



## Islamic Perspective on Adolescent Smoking Behaviour

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### Abstract

Indonesia is the third country with the largest number of smokers in the world after China and India. An increase in cigarette consumption is associated with an increase in the burden of disease due to smoking and an increase in the death rate due to smoking. It is estimated that the mortality rate of smokers in the world will reach 10 million people and 70% of them will come from developing countries by 2030. The results of the Basic Health Research (Riskesdas) show that the increase in the prevalence of smoking in the population aged 10-18 years with the age of 10 years has increased from the original 28.8% in 2013 to 29.3% in 2018. The purpose of this study is to examine some of the literature on Islamic perspectives on adolescent smoking behavior. This study uses a literature review method where the researcher conducts a series of studies involving various kinds of information from the literature such as journals and theses. The results of research from various sources indicate that adolescents who smoke do not know the side effects of the dangers of smoking behavior. Because basically they just follow the association made by peers. As parents, educators (teachers) naturally contribute to solving deviant behavior in adolescents. Islam recommends several approaches in solving these problems, for example, inculcating religious values, education for children, personality formation and good advice (*mau'izhah hasanah*).

*Keywords: smoking, Islamic perspective, adolescent*

### Introduction

In everyday life, smoking is a form of prevalence in society in various occasions and places. Smoking behavior is the activity of burning tobacco, sucking it, then exhaling the smoke. Cigarettes are processed products of packaged tobacco including cigars or other forms produced from the plants *Nicotiana tobacum*, *Nicotiana rustica*, and other species or their synthesis containing nicotine, tar, and addictive substances without additional ingredients.<sup>1</sup>

Based on WHO data, Indonesia is the third country with the largest number of smokers in the world after China and India. An increase in cigarette consumption is associated with an increase in the burden of disease due to smoking and an increase in the death rate due to smoking. It is estimated that the mortality rate of smokers in the world will reach 10 million people and 70% of them will come from developing

countries by 2030.<sup>2</sup> The results of the Basic Health Research (Riskesmas) show that the increasing prevalence of smoking in the population aged 10-18 years with the age of 10 years has increased from 28.8% in 2013 to 29.3% in 2018.<sup>3</sup>

Various dangers will occur due to smoking activities, both the danger to the smoker himself or the danger to other people around him. In a cigarette contained 4,000 chemicals that are harmful to health. The three most dangerous substances are tar, nicotine, and carbon monoxide (CO). These chemicals can pose several health risks for smokers, including lung cancer, stroke, hypertension, impotence, pregnancy and fetal disorders.<sup>4</sup>

Islamic law is a rule or law sourced from the Qur'an and hadith that only applies to people of various Islam then the great scholars are developed into several more sources such as Ijma (consensus of scholars), Qiyas (analogical reasoning), Istihsan (good judgment), Maslahah mursalah (benefits that are not in Nashkhan), Istishab (sustainability of the law), Qoul ash-Shahabi (opinions of friends), Urf (customs), Syar'un man qoblana (shari'a before Islam).<sup>5</sup>

Indeed, the prohibition of smoking is not written in the Al-Quran and Hadith. However, as Muslims who obey Allah's prohibitions, of course we are obliged to know and carry out all orders and stay away from all prohibitions that have been stated in the verses of the Qur'an. Allah SWT says in QS. Al-A'raf:157

وَيُحِلُّ لَهُمُ الطَّيِّبَاتِ وَيُحَرِّمُ عَلَيْهِمُ الْخَبَائِثَ ...

Meaning: "Justifies what is good for them and forbids what is bad for them."<sup>6</sup>

From the verse it has been explained that Allah SWT has justified all that is good and forbade all that is bad for humans. In health science, cigarettes are something that has the potential to make the wearer's condition decline. This can be interpreted that smoking is a bad habit and is prohibited by Allah SWT.

Based on the description described above, the author intends to examine some of the literature on the Islamic perspective on adolescent smoking behavior.

## Research Methods

This study uses a literature review method where the researcher conducts a series of studies involving various kinds of information from the literature such as journals and theses with the aim of finding various theories and ideas which can then be formulated according to the research objectives. There are 10 literatures used in this study with a span of 6 years. The literature review in this study was carried out in order to obtain conclusions regarding the Islamic perspective on smoking behavior.

