

Smoking Behavior Among High School Students In Padang City

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Abstract

Youth is a phase of transition from children to adults, marked by the acceleration of physical, mental, emotional, and social development. They are still looking for self-identity, tend to follow trends, are still unstable, and are very easily influenced by peers, including the influence of smoking. This study aims to determine the influence of knowledge, pocket money, access to cigarettes, mass media, family, and peers to smoking behaviour among high school students in the city of Padang. The method of this study is a cross-sectional survey by interviewing 220 male students in 5 (five) Public High Schools in Padang City who were selected by multistage random sampling. Data was collected using a structured questionnaire that had been tested for validity and reliability. Multiple logistic regression is used to determine the relationship. The study showed 59.1% of high school male students in Padang smoked. Most of them them have knowledge about smoking (62.3%) and are exposed to cigarette advertisements in the mass media (52.3%), have peers smokers (60.5%), and have families who smoke (51.4%) . Students who have peers smokers 10.1 times more likely to start smoking (OR 10.1, 95% CI 5.5 - 19.5). Knowing that adolescents first smoke at the age of 7 years and peer behavior is the biggest risk factor for starting smoking in adolescents, precautionary measures are recommended, such as health counseling as early as possible (starting in primary or secondary school).

Keywords: *Influence, Smoking behaviour, Students*

INTRODUCTION

The age of high school students is the age of adolescence which is an important target population in influencing public health globally. According to WHO data (2013), almost 50% of the world's population is under the age of 25, of which almost 85% of the adolescent population is in developing countries in the world. In Indonesia in 2010 the number of people aged 10-24 years is very large which is about 64 million or 27.6% of the population of Indonesia as much as 237.6 million people.(Yessy, 2015)

Adolescence is a transitional period in which individuals experience a transition from childhood to adulthood characterized by accelerated physical, mental, emotional and social development. In adolescence it is also a period of search for self-identity, their behavior tends to follow trends and is strongly influenced by association with peers.(Rumini, 2004)

Very rapid changes in its development cause adolescents to become unstable and easily influenced by moral and cultural values obtained from outside, both from the mass media and the surrounding environment. As a result, it is very susceptible to bad behavior such as smoking behavior.

Smoking is a bad habit that occurs in society. Many studies prove that smoking increases the risk of various diseases, such as heart and vascular disorders, lung cancer, oral cavity cancer, laryngeal cancer, esophageal cancer, bronchitis, high blood pressure, impotence, as well as pregnancy disorders and defects in the fetus.(2,3,7,8) smoking can also lead to death. Based on the research results of the Ministry of Health's R & D agency in 2010 showed that deaths from diseases associated with tobacco occurred about 12.7% of all deaths in the same year.(Kemkes RI., 2015)

Currently, the adolescent group has become a vulnerable segment of society that needs special attention due to the fact that the prevalence of active smokers of young men aged 10-14 years was 3.7% in 2013 or menigkat 12 times compared to 1995 which is 0.3 %, while adolescents aged 15-19 years 37.3% in 2013. The age of starting smoking is getting younger, where children aged 5-9 years have started smoking and the highest increase in prevalence at the age of 5-9 years have started smoking and the highest increase in prevalence at the age of 15-19 years is 13.6 %, from 43.3% in 2010 to 56.9% in 2013. (Global Youth Tobacco Survey, 2014)

In the province of West Sumatra, based on the Basic Health Research Report (Riskesmas) in 2007 found that more than half of the male population aged 10 years and above are smokers every day at 52.4%, the highest percentage of first-time smoking in men is in the age group of 15-19 years of 40.9% and in women 22.7%. While in Padang, the highest percentage of smoking age is in the age group of 15-19 years, which is 46.3%. (Depkes RI, 2007)

Based on research conducted by Yessy s Sabri, et al. found that more than a quarter of students in three junior high schools in the city of Padang had smoked and all men, and tried to smoke at the age of less than 10 years, and almost a fifth had been addicted to smoking. (Yessy S Sabri, 2015)

Many factors cause teenagers to smoke. According to Komalasari and Helmi, smoking behavior is caused by factors within (internal) and environmental factors (external) such as family or parents, siblings and peers who smoke and cigarette advertising in the mass media. (Santrock J. 2007)

Environmental factors play a major role in influencing adolescents to smoke. Based on research conducted by Rachmat, Thaha & Syafar stated that there is a relationship between peer group interaction, family interaction, cigarette advertising, and attitudes with adolescent smoking behavior. (Muhammad M, 2013) peers are the dominant factor for influencing adolescent smoking and are an important source of teens 'first cigarette, cigarettes are used to improve boys' social status among their friends and increase self-confidence, more mature, and richer than their peers.

