

IMPACT OF CIGARETTE AGAINST ADOLESCENT BEHAVIOR VIEWED FROM THE HOLISTIC ASPECT (BIO-PSYCHO-SOCIO-SPIRITUAL-CULTURAL)

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ABSTRACT:

Article 2 letter b Government Regulation Number 19 of 2003 explains that the implementation of safeguarding cigarettes aims to protect the population of productive age and adolescents from the encouragement of the environment and the influence of advertisements for the initiation of the use and dependence on cigarettes, will remain in the field, the article is less obeyed by adolescents, even though the government enforces the regulation of this occurrence for their health. This shows the disharmony between regulations and facts on the ground. The problem in this study is what are the factors that influence adolescents have smoking habits and how the impact of smoking on adolescent behavior in terms of holistic aspects. This research method uses descriptive analysis testing, with primary data collection, to prove whether smoking really influences adolescent behavior. Data obtained from the study were analyzed qualitatively. Based on the results of the study it was found that the factors that encourage the behavior of smoking cigarettes included internal factors, including; curiosity, trial and error, pressure and external factors; imitating others, persuading friends. The impact of smoking on adolescent behavior in terms of holistic aspects, including; adolescents often forget to eat, decreased performance, are indifferent, neglect of worship and, rarely attend religious events (tahlillan culture).

Keywords: Cigarette Impact, Teen Behavior, Holistic.

INTRODUCTION

Smoking behavior of adolescents at this time is not a stranger, they assume that smoking provides its own satisfaction. But besides that many negative impacts arising from smoking due to the substances in it. The factors that cause teenagers to have smoking are to entertain themselves and balance their relationships with peers (Istiqomah, 2003). This smoking habit has been done openly even can disrupt the comfort of others because it is done in a free place and does not care about the circumstances. Where children of this age should learn and achieve goals for their future actually do habits that can have a negative impact on their health and mindset (Gonondiputro, 2007).

Factors that encourage smoking habits of adolescents come from external and internal factors. When children reach their teens, there is often an imbalance between psychological and social conditions. They tend to want to try new things as a form of age, power and charismatic changes (Sitepoe, 2000).

Quoted from Kompas.com, World Health Organization (WHO) 05/31/2018 stated there were 40% of smoking deaths in the world where every year as many as 3.3 million smokers including passive smokers died due to respiratory disease.

Minister of Health 07/11/2019, stated that the Grobogan 2018 data showed the total deaths from cancer in Indonesia, lung cancer ranks first cause of death that is equal to 12.6%. While based on data from the Friendship Center Hospital 87% of lung cancer cases are caused by smoking. Quoted from Detik.com 2/9/2020 a six-year-old boy in Wonogiri, smoking a round and experiencing a lung infection. Quoted from Kompas.com 1/5/2019 a teenager in Banyudono Boyolali, determined to commit suicide because of a ban on smoking from his parents. The teenager was found hanging himself at the kitchen door.

Smoking behavior has now monopolized Indonesian adolescents which started from seeing the smoking habits of others including their own parents which is an example that has a big impact on their children (Gonondiputro, 2007). Based on the above background the researcher is interested in researching and taking the title "**Impact of Cigarettes on Adolescent Behavior Examined from the Holistic (Bio-Psycho-Socio-Spiritual-Cultural) Aspect**".

Problem

Based on the above background, the formulation of the problem in this study are:

1. What factors affect adolescents having smoking habits?
2. How is the impact of smoking on adolescent behavior in terms of holistic aspects (bio-psycho-socio-spiritual-cultural)?

Research Methode

1. Types of Research

This type of research used in this study is qualitative research that is a type of method that is descriptive and tends to use analysis on aspects of in-depth understanding of a problem rather than looking at the problem for generalization research. This qualitative research is used to provide answers to the effects of smoking on adolescent behavior in terms of holistic aspects (bio-psycho-socio-spiritual-cultural).

2. Data Collection Technique

The data used in this study are primary data that is data obtained directly from sources or from respondents selected using the positive sampling method, which is one of the sample techniques selected based on consideration or subjective research that researchers agree with criteria.

3. Descriptive Analysis

Descriptive analysis, which is collecting research data in accordance with facts obtained in the field and then processed and analyzed to make a conclusion that illustrates the impact of smoking on adolescent behavior in terms of holistic aspects (bio-psycho-socio-spiritual-cultural).

Discussion

1. Factors Affecting Teenagers Having Smoking Habits

The results of the study of 30 respondents obtained the following data:

65% of teens have smoked and 25% have never smoked. The 65% data consists of 15% of teenagers who have not smoked and 50% of teenagers who still smoke until now. The data

prove that 50% adolescents who are still smoking are caused by curiosity which results in dependency until now making it difficult to stop smoking.

Based on the data above, there are 2 factors including internal factors and external factors:

a. Internal factors

- 1) 8 out of 30 respondents have smoking habits that start from curiosity.
- 2) 9 of them because of trial and error.
- 3) 3 respondents started from feeling depressed.

b. External Factors

- 1) 5 respondents started from seeing the smoking habits of others.
- 2) 5 respondents started from a friend's persuasion.

From these data it can be concluded that the factors that encourage adolescent smoking include, among others, are; curiosity, trial and error, depressed, see the smoking habits of others and because of persuasion of friends.

2. The Impact of Cigarettes on Adolescent Behavior in terms of Holistic (Bio-Psycho-Socio-Spiritual-Cultural Aspects)

Based on the research results obtained data as follows:

a. Biological aspects

9 out of 30 respondents said that smoking is an obligation and basic daily needs, smoking can make them able to maintain stamina even though not eating for a full day. And if they don't smoke, they feel their tongues are hard and bitter and their bodies feel weak for activity.

b. Psychological aspects

8 out of 30 respondents said that smoking is a pleasure at any time so they put aside learning that most of them resulted in decreased performance since smoking. They feel happier and more confident when socializing.

c. Sociological aspects

5 out of 30 respondents ignored the environment. Even in places where smoking is prohibited, they will remain daring by hiding in the toilet. They will smoke anywhere as long as they want without thinking about the health of others even though they know people who breathe cigarette smoke have the risk of health problems, but the fact they do not care.

d. Spiritual aspect

4 out of 30 respondents prefer to do activities outside the home such as gathering with friends until they neglect to worship because it is too cool to forget time.

e. Cultural aspects

4 out of 30 respondents said that they often play truant to the school canteen while smoking instead of attending a flag ceremony, in community activities such as religious events (tahlilan) that have been became a community tradition but they were never present.

From the description above it can be concluded that the impact of smoking on adolescent behavior in terms of holistic aspects (bio-psycho-socio-spiritual-cultural) including; often forget to eat, put aside learning, are indifferent to the environment, neglect to worship, never follow tahlilan.

Conclusion

After researching the impact of smoking on adolescents in terms of the holistic aspects (bio-psycho-socio-spiritual-cultural), the following conclusions can be drawn:

1. Factors that encourage adolescents to smoke, including internal factors; curiosity, trial and error. And, external factors namely; look at other people's habits, persuade friends.
2. The impact of smoking on adolescent behavior in terms of holistic aspects (bio-psycho-socio-spiritual-cultural) including; adolescents often forget to eat, put aside learning, are indifferent to the environment, neglect to worship, never attend a religious event (tahlillan culture).

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