**Table 1 List of Literature used in the study**

No.	Researcher Name	Title	Publication and Year	Conclusion
1.	Astiwi Kurniati	Overcoming Adolescent Deviant Behavior in an Islamic Perspective	Education: Journal of Research and Educational Articles 8 (1), 19-26, 2016	Adolescence is a period of transition from childhood to adulthood, when children are not fully independent. In your teens, finding your identity can be a problem. One of the problems faced by teenagers in their lives is related to deviant behavior. Deviant behavior is chaotic behavior in which a teenager becomes jerky, jerky, or uncontrollable. This behavior is often a reflection of the personality of teenagers who are antisocial and are seen in behavior that ignores religious and social norms. There are several causes/factors that cause behavior and differences in adolescent behavior. Trigger factors can come from the individual teenager himself (inside) or from outside the teenager (outside). As a parent, education (teachers) must certainly help resolve deviant behavior in adolescence. Emotional development in adolescence is not stable, so it is necessary to understand its characteristics in order to solve problems. Islam recommends several approaches to solve this problem. For example, (1) teaching religious values, (2) education for children, (3) self-development, (4) good advice (mau'izhah hasanah). <sup>7</sup>
2.	Jazkia Zaenur Ariffaeny	The Role of Parents in Overcoming Smoking Behavior in Children in Balapulang Village Rt 04 Rw 05 Balapulang District, Tegal Regency	(Thesis) IAIN Purwokerto Year 2018	The role of parents in tackling smoking behavior in children in the village of Balapulang Rt 04 Rw 05 Balapulang District, Tegal Regency, which includes care, education and control. 1. Parental care is the way parents take care of their children including experience, expertise, quality and responsibility in educating and caring for children. 2. Education in the family, namely early education for children to shape the behavior of the child. 3. Control or control in the family environment is one of the efforts made by the family to prevent social violations committed by family members. <sup>8</sup>

No.	Researcher Name	Title	Publication and Year	Conclusion
3.	Yessir	Social Control Violation of Smoking Rules for Santri at Pondok Pesantren Darul Khairat Pontianak	(Thesis) Tanjungpura University Pontianak Year 2018	<p>The control implemented at the Darul Khairat Islamic Boarding School has been running well and effectively, this can be seen from the results of social control through preventive actions taken by the management to tackle smoking violations against students in the form of socialization and advice. In the implementation of preventive actions with socialization, namely by sticking the rules, it is less effective because students still consider smoking violations trivial so that these violations often occur in Islamic boarding schools. However, if it is through advice that is directly conveyed by the ustadz, it will be more effective because the students receive directly what is conveyed by the ustadz. Especially those who advise direct caregivers who are respected by all students.</p> <p>The repressive social control carried out by the administrators against students who violated was the provision of sanctions and calling parents. This step is really effective because sanctions for students who smoke really make them deterrent and embarrassed. And when the researchers made observations there were students who were found to be smoking. So the pesantren immediately applied the punishment that had been regulated in the boarding school's rules, namely shaving his hair until it was bald. So the student is very embarrassed and deterred and hopes that he will not repeat the violation again. While the summons of parents aims to provide information to the parents about the violations committed by their children. So that parents play a role in advising their children not to commit further violations.<sup>9</sup></p>
	Nurfaiza Shofuranisa, Stephani Raihana Hamdan	Relationship between Personality Type in Islamic Perspective and	Proceedings of Psychology Volume 7, No. 2, Year 2021. ISSN 2460-6448	Respondents who have the lawammah personality type, they can still control their passions depending on the situation and conditions with more thoughts when it comes to controlling their passions and

No.	Researcher Name	Title	Publication and Year	Conclusion
		Smoking Behavior in Unisba Students		themselves, so they feel more in control of what they think of their thoughts about something. Thing. Therefore the results obtained that only a few respondents with this personality type. This personality type in terms of smoking behavior based on the dynamics of its personality, which is more dominated by reason which is assisted by the heart and lust equally strongly, then there is doubt between the heart and lust so that it makes sometimes do good deeds and sometimes do bad deeds. Meanwhile, the Muthmainnah personality type felt the desire to quit smoking was higher and stronger than those with the Ammarah personality type. Those with the muthmainnah personality type still think about a good deed that will be done and know that smoking is a bad deed, so they try to stop smoking so that they can do more good deeds. <sup>10</sup>
5.	Yolanda Eki Kusnomo	The Urgency of Islamic Guidance and Counseling in Overcoming Smoking Behavior of Padindi West Jakarta Vocational High School (SMK) Students	(Thesis) UIN KH. Saifuddin Zuhri Purwokerto 2021	Factors causing smoking behavior in students of Vocational High School (SMK) Padindi West Jakarta, there are two, internal factors and external factors. The internal factors are their own desire to try how it feels to smoke, and external factors are environmental factors, such as playmates, family, and people around. Then the counseling services carried out at the Padindi Vocational High School (SMK) West Jakarta are divided into two, namely individual counseling services and group counseling services. Individual counseling services have stages including, calling students who behave smoking, opening stages, giving advice, warnings and giving sanctions. While in group counseling services, the stages are only in providing information about the adverse effects of smoking behavior carried out during empty lesson hours or calling students in groups of 5-10 people to the BK room. Every time counseling services are carried out by Guidance Counseling (BK) teachers,

