Perception of Difficulty in Quitting Smoking Students of the Faculty of Engineering and Science, Ibn Khaldun University, Bogor with a Health Belief Model Theory Approach

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ABSTRACT

Cigarettes are tobacco products that produce smoke that contains chemicals that have harmful effects on health. The health impact of smoking provides risk factors for Non-Communicable Diseases (NCDs) often referred to as chronic diseases related to lifestyle (Ministry of Health, 2017). This research method uses non-probability sampling techniques with purposive sampling techniques and snowball sampling. Based on the results of the study showed that: 1. The perception of perceived susceptibility of informants stated that they did not feel vulnerable to disease due to smoking on the perception of difficulty quitting smoking. 2. Perceived severity perception informants stated that they did not feel the negative impact of diseases due to smoking on perceptions of difficulty quitting smoking. 3. Perceived benefit perception obtained in part from smoker informants have a perception of benefits from the risks due to smoking for the body. 4. Perceived barriers perceptions of smoker informants have perceptions of difficulty quitting smoking. Suggestions to establish No Smoking Area (KTR) policies must be strictly acted upon by the sanctions that have been set for now the No Smoking Area Regulation has not been implemented properly.

Keywords: Benefit, Severity, Obstacles, Vulnerability

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INTRODUCTION

Cigarettes are tobacco products that produce smoke that contains chemicals that have harmful effects on health. The chemical contains; nicotine, tar, and carbon monoxide (CO) gas. Until now, smoking is still a common habit in the daily lives of some people in Indonesia (Kemenkes RI, 2015).

The Central Statistics Agency (BPS) noted that the population aged ≥15 years who smoked in Indonesia reached 23.21% in 2020. This figure decreased compared to the previous year which reached 23.44%. West Java Province, the percentage of the number of people who smoke aged ≥15 years is 32.7%, which is the highest percentage of the population who smoke in rural and urban areas compared to other provinces (Central Statistics Agency, 2022). Based on the results of the National Socioeconomic Survey (Susenas) conducted by the Central Statistics Agency (BPS), it was revealed that 32.68% of West Java's population are smokers. The number of people who smoke in Bogor Regency / City is 24.33%. The results of the National Socioeconomic Survey (SUSENAS) on the percentage of smokers in the population aged ≥18 years, according to gender in 2022, it is known that male smokers are very high at 6.54%, while women are 0.16% and national at 3.44% (Central Statistics Agency, 2022).
The majority of students who smoke on campus are men whose average age is 18-21 years old is still classified as a teenager which is where a person is still looking for identity. The selection of male students of the Faculty of Engineering and Science was motivated by the phenomenon that most smoking students were men. Based on previous research conducted by Chotimah (2017), as many as 49.2% of male students of Ibn Khaldun University are smokers.

Many theories explain health behavior change. The health belief model theory explains that the cause of behavior change depends on the quality of the stimulus (stimulation) communicated to the organism, meaning that the quality of the communication source determines the success of the organism and the effectiveness of behavior change. This theory explains how a person believes in choosing healthier behaviors.

Based on the results of a preliminary study conducted by researchers at the Faculty of Engineering and Science, Ibn Khaldun University, Bogor, it was found that 6 out of 8 respondents informants had a perception of difficulty quitting smoking and had tried to quit smoking but failed. This research was conducted by asking respondents directly and making observations within the Faculty of Engineering and Science, Ibn Khaldun University, Bogor.

Based on the above background, researchers are interested in conducting a study entitled "Perception of Difficulty in Quitting Smoking Students of the Faculty of Engineering and Science, Ibn Khaldun University, Bogor with a Health Belief Model Theory Approach".

METHOD
Research Design

This type of research is qualitative research. This research design uses in-depth interviews. The information obtained is informants as resource persons representing the study population. This research method uses non-probability sampling techniques with purposive sampling techniques and snowball sampling. The purposive technique is the determination of samples with certain considerations, while snowball sampling is a technique for taking data sources that are initially small in number, and then become large. This is because a small number of data sources have not been able to provide satisfactory data, so look for other informants who are used as data sources (Sugiyono, 2015).

