

The Correlation of Environment and Smoking Habit of Family Members with Smoking Habit Of School Age Children

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Abstract

The smoking habit of school-age children is a phenomenon that is easily found in various regions in Indonesia. Smoking habit in school-age children is not only uncomfortable to look at but also has the potential to trigger an increasing health problems caused by smoking habit. Some of the factors that influence smoking habit in school-age children are the environment and smoking behavior of family members. This study was using analytic research design with a cross sectional approach. The sample in this study were school-age children (grade V and grade VI) in Mangelo Village, Mojokerto Regency who met the research criteria as many as 51 respondents who were taken using a purposive sampling technique. The independent variables in this study were the environment and smoking habits of family members. The dependent variable in this study is the smoking habits of school-age children. The research instrument used in this study was a modified questionnaire using a Google form to implement health protocols during the Covid-19 pandemic. In order to determine the correlation between the environment and the smoking behavior of family members with the smoking habits of school-age children in Mangelo Village, Mojokerto Regency, the chi square test was used with a significance of $\alpha : 0.05$. There was an environmental correlation to the smoking habits of school-age children in Mangelo Village, Mojokerto Regency with a sig (2-tailed) value of $0.003 < \alpha (0.05)$ and there was a correlation between the smoking behavior of family members with the smoking habits of school-age children in Mangelo Village, Mojokerto Regency with sig value (2-tailed) of $0.020 < \alpha (0.05)$. Parents' affection which was manifested in the form of good parenting for school-age children would provide positive support to school-age children in dealing with any negative influences such as smoking behavior.

Keywords: Environment, Family, Smoking Habit, School-age Children

INTRODUCTION

The enhancement of health Public level is one of national development program targets which is adopted from MDGs (Millennium Development Goals)(Ermalena, M. H. S., & RI, 2017) . One thing that could be a threat to achieve this target is smoking habit at age children and teenagers. Smoking habit at children and teenagers age not only causing the increase of smoker number but also causing health issues on children and teenagers.

School-age children who smoke have an intention to be recognized by the environment around them/groups. It is also possible for school-age children to smoke because there are still cigarette sellers who trade cigarettes to minors even though they know that the applicable rules state that they do not allow selling cigarettes to minors. Data from Riskesdas 2018 (Kemenkes RI, 2019) stated that the prevalence of smokers over the age of 15 reaches 33.8%. In residents aged 10-18 years, the number of smokers increased to 9.1% in 2018. From the results of a preliminary study conducted by researchers by observing one of the open spaces in Mangelo Village, Mojokerto Regency, researchers found that there were school-age children who were smoking. This shows that smoking habit in school-age children has begun to occur in the Mojokerto Regency area. From the results of interviews conducted with 5 children who smoked, they said the reason they smoked was to look cool in front of their peers. Smoking habit is the act of burning one of tobacco products that was for burned, smoked, and/ or inhaled including kretek cigarettes, white cigarettes, cigar or others generated from that was from nicotina tabacum plant, nicotina rustica plant and other species or the synthetics smoked contain nicotine and tar, with or without addition ingredients. There are many reasons behind smoking habit of school age children. Smoking behavior in school age children influenced by the environment and the individual alone. Children in smokers community / environment, indirectly, will try to follow behavior of people around their environment including this smoking behavior owned by family members. The first time in smoking, teenagers might experience many symptoms like cough, tongue feels bitter, nausea, and many other symptoms. However most of teenagers will ignore the symptoms and continue to smoke and make it as a habit. Teenagers who are in the phase of searching for identity and want to proof themselves will rather keeping to smoke than do not get confession from their group who are smokers at the first place (Fabiana Meijon Fadul, 2019).

Smokers feel that the habit of smoking is a fun activity for them and can eliminate the discomfort they experience. Along with the number of cigarettes that have been smoked, this behavior shifts into an obsessive activity due to the presence of nicotine in cigarettes. The nature of nicotine is addictive and anti-depressant which could trigger stress if the habit is suddenly stopped. The motives of smokers are to reduce tension, facilitate concentration, be a pleasant experience and have a relaxing effect. The ease of obtaining cigarettes and the massive advertising of cigarettes makes smoking even more difficult to overcome (Maseda et al., 2013).

