

Analysis Of Factors Influencing Smoking Behavior In Adolescents: A Literature Study

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ABSTRACT

Smoking habit in adolescents is a serious problem with significant health impacts. Serious diseases such as cancer, heart disease, and chronic respiratory disorders are the consequences of this smoking habit. Adolescents are vulnerable to social pressure, environmental influences, and psychological factors that make it difficult for them to quit smoking. This study analyzes environmental, social, psychological, and genetic factors that influence smoking behavior in adolescents through literature studies. These factors include the availability of cigarettes around adolescents, peer influence, stress, and genetic factors. These findings indicate the need for a holistic approach in efforts to prevent smoking in adolescents. Policies that limit adolescent access to cigarettes, change social norms that support smoking, improve adolescents' emotional management skills, and personalize interventions based on genetic factors are important steps that must be taken to protect the younger generation from the dangers of smoking. This comprehensive approach is expected to reduce the prevalence of smoking in adolescents, support the growth of a healthier generation, and reduce the negative impact of smoking in society as a whole.

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INTRODUCTION

Smoking is a detrimental habit and has serious impacts on health. It is not only detrimental to active smokers, but also to those around them through passive smoking. Diseases such as cancer, heart disease, and chronic respiratory disorders are direct consequences of smoking. Ironically, this habit often begins in adolescence, when individuals are in a critical phase of physical and mental development. Adolescents who start smoking tend to face a high risk of continuing this habit into adulthood. In addition, they are also more likely to be affected by social pressure and influences from the surrounding environment, worsening the situation and making it difficult to quit smoking. Therefore, it is important for the government, educational institutions, and families to work together to provide the necessary education and support to adolescents so that they are aware of the health risks associated with smoking and prevent them from falling into this dangerous smoking habit.

Smoking habits in Indonesia are very worrying, especially since the majority of smokers first tried cigarettes at a young age, between 15-19 years old. Data from the Basic Health Research revealed that as many as 52.1% of Indonesian smokers started smoking at this age range. This figure reflects how prevalent and disturbing the smoking problem is among teenagers in this country. The negative impacts of smoking are very serious, with the World Health Organization noting that this habit causes the deaths of around 225,700 people each year. This is a shocking figure and reminds us of the urgency to take serious action in overcoming the problem of smoking, especially among teenagers. Proper prevention and education efforts need to be strengthened to change this trend, provide teenagers with a better understanding of the health risks posed by smoking, and motivate them to live a healthy lifestyle without cigarettes.

According to Aris' research, the smoking situation among Indonesian teenagers shows a very worrying figure. As many as 69% of teenagers in Indonesia have fallen into the habit of active smoking, perhaps mostly influenced by the environment and family where they live who are also smokers. In addition, a more surprising statistic is the fact that there are around 89 million children

who are exposed to cigarette smoke and are at risk of experiencing serious health impacts. Even more surprising, of that number, there are 230 thousand children who have not even reached the age of 10 but are already trapped in smoking addiction. This situation indicates the need for immediate action from the government and society to protect the younger generation from the dangers of smoking and build a healthy environment for their growth.

Previous studies have revealed that smoking behavior in adolescents is not only influenced by a single factor, but involves a complexity of various factors. These factors include the influence of their environment, such as exposure to cigarettes at home or at school, as well as social influences from peers and family who smoke. In addition, psychological aspects, such as stress levels, anxiety, or self-image also have a significant impact on the tendency to smoke in adolescents. Even biological factors, including genetic predisposition, also play a role in shaping the tendency to smoke. Understanding the complexity of these factors is key to designing effective intervention programs to reduce the prevalence of smoking among adolescents. A holistic and integrated approach that considers all of these factors is essential in our efforts to protect young people from the threat of smoking and promote healthy lifestyles in society.

This study aims to conduct an in-depth analysis of the factors that influence smoking behavior in adolescents through a literature review. Through this study, it is expected to find valuable information to support the planning and implementation of more effective preventive programs in reducing the number of adolescents who smoke. This literature study has certain limitations, including the limited data sources available. Therefore, the information presented in this literature review will be based on leading studies that have been published, so there may be some factors that cannot be covered comprehensively.

METHOD

Research Design

This study uses a literature study method to analyze factors that influence smoking behavior in adolescents. The literature study approach allows researchers to collect, evaluate, and synthesize findings from previous studies to comprehensively understand the factors related to smoking habits in adolescents.

Data source

The main data sources of this study are scientific journals, articles, and books that have been published on smoking behavior in adolescents. Data were obtained from academic databases, university libraries, and official websites of trusted research institutions. The selection of data sources was based on relevance to the research topic and the latest year of publication to ensure the accuracy and precision of the information used in the analysis.

Research Procedures

Literature Search: Literature search was conducted through academic databases such as PubMed, Google Scholar, and Scopus using keywords such as "smoking behavior in adolescents," "factors influencing teenage smoking," and other related keywords. Literature search was conducted to obtain scientific articles relevant to the research topic.

