

Education on Knowledge and Attitudes about Smoking Behavior among Adolescent Boys in Junior High School

Dian Rezki Wijaya*¹, Nurul Khaerah Darwin², Muhammad Farhansyah³, Mutiara Thalib⁴, Nur Laelah⁵

^{1, 2, 3, 4, 5}Department of Public Health, Universitas Islam Negeri Alauddin, Makassar, Indonesia

Correspondence: wijayadianrezki@gmail.com

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ABSTRACT

Tobacco is a threat to the health of the world's population, with approximately 8 million people dying from tobacco-related causes. Every year, more than 7 million people die from direct tobacco consumption and about 1.2 million people die from second-hand smoke and exposure to tobacco smoke. The purpose of this service is to increase the level of knowledge and attitudes of young men about smoking behavior at SMPN 3 Gowa. The method used is the lecture method and providing posters containing smoking behavior. The target of this activity is young men of SMPN 3 Gowa Regency as many as 30 students. The results of the service showed an increase in the level of knowledge and attitudes of students about smoking behavior. It is hoped that the school will have an educational program such as a seminar where students actively participate to exchange opinions or ask directly about smoking behavior. In addition, conduct anti-smoking campaigns in the school environment, put up posters about smoking behavior and involve the role of parents in supervising students.

Keywords : schools; smoking; smoking prevention; students; tobacco use

ABSTRAK

Tembakau merupakan ancaman bagi kesehatan penduduk di dunia, sekitar 8 juta orang meninggal karena tembakau. Setiap tahun, lebih dari 7 juta orang meninggal disebabkan oleh konsumsi tembakau langsung dan sekitar 1,2 juta orang meninggal karena perokok pasif dan paparan asap tembakau. Tujuan pengabdian ini untuk meningkatkan tingkat pengetahuan dan sikap remaja putra tentang perilaku merokok di SMPN 3 Gowa. Metode yang digunakan yaitu metode ceramah dan memberikan poster yang berisi tentang perilaku meroko. Sasaran kegiatan ini adalah remaja putra SMPN 3 Kabupaten Gowa sebanyak 30 siswa. Hasil pengabdian menunjukkan terjadi peningkatan tingkat pengetahuan dan sikap siswa tentang perilaku merokok. Diharapkan kepada pihak Diharapkan dari pihak sekolah memiliki program edukasi seperti seminar dimana siswa berpartisipasi aktif untuk bertukar pendapat atau bertanya langsung tentang perilaku merokok. Selain itu, melakukan kampanye anti-rokok di lingkungan sekolah, menempelkan poster tentang perilaku merokok dan melibatkan peran orangtua dalam mengawasi siswa.

Kata Kunci: sekolah; merokok; pencegahan merokok; siswa; penggunaan tembakau

INTRODUCTION

According to data released by the World Health Organization (WHO) in 2019, Indonesia ranks third in terms of the number of smokers in the world, after China and India. This investigation shows that increased cigarette consumption can lead to an increase in the burden of diseases caused by smoking and also increase mortality rates (Aminuddin et al., 2019). It is estimated that by 2030, the number of deaths caused by smoking will reach around 10 million, with 70% of them coming from developing countries. The negative impact of smoking on health can lead to various diseases such as heart disease, vascular disorders, high blood pressure, and bronchitis (Arindary et al., 2019). Not only does it have adverse health effects, smoking behavior can also have serious social and economic consequences, including harmful effects on secondhand smoke and large expenditures of money (Rahmawati & Raudatussalamah, 2020).

Data from the 2018 Basic Health Research (Riskesdas) showed an increase in the prevalence of smoking in adolescents aged 10 years, with a rate of 28.8% in 2013 rising to 29.3% in 2018. This is also evident from the increasing prevalence of smoking in the age range of 10 to 18 years, from 7.2% in 2013 to 9.1% in 2018 (Jannah, 2022). In South Sulawesi Province, the prevalence of adolescent smoking reached 24.89% in 2020, then increased to 24.91% in 2021, before finally decreasing by about 1.15% to 23.76% in 2022. Gowa Regency itself is reported to have a percentage of the population aged 15 years and over who consume cigarettes of 29.20%. From this data, it can be seen that the prevalence of adolescent smoking in Indonesia, especially in Gowa Regency, is quite high (Badan Pusat Statistik, 2022).

Adolescence is often vulnerable to the influence of unhealthy lifestyles, which can lead to significant problems related to the changes experienced during this period (Hargreaves et al., 2022). One of the most common problems in adolescence is the tendency of smoking behavior (Fakhreni & Siregar, 2023). The results of research submitted by Pertiwi (2020) show that smoking among adolescents is not new. Often, we find teenagers who are still wearing school uniforms, smoking with friends or alone, either openly or in secret.

Smoking behavior in adolescents can be influenced by several predisposing factors, including knowledge, attitudes, and actions. Findings from research conducted by Dwi Handayani in 2019 showed that around 14.40% of respondents still had limited knowledge about cigarettes, while around 17.50% of respondents also showed a less supportive attitude towards cigarettes (Handayani, 2019).

