



Smoking Behavior in Makassar State Middle School Students, South Sulawesi Province

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ABSTRACT

Cigarettes are an industrial product and international commodity that contain around 300 chemical ingredients. The purpose of this research is to determine smoking behavior among students at Makassar State Middle School. The type of research used is quantitative with a descriptive approach using total sampling technique. Data was collected by distributing questionnaires to respondents to see frequency distribution. The results of the study showed that the level of knowledge of respondents about the dangers of smoking was in the good category, namely 57 people (71.2%), while people's attitudes about the dangers of smoking were in the positive category, namely 16 people (20.0%), for the influence of society in handling the dangers. smoking in the good category, namely 57 heads of families (71.2%). From the results of this study, it was concluded that the knowledge, attitudes of students and community influences regarding the dangers of smoking were quite good. To increase students' knowledge, it is necessary to conduct counseling and seminars about the dangers of smoking to help increase students' knowledge.

Keywords: Smoking Behavior, State Middle School Students, Makassar, South Sulawesi Province

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1. Introduction

Smoking is an activity that we often encounter in society. Not only people in Indonesia but also people in the world. The World Health Organization (WHO) reported that in 2008 there were one billion people who used tobacco products throughout the world (Indonesian Tobacco Control Alliance, 2013).

Meanwhile in Vietnam, the results of the 2010 Global Adult Tobacco Survey (GATS) showed that the proportion of male adults who smoked reached 47.4% (An, DTM, 2013). Based on Riskesdas 2007, the percentage of the population aged 10 years and over was 23, 7% smoked daily, 5.5% smoked occasionally, 3.0% were ex-smokers and 67.8% were non-smokers.

The prevalence of smoking in Indonesia continues to increase from year to year. The number of male smokers increased by 14%, while female smokers increased by 2.8 % from 1995 to 2011. In 1995 the number of male smokers in Indonesia was 53.4%, while in 2011 it was 67.4%. Female smokers increased from 1.7 % in 1995 to 67.4% in 2011 (Indonesian Tobacco Control Alliance, 2013).

Data from GATS in 2011 states that Indonesia is the third country with the highest number of smokers in the world after China and India with a smoking prevalence of 36.1% (Indonesian Tobacco Control Alliance, 2013). Cigarettes are cylinders of paper measuring between 70 and 120 mm long with a diameter of around 10 mm containing chopped tobacco leaves (Jaya, 2009).

Cigarettes are an industrial product and international commodity that contain around 300 chemical ingredients. Important elements include: tar, nicotine, benzovrine, metal-chloride, acetone, ammonia and carbon monoxide (Bustan, 2007).

Apart from that, a cigarette contains 4,000 types of toxic chemical compounds that are dangerous to the body, of which 43 are carcinogenic (Aditama, 2013). The main components are nicotine, a dangerous substance that causes addiction, tar, which is carcinogenic, and CO, which can reduce oxygen content in the blood. Cigarettes can also cause diseases such as coronary heart disease, stroke and cancer. Sukendro (2007) stated that cigarette smoke contains thousands of toxic chemicals and ingredients that can cause





cancer. Cigarettes can also cause irritation to the eyes, nose and throat, stimulate the recurrence of asthma, lung cancer, respiratory problems and coughs that produce phlegm (Istiqomah, 2003).

Even in America, cigarettes can cause the deaths of more than 400,000 people, however, every day more than 3000 children and teenagers become smokers (Surani, 2011). WHO estimates that half of deaths in Asia are due to the high increase in tobacco use. The death rate from smoking in developing countries has increased almost 4 times. In 2000 the number of deaths due to smoking was 2.1 million and in 2030 it is estimated to be 6.4 million. Meanwhile, in developed countries, deaths due to smoking have actually decreased, namely from 2.8 million in 2000 to 1.6 million in 2030 (Indonesian Tobacco Control Alliance, 2013).

Even though most people know the dangers of smoking, because cigarette advertising boards convey this, the habit of smoking is still widely practiced in society. What is even sadder than the smoking phenomenon is that this habit does not only occur in adults but has spread to teenagers and even school students. Not only high school or high school students, but it has also spread to middle school students and even elementary school students.

The results of research conducted by the Mojosongo Village Youth Organization revealed that as many as 60% of elementary school students in Mojosongo stated that they had smoked (Septiyaning, 2013). Based on survey results at Sabrang Lor Mojosongo Elementary School, it was found that 7 elementary school students in grades V and VI had smoked. Even though some people first smoke just to try it or join in with friends, it can later become a habit that is difficult to stop. This is because the nicotine in cigarettes will cause an addictive effect.

The fact that there are elementary school students who smoke certainly causes concern, this is because cigarettes have the property of making people addicted. In terms of elementary school age, they are still young, they are the nation's children who are expected to become the nation's next generation on whose shoulders the fate of this nation will be determined. If they have been poisoned by cigarettes since childhood, this will not





only affect them physically but also mentally. If children have been addicted to cigarettes since childhood, it will be more difficult to stop. Therefore, efforts need to be made to stop this habit in elementary school children who have previously smoked and prevent the smoking habit in students who have never smoked. One way that can be taken is by conducting health education to increase their knowledge about the dangers of smoking. In this way, it is hoped that they can stop smoking habits and avoid cigarettes for those who have never consumed them.

