

Qualitative Analysis of Factors Affecting Difficulty Quit Smoking of Students State Islamic University Jakarta



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OUTLINE

Introduction

Method

Result

Discussion

Conclusion

Suggestion

Reference

INTRODUCTION





Based on government regulation no. 19 years 2003, cigarette is processed tobacco wrapped in cigar or other forms which produced from *nicotina tabacum* plants, *nicotina rustica* and other species or synthetic that contains nicotine and tar with or without additives.

In cigarette, there are 4000 chemicals. In these materials, there are at least 69 chemicals classified as carcinogens substances.

Smokers argue that smoking can eliminate anxiety (39,2%), following friends (13,7%), increasing productivity (16,7%). Other research mentioned that smokers argue that smoking can eliminate anxiety (30,25%) and fill free time (23,3%) (Lisa, 2010)

There are some of the smoking myths such as mild and light cigarettes can reduce the risk of illness, not smoking can make uneasy, nervous and anxious, smoking can increase productivity (LM3, 2000)

Baiquni and Narila (2005) research show that smokers start smoking influenced by a friend (58%), themselves (25,3%) and family (1,4%).



Quitting smoking is very difficult. If smokers stop smoking, they can find bad condition.

Effort to quit smoking are diffiult because influenced by social environment, easily to get cigarette, no smoking ban legislations and influence of friend (Jusuf, 2010)

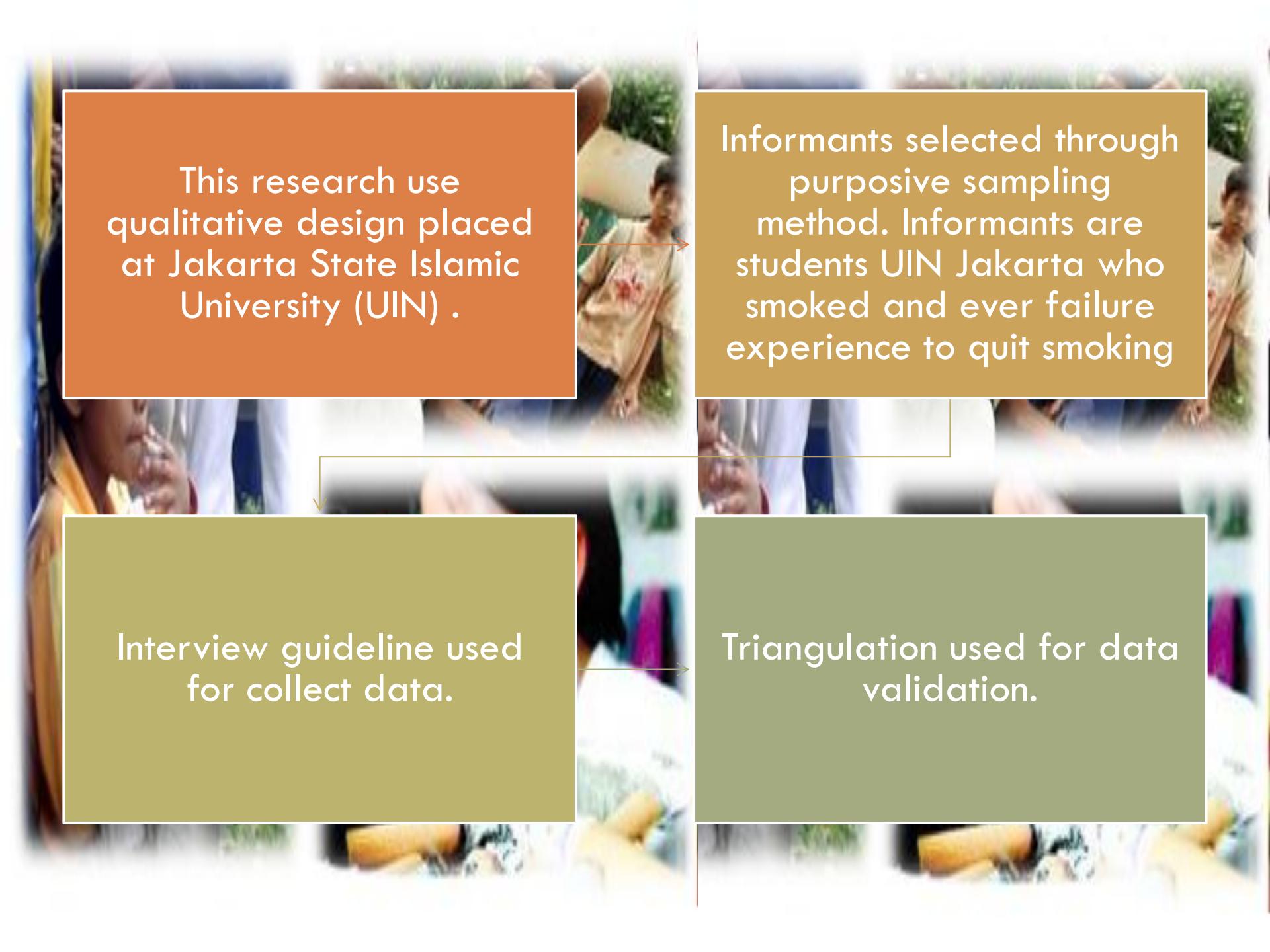
According to Green Theory, behaor influenced by three factors predisposing, enabling and reinforcing factors.

