

The Relationship Of Knowledge About The Hazards Of Smoking With Smoking Behavior In The Teenns In Nagori Gajing Jaya Kab. Simalungun In 2021

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ABSTRACT

Smoking is a habit that is commonly encountered in everyday life and has become a habit that can provide enjoyment for people who smoke. The purpose of this study was to determine the relationship between knowledge about the dangers of smoking and smoking behavior in adolescents. This type of research is descriptive with a cross sectional approach . The sample of this study consisted of 40 people. Data were analyzed using the chi square test with a significance level of $p < \alpha$ (0.05). The results showed that 21 adolescents (52.5%) had less knowledge about the dangers of smoking, as many as 20 adolescents (50.0%) had smoking behavior including heavy smokers. The probability value (p value) of the relationship between knowledge about the dangers of smoking and smoking behavior is $p = 0.008$ or $p < 0.05$. The conclusion of this study shows that there is a significant relationship between knowledge about the dangers of smoking and smoking behavior in young men in Nagori Gajing Jaya Kab. Simalungun in 2021.

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1. Introduction

Adolescence is a period of human development. This period is a period of change or transition from childhood to adulthood which includes biological changes, psychological changes and social changes. Adolescence is also a period that is vulnerable to youth thinking because it is filled with turmoil, high curiosity, emotional, unyielding and strong physical and intellectual potential. Teenagers are very vulnerable to trying new things even though sometimes it leads to negative things, one of which is the emergence of smoking behavior (Sarwono, 2011).

Smoking is a habit that is commonly encountered in everyday life and becomes a habit that can provide enjoyment for people who smoke, but on the other hand it can have a negative impact on people who smoke themselves and those around them (Soetjningsih, 2013).). Smoking for teenagers is dangerous for their health, the dangers of smoking for teenagers in terms of physical health, this condition is because cigarettes are a dangerous and addictive product that causes dependence, because in cigarettes there are 4000 hazardous chemicals, 69 of which are carcinogenic substances (can cause cancer). (Angga Prasetya Yuda, 2018).

Smoking is a problem that is still difficult to solve. There are many factors that encourage students to smoke. One of the factors that influence these habits is knowledge and attitudes towards the dangers of smoking itself. Knowledge and attitudes can be changed with health counseling and guidance (Fitriani, 2011). The effect of cigarettes on health is very dangerous, due to the content of various harmful chemicals in cigarettes, smoking is the same as entering these hazardous materials into the body. The dangers of smoking are well known, but there are still many teenagers who become active smokers. Smoking habits are generally carried out during adolescence, the habit is 47% in boys aged 11-15 years and female adolescents as much as 12%

(Caldwell, 2009).

According to 2018 World Health Organization (WHO) data, tobacco kills more than 7 million people every year. More than 6 million of these deaths are the direct result of tobacco use. Meanwhile, around 890,000 are the result of exposure to cigarette smoke (passive smoking). About 80% of the world's 1.1 billion smokers live in low- and middle-income countries. Based on the 2018 Basic Health Research (RISKESDAS) data, the prevalence of smoking in the population aged 10-18 years is 9.1%, this figure tends to increase from 2013. In addition, the proportion of tobacco consumption (sucking and chewing) in the Indonesian population aged 15 years and above are 62.9% men and 4.8% women.

Based on World Health Organization records, in 2014 Indonesia was ranked 3rd for cigarette consumers after China and India. The WHO survey findings state that the number of smokers in Indonesia is at an alarming level, more than half of the population are active smokers, there are 63.5% male smokers, and 4.5% female smokers (Rosaria, 2014). This is in line with the results of the Basic Health Research (Risksedas) in 2013 that the prevalence of smokers in Indonesia was 67.4% of men in Indonesia smoked, while the number of female smokers was 4.2%. Active smokers among adolescents aged 13 to 13 Smoking behavior in adolescents is a symbolic behavior to show maturity, strength, leadership and attraction to the opposite sex. In addition, smoking behavior also aims to seek comfort because smoking can reduce tension, facilitate concentration (Kartini, 2012).

2. Method

2.1 Population, Research Sample and Sampling Technique

Nursalam (2013) argues that the population in the study is a subject that meets the established criteria. In this study, the population was all young men who smoked in Nagori Gajing Jaya Kab. Simalungun in 2021, amounting to 215 people. The sample is the object studied from part of the population and is considered to represent the entire population (Notoatmodjo, 2012).

