

Students' Smoking Behavior and its Prevention Study on State Senior High School and State Vocational School Painan at South Pesisir Region

Zulkifli¹, Prayitno², Marjohan³

^{1,2,3}Universitas Negeri Padang 123

* zulkiflipadang123456@gmail.com

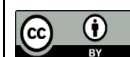
Abstract: The background of this research was formulated in relation to student's smoking behavior and aiming for: (1) grouping the students based on their smoking behavior; (2) achieving scores of three variables, which are the quality of the students smoking, the environmental quality of the non-smoking area, and the quality of information services by teacher guidance and counseling, and the differences and relation between the three variables and (3) efforts to prevent students smoking behavior by guidance and counseling teacher by using information services. This research used descriptive-quantitative method, and the population was the students and guidance and counseling teacher in SMAN and SMKN, with total sample was 120 students and 5 guidance and counseling teachers which was selected by using random technique. By using questionnaires and interview the data of this research was collected and then analyzed by using descriptive statistical techniques. The research results showed that: (1) grouping the students based on their smoking behavior was non-smoker group, hesitated group, and smoker group with the highest number is non-smokers, second place was hesitated, and the last is the smoker group. (2) the scores of the first variable showed that the condition in SMAN is higher than SMKN; second variable scores showed that the condition in SMAN is higher than SMKN, and the third variable scores showed that the condition in SMAN student is higher than SMKN student's; the relation between three variable scores is high; (3) efforts to prevent student smoking behavior by guidance and counseling teachers in using information services was not running well.

Keywords: Smoking Behavior, Non-Smoking Area, Information Services.

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Conflict of Interest Disclosures:

The authors declare that they have no significant competing financial, professional or personal interests that might have influenced the performance or presentation of the work described in this manuscript.



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Introduction

People who smoke are easy to find in various locations, such as at home, offices, cafes, public places, in vehicles, even in schools. Some high school students who already enjoy smoking there is a laziness tendency to study because these students prefer to smoke when hanging out with friends (Mulyadi, 2007; Chotidjah, 2013;). Some people start smoking between the ages of 11-13 years, and 85% start smoking before the age of 18. At the age of 15 there were as many as 46.5% of male students who said they had tried smoking, even though the age of 11 years was only recorded 20.8% who had tried it.

Smoking behavior that occurs in students is an unhealthy habit. Easily the students get a cigarette and the weak sanctions provided make the students more free to smoke. Smoking behavior is an activity to burn cigarettes and smoke cigarette. Cigarette smoke is then exhaled so that it emits smoke and can be inhaled by the people around it (Azkiyati, 2012; Komasari, D., & Helmi, A. F, 2000; Nasution, 2007; Amelia, 2009; Novi, 2011).

The effect most smokers feel is the psychological effect of suggestion. Feelings look more macho (cool), more confident, more calm, and other fun effects. The dangers of active smokers and passive smokers such as hair loss, eye disorders (cataracts), earlier hearing loss than nonsmokers, chronic lung damage, tooth decay and causing unpleasant mouth odor, causing strokes and heart attacks, and impotence, causing cervical cancer and miscarriage (Proverawati&Rahmawati, 2012; Azkha, N. 2013; Trisnawati, SK, & Setyorogo, S. 2013; Kusuma, 2018; Sari, A. T, et al., 2003).

The purpose of information services to equip individuals with a variety of knowledge and understanding of various things that are useful to know yourself, develop the pattern of life as students, family members and community, nation and state (Wahid, 2010) The purpose of information services to equip individuals with different knowledge and understanding about various things that are useful to know yourself, to develop the pattern of life as a student, family members and society, nation and state (Wahid, 2010)

Researchers have conducted observations and interviews to several educators and students at school in January-March 2016 in two high school, state senior high school 1 and state vocational high school 1 in Painan City, south Pesisir Regency. Researchers found that in state senior high school as many as 30 people and state vocational high school as 45 students of smokers with a percentage (4.08%) of 1837 people.

The phenomenon of smoking behavior of students invites various parties to overcome them, especially guidance and counseling teachers. Guidance and counseling Teachers are responsible for providing services aimed at teaching students to prevent smoking behavior by using information services, but it has not been implemented by guidance and counseling Teachers. Based of the above thoughts, the authors are interested to examine the problem with the title "Student's Smoking Behavior and Prevention".

Method

This research is a quantitative research, by using descriptive approach. The sampling method in this research is using Random Sampling technique. The collected data from three variables which are students smoking behavior, non-smoking area, and information services for preventing smoking behavior are analyzed and described using percentage formula.

