



Analysis Of Factors Influencing Smoking Behavior In Adolescents

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Article Info	ABSTRACT
Corresponding Author: Sipra Barutu E-mail: barutusipra@gmail.com	<p>Smoking habits in adolescents is a serious problem with significant health impacts. Serious diseases such as cancer, heart disease and chronic respiratory problems are the consequences of this smoking habit. Adolescents are vulnerable to social pressure, environmental influences, and psychological factors that make it difficult for them to stop smoking. This study analyzes environmental, social, psychological and genetic factors that influence smoking behavior in adolescents through literature studies. These factors include the availability of cigarettes around teenagers, peer influence, stress, and genetic factors. These findings indicate the need for a holistic approach in preventing smoking in adolescents. Policies that limit youth access to cigarettes, changing social norms that support smoking, improving youth emotion management skills, and personalizing interventions based on genetic factors are important steps that must be taken to protect young people from the dangers of smoking. This comprehensive approach is expected to reduce the prevalence of smoking in adolescents, support the growth of a healthier generation, and reduce the negative impact of smoking on society as a whole.</p> <p>Keywords: Adolescent Smoking Habits, Environmental Factors, Social Factors, Psychological Factors, Genetic Factors</p>

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INTRODUCTION

Smoking is a detrimental habit and has serious impacts on health. It is not only detrimental to active smokers, but also to the people around them through passive cigarette smoke. Diseases such as cancer, heart disease and chronic respiratory problems are direct consequences of smoking habits. Ironically, this habit often begins in adolescence, when individuals are in an important phase of physical and mental development. Adolescents who start smoking tend to face a high risk of continuing this habit into adulthood. In addition, they are also more likely to be affected by social pressure and influences from the surrounding environment, exacerbating the situation and making it difficult to quit smoking. Therefore, it is important for governments, educational institutions and families to come together to provide the necessary education and support to teenagers so that they are aware of the health risks associated with smoking and prevent them from falling into this dangerous smoking habit.

Smoking habits in Indonesia are very worrying, especially because the majority of smokers first tried cigarettes when they were teenagers, namely between 15-19 years. Data from Basic Health Research reveals that as many as 52.1% of Indonesian smokers started smoking in this age range. This figure reflects how prevalent and disturbing the problem of smoking is among teenagers in this country. The negative impacts of smoking are serious, with the World Health Organization noting that this habit causes the deaths of around 225,700 people every year. These are shocking numbers and remind us of the urgency to take serious action to tackle the problem of smoking, especially among teenagers.

According to Aris' research, the smoking situation among Indonesian teenagers shows very worrying numbers. As many as 69% of teenagers in Indonesia have fallen into active smoking habits, perhaps largely influenced by the environment and families where they live who are also smokers. Apart from that, an even more shocking statistic is the fact that there are around 89 million children who are exposed to cigarette smoke and are at risk of experiencing serious health impacts. Even more surprising, of this number, there are 230 thousand children who have not even reached the age of 10 but are already trapped in smoking addiction. This situation indicates the need for immediate action from the government and society to protect the younger generation from the dangers of smoking and build a healthy environment for their growth.

Previous studies have revealed that smoking behavior in adolescents is not only influenced by a single factor, but involves a complexity of various factors. These factors include the influence of the environment around them, such as exposure to smoking at home or at school, as well as the social influence of peers and family who smoke. Apart from that, psychological aspects, such as stress levels, anxiety, or self-image also have a significant impact on the tendency to smoke in adolescents. Even biological factors, including genetic predisposition, also play a role in shaping the tendency to smoke. Understanding the complexity of these factors is key to designing effective intervention programs to reduce smoking prevalence among adolescents.

This study aims to conduct an in-depth analysis of the factors that influence smoking behavior in adolescents through a literature review. Through this study, it is hoped that valuable information can be found to support the planning and implementation of preventive programs that are more effective in reducing the number of teenagers who smoke. This literature study has certain limitations, including limited data sources available. Therefore, the information presented in this literature review will be based on reputable published studies, so there may be some factors that cannot be covered comprehensively.

METHOD

Research design

This research uses a literature study method to analyze the factors that influence smoking behavior in adolescents. The literature study approach allows researchers to collect, evaluate, and synthesize findings from previous studies to comprehensively understand the factors related to smoking habits in adolescents.

Data source

The main data sources for this research are scientific journals, articles and books that have been published regarding smoking behavior in adolescents. Data was obtained from academic databases, university libraries, and official websites of trusted research

institutions. The selection of data sources is based on relevance to the research topic and current year of publication to ensure the accuracy and precision of the information used in the analysis.

Research procedure

Literature Search: A literature search was carried out through academic databases such as PubMed, Google Scholar, and Scopus using keywords such as "smoking behavior in adolescents," "factors influencing teenage smoking," and other related keywords. A literature search was carried out to obtain scientific articles relevant to the research topic.

Article Selection: Articles found through the literature search were critically analyzed. Selection criteria involve topic relevance, year of publication, research methodology, and source credibility. Articles that met the inclusion criteria were taken as analysis samples.

