

## **The Smoking Behavior Analysis in Teenagers**

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### **ABSTRACT**

Smoking is a social problem that is quite difficult to solve and now it has become a national problem. Siring Menara Pandang is a tourist attraction in Banjarmasin which is located on the outskirts of the river. The place was chosen to interview teenagers who smoked because the place was crowded with visitors. This analysis activity needs to be carried out to obtain an overview of smoking behavior in teenagers so that a health promotion program can be planned to control smoking activity in teenagers. The purpose of this study was to determine the motivation for smoking behavior and to identify smokers in teenagers. The method used in this research is descriptive method using a quantitative approach. The results showed that many of the teenagers who had high motivation in smoking were 54% and the type of cigarette used was filter cigarette, which was 73%. It was concluded that there needs to be attention for today's teenagers so that they are not addicted to smoking by conducting socialization or education to teenagers.

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### **INTRODUCTION**

Smoking is a social problem that is quite difficult to solve and this problem has become a national problem. In everyday life, people often smoke everywhere, whether in offices, markets or other public places. One of the places in Banjarmasin where many people smoke in public places is Siring Menara Pandang. Siring Menara Pandang is a tourist attraction in Banjarmasin which is located on the outskirts of the river. The place is usually used by people to exercise, relax or hunt for culinary. Usually the place is crowded with visitors on weekends. The place was chosen to interview people who smoke because the place is crowded with visitors.

Smoking is a familiar activity carried out by various groups, from teenagers to adults. For some people, cigarettes have been used as a basic need that must be met because they think smoking can provide pleasure. Smoking is an activity of inhaling burned tobacco smoke into the body and exhaling it back out. Smoking behavior is an individual activity related to daily activities, as measured by smoking intensity, smoking time and smoking function [1].

A person's smoking behavior can be influenced by several factors. There are three factors that influence smoking behavior, namely the cultural environment, social situation and personal. In addition, a person's socio-economic conditions such as education level, income, and also work can influence a person's smoking behavior [2]. Peer friends and family support have a great influence on smoking behavior [3].

Smokers think that smoking can provide a sense of pleasure, form a positive mood and can also relieve stress. In addition, smoking can also help reduce tension, help concentrate and is a fun thing [2]. But besides having a positive impact, smoking also has a negative impact on health. The impact of smoking on health is that you have a twofold higher risk of stroke and a four times higher risk of heart disease [4]. In addition, cigarette smoke inhaled by active smokers and passive smokers can also cause other health problems such as hair loss, cataracts, nose cancer, caries (cavities and yellow teeth are experienced by almost all smokers), cancer of the tongue, mouth, salivary glands, throat, esophagus, lung cancer, skin cancer, kidney cancer and many others [5]. Even though the cigarette packs already contain the effects of smoking, people don't care about it.

The Health World Organization (WHO) says that in Indonesia there are around 225,700 people in Indonesia who die from smoking or other diseases related to tobacco (Heny, 2021). Based on the 2018 Riskesdas data, it shows that the prevalence of smoking in adolescents aged 10-18 years has increased from 2013 (7.20%) to 2018 (9.10%). This figure is still very far from the 2019 RPJMN target of 5.4%. Meanwhile, male smokers aged >15 years in 2018 are still at a high rate (62.9%) and are still the highest prevalence of

male smokers in the world (Sundari, 2022). According to data from the 2019 Global Youth Tobacco Survey (GYTS) it shows that 40.6% of students in Indonesia (age 13-15 years), 2 out of 3 boys, and almost 1 out of 5 girls have used tobacco products: 19.2% of students currently smoke and among these, 60.6% are not even prevented from buying cigarettes due to their age, and two-thirds of them are able to buy cigarettes in retail [6].

This analyzing activity needs to be done to obtain an overview of smoking behavior in adolescents so that health promotion programs can be planned to control smoking activities in adolescents. The purpose of this study was to determine the motivation for smoking behavior and to identify adolescent smokers. Therefore, from the results of measuring motivation for smoking behavior, it is hoped that health promoters will receive input and evaluation materials in designing health programs.

## **MATERIALS AND METHODS**

### **Materials**

The object of this research is the people of Banjarmasin, especially teenagers. The location of this research is Siring Pandang Tower of Banjarmasin

### **Methods**

The method used in this research is descriptive method using a quantitative approach. Collecting data using survey techniques using questionnaires and interviews. The list of questionnaire questions is presented in table 1.