Data analyze to know the comparison of each mean for the same variables' score in different groups of students, and the corcorrelation among three different variables in those three groups of students.

Results and Discussion

Students smoking behavior and its prevention seen from three variable: (1) students smoking behavior (PMS), (2) no-smoking area at school (KTR) and (3) information services by Guidance and Counseling teacher in preventing smoking behavior (LI). Those three variable can be related to three groups of students which are: smoker students, indecisive students, and non-smoker.

Students Grouping

Students grouping based on their smoking behavior at school consist of three groups which are smoker students, indecisive students, and non-smoker. The numbers of students for each group in each school are:

Number of smoker students in state senior high school are 11 person with percentage of 18,33 %, while in state vocational school are 12 person with percentage of 20%.

Number of indecisive students students in state senior high school are 18 person with percentage of 30%, while in state vocational high school are 22 person with percentage of 36,67 %.

Number of non-smoker students in state senior high school are 31 person with percentage of 51,67%, while in state vocational high school are 26 person with percentage of 43,33%.

Students grouping based on smoking behavior in each school from the largest to the smallest number of students are non-smoker students as majority, indecisive students as intermediate, and smoker students as minority.

Recap of PMS, KTR, and LI variable score achievements seen based on the three groups of students (SP, SR, and SBP). Look Table 1.

State Senior High School			State vocational high school		
Score PMS	Score KTR	Score LI	Score PMS	Score KTR	Score LI
Smoker students			Smoker students		
26,82 (38,31%)	11,82 (41,54%)	11,54 (48,11%)	32,92 (47,02%)	12,92 (49,68%)	13,25 (55,21%)
indecisive students			indecisive students		
48,83 (69,76%)	19,22 (73,93%)	17,77 (74,07%)	41,86 (59,81%)	16,50 (63,46%)	15,27(63,64 %)
Non-smoker			Non-smoker		
57,93 (82,76%)	21,58 (83%)	19,52 (81,32%)	59,77 (85,38%)	21,88 (84,17%)	20,69 (86,22%)
Total			Total		
48,78 (69,69%)	19,08 (72,68%)	17,53 (73,06%)	47,83 (69,33%)	18,12 (69,68%)	17,22 (71,74%)

Based on table 1 it can concluded that:

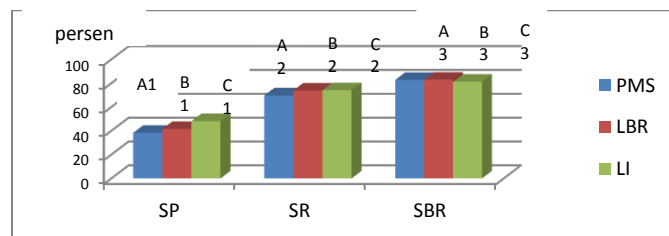
PMS variable score achievements seen from the three group of students (SP, SR, and SBP) at state senior high school with percentage of 69,69%, while at state vocational high school with percentage of 69,33%.

KTR variable score achievements seen from the three groups of students (SP, SR, and SBP) at state senior high school with percentage of 72,68%, while at state vocational high school with percentage of 69,68%.

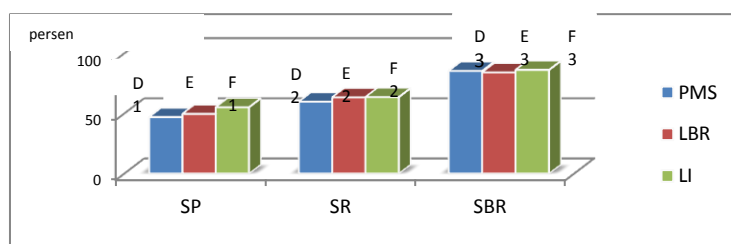
LI variable score achievements seen from the three groups of students (SP, SR, and SBP) at state senior high school with percentage of 73,06%, while at state vocational high school with percentage of 71,74%.

Data on table 1 can be turned in to graphic 1 in state senior high school 1 Data on table 1 can be turned in to graphic 2 in state vocational high school 1

Tabel 1. Grafik 1 at School SMAN 1.



Tabel 2. Grafik 2 at School SMKN 1.



3. Summary of mean score difference among group of respondents Mean score difference among PMS, KTR, LI variables between school can be view on Table 2.

