

Literature Review the Relationship of Family Environment with Smoking Behavior in Adolescents

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ARTICLE INFO

Article history:

Received Aug 30, 2022

Revised Sep 17, 2022

Accepted Sep 30, 2022

Keywords:

Cigarettes
Smoking Behavior
Family Environment
Adolescent

ABSTRACT

Smoking behavior or tobacco use among adolescents has become a very serious global health problem. The family environment is the first environment for adolescents that has a major impact on their behavior, including smoking behavior. The purpose of this study was to determine the relationship between family environment and smoking behavior in adolescents. The method used in this study was Literature Review. The data used in this study were sourced from the publication database of Taylor & Francis, PubMed, Google Scholar and Science Direct with the keywords cigarette, smoking behavior, family environment, and adolescent. Family environment had a significant effect on smoking behavior in adolescents. Some of the related factors were the provision of pocket money for children and adolescents, family parenting, parental communication, harmony in the household, parental income, family members who smoke and inculcating the norms and spiritual values taught by parents in order to equip a child not to smoke. Recommendations: There was a significant relationship between family environment and smoking behavior in adolescents. Greater attention to the family environment of children and adolescents is needed in the context of early prevention of smoking behavior in adolescents.

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INTRODUCTION

Since the last WHO (World Health Organization) report on the global tobacco epidemic in 2019, the world has changed due to the COVID-19 outbreak. Despite the challenges of the ongoing pandemic, over the past year many countries have maintained tobacco control as a top health priority (WHO, 2021).

Currently smoking behavior in adolescents is in an increasingly worrying condition. This results in various serious problems ranging from health, economic and psychological problems in adolescents (Wati, Bahtiar, and D. Anggraini 2018). Various forms of tobacco use are extremely dangerous and there is no safe level of exposure to tobacco smoke. Smoking is the most common form of tobacco use worldwide (WHO, 2019).

Smoking behavior is the activity of burning one of the tobacco products intended to be burned, smoked and/or inhaled including white cigarettes, cigars, kretek cigarettes or other forms obtained from the plants *nicotina rustica*, *nicotina tabacum* and other species or their synthetics whose smoke contains tar and nicotine, with or without other additives (Musniati et al., 2021). Consuming cigarettes can cause various serious and dangerous diseases such as lung cancer, impotence, various forms of reproductive disorders, stroke and other diseases.

Based on data from the number of cases of teenagers who become smokers in Indonesia, one of them is influenced by family environmental factors. Children are often most affected by the use of tobacco by their parents and other family members. Evidence shows that about two thirds of children in Indonesia are exposed to cigarette smoke at home (World Health Organization, 2020). The family environment was the first to introduce how to use cigarettes which later developed into tobacco dependency or smoking dependence. Smoking families make a significant contribution to smoking behavior in their children compared to non-smoking families. Family environment has an effect of 27.71% on adolescent behavior to smoke (Musniati, Sari, et al. 2021). Parents indirectly have an influence on smoking attitudes in adolescents. This can be triggered by the money that teenagers receive, which is generally pocket money from their parents (Almaidah et al. 2020).

Adolescence is a period of transition from childhood to adulthood which experiences the development of all aspects/functions to enter adulthood. Adolescence is a phase where a human being is in a period of searching for his identity who wants to know who he really is. Teenagers range from 13-18 years old who have gone through childhood, but are still not yet mature. This period is often referred to as the transition period. Wanting to always try everything new in his life is something he really likes. From this phase, various kinds of emotional turmoil and problems arise, one of which is from the family environment. This is often referred to as term juvenile delinquency (BNN RI, 2019). Adolescence is a very important phase for human life (Jannah, 2017).

RESEARCH METHOD

The method used in this research is Literature Review. The data used in this study were sourced from databases of scientific publications, both national and international, such as Taylor & Francis, PubMed, Google Scholar and Science Direct. Furthermore, the selection of journal articles uses the PRISMA flowchart as shown in the image below.

