

DYNAMICS OF STUDENT SMOKERS IN HIGH SCHOOL

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Abstrak

Smoking is a habit carried out by students, influenced by psychological factors, social environment, socio-cultural demographics. So that smoking is a disease that is transmitted to the younger generation or students. So this study aims to examine the existence and pathology of student smokers at Senior High School Plus Kinali. The type of research used is qualitative research with a phenomenological and ethnographic approach. In this case, the author examines the phenomena of ethnographic research forms. Ethnography is a research method based on observations of a group of people with a natural environment rather than research that emphasizes formality. In collecting data, the author conducted naturalistic interviews by visiting students who smoke in the canteen, both during class hours and during breaks. In conducting the interview, the author took a persuasive approach in an attempt to examine the phenomena of smoking for students. If needed, the author conducted interviews and interrogations secretly wrapped in casual chats. The findings of this study reveal that smoking is a disease that has become a tradition among the younger generation or students, which is very damaging in terms of health, economy and psyche. Smoking is a culture of students at Senior High School Plus Kinali which is caused by environmental influences, both friends and the general public. Internal factors of students also influence Senior High School Plus Kinali students to smoke, both at school and outside of school. Smoking for students is a source of pride for them and is a social disease that is developing among students.

Keywords : Students, Smokers, Existence and Pathology

A. INTRODUCTION

Smoking is a social ritual that is easily found, whether at home, in the office, in the market, restaurants, tourist attractions, or other public places. The habit of smoking carried out by students is influenced by several biological, psychological, social environmental, socio-cultural demographic factors. Or it can also be called, through environmental factors and friendship environments.. (Nugroho, 2017) Socio-cultural factors include cultural habits, social class, and education level. The problem of smoking behavior does not only occur among teenagers or students. However, it is done by everyone, especially those who are addicted to cigarettes. (Muta'din, 2007). Thus, the environment greatly influences students' behavioral patterns. (Amrullah & Nurcahyo, 2022),

(Tajuddin Nur, 2011), (Kurniasari et al., 2022), (Murniyetti, Engkizar, 2016), (Rusdiah & Nasyafia, 2021).

There are several reasons for smoking for students, including for personal appearance to be more confident to raise spirits. The negative impacts caused by smoking do not make smokers eliminate their smoking behavior. (Muta'din, 2007). There are so many reasons for smokers to be able to defend themselves when asked the reason why they still smoke? No one can deny the negative impacts of smoking behavior, but smoking behavior for human life is a phenomenal activity, meaning that even though they already know the dangers of smoking, the number of smokers is not decreasing but increasing. Especially for students in high school.

The dangers of smoking certainly require serious efforts to prevent it. However, efforts to stop smoking are inappropriate and futile efforts. However, information about the impact of smoking needs to be provided. (Satria Gobel, 2020). Furthermore, data shows that more than a third or 36.3 percent of Indonesia's population is currently a smoker. Even 20 percent of teenagers aged 13-15 years are smokers. Data last year showed an increase in the number of male teenage smokers reaching 58.8 percent. The habit of smoking in Indonesia has killed at least 235 thousand people every year. The health department recorded the number of active smokers in West Sumatra reaching 38 percent. If calculated, 4 out of 10 West Sumatra residents are smokers. Based on the latest survey conducted, of the 876,880 residents of Padang City, 323,963 of them are under 20 years old. And more than half of Padang residents as many as 66.2 are smokers (Umari et al., 2020).

The impact of cigarettes on education is very influential because the effects of cigarettes make students' souls restless because they are influenced by cigarette poison. There are some students who started to know cigarettes since Junior High School, some even started since Elementary School. Students who start smoking at the age of 12 or younger are more likely to become heavy smokers and smoke regularly than students who start smoking at an older age. Usually the reasons for smoking for the first time are varied, ranging from following their friends, feelings of prestige that arise among friends and wanting to respect friends.