No.	State senior high school vs state vocational high school					
I	(A1= 26,82 VS D1= 32,92) t = 6,100 t _{tabel} : 2,201 (Significant)	VS	(A2=48,83 D2=41,86) t = 2,787 t _{tabel} : 2,080 (Significant)	VS	(A3=57,93 VS D3= 59,77) t = 1,450 t _{tabel} : 2,042 (Insignificant)	
I	(B1=11,82 E1=12,92) t = 0,577 t _{tabel} : 2,201 (Insignificant)	VS	(B2=19,22 E2=16,50) t = 2,556 t _{tabel} : 2,080 (Significant)	VS	(B3=21,58 E3=21,88) t = 0,332 t _{tabel} : 2,042 (Insignificant)	
II	(C1=11,54 F1=13,25) t = 1,010 t _{tabel} : 2,201 (Insignificant)	VS	(C2=17,77 F2=15,27) t = 2,798 t _{tabel} : 2,080 (Significant)	VS	(C3=19,52 F3=20,69) t = 1,544 t _{tabel} : 2,042 (Insignificant)	

From table 2 it can be concluded that: 1) there is a significant difference between the qualities of smoker students in state senior high school with the qualities of smoker students at state vocational high school; 2) There is significant difference between the qualities of indecisive students students at senior high school with qualities of indecisive students students at state vocational high school; 3) there is no significant difference between the qualities of non-smoker students behavior at state senior high school with the qualities of non-smoker students behavior at state vocational high school; (4) there is no significant difference between smoker students opinion about KTR at state senior high school with smoker students

opinion about KTR at state vocational high school ; (5) there is significant difference between indecisive students opinion about KTR at senior high school indecisive students opinion about KTR at state vocational high school; 6) there is no significant difference between non-smoker students opinion about KTR at State Senior High School with non-smoker students opinion about KTR at state vocational high school; 7) there is no significant difference between smoker students opinion about LI at State Senior High School with smoker student's opinion about LI at state vocational high school; 8) there is significant difference between indecisive students student's opinion about LI at senior high school indecisive students opinion about LI at state vocational high school; 9) there is no significant difference between non-smoker student's opinion about LI at State Senior High School with non-smoker student's opinion about LI at state vocational high school.

Recap of score between variable corcorrelation result

Correlation of PMS, KTR, and LI variable score between schools.Can be viewed on table 3.

State senior high school		
Score	Score	Score
PMS =49,50	PMS =49,50	KTR =19,08
vs	vs	vs
KTR =19,08	LI = 17,50	LI = 17,53
r = 0,716	r = 0,678	r = 0,771
r_{tabel}: 0,250	r _{tabel} :0,250	r _{tabel} :0,250
(Significant)	(Significant)	(Significant)
State vocational high school		
Score	Score	Score
PMS =47,83	PMS =47,83	KTR =18,12
vs	vs	vs
KTR =18,16	LI =17,22	LI =17,21
r = 0,786	r= 0,788	r = 0,766
r_{tabel}:0,250	r _{tabel} :0,250	r _{tabel} :0,250
(Significant)	(Significant)	(Significant)

From table 3, it can be concluded that : 1) correlation between PMS variable score achievement with KTR at state senior high school is 0,716, while at state vocational high school is 0,786. There is a significant correlation, which mean the higher the PMS variable score achievement, the higher KTR variables score increases. 2) Correlation between PMS variable score achievement with LI at state senior high school is 0,678, while at state vocational high school is 0,788. There is a significant correlation, which mean the higher the PMS variable score achievement, the higher KTR variables score increases. 3) Correlation between KTR variable score achievement with LI at state senior high school is 0,771, while at state vocational high school is 0,766. There is a significant correlation, which mean the higher the KTR variable score achievement, the higher LI variables score increases.

Students Grouping Based on Their Smoking Behavior

Generally, smoking behavior condition seen from three groups of students are smoker students (SP), indecisive students (SR) and non-smoker (SBP). Result of pre-research observation on field, before the research conducted early information are collected at state senior high school 1 and state vocational high school 1. There are 4,08% smoker students (SP) and 95,92% non-smoker students. Research results findings that number of smoker students (SP) and indecisive students students (SR) is 52,50%, while

number of non-smoker students (SBP) are 47,50%, at both sample school. This research result is very different compared with pre-survey result.

This research data shows that number of smoker students (SP) and indecisive students (SR) are much more compared to pre-survey result. Therefore in reality at schools can be seen a possibility of increasing number of students whose consumed cigarette. PMS, KTR, and LI variable score achievement with the difference and correlations PMS score achievement

Achievement of students smoking behavior (PMS) seen from both school sort from the highest to lowest are: Non-smoker students (SBP) is in higher position Indecisive, students students (SR) is under the non-smoker students, Smoker students (SP) is in the lowest position. Most of these teenager start to try smoking since their little among 9-12 years old. Smoking intensity in 1-4 times and spent about 108 stick of cigarette each day with mild kind of cigarette and only 10% sometimes using a self-made Retek cigarette, with light and short suction type on elementary grade students and junior high school students while in senior high school students most of them are using long suction type of suction to enjoy the cigarette (Mulyani, 2015).