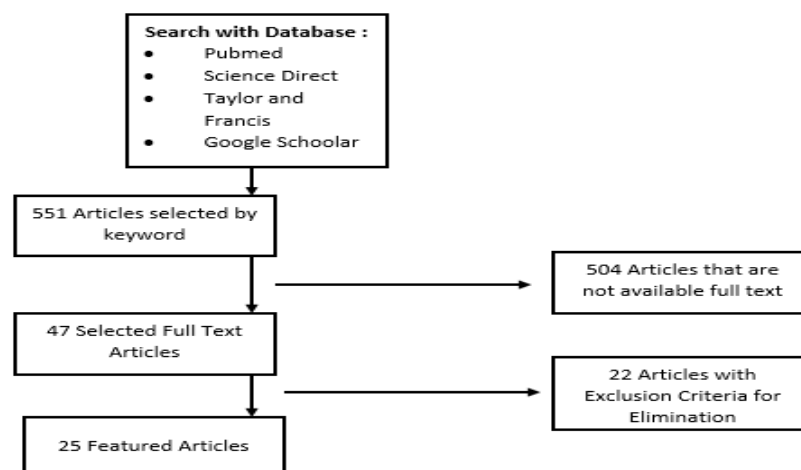


Figure 1. PRISMA Flowchart

RESULTS AND DISCUSSIONS

Literature Review Results

The number of journal articles obtained according to the search keywords was 551 articles. Furthermore, articles were selected based on the presence or absence of duplication and the availability of fulltext.

Table 1. Hasil Literature Review

No	Writer	Research Title	Method	Research result
1	(Nurmansyah et al., 2021)	Peer, family and teachers' role on smoking behavior among Islamic high school students in Depok, Indonesia	Cross sectional research method	This study shows that smoking habits among family members are related to students' smoking behavior; whereas having a family member who smoked was found to be a significant factor ($p = 0.044$) for students' smoking habits compared to students who never had a smoking relative.
2	(Triyana and White, 2022)	Non-monetary incentives for tobacco prevention among youth in Indonesia	Using quasi-random variation in classwork	Students' smoking behavior was strongly influenced by their network of friends. However about 45% of parents will find their child smoking (very) unacceptable. Perceived smoking norms at home may have shifted due to the intervention asking parents to monitor their children's tobacco use, but we found no significant effect on these changes.
3	(Fithria et al., 2021)	Indonesian adolescents' perspectives on smoking habits: a qualitative study	Phenomenological qualitative study. By using inductive content analysis with systematic steps based on the stages of qualitative data analysis.	Most of the participants were 13 years old; the minimum age is 12 years and the maximum age is 18 years. Most of the participants and their parents were smokers (79.17% and 83.33%). The results showed that adolescents perceive smoking as a social habit but with contradictory feelings. Smoking habits are also stimulated by pressure to imitate parents who smoke.
4	(Septiono et al. 2021)	The Mediating Role of Parental Factors in the Social Patterning of Smoking among Adolescents in Urban Indonesia	Cross-sectional survey using stratified logistic regression analysis	The results showed the prevalence of smoking was 35.8% among boys and 2.6% among girls. The odds of smoking were higher among those with lower parental education among boys (low vs. high: OR:1.57,

				95%CI:1.01-2.43), but not in girls (OR: 0.91, 95% CI: 0.24-3.43). The relationship between sons was mediated in part by the father's smoking status, parental control, and parental permissiveness. High family wealth was associated with a higher likelihood of smoking among girls (poor vs rich: OR: 0.39, 95%CI: 0.15-0.99), but not for boys (OR: 0.76, 95%CI: 0.52-1.10).
5	(Wibowo et al., 2019)	Adolescent smoking behaviour determinants in the city of Yogyakarta, Indonesia	This research is a cross-sectional study. Sampling technique using multistage random cluster sampling with Chi-Square analysis.	There was a significant relationship between the role of the family and the smoking behavior of adolescents. Bivariate test with a p value of 0.0001 which means risk factor (1,582-2.254). That is, the less the role of parents to prevent smoking behavior in adolescents, the greater the risk of adolescents to smoke.
6	(Saleha Siregar, Hidayat, and Tarigan, 2018)	Smoking Behavior of Adolescent Determining in SMP Negeri 1 Simpang Empat 2018	This research is an analytic survey research with a cross sectional study design.	The results showed that there was a relationship between the role of parents and smoking behavior in adolescents (p = 0.002). There was a relationship because the family instills values and norms in their children.
7	(Nurohmah, Nurbayani, and Samlawi, 2021)	The Attitude of Adolescent Smoking Man: Who Are in Social Smoker?	This research uses a case study method with a qualitative approach	The respondent's family taught the values and norms from an early age that smoking is wrong and parents who do not smoke also teach them to manage their pocket money well to spend only on necessary things. So the child has an attitude of not smoking because he has received provisions for not smoking.
8	(Ashri, Nurhadi, and Nurcahyo no, 2020)	Social network in shaping student smoking behavior	Using qualitative research with ethnographic methods and cognitive approaches.	Based on the results of the study obtained data from students related to adolescent motivation to smoke not purely arising from within but getting encouragement from families who are also active smokers.

