Description of Smoking Behavior in Adolescents ages 15-18 Years

¹Ade Gustiawan, ²Adi Rizfal Efriadi, ³Alief Jordan, ⁴Arbian Humaidi, ⁵Dandi Surya

Faculty of Public Health, Muhammadiyah University of Jakarta
K.H. Ahmad Dahlan St, Cireundeu, Ciputat, South Tangerang, 15419
Email: arbianhumaidi18@gmail.com

ABSTRACT

Smoking is a problem that has not been solved until now. Smoking has spread to various groups, from children to the elderly, men and women. This smoking habit can harm adolescents directly or indirectly which has been proven to interfere with the growth and development of adolescents. Many factors are associated with smoking behavior in adolescents aged 15-18 years. These factors are discussed based on research articles and book references. Factors that influence the relationship include peer association, price, and lack of parental attention. Smoking can increase the risk of several diseases, such as cancer, pregnancy disorders, and hypertension. Smoking too often not only causes problems in the development and growth of adolescents.

Keywords: *Adolescents, Smoking Behavior, Cigarettes*

INTRODUCTION

Smoking is a problem that has not been solved until now. Smoking has spread to various groups, from children to the elderly, men and women.

Adolescents are people who are between the ages of 10 and 19 years. According to the Regulation of the Minister of Health Number 25 of 2014, adolescents are the age group of 10 years to 18 years. Adolescence begins at age 12 and ends around age 17 or 18²⁹. Adolescents have special nutritional needs compared to other age groups. This is because at the time of adolescence there is rapid growth and changes in physiological maturity in connection with puberty.

Cigarettes are one of the addictive substances which, when used, pose a danger to the health of individuals and society. Then some define that cigarettes are processed products of wrapped tobacco including cigars or other materials produced from the *Nicotinia Tabacium* plant. *Nicotinia Rustica* and other species or their synthesis containing nicotine and tar with or without additives.

At present, many teenagers have dared to smoke cigarettes. Adolescents with smoking behavior are currently considered normal behavior in society, the current highest prevalence of smoking also occurs in adolescents. Smoking behavior is a lifestyle that is detrimental to the health of oneself and others.

Various negative effects caused by cigarettes, directly and indirectly, have been proven to interfere with the development and growth of adolescents. According to medical science, cigarettes contain approximately 4000 chemicals, tar, carbon monoxide, and hydrogen cyanide, nicotine found naturally in cigarette stems and tobacco leaves which contain the highest nicotine as much as 5% of the weight of tobacco.

Seeing the various negative effects caused by cigarettes that have been described previously, it will be discussed in more depth what factors are related to smoking behavior in children. In addition, it will also discuss the health effects of smoking on adolescents.

METHODS

This study uses a quantitative research method with a cross-sectional study design where the measurement of variables is carried out at a certain time. The data collected in this study were the characteristics of the respondents, knowledge about smoking, smoking behavior, and peer influence. The variables in this study include independent variables such as knowledge about cigarettes, smoking behavior, and peers. The dependent variable is cigarette consumption. The data were obtained from the results of the knowledge questionnaire interview, smoking behavior, and the influence of semi-quantitative FFD peers.

RESULTS AND DISCUSSION

Table 1. Fast Food Interview Matrix in Youth from Informant 1

Name: Rizki Rahmat

Age/TTL :18 Years (3 High School)

Place of Interview: Rizki's house

Interview Time : May 28, 2021

	QUESTION	INFORMATION ANSWER	ANSWER CONCLUSION
1	Please tell me how long have you been smoking?	Started smoking from the 2nd grade of high school	Over 17 years old
2	How did you first taste cigarettes?	Feel Calm	Quiet
3	Do your parents know you have smoked?	Don't know until now	Do not know
4	Is there a reason you smoke?	Following hangout friends	Prestige if you don't smoke
5	And tell me how did you get to smoke?	Just try it at the beginning to follow friends hanging out	Just try then get addicted
6	At what age did you first smoke?	18 years	18 years
7	How many cigarettes a day smoke	1 Pack	12 cigarettes
8	Do you feel like quitting smoking?	It's just hard to quit smoking	Active smoker
9	Do you feel restless if you don't smoke? Or dizzy?	Feeling dizzy if you don't smoke	Daily needs
10	What kind of cigarettes do you smoke	Warehouse Salt Filter	Warehouse Salt Filter

Table 2. Fast Food Interview Matrix in Youth from Informant 2

Name: Imam F

Age/TTL :16 Years (1 High School)

Place of Interview: Street

Interview Time : 30 May 2021

	QUESTION	INFORMATION ANSWER	ANSWER CONCLUSION
1	Please tell me how long have you been smoking?	Since the age of 15 years	under 17 years old
2	How did you first taste cigarettes?	When you start smoking, you immediately cough, there's just a feeling of addiction	Cough and addiction
3	Do your parents know you have smoked?	Of course not	Do not know
4	Is there a reason you smoke?	At first, I just tried to keep getting addicted	Curious
5	And tell me how did you get to smoke?	Because the association joins friends on smoking	Friends influence
6	At what age did you first	15 years	15 years