Teenage behavior is an endless object of educational study, because it will always change according to the times. Parents have an important role in fostering their children's behavior. (Adian Husaini, 2010), (Dits Prasanti, 2018), (Iswandi, Hidayat et al., 2023), (Darma & Rusyidi, 2003). Teachers have an important task in developing student behavior (Zendrato & Harefa, 2020), (Romaida Nasution, 2022), (Suharni, 2019). By making schools a conducive educational environment for students (Neldawati et al., 2015), (Komariah, 2019), (Fachrudin, 2011), (Halim & Dariyo, 2017).

Based on the author's observation results on February 28, 2024 at Senior High School Plus Kinali, that students' smoking activities were carried out during recess, but there were also some students who went out during class hours to smoke in the canteen. When the author investigated and asked the students, why do they smoke? The clear answer was "not a man, if you don't smoke". Thus, learning at Senior High School Plus Kinali continues to run optimally. However, there are students who still often violate the rules that have been made so that learning does not run optimally because students often go out during class hours to smoke at the stall and even immediately go out to hang out with their friends or go to another school to meet their friends there.

In relation to this, the author met the principal and tried to find out why many students smoke during class and break time. According to the Principal of Senior High School Plus Kinali, he said that: "The input of students who enter Senior High School Plus Kinali are students who

have smoked at the Junior High School level, and many of them are already addicted to smoking. Smoking for students here is a symbol in their social life". Thus, smoking for students of Senior High School Plus Kinali is a social identity among students, because it has become a routine phenomenon that will be faced.

This phenomenon is a phenomenon that is often found in high schools, as expressed by Eko Budi Santoso that according to WHO in 2002, around 69.1% of men in Indonesia aged 20 years or older smoke regularly with a higher number (74%) in rural areas (Ayu Lestari, 2022). Furthermore, based on the results of the Basic Health Research (Riskesdas) conducted in 2018, the prevalence of smoking in adolescents aged 10-18 years was recorded at 9.19%, an increase compared to the 2013 Riskesdas of 7.2% and 8.8% in 2016.

The phenomenon of smoking has sometimes become a culture for students, because humans and culture cannot be separated. (Kristanto, 2021). This is certainly contrary to the concept of Islamic education which prioritizes moral and ethical education for students. The above phenomenon makes the author study further the DYNAMICS OF STUDENT SMOKERS IN HIGH SCHOOL.

B. Research methods

The research stages are described as follows;

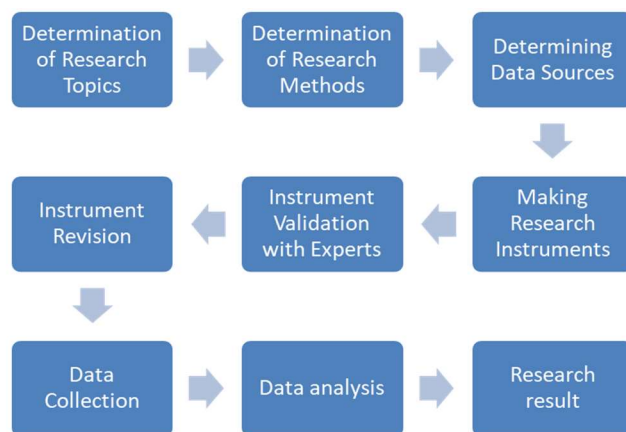


Figure 1. Research Process

The type of research used is qualitative research with a phenomenological and ethnographic approach. In this case, the author examines the phenomenon of ethnographic research. Ethnography is a research method based on observations of a group of people in a natural environment, not research that emphasizes formality. In this case, the author directly conducted the research directly at Senior High School Plus Kinali, from the beginning of the research to the end.

Informants were selected based on purposive sampling. In this case, the researcher determined the informant based on: (1) the experience they had, (2) the informant's identity as a student and teacher, (3) willing to be an informant for data collection.