				<p>a.) His son said that his smoking family looks relaxed and enjoyable</p> <p>b.) There are parents who forbid but their children smoke secretly</p> <p>c.) Parents who think it's normal for boys to smoke</p> <p>d.) Parents allow but have to exercise and use money from their own income.</p>
9	(Wahyuni And Aisyaroh, 2018)	Qualitative descriptive study of the causes of juvenile delinquency in Islamic Junior High School Nudia Semarang	Research studies use qualitative descriptive studies	It was found that most families are broken homes, do not live with both parents and parents who are indifferent to their children's behavior. Children did not get guidance and they tend to spend time outside so they are influenced by the wrong environment.
10	(Patana and Elon, 2019)	Phenomenon smoking on teenage girl: Qualitative studies	Use study qualitative that character descriptive with use method snowball sampling.	Person old smoking show picture of 90% and not smoke 10%. It means more height and increase in members family that smokes more big risk girls be a smoker.
11	(Sari, 2018)	Studies phenomenology behavior smoking on junior high school students	Types of research this is qualitative with use method Interview deep (in-depth interviews).	The results of the study show factors that cause youth smoking is wanting to try cigarettes because of the informant's environment consisting of parents and family members who smoke.
12	(Lina Dewi Anggraeni, Elpasa, And Pasaribu, 2021)	Factors which relate with behavior smoking on teen in Nanga Bulik	This research used cross sectional design. Statistical analysis used Kendall's Tau B test.	Bivariate test obtained $p=0.008$. It means there was relationship between parental influence and adolescent smoking behavior in Nanga Bulik Village.
13	(Sonny Effendi et al., 2018)	Influence of parent's and friend's behavior to student smoking in public high school 1 Gumay gutter Regency Lahat	This is analytical survey with use Cross sectional. Analyzed using Chi-square test.	Bivariate test results obtained ($p=0,252$), which means that there was no significant relationship between parents with smoking behavior of teenager.
14	(Agustang, 2018)	Teenager student smoking behavior at State High School 1 North Sinjai Regency Sinjai	The approach used is qualitative with a case study method.	The results of the study found that smoking cigarettes was a common thing in his family and there was no prohibition even being offered cigarettes by other family members such as his uncle as well as from the remaining pocket money from parents. Then there is the

