Description of Smoking Behavior in Adolescents During The Covid-Pandemic

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ABSTRACT

The behaviors that young people exhibit in the COVID-19 era are the strong behaviors in which the four information ants interviewed have different behaviors in the experience, expectations, the number of cigarettes, and the type of cigarettes consumed. Smoking behavior is one form of behavior encountered in people's lives and can be found in various places such as in crowded places, streets, city buses, hospitals, schools, and so on. A smoking habit can cause damage to the lungs and airways that will cause diseases of the respiratory system, such as chronic bronchitis, emphysema, even lung cancer. Schools and People need to be involved in efforts to prevent and intervene in adolescent smoking behavior more intensively.

Keywords: Sociologic Behavior, Teens, Covid-19 Pandemic

INTRODUCTION

Smoking is one of the factors that affect a person's lung function. Smoking can lead to changes in the structure and function of the respiratory tract and lung tissue. In the large airways, mucosal cells are enlarged (hypertrophy) and the mucous glands multiply. In the small respiratory tract, mild inflammation to narrowing due to increased mucus buildup cells. In pulmonary tissue, there is an increase in the number of inflammatory cells and damage to alveoli. Due to changes in the anatomy of the airway, in smokers, there will be lung function and all kinds of clinical changes. This is the main basis for chronic pulmonary obstruction disease (Ministry of Health RI 2003)

Cigarettes are one of the leading causes of death in the world and are legal products that kill a third to half of their users on average die faster. According to the World Health Organization (WHO) in 2008, an estimated 5.4 million people die annually from cigarettes. (dakwatuna.com, 2008).

The problem of cigarettes is a public health problem experienced by the world's population today. According to who, about 1.3 billion people worldwide are smokers (Tarupay, 2014). WHO data (2004) states that cases of death from cigarettes annually reach 5 million people, 70% occur in developing countries, including in the Asian region, such as Thailand and Indonesia. Who estimates that by 2020 tobacco-related diseases will become the world's leading health problem causing 8.4 million deaths annually and half occurring in Asia (Ministry of Health, 2006). In addition, WHO has also warned that in the decade 2020-2030 tobacco will kill 10 million people per year, 70% of which occurs in developing countries (WHO, 2007).

Smoking habits will accelerate the decline of par. In people with normal lung function and non-smoking decreased FEVI 20 ml per year, while in people who smoke (smokers) will experience FEVI more than 50ml per year. Pulmonary dungs examination is done with a device called spirometry.

Based on Basic Health Research (Risesdas) data, in 2010 the prevalence of people aged 15 years and above who smoked daily was 28.2%. The prevalence of smokers is more in males, marital status, living in rural areas, with low education that is not finished and finished elementary school (SD). According to the work, the prevalence of smokers is more common in farmers/fishermen/laborers followed by the self-employed and the unemployed and tends to increase with increasing economic status.

Smoking can also result in a variety of other diseases, such ascardiocardicular disease (heart and blood loss) or cancer in other organs outside the system. These diseases can weaken the system, making it difficult for the body to fight the incoming Coronavirus. (Salsabil, Santoso and Zainudiin, 2020)

As a result, the virus becomes more developed and causes more heavy damage to the channel as well as the lungs. If smokers had experienced the decline of the function of the parliament, a Coronavirus infection would certainly make this condition so bad. This is what causes it to be more

robust in the experience of the application and death due to the Coronavirus. The system of spreading the virus through cigarettes is also very easy because people don't know if the cigarette is sterile or not and directly inserted into the mouth of the mouth is precisely the rest of what the cigarette is exposed to or not, and if the cigarettes are exposed, then the virus will be inhaled and directly inserted into one's body, based on this is why smokers can be more readily affected by the coronavirus (Komasari, 2000). (Salsabil, Santoso and Zainudiin, 2020).

METHODS

His research is a type of investigative quality by conducting interviews using questionnaires that raise 10 questions about the behavior of teenagers in their lifetime to 4 teenage informants directly or online.

RESULTS AND DISCUSSIONS

Table 1. Results of this Research

Topic	Meaning Unit	Code	Sub Category	Category	Theme
When did the brothers smoke first?	1. 2 SMA 2. 3 SMA 3. 3 SMA 4. 2 SMA	1. Teen 2. Mature Mature 3. Teen	Schoolboys	Smokers dominated by schoolchildren	response of teenagers at the beginning of smoking
How did you first taste the cigarette?	1. Initially try addiction 2. Feeling Calm	1. Dabble in continuing the beauty	Sense of dexterity	What he felt the first time he was smoking	response of teenagers at the beginning of smoking
Do your parents know how young people are squatting?	1. Don't know until now 2. It's always been in anger when you know it's smoking. 3. I didn't know until now that I was smoking.	2. Do know 3. Already 4. Know 5. Not yet known	Know it and there's nothing to know	Parents' ignorance of smoking/not	His response was youthful at the start of smoking
There's a reason why the air of smoking	1. See my friend smoking 2. persuade mates if they don't smoke.	1. Impersonate a man 2. Persuaded by a man -	Influence of a friend	Why smoking	His response was youthful at the start of smoking
And try telling me how the microbes got to smoking?	1. Initially just try 2. Prestige sees friends smoking	1. Curious 2. prestige 3. Impersonate a man	Influence of a friend	Causes of smoking	His response was youthful at the start of smoking

