

## INTISARI

**Latar Belakang:** Rokok merupakan produk tembakau yang digunakan untuk dibakar kemudian dihisap. Rokok memiliki kandungan nikotin yang dapat memacu produksi hormon dopamin yang memberikan efek berupa rasa senang, bersemangat, bergembira dan termotivasi. Sehingga ketika perokok berhenti merokok, efek dopamin akan hilang selama masa abstinensia dan akan muncul gejala berupa *nicotine withdrawal syndrome* yaitu sekumpulan gejala yang muncul saat seseorang berhenti merokok. Gejala tersebut bersifat sementara dan merupakan cara dari tubuh dalam beradaptasi agar kembali normal seperti dulu saat belum pernah terpapar rokok. Gejala terbagi menjadi dua yaitu afektif dan somatis. Tanda afektif *nicotine withdrawal syndrome* seperti tanda-tanda depresi, gelisah, perasaan mudah marah, kecemasan, frustrasi, dan sulit berkonsentrasi sering menyebabkan perokok gagal untuk berhenti merokok.

**Tujuan:** Penelitian ini bertujuan untuk melihat tanda afektif *nicotine withdrawal syndrome* dalam 24 jam masa abstinensia

**Metode Penelitian:** Jenis penelitian ini adalah deskriptif kuantitatif eksperimen untuk menggambarkan munculnya tanda afektif *nicotine withdrawal syndrome*. Pendekatan penelitian yang digunakan dalam penelitian ini adalah pendekatan *data time series*. Sampel dalam penelitian ini sebanyak 44 orang. Instrumen yang digunakan adalah *Minnesota Nicotine Withdrawal Scale* yaitu instrumen untuk mengetahui tingkat *nicotine withdrawal syndrome* pada perokok yang terdiri dari 9 item pertanyaan.

**Hasil Penelitian:** Berdasarkan hasil penelitian didapatkan rata-rata tanda afektif *nicotine withdrawal syndrome* dalam 6 jam pertama masa abstinensia didapatkan nilai  $Mean \pm SD = 6.92 \pm 4.941$ , pada 12 jam pertama didapatkan nilai  $Mean \pm SD = 11.02 \pm 5.696$ , pada 18 jam pertama didapatkan  $Mean \pm SD = 15.75 \pm 8.538$ , dan pada 24 jam pertama didapatkan nilai  $Mean \pm SD = 20.23 \pm 11.318$ .

**Kesimpulan:** Tanda afektif *nicotine withdrawal syndrome* yang dirasakan semakin meningkat dalam 24 jam pertama masa abstinensia dengan gejala paling ringan dirasakan pada 0-6 jam pertama dan paling berat pada 18-24 jam pertama masa abstinensia.

**Kata Kunci:** Perokok, *nicotine withdrawal syndrome*, tanda afektif, masa abstinensia.

## ABSTRACT

**Background:** Cigarettes are tobacco products that are used to smoked. Cigarettes contain nicotine which can stimulate the production of the dopamine hormone which gives the effect of feeling happy, excited and motivated. So that when smokers quit smoking, the effects of dopamine will disappear during the abstinence period and symptoms will appear in the form of nicotine withdrawal syndrome. These symptoms that appear when a smoker stop smoking are temporary and are the way of the body to adapt to return to normal as before when it had never been exposed to cigarettes. Symptoms are divided into two, affective and somatic. Affective signs of nicotine withdrawal syndrome such as signs of depression, anxiety, irritabilitys, frustration, and difficulty concentrating often cause smokers failed to quit smoking.

**Objective:** The aim of this study is to see affective signs of nicotine withdrawal syndrome within 24 hours of abstinence.

**Research Method:** This type of research is descriptive quantitative experiments to describe the affective signs of nicotine withdrawal syndrome. The research approach used in this study is data time series approach. The sample in this study were 44 smokers. The instrument used was the Minnesota Nicotine Withdrawal Scale, an instrument to determine the level of nicotine withdrawal syndrome in smokers consisting of 9 questions.

**Results:** Based on the results of the study it was found that the average affective sign of nicotine withdrawal syndrome in the first 6 hours of abstinence showed with the mean value  $\pm$  SD = 6.92  $\pm$  4,941, in the first 12 hours the mean value  $\pm$  SD = 11.02  $\pm$  5,696. In the first 18 hours the mean value  $\pm$  SD = 15.75  $\pm$  8,538, and in the first 24 hours the mean value  $\pm$  SD = 20.23  $\pm$  11,318 was obtained.

**Conclusion:** Affective signs of nicotine withdrawal syndrome are felt to increase in the first 24 hours of abstinesia with the mildest symptoms felt at the first 0-6 hours and the most severe in the first 18-24 hours of abstinence.

**Keywords:** Smoker, nicotine withdrawal syndrome, affective sign, abstinence.