

STRENGTHENING PEER CAPACITY AND ITS IMPACT ON SMOKING HABITS AMONG HIGH SCHOOL STUDENTS IN KOLAKA DISTRICT

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ABSTRACT

Background: Smoking is one of the most difficult habits for teenagers to break. The prevalence of students smoking in Kolaka Regency is 48%, adolescent smoking habits can be influenced by various factors, namely capacity building and peers. The purpose of this study was to determine the factors related to smoking habits in high school students in Kolaka Regency, Southeast Sulawesi Province.

Methods: This type of research is quantitative, Cross Sectional Study approach. The population is all students in 3 high schools in Kolaka Regency as many as 810 students and a sample of 268 people. The sampling technique uses Cluster random sampling. Data were collected using a questionnaire and analyzed using the chi-square test, relationship tightness test and binary logistic regression test.

Result: The results of the Chi-Square test of capacity strengthening (p value 0.000, ϕ -0.367) and peers (0.000, ϕ -0.540). The results of the significant binary logistic regression analysis obtained a significant value of 0.004 and Wald 8.145, the peer variable obtained a significant value of 0.000 and Wald 24.386.

Conclusion: The role of capacity building is weakly related to smoking habits and peers have the most significant relationship with smoking habits in high school students in Kolaka district.

INTRODUCTION

According to the World Health Organization, 57% of the Asian population are tobacco consumers worldwide.(1) Currently, ASEAN is the region where 10% of the world's smokers and 20% of global tobacco-related deaths occur. According to(2), Indonesia ranks third in the world with 24.2 young smokers, after China and India. Consuming tobacco products and smoking is one of the main risk factors for a number of diseases. According to WHO, smoking is a common cause of death in our society as one person dies from a smoking-related disease every six seconds.(3)Experts provide a number of reasons why people smoke. Everyone has different smoking habits, and this is often adjusted to their respective smoking goals. This statement supports the belief that a person is racialized because of sociocultural factors such as cultural customs, social class, prestige, and educational attainment.(4)

Smokers in Indonesia usually start smoking when they are between 15 and 19 years old, when they are in school. Based on the results of the World Health Organization's Global Youth Tobacco Survey (GYTS) in 2019, 40.6% of Indonesian students were reported to use tobacco products. Of that number, around 60% did not even stop buying cigarettes and were able to buy them from individual retailers.(5) The findings of the Central Statistics Agency's analysis in 2019 showed that the rate of young smokers in Indonesia continues to increase from year to year. Therefore, to maintain, improve and protect the health of school students from the negative impacts of cigarettes, efforts need to be made to improve the habit of not smoking in early childhood communities while still paying attention to local wisdom. Simulation games can be used to promote the habit of not smoking among young teenagers in schools. This is intended to strengthen the self-confidence of the younger generation and help them avoid the dangers of smoking.(6)

Based on the Profile of the Southeast Sulawesi Provincial Health Office, it states that the percentage of smoking in the population aged ≥ 15 years, for 2021 is up to 25.85%, in 2022 it is 23.35% and in 2023 it is 24.66%. From these data, there has been an increase in the percentage of the population who smoke aged ≥ 15 years in the last three years.(7) Based on data from the Kolaka Regency Health Office, the number of high school students in 2023 is 5682 students, of which 2876 students or 48% of the total number of students smoke. Judging from the insight of students who are currently studying at the middle and final levels of education regarding knowledge of the dangers of smoking is still lacking.(8) When compared to other regencies in Southeast Sulawesi Province, such as in Konawe Regency, the percentage of high school students who smoke in 2023 was 24.31%. If the percentage data is compared with the percentage data for Kolaka Regency, it can be seen that the number of smokers among high school students in Kolaka Regency is high. It is clear that the smoking rate among students will continue to increase and disrupt their learning process if this situation is not addressed immediately.(9)

There are many factors that cause high school students to smoke, including capacity building and peers, where these factors will be discussed in this study. In terms of individual development, adolescents are in the process of becoming independent or mature. To achieve this goal, adolescent counseling is needed because they still do not have experience in determining their life path and understanding or insight into themselves and their environment.(10) The results of the study conducted by Mardiana Soleman on the Relationship between the Level of Knowledge About Smoking Behavior and Health in Grade XI Adolescents stated that Knowledge $\rho = 0.028$ because the value of $\rho = 0.028 < 0.05$ and the value for Smoking Behavior $\rho = 0.010$ because the value of $\rho = 0.010 < 0.05$. So the conclusion obtained is that there is a Relationship between the Level of Knowledge About Smoking Behavior in Grade XI Adolescents at SMK Laniang Makassar.