No.	Researcher Name	Title	Publication and Year	Conclusion
				they never forget the elements of religion. Or in giving advice to students there are always Islamic religious values in the implementation of counseling services. <sup>11</sup>
6.	Yuly Syahfitri	Student Perceptions of Active Smokers of Padangsidimpuan State Islamic Institutions Against the Visual Image Warning of the Dangers of Smoking	(Thesis) IAIN Padangsidimpuan in 2021	Perceptions of active smoking students at the Padang Sidemuang State Islamic Institute. 4 students visually see the photo Warning of the dangers of smoking, only on cigarette packs This may be scary or it may happen, but in a certain time. This is very long and can happen because the health of the smoker is weak. 3 students argue that the warning does not apply. It was true because he had never experienced any dangerous illness. 5 people Recognize the dangers of smoking warnings in cigarette packages. Too dramatic to never experience such an effect. Factors that make students continue to smoke after seeing the warning picture of the dangers of smoking on cigarette packs. 4 passive smoking students at the Pasangsidimpuan State Islamic Institute. <sup>12</sup>
7.	Herman Ahmad	Efforts to Foster Aqidah Morals Through Prohibition of Smoking on the Age of Children in MI No. 43/E-3 Tamiai	Altifani: Journal of Community Service, Faculty of Ushuluddin Adab and Da'wah. Volume 1 No 2 Year 2021	In addition to disturbing health, smoking among children has also been forbidden by the Indonesian Ulema Council. So, it needs to be socialized among children. This socialization is carried out by doing da'wah with students, while the da'wah method that the servant provides is by providing advice and role models from the perspective of aqidah and morals, that taking care of oneself by avoiding cigarettes is part of maintaining health and faith. <sup>13</sup>
8.	Perkasa Pandji Palantei, Fatmawati Hilal	Islamic Law Reasoning Method in Smoking Law; A Comparative Study of the Ijtihad Method of Bahtsul Masail Nahdatul Ulama and the	Shautuna: A Comparative Student Scientific Journal of Schools. Volume 2, NO. 1. January 2021	The Tarjih Council in condemning smoking is forbidden using several stipulation methods: First, the Tarjih Council uses the Makosid As-Shariah method as the basis for prohibiting smoking, first: religious protection (hifzh ad-din) second: mental/body protection (hifzh an-nafsh), third: protection of reason (hifzh al-aql) fourth: protection of family (hifzh an-nasl) fifth:

No.	Researcher Name	Title	Publication and Year	Conclusion
		Muhammadiyah Tarjih Council		protection of property (hifzh al-mal). Second, the Tarjih Council used the dalilah amm, namely Surah Al-Araf 157, that cigarettes are included in the alkhabaits category, which is something bad and vile. Something bad and vile in the Qur'an as something that is forbidden. Third, using dilalah amm, namely the prohibition of wasting wealth as stated in Surah Al-Isra verses 26-27. Smoking is categorized as a tabzir act, namely spending wealth in things that are lacking beneficial. Fourth, using the principles of at-tadriij (gradually), at-taisir (easiness), and adam al-kharaj (not making it difficult). Fifth, what the Tarjih Council does in establishing the smoking law is to look at the consequences and impacts of the habit. <sup>14</sup>
9.	Siti Faidah	Islamic Guidance and Counseling Using Self Control Techniques in Reducing Smoking Addiction in Adolescents in Keduk Hamlet, Kedungwangi Village, Sambeng District, Lamongan Regency	(Thesis) UIN Sunan Ampel Surabaya in 2021	Difficulties and behavioral disorders such as excessive smoking habits or smoking addiction, especially in adolescents, due to low self-control. Self control is very necessary so that someone is not involved in violating family, school and community norms. Self control is an activity where an individual can control himself and consider a decision before deciding something to achieve what he wants. The Islamic view of self-control or self-control is a self-control or control of lust. This is the most important part of human life because the main task in the struggle for human life in the world is to control oneself. This task is known as jihad anNafs, which is controlling one's passions. <sup>15</sup>
10.	Anisa Maulidani, Fuady Anwar, Wirdati	Implementation of Morals Against Islamic Association in Teenagers	An-Nuha: Journal of Islamic Education e-ISSN: 2775-7617 p-ISSN: 2775-7226 Volume 2 Number 1 February 2022, p. 1-13	Parents play an important role in implementing morals in adolescent Islamic relationships, not only their parents but also the community around them. It is very important to form a moral youth. application So far, the Islamic morals of the Korong Balah Aie youths are considered useful. And there are still many factors that



