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

*Original Research Article*

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## ABSTRACT

Smoking in this school is something worth paying attention to, because some students are active smokers, 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 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 students who, smoking behavior, sample 116 students. Data processed using univariate, bivariate and multivariate analysis. The results of the study 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. The most dominant variables affecting smoking behavior are, family member influence (0.004, OR: 13.898) and peer influence (0.000, OR: 277.463). 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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*Keywords: Smoke Knowledge Attitude Cigarette advertising, Friend Family.*

## 1. 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 [1]. 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 [2]

Based on research from the Ministry of Health in 2017, that 2-3 out of 10 Indonesian children aged 15-19 years are smokers. Over the past 15 years, the percentage of children aged 15-19 who smoke has doubled, from 12% in 2001 to 24% in 2016. Based on research from the Ministry of Health in 2016, 43 million children were exposed to cigarette smoke, and 11.4 million of whom are aged 0-4 years [3]. The prevalence of smoking in Indonesia is very high in all walks of life, especially in men ranging from children, adolescents and adults. The tendency to smoke continues to increase from year to year in both men and women. The prevalence of smokers is 15 times higher in men (65.8%) than women (4.2%). Almost 80% of smokers in Indonesia start smoking before they are 19 years old. When viewed by province, the highest proportion of daily smokers was in the Riau Islands province (27.2%), and the lowest was in the Papua province (16.2%). The five provinces with the highest proportion are the Riau Islands, West Java, Bengkulu, Gorontalo and West Nusa Tenggara[4].

The habit of smoking starts with the first cigarette, generally the first cigarette begins at a young age, a number of studies have found that the first cigarette smoke begins at the age of 11-13 years (Smet, 1994). Smoking behavior begins with curiosity and peer influence, Smet (1994) reveals that adolescents start smoking due to the influence of the social environment, modeling (imitating the behavior of others) is one of the determinants in starting smoking behavior [5].

Adolescence is a vulnerable period or a period of transition, during this period they like to try something new, moreover there is a myth that if

someone smokes, he is considered an adult or mature. Smoking is also considered capable of increasing concentration power, facilitating problem solving abilities, relieving tension, increasing self-confidence and banishing loneliness [1].

Students who smoke come from all levels of education, starting from Elementary School (SD), Junior High School (SMP), and High School (SMA). On average, children first tried and got used to smoking when they were in the seventh and eighth grades of junior high school (SMP) or around the age of 12-13 years. Because they are early adolescents, they try smoking because of their high curiosity, as well as the strong influence of their environment and peers at their age. This shows that there are more and more child smokers due to regulations or policies that are still blunt [5].

Aceh Besar District is one of the regencies/cities in Aceh, Indonesia. There are 46 high schools in Aceh Besar District. One of these high schools is SMAN 1 Montasik which is located in the village of Lampaseh Krueng, Montasik District. Based on data obtained from interviews with the Principal of SMA Negeri 1 Montasik, the number of students in the montasik was 391 students, 205 boys and 186 girls. Of the 205 male students, about half smoked. 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 regulations that have existed for a long time, namely that students are prohibited from smoking in the school environment and its surroundings with the sanction of being called by parents. but the students continued to smoke in secret. So far, the program that is being and has been running is the prohibition of smoking in the school environment in the form of collaboration with the Montasik Community Health Center regarding the regulation of No-Smoking Areas by placing KTR stickers on school walls.

Based on the researcher's interview with the Counseling Guidance teacher, it was found that smoking in this school is something that deserves attention, because almost half of the students are active smokers, and some are still experimenting and just following along with their friends. Of the 205 students at Montasik High School, 80% of the students are active smokers. Generally they smoke secretly because they respect their teacher and are afraid of sanctions. Students are often caught smoking during recess behind the school canteen, in the parking lot and in the school bathroom.

based on the background above, the author is interested in conducting research with the title "Analysis of Students' Smoking Behavior at Montasik 1 Public High School Aceh Besar in 2022.

## 2. 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[6].

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).

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 population in this study were all male students who smoked at SMA Negeri 1 Montasik, namely 164 students. After conducting research, 116 respondents returned questionnaires, so that the total sample obtained was 116 students. Data analysis in this study using univariate, bivariate and multivariate analysis.

