Description of Smoking Behaviour in Young Girls

¹Adinda Chairunnisa Hatta, ²Alvira Damayanti, ³Ayu Febriana Lestari, ⁴Desva Oktaria

Faculty of Public Health, Muhammadiyah University of Jakarta
K.H. Ahmad Dahlan St, Cireundeu, Ciputat, South Jakarta, 15419

E-mail: adindachairunnisah@gmail.com

ABSTRACT

Smoking is one of the lifestyle phenomena in most people today. Smoking habits are common in adolescence. This study aims to find out the description of smoking behavior in young girls. This research is descriptive qualitative research. The informants in this study were 4 young girls who performed smoking behavior. Data collection is done by interview method. The description of smoking behavior in young girls occurs for the following reasons, namely trial and error, curiosity, and the influence of friends. The response of a friend knowing the informant smoked is not responding and just so so. The informant's efforts in quitting smoking are by reducing the cigarettes and reducing gatherings with a friend. Information about the dangers of smoking contained in advertisements and cigarette packs is still ignored by informants, therefore, there needs to be cross-sectoral cooperation to improve understanding of the dangers of smoking. The reason of informant to start smoking is try, curiosity and the influence of friends, the response of friends know the informant smoking does not respond and just so so, the efforts of informants on quitting smoking are by reducing the cigarettes and reduced gathering with friends. There needs to be cross-sectoral cooperation to improve understanding of the dangers of smoking.

Keywords: *Behaviour, Smoking, Young Girls*

INTRODUCTION

Smoking is one of the phenomena of the bad that has yet to be resolved. Various efforts have been made by the government, health advocacy and international health organizations, and humanitarian to reduce the number of active smokers in the community, but at the moment the number of smokers continues to increase at a very young age. According to research conducted by Elon and Evelin, (2019) the age of the smoker early continues to increase even started at the age of primary school and secondary school. Cigarettes contain a psychoactive substance called nicotine, which can cause the effect of temporary pleasure in the brain that makes a person experiencing addiction.

Smoking is one of the phenomena of the negative that has not been resolved. The government and health organizations and humanity have been trying hard to reduce the number of active smokers in their communities, but as far as this the number of smokers continues to rise. The phenomenon of smoking in the life of day-to-day often occurs in place of work, in place of common, and everywhere. Markets, restaurants, parks entertainment, educational institutions, namely schools and universities. Smoking usually begins at the age of young. The smoking behavior of young girls is not new. Not uncommon to see young girls still in uniform, smoking with a friend, or smoking on their own, overtly or covertly. Activities usually take place when someone started middle school (Patana and Elon, 2019).

According to Rochka, (2019) Smoking is a behavior that is not healthy, however, there are still many that perform a habit of this. Smoking behavior from the point of view that differs very hurt yourself and the people around you. Smoking also causes disorders of serious health even can cause death. However, there are still many people who do not fully understand the problem posed by tobacco and smoking behavior, especially in the younger generation of this time (Patana and Elon, 2019).

When a woman smokes, the expression of the face is strange it may appear in the eyes of the people around him. A variety of moral judgments skewed very young cast against girls smoking in front of the public. The supposition of such bad girls as “not true”, girls’ “naughty” female “wild”, even girls’ “brandal” can easily occur in the minds of the public when seeing a female smoker. Moreover, the depiction of girls smoking in media tends to be negative (Handayani, et al., 2012). Especially in Indonesia, smoking is taboo and is not suitable for girls. Smoking done by the girls tends to cause the impression of bad for the people around (Martini, 2014).

The interest of young people to try cigarettes is encouraged by the positive properties of the nature of the younger generation, namely: curiosity, curiosity viewed the brave by the environment, the Feeling of wanting to be considered more intense and want to see adults than the other and the solidarity, the same boat. The fourth thing that can drive the growth and advancement of the younger

generation is when used actively. If the fourth thing is wrong, smoking causes desperate pain and ignorance (Partodiharjo, 2012 in Patana and Elon, 2019).

