

## Relationship Between The Role Of Parents And Peers With Adolescent Smoking Behavior Of Boys At Sman 2 Meulaboh

Anita Tiara<sup>1</sup>, Zakiyah<sup>2</sup>

<sup>1</sup>Nursing Study Program, STIKes Medika Seramoe Barat, Aceh Barat

<sup>2</sup>Midwifery Study Program, STIKes Medika Seramoe Barat, Aceh Barat

### ARTICLE INFO

#### Article history:

Received Oct 29, 2022

Revised Nov 05, 2022

Accepted Nov 26, 2022

#### Keywords:

Parents  
Peers  
Smoking Behavior  
Adolescent

### ABSTRACT

Many teenagers smoke because teenagers like to try new challenges to find identity. The environment also influences the good and bad behavior of adolescents. Peers who are teenagers' environment often provide information or invite them to try smoking cigarettes. In addition, the family also has responsibility for the formation of norms in the process of forming children's behavior. The purpose of this study was to see the relationship between the role of parents and peers with the smoking behavior of adolescent boys at SMAN 2 Meulaboh. This study uses a type of quantitative research with a cross sectional design. The sample in this study was 133 people using a random sampling technique. Methods of data analysis using the Chi-Square test. The results showed the role of parents with a p value of 0, 021 and the role of peers with a p value of 0.003. The conclusion in this study is that there is a relationship between the role of parents and peers with adolescent smoking behavior at SMAN 2 Meulaboh. It is hoped that the role of parents, schools and health workers will be to provide more attention, information and support so that adolescents do not smoke or stop smoking.

*This is an open access article under the [CC BY-NC](https://creativecommons.org/licenses/by-nc/4.0/) license.*



### Corresponding Author:

Anita Tiara,  
Nursing Study Program,  
STIKes Medika Seramoe Barat,  
Jl. Industri No 12  
Email: [anitatiara8905@gmail.com](mailto:anitatiara8905@gmail.com)

## INTRODUCTION

The mortality rate of smokers in the world is estimated that by 2030 it will reach 10 million people, of which 70% come from developing countries. If this continues, around 650 million people will be killed because of smoking, half of which are of productive age and will cause death by 20 to 25 years.(Riskesdas, 2018b). Based on the 2016 Southeast Asia Tobacco Control Alliance report, Indonesia is ranked first with the largest number of smokers compared to other ASEAN countries, namely 65,188,338 people.(Tan YL, 2018). Nearly 80% of smokers in Indonesia start smoking when they are not yet 19 years old because they do not know the risks regarding the dangers of smoking addiction.(Riskesdas, 2018b).

The National Survey conducted in 2013 and 2018 shows that tobacco use in Indonesia is still relatively high in adults and adolescents(WHO, 2020). According to data from the Central Statistics Agency for 2018, Indonesia has a percentage of smokers aged over 15 years of 32.20% and Aceh is

ranked 17th out of 34 provinces in Indonesia with a total percentage of 31.76%. (Central Bureau of Statistics, 2018). In West Aceh in 2018, the proportion of smokers aged  $\geq 10$  years was 29.48% and the age of first smoking was 15-19 years at most (54.62%) (Risksdas, 2018).

Adult smokers usually start smoking in their teens and are more likely to continue the habit into adulthood, making it difficult to quit smoking. This causes diseases caused by smoking tend to be greater (Lim et al., 2017). Cigarettes contain more than 4000 harmful chemicals and more than 43 cancer-causing substances (KemenkesRI, 2013). In addition, smoking also causes fetal death, heart attack, stroke and other cardiovascular diseases. Long term smokers lose at least 10 years of their life (WHO, 2018).

Many teenagers smoke because teenagers like to try new challenges to find identity. The environment also influences the good and bad behavior of adolescents. Peers who are teenagers' environment often provide information or invite them to try smoking cigarettes (Astuti, 2018). Although not all teenagers who try smoking become smokers, trying is the first step for teenagers to become active smokers in the future (Borracci & Mulassi, 2015). In addition, the family also has responsibility for the formation of norms in the process of forming children's behavior (Pranata, 2019). Parents who do not reprimand or punish their child's smoking behavior, then they consider this a form of reinforcement so that smoking behavior continues. (Durandt et al., 2015).