## 3. Research Results And Discussion

a. **Table 1: Relationship between Age and Smoking Behavior in Students at SMA Negeri 1 Montasik Aceh Besar in 2022**

Age	Smoking Behavior				Total	P	Attitude	Smoking Behavior				Total	P	α
	light smoker		heavy smoker					light smoker		heavy smoker				
	f	%	f	%				f	%	f	%			
12-14	10	29,4	24	70,6	34	0,442	Positive	30	53,6	26	46,4	56	0,000	0,05
15-17	32	39	50	61	82		Negative	12	20	48	80	60		
<b>Total</b>	<b>42</b>		<b>74</b>		<b>116</b>		<b>Total</b>	<b>42</b>		<b>74</b>		<b>116</b>		

Based on the table above, it can be seen that of the 82 respondents aged 15-17 years, 61% (50 people) were heavy smokers. Meanwhile, from 34 respondents aged 12-14 years, 70.6% (24 people) were

heavy smokers.

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 could mean that there was no relationship between age and smoking behavior in students at SMA Negeri 1 Montasik Aceh Besar in 2022

b. **Table 2: Relationship between Knowledge and Smoking Behavior in Students at 1 Montasik Aceh Besar Public High School in 2022**

Knowledge	Smoking Behavior				Total	P	α
	light smoker		heavy smoker				
	f	%	f	%			
Good	30	55,6	24	44,4	54	0,000	0,05
Not good	12	19,4	50	80.6	62		
<b>Total</b>	<b>42</b>		<b>74</b>		<b>116</b>		

Based on the table above, it can be seen that of the 54 respondents who had good knowledge about smoking, 55.6% (30 people) were light smokers. Meanwhile, of the 62 respondents who had poor knowledge about smoking, 80.6% (50 people) were heavy smokers.

And from the results of the Chi-Square statistical test, a P value of 0.000 is obtained, which is smaller than the α value of 0.05 and this can mean that there is a relationship between knowledge and smoking behavior in students at SMA Negeri 1 Montasik Aceh Besar in 2022

c. **Table 3: Relationship between Attitude and Smoking Behavior in Students at SMA Negeri 1 Montasik Aceh Besar in 2022**

Based on the table above, it can be seen that of the 56 respondents who had a positive attitude towards smoking behavior, 53.6% (30 people) were light smokers. Meanwhile, of the 60 respondents who had a negative attitude towards smoking, 80% (48 people) were

heavy smokers.

And from the results of the Chi-Square statistical test, a P value of 0.000 is obtained, which is smaller than the  $\alpha$  value of 0.05 and this can mean that there is a relationship between the respondent's attitude and smoking behavior in students at SMA Negeri 1 Montasik Aceh Besar in 2022

**d. Table 4: The Relationship between Affordability of Cigarettes and Smoking Behavior in Students at SMA Negeri 1 Montasik Aceh Besar in 2022**

Affordability of Cigarettes	Smoking Behavior				Total	P	the influence of Family Members	Smoking Behavior				P	$\alpha$	
	light smoker		heavy smoker					light smoker	heavy smoker	Total	P			$\alpha$
	f	%	f	%										
Reachable	12	16,4	61	83,6	73	0,000	There is no influence	15	23,1	50	76,9	0,002	0,05	
difficult to reach	30	69,8	13	30,2	43			27	52,9	24	47,1			51
<b>Total</b>	<b>42</b>		<b>74</b>		<b>116</b>			<b>42</b>		<b>74</b>				<b>116</b>

It can be seen that of the 73 respondents who said it was easy to reach or get cigarettes, 83.6% (61 people) were heavy smokers. Meanwhile, of the 43 respondents who stated that it was difficult to reach or obtain cigarettes, 69.8% (30 people) were light smokers.