In addition, the role of Parents strongly influences the smoking behavior of adolescents, it is seen that smoking parents are significantly associated with a higher risk of early smoking. The risk of early smoking of children with smoking parents increases according to the duration of their exposure to smoking parents.

Cigarette advertising as a medium of cigarette promotion and various types of very potential to shape the attitude and behavior of smoking teenagers. Research in March 2007 on 278 students in a State Junior High School in Makassar showed 15.2% of teenagers smoke due to the influence of mass media and 92.4% of respondents often see cigarette ads. (Muhammad M, 2013).

RESEARCH METHODS

This study is a quantitative research with cross sectional study design conducted in May to October 2017, interviews were conducted on 220 male students from 5 (five) public high schools in Padang city selected based on multistage random sampling. Data collection was carried out using structured questionnaires that have been tested for validity and reliability. The dependent variable in this study is the smoking behavior of high school students, the independent variable is knowledge, access to rokk, pocket money, exposure to Mass media, Family Smoking behavior, and smoking behavior of peers.

RESULTS AND DISCUSSION

Univariate analysis is an analysis used to look at the frequency distribution of each research variable. (Kleinbaum,, 2002). Based on Table 1 can be seen the characteristics of respondents, the

results showed that 130 students from 220 respondents of high school students in Padang city, more than half (59.1%) behaved smoking. most (62.3%) high school students in the city of Padang have less knowledge about cigarettes, especially the dangers of smoking for health. It is easy to get cigarettes (75%) with enough pocket money to be able to buy cigarettes (59.1%). More than half of the students ' parents smoked (51.4%). Most of the students had friends who behaved smoking (60.5%), and more than half of the students were often exposed to mass media featuring cigarette ads (52.3%). The average age of first time smoking was 14.76 years with a mean Standard Error (SE) of 0.171. The youngest age a teenager has ever smoked is 7 years.

Table 1. Characteristics Of Respondents

Variabel		Frekuensi (n)	Presentase (%)
Smoking Behavior	Smoking Behavior	90	40.9
	Smoking	130	59.1
Knowledge	good	83	37.7
	less	137	62.3
Access to cigarettes	Easy	165	75
	Hard	55	25
Pocket money	<=15K	130	59.1
	>15K	90	40.9
Parental behavior	Good	107	48.6
	Not good	113	51.4
Peer behavior	Good	87	39.5
	Not good	133	60.5
Mass Media	Rarely	105	47.7
	Often	115	52.3
First Age Of Smoking	Min-Max Mean / SE Mean	7 s.d 9 14.76/0.171	

Table 2. Shows independent variables related to smoking behavior of high school students. It is statistically proven that there is a relationship between the behavior of parents and peers to the smoking behavior of students. Students with smoking parents were 2.2 times more likely to smoke than students with non-smoking parents, while students with smoking peers were 10.3 times more likely to smoke than students with non-smoking peers.

Table 2. Bivariate Test Of Smoking Behavior

Bivariate analysis results.

Table 2 Results Of Bivariate Analysis

Variabel	Smoking Behavior		OR (CI 95%)	P Value
	No Smoking	Smoking		
Knowledge	good	53	1.5 (0.8-2.6)	0.198 0.205
	less	62.8		
Access to cigarettes			1.6	0.205
Easy	43.6	56.4		

Hard	32.7	67.3	(0.8-3.0)	
Pocket money	44.6			
<=15K	35.6	55.4	1.5	0.228
>15K		64.4	(0.8-2.5)	
Parental behavior				
Good	50.5	49.5		
Not good	31.9	68.1	2.2	0.008
			(1.3-3.8)	
Peer behavior				
Good	72.4	27.4		
Not good	20.3	79.7	10.3	0.001
			(5.5-19.4)	
Mass Media				
Exposure				
Rarely	46.7	53.3	1.6	0.128
Often	35.7	64.3	(0.9-2.7)	

In Table 3. It was found that peer behavior has the highest or value of other variables. This indicates that the peer behavior variable on the initiation of smoking students is a very dominant variable related to the smoking behavior of high school students in Padang p-value: 0.001, with an or value of 10.02

Variabel	B	OR Exp (B)	CI 95%	P value
Knowledge	0.482	1.62	0.84-3.12	0.151
Pocket money	0.647	1.91	0.98-3.73	0.059
Parental behavior	0.587	1.80	0.94-3.44	0.077
Peer behavior	2.304	10.02	5.21-19.25	0.001

