

PARENT SUPPORT RELATIONSHIP WITH SMOKING BEHAVIOR

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ABSTRACT

This study aims to determine the relationship between parental support and school children's smoking behavior. This research method uses descriptive correlational research with a cross-sectional approach. The study's results based on class and age showed that 22 students, with a percentage of 73.3%, had supportive parental social support, and 16 students, with a rate of 53.3%, had terrible smoking behavior. The P value of parents' social support with smoking behavior is 0.207. In conclusion, it shows no relationship between parental consent and school children's smoking behavior.

Keywords: Parents' Social Support, Smoking Behavior, Elementary School Students

INTRODUCTION

Smoking is a dangerous habit as it is harmful not only to smokers but also to those who inhale cigarette smoke from smokers, known as passive smoking. Smoking is prevalent in the community, affecting everyone from children to teenagers to adults. For smokers, smoking can cause various diseases, such as high blood pressure and heart disorders, caused by the influence of chemical substances in cigarettes, such as nicotine and tar (Trisanti, 2016).

The Global Youth Tobacco Survey (GYTS) stated that Indonesia is the country with the highest number of teenage smokers in the world and the age at which they first tried smoking based on age group and sex based on the 2014 GYTS men who first smoked at the age of 12-13 years, and most women first tried smoking at the age of 14-15 years (Sawitri & Maulina, 2020; RI Ministry of Health, 2015).

According to reports from the world health agency WHO on global tobacco consumption. The number of active smokers reached 62.8 million, and as much as 40% came from the lower middle class. The prevalence rate for smoking in Indonesia is the third highest globally, with around 46.8% of men and 3.1% of women. Based on the age classification of more than ten years as a smoker (Attaqy et al., 2019; WHO, 2021).

Data from the Global Youth Tobacco Survey (GYTS) (2019) shows that 40.6% of students in Indonesia (age 13-15 years), 2 out of 3 boys, 1 out of 5 girls have used tobacco: 19.2 % of students smoke and of these, 60.6% are not even prevented from buying cigarettes because of their age. Two-thirds of them can buy retail cigarettes.

The number of child smokers aged 10-14 years has increased significantly. In 1995, smoking prevalence was 0.3%, so the number of smokers aged 10-14 years was estimated at 71.1 thousand people. The number and increase of smokers increased sharply in 2010, with a smoking prevalence of 2%. Then the number of smokers aged 10-14 is estimated to be 426.2 thousand. This means that within 12 years, the number of

child smokers has increased six times (RI Ministry of Health, 2018). Cigarettes have a new variety due to the growing number of tobacco smokers, the development of the era, and the advancement of technology, not only because of the taste and shape but also because of how it is burned, now known as vape. Vaping is gaining popularity as an alternative to smoking. Unlike traditional cigarettes, vape is an e-cigarette with a battery-operated device that allows the user to breathe in nicotine through a vapor. They are sometimes called Electronic Nicotine Delivery Systems (ENDS) (Ahmad et al., 2020; European Lung Foundation, 2020).

Transmission of smoking behavior is thought to occur at the age of children in high-grade elementary schools (grades 4, 5, and 6) as well as in early youth (junior high school and early high school). Critical periods are related to the characteristics of individuals' physical, social, and emotional development from childhood to young adulthood. In line with their physical development, elementary school children in higher grades (10-12 years) tend to see that everything must be accurate, visible, even if it needs to be felt or tried. In terms of their responses to parents' advice not to try cigarettes, elementary school children in grades 4, 5, and 6 often still feel unsure before being able to explain as well as possible about the dangers of smoking.

Asap rokok elektrik menginduksi edema dan mengurangi aktivitas makrofag alveolar di paru-paru, menurut penelitian. Sel-sel ini berperan dalam menempelnya debu, bakteri, dan pemicu alergi (Hasni & Widati, 2022; Scott et al., 2018). Parental support is part of social support. Social support is a social bond that is closely forged between individuals with one another, given in the form of information or advice, affection, appreciation and assistance materially and non-materially (Biahimo & Modjo, 2021; Setyaningrum, 2015).

Smoking behavior in Indonesia based on RI Ministry of Health data (2018) population 15 years and over has not decreased from 2007 to 2013, tended to increase from 34.2 percent in 2007 to 36.3 percent in 2013. 64.9 percent were male, and 21 percent of women still smoked cigarettes in 2013. There were 1.4 percent of smokers aged 10-14 years, 9.9 percent of smokers in the non-working group, and 32.3 percent in the lowest ownership index quintile group.

