

Parental Influence on Smoking Behavior in Teenagers

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ABSTRACT

Adolescence is a problematic and difficult period because it often gives rise to several problems that are difficult to overcome, such as drug and cigarette dependence. The proportion of smoking among teenagers aged less than 15 years is greater than among those aged above because teenagers tend to have a greater curiosity, so they are more likely to smoke than adults. Parents are one of the factors causing smoking behavior in teenagers, because parents are figures for their children, so if parents smoke, teenagers tend to imitate their parents' behavior. Parents who smoke significantly increase teenagers' tendency to smoke by 1.397 times compared to teenagers whose parents are not smokers. Smoking has a huge negative impact on teenagers. Knowing how much influence parents have on adolescent smoking behavior. This research uses quantitative methods, and analytical descriptive design with a cross-sectional approach. The research population was teenagers with smoking behavior, totaling 83 respondents. The sampling technique uses purposive sampling. The questionnaire used was created by researchers from modifications from various sources. There is a significant relationship between parental influence and smoking behavior in adolescents. With an OR of 2,824, this means that parents have a 2,824 times chance of causing smoking behavior in teenagers. There is a need to educate parents not to smoke at home and in front of their children.

Keywords: Smoke; Parent; Teenager

ABSTRAK

Masa remaja merupakan masa bermasalah dan sulit, karena sering menimbulkan beberapa masalah yang sulit untuk diatasi, seperti ketergantungan obat serta rokok. Proporsi merokok pada remaja usia kurang dari 15 tahun lebih besar dibandingkan yang berusia di atasnya, karena remaja cenderung memiliki rasa ingin tahu yang besar, sehingga mereka lebih mungkin merokok dibandingkan dewasa. Orang tua merupakan salah satu faktor penyebab perilaku merokok pada remaja, karena orang tua merupakan *figure* bagi anaknya, sehingga jika orang tua merokok, maka remaja cenderung meniru perilaku orang tuanya. Orang tua yang

perokok secara signifikan meningkatkan kecenderungan remaja untuk merokok sebesar 1,397 kali dibandingkan remaja yang orang tuanya bukan perokok. Merokok memberikan dampak yang negative yang sangat besar bagi remaja. Mengetahui seberapa besar pengaruh orang tua terhadap perilaku merokok remaja. Penelitian ini menggunakan metode kuantitatif, rancangan deskriptif analitik dengan pendekatan *cross-sectional*. Populasi penelitian adalah remaja dengan perilaku merokok, berjumlah 83 responden. Teknik pengambilan sampel menggunakan *purposive sampling*. Kuesioner yang digunakan dibuat oleh peneliti dari hasil modifikasi dari berbagai sumber. penelitian terdapat hubungan yang signifikan antara pengaruh orang tua dengan perilaku merokok pada remaja. Dengan OR 2.824, artinya orang tua berpeluang 2.824 kali menimbulkan perilaku merokok pada remaja. Perlunya edukasi pada orang tua untuk tidak merokok di rumah dan di hadapan anak-anak mereka.

Kata Kunci; Merokok; Orang tua; Remaja

INTRODUCTION

Adolescent development is characterized by cognitive and affective changes. Cognitive changes are characterized by adolescents who prefer the assessment of their peers and argue or deny when they do not agree with other people's opinions. Meanwhile, in the affective aspect, teenagers tend to be irritable, feel happy easily, and have difficulty controlling themselves. These changes often give rise to several problems that are difficult to overcome, such as drug and cigarette dependence (Meikawati and Prajayanti, 2020).

Currently, there is an increase in smoking behavior from young people to adults (Purwanti et al., 2021). Basic Health Research Data (Riskesdas) for 2018 states that throughout 2013-2018 in Indonesia there was an increase in the number of smokers aged 10-18 years by 0.5%. On the other hand, according to the Central Statistics Agency (BPS, 2022),

throughout 2018-2022 in DKI Jakarta Province, there was a decrease in the incidence of smoking among people aged ≥ 15 years by 9.52% from 30.77% in 2018 to 21.52% in 2022.

Parents have an important role in adolescent smoking behavior because parents are figures for their children. If a parent is a heavy smoker, then their child will tend to imitate this behavior (Komasari, 2019). This is in line with research by Fransiska and Firdaus (2019) which concluded that 53.8% of teenagers imitated their parents' smoking behavior. This research also concluded that teenagers said smoking was normal and they were used to it because they saw their parents smoking so they imitated this behavior. and almost all parents don't know that their children also smoke. Parental behavior can directly influence the formation of their children's personalities. Parents act as role models so that their

behavior will influence their children's personalities. For example, if one of the parents has smoking behavior, the child may also imitate what his father does. (Etrawati, 2014). However, some parents strictly prohibit their children from smoking, but the form of smoking prohibition made by parents is useless if it is not in line with the parents' behavior (Etrawati, 2014).