Research Location

This research was conducted within the Faculty of Engineering and Science, Ibn Khaldun University, Bogor, and was carried out in June-July 2023.

RESULT

1. Perceived Susceptibility

Based on the results of interviews conducted by researchers, shows that core informants of smokers obtained 8 out of 10 informants smokers do not feel vulnerable to diseases caused by smoking, as revealed as follows:

"Hmm... (think) it's not like that at my age and I have been smoking is fine, but I don't think that the opinions of other smokers might exist" (Informer₁)

"Ooh probably vulnerable to disease, I don't know enough, which I feel now from smoking until now I have never felt vulnerable due to smoking" (Informer₁)

Based on the results of interviews conducted by researchers, show that core informants of non-smokers found that 7 out of 10 non-smoker informants have a perception of health risks due to smoking, and feel vulnerable to diseases caused by smoking, as expressed as follows:

"My view is definitely that non-smokers have health risks due to cigarettes being very large, for example, we are hanging out friends are smoking we are exposed to cigarette smoke, shortness of breath so breathing is disturbed also have coughed well very dangerous for the lungs of passive smokers, breath is not good, plus gray clothes are cigarette asap if you have stuck it smells on the clothes for us not comfortable too" (Informant₁₁)

"A view of the risks of smoking for secondhand smoke... lungs maybe, breathing becomes short of inhaling cigarette smoke, continues to hurt eyes also will hurt if exposed to smoke" (Informant₁₈)
2. Perceived Severity
Based on the results of interviews that have been conducted, showing the core informants of smokers, it was found that some smoker informants do not have a perceived severity about the negative impact of diseases due to smoking, as expressed as follows:

"The negative impact of such a routine continuous cough, thank God, I have never been, other than the most intense cough I feel, if I feel tired of exercising, I am not drinking it" (Informant 5)

"The impact of the disease caused by smoking that I feel now does not mean that I have not felt anything during this smoking, huh... maybe later when you are old you are very vulnerable to getting the disease because your immunity must also decrease because of your age" (Informant 10)

Based on the results of interviews conducted by researchers, show that core non-smoker informants found that some non-smoker informants have a perceived severity perception of feeling the negative effects of smoking, as expressed as follows:

"The negative impact that I feel as a passive smoker, exposed to cigarette smoke, I feel that if I am short of breath, my eyes continue to sting, tears come out, and feel uncomfortable, just want to feel bad too..." (Informer 12)

"In my personal opinion, it is more shortness of breath, that's the main thing, huh... the second is that the smell of cigarette smoke is more model for a long time to clothes, huh..." (Informer 13)

3. Perceived benefits
Based on the results of interviews that have been conducted, showing the core informants of smokers, it was found that some smoker informants did not have a perception of the benefits of smoking for the body, as revealed as follows:

"The benefits I feel if you smoke again, huh... Just fresher and fresher, then if you do more enjoyable activities... as long as I was sick, I didn't smoke for a week, I felt healthy, but sometimes the minus of the mouth tasted good" (Informant 5)

"Yes, I think that if I stop smoking, it must be much healthier, but if I have met friends, I smoke again, because if I don't smoke, my mouth can be cool, let alone know for myself, if I want to eat, sometimes I like to smoke, so I don't want to smoke, plus sometimes I just like to be stressed, so I smoke instead of I am naughty drinking alcohol, I am naughty smoking (laughing)" (Informant 6)

Based on the results of interviews conducted by researchers, show that core non-smoker informants found that 9 out of 10 non-smoker informants did not have a perception of the benefits of smoking in active smokers, as revealed as follows:

"From the perception of the cave, maybe there is no harmful benefit, without realizing it he started a small thing that began to kill him... Smoking is very evil, it can cause death, yes, even though death is God’s destiny, but we should also think about the health of our bodies too" (Informer 12)