	QUESTION	INFORMATION ANSWER	ANSWER CONCLUSION
	smoke?		
7	How many cigarettes a day smoke	About 3-8 sticks per day	3-8 sticks per day
8	Do you feel like quitting smoking?	So far there is no desire to quit smoking	Nothing
9	Do you feel restless if you don't smoke? Or dizzy?	No, just lacking confidence	Lack of confidence
10	What kind of cigarettes do you smoke	Magnum Blue	Magnum Blue

Table 3. Fast Food Interview Matrix in Youth from Informant 3

Name : Muhammad Azmi Haikal
Age/TTL: 18 years (3 high schools)
Place of Interview: Food Stall
Interview Time : June 1, 2021

No	QUESTION	INFORMATION ANSWER	ANSWER CONCLUSION
1	Please tell me how long have you been smoking?	It's been 2 years since 2019	Under 17 years old
2	How did you first taste cigarettes?	The first time, at first, try and get addicted	At first, dabble and addicted
3	Do your parents know you have smoked?	Don't know until now	Do not know
4	Is there a reason you smoke?	The reason I smoke is that I see my friend smoking	Because of the influence of friends
5	And tell me how did you get to smoke?	At first, I just tried 1 stick and my cough didn't continue then I tried again and so on I was addicted until now	Just trying to start with 1 stick and continue
6	At what age did you first smoke?	16 years	16 years
7	How many cigarettes a day smoke	Half Pack	Cigarette Pack
8	Do you feel like quitting smoking?	There is a feeling of wanting to stop but it's hard to get addicted	There is a feeling of wanting to stop
9	Do you feel restless if you don't smoke? Or dizzy?	Restless and feeling dizzy if you don't smoke	Active smoker
10	What kind of cigarettes do you smoke	Warehouse Salt Filter	Warehouse Salt Filter

Table 4. Fast Food Interview Matrix in Youth from Informant 4

Name: Indra Kusuma
Age/TTL: 17 years (2 high schools)
Place of Interview: Restaurant
Interview Time : June 3, 2021

QUESTION	INFORMATION ANSWER	ANSWER CONCLUSION
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	QUESTION	INFORMATION ANSWER	ANSWER CONCLUSION
1	Please tell me how long have you been smoking?	4 years from the start of middle school	Under 17 years old
2	How did you first taste cigarettes?	When you start smoking, you immediately cough, there's just a feeling of addiction	Cough and addiction
3	Do your parents know you have smoked?	Of course not	Do not know
4	Is there a reason you smoke?	At first, I just tried to keep getting addicted	Curious
5	And tell me how did you get to smoke?	Because the association follows friends on smoking	Friends influence
6	At what age did you first smoke?	15 years	15 years
7	How many cigarettes a day smoke	About 3-8 sticks per day	3-8 sticks per day
8	Do you feel like quitting smoking?	So far there is no desire to quit smoking	Nothing
9	Do you feel restless if you don't smoke? Or dizzy?	No, just lacking confidence	Lack of confidence
10	What kind of cigarettes do you smoke	Magnum Blue	Magnum Blue

Knowledge can influence a person's behavior, including knowledge about the dangers of smoking that can affect smoking behavior. Adolescent knowledge relates to the existence of information facilities, such as libraries in schools, computer laboratories, and multimedia rooms to find the latest information. Knowledge about the dangers of smoking can lead to the development and growth of adolescents.

The majority of teenagers get influence by their peers to smoke. In this study, based on the FGDs conducted, peer invitation was one of the factors that influenced adolescents to smoke.

The number of cigarettes consumed by adolescents in this study can be seen, namely, 3 medium smokers spend 6-10 cigarettes per day and there is 1 heavy smoker teenager who can spend 11-15 cigarettes per day.

It can be seen that the critical period or prone to smoking behavior in junior high school or including the early adolescent development stage. Where early adolescence is the most critical period of peer influence, in this study, 3 teenagers wanted to stop consuming cigarettes but it was very difficult to do because these teenagers were addicted to cigarettes and there was 1 teenager who did not have the desire to stop consuming cigarettes.

Cigarette type which can be purchased retail or per stick makes it easier for teenagers to buy and consume cigarettes because the price is very cheap when buying retail cigarettes or sticks so that teenagers tend to be tempted and feel addicted to cigarettes.

The junior high school period is a critical period of adolescence or is prone to smoking behavior or includes the early stages of adolescent development. Where early adolescence is the most critical period of peer influence, in this period they are looking for identity so that adolescents who experience a crisis of psychosocial aspects will follow their friends to be accepted in their group and recognized by their group.

Low prices can lead to the habit of consuming cigarettes in adolescents. In addition, several types of cigarettes are sold per stick or retail which also increases the desire of teenagers to buy these cigarettes. The types of retail cigarettes or cigarettes offered to make teenagers more interested in consuming cigarettes.

CONCLUSIONS AND SUGGESTIONS

Smoking can harm the body because cigarettes contain approximately 4000 chemicals, tar, carbon monoxide, and hydrogen cyanide. The number of adolescents who consume cigarettes is caused by several factors including knowledge, peer influence, low prices, desire to quit smoking, types of cigarettes, and education. Cigarettes contain various toxic chemicals that cause various physical disorders such as impotence, cancer, heart problems, and respiratory disorders such as shortness of breath, chronic obstructive pulmonary disease such as bronchitis and emphysema, and pregnancy disorders in women.

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