

Analysis of Tobacco Consumption Behavior in Adolescents at Kediri Regency

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ABSTRACT

Background: The prevalence of adolescent smokers in Indonesia is very worrying, with an estimated number of 70 million children in Indonesia and making Indonesia the third country with the highest number of smokers in Asia. The tendency of adolescents who want to try smoking causes health problems.

Purpose: The purpose of this research is to know the description of smoking habits among adolescents in Kediri Regency.

Method: This research is a survey research with a population of all adolescent groups in Kediri Regency. Samples were taken purposively by 300 respondents. The data collection method in this study used a questionnaire. This study uses a quantitative descriptive technique by describing several variables including pocket money, the role of health workers, information on the dangers of smoking, cigarette advertisements, knowledge, attitudes, smoking status.

Results: The majority of adolescent smokers in Kediri Regency are male with an age range between 14-16 years with junior high school education. The average number of cigarettes consumed is between 1 to 4 cigarettes, spending an average of Rp. 300,000 per month for the type of cigarette consumed, the majority of which are white cigarettes. The first time they got to know cigarettes at the age of 14 to 15 years was 123 people (79%). They know cigarettes through exposure to internet media.

Conclusion: The Adolescents have various reasons behind their smoking behavior. They tend to have great curiosity. The habit of smoking for students begins because they are consumed by advertisements and persuaded by friends.

Keywords: adolescents, cigarette ads, tobacco

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BACKGROUND

Tobacco consumption is responsible for 8 million preventable deaths in the world, mainly through Non-Communicable Diseases (NCD). As much as 71% of global deaths are caused by Non-Communicable Diseases which are dominated by 4 (four) main types of diseases. Deaths from smoking-related diseases include cardiovascular disease, diabetes, cancer, and respiratory disorders. Indonesia experienced an epidemiological transition during 1990-2017, where deaths from communicable diseases decreased from 47.42% to 16.68% and deaths from non-communicable diseases (PTM) increased from 40.76% to 75.02% (IAKMI, 2020).

Of the ten countries with the highest number of smokers in the world, Indonesia ranks third after China and India. The number of cases in Indonesia uses the 2013 Riskesdas Smoker Prevalence data for ages >10 years of 29.3%, resulting in an absolute value of 53.7 million smokers. In 2006, Indonesia ranked 5th in the number of cigarettes consumed after China, America, Russia and Japan. In 2018, Indonesia ranked second after China, when cigarette consumption in America, Russia and Japan decreased (IAKMI, 2020).

Every year tobacco kills more than 8 million people worldwide. More than 7 million of these deaths are directly attributable to tobacco use and 1.2 million non-smoker deaths are due to exposure to secondhand smoke. The prevalence of tobacco use in Indonesia is very high. In Indonesia, 60.8 million adult males and 3.7 million adult females are smokers, and tobacco use among children and adolescents has continued to increase in recent years. The Indonesian Government's plan for 2024 is to focus on improving the welfare of the Indonesian people, through human resource development in order to achieve better productivity and inclusive economic growth (WHO, 2020).

The serious threat currently facing Indonesia is the increasing number of smokers with the prevalence of male smokers in Indonesia being the highest in the world and it is predicted that more than 97 million Indonesians are exposed to cigarette smoke. The trend of increasing smoking prevalence is seen to be greater in the group of children and adolescents (Kemenkes, 2019).

The prevalence of smokers aged > 15 years decreased from 33% in 2013 to 33.8% in 2018, but the absolute number of smokers increased from 64.9 million in 2013 to 65.7 million in 2018 due to population growth > 15 years 2013-2018. While the 2013 Riskesdas data which is commonly used nationally based on age > 15 years shows a smoker prevalence of 36.3% or the number of smokers is 64.9 million (IAKMI, 2020). According to Marthuni and Tahlil (2020) that the level of motivation to stop smoking in college students is more than half in the low category, namely as many as 58 respondents (52,7 %).