"The benefits of smoking do not exist according to the cave that harms themselves and others, the active smoker can be vulnerable to the effects of diseases caused by smoking, now the passive smoker is more severe can also have an impact that is very detrimental lah..." (Informer 13)

4. Perceived Barriers
Based on the results of interviews that have been conducted, showing 7 out of 10 core informants of smokers, it was found that 9 out of 10 informants smokers have a perception that it is difficult to quit smoking due to environmental factors, family, and have become lifestyle habits, as expressed as follows:

"In my personal opinion, what makes it difficult to quit smoking is the intention of the cave that does not yet exist, the main thing is, then secondly from the environment as well as the friendship that is in smoking and the family environment in smoking I am far from the family not so close so I feel free if I smoke" (Informant 1)

"What makes it difficult for me to stop smoking is because from my willpower there is no intention to stop smoking, plus from the environment of friends at home here also smoke so I feel difficult to stop especially when I also smoke and don't want me not to smoke" (Informant 5)
DISCUSSION

A. Perceived Susceptibility

Based on the results of research on the perception of perceived susceptibility towards difficulty quitting smoking, students of the Faculty of Engineering and Science, Ibn Khaldun University, Bogor are known. Most 8 out of 10 informants of smokers stated that they did not feel vulnerable to diseases caused by smoking to the perception of difficulty quitting smoking.

The results of this study are in line with the results of research conducted by Asfeby Rusma, Andi Nuddin, and Ayu Dwi Putri Rusman in 2020 regarding the Analysis of Smoking Decision Making Motives through the Health Belief Model (HBM) Theory in Students in Pare-pare City which is known to most 45 respondents or 55.6% stated that they do not feel vulnerable to smoking risk factors, such as smoking will not easily make a person affected by hypertension. Smoking does not make one day they are susceptible to cancer, smoking will not make a person suffer from heart disease, TB, hypertension and so on.

Law Number 36 of 2009 concerning Health (State Gazette of the Republic of Indonesia of 2009 Number 144, Supplement to the State Gazette of the Republic of Indonesia Number 5063); Article 2: The implementation of safeguards for the use of substances containing addictive substances in the form of tobacco products for the health of individuals, families, communities and the environment. This is done as the most important solution in increasing public awareness and awareness of the dangers of smoking and the benefits of living without smoking, protecting public health from secondhand smoke.

B. Perceived Severity

Based on the results of research on the perceived severity perceptions of smoking cessation difficulties of students of the Faculty of Engineering and Science, Ibn Khaldun University, Bogor, it is known that most 7 out of 10 smoker informants stated that they did not feel the negative impact of smoking-related diseases on the perception of difficulty quitting smoking.

This research is in line with research conducted by Randy Yusuf Pratama in 2021 on Smoking behavior in Women during the Covid-19 Pandemic Case Study in Bandar Lampung City, which can be known from the results that informant smokers already have smoking habits when they are stressed or when there is a problem so that the impact and danger felt are ignored even though the informant has ignored the dangers of cigarettes in women.

Law Number 36 of 2009 concerning Health (State Gazette of the Republic of Indonesia of 2009 Number 144, Supplement to the State Gazette of the Republic of Indonesia Number 5063); Article 2: The implementation of safeguards for the use of substances containing addictive substances in the form of tobacco products for health is directed not to interfere with and endanger the health of individuals, families, communities and the environment. Article 3: Health development aims to increase awareness, willingness, and ability to live a healthy life for everyone to realize the highest degree of public health, as an investment for the development of socially and economically productive human resources. This is done as the most important solution in increasing public awareness and awareness of the dangers of smoking.

C. Perceived Benefit

Based on the results of research on perceived benefit perceptions of difficulty quitting smoking, students of the Faculty of Engineering and Science, Ibn Khaldun University, Bogor, it is known that most of the smoker informants have a perception of the benefits of the risks due to smoking, while it was found that 9 out of 10 non-smoker informants did not have a perception of the benefits of smoking in active smokers.