Acceptance of tobacco advertising, sales promotion, and sponsorship contradicts the impact of smoking. To protect future generations from the negative impacts of tobacco use, this empowerment program aims to strengthen community capacity in areas such as tobacco advertising, sponsorship, and prohibition. Other activities include focus group discussions, capacity building programs, community engagement programs, and program monitoring and evaluation.(11) Based on an investigation conducted by Dianita Sugiyo in 2021 regarding community involvement in protecting students from tobacco advertising, promotion, and sponsorship, it was determined that partners had been informed about local government policies regarding the prohibition of tobacco advertising, promotion, and sponsorship, and how these policies should be adhered to in order to protect public health. In order to monitor the tactics used by the tobacco industry in attracting a wider audience to their products through advertising, sales promotions, and cigarette sponsorship, public support and awareness are essential.

Several studies have shown the influence of several factors, such as family, peer pressure, and advertising, on adolescent smoking habits. High school-aged adolescents are influenced by peer attitudes, cigarette advertising, negative interactions with family members, and interactions with

other like-minded individuals.(12) There is a relationship between the influence of hormone equalization and the desire of teenagers to smoke in Darul Kamal Aceh Besar based on Yuliani Safmila's research. ($p < 0.05$).

Based on an initial survey conducted at a Senior High School in Kolaka Regency on 10 students who consume cigarettes, it was found that there were 7 people who consumed cigarettes because they were influenced by friends and there were 3 people who answered because of the model/style and style of young people. Therefore, education for teenagers about the risks of smoking still needs to be done with the hope of increasing awareness and changing the behavior of the future generation of Indonesia by encouraging them to quit smoking or not try it at all. Increasing one's awareness, expanding knowledge, changing attitudes and perceptions of behavior, demonstrating basic skills, inspiring action, and improving habits are part of the goals of Health Education.

METHODOLOGY

This type of research is quantitative, Cross Sectional Study approach. The study was conducted in August 2024 in 3 high schools in State Aliyah Madrasah Kolaka, Senior High School 1 Pomalaa and Public Senior High School 1 Tanggetada and the population was all students in 3 high schools in Kolaka Regency as many as 810 students and a sample of 268 people. The sampling technique used Cluster random sampling. Data were collected using a questionnaire and analyzed using the chi-square test, relationship tightness test and binary logistic regression test.

RESULTS AND DISCUSSION

Table 1. Relationship between Capacity Building and Smoking Habits in High School Students in Kolaka Regency

| Capacity Building | Smoking Habit | | | | Total | | X ² Count X ² Table | p value ω |
|-------------------|---------------|-------------|-----------------|-------------|------------|------------|--|---------------------|
| | Do not smoke | | Smoking (Light) | | n | % | | |
| | n | % | n | % | | | | |
| Good | 84 | 60.4 | 55 | 39.6 | 139 | 100 | 36,188 3,841 | 0,000 -0.367 |
| Not enough | 98 | 76.0 | 31 | 24.0 | 129 | 100 | | |
| Total | 115 | 42.9 | 153 | 67.1 | 268 | 100 | | |

Table 1. shows that out of 268 samples, there are 139 people whose capacity strengthening is good and 129 people whose capacity strengthening is lacking. Then out of 139 people whose capacity strengthening is good, most of them do not smoke as many as 84 people (60.4%) and a small part smoke (lightly) as many as 55 people (39.6%). Furthermore, out of 129 people whose capacity strengthening is lacking, most of them do not smoke as many as 98 people (76.0%), the rest smoke (lightly) as many as 31 people (24.0%). The results of statistical analysis using the Chi-Square test obtained a p value of $0.000 < \alpha (0.05)$ and X^2 Calculation ($36.188 > X^2$ Table (3.841)) and closeness ω (-0.367), so the alternative hypothesis is accepted and it is concluded that there is a weak relationship between capacity strengthening and smoking habits in High School students in Kolaka Regency.

Table 2. Peer Relationship with Smoking Habits in High School Students in Kolaka Regency

| Friends of the same age | Smoking Habit | | | | Total | | X ² Count | p value ω |
|-------------------------|---------------|---|-----------------|---|-------|---|----------------------|---------------------|
| | Do not smoke | | Smoking (Light) | | n | % | | |
| | n | % | n | % | | | | |

| | | | | | | | X²Table | |
|-------------------|------------|-------------|------------|-------------|------------|------------|---------------------------|-----------------|
| Good | 73 | 80.2 | 18 | 19.8 | 91 | 100 | 76,003 3,841 | 0,000 -0.540 |
| Not enough | 42 | 23.7 | 135 | 76.3 | 177 | 100 | | |
| Total | 115 | 42.9 | 153 | 67.1 | 268 | 100 | | |

Table 2. shows that out of 268 samples, there are 91 people whose peers are good and 177 people whose peers are less. Then from 91 people whose peers, most do not smoke as many as 73 people (80.2%) and a small part smoke (lightly) as many as 18 people (19.8%). Furthermore, from 177 people whose peers are less, most smoke (lightly) as many as 135 people (76.3%), the rest do not smoke as many as 42 people (23.7%). The results of statistical analysis using the Chi-Square test obtained a p value of $0.000 < \alpha (0.05)$ and X^2 Calculation $(76.003) > X^2$ Table (3.841) and closeness $\phi (-0.540)$, so the alternative hypothesis is accepted and it is concluded that there is a moderate relationship between peers and smoking habits in High School students in Kolaka Regency.

