

**KNOWLEDGE LEVEL RELATIONS WITH ADOLESCENT  
ABOUT SMOKING AND SMOKING BEHAVIOR IN SMP  
MUHAMMADIYAH I KARTASURA**

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## RESEARCH

### **KNOWLEDGE LEVEL RELATIONS WITH ADOLESCENT ABOUT SMOKING AND SMOKING BEHAVIOR IN SMP MUHAMMADIYAH 1 KARTASURA**

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#### **ABSTRACT**

Smoke behaviors in Indonesia was one among the highest in the world, 46.8% of men and 3.1% of women aged 10 years and over were classified as smokers. Smoking habit in adolescents is strongly associated with the interaction, generally want to be accepted by all age groups and do not want to feel less suitable. The purpose of this study was to the correlation between adolescent knowledge about smoking and smoking behavior in students of SMP Muhammadiyah 1 Kartasura. This research was descriptive correlative study. The samples of this research were 67 male students of class VIII and IX grade at SMP Muhammadiyah 1 Kartasura. The results of research are: (1) the level of students' knowledge about the cigarette in SMP Muhammadiyah 1 Kartasura is moderate, (2) the smoking behavior of students in SMP Muhammadiyah 1 Kartasura mostly smoke, and (3) no the relationship between the level of knowledge of adolescents about smoking and smoking behavior in students of SMP Muhammadiyah 1 Kartasura, where the higher the knowledge that the lower adolescent smoking behavior.

Keywords: teenager, knowledge, behavior, smoking

## **INTRODUCTION**

Smoking is one of the addictive substances that can be used resulting in a hazard to the health of individuals. Smoking is the conduct of smoke cigarettes are preferred by many men. The World Health Organization (WHO) estimates that there are over 1.1 billion smokers worldwide, with more than 80% of members who live in countries of low and middle income. Especially problematic is that the use of tobacco, including forms of use other than cigarettes, increasing among teenagers in many countries, and is likely to endanger progress in reducing chronic disease and tobacco-related deaths (WHO, 2014).

Smoking prevalence in Indonesia is one among the highest in the world, 46.8% of men and 3.1% of women aged 10 years and over were classified as smokers. The amount of smoke reached 62.8 million, 40% of which come from the down economy. Despite the fact that smoking is a major health problem in Indonesia and caused more than 200,000 deaths per year, Indonesia is the only country of Asia-Pacific region that has not signed of WHO Framework Convention on Tobacco Control (WHO, 2011).

Smoking habit in adolescents is strongly associated with the interaction, in generally want to accepted by all age groups and do not want to feel less suitable. Some of the reasons given is smoking considered stylish, from the images of pop stars and movie. In addition, adults who symbolizes the 'authority' so that teenagers consider that smoking is a way of expressing defiance and independence. Another reason why teens smoke is the opinion that smoking creates a feeling relaxed and is a way to deal with stress (Rika, 2010).

Knowledge can also affect smoking behavior. Knowledge about smoking is the extent to which a person is able to know

and understand about smoking. A good knowledge about the health risks of smoking behavior will be different than who are less knowledgeable (Dinkes DIY, 2010)

The results of the initial survey conducted by researchers at the junior Muhammadiyah1 Kartasura in March 2015 showed that the number of male students as many as 103 people. At the time of the interview, obtained eighth grade students who actually smoke it numbered 87 people (84.47%) and the remaining 16 people (15:53%) students had never smoked. Knowledge about smoking on the students still lacking. In the 10 students said they did not know about the dangers of smoking and 3 students said do not care to know the true source of the smoke.

With a description and background of the above phenomenon, the researchers are interested in doing research on the relationship level of knowledge and attitudes about smoking adolescent smoking behavior in SMP Muhammadiyah 1 Kartasura.

## **RESEARCH METHODOLOGY**

### **Research design**

This research is quantitative. The study design used is descriptive correlative design that is designed study intends to find the relationship between the two variables are independent variables and dependent variable (Arikunto, 2010). This study used cross sectional approach, researchers conducted observations or measurements of variables at one given moment, which means that each subject only observed one time and subject to measurement variables made at the time of the examination (Sastroasmoro, 2008).

### **Population and Sample**

The population in this study is a population used in this study were male

students of class VIII and class IX in SMP Muhammadiyah 1 Kartasura totaling 202 students, the selection of the student population of men with the assumption that the behavior of smoking high is the male students -Eighteen. Samples were 67 respondents to the technique of determining the proportional sample random sampling.