A similar opinion was expressed by Muhasidah (2016) who said that parents' behavior in responding to teenagers who smoke can influence smoking behavior in teenagers. If parents act firmly to forbid their teenage children from smoking, then the teenagers will try to regulate themselves so they don't smoke. Research conducted by Munir (2019) concluded the same thing that there was a significant positive correlation between parental influence and smoking behavior in adolescent boys in the low (0%), medium (60%), and high (40%) percentage categories.

Smoking causes physiological effects such as lung cancer and infertility. Apart from that, it also has a psychological impact, because the substances contained in cigarettes can cause effects such as reducing the ability to recognize emotions and tending to depression. Apart from that, the toxins contained in cigarettes can also have an

addictive effect. This addiction can make smokers depressed for a long time and even prolonged stress if they don't smoke (Ablelo, Kusuma, and Rosdiana, 2019). Hj. Muhasidah (2016) said that smoking is considered a health and mental disorder. Smoking is also considered an activity that has a comforting effect on its users, this is because cigarettes contain antidepressant substances which can have a comforting effect on smokers. The huge impact of smoking on physical and mental health, especially for teenagers who are exposed to parental behavior, has attracted researchers to research "The Influence of Parents on Teenage Smoking Behavior."

METHOD

This research uses a quantitative approach, with a descriptive analytical design using a cross-sectional approach. Aims to obtain parental influence on adolescent smoking behavior. This research was conducted in April 2023 at SMP Negeri 65 Jakarta. The population is all students at SMP Negeri 65 Jakarta, totaling 157 students. The inclusion criteria for this study were that students at SMP Negeri 65 Jakarta, aged 12-15 years, had smoking behavior of more than 1 and less than 15 cigarettes per day.

The sampling technique uses purposive sampling. Based on calculations, the

sample size is 75 samples, plus 10% dropout to 83 respondents. The research instrument consists of self-identity questionnaires, psychology, parental influence, peer influence, and the influence of cigarette advertising. The validity and reliability test of all items was declared valid with a significance value of <0.05. This normality test uses the one-sample Kolmogorov-Smirnov test statistical technique and is declared non-normally distributed. Bivariate analysis uses chi-square data analysis, while multivariate analysis uses the Ethics multiple logistic regression test.

This research was conducted by considering the basic principles of research ethics, including Respect for Human Dignity, providing research explanation sheets, and informed consent sheets, and respondents filling out this research sheet without coercion. Respecting the privacy and confidentiality of research subjects (Respect for Privacy

and Confidentiality) Researchers implement the principle of Respect for Privacy and Confidentiality, this research uses a Google form that uses the initials of respondents so that the information provided by respondents is kept confidential. Researchers also guarantee the confidentiality of all information provided by respondents. Respect for justice and inclusiveness (Respect for Justice Inclusiveness) must ensure that all respondents receive the same treatment and justice without distinction of ethnicity, race, and ethnicity. Researchers also did not reduce or exaggerate the information provided by respondents. As well as taking into account the benefits and losses incurred (Balancing Harm and Benefits), this research was carried out to provide research benefits for the wider community. This research has passed the ethical test issued by the Jakarta III Ministry of Health Polytechnic Health Team

RESULTS AND DISCUSSION

Below we present the results and discussion of the research as follows:

Table 1.1 Frequency Distribution of Respondent Characteristics

	Variable	F	%
Sex	Men	70	84.3
	Woman	13	15.7

Based on table 1.1, it is known that the majority of teenagers who smoke are male,

amounting to 84.3%.

Table 1.2 Distribution of the Relationship between Gender Factors and Smoking Behavior in Adolescents

Variable	Sex		pValue	OR (95% CI)
	Men	Women		
Smoking Behavior				
Light (%)	27 (38,6%)	11 (89,6%)	0,006	0.114 (0.023-0.555)
Heavy (%)	43 (61,4%)	2 (15,4%)		

Based on table 1.2, shows that the majority of male teenagers have heavy smoking behavior, namely smoking more than 10 cigarettes per day, 43 respondents

(61.4%), while some female teenagers have light smoking behavior, namely smoking less than 5 cigarettes per day, 84.6%.

Table 1.3 Distribution of the Relationship between Parental Influence and Smoking Behavior in Adolescents

Variable	Parental Influence		pValue	OR (95% ci)
	No Effect	Effect		
Smoking Behavior				
Light (%)	24 (58,5%)	17 (41,5)	0.021	2.824 (1.156-6.897)
Heavy (%)	14 (33,3%)	28 (66,7%)		

From Table 1.3 it can be concluded that the majority (66.7%) of heavy smoking behavior in adolescents is caused by influence from their parents. The results of the Chi-Square test showed p-value = 0.037, and it was concluded that there was a significant relationship between parental influence and smoking behavior in adolescents. From the results of the analysis of the closeness of the relationship, OR was

obtained = 2.824, this means that parents have an influence of 2.824 on heavy smoking behavior in adolescents.

