

ORIGINAL ARTICLE

The Relationship between the Role of Parents and the Smoking Habits of Adolescent Male in the Gununggede Village Kawalu District

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ABSTRACT

Introduction: The smoking habit is increasingly widespread in almost all community groups in Indonesia and tends to increase, especially among children and adolescents in Tasikmalaya City Health Office (2017), the number of smokers aged ≥ 15 years has increased to 36.5% from the previous year which was only 27%. Aims of this study are to determine the relationship between the role of parents and the smoking habit of male adolescents in Gununggede Village, Kawalu District, Tasikmalaya City. **Method:** This study used a cross-sectional approach and the sampling technique was cluster random sampling with a population of male adolescents aged 10 – 19 years, with a total sample of 273 adolescents. The analysis used in this study was univariate and bivariate using the rank spearman. **Result:** The results of the role of parents who were categorized as good were 178 people (65.2%) and the results for smoking habits in adolescents who were categorized as light smokers were 149 people (54.6%). It is suggested that parents pay more attention to their children's association so that they are not affected by bad things and it is also recommended that teenagers who smoke grow a high willingness to reduce or stop smoking because, in addition to health, it is also a model for other adolescents to provide behavioral examples health life. **Conclusion:** It can be concluded that there is a relationship between the role of parents and smoking habits in adolescents boys with $p\text{-value} = 0.000 \leq \alpha (0.05)$.

Keywords: Smoking habits, Parents role, Relationship

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INTRODUCTION

Cigarette Smoking is a form of tobacco consumption that is widely practiced by the community since its first discovery centuries ago (1). According to data from the World Health Organization, tobacco kills up to half of its users. Tobacco kills more than 8 million people every year. More than 7 million of these deaths were a result of direct tobacco use (active smoking), while around 1.2 million were a result of nonsmokers being exposed to secondhand smoke (passive smoking) (2).

Based on data from the Southeast Asia Tobacco Control Alliance (SEATCA) entitled "The Tobacco Control Atlas ASEAN Region", it is said that Indonesia is the highest country for adolescents who smoke in ASEAN in 2014 as much as 19.4% among other countries such as Malaysia 14.8% and Philippines 14.5%. Smoking is still the main cause of morbidity and mortality rates in Indonesia. With

the number of smokers in Indonesia currently reaching 46.16% of the population of approximately 100 million people, this means that now Indonesia is ranked 1st in ASEAN, the Philippines 16.62%, and Vietnam 14.11% (4).

According to data from the Ministry of Health (2014), the highest number of smokers in Indonesia with age ≥ 10 years is in West Java province. The proportion of smokers to the total population reached 32.7% with a composition of daily active smokers of 27% and occasional smokers of 5.6%. Based on data analysis from 2015 - 2018, it was found that the age at starting to smoke less than 20 years tends to increase. Adolescents aged 10-12 years from 0.11% to 0.71%, 13-15 years from 1.62% to 7.30%, aged 16-18 years from 10.67% to 21.57%. (Central Statistics Agency, 2018). West Java Province is the province with the largest proportion of smokers in Indonesia which has increased from 2013 - 2018 from 27.1% - 32.0% (4).

Based on data from the Tasikmalaya City Health Office (2017), 36.5% number of smokers who are aged ≥ 15 years has increased where the previous year which

was only 27%. From the results made by the Kawalu Public Health Center, 1824 smokers are found in the Karsamenak Village which is the largest no. From the Tasikmalaya Population Office (2019) data it was found that male adolescents 2777 within 17-20 years age group are smokers, mostly in Kawalu District and in Gununggede Village 856 female adolescents within 10-19 years age group in 15 hamlets.

Factors that can influence smoking habits in adolescents include support, the role of parents, peers, and the influence of advertising. During the development period of adolescents, they are looking for self-identity and always want to try new things. As parents must be role models for their children if peers smoke it will be very possible for adolescents to follow. Also, the effect of attractive advertisements can make non-smoking adolescents want to try smoking (5).

In one research study authors try to find the relationship between the role of parents and the smoking behavior of students at SMPN 1 Buayan. This study uses a correlational method with a cross-sectional approach. A sample of 100 children was taken by total sampling. Data were analyzed using descriptive analysis and correlation using the chi-square test. In conclusion, there is a relationship between the role of parents and the smoking behavior of students at SMPN 1 Buayan (6). In another study, the authors aim to determine the relationship between the role of parents and smoking behavior in adolescents. The research design was analytic with the cross-sectional approach. The results showed that the role of parents is good while male adolescents have no smoking behavior. In conclusion; there is a relationship between the role of parents and smoking behavior in male adolescents (7).

So from the previous research result, it can be concluded that the role of parents is related to smoking habits in adolescents, especially adolescents in middle and high school circles. (6,7) When researchers conducted interviews with 5 adolescents aged 10-19 years in Sindanggalih, Gununggede Village, they said that they had smoked at an average age of 17 years. The study aims to evaluate the relationship between the role of parents and the smoking habits of adolescent male in the Gununggede village Kawalu district Tasikmalaya.

MATERIALS AND METHODS

This study used a cross-sectional approach, namely the causer risk variables (independent variable) and consequences or cases (dependent variable) that happens to object research is measured and collected simultaneously(at the same time or all at once)(8). In this study, the population was 856 boys aged 10-19 years in Gununggede Village, Kawalu District. Cluster random sampling was used in this study so that the total is 272.6 or rounded up to 273 adolescents.