In collecting data, the author conducted naturalistic interviews by visiting students who smoked in the canteen, both during lessons and breaks. In conducting interviews, the author used a persuasive approach as an effort to examine the phenomenon of smoking in students. If necessary, the author conducted interviews and interrogations secretly wrapped in casual conversations. However, besides that, interviews were also conducted openly and officially based on interview guidelines (research instruments)

The interview and observation process was conducted by the author at Senior High School Plus Kinali and around Senior High School Plus Kinali. If necessary, the author will conduct interviews at student hangouts. The results of observations and interviews, the author writes in this journal which is adjusted to the discussion. At the end, the author discusses the findings.

C. RESULTS

The research findings explain that the causes of students smoking at Senior High School Kinali Plus are as follows;

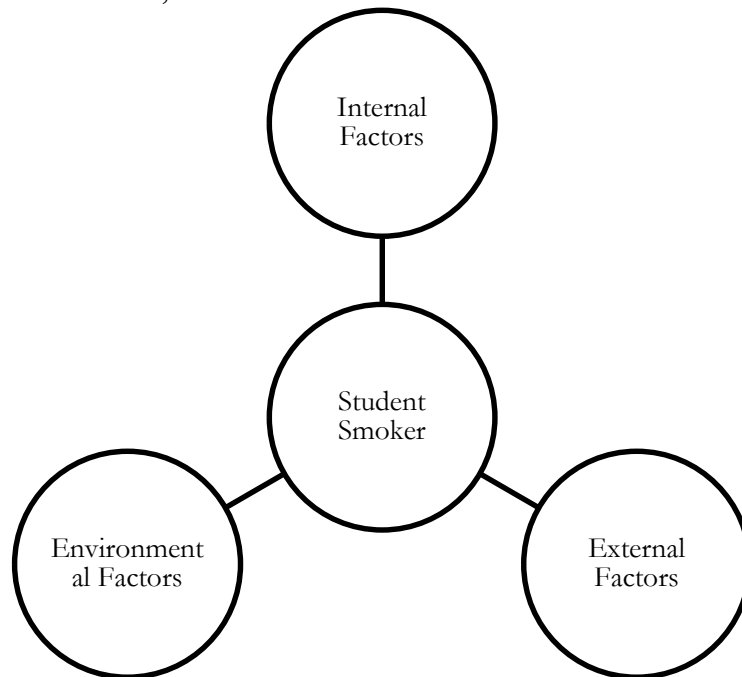


Figure 2: Research Results

Based on the image above, there are three key findings from this study, namely: (1) Internal factors are the cause of students getting used to smoking. (2) External factors also influence students to get used to smoking. (3) Environmental factors also have a very dominant influence on students.

Internal factors. Internal factors are factors that originate from within a person to want to know about cigarettes, starting from the basic ingredients and how to make cigarettes. This is in accordance with the results of the author's interview with DA (initials) that he has been smoking since 6th grade of elementary school. His father and brother are heavy smokers. He can finish three packs a day. According to him, since childhood he has been used to seeing his family members smoking at all times, especially after eating or while drinking coffee. For DA, bringing cigarettes to school is a must. As the author witnessed, when DA was at school, there were always cigarettes in his pants pocket. He brought cigarettes per stick, because it was also in accordance with the pocket money budget he received every day. When the author asked if he had any intention to quit, DA answered that for him quitting smoking meant breaking off association with his friends. He would also be embarrassed if bullied by his friends for quitting smoking. For DA, smoking is a symbol of a mighty man. This is proven by the results of the author's observations in the field that many students bring cigarettes and matches to school. This is in accordance with Ivan Pavlov's opinion which states that if something is accustomed to a stimulus, a response will appear. There are many stimuli for smokers, it could be addiction to cigarettes, a smoking environment, friends who smoke, resulting in a response to smoking becoming a habit. So smoking is a habit that is already embedded in the child.

If viewed from a normative perspective, of course what DA did was wrong. Smoking at school. Clearly violating school rules. This is a disease that the school will face as long as he is a student at the school. However, if examined psychologically, this is certainly a challenge for teachers. Because changing habits requires a serious process and takes a long time. This problem requires serious efforts from teachers to implement an anti-smoking culture in schools. So that students' personalities are accustomed to an anti-smoking culture. Such as an Anti-Smoking campaign in the form of posters and pamphlets.