Based on the results of a preliminary study at State Senior High School 2 Meulaboh, out of 10 students, 8 (80%) of them smoked and they smoked for the reason that they wanted to try, followed friends' invitations because their friends were smokers and their father also smoked. Then 2 (20%) other students did not smoke because their parents forbade them to smoke.

## RESEARCH METHOD

This study uses a type of quantitative research with a cross sectional design. The aim of this study was to determine the relationship between the role of parents and peers with smoking behavior in male adolescents at SMAN 2 Meulaboh. This research was conducted on 10-11 August 2021 at Meulaboh 2 State Senior High School. The population in this study were all male students of SMAN 2 Meulaboh and the sample in this study was 133 people using a random sampling technique. Methods of data analysis using the *Chi-Square* test.

## RESULTS AND DISCUSSIONS

### Univariate analysis

**Table 1.** Frequency Distribution of the Roles of Parents, Schools and Peers of male adolescents at SMAN 2 Meulaboh

Variable	f	%
<b>The role of parents</b>		
Well	59	44,4
Not good	74	55,6
<b>The Role of Peers</b>		
Well	38	28,6
Not good	95	71,4
<b>Behavior</b>		
Smoke	81	60,9
Do not smoke	53	39,1

Based on table 1, the results of the univariate analysis showed that out of 133 respondents, the role of parents and the poor was 74 people (55.6%) and the good category was 59 people (44.4%), the role of the school was not good, namely 80 people (60.2%), while the role of good peers is 38

people (28.6%). Smoking behavior in students is more, namely 81 people (60.9%) than non-smokers 53 people (39.1%).

### Bivariate Analysis

**Table 2.** Frequency Distribution of the Relationship between the Roles of Parents, School and Peers with the Smoking Behavior of Adolescent Boys at SMAN 2 Meulaboh

Variable	Behavior				Total		p-values
	Smoke		Do not smoke		f	%	
	F	%	f	%			
<b>The role of parents</b>							
Well	29	49,2	30	50,8	59	44,36	0.021
Not good	52	70,3	22	29,7	74	55,64	
<b>The Role of Peers</b>							
Well	15	39.5	23	60.5	38	28.57	0.003
Not good	66	69.5	29	30.5	95	71,43	

Based on Table 2 shows that 52 people (70.3%) of the 74 students of SMAN 2 Meulaboh with poor parental roles are more likely to smoke and not smoke by 22 people (29.7%). The results of bivariate analysis with the chi-square test obtained a p-value of 0.021, which means there is a relationship between the role of parents and smoking behavior. Furthermore, 66 people (69.5%) of the 95 students who had the role of peers who were not good tended to smoke and did not smoke as many as 29 people (30.5%), obtained a p-value of 0.003 which showed a relationship between the role of peers and smoking behavior.

### Discussion

#### a. The Relationship between the Role of Parents and the Smoking Behavior of Teenage Boys at SMAN 2 Meulaboh

Based on the results of this study, it was obtained from 74 students whose parents' roles were not good, 52 people (70.3%) tended to smoke and 22 people (29.7%) did not smoke. The results of the bivariate analysis showed that there was a relationship between the role of parents and the smoking behavior of adolescent boys (p value 0.021). Teenagers with families with bad behavior tend to be smokers compared to those with good family behavior (Khairunnisa Fadli & Achadi, 2020).

Parents are the first start as an example and role model for children. There is a big risk for children to smoke because they see their parents smoking. Several other reasons include warnings to the contrary, such as parents saying that smoking is harmful to health but parents smoke, then parents also make it easier for teenagers to get cigarettes and imitate the smoking behavior of parents who are their role models. (Alves et al., 2017).