This study was approved by the Ethics Committee of Kesbangpol research commission with reference no. 070/631/KKBP

RESULTS

Table I shows the percentage of each role of the parents of Adolescent Male in Gununggede Village Kawalu District Tasikmalaya, most of them have a good parental role totaling 178 people (65.2%). Table II shows the percentage of Smoking habits in 1 day among male adolescents, mostly in the light smoker category as many as 149 people (54.6%). Table III shows that most of the roles of parents are in a good category, amounting to 178 people with smoking habits of adolescents who are categorized as light smokers totaling 78 people (43.8%) and a small part of the role of parents was in the less category, amounting to 30 people with smoking habits of adolescents who were categorized as moderate smokers (10,0%) and adolescents who answered no choice were 3 (10.0%). The statistical test uses Rank Spearman which shows a p-value of 0,000 so that there is a relationship between the role of parents and smoking habits of male adolescents. With a coefficient value of -332 which means enough.

Table I: Distribution of the Role of Parents of Adolescents Male in the Gununggede Village, Kawalu District Tasikmalaya

Parental Role Level	Frequency (f)	Percentage (%)
Good	178	65.2%
Enough	65	23.8%
Less	30	11.0%
Total	273	100%

Table II: Distribution of Smoking Habits among Adolescent Male in Gununggede Village Kawalu District Tasikmalaya

Smoking Habits	Frequency (f)	Percentage (%)
Light Smoker	149	54.6%
Moderate Smoker	6	2.2%
Heavy Smoker	0	0
No Choice	118	43.2%
Total	273	100%

DISCUSSION

Based on the data presented from the results of research regarding the role of parents on smoking habits, the role of parents in the good category was 178 people (65.2%). The results obtained that the role of parents is mostly categorized as good in the aspect of the role of educators by instilling adolescents to always tell the truth when asked to smoke or not because parents instill children to speak honestly from a young age so that children are more used to it when they are teenagers. While the role of parents is partly in the aspect of the role of supervisors

Table III: Distribution of Parents' Role Relationship to Smoking Habits among Adolescent Male in Gununggede Village Kawalu District Tasikmalaya

parent role category	smoking habits								Total	%	P value
	light smokers		moderate smoker		heavy smoker		there is no choice				
	N	%	N	%	N	%	N	%			
Good	78	43.8	0	0	0	0	100	56.2	178	100	0.00
Enough	47	72.3	3	4.6	0	0	15	23.1	65	100	
Less	24	80.0	3	10.0	0	0	3	10.0	30	100	
Total	149	54.6	6	2.2	0	0	118	43.2	273	100	

with parents prohibiting their children from making friends with smokers, parents just need to supervise them by asking who they are friends with but not to prohibit children from making friends with smokers.

The results of this study indicate that the smoking habit of male adolescents in Gununggede Village, Kawalu District was found to be mostly in the category of light smokers as much as 149 (54.6%) while a small proportion of moderate smokers amounted to 6 people (2.2%). The results of this study indicate that the smoking habit of adolescents averagely smoked <10 cigarettes/day starting at <20 years of age. They smoke because there is influence from friends and also parents, namely fathers, adolescents smoke <5 years.

The results showed that most adolescents were light smokers which is 149 people among total. Most of the parents' roles as encouragement, educators, role models, supervisors, friends, and counselors were mostly in the good category because parents instilled in adolescents that smoking was a hazard to health with a total of 267 people. While a small proportion of 6 people were categorized as moderate smokers, the results of smoking were influenced by friends and parents, so it was found that adolescents' smoking habits could be influenced not only by the influence of parents but also by the influence of friends. Because parents at home can set a good example for their children, but under the influence of their teenage friends they will do what they think they should try because adolescents have a curious personality, want to free them from boredom, and want to find pleasure.

The factors that influence smoking habits include the influence of parents who are figures for their children, the influence of friends, and personality factors (9). Adolescence is a developmental transition between childhood and adulthood, including early adolescence (10-13 years), middle adolescence (14-16 years) and late adolescence (17-21 years) who have a curious personality, wants to free them from boredom, want to find pleasure, so that parents are very important in shaping a personality (10).

The study shows that parents who have less parental roles with smoking habits are influenced by the role of

parents as role models who provide ashtrays at home, smoke in front of children, and follow friends who smoke. This is under the role of parents, namely as encouragement, as a role model, as an educator, as a supervisor, as a friend, and as a counselor.

The results of this study are expected that adolescents who smoke will develop a high willingness to reduce or stop smoking because, in addition to health, it is also a model for other adolescents to provide examples of healthy living behavior.

The community is expected to support every effort that protects adolescents from the dangers of smoking by not promoting, influencing, and providing cigarettes for adolescents aged under 18 years by the regulations stated in PP No. 109 of 2012 concerning Safeguarding of Materials Containing Addictive Substances in the Form of Tobacco Products for Health article 25 which prohibits everyone from selling and buying cigarettes to children under 18 years of age.

CONCLUSION

So it can be concluded that the role of parents on smoking habits shows that most of the roles of parents with adolescent habits are categorized as light smokers compared to the role of parents who are moderate and lacking. This is because the role of parents is very influential on adolescent behavior, one of which is smoking. The description of the role of parents of teenage boys in Gununggede Village, Kawalu District, Tasikmalaya, most of them was categorized as good as 178 people (65.2%). The description of smoking habits among male adolescents in Gununggede Village, Kawalu District, Tasikmalaya, most of the teenagers who were categorized as light smokers were 149 people (54.6%). The Spearman Rank results show a significant value of p-value = 0.000, so it can be concluded that there is a relationship between the role of parents and the smoking habit of male adolescents in Gununggede Village, Kawalu District, Tasikmalaya.

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