Preliminary study shows that 8 of 10 student of State Islamic University (UIN) Jakarta want to quit smoking but have failed.

Therefore, research conducted to identify factors influence difficulty student to quit smoking.

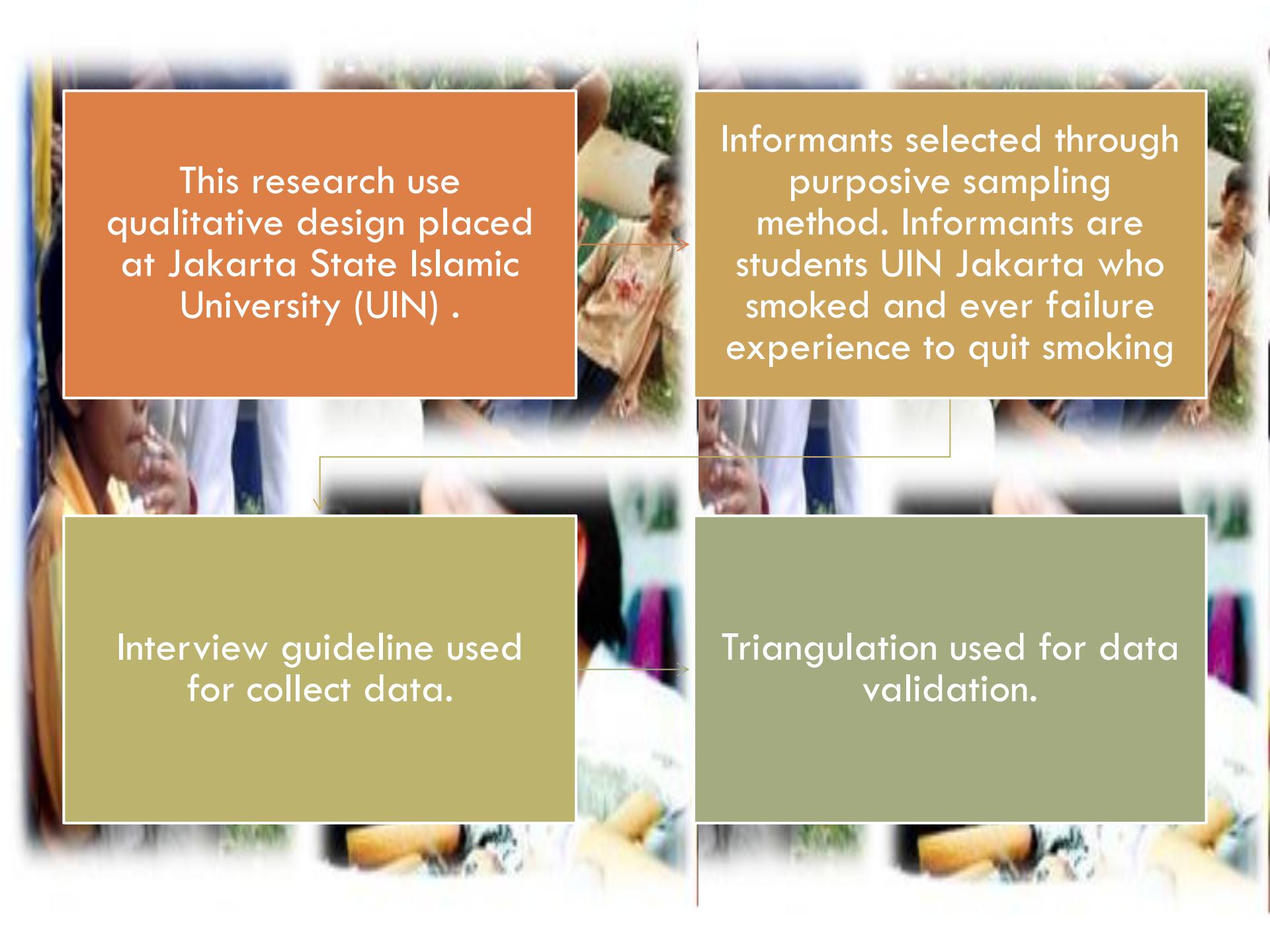
METHOD





This research use qualitative design placed at Jakarta State Islamic University (UIN) .

Informants selected through purposive sampling method. Informants are students UIN Jakarta who smoked and ever failure experience to quit smoking



Interview guideline used for collect data.

Triangulation used for data validation.

RESULT



Informan Research

No.	Sex	Age	Faculty
1	Male	24	Culture and Humanities
2	Male	20	Economic and Business
3	Male	22	Culture and Humanities
4	Male	22	Economic and Business
5	Male	21	Economic and Business
6	Male	23	Psychology
7	Male	23	Economy and Business
8	Male	22	Medicine and Health Sciences
9	Male	22	Medicine and Health Sciences
10	Male	22	Sciences and Technology
11	Male	24	Economic and Business
12	Male	23	Da'wah and Journalism

- From 12 students, five students started smoking while in senior high school, three students started smoking while in junior high school and four students started smoking while in primary school.

Smoking Status



Determining Factor To Smoking

- Students have a friend, siblings or father also smoked.
“....influenced by my friend....” (14)
- Curiosity to smoke, furthermore they feel comfort and continue to smoking.
“....first, just want to try...”(17)
- Students use cigarette to fill free time and to overcome boredom