And from the results of the Chi-Square statistical test, a P value of 0.000 is obtained, which is smaller than the  $\alpha$  value of 0.05 and this can mean that there is a relationship between affordability of cigarettes and smoking behavior in students at SMA Negeri 1 Montasik Aceh Besar in 2022

**e. Table 5: Correlation between Exposure to Cigarette Advertisements and Smoking Behavior in Students at SMA Negeri 1 Montasik Aceh Besar in 2022**

Exposure to Cigarette Advertisements	Smoking Behavior				Total	P	the influence of friends $\alpha$	Smoking Behavior				P	$\alpha$	
	light smoker		heavy smoker					light smoker	heavy smoker	Total	P			$\alpha$
	f	%	f	%										
Seldom	28	51,9	26	48,1	54	0,002	There is no influence	8	11,4	62	88,6	0,000	0,05	
often	14	22,6	48	77,4	62			34	73,9	12	26,1			46
<b>Total</b>	<b>42</b>		<b>74</b>		<b>116</b>			<b>42</b>		<b>74</b>				<b>116</b>

It can be seen that of the 54 respondents who said they were rarely exposed to cigarette advertisements, 51.9% (28 people) were light smokers. Meanwhile, of the 62 respondents who stated that they were frequently exposed to cigarette advertisements, 77.4% (48 people) were

heavy smokers.

And from the results of the Chi-Square statistical test, a P value of 0.002 is obtained, which is smaller than the  $\alpha$  value of 0.05 and this can mean that there is a relationship between exposure to cigarette advertisements and smoking behavior in students at SMA Negeri 1 Montasik Aceh Besar in 2022.

**f. Table 6: The Relationship between the Influence of Family Members and Smoking Behavior in Students at SMA Negeri 1 Montasik Aceh Besar in 2022**

it can be seen that of the 65 respondents who stated that there was influence from family members, 76.9% (50 people) were heavy smokers. Meanwhile, of the 51 respondents who said there was no influence from family members, 52.9% (27 people) were light smokers.

And from the results of the Chi-Square statistical test, a P value of 0.002 is obtained, which is smaller than the  $\alpha$  value of 0.05 and this can mean that there is a relationship between the influence of family members and smoking behavior in students at SMA Negeri 1 Montasik Aceh Besar in 2022.

**g. Table 7: Relationship between the influence of friends and smoking behavior among students at SMA Negeri 1 Montasik Aceh Besar in 2022**

it can be seen that of the 70 respondents who said there was influence from friends, 88.6% (62 people) were heavy smokers. Meanwhile, of the 46 respondents who said there was no influence from friends, 73.9% (34 people) were light smokers.

And from the results of the Chi-Square statistical test, a P value of 0.000 is obtained,

which is smaller than the  $\alpha$  value of 0.05 and this can mean that there is a relationship between the influence of friends and smoking behavior in students at SMA Negeri 1 Montasik Aceh Besar in 2022.

**h. Table 8: The Relationship between Smoking Policy and Smoking Behavior in Students at SMA Negeri 1 Montasik Aceh Besar in 2022**

Smoking Policy	Smoking Behavior				Total	P
	light smoker		heavy smoker			
	f	%	f	%		
Good	28	50,9	27	49,1	55	0,003
Not good	14	23	47	77	61	
<b>Total</b>	<b>42</b>		<b>74</b>		<b>116</b>	

it can be seen that of the 55 respondents who stated that the policy on smoking in schools was good, 50.9% (28 people) were light smokers. Meanwhile, of the 61 respondents who stated that the smoking policy at school was not good, 77% (47 people) were heavy smokers.

And from the results of the Chi-Square statistical test, a P value of 0.003 was obtained, which is smaller than the  $\alpha$  value of 0.05 and this could mean that there is a relationship between smoking policy and smoking behavior in students at SMA Negeri 1 Montasik Aceh Besar in 2022.

#### 4. Conclusion

The results 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), influence of family members (P value = 0.002), peers (P value 0.000) and policies on smoking (P value = 0.003) with the Smoking Behavior of Students at SMA Negeri 1 Montasik, while age has no effect on Student

Smoking Behavior. Multivariately the most dominant variables influencing smoking behavior are the influence of family members (0.000, OR: 37.898) and the influence of peers (0.000, OR: 277.463).

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#### COMPETING INTERESTS

$\alpha$  Authors have declared that no competing interests exist.

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