

Smoking Behavior in Adolescents Using the Plan Behavior Theory Approach

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Abstract--- *Smoking is a behavior that is harmful to health, but there are still many people who do it, even people start smoking when he was a teenager. Factors influencing smoking behavior are knowledge factor, friend factor, parent factor, school environment factor, media factor, and attitude. The purpose of this study was to determine the factors that influence smoking behavior in adolescents. He research design used in this research is cross-sectional. The population of this study was all male students in SMK Global Menturo Sumobito Jombang totaling 321 male students. Sampling technique using a stratified random sampling method, this research sample obtained 72 respondents (class X), 56 respondents (class XI), and 50 respondents (class XII). The analysis technique used is the Chi-Square test and Spearman Rho Test. The results showed that there were significant correlation which consisted of: knowledge factor ($p = 0,022$), friend factor ($p = 0,039$), school environment factor ($p = 0,017$), and parent factor ($p = 0,003$). There was no significant correlation between attitude ($p = 0,490$) and media ($p = 0,174$).*

Keywords--- *Affecting smoking, Adolescent, Theory of plan behavior*

I. INTRODUCTION

Adolescence is a period that is most vulnerable to the influence of the environment, one of which is an association that affects a person and is related to smoking behavior. In general, teens will try to follow the behavior of the group or friends so that they can be accepted in the group. This can also be caused by low self-esteem so that it tends to adopt prevailing habits such as smoking behavior according to BPOM RI (2011) quoted in Fahrosi (2013).

According to the WHO survey (2008), Indonesia is the 3rd country in the world, 66% of the world after China, India, the United States of America, Russia and Japan in 2007 (Fahrosi, 2013).

Smoking behavior is a behavior that is harmful to health, but there are still many people who do it, even people who start smoking when they are teenagers according to Sunaryo (2004) quoted in Fikriyah (2012). Smoker categories are divided into active smokers and passive smokers. Active smokers are someone who consumes cigarettes regularly in a day, while passive smokers are non-smokers but inhale other people's smoke continuously (Proverawati, and Rahmawati, 2012).

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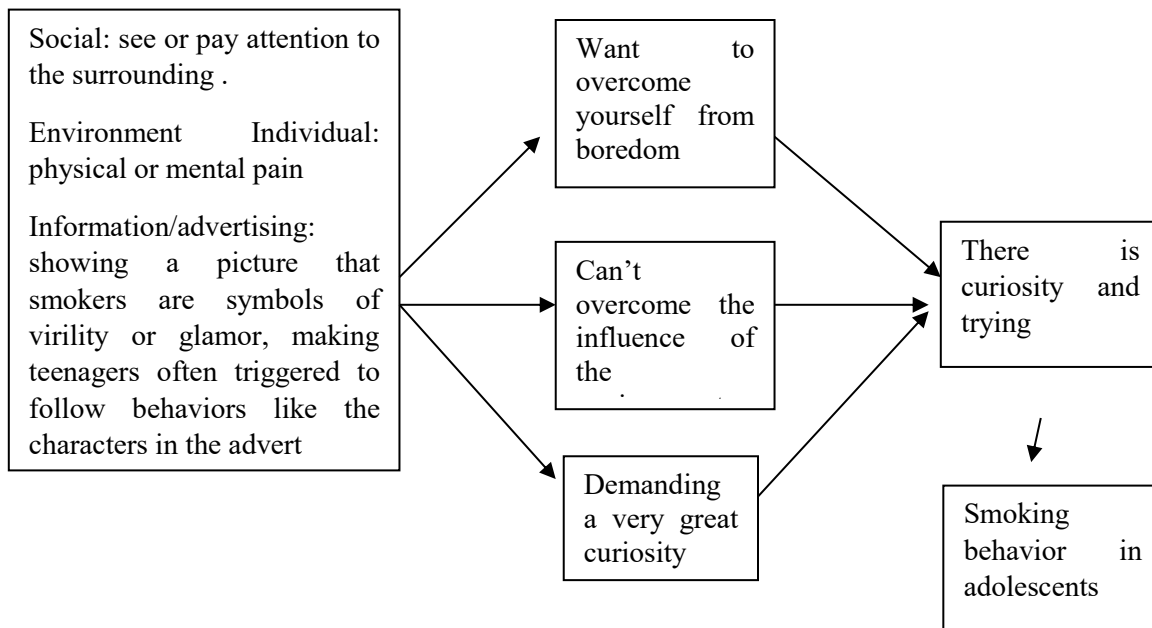
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According to the results of the preliminary study on November 10, 2016 from observations there were 16 male students in the month who smoked in the school environment and from the results of interviews by counseling teachers that there were 25 students who smoked outside the school environment and viewed from the first time that there were teachers and security guards conduct smoking behavior in the school environment and the students see so that there is a curiosity from the students to carry out similar behavioral actions at the Menturo Sumobito Global Vocational High School in Jombang. Based on the results of the preliminary study above, this is in accordance with the plan theory of behavior about how a person makes behavioral changes from the presence of a stimulus, the way he accepts and behaves in a situation that leads to negative things, especially smoking behavior.

