



PROCEEDING

conference and exhibition

Addressing Tobacco Problems in Developing Countries

Economic Impact of Tobacco Use

Social Determinants of Tobacco Use and Demand Reduction Interventions

Culture, Employment and Agriculture: Between Tobacco Myth and Reality

Tobacco Use and Health

Youth, Cigarettes, and Drugs



Wednesday - Thursday, December 5-6, 2012

University of Muhammadiyah Yogyakarta

conference and exhibition

Addressing Tobacco Problems In Developing Countries

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PRESENTATION**

Abstract

THE FACTORS AFFECTING ADOLESCENT SMOKING BEHAVIOR IN THE PILLARS FOURTH RESIDENTS VILLAGE WEST PAMULANG SOUTH TANGERANG CITY IN THE YEAR 2011

Badra Al- Aufa¹, Mochamad Iqbal Nurmansyah²

Introduction: In 2008, Indonesia ranks third in the number of smokers in the world after China and India. This fact confirms that smoking is a devastating act effecting on health and economic sectors. There are several factors that encourage a person to smoke. According to Green, there are three factors that shape a person's behavior. Those are the predisposing, enabling and reinforcing.

Objective: This study aims to determine the factors that influence adolescent smoking behavior in RW 04 Sub Pamulang West South Tangerang city.

Methods: This research uses qualitative methods. Research is hold in RW 04 Sub West Pamulang, South Tangerang city. Data retrieval is conducted in December 2011 through the observation and Focus Group Discussion (FGD) involves adolescents, a cadre of local integrated healthcare and administrators.

Results:

There are three factors that influence smoking behavior in adolescents. Being evaluated from the predisposing factors, teenagers consider that smoking is usually done at the time they gather in the youth activities. In terms of knowledge, the adolescent has already known about the dangers of smoking. Meanwhile, the number of stalls that sell cigarettes in the region considered as enabling factors that support the smoking behavior in adolescents. Other factors such as the lack of regulation on the restriction of smoking behavior and the lack of education of health professionals about the impact of smoking are considered as a factor of the reinforcing.

Conclusion: There are several factors behind teenagers smoking behavior in RW 04 West Pamulang. These factors are the values that developed in the community, the number of stalls selling cigarettes, the absence of government regulation and the less supportive behavior of health workers towards the issue of teenagers smoking behavior.

Keywords: Smoking Behavior, Young, Green Behavior Theory

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Full Paper

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INTRODUCTION

In 2008, Indonesia was ranked third in the number of smokers in the world after China and India (1). It should be a particular challenge for the government to be able to reduce the number of smokers in Indonesia. The decrease number of smokers in Indonesia is urgently needed to improve the health and economic conditions in Indonesia. Both sectors have a considerable impact among other sectors caused by the consumption of cigarettes. Dr. Kosen et al (2009) stated that the total economic loss of Indonesia's population per year from consuming tobacco products reached 338.75 trillion. The amount of loss caused by the consumption of tobacco is six times larger than the cigarette tax revenue, which only reached IDR 53.9 trillion (2).

In a health perspective, there have been a lot of studies that show the effects caused by tobacco consumption on our health. There are at least fifteen side effects from smoking that are rarely publicized, the hair loss, cataracts, skin wrinkles, skin cancer, hearing loss, osteoporosis, caries, emphysema, heart disease, cancer, discolored fingers, peptic ulcers, uterine cancer, psoriasis, burger disease, fertility problems in men and women / fetal disorders (3).

The lack of regulations regarding the use of tobacco products is causing Indonesia has a fairly high number of smokers. In 2010, the prevalence of the Indonesian population by age 15 years and over who smoke amounted to 34.7%. In Indonesia, the highest prevalence age of first smoking are in the age group 15-19 years and the second highest was at the age of 20-24 years (4).

In addition to the lack of government regulations on tobacco control, health effects of tobacco consumption that will be eventually visible in the long run also be the factor that makes the dangers of smoking on health difficult to digest. However, a research proved that smoking at a young age may increase the risk of lung cancer (5). Therefore, reducing the number of smokers in adolescence is a crucial effort that must be done immediately to reduce the impact of more severe health issues.