Data Evaluation and Synthesis: The data found from the selected articles were evaluated and synthesized. The information taken includes environmental, social, psychological and biological factors that influence smoking behavior in adolescents. These data were then analyzed to find patterns, similarities and differences in the factors that influence smoking behavior in adolescents.

Data analysis

Data analysis was carried out using a qualitative descriptive approach. Data from the articles found were analyzed thematically to identify patterns and trends in factors influencing smoking behavior in adolescents. The results of the analysis will be presented in the form of a thematic summary highlighting the most significant factors in forming smoking habits in adolescents.

RESULTS AND DISCUSSION

Based on the analysis of literature studies carried out, a number of factors that influence smoking behavior in adolescents can be identified. These factors include:

Environmental factor

- a. Availability of cigarettes in the environment around teenagers.
- b. Exposure to cigarette advertising and promotions.
- c. Social norms that support or look down on smoking habits.

Social and Cultural Factors

- a. The influence of peers and family who smoke.
- b. Smoking patterns of parents and family members.
- c. The influence of mass media on the image and perception of smoking.

Psychological Factors

- a. Stress and emotional distress.
- b. A sense of wanting to experiment and try new things.
- c. Lack of emotion management skills.

Biological and Genetic Factors

- a. Genetic susceptibility to nicotine addiction.
- b. Neurobiological changes during adolescence that make individuals more susceptible to smoking.

Discussion

Environmental factor

Environmental factors, such as the availability of cigarettes around teenagers and continuous media promotion, play a crucial role in shaping smoking habits among the

younger generation. Policies that limit teenagers' access to cigarettes and control cigarette promotion need to be strengthened to reduce their exposure to cigarettes. The availability of cigarettes in shops, stalls, or even in the school environment can increase the opportunities for teenagers to try and develop the habit of smoking. Likewise, the promotion of cigarettes through mass media, the internet, and entertainment events shapes their perception of smoking as an attractive lifestyle. In facing these challenges, strict and effective policies, such as enforcing the minimum age for purchasing cigarettes, banning cigarette advertising, and limiting media promotion, are critical. By limiting teenagers' access to cigarettes and reducing their exposure to cigarette promotions, society can help protect young people from the negative impacts of smoking and create a healthier and more competitive environment for their future.

Social and Cultural Factors

The influence of peers and family has a profound impact in shaping adolescent smoking behavior. Therefore, successful intervention programs should focus on changing social norms around smoking and increasing parents' awareness of their impact as role models. When peers smoke, teens tend to feel pressure to follow suit, believing that smoking is normal or even cool. Meanwhile, if family members smoke, this strengthens the belief that smoking is an accepted behavior in the family environment. Therefore, intervention approaches that target changes in social norms around smoking are essential. In addition, increasing parents' awareness about the negative impacts of smoking and the importance of their role as good examples is also very relevant. With thorough education at school and home about the risks of smoking, teenagers can understand the serious health consequences associated with smoking, and parents can play an active role in guiding their children towards healthy, smoke-free lifestyle choices. Through this holistic approach, society can create an environment that supports the development of the younger generation without being influenced by the detrimental habit of smoking.

Psychological Factors

Psychological factors, such as stress related to school demands or interpersonal problems, as well as the curiosity common in adolescents, play a large role in their decision to smoke. In dealing with this psychological pressure, it is very important to develop stress management programs and improve social and emotional skills for adolescents. By understanding how to identify and deal with stress, teenagers can learn to face challenges without relying on smoking as a coping mechanism. In addition, improving social and emotional skills can help them develop healthy relationships, increase self-confidence, and improve their ability to resolve conflicts without smoking as a solution. Thus, this holistic approach not only helps relieve psychological stress, but also forms a strong foundation for healthy emotional growth and development, leading to a smoke-free lifestyle choice.

Biological and Genetic Factors

Inequalities in genetic susceptibility highlight the importance of a personalized approach in youth smoking prevention efforts. Genetic factors may make some individuals more susceptible to nicotine addiction than others, indicating that there is no one-size-fits-all approach to preventing smoking. Therefore, interventions targeted at individuals with high genetic susceptibility are essential and may be more effective in preventing the development of smoking habits. By understanding each individual's genetic profile, prevention programs can be specifically designed to respond to the higher risk in certain groups. This personalized approach includes genetic risk assessment, tailored counseling,

and intensive support that can help individuals feel heard and supported in their efforts to not smoke. Through an approach that takes into account inequalities in genetic susceptibility, we can be more effective in preventing the health problems caused by smoking at the individual level, creating more positive change in society as a whole.

CONCLUSION

Based on the findings from this literature study, smoking prevention interventions in adolescents should be holistic, involving environmental, social, psychological and even genetic factors. Supportive policies, effective education, and social support can help change norms and perceptions that support smoking among adolescents. Through this comprehensive approach, it is hoped that we can reduce youth smoking rates, support a healthier generation, and reduce the burden of smoking-related diseases in society as a whole.

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