				perception that smoking is okay because the average teenager's family smokes cigarettes.
15	(Manafe, Lerrick, And Effendy, 2019)	Determinant of smoking behavior among teenager in Kupang	This is an analytical survey with Cross Sectional approach	There was significant influence of smoking parents to adolescent smoking behavior, namely at the 0.000 significance level with wald value 14,307. It means parents smoking will increase possibility of children become a smoker and more high parental income then the higher the adolescent's risk for smoke.
16	(Elkana, 2020)	Connection of knowledge, influence parents and friends with Smoking behavior in students of SMP Negeri 1 Loksado in 2020	This research used survey design with cross sectional approach	The results showed that there is no significant relationship between parental influence and smoking behavior in adolescents at SMP Negeri 1 Loksado in 2020 with a value ($p = 0.505$).
17	(Ariasti and Ningsih, 2020)	The relationship between knowledge level and social environment with smoking behavior	The research used observational analytic with correlational design.	The results showed that there is a relationship between the family environment and smoking behavior, with a p value of 0.028. The correlation coefficient obtained was 0.272. It means that the correlation strength is weak and shows a positive correlation.
18	(Pangest uputra, Raharjo, And Fitriangga, 2018)	Correlation of Smoker parent to smoking habit of SMK students-SMTI Pontianak	This research is analytic quantitative with Cross-sectional design.	The results of the bivariate analysis showed that there were no significant relationship between parents smoking with smoking behavior in adolescents ($P=0.647$). This is because there is the influence of advertising and also from friends because they spend more time with his/her friends at school than family at home.
19	(Fella Attaqy C, Fithria, And Hartaty, 2021)	Relationship of Family communication With smoking behavior of teenager	This is descriptive collaborative research with cross-sectional design.	Pearson Chi-Square test results showed significant relationship of family communication patterns with smoking behavior ($p\text{-value} = 0.001$) in the youth of SMA Negeri 9 Banda Aceh.
20	(Indra, Edison, And Lestari, 2019)	Defining factors of smoking behavior of senior high school students in Kota Pariaman	This research used mixed method, quantitative with a cross sectional design and qualitative methods.	More than half of students (60.6%) had smoking family members. Viewed from the external side, adolescent smoking behavior is supported by enabling factors, namely the family environment. The smoking behavior of adolescents is also strengthened by reinforcing factors, namely the encouragement of smoking behavior of role models such as

				family members who are also role models for adolescents, the lack of supervision of the family also maintains smoking behavior
21	(Luthfa and Muflihah, 2019)	Family Communication Related to Smoking Behavior in Adolescents in Semarang City	Observational analytic research with case control study. Data analysis using chi square.	The results of statistical tests using chi square obtained a p value of 0.000 <0.05, meaning that there was a relationship between family communication patterns and adolescent smoking behavior.
22	(Parwath a et al., 2020)	Association between family function and cigarette addiction in high school students	This research used cross sectional design.	There was a relationship between family function and smoking addiction in high school students in Denpasar with an OR of 16.8 (95% CI 6.7-42.1; p<0.001).
23	(Destri, Sari, and Perdana, 2019)	Smoking behavior and related factors in students	Quantitative research with cross sectional design.	The results showed that there was a relationship between family environment and smoking behavior (p=0.001). a.) Basically there is a relationship between parenting patterns, but there are bigger factors such as friends and advertisements b.) Pocket money from parents affects smoking behavior c.) Smoking environment influences friends to smoke
24	(Heny, 2021)	Analysis of factors that influence smoking behavior in junior high school students at SMP Negeri 1 Seunagan, Nagan Raya Regency in 2021	The research method used is comprehensive analytic with cross sectional approach. Analysis of the data used is the Chi Square Test.	The results of chi square test was p value = 0.000, which means that there is an association between parental smoking and smoking behavior in adolescent students at SMP Negeri 1 Senagan, Nagan Raya Regency. The related factors are the provision of pocket money, parents who smoke and teenagers who take their parents' cigarettes secretly.
25	(Riza and Ernadi, 2019)	External factors of adolescents with smoking behavior in class XI students at SMK Syuhada	The research design is analytic observational with a cross sectional approach.	The results of the study showed that there was a relationship between family behavior and adolescent smoking behavior with a p value of 0.000.

Based on the results of selecting articles from the database, it is obtained 25 journal articles consisting of 17 national journal articles and 8 international journal articles. These articles are then reviewed to get an overview that is expected in accordance with the research objectives. The respondents in the studies reviewed were the youth group.

Adolescence is a period of transition from childhood to adulthood. Of course, this period of adolescence is a time for humans to find their identity so that there are many changes in nature, character and mood changes that will change in this phase. The adolescent phase is also a phase where teenagers have high curiosity and want to show themselves to others, one of which is

smoking. Smoking behavior often occurs among teenagers and one of the influencing factors is the factor of parents (Ariasti and Ningsih, 2020).

Wibowo et al., (2019) and Nurmansyah et al., (2021) mention that smoking behavior can be caused by parents who smoke, this is because teenagers often see their family members smoking so that teenagers follow this behavior and assume that such behavior is a normal thing to do (Fithria et al., 2021; Sari, 2018; Anggraeni, Elpasa, and Pasaribu, 2021). Teenagers when they see a family member smoking it looks relaxed and delicious so they are interested in doing it too (Ashri, Nurhadi, and Nurcahyono, 2020).