Topic	Meaning Unit	Code	Sub Category	Category	Theme
4. Influence of a friend					
At what age are you first smoking?	1. 17 year 2. 18 year 3. 18 year 4. 17 year	1. Adolescent 2. Adul 3. Adult 4. Adolescent	Dominated by high school youth	Age when smoking	His response was youthful at the start of smoking
At what age are you first smoking?	1. Half edition 2. 2 trunk day 3. 1 wrap 4. 3-8 bars day	1. 8 trunk 2. 2 trunk 3. 16 trunk 4. 8 trunk	Number of cigarettes consumed	Number of cigarettes consumed daily	His response was youthful at the start of smoking
Is there a feeling of wanting to stop smoking?	1. There's a sense of wanting to stop 2. There but it's hard to stop 3. Not only lack of confidence	1. There Are 2. No 3. Active Smokers	Some have smoking and some don't have smoking.	The desire to stop smoking	His response was youthful at the start of smoking
Please tell me how long to smoke?	1. I've been smoking for at least 1 month 2. Smoking I've been here for the last four years. 3. Start smoking from class 1 Smk 4. About 5 Months	1. 1 moon 2. 4 moon 3. 3 moon 4. 5 moon	There are starters and some who have become active smokers	Duration of smoking	His response was youthful at the start of smoking
What kind of cigarettes are smoked?	1. GudangGara m Filter 2. GudangGara m Filter 3. Sampurna Mild 4. Magnum Blue	Range 12-16 rods with prices 16,000-24,000	Relatively expensive for learners	Type of cigarettes	His response was youthful at the start of smoking

The discussion will explain how the outline of interview results obtained from adolescents on smoking behavior in adolescents during the COVID-19 pandemic.

The behavior shown by adolescents during the COVID pandemic was smoking behavior where the four informants interviewed had differences in good behavior in experience, expectations, many cigarettes, and types of cigarettes consumed.

According to Adliyani (2015), behavior is a reaction through deeds consisting of thinking, moving, learning, having sex, and so on. Behavior can also be said to be a manifestation of interaction

with the environment through deeds that can be seen or can not be seen (Nurlaela, 2014). Thus, it can be seen that this behavior is the result of a reaction in the form of actions that are influenced by external factors.

Sari (2019) suggests that adolescents become individuals who are vulnerable to outside influences, one of which is smoking behavior. Teenagers become very easily affected because of their highly curious nature to do things that have never been done before. Looking at this fact, it is clear that the results indicate a strong association between behavior and cigarette consumption obtained from interviews.

Questions were raised about how they could have smoking behavior. The majority of respondents also admitted that they started smoking because of invitations from peers or social friends who were in school. This evidence suggests that outside influences such as friends easily influence adolescents to smoke. Some informants said that their friend invited them to smoke for several reasons. The rest say that it feels bad if you do not participate in smokers

Other questions were also raised about whether their parents knew about the smoking or smoking behavior. the majority of respondents said that their parents did not know about their smoking behavior. the rest said that their parents were aware of the behavior but ignored it despite being scolded.

In addition, teenagers are told about how much cigarettes they consume. The majority of teenagers say they can spend roughly a pack of cigarettes. The rest claim that they can spend only 2 cigarettes a day. this indicates that the number of cigarettes consumed may vary.

Questions were also raised about whether there was a desire for teenagers to quit smoking. The majority of respondents said they wanted to quit smoking. The rest say that do not want to stop smoking. From this recognition, it appears that the influence of cigarettes on the rest is very bad because it binds or can not release the habit. Surely this behavior is still there hope for teenagers not to engage in smoking behavior.

Other questions were also raised about why they had not been able to quit smoking. The majority said that they did not want to quit smoking because they were addicted to cigarettes. Even other questions show that teenagers who do not smoke can cause quite serious effects such as not being able to focus or feel dizzy. This suggests that adolescents are already showing dependence on cigarettes.

CONCLUSIONS AND SUGGESTIONS

Cigarettes are toxic objects that give a relaxing effect. However, behind it contained a very great danger for people who smoke and people who are around smokers who are not smokers. Cigarettes have a middle-aged ingredient. The general public also knows that cigarettes can harm health.

Smoking behavior is one form of behavior encountered in people's lives and can be found in various places such as in crowded places, streets, city buses, hospitals, schools, and so on. Viewed from various points of view is very detrimental, both for yourself and the people around him. The result of smoking behavior in terms of health is the presence of cigarette-containing chemicals such as nicotine, carbon monoxide tar, lead, ammonia, hydrogen cyanide (HCN), nitrous oxide, phenols, and hydrogen sulfide.

A smoking habit can cause damage to the lungs and airways that will cause diseases of the respiratory system, such as chronic bronchitis, emphysema, even lung cancer. These conditions can decrease lung function to extract oxygen from the air. In the event of coronavirus infection, lung function will decrease, so it is very risky to experience shortness of breath that can be fatal, not only cause respiratory problems.

Schools need to be involved in preventing and intervening in adolescent smoking behavior more intensively. Parents who want their children not to smoke need to be wary of the peer group of children, family members are not advised to smoke or do not give positive confirmation when teenagers smoke and the government makes regulations that limit the distribution of cigarettes and the age of consumers who can buy as well as cigarette advertisements circulating in the community to minimize the chances of children and adolescents to become consumers of cigarettes.

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