External factors. The external factors that the author means here are factors that are outside the student or more specifically his friends. His friends are factors that influence students to smoke from the outside, namely temptation, invitation, orders, coercion, and threats made by peers or friends who are smokers. As the results of the author's interview with FM (initials), for him it is a social activity. Although initially his parents forbade him, he smoked secretly. However, his parents also found out from information from neighbors. He even got a punishment of not being given pocket money for a month, so that he would stop smoking. Even though he didn't get pocket money, he could also smoke cigarettes from his friends. Smoking for FM is a symbol of masculinity. Men who don't smoke are said to have similarities with women. This condition is the result of the damaged pattern of adolescent or student relationships. There is a culture that is inherent in students that relationships or gatherings need to be presented with cigarettes, or worse, by presenting alcoholic beverages. With this habit, generations of cigarette lovers are born. For each student, of course, it needs to be anticipated with strict family education. The dynamics are that there are still many families that do not implement good family education patterns. As a result, according to data from the Indonesian Child Protection Commission, of the 87 million child population in Indonesia, 5.9 million of them are drug addicts (UNISMA: 2023). Drug addiction is a further effect of smoking habits for students.

Environmental factors. If there is a smoker in the family, either from the father or other family members, then this becomes a motivator for children to smoke. Next is the school environment, with the existence of school environmental factors, it can be a motivator for

children to try smoking, because at school it is easy to get cigarettes, all canteens or cafes at SMA Plus Kinali sell cigarettes, and many friends in the school environment smoke. Lastly is the community environment. With the existence of a community environment, it can cause children to try smoking because in the community there are many who consume cigarettes such as great people who are useful in society almost all consume cigarettes such as, *niniakmamak*, *alim ulama*, traditional figures, and so on who consume a lot of cigarettes as a motivator for children to like smoking ". There are several reasons why students smoke, including for self-appearance to be more confident to raise enthusiasm. The negative impacts caused by smoking do not make smokers stop their smoking behavior. There are a thousand and one reasons smokers defend themselves when asked why they still smoke. No one can deny the negative impact of smoking behavior, but smoking behavior for human life is a phenomenal activity, meaning that even though they know the dangers of smoking, the number of smokers is not decreasing but increasing. Smoking is something that has become a culture for students, why can it be said to be a culture because 90 percent of students at Senior High School Plus Kinali smoke. This can be seen in the following table :

Smoker	Not Smoker	Total
90%	10%	100%

Table 1: Data on Student Smokers

With this state of the data, it is easy to see that so when in class or while learning, the impact of smoking is that it makes students uncomfortable in carrying out learning because it is uncomfortable if the student cannot smoke yet, that is one of the reasons students are not serious about learning.

Based on the results of the study above, it can be understood that the causes of students becoming smokers are caused by two factors, namely internal and external. Internally, students have a high curiosity about why there are many cigarette addicts they meet in the community. This is of course caused by the many smokers they meet, both outside of school, in the family, and in their relationships with the community. Furthermore, they want to satisfy their curiosity about the taste of cigarettes which begins with their own desires and great curiosity to try cigarettes so that from within they want to satisfy their curiosity and want to get new experiences when trying to smoke. Furthermore, the personality factor from within students who want to eliminate stress and doubt which is considered by adolescents to be able to provide peace and free themselves from boredom.

Related to deviations in adolescent behavior based on the importance of the learning process. Deviant behavior such as smoking behavior carried out by students is actually something that can be learned. Likewise in the activity of adolescent smoking behavior, if the family or parents consume cigarettes, it can be learned by people who see it, especially for students who at that time want to try everything they have never done.