Based on the research of Destri, Sari, and Perdana (2019), the way teenagers get cigarettes is from pocket money given by their parents. They spend their pocket money in stalls that provide cigarettes. This is in line with research conducted by Heny (2021) which states that some teenagers get cigarettes by taking cigarettes from family members who smoke secretly.

There are several perceptions from families about teenagers who smoke. Some families think that smoking is a natural thing, especially for men, so there are parents who allow their children to smoke and there are also those who allow their children to smoke on condition that they use money from their own hard work and must be diligent in exercising (Ashri, Nurhadi, and Nurcahyono, 2020).

According to Riza and Ernadi's research (2019), the form of parenting that prohibits and strictly maintains that their child does not smoke can succeed in making the child not smoke. Meanwhile, based on the research of Indra, Edison, and Lestari (2019), there are also forms of parenting that allow their children to smoke. This is in line with research conducted by Agustang (2018) which states that there are family members who offer the child to smoke so that a perception arises in adolescents that smoking is normal and permissible. Instilling positive values and norms in the family environment can also make a child not smoke (Saleha Siregar, Hidayat, and Tarigan, 2018).

The role of communication in the family is very important because good communication is a reflection of a good relationship. Luthfa and Muflihah (2019), Fella Attayq C, Fithria, and Hartaty (2021) mention that an indifferent family and poor communication with their children can cause children to become smokers. Parents have an influence in making their children become smokers (Ariasti and Ningsih, 2020).

Although most studies show the influence of the family environment on smoking behavior in adolescents, the results of the review conducted also show that there are several studies that conclude the opposite condition. Agustang's research (2018) states that there is no relationship between the family environment and smoking behavior in adolescents. In the study, it was stated that there are bigger factors that can make teenagers become smokers, such as the influence of friends because teenagers spend more time outside with their friends so that parents cannot know what their children are doing outside the home. This is in line with the research of Pangestuputra, Raharjo, and Fitriangga (2018) which concludes the same thing. Destri, Sari, and Perdana (2019) and Triyana and White (2022) conclude that there is no relationship between family smoking and smoking behavior in adolescents. The study also stated that there was a greater influence, namely friendship, advertising, and the ease of buying cigarettes, on smoking behavior in adolescents. Almost the same thing was found in the research of Elkana (2020) and Ujang Efendi et al. (2018).

Parenting patterns and poor forms of communication from the family greatly affect the behavior of teenagers who smoke (Wibowo et al., 2019). The existence of a family that is not harmonious, such as a broken home and both parents go to work, causes the relationship between parents and children to be tenuous. This can result in parents not being able to guide their children from negative influences from outside (Wahyuni and Aisyaroh, 2018).

Parents' economic factors can also influence their children to become smokers (Parwatha et al., 2020). Based on research by Manafe, Lerrick, and Effendy (2019), it is stated that parents with high incomes are more at risk for making their children become smokers because the pocket money

given to their children is bought for cigarettes. The conclusions are different from the results of the research by Septiono et al. (2021) which states that there is no relationship between the influence of parental income and smoking behavior in adolescents. Meanwhile, based on the research of Nurohmah, Nurbayani, and Samlawi (2021), parents who teach values, norms and spirituality to their children are advised to spend only what is needed so that children get provisions for not smoking can prevent smoking behavior in adolescents. The research of Patana and Elon (2019) states that the more family members who smoke, the greater the risk of their children to smoke.

CONCLUSION AND RECOMENDATIONS

Based on the results of the review conducted, it can be concluded that most of the research results indicate that the family environment can influence smoking behavior in adolescents. The related factors are the provision of pocket money by parents, parenting patterns, forms of communication between parents and children, harmony in the household, parental income, the presence of family members who smoke and the importance of inculcating norms and spiritual values taught by parents in order to become a person's provision. children not to smoke. Wrong perceptions can also have an effect, such as the perception that if you want to be called a man, you must imitate his father who smokes and there are also families who allow their children to smoke.

The results of this literature review can be a reference material for related parties, especially about the importance of attention and education for parents and families to be a good example for children and adolescents, especially in avoiding smoking behavior.

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