Table 3. Variables Related to Smoking Habits in High School Students in Kolaka Regency

| Sub Variables | B | S.E. | Wald | Sig | Exp (B) |
|-------------------------|----------|-------------|-------------|------------|----------------|
| Capacity Building | 1,313 | 0.460 | 8,145 | 0.004 | 3,718 |
| Friends of the same age | 2,375 | 0.481 | 24,386 | 0,000 | 10,748 |

Table 3. shows that the results of the binary logistic regression test, obtained the capacity strengthening variable obtained a significant value of 0.004 and Wald 8.145, the peer variable obtained a significant value of 0.000 and Wald 24.386. Based on the largest Wald value, the variable that is most related to smoking habits is the role of peers.

Discussion

The relationship between capacity building and smoking habits

This study shows that out of 268 samples, there are 139 people whose capacity strengthening is good and 129 people whose capacity strengthening is lacking. Then, out of 139 people whose capacity strengthening is good, most do not smoke (60.4%) and a small number smoke (lightly) (39.6%). Furthermore, out of 129 people whose capacity strengthening is lacking, most do not smoke (76.0%), the rest smoke (lightly) (24.0%). The results of statistical analysis using the Chi-Square test concluded that there is a weak relationship between capacity strengthening and smoking habits in Senior High School students in Kolaka Regency.

Capacity building, or increasing institutional capacity, networks, and human resources, is a technique that can be used to achieve this. Increasing institutional capacity, networks, and most importantly, human resources, is a prerequisite for government to develop according to the needs of society.(13) Strengthening the capacity of students regarding smoking behavior aims to improve their knowledge, attitudes, and skills so that they can avoid or stop smoking.

Some effective approaches that can be applied in the context of education and intervention are education and counseling such as training in Schools: Holding training sessions or seminars in schools to educate students about the dangers of smoking and its impact on health, Health curriculum: Integrating materials about the dangers of smoking and how to quit smoking into the health education curriculum.(14) Then prevention programs such as anti-smoking programs by developing and implementing programs specifically designed to prevent smoking, such as school-based programs that include interactive activities. Implementing extracurricular activities, by offering positive and interesting extracurricular activities, such as sports or art clubs, to provide positive alternatives for students.

Peer relationships with smoking habits

This study shows that out of 268 samples, there are 91 people whose peers are good and 177 people whose peers are less. Then from 91 people whose peers, most do not smoke (80.2%) and a small part smoke (lightly) (19.8%). Furthermore, from 177 people whose peers are less, most smoke (lightly) (76.3%), the rest do not smoke (23.7%). The results of the Chi-Square test concluded that there is a moderate relationship between peers and smoking habits in Senior High School students in Kolaka Regency.

Several studies have shown the influence of several factors, such as family, peer pressure, and advertising, on adolescent smoking habits. High school-aged adolescents are influenced by peer attitudes, cigarette advertising, negative interactions with family members, and interactions with other like-minded individuals.(12). There is a relationship between the influence of hormone equalization and the desire of teenagers to smoke in Darul Kamal Aceh Besar based on Yuliani Safmila's research. ($p < 0.05$).

Peer influence is one of the main factors influencing smoking behavior in students.(15)Peers can have a significant positive or negative influence on a student's decision to smoke. Peers can exert direct pressure on students to smoke, for example by asking or encouraging them to try cigarettes in social situations. This pressure often comes in the form of invitations, challenges, or even teasing students who refuse to smoke. Indirect Pressure: Even without explicit instructions, students may feel pressured to smoke because they want to be accepted into their social group or to avoid feeling isolated from their peers. In addition, if students are in a group in where smoking is considered a social norm or common behavior, they may feel that smoking is something that is accepted or expected in the group. This can lead to smoking behavior to conform to group norms. In some social groups, smoking may be seen as a sign of status or maturity. Students who want to improve their self-image or gain social status within the group may feel compelled to smoke.

CONCLUSION

The role of capacity building is weakly related to smoking habits and peers have the most related relationship to smoking habits in high school students in Kolaka district. Therefore, it is necessary for schools to hold routine socialization programs about the dangers of smoking, both for active and passive smokers. This program can be in the form of seminars, discussions, or educational film screenings. As well as building Open Communication, by creating an atmosphere where children feel comfortable talking about everything, including the pressure to try smoking

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