Meanwhile, externally, students always pay attention to the number of smokers at all times. Whether at home, in stalls, in the community, or in public places. With the large number of smokers and the ease of meeting them, of course this has become a disease in society. Especially for smokers who are already trapped in cigarette addiction, who make cigarettes a basic need for them. Related to the above, smoking is one of the juvenile delinquency problems that continues to grow and increase every year. Personality factors are one of the

factors that cause teenagers to smoke which arise from within the individual themselves. Judging from these personality factors, students explain their reasons for smoking which begin with their own desires and great curiosity to try smoking because they see friends who smoke so that from within they want to satisfy their curiosity and want to get new experiences when trying to smoke. This great curiosity about cigarettes makes teenagers tend to easily become active smokers. Then after they try smoking, it is likely that they will switch to something more than cigarettes, such as drinking alcoholic beverages or the most dangerous is drug abuse. Personality factors that include wanting to satisfy curiosity are factors that encourage teenagers to smoke. This is shown by the great curiosity and inquisitiveness of teenagers about cigarettes which is motivated by the desire to try what it feels like to smoke because seeing other people smoking feels delicious and enjoyable and the desire arises from within oneself to try the cigarette.

D. DISCUSSION

Research findings reveal that smoking is a culture as well as a disease among the younger generation or students, which is very detrimental in terms of health, economy and psychology. Smoking is a culture of students at Senior High School Plus Kinali which is caused by environmental influences, both friends and the general public. Internal factors of students also influence students at Senior High School Plus Kinali to smoke, both at school and outside of school. Smoking for students is a source of pride for them and is a social disease that is developing among students.

The habit of smoking has become a habit for the younger generation. According to the author's analysis, this smoking habit starts from the weakness of the family education system. There are still many parents who do not pay attention to their children's social patterns. Their parents are only busy earning a living to support their families. Meanwhile, their children's social patterns are often not included in the family education program. Finally, many parents ignore their children's social patterns. With weak parental control, when children meet their peers, many do things that are not in accordance with moral values. Including the mindset of teenagers that smoking is something that is mandatory in their social life.

The findings of this study should be a concern for parents and teachers so that they need to work together well in fostering adolescent behavior. Massive efforts are needed to anticipate the smoking culture for the younger generation. Because there have been many proven cases that children who are addicted to illegal drugs, start from being used to smoking since adolescence. It is necessary to prepare a motto to prepare a healthy young generation. This study was only conducted in high schools and of course has limitations from the breadth of research findings, in fact there are also many smoking cases in junior high schools. Of course, in future research, efforts need to be made to study the smoking culture in various education sectors. Including studies on family education, which is an interesting study to do. Studies on the factors of teachers who ignore student smokers are also interesting studies.

E. CONCLUSION

Smoking is a disease that has become a tradition among the younger generation or students, which is very detrimental in terms of health, economy and psychology. The habit of smoking always occurs at all times and at all times. The social patterns of the younger generation are also

always accompanied by cigarettes. Even if there are teenagers who do not smoke, they will be ostracized because they do not keep up with the times.

Smoking is a culture of students at at Senior High School Plus Kinali which is caused by the influence of the environment, both friends and the general public. This school environment does not reflect a good school environment, starting from the surrounding community who do not care about student habits, the school canteen that sells cigarettes, even teachers who ignore student behavior.

Internal factors of students also influence students at Senior High School Plus Kinali to smoke, both at school and outside of school. Student smokers are a failed product of parents' failure to educate their children. Parents are only busy looking for money for daily needs. While their children's behavioral education is not a priority for them. Eating is an important matter. Because they do not get attention from their parents, children lose control in their social interactions. So that they become individuals who are used to smoking.

Smoking for students is a source of pride for them and is a social disease that is developing among students. Smoking has become an unhealthy tradition for society. This is an example for the younger generation. As if the unhealthy culture is not too problematic to do. Finally, it has become a common habit that smoking should not be done.

F. RECOMMENDATIONS

1. To parents to always pay attention to their children's social patterns and form a good family education. Parents need to prepare their children to display good behavior. Family education is not only about eating and drinking, but moral education is also very important.
2. To teachers to have the right program in anticipating the smoking culture for students. It is necessary to form schools into schools that implement good educational values, as well as implement a conducive educational environment.
3. To the government to make policies to form a healthy young generation that is far from cigarettes.

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