Global Youth Tobacco research shows that the prevalence rate of teenage smokers in Indonesia is very worrying. It is estimated that out of 70 million Indonesian children, 37% or the equivalent of 25.9 million Indonesian children are smokers and this number makes Indonesia the country with the highest number of smokers in Asia (Noviana, Riyanti, & Widagdo, 2016).

The tendency of adolescents who want to try smoking causes health problems. Adolescence is a stage where they are still looking for their identity, they still want to try new things and are easily influenced by the environment they live in. Among today's youth, smoking can be regarded as a natural habit (Mirnawati, Nurfitriani, Zulfiarini, & Cahyati, 2018).

One of the parts of the brain that is still developing until a adolescents is reaches 20 years old is the forebrain (prefrontal cortex/PFC) – the part of the brain that is mediated for cognitive, executive, memory and emotional control functions. The fact that this part of the brain is in the process of development causes adolescents to be vulnerable in making decisions.

Nicotine consumption in the developmental phase causes damage to the development of the forebrain (PFC) which is related, among others, to the ability to analyze situations, make decisions, and emotional stability (IAKMI, 2020).

One of the government programs called Sustainable development goals (SDGs) is the eradication of poverty in all forms everywhere. Understanding the condition of poverty in Indonesia is the basis for establishing effective policies to reduce poverty. The list of poverty line commodities in Indonesia places the portion of tobacco consumption in second place. Tobacco consumption is clearly associated with morbidity and mortality, while tobacco consumption cannot be explained by its benefits. Tobacco consumption reduces household investment in health and education. Health has a positive effect on poverty and education has a negative effect on poverty. Another interesting piece of evidence is that tobacco consumption is greater among members of lower-income households (Kurniawan, 2022).

From the results of screening and observations of several schools in the Kediri district in 2022, at the junior high school, high school, private vocational school levels related to the smoking lifestyle, many of them are found among them in stalls or hangout places around schools when they come home from school. Based on the description above, the researcher is interested in research entitled Analysis of Tobacco Consumption Behavior in Adolescents in Kediri Regency.

METHODS

The type of research used in this research is survey research with a population of all adolescent groups in Kediri Regency. Samples were taken purposively by 300 respondents. The data collection method in this study used a questionnaire filled out by respondents who were willing and had signed informed consent.. This study uses a quantitative descriptive technique by describing several variables including pocket money, the role of health workers, information on the dangers of smoking, cigarette advertisements, knowledge, attitudes, smoking status.

RESULTS

Table 1. Characteristics of Adolescent Respondents in Kediri Regency

Characteristics	Frequency	Percentage (%)
Age		
11 – 13 years	40	13
14 – 16 years	182	61
17 – 19 years	78	26
Gender		
Man	227	76
Woman	73	24
Education		
Junior High School (SMP)	120	40
Senior High School (SMA)	180	60
Smoking Status		
Smoke	156	52
Don't Smoke	144	48
Media Exposure on the Dangers of Cigarettes		
Exposed	294	98

Never Exposed	6	2
Types of Media Exposure on the Dangers of Cigarettes		
Newspaper/Magazine	11	3,7
Television	10	3,3
Radio	6	2
Billboards / Banners	124	41,3
Internet	149	49,7
Knowledge of the Impact of Cigarettes		
Good	186	62
Enough	90	30
Deficient	24	18
Attitudes about smoking		
Very Negative	8	2,7
Negative	132	44
Neutral	96	32
Good	54	18
Very good	10	3,3
Attitudes about tobacco control		
Very Negative	10	3.3
Negative	48	16
Neutral	60	20
Good	162	54
Very good	20	6,7
Total	300	100

Table 1 explains that of the 300 teenagers in Kediri Regency, it is described that the majority of respondents are between 14 and 16 years old, namely 182 people (61%). Most of the respondents were male, namely 227 people (76%). The educational background of all respondents mostly had high school education of 180 people (60%). In their daily lives, most of them smoke, namely 156 people (52%).

Media exposure about the dangers of smoking illustrates that most of them, namely 98%, have been exposed to the media about the dangers of smoking. Most of those who had received information about the dangers of smoking, namely 49.7%, obtained information through the internet.

