



Health Education On The Level Of Knowledge About The Hazards Of Smoking In Youth

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ABSTRACT

The World Health Organization (WHO) states that smoking is not only done by men, but also by women. Global data states that 63% of men and 4.5% of women are smokers. Smoking is one of the addictive substances that cause health hazards that are mostly in demand by many men. Smoking behavior in adolescents will generally increase according to the stage of development and increase in the frequency and intensity of smoking which causes nicotine dependence. Nicotine can cause addiction not only in active smokers but also in passive smokers. In Indonesia, novice smokers are teenagers, this behavior begins in adolescence and increases to become regular smokers within a few years. The reason the researcher chose SMPN 6 Rajadesa is because smoking among teenagers is a phenomenon that often occurs in Rajadesa District. Objective: to determine the effect of health education on the level of knowledge about the dangers of smoking in adolescents. Methods: This research uses qualitative analytical methods with Pre-Experimental design in the form of One-Group Pre-Test and Post-Test. The population in this study were 227 students. Sampling in this study used non-random sampling with the type of sampling quota as many as 69 respondents. Results: the results of the study based on the Paired sample t test showed a significant value. 2-tailed) = 0.000 < = 0.05. Conclusion: there is a difference or influence between health education on the level of knowledge about the dangers of smoking in adolescents at SMPN 6 Rajadesa, Rajadesa District, Ciamis Regency.

INTRODUCTION

Adolescence is a transitional period from childhood to adulthood. Each period has its own stages but adolescence is often a problem that is difficult for adolescents to overcome. Problems that often occur among adolescents include drug dependence, alcohol and smoking. (Astuti et al., 2023).

Smoking is an addictive substance that causes harm to health. Tobacco use, including forms other than cigarettes, continues to increase among adolescents and is likely to jeopardize progress in reducing chronic diseases and tobacco-related deaths (Fauziah et al., 2019).

Adolescent smoking behavior will increase according to the stage of development and increase the frequency and intensity of smoking which causes nicotine dependence which is stimulant (Eka Sri & Muhammad Eka, 2019).

The World Health Organization (WHO) states that smoking is not only done by men, but also by women. In Indonesia, there are about 24.1% male smokers, and about 4.0% female smokers. RISKESDAIS data shows that smoking prevalence in the population aged 10-18 years is increasing. The province with the highest smoking prevalence is West Java with 32.7% (Ali et al., 2020).

In Indonesia, novice smokers are teenagers, this behavior starts and increases starting from adolescence and becomes a regular smoker within a few years. This is supported by the results of Prabandari's survey in junior high schools in Yogyakarta, showing that of 1129 male students, 75% of them have smoked and often smoke, while for girls 23% of 1089 students smoke, 6% of whom are in the frequent smoking category (Eka Sri & Muhammad Eka, 2019). Meanwhile, in Indonesia the number of deaths due to diseases from smoking reaches 300 thousand per year. This is a threat to

economic growth, because non-communicable diseases that originally occurred in old age are now starting to attack younger ages (Nuradita, 2013).

Based on RISKESDAIS data there are 17 provinces that have a prevalence rate of smoking every day, namely West Sumatra, Riau, Jambi, South Sumatra, Bengkulu, Lampung, Bangka Belitung, West Java, Central Java, DI Yogyakarta, East Java, Banten, West Nusa Tenggara, North Sulawesi, Central Sulawesi, Gorontalo and North Maluku. West Java Province ranks in the top 3 provinces with daily smoking prevalence. Smoking prevalence in West Java is still very high in various age groups. On the other hand in West Java smokers still smoke in various places such as smoking in the house (Akmal, 2020).

The percentage of smokers in West Java is higher than the percentage of smokers nationally. Cianjur Regency and Ciamis Regency have the highest percentage of smoking in West Java. However, when viewed from smokers who smoke inside the house, it is known that the highest smokers are in Garut Regency (Rahmawati & Raudatussalamah, 2020).

Smoking is the leading cause of cancer and cancer deaths (Paramita et al., 2020). Cigarette and tobacco consumption is one of the main risk factors for non-communicable diseases such as cardiovascular disease, stroke, chronic obstructive pulmonary disease (COPD), cancer, and pregnancy disorders. These non-communicable diseases are the leading cause of death in the world, including in Indonesia (Eka Sri & Muhammad Eka, 2019).