This research is in line with research conducted by Anwary (2020) on UNISKA students in Banjarmasin, showing that the role of parents is related to smoking behavior (p value 0.001) (Anwary, 2020). This is supported by research by Damang, Syakur and Andriani (2019) on adolescents at SMPN 7 Langgudu which shows that parental control is related to smoking behavior in students with a p value of 0.000 (Damang et al., 2019). Another study conducted by Utami (2020) on adolescents in Indonesia stated that parents' smoking habits significantly influenced adolescent smoking behavior (p=0.000) (Utami, 2020).

Appropriate parenting styles for adolescent smoking behavior can reduce the risk of smoking, such as monitoring by parents, setting rules and limiting smoking at home. (Lochbuehler et al., 2016). In the family, fathers have an important role in influencing smoking in adolescents because fathers are the main figures preventing youth from smoking (Bergagna & Tartaglia, 2019). Research conducted by Andrade, et al (2017) shows that there is a relationship between fathers who smoke and smoking behavior in adolescents in public schools in London (p-value 0.039) (de Andrade et al., 2017). According to the researcher's assumption, the majority of students at SMAN 2 Meulaboh

are smokers because their father is also a smoker so students imitate him and fathers cannot forbid their children to smoke because they smoke too.

**b. The relationship between the role of peers and the smoking behavior of adolescent boys at SMAN 2 Meulaboh**

Based on the results of this study, it was obtained from 95 students whose role of peers was not good, 66 people (69.5%) showed smoking behavior and 29 people (30.5%) did not smoke. The results of the bivariate analysis showed that there was a relationship between the role of peers and male adolescent smoking behavior (p value 0.003). In adolescence, peers and parents play a key role in decision-making in behavior and norms so that it has an effect on adolescent smoking behavior (Scalici & Schulz, 2014).

Peers have a more important role in adolescents because of the period of searching for self-identity, acceptance of peer groups compared to the role of parents which will gradually decrease (Huang et al., 2014). Social relationships with peers are very important for the personal development of adolescents, one of which is as a source of information and comparisons between the outside world and family. Peers provide feedback about their abilities so that the greater the trust in peers, the greater the opportunity to smoke (Purnaningrum et al., 2017). Teenagers also often do anything to be accepted by their group so they are not called cowards (Sutha, 2019).

Research conducted by Joung, Han, Park and Ryu (2016) on junior and senior high school students in Korea showed that smoking friends had a significant relationship with adolescent smoking behavior (p 0.001) (Joung et al., 2016). Another study conducted by Purnaningrum, Joebagio and Murti (2017) on adolescents in Karanganyar, showed that peers were related to adolescent smoking behavior with a p value of 0.002 (Purnaningrum et al., 2017). This is supported by Astuti's research (2018) which states that there is a relationship between peer conformity and smoking behavior among adolescents at SMP Negeri 22 Samarinda (p 0.000) (Astuti, 2018).

Teenagers prefer to hang out and play with their peers, even if they don't know friends, then these friendships will form social groups and eventually become close friends. Usually peers have the same interests and mutually influence each other. If there are peers who smoke, teenagers are more likely to be influenced to follow them without thinking first (Gita et al., 2021). Therefore, peers are the factors most related to smoking behavior. According to the researchers' assumptions, peers play a greater role in smoking behavior because their friendship environment is smokers and peer group acceptance is important for adolescents so they are not called losers and look cooler.

## CONCLUSION

Based on the results of the study, it can be concluded that 74 students (55.6%) of SMAN 2 Meulaboh who have a poor parental role and 95 students (71.4%) have a poor peer role. There is a relationship between the role of parents (p value 0.021) and the role of peers (p value 0.003) with the smoking behavior of adolescent boys at SMAN 2 Meulaboh. Poor parental and peer roles cause adolescents to behave in smoking. Therefore, smoking prevention in adolescents can be done by increasing the role of parents, especially fathers as the head of the family, Peers have a great influence on adolescent smoking behavior, so the role of schools and health workers is needed to provide more attention and information so that adolescents do not smoke or quit smoking.