**Table 1.** List of questionnaire questions

No	Statement	SS	S	TS	STS
1	Smoking gives its own sensation to other people				
2	Smoking will look like a boy				
3	Smoking seems to be like an adult				
4	Cigarettes symbol of freedom				
5	Smokers indicate social level				
6	Cigarettes provide luxury				
7	Smoking makes it difficult to socialize with friends				
8	Loyalty among friends shown by smoking				
9	Smoking ruins friendships				
10	Cigarettes will strengthen relationships with fellow friends				
11	Smoking causes shunned friends				
12	Friendship becomes more familiar with a cigarette				
13	Smoking can interfere with kinship with friends				
14	Cigarettes increase the feeling of loyalty friends				
15	Smoking will look more manly				
16	Smoking makes a person will be reproached by friends				
17	Smoking is seen by negative people				

## **RESULTS AND DISCUSSION**

Based on the results of interviews and filling out questionnaires conducted at Siring Menara Pandang, Banjarmasin, the percentage of smoking motivation and smoking behavior can be obtained based on the number of cigarettes consumed in one day and the type of cigarettes smoked. The percentage of smoking motivation is presented in table 2 and the percentage of smoking behavior is presented in table 3.

**Table 2.** Smoking Motivation

Object	Amount	Persentase
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	Motivasi untuk merokok	
High	19	54 %
Low	16	46 %

Based on table 2, it is known that there are 19 people who have high motivation to smoke with a percentage of 54%, and there are 16 people who have low motivation with a percentage of 46%. The high motivation of teenagers to smoke is caused by environmental factors, namely the influence of peers and family influences.

Three variables are risk factors for smoking behavior, namely parents, peers and advertisements, while personality factors do not have a significant relationship with smoking behavior. In addition, previous research stated that there were 4 variables that influenced smoking behavior, namely knowledge, attitudes, extracurriculars and cigarette advertisements [6].

Based on a preliminary study conducted on 10 active male adolescent smokers in Bogor Regency, it was found that most active smokers had negative perceptions regarding smoking. They admit that it was friends who introduced them to cigarettes. So gradually, the curiosity turned into a habit. In the circle of friends, especially men, they think it's easier to approach through smoking. The role of parents also influences their smoking behavior. Those who grew up in a family who smoked, thought that smoking was not something that was prohibited or dangerous [7].

The behavior of teenagers is indeed very interesting and their styles also vary. There are those who are attractive, agile, fashionable, aggressive and creative in things that are useful, but there are also teenagers who like to have fun and even mess up. In adolescence, adolescents begin to struggle to let go of dependence on parents and try to achieve independence so that they can be accepted and recognized as adults. At this time the family relationship that used to be very close now seems to be split. Parents play a very important role in adolescence, one of which is family parenting will greatly influence adolescent behavior. Poor family upbringing will lead to deviant behavior such as smoking, drinking, using illegal drugs and others [8].

Group influence on health risk behavior in adolescents can occur through peer socialization mechanisms, with the direction of influence coming from the group, meaning that when adolescents join a group, a teenager will be required to behave the same as the group, according to the norms developed by the group. Adolescents generally get along with their peers, the characteristics of adolescent friendship are influenced by the similarity of age, gender and race. The similarity in using drugs, smoking is very strong influence in the choice of friends.

The number of cigarette advertisements in print, electronic, and outdoor media has stimulated the curiosity of teenagers about cigarette products. Cigarette advertisements have the aim of sponsoring entertainment not to sell cigarettes, with the aim of gathering young people who have not smoked to try smoking and after trying smoking will continue until addicted [8].

**Table 3. Smoking Behavior**

Smoking Behavior	Amount	Persentase
The number of cigarettes consumed in 1 day		
1-2 cigarettes	10	29%
3-4 cigarettes	10	29%
> 4 cigarettes	15	43%
Type of cigarette smoked		
Filter	22	73%
Kretek	8	27%

Based on table 3, it is known that there are 43% of teenagers who can spend > 4 cigarettes a day and there are 29% of teenagers who can spend 1-2 cigarettes and 3-4 cigarettes a day. This is because it is already dependent. Types of cigarettes that are often smoked by teenagers are filter cigarettes with a percentage of 73% on the grounds that they taste better, are safer and have a smoother taste. In addition, there were 27% of teenagers who smoked kretek cigarettes because the sensation was more enjoyable and more enjoyable. The motive of smokers is relaxation. Smoking can reduce tension, make it easier to concentrate, have a pleasant experience, and relax.

Smoking behavior has four stages, the first stage is the Preparatory stage where a person describe smoking namely by seeing, hearing and from reading someone this thing so can bring up someone's intention to smoke. The second stage is Stage Initiation, the stage where is someone can forward or not to smoke. The third stage is Stage Becoming A Smoker, that is if someone have consumed four cigarettes stems/day this can tend to someone is a smoker. stage which the last is the Stage of Maintaining Of Smoking, namely where smoking has been become a habit and as a way to self-regulating as well someone has assumed that Smoking can have an effect on please yourself [9].

## CONCLUSSION

It was concluded that it is necessary to pay attention to today's youth so that they are not addicted to smoking and from the results of measuring the motivation for smoking behavior it is hoped that health promoters will receive input and evaluation material in designing health programs.

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