Thus, we as nurses have a role as giving nursing care, patient advocates, educators, coordinators, collaborators, consultants, and researchers with the rise of smoking behavior in adolescents, the role of nurses as educators is very much needed, one of them is providing health education with clean living behavior and healthy (PHBS) from the dangers of smoking.

The theoretical framework results from the application of theory Plan Behaviors:



Explanation: One of the reasons why teenagers smoke is because of the existence of social factors (seeing or paying attention to the surrounding environment), individual factors (physical or mental illness), and information or advertising factors (showing a smoker as a symbol of virility or glamor, making teenagers often triggered to follow behaviors such as the characters in the advert) besides teenagers will also experience boredom, so that teens want to overcome themselves from boredom by seeing the environment around smoking activities, and demand a very curiosity then arises curiosity which results in adolescents behaving smoking.

II. METHODOLOGY

In this study, researchers used Cross-Sectional research. This type of research emphasizes the time of measurement/observation of the independent and dependent variable data only once at a time. In Cross-Sectional

research, the researcher looks for the influence of independent and bound variables in instantaneous measurements (Nursalam, 2013).

The sample of this study amounted to 178 consisting of class I, class II, and class III. In this study using the stratified random sampling technique, namely how to take samples by paying attention to the strata (levels in the population (Nursalam, 2016).

1.1 Research result

1.1.1 Univariate analysis

1.1.1.1 Behavioral factors

Table 1 Behavior factors in Global Sumobito Jombang Vocational School in 2017

Behavior factors in Global Sumobito Jombang Vocational School in 2017			
No	Behavioural Factors	Frequency (N)	Percent (%)
1	Low	61	35,3%
2	Being	32	18%
3	Height	85	47,8%
Total		178	100%

Source: Primary Data, 2017

From table 1 shows that based on student behaviour data, most have behaviours with a high category of 85 people (34.3%)

1.1.1.2 Knowledge factor

Table 2 Knowledge Factors in Global Sumobito Jombang Vocational School in 2017

Knowledge Factors in Global Sumobito Jombang Vocational School in 2017			
No	Behavioural Factors	Frequency (N)	Percent (%)
1	Low	20	11,2%
2	Being	38	21,3%
3	Height	120	67,4%
Total		178	100%

Test Spearmen Rho : 0,022

Source: Primary Data, 2017

From Table 2 shows that the knowledge data of students mostly have high knowledge as many as 120 people (67.4%) and the data present a bivariate analysis of factors of knowledge with smoking behavior in Global Sumobito Jombang Vocational School in 2017 shows that the results of the Rho Spearmen test are obtained $p = 0.022$ ($\alpha < 0.05$). This shows that there is a significant relationship between the factors of friends and smoking behavior in the Global Sumobito Jombang Vocational School in 2017.

1.1.1.3 Friend factor

Table 3 friend factor in Global Sumobito Jombang Vocational School in 2017

Friend factor in Global Sumobito Jombang Vocational School in 2017			
No	Behavioural Factors	Frequency (N)	Percent (%)

1	Low	29	16,3%
2	Being	19	10,7%
3	Hight	130	73%
Total		178	100%

Test Spearmen Rho : 0,039

Source: Primary Data, 2017

Based on data from friends, most of them have a high category of 130 people (70.0%) and the data presents a bivariate analysis of the factors of friends with smoking behavior in SMK Global Sumobito Jombang in 2017 showing that the results of the Rho Spearmen test were $p = 0.039$ ($\alpha < 0.05$). This shows that there is a significant relationship between the factors of friends and smoking behavior in the Global Sumobito Jombang Vocational School in 2017.