Based on the research results of Puryanto, (2012), it is known that there is a significant influence between before and after providing health education on students' knowledge and attitudes about the dangers of smoking. Other research also proves that health education influences students' level of knowledge about the dangers of smoking at SMAN 1 Manado (Tumigolung, 2013).

Law No. 19 of 2003 on cigarettes is an addictive substance which, when used, causes harm to individual and public health, therefore various safety measures need to be taken. The security objectives in question are to protect public health against the incidence of fatal diseases and diseases that can reduce the quality of life due to cigarette use, to protect the population of productive age and teenagers from environmental incentives and the influence of advertising to initiate use and dependence on cigarettes, and to increase awareness and vigilance. community abilities and activities regarding the health dangers of cigarette use.

2. Research Methods

The type of research used is quantitative with a descriptive approach. The sample in this research was 83 students using a total sampling technique. Data was collected by distributing questionnaires to respondents to see the frequency distribution.

This research was conducted at the Makassar State Middle School with a population of 83 students at one of the Makassar State Middle Schools. The sample is that all students have the opportunity to be a sample. Data collection Primary data in this research was obtained directly from respondents, through direct interviews with students.





Data Analysis After obtaining the values from each table, the data was then analyzed using descriptive analysis.

3. Results and Discussion

a. Results

Table 4
 Distribution Respondent Based on Knowledge In
 JUNIOR HIGH SCHOOL Country Makassar

Knowledge	n	%
Enough	63	78.8
Not enough	17	21.2
Total	80	100.0

The research results showed that of the 30 respondents there were 14 respondents (46.7%) who were at risk and 16 respondents (53.3) who were not at risk.

Table 5
 Distribution Respondent Based on Attitude In
 JUNIOR HIGH SCHOOL Country Makassar

Attitude	n	%
Positive	16	20.0
Negative	64	80
Total	80	100.0

The research results showed that of the 30 respondents there were 14 respondents (46.7%) who were at risk and 16 respondents (53.3) who were not at risk.

Table 6
 Distribution of Respondents Based on Influence
 at Makassar State Middle School

Influence	n	%
Positive	57	71.2
Negative	23	28.8
Total	80	100.0





The research results showed that of the 80 respondents there were 57 respondents (71.2 %) who were positive and 23 respondents (28.8%) who were negative.

b. Discussion

1) Knowledge

Knowledge is everything that is known or obtained from the contact of the five senses with certain objects. Knowledge is basically the process of seeing, hearing, feeling and thinking which is the basis for humans in behaving and acting. Humans are dynamic creatures. There are many human behaviors that are commonly observed, and one of the predicted behaviors is smoking. The research results showed that of the 30 respondents there were 14 respondents (46.7%) who were at risk and 16 respondents (53.3) who were not at risk.

2) Attitude

Adolescents' attitudes towards smoking behavior is a reaction or response that is still closed from someone to a stimulus or object, namely whether they want to accept something or not. Adolescents who are still adrift in searching for their identity will be more likely to fall into smoking behavior.

Adolescents' attitudes towards the peer group influence of having friends who smoke will influence other individuals to smoke too. Because the role of peer groups greatly influences the attitudes of other teenagers to follow the attitudes of other teenagers, both positive and negative. Adolescents' attitudes towards the influence of the family environment on parents' smoking behavior have a strong influence on adolescent smoking behavior. The pattern of interaction and relationships in a family is a factor that also contributes to smoking behavior, for example in a family with a stricter level of regulations and supervision, the level of smoking behavior will significantly reduce the level of smoking behavior. Adolescents' attitudes towards cigarette advertisements see cigarette advertisements in the mass and electronic media which display the image that smokers are a symbol of masculinity or glamour, often triggering them to follow





behavior like that in these advertisements. The research results showed that of the 30 respondents there were 14 respondents (46.7%) who were at risk and 16 respondents (53.3) who were not at risk.

3) Influence

The influence of the peer group environment on smoking behavior. Having friends who smoke predicts smoking habits in an individual. Peer attitudes towards the use of various substances including nicotine can influence individuals to use these substances. The influence of the family environment on family smoking behavior is a small social uniqueness that provides the primary foundation for children's development.

Meanwhile, the surrounding environment and school also provide nuances to the child's development. Therefore, whether the structure of the family or the surrounding community is good or bad has a good or bad influence on the growth of a child's personality. The influence of cigarette advertising on smoking behavior can arise as a result of advertising in the mass media. Cigarette advertisements in various places and in the mass media, which are currently increasingly widespread, are very attractive to teenagers. Cigarette advertising has been proven to hinder parents' efforts to prevent their children from smoking and influence the behavior of young people to continue smoking even though their parents forbid it. The research results showed that of the 80 respondents there were 57 respondents (71.2 %) who were positive and 23 respondents (28.8%) who were negative.

4. Conclusion

From the results of this research, it is concluded that students' knowledge, attitudes and community influence regarding the dangers of smoking are quite good. To increase students' knowledge, it is necessary to conduct counseling and seminars about the dangers of smoking to help increase students' knowledge.

5. Compliance with ethical standards





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Disclosure of conflict of interest

This research collaboration is a positive thing for all researchers so that conflicts, problems and others are absolutely no problem for all writers.

Statement of informed consent

Every action we take as authors is a mutual agreement or consent.

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