Adequate knowledge of the dangers of smoking for health is expected to keep people who have not smoked from smoking and smokers from stopping this very dangerous smoking habit (Rahmawati & Raudatussalamah, 2020) Despite having good knowledge of the effects of smoking,

the fact that smoking among adolescents is high is because adolescents do not understand and have good perceptions. Apart from perception, the environment is also a factor that influences a person's behavior. According to Komalasari and Helmi, there are three factors why adolescents choose to smoke, including psychological satisfaction, parents who allow their children to smoke and the influence of peers (Fauziah et al., 2019).

Method

The method used in this research is Pre-Experimental with the form of One-Group Pre-Test and Post-Test. The population in this study were all students in grades VII, VII and IX at SMPN 6 Rajadesa, which amounted to 227 people. The sampling technique used non-random sampling with the type of Quota Sampling and obtained a sample of 69 respondents. This research was conducted at SMPN 6 Rajadesa District Rajadesa Ciamis Regency in March 2022..

The implementation of the study began with a time contract (Informed Consent) until an agreement was obtained through the signing of a letter of consent. After that, the researcher gave a questionnaire (pre-test) which was carried out for 20 minutes. The health education was carried out for 40 minutes using the lecture method and by viewing educational videos about the dangers of smoking and accompanied by given leaflets After being given health education, the researcher took measurements by giving back the questionnaire (post-test). The implementation of the study was carried out in one day from the start of collecting data on the characteristics of respondents (pre-test and post-test).

The instrument used in this study was a questionnaire about the dangers of smoking

with multiple choice questions consisting of 20 questions.

Data analysis in this study used Univariate and Bivariate. Univariate analysis is presented to describe the variables, while bivariate analysis is presented to determine the effect of the variables and the difference between the variables. Paired t-test was used to compare the knowledge of the dangers of smoking before and after the health education.

Research Results

Based on the results conducted at SMPN 6 Rajadesa, Rajadesa District, Ciamis Regency on 69 respondents, the following research results were obtained

1.Respondent Characteristics

Table 1.1 Frequency Distribution of Grade and Age at SMPN 6 Rajadesa

Class	Frequenc y	Percen t
7th grade	26	37,3 %
8th grade	23	33,3%
9th grade	20	29%
Total	69	100

Age	Frequency	Percent
Age 13	21	30,4%
Age 14	27	39,1%
Age 15	21	30,4%
Total	69	100 %

2. Frequency Distribution of Knowledge Level of Students of SMPN 6 Rajadesa

Table 1.2 Frequency Distribution of Knowledge Level of Students of SMPN 6 Rajadesa

No	knowledg e	learning outcomes			
		Pre-test		Post-test	
		Frekuens i	%	Frekuens i	%
1	Both	5	7,2%	60	87.0 %
2	Enough	6	8,7%	9	13.0 %

3	Less	58	84,1 %	-	-
Total		69	100%	69	100%

Variabel	Mean	Std. Deviasi	Mean	t	t	Sig. (2-tailed)
Knowledge about Danger Smoking						
Pre-test	51.93	9.380	34.30	22.527	1.997	0.000
Post-test	86.23	8.198				

DISCUSSION

Based on the results of statistical tests, it is known that the pre-test learning outcomes in SMPN 6 Rajadesa students, students who got good scores were 5 students, with a presentation of 7.2%. Students who scored moderately were 6 people with a percentage of 8.7%, and students who got less were 58 students with a percentage of 84.1%. From the results of the frequency distribution above, it can be concluded that the pre-test learning outcomes of SMPN 6 Rajadesa students are partly in the poor category with an average pre-test score of 51.93.

The understanding of the dangers of smoking in adolescents is said to be still lacking in understanding about the dangers and content of cigarettes themselves. In addition to being said to be lacking, the school is also limited and less in-depth when providing health education to students. Adolescents only recognize the dangers of smoking without knowing the impact and dangers caused by cigarettes themselves. This can be seen from the answers to the questionnaire, most of which answered the wrong questions about the dangers of smoking, the content of cigarettes and the impact of smoking.

This is in accordance with the theory according to in (Syakurah & Moudy, 2020) which states that everyone has a different level of knowledge in outline, in the cognitive domain including the level of knowledge (know) accompanied by understanding (Comprehension) adolescents apply this knowledge in an actual situation or condition which begins

with analysis (analysis) followed by synthesis (syntetic) and ends with evaluating (evaluation) of a material or object.

The post-test learning results on SMPN 6 Rajadesa students, it was found that students who got good scores were 60 students with a percentage of 87%. Students who scored moderately were 9 students with 13% and no students scored less. The average post-test score was 86.23.