Based on the results of the study, it was illustrated that most of the 300 youth respondents in Kediri Regency had good knowledge about the effects of smoking, namely 62%. Most of the youth respondents in Kediri Regency have a negative attitude about smoking by 44% of the 300 respondents. the majority of young people in Kediri Regency have good attitudes related to tobacco control, namely 54% of 300 teenage respondents in Kediri Regency. Table 2. Description of Adolescent Smokers in Kediri Regency

Characteristics	Frequency	Percentage (%)
Gender		
Man	151	76
Woman	5	24
Education		

Junior High School (SMP)	86	40
Senior High School (SMA)	70	60
Age of first smoking		
≤ 7 years	-	-
8 – 9 years	3	2
10 – 11 years	8	5
12 -13 years	17	11
14-15 years	123	79
≥16 years	5	3
Types of Cigarettes Consumed		
Cigarette	17	10,9
White Cigarettes	138	88,5
E-cigarette	1	0,6
Number of Cigarettes Per Day		
1 s/d 4 cigarettes	136	87,2
5 s/d 8 cigarettes	18	11,5
9 s/d 12 cigarettes	2	1,3
Desire to Quit Smoking		
There is	14	9
No	142	91
Types of Media Exposure on the Dangers of Cigarettes		
Newspaper/Magazine	5	3,2
Television	29	18,6
Radio	5	3,2
Billboards / Banners	45	28,8
Internet	72	46,2
Jumlah	156	100

Of the 300 youth respondents in Kediri Regency, there were 156 people (52%) who had the habit of smoking in their daily lives. Most of which are male. It was also found in female respondents that they also smoked in their daily lives, but the number was very small compared to men, namely only 3% of the number of adolescent smokers. Judging from education, most of the smoking behavior in adolescents had junior high school education, namely 86 people (55%) of the 156 respondents who smoked.

The first time they got to know cigarettes was the majority of teenage smokers in Kediri Regency aged 14 to 15 years, namely 123 people (79%) of 156 teenage smokers in Kediri Regency. In adolescent smokers in Kediri Regency, most of them consume white cigarettes. The number of cigarettes consumed per day is an average of 1 to 4 cigarettes. At this time, the majority of teenage smokers in Kediri Regency do not have the desire to quit smoking, namely 91% of all teenage smokers in Kediri Regency. Of the 156 adolescent smokers in Kediri Regency, all of them had received related information about the dangers of smoking. Most of them, namely 46.2% of teenage smokers, had received information about the dangers of smoking through the internet.

DISCUSSION

Most of the adolescent smokers in Kediri Regency are male with an age range between 14-16 years with most of them still having junior high school education. The number of cigarettes consumed by adolescent smokers is on average between 1 to 4 cigarettes, spending an average of Rp. 300,000 per month with selected cigarettes, most of them are white cigarettes. The first time they got to know cigarettes was at the age of 14 to 15 years, namely 123 people (79%). Adolescents tend to have great curiosity. The habit of smoking for students begins because they are consumed by advertisements and persuaded by friends.

Most of them find information related to smoking through the internet. Because nowadays most of them already carry cellphones with internet facilities that can easily convey information to the public, especially to adolescents regarding the effects of smoking. So far, they have been exposed to cigarette advertisements through billboards or posters posted around the area in Kediri Regency. Most of the youth in Kediri Regency are well aware of the effects of smoking. But they still doubt the existence of cigarettes.

Of the 156 adolescent smokers in Kediri Regency, currently they still do not have the desire to quit smoking, namely 91% of all adolescent smokers in Kediri Regency. At this time they still cannot predict whether they will stop or not because some of the respondents stated that if they don't smoke they will taste bitter in their mouths and still want to consume cigarettes to get rid of the bitter taste in their mouths. Basically, some of them have received invitations to stop smoking from health workers who carry out socialization at their schools. However, they did not heed the invitation.