“....in beginning, smoking just want to fill free time...”(12)
- Students think that smoking look cool
“...In the past, cool boy showed by smoking...”(15)

Motivation to quit smoking

- Students motivate from themselves to stop smoking.
“....my intention to quit smoking...”(13)
- Students want to get better health.
“...I quit smoking because of illness...” (110)
- Students live in environments that no smoking.
“....if I am at my house, I quit smoking because no one smoking...” (19)
- Request from someone or campus to quit smoking.
“.....I quit smoking when i want to entered UIN Jakarta...”(12)
- Do not have the money to buy cigarettes.
“....i quit smoking when i don’t have a job and don’t have money....”(14)

Efforts to stop smoking

- Avoiding environment that have many smokers.
“...i am avoiding from smokers...”(11)
- Strong intention to quit smoking
“...I try to change my mind, suggestion about cigarette to quit smoking...” (112)
- Eat snacks
“...Eat many snacks to change cigarette...”(16)
- Reducing cigarettes consumption
“.....Reducing cigarette consumption gradually...”(111)
- Fasting
“...i believe that fasting is healthy...”
- Doing activity to forget smoking.
“...i am playing a game to forget smoking....”(16)

Difficulty factors to quit smoking

- Peer pressure to smoke.

“....i am afraid, i lost my friend when i am not smoking...”(16)

- Smokers get bad condition if they quit smoking.

“....i was restless, feel something missing, i am not rilex...”(15)

- Social environment factors and easy accessibility to get cigarette.