1.1.1.4 Parent factor

Table 4 factors of parents in Global Sumobito Jombang Vocational School in 2017

Factors of parents in Global Sumobito Jombang Vocational School in 2017			
No	Behavioural Factors	Frequency (N)	Percent (%)
1	Low	120	67,4%
2	Being	47	26,4%
3	Height	11	62%
Total		178	100%

Test Spearmen Rho : 0,003

Source: Primary Data, 2017

Based on data from parents, most of them have a low category of 120 people (67.4%) and the data presents a bivariate analysis of the factors of parents with smoking behavior in the Global Sumobito Jombang Vocational School in 2017 showing that the results of the Rho Spearmen test were $p = 0.003$ ($\alpha < 0.05$). This shows that there is a significant relationship between the factors of parents and smoking behavior in the Global Sumobito Jombang Vocational School in 2017.

1.1.1.5 School environment factors

Table 5 school environment factors in Global Sumobito Vocational School Jombang

School environment factors in Global Sumobito Vocational School Jombang 2017			
No	Behavioural Factors	Frequency (N)	Percent (%)
1	Low	4	2,2%
2	Being	93	52,2%
3	Height	81	45,5%
Total		178	100%

Test Spearmen Rho : 0,017

Source: Primary Data, 2017

Based on the school environment factor data, most of them have a moderate category of 93 people (52.2%) and the data presents bivariate analysis of school environmental factors with smoking behavior in Global Sumobito Jombang

Vocational School in 2017 shows that the results of the Rho Spearman test obtained $p = 0.017$ ($\alpha < 0.05$). This shows that there is a significant relationship between school environment factors and smoking behavior in Global Sumobito Jombang Vocational School in 2017.

1.1.1.6 *Media factor*

Table 6 media factors at the Global Sumobito Jombang Vocational School in 2017

Media factors at the Global Sumobito Jombang Vocational School in 2017			
No	Behavioral Factors	Frequency (N)	Percent (%)
1	Bad	20	65,2%
2	Not Good	38	4,5%
3	Average	120	15,7%
4	Good	13	7,3%
5	Very Good	13	7,3%
Total		178	100%
Test Spearmen Rho : 0,490			

Source: Primary Data, 2017

Based on media data, most of them have a low category of 103 people (57.9%) and the data present a bivariate analysis of media factors with smoking behavior in the Global Sumobito Jombang Vocational School in 2017 showing that the results of the Rho Spearman test obtained $p = 0.174$ ($\alpha < 0.05$). This shows that there is no significant relationship between media factors and smoking behavior in Global Sumobito Jombang Vocational School in 2017.

III. DISCUSSION

1.2 *Relationship between Knowledge and Smoking Behavior in Adolescents*

The results of this study indicate that a significant relationship was found between knowledge and smoking behavior in adolescents in the Global Menturo Sumobito Jombang Vocational School in 2017, which is indicated by the p-value (0.022). This study also provides information that adolescents or students who have high knowledge to do smoking behavior as much as 27.5%. This means that most teenagers or students at the Global Sumobito Vocational School in Jombang have high knowledge about cigarettes

The results of this study support the theory cited from Tarwoto (2010) that knowledge is the result of tofu from humans. Knowledge occurs after people do in a particular object by demanding a great sense of curiosity, so that teens or students often do activities in terms of trial and error supported by people around him, especially in this case, namely smoking behavior.

In the description above, the author believes that adolescents or students who have a majority of high knowledge ignores what they know so that it can lead to the majority of adolescents doing smoking behavior or high curiosity students in terms of wanting to experiment with doing a particular behavior smoking behavior..

1.3 *Relationship of Friend Factors to Smoking Behavior in Adolescents*

The results of this study indicate that a significant relationship was found between the factors of friends and smoking behavior in adolescents at the Global Menturo Sumobito Jombang Vocational School in 2017, which was indicated by the p-value (0.039). This study also provides information that adolescents or students who have a high factor of friends

to do smoking behavior as much as 33.7%. This means that most teenagers or students at the Global Sumobito Vocational School in Jombang have high friend factors so that teens or students in smoking behavior

The results of this study support the theory cited from Tarwoto (2010) that if more and more adolescents smoke, the more likely their friends are smokers and vice versa. From these facts, there are two possibilities that occur namely the adolescent is affected by his friends or the adolescent influences his friends to become smokers.