The sample used in this study based on the criteria that are taken as follows: Class VIII = = 33 students, the class VIII C as many as 17 students and class VIII E as many as 16 students. Class IX = = 34 students, the class IX E as many as 16 students and IX C as many as 18 students.

### **Research Instruments**

This study uses a measuring instrument in the form of a questionnaire sheet.

### **Data analysis**

Analysis of the data in this study is descriptive univariate and bivariate.

## **RESULTS AND DISCUSSION**

### **Univariate analysis**

#### **Description Knowledge of Smoking**

**Table 1. Description Knowledge of Smoking**

No	Knowledge	Frek	%
1	Less	2	3
2	Medium	36	54
3	Either	29	43
Total		67	100%

Distribution of knowledge indicates most have knowledge category were as many as 36 respondents (54%) followed either category by 29 respondents (43%) and bad category 2 respondents (3%). Based on the results of data analysis showed that the level of knowledge on the smoking behavior of the respondents is moderate, it is caused by several factors, among others, the information about cigarettes received by teenagers.

The results are consistent with Afdol research (2013), which examines the correlation between knowledge and attitude toward smoking cigarettes with junior high school students in Padang. This study showed that most respondents have enough knowledge and good. Good knowledge of the respondent due to the convenience factor of teenagers to obtain information about smoking and teens skills in using media sources of information, such as the Internet.

Technological developments lead to teenagers easier access to information, particularly through development of the internet and smartphones. Their ability to access information to help adolescents to understand about a knowledge including knowledge about smoking. Tarwoto (2010), stating the source of information is one of the factors that influence knowledge. Someone in who have easy access to information, the sooner the person in acquiring a new knowledge. Information can be obtained by a person through the mass media, both electronic and print media.

This study shows the two respondents who have a poor level of knowledge. factors related to poor knowledge on both the respondent is less readiness of respondents received information about smoking. It is as Alfian research (2013) about the difference of smoking in adolescents. Empirically shows that of the 83 students who did not receive information about the dangers of smoking 38 students have the knowledge about, 36 students have knowledge of being, and 9 students having good knowledge, whereas of the 134 students who had received information about the dangers of smoking are distributed based on the origin of the information from parents, friends, relatives, teachers, print media, electronic media / TV and others have less knowledge as many as 54 students,

knowledge was 62 students, and a good knowledge of as many as 18 students. From these results it can be concluded that the information that students can be from any source is not an indicator of students' knowledge about the dangers of smoking is good overall. This can be caused by lack of readiness of students to receive such information. A phenomenon that occurs in the field, mostly teenage parents give freedom to smoke when teens are already working despite his young age. This gives the assumption that the information provided by the parents is not the ban on smoking, but the delay of smoking.

### **Description of smoking behavior**

**Table 2. Description of smoking behavior**

No	Smoking behavior	Frek	%
1	Do not smoke	17	25
2	Smoke	50	75
	Total	67	100%

The distribution of smoking behavior showed most respondents smoked as many as 50 respondents (75%). Picture of smoking behavior of respondents who smoked showed most started smoking less than 6 months, started smoking at age 10-12 years, smoking due to peer influence, smoked 1-4 stems per day, bought cigarettes in a store, where the most frequently used to smoke in the street, smoking after a meal, and most would like to stop smoking.

This research shows the majority of respondents (75%) of smoking behavior is influenced by peers. Analysis of the picture of the smoking behavior of the respondents showed 33 adolescents (49%) who smoke stated are influenced by peers.

Smoking behavior in adolescents initially perform as invited friends. Teens who smoke will then enjoy and feel good taste of smoke, teenagers will continue the smoking behavior. Bandura (cited in

Sanrock, 2007) states that early adolescent smoking behavior can occur biological instinct that is innate and can be learned through observation and imitation. The more often get reinforcement for example of examples around the early teens, the greater the occurrence of smoking behavior.

Early adolescent smoking behavior easily transmitted to his friends, one of them classmates or peers. Early adolescent behavior are influenced by the environment where they hang out, they have a desire to follow the same group with him and wanted to try something that is considered fun. Indri research (2007) on "Smoking Behavior in Adolescents" shows that the factors that influence smoking behavior at school adolescents are at school milieu. Duncan and Polanski (2010) examined the influence of peers on adolescent friendly behavior. The study concluded that there is a significant association of peers with health behaviors that adolescent smoking behavior, alcohol and narcotics (marijuana) among adolescents.