## ACKNOWLEDGEMENTS

The researcher would like to thank the principal of SMAN 2 Meulaboh and the Staff of STIKes Medika West Seramoe who have helped to carry out this research well and smoothly.

## References

- Alves, J., Perelman, J., Soto-Rojas, V., Richter, M., Rimpelä, A., Loureiro, I., Federico, B., Kuipers, M. A. G., Kunst, A. E., & Lorant, V. (2017). The role of parental smoking on adolescent smoking and its social patterning: A cross-sectional survey in six European cities. *Journal of Public Health (United Kingdom)*, 39(2), 339–346. <https://doi.org/10.1093/pubmed/fdw040>
- Anwary, A. Z. (2020). *Peran Orang Tua dan Teman Sebaya Terkait Perilaku Merokok Mahasiswa Fakultas Ekonomi UNISKA MAB Banjarmasin The Parents Role and Peers Related to the Students Smoking Behavior in UNISKA MAB*. 10, 14–20.
- Astuti, D. R. (2018). Hubungan Antara Konformitas Teman Sebaya Dengan Perilaku Merokok. *Psikoborneo: Jurnal Ilmiah Psikologi*, 6(1), 74–80. <https://doi.org/10.30872/psikoborneo.v6i1.4530>
- Badan Pusat Statistik. (2018). *Persentase Merokok Pada penduduk Umur dibawah 15 Tahun Menurut Provinsi*. <https://doi.org/10.1055/s-2008-1040325>
- Bergagna, E., & Tartaglia, S. (2019). The relation of modelling and the perception of parental care with adolescent smoking: a cross-sectional study. *European Journal of Developmental Psychology*, 16(4), 476–487. <https://doi.org/10.1080/17405629.2018.1455581>
- Borracci, R. A., & Mulassi, A. H. (2015). Tobacco use during adolescence may predict smoking during adulthood: Simulation-based research. *Archivos Argentinos de Pediatría*, 113(2), 106–113. <https://doi.org/10.5546/aap.2015.eng.106>
- Damang, S. A., Syakur, R., & Andriani, R. (2019). Faktor Yang Berhubungan Dengan Perilaku Merokok Pada Remaja Di Smp Negeri 7 Langgudu Kabupaten Bima. *Jurnal Komunitas Kesehatan Masyarakat*, 1(1), 32–39. <https://doi.org/10.36090/jkkm.v1i1.294>
- de Andrade, R. C. C., Ferreira, A. D., Ramos, D., Ramos, E. M. C., Scarabottolo, C. C., Saraiva, B. T. C., Gobbo, L. A., & Christofaro, D. G. D. (2017). Smoking among adolescents is associated with their own characteristics and with parental smoking: Cross-sectional study. *Sao Paulo Medical Journal*, 135(6), 561–567. <https://doi.org/10.1590/1516-3180.2017.0154220717>
- Durandt, J., Bidjuni, H., & Ismanto, A. (2015). Hubungan Antara Pola Asuh Orang Tua Dengan Kebiasaan Merokok Anak Usia Remaja 12 Â 17 Tahun Di Desa Kilometer Tiga Kecamatan Amurang. *Jurnal Keperawatan UNSRAT*, 3(1), 113272.
- Gita, O., Indah, S., & Awaru, A. O. T. (2021). KONFORMITAS TEMAN SEBAYA TERHADAP PEROKOK ANAK USIA 7-12 TAHUN *Abstrak*. 1(2), 55–63.
- Huang, G. C., Unger, J. B., Soto, D., Fujimoto, K., Pentz, M. A., Jordan-Marsh, M., & Valente, T. W. (2014). Peer influences: The impact of online and offline friendship networks on adolescent smoking and alcohol use. *Journal of Adolescent Health*, 54(5), 508–514. <https://doi.org/10.1016/j.jadohealth.2013.07.001>
- Joung, M. J., Han, M. A., Park, J., & Ryu, S. Y. (2016). Association between family and friend smoking status and adolescent smoking behavior and E-cigarette use in Korea. *International Journal of Environmental Research and Public Health*, 13(12). <https://doi.org/10.3390/ijerph13121183>
- Kemendes RI. (2013). Permenkes RI No. 28 Tahun 2013. *Kementrian Kesehatan Republik Indonesia*, 1–46.
- Khairunnisa Fadli, R., & Achadi, A. (2020). Perilaku Merokok Siswa SMP di Kecamatan Panongan Kabupaten Tangerang Tahun 2015. *ARKESMAS (Arsip Kesehatan Masyarakat)*, 4(2), 168–178. <https://doi.org/10.22236/arkesmas.v4i2.3557>
- Lim, K. H., Lim, H. L., Teh, C. H., Kee, C. C., Khoo, Y. Y., Ganapathy, S. S., Jane Ling, M. Y., Mohd Ghazali, S., & Tee, E. O. (2017). Smoking among school-going adolescents in selected secondary schools in Peninsular Malaysia- findings from the Malaysian Adolescent Health Risk Behaviour (MyaHRB) study. *Tobacco Induced Diseases*, 15(1), 1–8. <https://doi.org/10.1186/s12971-016-0108-5>
- Lochbuehler, K., Schuck, K., Otten, R., Ringlever, L., & Hiemstra, M. (2016). Parental smoking and smoking cognitions among youth: A systematic review of the literature. *European Addiction Research*, 22(4), 215–232. <https://doi.org/10.1159/000446022>
- Pranata, M. A. E. (2019). Hubungan Lingkungan Keluarga dengan Perilaku Merokok pada Remaja di SMP Negeri 29 Samarinda. *Borneo Student Research*, 240–247.
- Purnaningrum, W. D., Joebagio, H., & Murti, B. (2017). Association Between Cigarette Advertisement, Peer Group, Parental Education, Family Income, and Pocket Money with Smoking Behavior among Adolescents in Karanganyar District, Central Java. *Journal of Health Promotion and Behavior*, 02(02), 148–158. <https://doi.org/10.26911/thejhp.2017.02.02.05>
- Riskesdas. (2018a). *Laporan Provinsi Aceh*. <https://dinkes.acehprov.go.id/uploads/riskesdaakabkotaceh.pdf>