To be able to change the behavior or create behavior of non cigarettes living, we need to review it in the perspective of behavioral science. According to the review through the science of behavior then we can determine the factors that influence the behavior especially a smoking behavior. According to Green, there are several factors that predispose a person to behave among others, predisposing factors, enabling factors, and reinforcing factors. Predisposing factors are factors that facilitate the person's behavior, such as knowledge, beliefs and values a person hold on to. Enabling factors are factors that enable or facilitate the behavior or actions such as infrastructure or facilities. Reinforcing factors are factors that encourage or reinforce the behavior. It can be a community leader behavior and related regulations (6). These three factors simultaneously influence someone to behave.

Based on existing research, there are various factors that influence a person to consume cigarettes. According to Ali. et al, factors that influence students in Tehran in consumption of cigarettes among others, gender, age, level of knowledge, peers, a large allowance, lack of advice

from parents, level of knowledge, and seeing cigarette advertising (7). Other studies indicate that the factors that affect first grade student of Muhammadiyah senior high school in Yogyakarta include the influence of friends, advertising and parental influence (8).

Therefore, we conducted a study that aimed to describe the factors that influence adolescents in RW 04 West Pamulang in smoking. In this study, these factors are classified in accordance with the terms of the theory Green. This is done in order to get a comprehensive research internally and externally affecting teens in smoking. Selection of this study sites are based on the number of cases of respiratory tract infection in Pamulang city where the case is a case caused by tobacco consumption. According to available data at the health center in Pamulang, respiratory tract infections are the highest disease cases in the working area during January - June 2011 which amounted to 5949 cases. Based on the observations, it is also showed that there are a high number of teenagers who smoke in RW 04 West Pamulang as the base site for the selection of study sites. The purpose of this study is to provide an overview of predisposes factors, enabling and reinforcing affecting teens at RW 04 West Pamulang in cigarette consumption.

METHOD

This research is a descriptive study and design case study. Data collecting is using a qualitative approach. The data is collected through focus group discussions (Focus Group Discussion - FGDs) that are conducted in two places at RW 04 West Pamulang Village, South Tangerang, Banten. This method is chosen in order to provide narrative information and enriched by the interaction between the participants. As an additional value to the observation, we also involve the stalls selling cigarettes and observe the youth activities undertaken.

Each focus group discussion held in the meeting which was attended by 5-10 people consisting of sub local administrators (RW), Posyandu personnel's, local youth organizations and communities. FGDs conducted for about half an hour led by a moderator and was accompanied by secretary. The entire FGD stated in the minutes and analyzed by the researchers. This study was conducted in December 2011.

RESEARCH RESULTS AND DISCUSSION

According to Lawrence Green, there are three factors that influence a person to behave. These factors include predisposing factors, enabling factors, and reinforcing factors. Here is an overview will be presented on three factors in influencing adolescent at RW 04 West Pamulang in smoking behavior.

Predisposing Factors in Smoking Behavior

Predisposing factors are factors that facilitate the occurrence of behavior, such as knowledge, beliefs, value and so on (9). Teens in RW 04 West Pamulang assess that smoking is a common practice at the time of assembly and youth activities. From the assessment, it was concluded that teens think smoking behavior is normal and does not become intrusive to the environment. These results are supported by research conducted by Dian, et al. In the study mentioned that peer environment contributed significantly in adolescent smoking behavior (10). Regular frequency of hanging out with peers also become influential in developing the existing value associated with smoking behavior in adolescents in RW 04 West Pamulang. Based on the observation, the teenagers in RW 04 West Pamulang often gather in cafes and youth activities are held in house owned by one of the teenagers.

In terms of knowledge, among teenagers of RW 04 West Pamulang already known about the dangers of smoking to their health. In general, young people realize that smoking can cause cancer, impotence and disorders of pregnancy. The teens know the effects of smoking to health through warnings on cigarette packs. However, it is not resulting in fear or worry for these teenagers to keep smoking. Knowledge about the effect of smoking is not significant enough to be able to influence someone to not smoking. Based on existing research, good knowledge of health in nursing students also do not affect their perception of smoking behavior (11).

While adolescents RW 04 West Pamulang already known the dangers of the effects of smoking, but the teens are generally not aware of the real danger. To be effective in providing information about the effects of smoking, a warning is given in the form of an image that's visible, relevant and memorable. Studies in various countries proved that pictorial health warnings are effective to raise awareness for smokers and non-smokers about the dangers of smoking to health. Some countries that have implemented health warnings form of images such as Canada, Brazil, Australia, Uruguay, Venezuela, Poland, India and Singapore (12).

