

## Education on Knowledge and Attitudes About Smoking Behavior in Young Men in Junior High Schools

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### ABSTRACT

Tobacco is a threat to the health of people in the world, around 8 million people die from tobacco. Every year, more than 7 million people die due to direct tobacco consumption and around 1.2 million people die due to passive smoking and exposure to tobacco smoke. The aim of this service is to increase the level of knowledge and attitudes of young men regarding smoking behavior in junior high schools. The method used was the lecture method and providing posters containing smoking behavior. The target of this activity is 30 young men from SMPN 3 Gowa Regency. The results of the service show that there has been an increase in the level of knowledge and attitudes of students regarding smoking behavior. It is hoped that the school will have educational programs such as seminars where students participate actively to exchange opinions or ask directly about smoking behavior. Apart from that, carry out an anti-smoking campaign in the school environment, put up posters about smoking behavior and involve the role of parents in supervising students.

**Keywords:** male; schools; smoking; smoking prevention; students

### ABSTRAK

Tembakau merupakan ancaman bagi kesehatan penduduk di dunia, sekitar 8 juta orang meninggal karena tembakau. Setiap tahun, lebih dari 7 juta orang meninggal disebabkan oleh konsumsi tembakau langsung dan sekitar 1,2 juta orang meninggal karena perokok pasif dan paparan asap tembakau. Tujuan pengabdian ini untuk meningkatkan tingkat pengetahuan dan sikap remaja putra tentang perilaku merokok di Sekolah Menengah Pertama. Metode yang digunakan yaitu metode ceramah dan memberikan poster yang berisi tentang perilaku meroko. Sasaran kegiatan ini adalah remaja putra SMPN 3 Kabupaten Gowa sebanyak 30 siswa. Hasil pengabdian menunjukkan terjadi peningkatan tingkat pengetahuan dan sikap siswa tentang perilaku merokok. Diharapkan kepada pihak Diharapkan dari pihak sekolah memiliki program edukasi seperti seminar dimana siswa berpartisipasi aktif untuk bertukar pendapat atau bertanya langsung tentang perilaku merokok. Selain itu, melakukan kampanye anti-rokok di lingkungan sekolah, menempelkan poster tentang perilaku merokok dan melibatkan peran orangtua dalam mengawasi siswa.

**Kata Kunci:** remaja; sekolah; merokok, pencegahan merokok; siswa

## INTRODUCTION

According to data released by the World Health Organization (WHO) in 2019, Indonesia ranks third in terms of the highest number of smokers in the world, after China and India. This investigation shows that increased cigarette consumption can result in an increased burden of disease caused by smoking and also increase mortality (Aminuddin et al., 2018). It is estimated that by 2030, the number of deaths caused by smoking will reach around 10 million, with 70% of them coming from developing countries. The negative impact of smoking on health can result in various diseases such as heart disease, blood vessel disorders, high blood pressure, and bronchitis (Arindary & Agustina, 2019). Not only does it have adverse health impacts, smoking behavior can also have serious social and economic consequences, including harmful effects for secondhand smoke and large expenditures of money (Rahmawati & Raudatussalamah, 2020).

Data from Basic Health Research (Riskesmas) in 2018 showed an increase in smoking prevalence in adolescents aged 10 years, with a figure of 28.8% in 2013 rising to 29.3% in 2018. This is also evident from the increasing prevalence of smoking in the age range of 10 to 18 years, from 7.2% in 2013 to 9.1% in 2018 (Jannah, 2022). In South Sulawesi Province, the prevalence of smoking in adolescents reached 24.89% in 2020, then increased to 24.91% in 2021, before finally decreasing by around 1.15% to 23.76% in 2022. The Gowa Regency area itself is reported to have a percentage of residents aged 15 years and over who consume cigarettes as much as 29.20%. From this data, it can be seen that the prevalence of adolescent smokers in Indonesia, especially in Gowa Regency, is quite high (Badan Pusat Statistik, 2022).

Adolescence is often vulnerable to the influence of unhealthy lifestyles, which can lead to significant problems related to changes experienced during this period. One of the most common problems in adolescence is the tendency to smoke behavior (Fakhreni & Siregar, 2023). The results of research delivered by Pertiwi (2020) show that smoking habits among adolescents are not new. Often we encounter teenagers who are still wearing school uniforms, smoking with friends or alone, either overtly or in secret.

Smoking behavior in adolescents can be influenced by several predisposing factors, including knowledge, attitudes, and actions. Findings from research conducted by Dwi Handayani in 2019 showed that around 14.40% of respondents still had limited knowledge about cigarettes, while around 17.50% of respondents also showed a less supportive attitude towards cigarettes (Handayani, 2019).