Cooperation and synergy from various parties, starting from the government, schools and parents, is an effort that can be made to ensure that teenagers are free from the dangers of smoking. The government routinely conducts socialization and promotion regarding the dangers of smoking to health using various existing media either through offline media (banners, banners and billboards) or through online media (internet or social media). Furthermore, from the school side, teachers routinely remind students about the dangers of smoking, the effects of smoking habit and ways to avoid smoking habit (Durandt et al., 2015). Meanwhile, when in the household, parents can supervise their children and apply proper parenting so their children can feel the attention and affection of their parents

so that children are able to avoid the behavior and dangers of smoking (Durandt et al., 2015).

METHODS

This research was using study analytic design with cross-sectional approach . Study analytic or study correlational is research that studies the correlation among variables that has a function to explain correlation or relationship, estimate, and test it based on existing theory (Duli, 2021). Cross sectional research is type of research that emphasizes time measurement / data observation of independent and dependent variable only in one time and at a moment. The population in this study were all school-age children (grade V and grade VI) in Mangelo Village, Mojokerto Regency, consisting of 59 school-age children . The sample in this study were some school-age children (grade V and grade VI) in Mangelo Village, Mojokerto Regency who met the research criteria. For determining the sample in this study using the Slovin formula. The Slovin formula is a method of calculating the minimum sample size in survey research to take a small number of respondents from the population. Instrument research used in this study is questionnaire. Questionnaire data then inserted in google forms to make data entry process becomes easier. Data processing consists of editing, coding, scoring and tabulating stages. To determine the correlation between the environment and the smoking habit of family members with the smoking habit of school-age children in Mangelo Village, Mojokerto Regency, the chi square test was used with a significance of $\alpha : 0.05$. If the significance value obtained is <0.05 , the research hypothesis is accepted, which means that there is a correlation between the environment and smoking habit of family members with the smoking habits of school-age children in Mangelo Village, Mojokerto Regency.

FINDING AND DISCUSSION

Table 1 : Characteristics of respondent research based on environment of school age children in Mangelo Village Mojokerto Regency

No	Information	Amount	Percentage
1	Do not have smoker friend	33	64.7%
2	Having smoker friend	18	35.3%
	Amount	51	100%

Source : research data , 2021

Based on this study, most respondents do not have smoker friend that is as many as 33 respondents (64.7%) and some respondents in study own smoker friend that is as many as 18 respondents (35.3%).

Table 2. Characteristics of respondents based on smoke habit of family member of school age children in Mangelo Village Mojokerto Regency

No	Information	Amount	Percentage
1	Non smoker family member	26	51.0%
2	Smoker family member	25	49.0%
Amount		51	100%

Source : research data , 2021

Based on this study results obtained more than half respondents in study do not have smoker family member that is as many as 26 respondents (51.0%) and almost half respondents in study have smoker family members that is as many as 25 respondents (49.0%).

Table 3 Characteristics of respondents based on smoke behavior of school age children in Mangelo Village Mojokerto Regency

No	Information	Amount	Percentage
1	Not a smoker	38	74.5%
2	Smoker	13	25.5%
Amount		51	100%

Source : research data , 2021

Based on the research results, it showed that most respondents in study were not a smoker that is as many as 38 respondents (74.5%) and the others were a smoker as many as 13 respondents (25.5%)

Table 4 Cross Tabulation of environmental correlation to smoking habit in school age children in Mangelo Village Mojokerto Regency

smoking habit in school age children	Smoker environment					
	do not have smoker friend		have smoker friend		Amount	
	f	%	f	%	f	%
Not smoking	29	76,3	9	23,7	38	100
Smoking	4	30,8	9	69,2	13	100
Amount	33	64,7	18	35,3	51	100
Chi-square	0.003					