Enabling factors in Smoking Behavior

Enabling factors are factors that enable or facilitate the behavior or actions such as infrastructure or facilities (13). The number of stalls selling cigarettes in the region considered as enabling factors that support the smoking behavior in adolescents. With the facilities that provide or sell cigarettes makes it accessible for teenagers to get cigarettes so as to support them in consuming cigarettes. Research conducted by the GATS shows that 79.8% of Indonesian society buy cigarettes at a kiosk (14).

Having the freedom to buy cigarettes in shops further facilitate the access of young people to get cigarettes. This can be caused by the absence of awareness of the seller as well as local government regulations regarding age restrictions on the purchase of cigarettes. Accessibility of teens to purchase cigarettes can also be influenced by the price of cigarettes themselves. Cheap cigarette prices could be a factor in facilitating young people to buy cigarettes. Price of cigarettes in Indonesia is the lowest among other countries. Policy on cigarette tax rates in Indonesia are still deemed less effective. According of Factsheet TCSC IAKMI, the price of Marlboro cigarettes in Indonesia only amounted to USD 1.01. The price represents the lowest price that was sold by a State among southeast countries like Singapore with a price of USD 8.64 Marlboro and Malaysia with a sales price of \$ 2.56. Based on the predictions made in Indonesia if the tobacco tax was increased to 57% of the retail price then it will cause a decrease in the number of smokers by 6.9 million, a decrease in smoking-related deaths of 2.4 million and increase state revenue amounted to 50.1 trillion (15).

Reinforcing Factors In Smoking Behavior

Reinforcing factors are factors that encourage or reinforce the behavior. This behavior can be community leaders and relevant regulations. In South Tangerang city area, there is no regulation on the restriction of smoking behavior issued by the local municipal government. It is a trigger for the youth to freely smoke cigarettes wherever they are. In fact, the health care law no. 36 of year 2009 has mandated that local governments are required to make regulations on the region without cigarettes. The policy without a cigarette is an effective effort to reduce the number of smokers. Research is conducted at UGM demonstrate that the policy of non-smoking areas have a positive impact on reducing smoking and promoting smoking cessation behaviors in students of Faculty of Medicine UGM (16).

The Policy of region without cigarettes is also can't automatically achieve the effectiveness if it's not executed properly. The results showed that the implementation of the no-smoking policy in the Pekalongan city government is still not running optimally, this is because it is still in its early stages policy socialization and appeals. The absence of punishments is given to the factors that influence the violation of these rules (17). Therefore, it takes a law governing the non-smoking area as well as its implementation properly to reduce smoking behavior, especially for the youth in RW 04 West Pamulang, South Tangerang, Banten. Another factor that also influences adolescent smoking behavior is the lack of education or real action of local health services in order to reduce smoking behavior especially for adolescents. Research conducted in Tehran has shown that parents or others can play a role providing advice in telling the dangers of smoking as an affect of smoking behavior. The study showed that students who do not smoke get advice from parents about the effects of smoking. Vice versa, students who do not get the advice about the effects of smoking is more common among students who smoke (18). Based on these factors it takes an effort from health care workers and parents to be able to warn young people about the bad effects of smoking.

Conclusions and suggestions

There are several factors behind teen's smoking at RW 04 West Pamulang. These factors were derived from the value of the predisposing factors develop in people who think that smoking is a behavior that is usually done by local teenagers. Another predisposing factor is the knowledge of adolescents about the effects of smoking. Basically teenagers are already known about the dangers of smoking, but that knowledge is not based on the awareness so teens tend to ignore the danger.

Enabling factors that influencing smoking behavior is the number of stalls selling cigarettes, making it very accessibility for teenagers to get cigarettes and consume them. Reinforcement factors influencing smoking behavior through reinforcement in the absence of government regulation of the region without cigarettes. The absence of such regulations encourages a freedom for teens to be able to smoke cigarettes wherever they desire to. Another factor is the role of the health workers which less supportive towards teenagers to stop smoking. It takes collaboration between communities, health workers and local governments to reduce smoking behavior in adolescents especially in RW 04 West Pamulang, South Tangerang, Banten. These efforts need to be done to be able to reduce adolescent smoking behavior such as providing knowledge about the dangers of smoking more effectively, create a new policy on higher price and make a rule about no smoking area.

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