No.	Researcher Name	Title	Publication and Year	Conclusion
				influence the application of Islamic social morality. <sup>16</sup>

## Result

The results of research from various literature sources show that adolescents who smoke do not know the side effects of the dangers of smoking behavior. Because basically they just follow the association made by peers. As parents, educators (teachers) naturally contribute to solving deviant behavior in adolescents. Islam recommends several approaches in solving these problems, for example, inculcating religious values, education for children, personality formation and good advice (mau'izhah hasanah).

## Discussion

### A. Smoking in Health Perspective

#### 1. Definition of Cigarettes

Cigarettes are finely chopped and tobacco wrapped using thin paper that is placed with adhesive.<sup>17</sup> Usually, cigarettes are sold in boxes or paper packages that can be easily put in a bag. Health messages that warn smokers of the health hazards caused by smoking are usually contained in the cigarette packs. Cigarettes are cylinders of paper measuring between 70 and 120 mm long (varies by country) with a diameter of about 10 mm containing the contents of chopped tobacco leaves. The use of cigarettes by burning at one end and left smoldering so that the smoke can be inhaled through the mouth at the other end.<sup>18</sup>

#### 2. Factors that Cause Smoking

According to research conducted by Siti Faidah, three factors cause smoking in adolescents, including psychological satisfaction, primitive attitudes of parents, and peer influence.<sup>15</sup> The following factors cause teenagers to smoke:

##### a. Parental influence

Parents are role models for children in the family circle. If the parents themselves are heavy smokers, chances are that their children will imitate them. Smoking behavior is more common in those who live with one parent. If you live with a father who smokes, teens will behave as smokers more quickly. If their mothers smoke, their teenage daughters will be seen to follow the example of their mother.

##### b. Friends influence

Various studies reveal that the more teens who smoke, the more likely their friends are smokers and vice versa. From these facts, it is possible that teenagers are influenced by their friends or even their friends are influenced by these teenagers who in the end they all become smokers.



c. Advertising influence

Cigarette advertisements in mass and electronic media display an image that cigarettes are a symbol of masculinity or glamor. This triggers teenagers to follow the behavior as in the advertisement.<sup>19</sup>

**3. The content of cigarettes and their effects**

Cigarettes are a combination of chemicals. One cigarette that is burned can release 4000 chemicals. Cigarettes when smoked produce an incomplete combustion and can be deposited in the body. Generally, the components of cigarettes are divided into two major groups, namely, the gas component (92%) and the solid or particle component (8%). Cigarette smoke gas components consist of carbon monoxide, carbon dioxide, hydrogen cyanide, ammonia, oxides, and nitrogen as well as hydrocarbon compounds. Cigarette particles consist of nicotine, tar, benzopyrene, benzantracene, phenol, cadmium, cresol, and indole carbazole.<sup>20</sup>

Tobacco has a negative impact on human health, either by smoking cigarettes directly through the mouth which is placed between the lips and tongue, inhaling it through the nasal passages or by inhaling it through a mixture of grilled nutmeg. The negative impact of smoking is also related to environmental problems.