The results of this study are in line with Asfeby Rusma, Andi Nuddin, Ayu Dwi Putri Rusman oada in 2020 regarding the Analysis of Smoking Decision Making Motives through the Health Belief Model (HBM) Theory in Students in Pare-pare City which is known as many as 42 out of 81 respondents (51.9%) stated that they did not feel the benefits of smoking risk factors, while as many as 39 out of 81 respondents (48.1%) stated that they did not have the benefits felt from risk of smoking.

Law Number 36 of 2009 concerning Health (State Gazette of the Republic of Indonesia of 2009 Number 144, Supplement to the State Gazette of the Republic of Indonesia Number 5063); Article 47: Health efforts are carried out in the form of activities with promotive, preventive, curative and rehabilitative approaches that are carried out in an integrated, comprehensive and sustainable manner. This is done as the most important solution in increasing the benefits of healthy living.

D. Perceived Barriers

Based on the results of perceived barriers perceptions of difficulty quitting smoking, students of the Faculty of Engineering and Science, Ibn Khaldun University, Bogor, it is known that 9 out of 10 smoker informants have a perception of difficulty quitting smoking.

This research is in line with research conducted by Afria Tantri, Nur Alam Fajar, and Feranita Utama in 2018 regarding the Relationship of Perception of Smoking Hazard Warnings on Cigarette Packaging with
Smoking Behavior in Adolescent Boys in Palembang City which can be known that the results obtained regarding obstacle perception have obstacle perception even though they have seen and read advertisements for the dangers of smoking on cigarette packaging.

Law Number 36 of 2009 concerning Health (State Gazette of the Republic of Indonesia of 2009 Number 144, Supplement to the State Gazette of the Republic of Indonesia Number 5063); Article 2: The implementation of safeguards for the use of substances containing addictive substances in the form of tobacco products for health is directed not to interfere with and endanger the health of individuals, families, communities and the environment. Article 3: Health development aims to increase awareness, willingness, and ability to live a healthy life for everyone to realize the highest degree of public health, as an investment for the development of socially and economically productive human resources. This is done as the most important solution in increasing public awareness and awareness of the dangers of smoking.

CONCLUSION
Based on the results of research that has been conducted by researchers, it can be concluded as follows:

1. The classification of the number of cigarettes spent in a day is; 2 cigarettes 1 informant, 4 cigarettes 2 informants, 10 cigarettes 2 informants, 12 cigarettes 1 informant, 16 cigarettes 2 informants, 20 cigarettes 1 informant, and 24 cigarettes 1 informant.

2. The classification of types of smokers classified as smokers and nonsmokers, based on smokers the number of cigarettes spent in a day, namely; light smokers (1-10 cigarettes) 5 informants, moderate smokers (11-20 cigarettes) 4 informants, heavy smokers (21-30 cigarettes) 1 informant. While passive smokers are exposed to cigarette smoke directly.

3. The perception of perceived susceptibility in smoking students found that students stated that they did not feel vulnerable to smoking-related diseases due to the perception of difficulty quitting smoking, while non-smoking students stated that they had perceptions of health risks due to smoking such as shortness of breath, and coughing.

4. The perception of perceived severity in smoking students found that students stated that they did not feel the negative impact of diseases due to smoking on the perception of difficulty quitting smoking, while non-smoking students stated that they had a perception of the negative impact of health risks due to smoking.

5. The perception of perceived benefits in smoking students was obtained by some of the smoker informants who had perceptions of the benefits of the risks due to smoking for the body, while non-smoking students stated that they did not have a perception of the benefits of smoking in active smokers.

6. The perception of perceived barriers in smoking students stated that they had a perception that it was difficult to quit smoking, while non-smoking students stated that they had a perception for active smokers who found it difficult to quit smoking.

REFERENCES