Research conducted by Martini (2014), stated that smoking behavior in young girls is a symbol of peace and a different feeling with other young girls, making them uncontrolled and excited. Even rooms can be a friend when alone or feel lonely. There are no exceptions include the negative impact of smoking behavior but the behavior of smoking for the life of man is an activity that is 'phenomenal'. That is, despite the known negative consequences of smoking, but the number of smokers is not decreasing but increasing age and smoking growing young (Komasari and Helmi, 2000).

METHODS

This study uses a qualitative method is a research procedure that uses the descriptive data in the form of words written or spoken of the people and actors that can be observed (Fitria and Litfiyah, 2017). Qualitative research descriptive aims to make the description as well as the relationship between the phenomena being investigated.

This research was conducted at several locations in each home group member. The time study was conducted from May-June. The subject in this research is the young men who perform the behavior of smoking. Data collection techniques include interviews in-depth and observation, as well as the research instrument used, as the interview guidelines.

RESULTS AND DISCUSSION

NO	TOPIC	MEANING UNIT	CODE	SUB-CATEGORY	CATEGORY	THEME
1	What is the reason for you to start smoking?	<ol style="list-style-type: none"> For the first time, I'm just curious and following friends First-time I'm just curious and finally I'm so addicted to smoking I was invited by friends for a smoke then I follow him to smoking First time I was curious about smoking 	<ol style="list-style-type: none"> Desire it's own curious, joining friends Invited to your friends Invited to your friends and trying to be cool were Invited to a friend and increasingl y curious about 	<ol style="list-style-type: none"> His Desire Invited by a friend Trying to be cool Curious 	<ol style="list-style-type: none"> Friend Try Curious 	

NO	TOPIC	MEANING UNIT	CODE	SUB-CATEGORY	CATEGORY	THEME
2	Please tell me what are you consider in buying a cigarette?	<ol style="list-style-type: none"> No, just to eliminate fatigue and stress No consideration in buying cigarettes because I rarely smoke The costs, according to my money The brand, because people know an item from the name first, then check the price, and from the taste of the cigarette itself 	<ol style="list-style-type: none"> To disappear the stress No consideration because it is rarely smoking Adjusted earnings Figure out the first brand product, check the name, price, and taste of the cigarette itself 	<ol style="list-style-type: none"> Disappears the stress Rarely buy cigarettes Relative Find out the first brand, price, and the sense of 	<ol style="list-style-type: none"> Relaxation Seldom smoked Prices Figure out the first 	
3	Do you know about the harm caused by smoking?	<ol style="list-style-type: none"> Yes, from ads Yes, I know from packs of cigarettes Yes, I know, from advertising and there are also packs of cigarettes a Yes, I know from a pack of cigarettes 	<ol style="list-style-type: none"> Out of advertising Out of a pack of cigarettes Know because see the ad and a pack of cigarettes Out of a pack of cigarettes 	<ol style="list-style-type: none"> Out of TV ads Out of a pack of cigarettes 	<ol style="list-style-type: none"> Ads Packs of cigarettes 	
4	How activities in physical (walking, sports) after the You of smoking and before smoking, is there a difference? Which activities are more often carried out after smoking?	<ol style="list-style-type: none"> Sooner tired than before smoking. <i>Body workout, pushup</i> The same, I always do the exercise every morning and evening like jogging The same is like cycling, jogging, swimming. The same as before smoking, soccer, 	<ol style="list-style-type: none"> Tired easily but become regular exercise <i>Body workout</i> Just the Same, doing sports jogging every morning and evening Just the same as usual 	<ol style="list-style-type: none"> Tired Easily but become regular <i>Body workout</i> Just the Same, exercise every morning and evening (jogging) Just the Same (play the bicycle, jogging, pool Just the Same (Bola, 	<ol style="list-style-type: none"> Easily tired Diligent exercise just the Same <p>(<i>body workout, jogging, ball, pool, etc</i>)</p> <p>-</p>	