Article Selection: Articles found through literature search were critically analyzed. Selection criteria involved topic relevance, year of publication, research methodology, and source credibility. Articles that met the inclusion criteria were taken as the analysis sample. **Data Evaluation and Synthesis:** Data found from the selected articles were evaluated and synthesized. The information collected included environmental, social, psychological, and biological factors that influence smoking behavior in adolescents. These data were then analyzed to find patterns, similarities, and differences in the factors that influence smoking behavior in adolescents.

Data analysis

Data analysis was conducted through a qualitative descriptive approach. Data from the articles found were analyzed thematically to identify patterns and trends in factors that influence smoking behavior in adolescents. The results of the analysis will be presented in the form of a thematic summary that highlights the most significant factors in shaping smoking habits in adolescents.

RESULTS AND DISCUSSION

Based on the analysis of literature studies conducted, a number of factors that influence smoking behavior in adolescents can be identified. These factors include:

Environmental Factors

- a. Availability of cigarettes in the environment around teenagers.
- b. Exposure to cigarette advertising and promotions.
- c. Social norms that support or disparage smoking habits.

Social and Cultural Factors

- a. The influence of peers and family who smoke.
- b. Smoking patterns of parents and family members.
- c. The influence of mass media on the image and perception of smoking.

Psychological Factors

- a. Stress and emotional pressure.
- b. A desire to experiment and try new things.
- c. Lack of emotional management skills.

Biological and Genetic Factors

- a. Genetic susceptibility to nicotine addiction.
- b. Neurobiological changes during adolescence that make individuals more susceptible to smoking habits.

Discussion

Environmental Factors

Environmental factors, such as the availability of cigarettes around adolescents and continuous media promotion, play a crucial role in shaping smoking habits among the younger generation. Policies that limit adolescent access to cigarettes and control cigarette promotions need to be strengthened to reduce their exposure to cigarettes. The availability of cigarettes in shops, stalls, or even in the school environment can increase the chances of adolescents trying and developing a smoking habit. Likewise, cigarette promotions through mass media, the internet, and entertainment events shape their perception of smoking as an attractive lifestyle. In facing these challenges, strict and effective policies, such as enforcing a minimum age for purchasing cigarettes, banning cigarette advertising, and limiting media promotions, are essential. By limiting adolescent access to cigarettes and reducing their exposure to cigarette promotions, society can help protect the younger generation from the negative impacts of smoking and create a healthier and more competitive environment for their future.

Social and Cultural Factors

Peer and family influences have a profound impact on shaping adolescent smoking behavior. Therefore, successful intervention programs should focus on changing social norms around smoking and raising parental awareness of their impact as role models. When peers smoke, adolescents tend to feel pressure to follow suit, believing that smoking is normal or even cool. Meanwhile, when family members smoke, this reinforces the belief that smoking is an acceptable behavior within the family environment. Therefore, intervention approaches that target changing social norms around smoking are essential. In addition, raising parental awareness of the negative impacts of smoking and the importance of their role as good role models is also highly relevant.

With comprehensive education in schools and homes about the risks of smoking, adolescents can understand the serious health consequences associated with smoking, and parents can play an active role in guiding their children towards healthy, smoke-free lifestyle choices. Through this holistic approach, communities can create an environment that supports the development of young people without being influenced by the detrimental habits of smoking.

Psychological Factors

Psychological factors, such as stress related to school demands or interpersonal issues, as well as the curiosity common to adolescents, play a large role in their decision to smoke. In the face of these psychological pressures, it is important to develop stress management and social and emotional skills development programs for adolescents. By understanding how to identify and cope with stress, adolescents can learn to face challenges without relying on smoking as a coping mechanism. Additionally, improving social and emotional skills can help them develop healthy relationships, increase their self-confidence, and improve their ability to resolve conflicts without smoking as a solution. Thus, this holistic approach not only helps to relieve psychological stress but also lays a strong foundation for healthy emotional growth and development, leading to a smoke-free lifestyle.

Biological and Genetic Factors

Inequalities in genetic vulnerability highlight the importance of a personalized approach to youth smoking prevention efforts. Genetic factors may make some individuals more susceptible to nicotine addiction than others, suggesting that there is no one-size-fits-all approach to smoking prevention. Therefore, interventions targeted at individuals with high genetic vulnerability are critical and may be more effective in preventing the development of smoking habits. By understanding each individual's genetic profile, prevention programs can be tailored specifically to address the higher risk in certain groups. This personalized approach includes genetic risk assessment, tailored counseling, and intensive support that can help individuals feel heard and supported in their efforts to quit smoking. By taking an approach that takes into account inequalities in genetic vulnerability, we can be more effective in preventing smoking-related health problems at the individual level, creating more positive change in society as a whole.

CONCLUSION

Based on the findings of this literature study, smoking prevention interventions for adolescents should be holistic, involving environmental, social, psychological, and even genetic factors. Supportive policies, effective education, and social support can help change norms and perceptions that support smoking among adolescents. Through this comprehensive approach, it is hoped that it can reduce the number of adolescent smoking, support a healthier generation, and reduce the burden of smoking-related diseases in society as a whole.

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