“...canteen selling cigarette or easy accessibility to get cigarette influencing me to smoke...”(16)

- Follow role model i.e. Lecture of friend

“...Head of department or Dean are smoking, so i am smoking together...”(12)

DISCUSSION

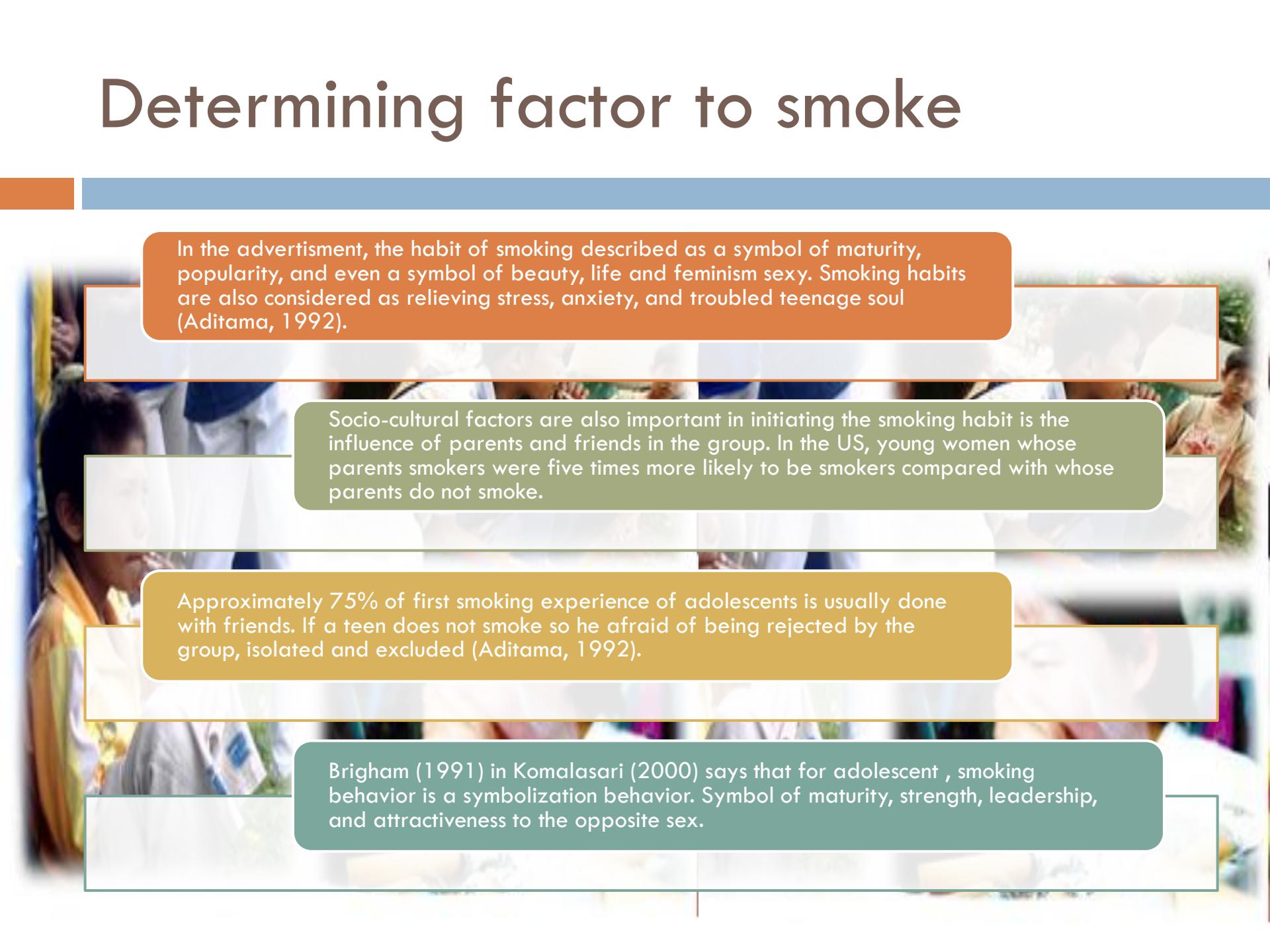


- Smet (1994) said that the age of first smoking generally range between 11 - 13 years of age, and they are generally smoking before the age of 18 years. The younger a person starts smoking, the more likely it will become regular smokers, and the more he smokes if adulthood.