Devotion in improving knowledge and attitudes about smoking behavior is an important step in an effort to build a young generation that is aware of the dangers of smoking and is able to avoid dependence on it (Igwe et al., 2021). Smoking has been shown to be one of the leading causes of serious illness and premature death worldwide, yet awareness of these risks remains uneven among adolescents and children (Jiang et al., 2020). In this introduction, we will explore the importance of a holistic educational approach in designing programs that not only provide information on the dangers of smoking, but also encourage more positive attitude and behavioral changes related to personal health and well-being. Through collaborative efforts between educational institutions, communities, and other relevant parties, it is hoped that this service can serve as a foundation for creating an environment that supports healthy and smoking-free living decisions for generations to come.

METHODS

The method applied in this service adopted a lecture approach using poster media. This community service activity was carried out at SMPN 3 Gowa Regency on Tuesday, December 12, 2023 with a total of 30 students participating. The first step was carried out by giving a pre-test to students to evaluate their level of knowledge and attitudes regarding smoking behavior. After that, the material was delivered and posters about smoking behavior were distributed to the young men of SMPN 3 Gowa. The final stage involved administering a post-test to measure whether there was an increase in their level of knowledge and attitude towards smoking behavior. Data from the pre-test and post-test results were analyzed using the chi-square test.

RESULTS AND DISCUSSION

This activity began with the administration of the pre-test questionnaire, the provision of posters and the administration of the post-test questionnaire. Figure 1 shows the process of administering the pre-test questionnaire, and administering the post-test questionnaire. This activity went smoothly and students were enthusiastic about participating in this community service activity. This activity can run smoothly due to the assistance of the chairman and secretary of the student council.

Based on table 1 shows that the respondents in this service were mostly 14 years old as many as 12 (40%) students and the least aged 13 and 15 years as many as 9 (30%) students. While students who do not smoke more as many as 16 (53.3%) students and students smoking as many as 14 (46.7%) students.

Based on table 2 shows the level of knowledge in students about smoking behavior who participated in the activity with a good category before the intervention as many as 5 students (25%), after education and provision of posters increased to 24 students (80%). Conversely, the knowledge of students in the poor category decreased from 25 students (75%) to 6 students (20%). The results of the statistical test analysis showed a significance value of 0.002 so it was concluded that there was a difference between students' knowledge of smoking behavior before and after education and poster provision. This means that there is an increase in the level of knowledge of students about smoking behavior.



Figure 1. Administration of Pre-Test and Post-Test Questionnaires

Table 1. Respondents' Characteristics Based on Age and Smoking Behavior

Characteristics	n	%
Age		
13 years	9	30.0
14 years	12	40.0
15 years	9	30.0
Smoking behavior		
Yes	14	46.7
No	16	53.3

Based on table 2 shows the attitude of students about smoking behavior who participated in the activity with a positive category before the intervention as many as 14 students (46.7%), after education and provision of posters increased to 27 students (90%). Conversely, the attitude of students in the negative category decreased from 16 students (53.3%) to 3 students (10%). The results of the statistical test analysis showed a significance value of 0.003 so it was concluded that there was a difference between students' attitudes about smoking behavior before and after education and poster provision. This means that there is an increase in students' attitudes about smoking behavior.

An individual's level of knowledge and attitude about the dangers of smoking can influence their decision to smoke or not (He et al., 2021). Individuals who have a good understanding of the health risks associated with smoking are more likely to avoid the habit (Fithria et al., 2021).

Knowledge is the result of human sensing, or the result of someone knowing objects through their senses. Smoking in adolescents is caused because students want to get recognition (anticipatory beliefs), to eliminate disappointment (relief beliefs) and assume that their actions do not violate the norm (permission beliefs / positive) (Feil et al., 2022).

This is in line with research by Setiawan & Sunaringtyas (2023) which states that there is a relationship between attitudes about the dangers of smoking and smoking behavior in adolescent boys. One of the most important factors for the formation of one's behavior because from experience it turns out that behavior based on knowledge and attitudes will be more lasting than behavior that is not based on knowledge.

Table 2. Distribution of Students' Knowledge Level and Attitude about Smoking Behavior

Variables	Pre-Test		Post-test		p-value
	n	%	n	%	
Knowledge					
Baik	5	25	24	80	0.002
Kurang	25	75	6	20	
Attitude					
Positive	14	46.7	27	90	0.003
Negative	16	53.3	3	10	

This means that if we have good knowledge and a positive attitude then we are not easily influenced by the objects around us and we will have good behavior that lasts a long

time. Likewise in the lives of adolescents, they will not be easily influenced by smoking behavior if they have positive knowledge and attitudes towards the dangers of smoking (Citra & Lestari, 2020).

CONCLUSIONS

Knowledge and attitude education about smoking behavior is an important step in preventing smoking and improving overall public health. With a holistic and integrated approach, it is expected to create a community that is more aware of the dangers of smoking and more able to make decisions that support personal and social health and well-being. Based on the results of the education conducted, the results of the pre-test and post-test levels of knowledge and attitudes were obtained, this shows that there are significant differences in the knowledge and attitudes of students about smoking behavior at SMPN 3 Gowa. It is expected that the school has an educational program such as a seminar where students actively participate to exchange opinions or ask directly about smoking behavior. In addition, anti-smoking campaigns can also be carried out in the school environment and posters about smoking behavior so that students know the consequences that can be caused by smoking. Parental involvement can also be increased to help the school in controlling students not to smoke.

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