Source : research data , 2021

Based on the results of this study, respondents who did not smoke and also did not have smoker friend were 29 children (76.3%) and other non smoker respondents who have smoker friend were 9 respondents (23.7%), meanwhile for smoking respondents, obtained that most respondents who have smoker friend were 9 respondents (69.2%) and only small

part of respondents who did not have smoker friend were 4 respondents (30.8%). Based on chi square test results with significance α (0.05) was obtained sig value (2-tailed) of 0.003 $< \alpha$ (0.05) so the hypothesis in this study was accepted. That means there is correlation of environment to smoking habit in school age children in Mangelo Village Mojokerto Regency

Table 5 . Cross tabulation of correlation of family member smoking behaviour to smoking habit in school age children in Mangelo Village Mojokerto Regency

Smoking habit in school age children	Smoking behaviour of family member					
	No smoking family member		smoking family members		Amount	
	f	%	f	%	f	%
Not smoking	23	60.5	15	39.5	38	100
Smoking	3	23,1	10	76.9	13	100
Amount	26	51.0	25	49.0	51	100
Pearson chi-square	0.020					

Source : research data , 2021

Based on this research, it was obtained that respondents who did not smoke and did not have smoking family member either were 23 respondents (60.5%) and few respondents who own smoking family member were 15 respondents (39.5%), meanwhile smoking respondents in this research are mostly having smoking family member also. The number was 10 respondents (76.9%) and few respondents did not own smoking family member that was as many as 3 respondents (23.1%). Based on chi square test results with significance α (0.05) was obtained sig value (2-tailed) of 0.020 $< \alpha$ (0.05) so hypothesis in this study was accepted. It means that there is correlation between smoking behavior of family member with smoking habit of school age children in Mangelo Village Mojokerto Regency.

CONCLUSION

Based on chi square test results with significance α (0.05) was obtained sig value (2-tailed) of 0.003 $< \alpha$ (0.05) so hypothesis in this study was accepted. It means that there is correlation between smoking behavior of family member with smoking habit of school age children in Mangelo Village Mojokerto Regency. This research has similar results with the research conducted regarding correlation of peer friend with smoking behavior in early teenagers at SMP PGRI 1 Perak. From the study results obtained that almost whole peers are highly supporting smoking behaviour that is as many as 29 students (80.6%) and some students support smoking behavior as many as 7 students (19.4%). From the study results that was using spearman rho rank test showed score probability or level error (p : 0.022) far more small from standard significant (α : 0.05) then H1 is accepted and H0 is rejected which means there is correlation of peers with smoking behavior in teenagers at SMP PGRI 1 Perak. Smoking behavior shown by the teenagers in this study are possible to happen due

to the same behavior that was done by their peers. This study showed the data that smoking respondents whose smoking friends either are 9 respondents (69.2%), and only few respondents who do not have smoking friends that is as many as 4 respondents (30.8%). This result proves that environment of peers has strong influence to respondents to follow their friend's behavior. The condition of school age children's psychology are still susceptible to get easily influenced by environment around them. This has a potentation to influence school age children to smoke following their peers' behaviour. When school-age children is close to smoker environment, that will influence them to do that behaviour. School age children that has smoking habit, have higher possibility to affect their peers to follow their behavior (Amin, 2017). A smoker will not comfortable to smoke around non smoker people. To feel comfortable, the will try to offer cigarettes to others. If they get rejected, they will try to dodge from that environment. When school-age children face this kind of situation, they will choose to follow their peers behaviour so they can play and spend time together with them (Pakpahan, M., Siregar, D., Susilawaty, A., Tasnim, T., Ramdany, R., Manurung, E. I., ... & Maisyarah, 2021).