Discussion

Based on the results of the study it is known that the first age of smoking students is at the age of 7 years and more than half of high school students in the city of Padang who are the subjects in this study smoking behavior, which is equal to 59.1%. This proportion is greater than the results of Riskesdas in 2007. Based on data Riskesdas 2007 in West Sumatra found that more than half of the population of men aged 10 years and over are smokers every day is equal to 52.4%, the highest percentage of first time smoking in men is in the group of adolescents aged 15-19 years is equal to 40.9%. While in the city of Padang the highest percentage of smoking age is in the age group of 15-19.

year is equal to 46.3%. (Kleinbaum., 2011) the results of the analysis of the Global Youth Tobacco Survey (GYTS) increased the prevalence of active smoking of young men aged 10-14 years by 12 times, namely 0.3% in 1995 and increased to 3.7% in 2013. Similarly, the age group of 15-19 years there was an increase in the highest prevalence of 13.6 % in 2010 to 56.9% in 2013. The age of smoking is getting younger, where children aged 5-9 years have started smoking. (Global Youth Tobacco Survey, 2014)

predispositions that affect a person's behavior, and it is expected that those with high knowledge will behave positively. In this study, knowledge about cigarettes is a predictor of smoking behavior in high school students in Padang city. Their knowledge is in the low category (62.3%), this is in line with research conducted by Indra S. that there are 89.5% of students have a low knowledge of the dangers of smoking. (Indra, 2019) but contrary to the results of research conducted by Rahmadi A and Fallis, the proportion of siwa who smoked was greater in high-knowledge students compared to low-knowledge students. (Rahmadi, 2013) one way to improve

students' knowledge about cigarettes is by training anti-smoking upbringing patterns, menesukkan smoking Hazard material on the curriculum of teaching students in schools.

Pocket money is a factor that can influence students to smoke, because a large pocket money allows students to be able to buy cigarettes. Student allowance is mostly below fifteen thousand rupiah (59.1%) and there is no significant relationship between allowance and smoking behavior of high school students in Padang city. The results of this study are not in line with the research Shaluhiah Z that there is a relationship between pocket money with smoking practices respondents. (Shaluhiah, 2006) Parents play a role in shaping the attitude of children, parents are role models for the family, especially for their children, therefore parental behavior is an example for his children to be emulated and emulated. The results of the study found 51.4% of student parents behaved poorly (smoking) and statistically there is a significant relationship between parental behavior and smoking behavior in high school students in Padang city. This is contrary to the study conducted by Rachmat m, namely bivariate test showed no significant relationship between smoking families with smoking behavior of students. (Rachmat, 2001) in line with a study conducted by Purnawanti in Bogor city, found 60% of Junior High School students have parents who smoke and the risk of smokers students with smoking parents 2.44 times greater than students with parents who do not smoke. (Purnawanti, 2007) in adolescents, smoking parents were significantly associated with a higher risk of early smoking. The risk of early smoking of children with smoking parents increases according to the duration of their exposure to smoking parents. The behavior of parents encourages the behavior of imitating a child (teenager) towards parents. Parents become models of children's behavior, including smoking behavior. (Rachmat, 2001)

The influence of peer smoking behavior is very large, it is statistically proven that most students have friends with unfavorable behavior (smoking) and there is a significant relationship between peer smoking factors with smoking behavior in high school students in Padang with a risk of 10 times greater. This is in line with the research delivered by Soesyasmoro that peer factors also affect smoking behavior in school students or adolescents, (Soesyasmoro, 2010) and in line with Indra s research which states that high school students with peers who smoke have the possibility to behave smoking up to 5 times greater than those who do not have friends sebanya who behave smoking. (8) similar to the research conducted by Rachmat, Taha & Syafar states that peers are the dominant factor for influencing adolescent smoking and are an important source of teens' first cigarette, cigarettes are used to improve the social status of boys among their friends and increase self-confidence, more mature, and richer than their peers. (Muhammad Rachmat, 2007)

The influence of peer groups on health-risk behavior in adolescents can occur through the mechanism of peer socialization, with the direction of influence coming from peer groups, meaning that when adolescents join peer groups then a teenager will be required to behave the same as the group, in accordance with the norms developed by the group (Hurlock, 2010)

CONCLUSION

Knowing that adolescents first smoke at age 7 and peer behavior are the most risk factors for starting smoking in adolescents, it needs to be a special concern for agencies that play a role and it is advisable to take preventive measures, such as health counseling as early as possible (starting in elementary or high school). Establishment of anti-smoking teenagers in every school that serves as cigarette activists. Government efforts need to cut the spread of cigarettes such as banning teenagers from buying cigarettes.

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