NO	TOPIC	MEANING UNIT	CODE	SUB-CATEGORY	CATEGORY	THEME
		badminton, swimming, etc.	(play the bicycle, jogging, swimming) 4. The Same as before smoking (Bola, futsal, badminton , swimming , etc.)	futsal, badminton, swimming, etc.)		
5	Do you have a desire to quit smoking?	1. No, it's hard. I just reduce the cigarettes a day and reducing gathered with friends 2. Well at least I fade smoking, and no hanging out with friends 3. I want to stop just yet now 4. I want to, but not today, Well I'd rather stay away from my friends	1. There is a desire to stop smoking, but the hard-applied, so just reduce the number of cigarettes in a day 2. There is, reduce smoking and reduce hanging out with friends but now 3. Want to but don't want to stop, so just stay away from the bad environment	1. Hard to stop, just reduce the cigarettes a day 2. There, reducing smoking and gathered 3. Not this time 4. Not gonna stop, just reduce together	1. Reduce the cigarettes 2. Reduces gathered with friends	
6	How do the response friends know you are smoking?	1. Just so so, because they are also smokers 2. Sometimes we are smoking together 3. Just so so, cause we are smokers 4. Yeah, my gang was known, but	1. No responses, because they are also smokers 2. His friend also smoking too 3. No response,	1. of the Ordinary because fellow smokers 2. do Not respond because a friend also smoking 3. No response,	1. Not responding 2. Just so so	

NO	TOPIC	MEANING UNIT	CODE	SUB-CATEGORY	CATEGORY	THEME
		other friends don't know	because they are smoking too 4. Friends on a circle are known, but other friends don't know	smoking on the place 4. of Friends who smoke but other friends, other friends are not accustomed to		
7	Tell me whether in terms of religion or belief recommend for a healthy life and avoid smoking behavior?	1. In muhammadiya h it is prohibited, forbidden, but I am part of NU 2. My religion is not forbidden, but should not be too often smoked, the pattern of life must be maintained such as regular exercise at least three times a week. 3. In terms of religion the makrooh although not suggested, recommended is healthy living 4. From the scholars of the many views, it's not forbidden, there are indeed some who say it is makrooh, but while what we do is not create a loss of people it's okay	1. Forbidden by the Muhamma diah but NU did not prohibit 2. in terms Of religion, no one forbids, but we recommen d keeping the pattern of life 3. in terms Of religion is not recommen ded, suggested that a healthy life 4. Many views on smoking because there are forbidden and there is also a to be makrooh	5. Muhammadi yah prohibit smoking, NU is not 6. a Religion does not forbid but should maintain a healthy lifestyle 7. in terms Of religion is not recommend ed smoking 8. a Lot of views about smoking, that is haraam and makrooh	1. Haram 2. Mubah 3. Makrooh	

NO	TOPIC	MEANING UNIT	CODE	SUB-CATEGORY	CATEGORY	THEME
8	What advice from you to a person who does not smoke?	1. Don't imitate smokers, it's not good. 2. I recommend not smoking early or still in school because of the impact of his when his own if we already have own income or the money itself may not mean smoking do too often 3. You should avoid do not try it because it's hard to stop 4. Just tolerance between smokers and not a smoker	1. Don't imitate the smokers 2. No smoking early on because of its effects appear when it's old 3. Don't try so not addicted to cigarettes 4. Not be banned, mutually take care of tolerance between smoking and not a smoker	- Don't smoke - Don't smoke early on - Not to try smoking - Each other about to take care of tolerance between smoking and	- Not smoking - are Not trying Tolerance	

1. What Is The Reason You Started Smoking?

Based on interviews conducted on to the 4 informants teen princess about the beginning of smoking, it was found that there is a beginning of the trial, the curious and the influence of friends.

Table 1. The Reason Informant Smoking

The Informant answers	Category
1. For the first time, I'm just curious and following friends	1. Friends
2. First-time I'm just curious and finally I'm so addicted to smoking	2. Try
3. I was invited by friends for a smoke then I follow him to smoking	3. Curious
4. First time I was curious about smoking	

Source: Primary Data

Based on table 1 above found that the reason the informant smoking is because of the try, the curious and the influence of friends.