However peer friends cloud not always influence school-age children for smoking. From cross tabulation table could be obtained that as many as 9 respondents (23.7%) choose not to smoke eventhough they have smoker friends. This related to theory of cognitive study which stated by Bandura, that somebodies could Imitate other's behavior but they can also choose behaviour or habit that they desire to adopt and learn. This skill is a form of cognitive learning aspect. School-age children who has smoker friend can get along together and still have their own principle that smoking is health detrimental action, so they choose not to smoke although they are in the smoker environment(Wawan, A., & Dewi, 2011). On the other hand, school age children is a state for them to Imitate or try something new. This showed in this study that as many as 4 respondents (30.8%) have smoking habit eventhough they do not have smoker friend. This shows that at school age, it is possible to have negative behaviors such as smoking both caused by the rise of promotions carried out by cigarette manufacturers and other factors that have the potential to trigger smoking habits at school age. In addition to environmental influences (peers), smoking behavior in school-age children is also related to the smoking behavior of family members of school-age children. Based on the results of the chi square test with a significance of α (0.05) a sig (2-tailed) value of $0.020 < \alpha$ (0.05) is obtained so that the hypothesis in this study is accepted, which means there is a relationship between family members' smoking behavior and school-age children's smoking habits in Mangelo Village, Mojokerto Regency. The results of this study are similar to research conducted by Utami (2019) concerning the correlation between the smoking behavior of family members with the smoking behavior of students at SMPN 2 Plupuh Sragen. From the results of bivariate analysis using Chi Square, it was obtained that the p value was $0.021 < 0.05$ and the X count was 5.363 which was greater than the X table, which was 3.841, which means that there is a correlation between the smoking behavior of family members with the smoking behavior of SMPN 2 Plupuh Sragen students. The behavior of family members who smoke is one of the reasons for school-age children to choose to smoke. From the results of the tabulation,

it was found that the majority of smoker respondents had family members who smoked as well, as many as 10 respondents (76.9%) and a small proportion of respondents did not have family members who smoked, as many as 3 respondents (23.1%). Family is a role model for a school-age children. Everything that their family members (parents or older siblings) do will justify them doing something including smoking although not all smokers will justify this reason (Wawan, A., & Dewi, 2011). Family is an environment where school-age children will spend most of their time learning and observing. When they see that smoking does not pose any danger and tend to look more comfortable, they will try to do the same. But if they know about the detrimental effects of smoking by themselves, for example if their parents or siblings experience health problems due to smoking, school-age children will never try the same thing. Parents or older siblings are role models for school-age children. Whatever they do, will provide behavioral teaching to school-age children. There is a tendency for a son to imitate the activities of his father, or for children to try to imitate the figure of their father. When parents do not have the ability to provide proper parenting (not smoking), the tendency is that their children will also become smokers and vice versa. This is what underlies that good parenting is needed by a child from his parents.

Parenting patterns that do not support the process of growth and development of children, and even seem to ignore it, have a risk to trigger negative behavior in children. From the cross-tabulation results, it was found that 3 respondents (23.1%) did not have family members who smoked but had smoking behavior. This is possible because of the wrong parenting style applied by parents. One of the parenting styles adopted by parents in their family environment is influenced by the educational background of the parents. Based on the results of the study, it was found that almost all respondents in this study had mothers with secondary educational backgrounds (SMA/SMK), as many as 48 respondents (94.1%) and almost all respondents in this study had fathers with secondary educational backgrounds (SMA/SMK).) as many as 46 respondents (90.2%). High school educational background is an adequate educational background. This is because the education that an individual has can shape a person's character and behavior. High school educational background makes individuals able to accept all the new information conveyed to them. However, not all individuals are able to understand the new information they receive and then apply it in their life. This is because not all parents understand the good parenting that they should practice with their children. Factors of experience and parenting they have received, tend to influence the parenting style they apply to the families they have.

To ensure that every child has positive behavior or does not smoke, cooperation from various parties is needed. Health workers should be more routine in conducting socialization regarding the dangers of smoking behavior both through the mass media and through environmental education activities. Furthermore, parents have to be in part and also start to pay attention to every child they have. Monitoring children's behavior does not have to make parents always have to be near children. But positioning yourself as a friend of the child will make the child able to adopt the behavior shown by their parents. The

better and the more examples of positive behavior that parents teach, the better behavior the children have.

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