61	32	39	82	100		
	Jumlah	**74**		**42**		**116**	**100**		

Tabel 2. Hubungan Pengetahuan dengan Perilaku Merokok pada Siswa di SMA Negeri 1 Montasik Aceh Besar Tahun 2022

No	Pengetahuan	Perilaku Merokok				Total	%	P. Value	α
		Merokok		Tidak merokok					
		f	%	f	%				
1	Baik	24	44,4	30	55,6	54	100	0,000	0,05
2	Kurang baik	50	80,6	12	19,4	62	100		
	Jumlah	**74**		**42**		**116**	**100**		

Tabel 3. Hubungan Sikap dengan Perilaku Merokok pada Siswa di SMA Negeri 1 Montasik Aceh Besar Tahun 2022

No	Sikap	Perilaku Merokok				Total	%	P. Value	α
		Merokok		Tidak merokok					
		f	%	f	%				
1	Positif	26	46,4	30	53,6	56	100	0,000	0,05
2	Negatif	48	80	12	20	60	100		
	Jumlah	**74**		**42**		**116**	**100**		

Tabel 4. Hubungan Kebijakan tentang Merokok dengan Perilaku Merokok pada Siswa di SMA Negeri 1 Montasik Aceh Besar Tahun 2022

No	Kebijakan tentang Merokok	Perilaku Merokok				Total	%	P. Value	α
		Merokok		Tidak merokok					
		f	%	f	%				
1	Baik	31	56,4	24	43,6	55	100	0,165	0,05
2	Kurang baik	43	70,5	18	29,5	61	100		
	Jumlah	**74**		**42**		**116**	**100**		

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Discussion of research results **Throughout the discussion there is no reference to any of the tables 1-4, and it becomes difficult to know which table is being discussed. Also, the labels in the tables have no relationships with issues being discussed. Worst still, the tables seem to be labelled in local languages making the reading further difficult.**

Based on the results of research conducted by researchers at SMA Negeri 1 Montasik Aceh Besar, it is known that out of 34 respondents aged 12-14 years, 70.6% (24 people) have smoking behavior. Meanwhile, of the 82 respondents aged 15-17 years, 61% (50 people) also had smoking behavior. And from the results of the Chi-Square statistical test, a P value of 0.442 was obtained, greater than the α value of 0.05 and this can be interpreted to mean that there is no age relationship with Smoking Behavior in Students at SMA Negeri 1 Montasik Aceh Besar in 2022. Adolescence is an age that is prone to association, at this time there are conflicts in adolescents which often cause problems in adolescents and depend on the state of the environment in which the teenager lives. In this vulnerable age, adolescents tend to try to perform new actions that are generally carried out by adults, such as there is a desire that others want to be perceived as the same. For example, smoking behavior, the number among teenagers from year to year is increasing starting from a relatively young age, namely junior high school and even elementary school. The results of this study are in line with a study conducted by Simarta (2012) which states that there is no difference in the average age of respondents who smoke with non-smoking.

Based on the results of research conducted by researchers at SMA Negeri 1 Montasik Aceh Besar, it is known that of the 54 respondents who have good knowledge about smoking, 44.4% (24 people) have smoking behavior. Meanwhile, of the 62 respondents who had poor knowledge about smoking, 80.6% (50 people) had smoking behavior. And from the results of the Chi-Square statistical test, a P value of 0.000 was obtained, smaller than the α value of 0.05 and this can be interpreted to mean that there is a relationship between knowledge and Smoking Behavior in Students at SMA Negeri 1 Montasik Aceh Besar in 2022. The results of this study are in line with research conducted by Anam, et al (2019) which states that there is a relationship between knowledge and smoking behavior in male students of Madrasah Aliyah Pangeran Antasari Martapura, Banjar Regency, obtained a p-value = 0.008. Knowledge is very influential because knowledge determines the attitudes and actions of adolescents towards the smoking behavior of those around them. Knowledge is the result of human sensing or the result of a person's knowledge of an object through the senses he has. According to the Law of the Republic of Indonesia No. 20 of 2003 concerning the national education system. Education is a conscious and planned effort to prepare students through mentoring activities, teaching and or training for their role in the future (Nababan, 2019).

Based on the results of the study, it is known that out of 56 respondents who have a positive attitude towards smoking behavior, 46.4% (26 people) have smoking behavior. Meanwhile, of the 60 respondents who had a negative attitude towards smoking, 80% (48 people) had smoking behavior. And from the results of the Chi-Square statistical test, a P value of 0.000 was obtained, smaller than the α value of 0.05 and this can be interpreted to mean that there is a relationship between respondents' attitudes and Smoking Behavior in Students at SMA Negeri 1 Montasik Aceh Besar in 2022. The results of this study are in line with research conducted by Pertiwi (2019) which states that there is a relationship between factors that affect attitudes in smp muhammadiyah palu with a p value of 0.017. According to pertiwi's research, respondents who have a positive attitude of smokers towards smoking behavior have more smoking habits. This result is likely caused by other factors that can affect a person's attitude. Positive or negative assessments of cigarettes are influenced by respondents' confidence in both their knowledge of cigarettes and the effects that cigarettes have and their tendency to smoke based on their chosen attitude. Attitude can be interpreted as a depiction of one's liking or dislike of an object gained from one's own or others' experiences and making one approach or stay away from the object. And this means that a positive attitude towards cigarettes influences a person to smoke

Based on the results of the study, it is known that out of 55 respondents who stated that the policy on smoking in schools was good, 56.4% (31 people) had smoking behavior. Meanwhile, of the 61 respondents who stated that the policy on smoking in schools was not good, 70.5% (43 people) had smoking behavior. And from the results of the Chi-Square statistical test, a P value of 0.165 was obtained, smaller than the α value of 0.05 and this can be interpreted to mean that there is no relationship between the policy on smoking

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and smoking behavior in students at SMA Negeri 1 Montasik Aceh Besar in 2022. The results of this study are in line with research conducted by Simarmata (2012) which states that policies on cigarettes have no effect on students' smoking behavior. From the results of the study, it is known that 52.6% of respondents reported that the school's policy on smoking is still lacking and the results of the statistical test also stated that 70.5% were due to unclear and indecisive policies from the school about smoking, causing students to have smoking behavior. In the opinion of researchers from observations in the field, this is because the regulations applied in schools are not yet strong, the sanctions given are still relatively light so teenagers are not deterred and will repeat

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