Smoking Status



Determining factor to smoke



In the advertisement, the habit of smoking described as a symbol of maturity, popularity, and even a symbol of beauty, life and feminism sexy. Smoking habits are also considered as relieving stress, anxiety, and troubled teenage soul (Aditama, 1992).

Socio-cultural factors are also important in initiating the smoking habit is the influence of parents and friends in the group. In the US, young women whose parents smokers were five times more likely to be smokers compared with whose parents do not smoke.

Approximately 75% of first smoking experience of adolescents is usually done with friends. If a teen does not smoke so he afraid of being rejected by the group, isolated and excluded (Aditama, 1992).

Brigham (1991) in Komalasari (2000) says that for adolescent , smoking behavior is a symbolization behavior. Symbol of maturity, strength, leadership, and attractiveness to the opposite sex.

Motivation to stop smoking

The results showed that in general almost all informants have the desire and try to quit smoking. Motivation occurs due to several factors: internal factors, (myself and health) and external (environmental and economic).

Weakness of external motivation that is required to support continuous from the environment, and the people around him, because that person does not have the self-awareness (Herijulianti, 2001).

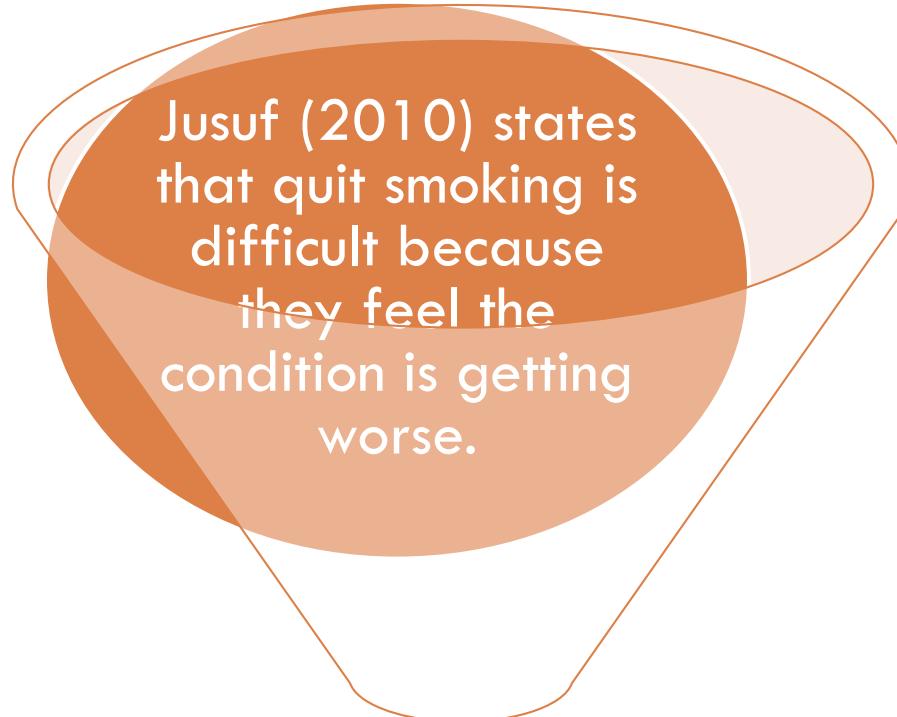
Efforts to stop smoking

Proscchaka in Fitriani (2011) describe that there are four step in behaviour change precontemplation, contemplation, action and maintenance.

Students try several ways to quit smoking but they had failed.

In action or maintenance step, relapse can occur, individual will return to the previous behavior (Fitriani, 2011)

Difficulty factor to quit smoking



It is mean that, in the beginning, the person who quit smoking will find difficulty to quit smoking.

CONCLUSION





Students started smoking at age 12-18 years.

Determining factors to smoke are the influence of the social environment like peers and family, availability of cigarettes and self intention.