Dedication in increasing knowledge and attitudes about smoking behavior is an important step in efforts to build a young generation who are aware of the dangers of cigarettes and able to avoid dependence on them. Smoking has been shown to be one of the leading causes of serious illness and premature death worldwide, but awareness of the risk remains uneven among adolescents and children. In this introduction, we will explore the importance of a holistic, educative approach in designing programs that not only provide information about the harms of smoking, but also encourage more positive attitudinal and behavioural change related to personal health and well-being. Through collaborative efforts between educational institutions, communities, and other related parties, it is hoped that this service can be the foundation for creating an environment that supports healthy and smoke-free living decisions for the adolescent generation, especially school-age. The purpose of this Community Service is to increase the level of knowledge and attitudes of young men in junior high school about smoking behavior.



**Figure 1.** Documentation of Community Service Activities

**METHODS**

The method applied in this service adopts a lecture approach using poster media. The first step is to give students a pre-test to evaluate their level of knowledge and attitudes regarding smoking behavior. After that, materials were delivered and posters on smoking behavior were distributed to young men at SMPN 3 Gowa. The final stage involves administering a post-test to measure whether there is an increase in their level of knowledge and attitudes towards smoking behavior. Data analysis of pre-test and post-test results using chi-square test.

**RESULTS AND DISCUSSION**

This community service activity was carried out at SMPN 3 Gowa Regency on Tuesday, December 12, 2023 with a total of 30 service participants. This activity began with the provision of pre-test questionnaires, poster giving and post-test questionnaires. The Figure 1 shows the process of giving a pre-test questionnaire, and administering a post-test questionnaire. This activity went smoothly and students were enthusiastic to take part in this community service activity. This activity can run smoothly because of the assistance from the student council president and secretary.

Based on table 1, it shows that respondents in this service are at most 14 years old as many as 12 (40%) students and at least 13 and 15 years old as many as 9 (30%) students. While students who did not smoke more as many as 16 (53.3%) students and students smoked as many as 14 (46.7%) students.

**Table 1.** Characteristics of Activity Participants

Characteristic	n	%
Age		
13 years old	9	30
14 years old	12	40
15 years	9	30
Smoking behavior		
Yes	14	46.7
Not	16	53.3

**Table 2.** Distribution of Students' Knowledge Levels and Attitudes about Smoking Behavior

Variable	Pre-Test		Post-test		p-value
	n	%	n	%	
Knowledge					
Good	5	25	24	80	0.002
Less	25	75	6	20	
Attitude					
Positive	14	46.7	27	90	0.003
Negative	16	53.3	3	10	

Based on table 2, it shows the level of knowledge in students about smoking behavior who participated in the activity with good categories before the intervention was carried out as many as 5 students (25%), after education and poster provision increased to 24 students (80%). In contrast, the knowledge of less category students decreased from 25 students (75%) to 6 students (20%). The results of statistical test analysis showed a significance value of 0.002 so it was concluded that there was a difference between students' knowledge of smoking behavior before and after education and poster giving. This means that there is an increase in the level of knowledge of students about smoking behavior.

Smoking in adolescents is caused because students want to get recognition (anticipatory beliefs), to eliminate disappointment (relieving beliefs) and assume that their actions do not violate norms (permission beliefs / positive) (Zhao et al., 2018). Several studies have proven that an individual's level of knowledge and attitudes about the dangers of smoking can influence their decision to smoke or not (Arshad et al., 2020; Petersen et al., 2018). Individuals who have a good understanding of the health risks associated with smoking tend to be more likely to avoid the habit (Kaufman et al., 2020).

This is in line with research by Setiawan & Sunaringtyas (2023) which states that there is a relationship between attitudes about the dangers of smoking and smoking behavior in young men. One of the most important factors for the formation of one's behavior is because from experience it turns out that behavior based on knowledge and attitudes will be more lasting than behavior that is not based on knowledge. In addition to the study, Sulastri (2019) found differences in knowledge and attitudes of adolescents before and after health promotion about the impact of smoking on school children at SMPN 1 Klari, Karawang Regency.

Having good knowledge and a positive attitude makes people not easily influenced by objects around and will have good behavior that lasts a long time. Likewise, in adolescent life, they will not be easily influenced by smoking behavior if they have knowledge and a positive attitude towards the dangers of smoking (Citra & Lestari, 2020).

**CONCLUSIONS**

Based on the results of the education conducted, significant differences in students' knowledge and attitudes about smoking behavior at SMPN 3 Gowa were obtained. Education of knowledge and attitudes about smoking behavior is an important step in efforts to prevent smoking and improve overall public health. With a holistic and integrated approach, it is hoped that a society that is more aware of the dangers of

smoking and better able to make decisions that support personal and social health and well-being. This activity recommends that the school have educational programs such as seminars where students actively participate to exchange opinions or ask directly about smoking behavior. In addition, anti-smoking campaigns can also be carried out in the school environment and put posters about smoking behavior so that students know the consequences that can be caused by smoking. Parental involvement can also be increased to help the school control students not to smoke.

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