DISCUSSION

Smoking behavior is the activity or act of smoking a roll of tobacco wrapped in burnt paper, and then exhaling the cigarette smoke out of the body, which can be inhaled by other people around the

smoker. Smoking has a bad impact on the smoker and the people around him. The temperature of the burning tip of a cigarette can reach 9000C, while the temperature is 3000C for the tip of the cigarette tucked between the smoker's lips (Wahyudi, 2019). Smoking is a behavior that is dangerous for health, but many people still do it. Many people smoke when they are teenagers. Several studies confirm that most smokers start smoking between the ages of 11 and 13 years and 85% to 95% before the age of 18 years (Risksedas, 2018). Smoking not only has a bad impact on health but also has an impact on a person's social, economic, and psychological relationships. From a health perspective, smoking can increase the risk of developing various diseases, such as heart disease, blood vessel disorders, lung cancer, oral cavity cancer, high blood pressure, bronchitis, impotence, pregnancy disorders, and fetal defects (Emilia and Ova, 2008). The social aspect of smoking behavior can have negative effects on passive smokers because the risks borne by passive smokers are more dangerous than active smokers (Sarafino, 2019). Economic aspect, smoking is a wasteful activity in the form of "burning money" (Emilia and Ova, 2008). The psychological impact of smoking behavior is that it influences thoughts, feelings, and addiction which is difficult to stop, causing

teenagers to want to continue repeating their smoking behavior.

The results of this study indicate that parental smoking habits significantly influence adolescent smoking habits. The results of this research are by Aulia's (2020) research in Baamang Hilir, East Kotawaringin, Diyanto (2019) in Ketintang Village, Surabaya City, which concluded that the majority of respondents were influenced by smoking from smoking parents. The results of Novi's research (2020) concluded that the experience of teenagers who live with parents who have a smoking habit is that they are 1,397 times more likely to become smokers. Kwok et al's research in Hong Kong concluded that the smoking behavior of close friends and parents influenced teenagers' smoking behavior. The same thing was also stated by Joungh, et al that the smoking behavior of family members influences the smoking behavior of teenagers in Korea. Harakeh, et al in their study on adolescent smoking behavior found that parents' smoking habits had a direct influence on children's smoking behavior. The results of this study also concluded that parental knowledge and the quality of the parent-child relationship indirectly influence children's smoking behavior.

Parental smoking habits have a strong relationship with students' smoking

behavior (Jamison et al., 2010; Xi et al., 2016). Nearly 70% of respondents had parents who smoked. Students whose parents smoke, either father, mother, or both are more likely to smoke than students whose parents do not smoke at all. Because teenagers with family members who smoke, especially parents, will give young people easy access to cigarettes. Having family members who smoke also poses a huge risk for young people to start smoking (Kaya & Unalan, 2010). Smoking also has a strong psychological impact on young people, namely creating the view that smoking is normal behavior that is acceptable within society's social norms.

The results of Rachmat's research are different from other studies which state that there is no significant relationship between parents' smoking behavior and children's smoking behavior, meaning that there is no difference in smoking behavior between teenagers whose parents are smokers and non-smokers. A different opinion was expressed by Etrawati (2014) that, as role models, parents should provide the best example for their children, including prohibiting smoking for teenagers. Parents are obliged to apply and enforce these rules not only for their children but also for themselves. Parents who are inconsistent in implementing and implementing these rules will not create teenagers who are free from

smoking. This is in line with the opinion expressed by Hj. Muhasidah (2016) said that parents' behavior in responding to teenagers who smoke can influence smoking behavior in teenagers. If parents act firmly to forbid their teenage children from smoking, then these teenagers will try to regulate themselves so they don't smoke.

Gigih Prasetyo's research (2021) concluded that one of the findings about teenage smokers was that they came from unhappy households, where parents did not pay much attention to their children and imposed harsh physical laws on the family. Children who are educated with an authoritarian parenting style are more likely to become smokers compared to teenagers who come from a happy household environment.

This research also states that authoritarian parents do not open up opportunities for discussion, and building closeness with their children becomes alienated from the home environment, especially parents. Teenagers will build closeness with other people outside the home environment which will provide a sense of security and closeness. A bad environment outside the home will greatly influence adolescent behavior.

Widiansyah's research (2014) also concluded the same thing that, teenage smokers are children who come from unhappy households. If parents who are teenage figures have smoking behavior and do not pay attention to their children, then it does not rule out the possibility of the child following suit. his parents' behavior. In addition, smoking behavior is more common in those living with single parents compared to intact families. Teenagers will behave more quickly as smokers if their mothers smoke than if their fathers smoke, this is usually seen in teenage girls.

Teenagers who are raised by happy families will create teenagers who feel love without having to look for love and happiness from other activities. One compensation for teenagers seeking happiness is smoking because smoking provides positive emotional effects, for example, happiness, relaxation, and enjoyment. Smoking can also show masculinity (self-pride) and show maturity. Smoking is intended to reduce feelings of tension, general anxiety, or anxiety that arises due to interactions with other people. The family can be a source of support and fulfillment of needs for adolescents, but also a source for adolescents to learn norms and behavior, including smoking behavior. One of the things that has the strongest influence is

parents. Because parents are an example, if a teenager's parent is a heavy smoker, then their children will likely follow that example.

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