In the description above, the writer believes that adolescents or students who have high friends can influence and influence most of the teenagers or students to do smoking behavior with their friends.

1.4 Relationship of Parent Factors to Smoking Behavior in Adolescents

From the results of this study, it was found that there was no significant relationship between the factors of parents and smoking behavior in adolescents in the Global Menturo Sumobito Jombang Vocational School in 2017, which was indicated by a p-value (0.003). This study also provides information that adolescents or students who have a low parent factor is not a reference for smoking behavior, which is 28.7%. It means that most teenagers or students at Global Sumobito Vocational School Jombang have low parents' factors so it is not as big the influence of adolescents or students on smoking behavior in general.

The results of this study support the theory cited from Tarwoto (2010) that adolescents or students can behave smoking one of which is caused by where parents do not pay much attention to their children or imitate the behavior of a father or family member who smokes in the home environment or outside the home environment.

In the description above, the writer believes that adolescents or students who carry out smoking behavior are mostly not caused by factors of their parents or family environment

1.5 Relation of School Environmental Factors to Smoking Behavior in Adolescents

The results of this study indicate that a significant relationship was found between school environmental factors and smoking behavior in adolescents in the Global Menturo Sumobito Jombang Vocational School in 2017, which is indicated by the p-value (0.017). This study also provides information that adolescents or students who have school environment factors that are currently doing smoking behavior are as much as 26.4%. This means that most adolescents or students at Global Sumobito Vocational School Jombang have moderate school environment factors so that adolescents or students do smoking behavior.

The results of this study support the theory cited by Nasution (2007) that the surrounding environment, in this case, the school environment affects the attitudes and beliefs of smokers. A person will behave smoking by paying attention to the surrounding environment including one of them in the school environment. From these facts, there is a possibility that the teenager is affected by his friends or the adolescent influences his friends to become smokers and teenagers see or want to emulate from the school who smoke.

In the description above, the author believes that adolescents or students who smoke are partly affected by the presence of schools that smoke

1.6 Relationship of Media Factors with Smoking Behavior in Adolescents

The results of this study indicate that there was no significant relationship between media factors and smoking behavior in adolescents in the Global Menturo Sumobito Jombang Vocational School in 2017, which is indicated by the p-value (0.174). This study also provides information that adolescents or students who have high media factors to perform smoking behavior as much as 26.4%. This means that most teenagers or students at Global Sumobito Vocational School Jombang have high knowledge of smoking behavior.

The results of this study support the theory cited from Tarwoto (2010) that seeing advertisements in mass media and electronics that show that smokers are symbols of virility or glamor, making teenagers often triggered to follow behaviors such as the characters in the advertisement.

In the description above, the writer has teenage opinion or students who have low media factors that the possibility of adolescents not paying too much attention to mass media or electronics to trigger adolescents to do smoking behavior

1.7 Relationship between Attitudes and Smoking Behavior in Adolescents

The results of this study indicate that there is no significant relationship between attitudes and smoking behavior in adolescents in the Global Sumobito Jombang Vocational School in 2017, which is indicated by a p-value (0.490). This study also provides information that adolescents or students who have a bad attitude in smoking behavior as much as 30.9%. This means that most teenagers or students at Global Sumobito Vocational School Jombang have a bad attitude in smoking behavior.

The results of this study support the Theory of Plan Behavior (TPB) that attitude is a factor in someone who is learned to give a positive or negative response to something that is given.

Based on the description above, the author believes that adolescents or students have a bad attitude in themselves can be caused by a reason to break away from boredom so that the negative response affects smoking behavior that comes from curiosity, want to try and in influence by the environment around

IV. CONCLUSION

Based on the results of the analysis in the previous chapter, it can be concluded as follows:

- a. The results obtained from the factors of knowledge with smoking behavior that is as much (67.4%).
- b. The results obtained from the factors of friends with smoking behavior are as much as (70.0%).
- c. The results of the factors of parents with smoking behavior are as much as (67.4%).
- d. The results of the school environment factors with smoking behavior are as much as (52.2%).
- e. The results obtained from media factors with smoking behavior are as much as (57.9%).
- f. The results of attitudinal factors with smoking behavior are as much as (65.2%).
- g. Adolescent behavioral factors that have a relationship with smoking behavior are knowledge factors, friend factors, media factors, and attitude factors.

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