A lot of aspects lead to teenagers become smokers. As stated by Subakti (2011) some of which are as follows:

- Try. In general, youth who smoked admitted that their initial smoking is dua kursi. On the trial-and-error is not a ban or warn them about the dangers or the impact of smoking on health. As a result, they are hooked or addicted to so no longer able to stop it.

- b. The influence of friends. In addition because of the trial-and-error, other factors that also encourage youth smoking are friends. Friends who smoke, typically encourage others to smoke. So on so that the activity of smoking is difficult once stopped among the young, but instead increased.

Different again facts reveal that more and more teens smoking then the more likely their friends are smokers too and vice versa. From the fact that two possibilities occur, the first teen was affected by her friends or even friends teenagers are influenced by the adolescent self is that eventually, they all become smokers. Among adolescent smokers are 87% have at least one or more companions than smokers as well as with adolescent non-smokers (Al-Bachari in the Wahyuni, 2017).

The same is the case with the research conducted by Ningrum, et al. (2018) says smoking behavior in adolescents occurs due to the influence of the family environment, the environment of peers (peer group), as well as the influence of the school environment (teachers and teaching staff). Lestari (2012) in his research also noted, one of the factors that cause teenage daughters for smoking comes from the factor dimensions extrinsic that the influence of peers.

2. How does the Response Friends know You Smoke?

The results of interviews with informants, showing the response of the friends knows the informant smoking; does not respond and the usual course of

Table 2. The response of the Friends Knows the Informant Smoking

Answers	Categorical
1. Just so so, because they are also smokers	1. Not responding
2. Sometimes we are smoking together	2. Just so so
3. Just so so, cause we are smokers	
4. Yeah, my gang is known, but other friends don't know	

Source: Primary Data

In table 2 give an overview of the response of the friends who knows the informant smoking, that is; it does not respond and the usual course. The weakness of the indifference shown in the environment of friendship, making the informants still perform the activity and smoking behavior.

In the research (Rachmat, et al., 2013) explain, the need to be accepted often makes the teenagers do anything to be accepted grouped-group and be free from the term “coward”. Teens having internal pressure to smoke if other people around them smoking.

3. Do You Have A Desire To Quit Smoking ? and How are we doing?

The results of interviews with informants, showing the desire and effort of informants in reducing the activity of smoking, namely to reduce the number of cigarettes and reduce together with friends.

Table 3. Desire Informants To Stop Smoking and its Business

Answers	Categorical
1. No, it's hard. I just reduce the cigarettes a day and reducing gathered with friends	1. Reduce the cigarettes
2. Well at least I fade smoking, and no hanging out with friends	2. Reduces gathered with friends
3. I want to stop just yet now	
4. I want to, but not today, Well I'd rather stay away from my friends	

Source: Primary Data

In table 3, showing the desire and effort of informants in reducing the activity of smoking i.e., reduce hanging out with my smoker, replace it with eating sweets, reduce the number of cigarettes, and there that have not had the desire to reduce such activity. It's just, all informants stated that the desire is not to be done shortly. His strong influence from the environment makes the informants have not fully wanted to stop smoking activity. Plus, the lack of support from the closest people such as parents.

Reduce or even stop smoking, not something easily achievable. Smokers have to understand well the dangers of smoking, but on the other hand, they also understand the positive benefits of smoking, such as eliminating the stress that was stated in the research Sabarani (2018).

The results of a study that announced by Wulandari (2012) quit smoking is not an easy thing. The many ways that can be done in the effort to stop smoking, such as commitment, replace cigarettes with candy, transfer-free with a day and avoid smoking as well as require the support of the closest people and a healthy environment.

To quit smoking takes a strong commitment. As revealed by Crofton (2009), some people find it difficult to quit smoking and are often in need of some experiments before they succeed. Failure rates high on the first try to quit smoking can cause depression good for smokers and people who are trying to help quit smoking.

4. Do You Know the Dangers of Smoking ? and how did You Know?

The results of interviews with informants, indicating that the informant already knows the dangers of smoking and informants know the danger/the information of the ads and packs of cigarettes.