Increased consumption of cigarettes has an impact on the higher burden of disease caused by smoking and increased mortality due to smoking. In 2010 it was estimated that the death rate of smokers would reach 10 million people, and 70% of them would come from developing countries because currently, 50% of deaths due to smoking are in developing countries, where 650 million people will be killed by smoking, half of which are of productive age and will lose their lives. Life expectancy (lost life) of 20-25 years (World Bank) (Kemenkes RI, 2015).

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RESEARCH METHODS

Research Design

This descriptive correlational research explains the relationship between the two independent variables and the dependent variable with a cross-sectional research design, where data concerning the independent and dependent variables are collected together.

Population and Research Sample

Population

The study population was all students in grades 4, 5, and 6 in SD Danupan Bulu Temanggung, totaling 31 male students who smoked.

Samples

This study used Total Sampling, namely selecting samples using the determined population (Dahlan, 2009). In this study, researchers used as many as 30 samples. The samples used were those that met the following inclusion and exclusion criteria:

Location and Time

The research was conducted at SD Negeri Danupan Bulu Temanggung on February 21, 2017.

RESULT

Characteristics of Respondents

Table. 1
Characteristics of Respondents Based on Class

Class	Frequency (f)	Percentage (%)
Class 4	12	40
Class 5	9	30
Class 6	9	30
Amount	30	100

Based on the data in Table 1 above, it can be seen that the majority of class 4 respondents were 12 students with a percentage of 40%.

Distribution of Respondent Characteristics by Age

Table. 2
Distribution of Respondent Characteristics by Class in SD

Ages	Frequency (f)	Percentage (%)
10 tahun	12	40
11 tahun	9	30
12 tahun	8	26,7
13 tahun	1	3,3
Mounth	30	100

Based on the data in Table 2 above, it can be seen that the majority of student respondents aged 10 years were 12 students with a percentage of 40%.

Univariate Analysis

Distribution of Parental Social Support

Table. 3
Distribution of Parental Social Support in SD

Parental Social Support	Frequency (f)	Percentage (%)
Mendukung	22	73,3
Tidak Mendukung	8	26,7
Jumlah	30	100

Based on the data in Table 3 above, it can be seen that 22 students (73.3%) of parents' social support are in the supportive category.

Distribution of Student Smoking Behavior

Table. 4
Distribution of Students' Smoking Behavior in Elementary Schools

Student smoking behavior	Frequency (f)	Percentage (%)
Buruk	14	46,7
Sangat Buruk	16	53,3
Jumlah	30	100

Based on the data in Table 4 above, it can be seen that the smoking behavior of 16 students (53.3%) is in the very bad category.

Distribution of Parents' Social Support with Smoking Behavior

Table. 5
Cross tabulation between Parents' Social Support and Students' Smoking Behavior in Elementary Schools Social Support for Student Smoking Behavioric Parent Social

Social Support Parent	Student Smoking Behavior		Total			
	F	%	F	N	F	%
Support	5	35,7	3	18,8	8	26,7
Does not support	9	64,3	13	81,2	22	73,3
Total	14	100	16	100	30	100

Based on the data in Table 5 above, it can be seen that there were 5 students (35.7%) with bad smoking behavior, their parents' social support was supportive.

Bivariate Analysis

Table. 6
Relationship between Parents' Social Support and Students' Smoking Behavior in Elementary School

	R	P value
Relationship between Parents' Social Support and Student's Smoking Behavior	0,237	0,207

Table 6 states that there is no relationship between parental social support and students' smoking behavior at SD Negeri Danupan Bulu Temanggung, with a significance value in the results showing $p = 0.207$ ($p > 0.05$).

DISCUSSION

Characteristics of respondents

By Class

The results showed that the majority of class 4 respondents were 12 students, a percentage of 40%, with the majority being ten years old and as many as 12 students with 40%. This shows that the respondents fall into the adolescent age category; adolescents aged 10-12 years are included in the early adolescent category with the characteristics of feeling closer to their peers and like they want to be free.

By Age

Age is an age which, in general, is an indicator of maturity in every decision-making that refers to every experience. The more mature the level of maturity and strength, the person will be more mature in thinking and logic. In connection with the age of the respondents who are still teenagers, maturity based on age in this study is not too dominant, where all respondents are teenagers who still have unstable emotional levels. Intelligence thinking has not become a reference in every decision-making where outbursts of feelings, anger, and emotions are prioritized so that even in behavior, deviations often occur, including consuming smoking.