2.2 Research Location and Time

This research was carried out in Nagori Gajing Jaya Kab. Simalungun in 2021. This research was conducted in Nagori Gajing Jaya Kab. Simalungun starting from August to September 2021.

2.3 Univariate Analysis

The purpose of univariate analysis is to explain or describe the characteristics of each research variable which includes the characteristics of the respondents (age and education).

2.4 Bivariate Analysis

This analysis is used to see two variables that are suspected to have a relationship between two variables, namely the independent variable and the dependent variable. Based on the characteristics of the data, the statistical test used the chi square test with a significance of $p < 0.05$ which aims to determine the relationship between knowledge about the dangers of smoking and smoking behavior in adolescents in Nagori Gajing Jaya, Simalungun Regency in 2021.

3. Results and Discussion

From the results of the study in table 5.2 shows the category of knowledge of adolescent smokers on smoking behavior, namely with less knowledge as many as 21 respondents (55.5%), sufficient knowledge as many as 14 respondents (35.0%) and 5 respondents (12.5%) with good categories. So based on these results, the knowledge of adolescent smokers is generally in the less category. There are many teenage smokers in Nagori Gajing Jaya, Simalungun Regency, in 2021 who don't know much about cigarettes. Their knowledge about smoking behavior is still in the poor category. This was proven when the researchers looked at the results of the knowledge test about smoking in Nagori Gajing Jaya through interviews using a questionnaire with many incorrect answers. The relationship between adolescent smoking knowledge is less because they do not get the correct information. Lack of knowledge triggers the higher consumption of cigarettes in daily activities.

This supports that there is a relationship between knowledge of adolescent smokers and smoking behavior. From the results of the study in table 5.4.1, the respondents who answered the

most severe smoking behavior were 11 respondents (27.5%). This shows statistically that there is a significant relationship between the level of knowledge of adolescent smokers on smoking behavior. In line with Notoatmodjo's (2007) theory, knowledge or cognitive is a very important domain for the formation of action.

Someone (overt behavior). Because from experience and research it turns out that behavior based on knowledge will be more lasting than behavior that is not based on knowledge. The results of the study are the same as those of Yulia (2010), there is a relationship between adolescent knowledge and smoking behavior. In line with Sabri (2007) on male students at SMA Bangkinang District, Kampar Regency, which stated that there was a significant relationship between the level of knowledge and smoking behavior. Likewise, Kurniasih (2008) research on junior high school students in Bekasi City stated that there was a knowledge relationship between the level of knowledge and smoking habits.

Smoking Behavior in Young Boys in Nagori Gajing Jaya, Simalungun Regency in 2021. Based on the results of the study from table 5.3.2, the categories of heavy smokers were 20 respondents (50.0%), moderate smokers were 8 respondents (20.0%) and light smokers were 12 respondents (22.5%). So from these results smoking behavior in adolescents in the heavy category.

From the distribution of knowledge, it is known that the most respondents who answered heavy smoking behavior were respondents with less knowledge as many as 11 respondents (27.5%). This shows statistically that there is a significant relationship between the level of knowledge of adolescent smokers on smoking behavior. According to Sarwono (2004) Human behavior is the result of all kinds of experiences and human interactions with the environment which are manifested in the form of knowledge, attitudes and actions. According to Notoadmojo (2007) behavior is an action or act of an organism that can be observed and even studied. Meanwhile, according to Skinner (2005) behavior is a person's response or reaction to a stimulus (stimulus from outside). According to Astuti (2010), smoking behavior is harmful to health, but there are still many people who do it, even people start smoking when they are teenagers. Activities that arise as a result of the stimulus and response.

4. Conclusion

Based on research conducted on the relationship between knowledge about the dangers of smoking and smoking behavior in young men in Nagori Gajing Jaya Kab. Simalungun in 2021 with a total of 40 teenagers, it can be concluded that: Adolescent knowledge about the dangers of smoking is in the less category as many as 21 respondents (52.5%). Smoking behavior in adolescents is in the category of heavy smokers as many as 20 respondents (50.0%). From the results of the analysis between adolescent knowledge and smoking behavior using the Chi-Square test, the p value (0.008) was obtained. The statistical test results showed that the p value = 0.008 < 0.05, then H_0 was rejected and H_a was accepted. This shows that there is a significant effect between knowledge about the dangers of smoking and smoking behavior in adolescents in Nagori Gajing Jaya, Simalungun Regency in 2021.

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