- Riskesdas. (2018b). *Perilaku Merokok Masyarakat Indonesia*. <http://labdata.litbang.depkes.go.id/riset-badan-litbangkes/menu-riskesnas/menu-riskesdas/374-rkd-2013%0Ahttps://www.scribd.com/document/251375378/RISKESDAS-2013-pdf>
- Scalici, F., & Schulz, P. J. (2014). Influence of perceived parent and peer endorsement on adolescent smoking intentions: Parents have more say, but their influence wanes as kids get older. *PLoS ONE*, 9(7). <https://doi.org/10.1371/journal.pone.0101275>
- Sutha, D. wijayanti. (2019). Analisis Lingkungan Sosial Terhadap Perilaku Merokok Remaja Di Kecamatan Sampang Madura. *Journal of Chemical Information and Modeling*, 53(9), 1689-1699. <https://jurnal.stikes-yrsds.ac.id/index.php/JMK/article/view/50/48>
- Tan YL, D. U. (2018). The Tobacco Control Atlas ASEAN Region, Fourth Edition. In *Southeast Asia Tobacco Control Alliance* (Issue September).
- Utami, N. (2020). Pengaruh Kebiasaan Merokok Orang Tua terhadap Perilaku Merokok Remaja di Indonesia. *Media Kesehatan Masyarakat Indonesia*, 16(3), 327-335. <https://doi.org/10.30597/mkmi.v16i3.9801>
- WHO. (2018). Tubuh Tembakau. *Who*, 53(207), 243-243.
- WHO. (2020). Pernyataan: Hari Tanpa Tembakau Sedunia 2020. In *Who.Int/Indonesia* (p. 2021). <https://www.who.int/indonesia/news/detail/30-05-2020-pernyataan-hari-tanpa-tembakau-sedunia-2020>