Thus it can be seen that the post-test learning results show an increase in knowledge about the dangers of smoking in SMPN 6 Rajadesa students.

These results are in accordance with research (Lestari et al., 2020) entitled The Effect of Health Education with the Mind Mapping Method on the Dangers of Smoking in Adolescents, which shows a significant increase in the dangers of smoking on adolescent knowledge after being given counseling.

This is in accordance with the goal of health education, which is for people to be able to solve their own problems and needs, as well as understand what they can do, with the resources available to them and plus support from outside, so that they are able to decide on the right activities (Widodo, 2014).

Through education there is a process about a person's potential in carrying out life in society in order to be able to adapt to the environment and nature around. This is in accordance with the opinion of in (Nuradita, 2013) that health education is an effort to convey to the community, group or individual. With the hope of gaining better knowledge. This knowledge is expected to affect behavior.

From some of the above understanding, it is clear that health education in this case about the dangers of smoking given to adolescents is very influential on increasing adolescent knowledge, because education will foster and shape a person to think logically, raise awareness and respond to existing symptoms. This means that the

higher a person's education, the reaction that is commensurate with education will be formed in the form of attitudes and behavior towards the object at hand.

The Effect of Health Education on the Level of Knowledge about the Dangers of Smoking in Adolescents at SMPN 6 Rajadesa, Ciamis Regency

Based on table 1.4, it shows that there is a difference or influence between the pre-test and post-test scores at SMPN 6 Rajadesa students with a $t_{count} = 22.527 > t_{table} = 1.997$ with a Sig (2-tailed) level of $0.000 < 0.05$. So it can be concluded that there is or there is an influence between health education on the level of student knowledge about the dangers of smoking in adolescents at SMPN 6 Rajadesa District Rajadesa Ciamis Regency.

The results of this study are in line with research conducted by Indah Riski Hidayati (2019) in a study entitled the effect of health education on the knowledge and attitudes of students about the dangers of smoking class XI SMA Yayasan Wanita Kereta Api Palembang in 2019, it is known that there is an influence before and after health education on attitudes about the dangers of smoking at YWKA high school in Palembang in 2019 (Hidayati et al., 2020). One of the factors that affect a person's knowledge is the information factor, because lack of information can slow down the knowledge a person acquires (Hidayati et al., 2020).

Based on the average knowledge before health education is still low, this is because students have never received information about the dangers of smoking so that respondents believe what they do is correct and not detrimental to their lives. Respondents in this study were men, knowledge is very influential on the emotional level of a man who has a tendency to act to do something like smoking and the average student has smoked so that it causes a negative reaction to the questionnaire given.

CONCLUSIONS AND RECOMMENDATIONS

Conclusion

Based on the results of data collection, processing and analysis regarding "The Effect of Health Education on the Level of Knowledge about the Dangers of Smoking in Adolescents at Smpn 6 Rajadesa District Rajadesa Ciamis Regency", researchers can provide the following conclusions:

1. Students' knowledge before being given health education about the dangers of smoking in adolescents, most students scored less as many as 58 students with a percentage of 84.1%, with an average pre-test score of 51.93.
2. Students' knowledge after being given health education about the dangers of smoking in adolescents, most students get good grades as many as 60 students with a percentage of 87%, with an average post-test value of 86.23. The average GDS in the intervention group before being given a Call Reminder had an uncontrolled category.
3. The effect of health education on the level of knowledge about the dangers of smoking at SMPN 6 Rajadesa Ciamis Regency, it can be concluded that there is, or there is an influence between health education on the level of knowledge of students about the dangers of smoking in adolescents at SMPN 6 Rajadesa District Rajadesa Ciamis Regency.

Suggestion

1. For Educational Institutions
This research can be used as a source of reading or reference to improve the quality of nursing education and as input in the development of nursing science, especially for health influence issues about the dangers of smoking in adolescents.
2. For Schools
SMPN 6 Rajadesa to reduce student smoking can create a counseling program about the dangers of smoking every month

with simple media such as, power point, leaflets, videos and others, so that the delivery of information is easy to digest because it can be seen and heard, in order to increase student knowledge about the dangers of smoking.

3. For Respondents

Students are expected to seek more information about the dangers of smoking, both from teachers, health workers, reading books and the internet, in order to increase awareness of the dangers and effects of smoking.

4. For Other Researchers

The results of this study can be used as basic data for further research, and it is hoped that research development will be carried out on variables that are not yet in this study such as student behavior and attitudes.

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