This research shows there are 25% of respondents do not smoke. Smoking behavior can be caused by factors of family support, family rules or friendship with a friend who does not smoke. It is as stated by Yang Wang (2014) in which the Chinese teenagers who do not smoke more due to the behavior of the parents who did not smoke in the house as well as the rules prohibiting family members to smoke.

## Knowledge relationship with Smoking Behavior

**Table 3. Knowledge relationship with Smoking Behavior**

Knowledge	Behavior				Total	
	Do not smoke		Smoke		F	%
	F	%	F	%		
Less	0	0	2	100	2	100
Medium	5	14	31	86	36	100
Either	12	41	17	59	29	100
Total	17	25	50	75	67	100
$\chi^2 = 7,111$						
<i>p-value</i> = 0,029						

Table 3 above shows the respondents with less knowledge are all smoke as many as 2 respondents (100%), then the respondent knowledge was mostly smoke as much as 31 respondents (86%), while on good knowledge most also smoked as many as 17 respondents (59%). Although all knowledge levels showed most of the respondents are smoking, but the percentage of smoking behavior showed a decrease along with the increase of knowledge, so it can be stated that the higher the level of knowledge, then the smoking behavior of diminishing.

Results of analysis with 20:00 SPSS for Windows statistical values shown  $\chi^2$  value of 7.111 with a probability value (p) 0.029. Because the count probability of less than 0.05 or 0,00 = 0.05, then H0 rejected the study, it was determined that there is a relationship between the level of knowledge of adolescents about smoking and smoking behavior in students of SMP Muhammadiyah 1 Kartasura, where the higher knowledge, then the smoking behavior teen wane.

Further test results Fisher's Exact Test, the value Continue Correction of 5.508 with significance (p-value) 0.019. Further tests of significance value less than 0.05 (0.019 < 0.05) so that the test is H0 rejected the decision, so that the

conclusions of research that there is a relationship between the level of knowledge of adolescents about smoking and smoking behavior in students of SMP Muhammadiyah 1 Kartasura, where the higher knowledge, then wane adolescent smoking behavior is significant.

The results showed the higher the respondents' knowledge received the lower of smoking behavior, but in cross-tabulations knowledge relationship with smoking behavior found 5 respondents who have less knowledge but not smoking, otherwise there were 17 respondents with a good knowledge but smoke. This is due to other factors that influence smoking behavior person other factors eg factor strengthening knowledge and psychological condition. Perpetrators smokers may have less knowledge, where less support is supposed to make the behavior of smoking is low, but when the factor of the amplifier for example milieu, imitation and psychological condition for example under pressure, which of these factors will attract each other with knowledge held to determine which behavior will be chosen by the perpetrators of these smokers (Lokon, et al, 2010).

Results of this study were consistent with the study of Revelation (2012) about the relationship between the level of knowledge about diseases caused by smoking and smoking behavior in adults in the village of Andong Kacangan District of Boyolali. This study shows an association between the level of knowledge about diseases caused by smoking and smoking behavior in early adulthood in the village of Andong Kacangan District of Boyolali, namely the better knowledge of the respondent, the more light the smoking behavior.

## CONCLUSIONS AND SUGGESTIONS

### Conclusion

1. The level of students' knowledge about the cigarette in SMP Muhammadiyah 1 Kartasura is moderate.
2. Smoking behavior of students in SMP Muhammadiyah 1 Kartasura mostly smoke.
3. There is a correlation between the level of knowledge of adolescents about smoking and smoking behavior in students of SMP Muhammadiyah 1 Kartasura, where the higher the knowledge that the lower adolescent smoking behavior.

### Suggestion

1. The School Agency  
Results of this study can be a reference for schools in an effort to decrease the smoking behavior of students, namely to increase the students' knowledge of the dangers posed by smoking behavior. Schools should actively coaching to students either independently or in collaboration with local government agencies, especially on diseases caused by smoking behavior, so that with increasing students' knowledge of smoking behavior, is expected to lower the smoking behavior of students.
2. For Smokers  
Smokers should further enhance their knowledge of diseases caused by smoking behavior. The better their knowledge, then smokers may consider hazard risks posed by their smoking behavior, and ultimately will lower their interest for smoking.
3. For Further Research  
Research to examine the object of a kind, is expected to expand the coverage area of research and variables associated with smoking behavior as culture, socioeconomic

level, and education, so that can know what factors are most dominant in touch with smoking behavior.

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