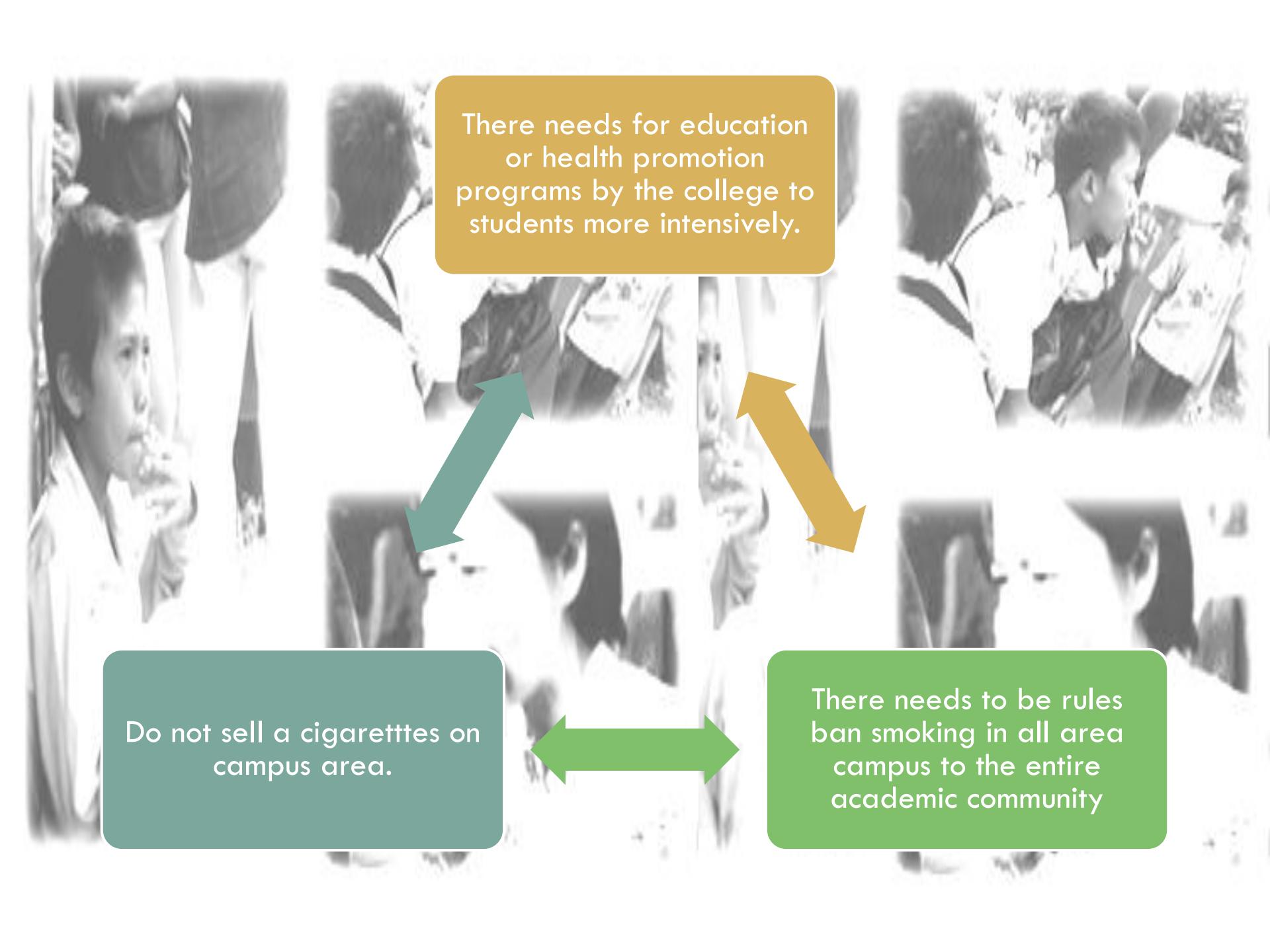
Smokers have motivation to stop smoking caused by several factors are self intention, living in environments that are no smoking, health and economic factors.

Efforts to quit smoking are reducing cigarette consumption, fasting, avoiding environment that have a many smokers, exercising and doing another activity to forget smoking.

Difficulty factors to quit smoking are self intention, cigarette addiction, social environment influenced like a peers and role model figures and easy accessibility to get cigarette.

SUGGESTION





There needs for education or health promotion programs by the college to students more intensively.

Do not sell a cigarettes on campus area.

There needs to be rules ban smoking in all area campus to the entire academic community

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