Smoking also triggers several types of diseases including:

- a. Cardiovascular disease
- b. Neoplasm disease
- c. Respiratory tract disease
- d. Female smokers have a higher effect on the type of disease than men
- e. Smoking causes high blood pressure
- f. Smoking causes goiter prevalence
- g. Smoking accelerates ulcer disease
- h. Smoking inhibits urination
- i. Smoking can reduce the effectiveness of the drug
- j. Smoking causes amblyopia
- k. Smoking causes addiction
- l. Smoking makes the face get old faster

**B. Smoking in Islamic Perspective**

In principle, there is no argument that specifically alludes to the legal issue of smoking in the texts, Al-Qur'an or Hadith. There are many scholars who forbid and forbid, but there are also those who make it lawful and even among these there are those who don't talk about it. Here are the details:

## 1. Ulama's fatwa that forbids

There are elements that make you drunk, adherents of this opinion see that tobacco contains substances that trigger intoxication in anyone who consumes it. According to adherents of this opinion, in general, tobacco smoke can trigger disturbances in the mind and mind, such as being drunk, even though it does not cause a feeling of trembling like alcohol or drugs.<sup>21</sup> This is related to the word of Allah SWT in QS Al-Baqarah verse 195

وَأَنْفَقُوا فِي سَبِيلِ اللَّهِ وَلَا تُلْقُوا بِأَيْدِيكُمْ إِلَى التَّهْلُكَةِ وَأَحْسِنُوا إِنَّ اللَّهَ يُحِبُّ الْمُحْسِنِينَ

Meaning: "And spend (your wealth) in the way of Allah, and do not throw yourself into destruction, and do good, for Allah loves those who do good."<sup>6</sup>

Thus, the essence of cigarettes is an intoxicating poison that can kill oneself because in the same way smoking leads to destruction.

### a. Reasons for Ruining Smoking

Scholars who decree it is makruh to smoke state the following:

- 1) If done in a lot of frequency, cigarettes can be dangerous. This is because it makes a person addicted.
- 2) Smoking can deplete wealth. Smoking habits are directly related to spending money on cigarettes which fall into the category of spending wealth.
- 3) Cigarette smoke annoys other people. On this basis, it is makruh to smoke cigarettes to protect the public interest.
- 4) Addicted. People who have been classified as addicted will feel miserable and restless, if they cannot meet their needs. This miserable and restless state ultimately interferes with the health and psychology of smokers.

### b. Reasons to allow smoking

Many people think that smoking is permissible. They reasoned that cigarettes were not popular at the time of the Prophet so that it could not be confirmed whether it was permissible or forbidden. Based on the general rules of fiqh, everything is legally permissible until the reason for the prohibition is found or at least it is proven to bring great harm so that it can be determined as haram. As the word of God in Surah Al-Baqarah verse 29.

هُوَ الَّذِي خَلَقَ لَكُمْ مَّا فِي الْأَرْضِ جَمِيعًا ثُمَّ اسْتَوَىٰ إِلَى السَّمَاءِ فَسَوَّاهُنَّ سَبْعَ سَمَوَاتٍ ۗ وَهُوَ بِكُلِّ شَيْءٍ عَلِيمٌ ۙ

Meaning: "He is the God who made all that is on the earth for you..."<sup>6</sup>

Groups that allow smoking consider that smoking is legal initially is permissible. It is proven that smoking can pose a danger to active smokers and those around them in the form of passive smoking, so it

can be said that the law is haram. However, if the harm is less, then the law can still be said to be limited to makruh. Smoking is the basis for the prohibition of spending wealth on something that is not useful until it needs to be abandoned.<sup>21</sup>

## Conclusion

Cigarettes are finely chopped and tobacco wrapped using thin paper that is placed with adhesive. According to research conducted by Siti Faidah, three factors cause smoking in adolescents, including psychological satisfaction, primitive attitudes of parents, and peer influence. In cigarettes there are particles consisting of nicotine, tar, benzopyrene, benzantraccne, phenol, cadmium, cresol, and indole carbazole. Tobacco has a bad impact on human health. The negative impact of smoking is also related to environmental problems and can trigger several types of diseases. Smoking in an Islamic perspective, in principle, there is no argument that specifically alludes to the legal issue of smoking either in the texts, Al-Qur'an or Hadith. Many scholars have forbidden and forbidden it, but some have justified it.

1. For parents who want their children not to smoke, family members are not advised to smoke.
2. Peers make a significant contribution to adolescents to smoke, in this case if parents do not want their children to smoke, then parents need to be wary of their children's peer group.

Smoking behavior is based more on emotional considerations. In this regard, preventive and curative efforts should use a cognitive approach such as providing information on the dangers or negative impacts of smoking.

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