Table 4. Information The Dangers Of Smoking

The answer	Categories
1. Yes, from ads	1. Ads
2. Yes, I know from packs of cigarettes	2. Packs of cigarettes
3. Yes, I know, from advertising and there are also packs of cigarettes a	
4. Yes, I know from a pack of cigarettes	

Source: Primary Data

Although the dangers of smoking have been listed on cigarette packs and ads on TV, it doesn't make them quit smoking. The results of the research of (Aaron, et al., 2017) stated, there are misperceptions of teens against tobacco advertising. The promotion of the dangers of smoking should involve community leaders and target promotions aimed at the activities of the community. The importance of the redesign of advertising on cigarette packs. The design of advertising on cigarette packs should be able to give the impression of being scary.

CONCLUSIONS AND SUGGESTIONS

1. The reason for the informant to start smoking is to try, curiosity, and the influence of friends.
2. The response of friends know the informant smoking does not respond and just so so
3. The efforts of informants on quitting smoking are by reducing the cigarettes and reduced gathering with friends
4. Informants can find out information on the dangers of smoking from advertising and packs of cigarettes.

REFERENCES

- Elon, Y., Evelin, M. (2019). The Phenomenon Of Smoking In Children Aged Adolescents: A Qualitative Study. Klabat Journal of Nursing. Vol. 1 # 1: 78-87. Retrieved from: <http://ejournal.unklab.ac.id/index.php/kjn/article/view/385>.
- Ali, M. (2009). Pikatlah My Heart: 30 Whisper Of The Heart His Wife. PTS Millennia SDN.BHD: Kuala Lumpur.
- Organization, W. H. (2020) 'a Statement WHO : the Use of tobacco and COVID-19', (May), pp. 7-10.
- The CDC (2019) 'Current Cigarette Smoking Among Adults in the United States', pp. 18-22.
- The ministry of health, P. (no date) 'the General Situation of Tobacco Consumption In Indonesia'.
- Statistics, D. (2020) 'the Behavior of smokers dki jakarta 2019', pp. 3-6.
- Kalembe, S. (2016) 'Smoking Behavior Among Students At The University Of Hasanuddin Makassar 2016'.
- Diamond, S. W., A. R. and Fionaliza (2019) 'Factors Associated With Smoking Behavior In Students of Faculty of Medicine Universitas Baiturrahmah Year 2015-2016', pp. 45-51.
- Lutfiyah, F. &. (2017). Research methodology: Qualitative Research, Class Actions and Case Studies.

CV Trail: West Java..

- Surbakti. (2011). Question and Answer Teenagers. Group Gramedia: Jakarta.
- Wahyuni, I. B. (2017). Indonesian Health. Andi: Yogyakarta.
- Ningrum, A. I. (2018). The study of Sociology of the Phenomenon Of Smoking Behavior of Students in Madrasah Tsanawiyah ALAmin Tabanan. Scientific Journal Of Sociology. Vol. 1 No. 02: 1-110.
- Yenny Chandra, D. (2012). An Overview Of The Factors That Influence Young Girls To Smoke. Journal of Research and Psychological Measurement. Vol.1. # 1: 46-54.
- Rachmat, M. R. (2013). Smoking Behavior Of Adolescents Of Secondary School. Journal Of Public Health National. Vol. 7 No. 11: 502-508.
- Sabarani, R. Y. (2018). Persuasion, Smoking Behavior, and Preferences of Young people Against the Messages of the Campaign to Stop Smoking. Jurnal ASPIKOM. Vol.3. # 5: 986-1001.
- Wulandari, I. A. (2012). The Experience Of Smoking In Former Smokers. JOURNAL OF NURSING STUDIES. Vol. 1 # 1: 36-42.
- Crofton, J. D. (2009). Tobacco Is A Global Threat. Group Gramedia: Jakarta.
- Aaron, C. L. (2017). "I'm NOT AFRAID to DIE" Misperceptions Against Advertising the Dangers of Smoking in Ponorogo. Indonesian Journal for Health Sciences. Vol 01. No. 02: 14-20.