Based on opinion above, guidance and counseling teacher has important role in prevents students smoking behavior, especially towards smoker students to reduces and prevents smoking behavior. Cooperation with parents, friends at the same age, local environment in creating no-smoking areas. So then the students really prevented from smoking behavior and avoided from the danger which caused by cigarette.

KTR score achievement

1. Opinion of the non-smoker students about no-smoking area with percentage of 83,55%.
2. Opinion of the indecisive students students (SR) about no-smoking area with percentage of 68,33%.
3. Opinion of the smoking students about no-smoking area with percentage of 51,81%.

The smoker students (SP) and the indecisive students students (SR) about a no-smoking area at school, they are ignoring it and still smoking and also didn't obeyed the no-smoking area rule. Whereas, non-smoker students (SBP) more understand and obeyed the rule.

Based on explanation above, it can be concluded that no-smoking area is given in all of school environment through information services done by guidance and counseling teacher needed to be increased and reinforced.

LI score achievement

1. Achievement of the non-smoker student's (SBP) opinion with percentage of 83,55%.
2. Achievement of the indecisive students student's (SR) opinion with percentage of 68,33%.
3. Achievement of the smoker student's (SP) opinion with percentage of 51,81%.

Student's opinion about information services by guidance and counseling teacher (LI) is not done comprehensively. Information services is attempting to fulfill individual lacks of the information which they needed.

Guidance and counseling teacher must compile program about information services material about rules, ban and the danger of smoking so it will help students to be a non-smoker and also avoided from smoking behavior.

Among-mean difference of PMS, KTR, and LI variables scoressame among-mean difference of PMS, KTR, and LI variables scores with the same group of students (smoker students, indecisive students, non-smoker students), are: Score difference among smoker students in state senior high school are lower than state vocational high school. Score difference among indecisive students in state senior high school are higher than state vocational high school. Score difference among non-smoker students in state senior high school are lower than state vocational high school.

On PMS variable between schools, all differences are significant. Except, non-smoker students at state senior high school are lower than state vocational high school, there are no significant correlation.

On KTR variable between schools, all differences are insignificant. Except, opinion of indecisive students at state senior high school are higher than at state vocational high school, there are significant difference.

On LI variable between schools, all differences are insignificant. Except, opinion of indecisive students is higher at state senior high school than at state vocational high school, there are significant differences.

Correlation among scores

Result of r-test among smoker students score seen from variable seen at each schools, are:

1. Variable score correlation of students smoking behavior (PMS) is higher than students opinion about no-smoking area environment (KTR) there is a significant correlation
2. Variable score correlation of students smoking behavior (PMS) is higher than students opinion about information services by guidance and counseling teacher (LI) there is a significant correlation
3. Variable score correlation of students opinion about no-smoking area (KTR) is higher than information services by guidance and counseling teacher (LI) there is a significant correlation.

Research limitation

Researcher is well-aware that there are still many weaknesses and limitations in this research, which are:

1. The sample that involved in this research is limited only for two schools, which are state senior high school 1 and state vocational high school 1 Painan which have "A" accreditation also not yet includes all state vocational high school in south pesisir region
2. The sample students in this research are 10th and 11th grader, for next researcher is suggested to sample all grade.
3. This research is not wide and profound about students smoking behavior and its prevention at state senior high school. The necessary conditions of rules for no-smoking area and the enhancement of information services by guidance and counseling teacher.

Conclusion

Based on findings and the discussion, the result of this research are concluded as:

1. Students grouping based on their smoking behavior, by sorting from the higher to the lowest are non-smoker students (most), indecisive students (medium), and smoker students (less)
2. The level of achievement by PMS, KTR and LI variable score and also difference between students groups are varied, there are significant and insignificant difference
3. Correlation among variables in groups and at same schools are all are quite significant.

The conditions of information services by guidance and counseling teacher are:

1. The number of guidance and counseling teachers is not compared to the number of students at school so the implementation of information services in preventing the smoking behavior is not optimum.
2. The cooperation among school personnel's related to no-smoking area and information services is not well conducted yet.
3. Parents' cooperation about smoking behavior is not well conducted and local health department are not there yet.
4. Guidance and counseling Program about the danger of smoking and prevention is not yet to be invented.

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State why people have been acknowledged and ask their permission. Acknowledge sources of funding, including any grant or reference numbers. Please avoid apologize for doing a poor job of presenting the manuscript.

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