Adolescent age ranges from 10 years to 21 years. Adolescence is a transitional phase from childhood to adulthood. The achievement of self-identity in adolescence that occurs is very prominent, thinking is increasingly logical, abstract, and idealistic. Another need of adolescents is peers, where peers are very important for adolescents to know the world outside the family. However, in their interactions, adolescents often experience strong pressure to follow their peers or so-called conformity. If most of their peer environment is smoking, then the environment has a big influence on smoking activities for them (Diananda, 2018).

Perceived behavioral control and intention are related to smoking behavior in early adolescents. The most influential factor is perceived behavioral control. Teenagers believe that being around people who smoke gives them motivation to smoke and they believe that people around them will approve of them smoking. This finding is supported by the results of the respondent's demographic data which shows that the majority of early adolescents who smoke come from families of smokers (Setyowati, Wahyuni, & Widyawati, 2020).

The Adolescents have various reasons behind them in smoking behavior where smoking behavior is a function of the environment and the individual. This means that smoking behavior is caused not only by internal factors, but also by environmental factors. Factors from within adolescents, namely the symbolization that is characterized by individuals which depict symbols of maturity for themselves, strength, leadership, and attractiveness to the opposite sex shown in adolescents to others.

The adolescent smokers in Kediri Regency can easily buy cigarettes in retail per stick at the stall because according to the respondents most of the shop owners do not refuse when respondents who are still students buy cigarettes at the shop. There are also those who buy cigarettes per pack at a time but don't explode in a day.

The Adolescent smokers in Kediri Regency have good knowledge about the effects of smoking, which is 62%. They already know that smoking can harm their health. Their opinion is that smoking can cause serious illnesses including heart attacks, cancer, lung disease, and abortion. Most of them also understand that smoking can make them addicted so it is difficult

to quit smoking and cigarette smoke can also be harmful to those around them.

Most of them also have a negative attitude towards smoking, which is 44%. Smoking behavior in adolescents is still difficult to avoid. They still lose that smoking can make them cool and reduce the stress they experience while studying. Some of them feel that cigarettes do not spend part of their pocket money.

In modern era, almost all people have cell phones which are facilitated by applications in the delivery of various information developments. The easy access to the internet at this time supports the public to easily get the information contained in it, including all information related to information about smoking and the dangers that can be caused by smoking/tobacco. During the Covid-19 pandemic, it will be easy for everyone to use digital media in their activities. During the pandemic, many youth activities took place through internet media, starting from learning and playing games that were carried out every day. So internet exposure will make it easier for someone to accidentally get information related to the dangers of smoking/tobacco.

With these supporting conditions, a good attitude related to tobacco control is equal to 54% of 300 youth respondents in Kediri Regency. Some of them are of the opinion that tobacco control needs to be carried out, one of which is to prohibit smoking in public places, and not to sell cigarettes to minors. Adolescence is a time when curiosity is still high. This is supported by the fact that during adolescence they are easily influenced by their peers and exposed to cigarette advertisements, both online and not, so there is a need for government policies regarding easy access to cigarette advertisements. there needs to be restrictions or strengthening in advertising, especially cigarettes, perhaps in the placement of cigarette advertisements, the timing of advertisement publication, . starting from regulations regarding cigarette advertising which can be easily accessed in any media for the younger generation.

Specifically for government policies related to easy internet access among teenagers, it is necessary to limit or strengthen regulations related to cigarette advertising which can be easily accessed in various media for young people today.

CONCLUSION

There are still teenagers who smoke in Kediri Regency where the majority are male with an age range between 14-16 years with most of them still junior high school education. The number of cigarettes consumed by adolescent smokers is on average between 1 to 4 cigarettes, spending an average of Rp. 300,000 per month. Most of them find information related to smoking through the internet. Because nowadays most of them already carry cellphones with internet facilities that can easily convey information to the public, especially to teenagers regarding the effects of smoking. So far, they have been exposed to cigarette advertisements through billboards or posters posted around areas in Kediri Regency. Most of the youth in Kediri Regency are well aware of the effects of smoking. But they are still negative about the existence of cigarettes.

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