Parental Social Support Relations

Parents Social Support

The results showed that 22 students (73.3%) of parents' social support were in the supportive category. In this study, the forms of parental social support were divided into 4, namely: Informational support that can be given to adolescents to prevent smoking behavior using which parents can provide information about the dangers of smoking, prohibit children from smoking, and can be supported by placing posters dangers of smoking in the house poster. Lack of informational support for children because parents do not know the impact of smoking behavior on children also causes these children to smoke. Parents can show emotional support by comforting teenagers when sad, inviting children to chat, and caring for them when sick. There is also instrumental support, namely support that includes direct assistance, which can be in the form of services, time, or money, and support for self-esteem can be shown by parents by giving praise to children for not smoking, giving gifts because children do not smoke and can also feel proud because the child is not a smoker. The results of research conducted by Irwan & Nule (2019) show that there is a relationship between peer support and smoking behavior ($P=0.000$).

According to Hartutu (2017) a person becomes an active smoker because of the nicotine addiction found in cigarettes. Smokers consider that without smoking, their life to be empty. Smokers eventually get used to smoking to feel calm and enjoy the sensation so that psychological dependence on cigarettes occurs. In addition, teenagers also choose to cover up their embarrassment in front of other people by smoking (Irwan et al., 2023).

The results of this study are the same as the research conducted by Riyadi & Handayani (2021). The social environment influences individuals to smoke; most experience heavy smoking behavior 20 (66.7%) as well as research conducted by Rahmawati et al. (2018), namely the majority of the social environment that provides positive (high) social support 90% totaling 85 respondents. Furthermore, 82 respondents gave negative social support (low) by 10%. Social support is expected to help individuals to reduce or stop smoking behavior.

Student Smoking Behavior

The results showed that the smoking behavior of 16 students (53.3%) was in the evil category. This shows that the smoking behavior of adolescents is not good. The first environment is obtained from within the family, but the family environment is not the main one because social factors in the community can also influence smoking behavior in children (Suryawan et al., 2023; Durant et al., 2015). The data analysis results obtained the correlation $r_{xy} = 0.491$ $p < 0.01$, which means that there is a positive relationship between peer conformity and smoking behavior in adolescents. The coefficient of determination (R Squared) of 0.241 indicates that the peer conformity variable contributes 24.1% to adolescent smoking behavior. In comparison, the effective contribution of 75.9% is influenced by other factors, namely parental influence, personality factors, and the influence of advertising (Astuti, 2018).

The Relationship between Parents' Social Support and Smoking Behavior

The results showed no relationship between parental social support and students' smoking behavior at SD Negeri Danupan Bulu Temanggung, with a significance value in the results showing $p = 0.207$ ($p > 0.05$).

Researchers can understand how the characteristics of students from the questionnaire that shows the extent of their smoking behavior; students are often invited or invite their friends to smoke, and they sometimes feel curious every time they see other people smoking or see cigarette advertisements; they also see their parents smoking, they feel that the figure means to teach us to smoke.

There is no relationship between parental social support and smoking behavior. . Environmental factors are everything around humans that affect the development of human life both directly and indirectly, so it will affect smoking behavior in adolescents.

Sartika (2016) states that cigarette advertisements are also one factor influencing a person to start smoking. The number of youth activities, such as music concerts, art performances, youth seminars, and others sponsored by cigarettes, is also one of the factors that cause adolescents to smoke (Rarasati et al., 2021). With the incessant advertising and the many youth activities sponsored by cigarettes, teenagers' curiosity about smoking increases, so the trend of smoking among adolescents also increases. The results of Ahmad et al. research (2020) show a relationship between parents' knowledge and upbringing and smoking behavior in students of SMA Master Makassar. The research results by Anwary (2020) show a relationship between the role of parents and student smoking behavior.

The results of Marita & Yansyah (2023); Amira et al., research, (2019) show a relationship between attitudes, knowledge, facilities, infrastructure, parents, advertisements, and peers with smoking behavior as a suggestion to be able to guide

students to avoid smoking behavior and reinforce the socialization of smoking bans in schools.

CONCLUSION

Based on the results of the data analysis, it can be concluded that there is no significant relationship between parental social support and smoking behavior in students at SD Negeri Danuputan Bulu Temanggung with $p = 0.207$ ($p > 0.05$).

SUGGESTION

Suggestions for parents want to be supervision, guidance, direction, role models and limits in associating with children.

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