



Local Culture Individual Counseling towards Behavioral Smoking at SMAN 09 Maros South Sulawesi, Indonesia

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Abstract

The health condition of the people due to smoking habits can be categorized as a "global public emergency". World tobacco consumption was found to kill one person every second, and there are 1.3 billion smokers in the world, one third comes from the global population aged 15 years and above. Each year, tobacco causes about 8.8% of deaths (4.9 million) and about 4.1% causes the disease (59.1%). If this trend is not turned around, then these figures will rise to 10 million deaths per year from 2020 or in early 2030 with 70% of deaths occur in developing countries. World No Tobacco Day May 31, 2012, the State Indonesia tops the list with the highest number of teen smokers in the world, namely 82.4%, (WHO, 2008). Data of health department there are 15,000 to 18,000 teenagers die each year in Indonesia is due to smoking and drugs abused. This study aims to know the culture of individual counseling toward the smoking behavior on students. The sampling technique is purposive sampling, 30 students smokers, study design "quasy experiment" with "one group pretest-posttest design" (Son 2012), with statistics test, t-test ($\alpha = 0.05$). The results of pre-test to post-test, it was found there was an increase in knowledge, after being given counseling in groups with the provision of material and playback method video. Result indicated that there is a local culture that is meaningful in counseling individuals, compared with group counseling, namely there are 10 students who smoked (100%) have the desire to quit smoking after being given counseling per person, compared with group counseling to 30 students, only 2 students claiming to want to quit smoking.

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Of the 30 students who smoke, there were 29 who started smoking at grade 5 elementary school and one junior high school students who start smoking. In conclusions, the majority of students had smoked since elementary school, and 10 (100%) students have a desire to quit smoking after being given individual counseling.

Keywords: local culture; individual counseling; smoking behavior; the student.

1. Introduction

"Human development index (HDI) ranks 108 out of total 188 countries in the world. For that Indonesia must work harder, especially in the health department, education, and economic welfare, to improve the quality of Indonesian human, "At present, the condition of public health is due to smoking habits can be categorized as a" global public emergency ". World tobacco consumption was found to kill one person every second. According to [1] there are 1.3 billion smokers in the world where one third comes from the global population aged 15 years and above. Each year, tobacco causes about 8.8% of deaths (4.9 million) and is about 4.1% causes the disease (59.1%). If this trend is not turned around, then these figures will rise to 10 million deaths per year from 2020 or in early 2030 with 70% of deaths occur in developing countries [1].

The world's biggest teenage of smokers are at in Indonesia. Cigarettes and tobacco have become inseparable unity. Although it now appears the new cigarettes without tobacco such as cigarettes herbal (herbal cigarettes), but smokers still choose cigarettes made from tobacco. As the day without tobacco worldwide May 31, 2012, Indonesia writes the report very surprising: that Indonesia country ranks top the number of teenage smokers in the world [1].

Medical experts who participated in Geneva to discuss the FCTC asserts, Indonesia should focus on the impact caused by the absence of a smoking prevention. Every single cigarette contains 4,000 chemicals and cause 25 kinds of diseases. The FCTC is expected by the Government take preventive measures, not only for smokers but also passive smokers. "The objective of the FCTC is to protect future generations,".

Results of the study [2] showed that nearly 70% of Indonesian smokers started smoking before their age 19 years old. The number of new smokers among children and adolescents may be because they have not been able to consider the dangers of smoking to health and addictive effects of nicotine caused. Smokers may assume that they themselves bear all the hazards and risks as a result of habit, without realizing that in fact they also provide physical and economic burden on other people around the passive smokers [2].

According to [3], Representative Population Fund United Nations (UNFPA), in the event of launch of the report The State of World Population, held UNFPA together with the National Population and Family Planning (BKKBN) suggests that , humans and a wide range of possibilities in a world with 7 billion of the men low quality and marked also by the lack of protection of reproductive health and sexual health that should be very important to protect them from unwanted pregnancies, especially HIV / AIDS. It is said, the young generation holds the key to future with the potential to transform the global political order and move the economy, through creativity and their capacity to innovate. "The opportunity to make the potential to be real it must be achieved now," not to mention the next generation of very large, especially teenagers who smoked, and 99% of drug

addicts begins to smoke [4]. The Data of Health Department stated as many as 45 million children to secondhand smoke in the home and as many as 4,280 people died annually from smoking. This data is evidence of how smoking also causes many cases of death of children and adolescents, so they should be protected from secondhand smoke and cigarette itself. And, Compass load cigarette addict adolescence in Indonesia continues to increase every year. Based on the survey of Udayana University in 2011, as many as 34.5 percent of teens Denpasar, this time into active smokers. This shows how important we are aware of the dangers of smoking, particularly for children and adolescents. Similarly, in a speech Abu Rizal Bakri Ahmad Bakri award in 2012, said that there are 15,000 to 18,000 teenagers died each year in Indonesia from smoking and drugs. At the strategic environmental assessment (KHLS) said one important point is the increased risk to human health and safety [5].

In terms of economic losses caused by smoking behavior was very large. Veny Haju in Public Health Series seminar held by the Faculty of Public Health, University of Hasanuddin Makassar, said that a smoker in Indonesia with low incomes spend Rp 1.4 more million each year to buy cigarettes, but the amount can be used to meet other needs, more important for his family [6], "The trend is alarming," Director of the Communicable Diseases Control of the Ministry of Health, told the media at the Ministry of Health in Jakarta. In explanation, the envisaged increase in cigarette consumption among the young. If in 1995, teen smokers (aged 15-19) is seven per cent of the population, in 2010 the number soared to 19 percent. Likewise with the smokers among children (10-14 years) [2]. In 1995, the number of child smokers was around 71 thousand. In 2010, the number jumps to around 425 thousand. In other words, the number of child smokers rose six-fold in the last 15 years. "An increase in cigarette consumption would threaten the demographic bonus".

This demographic dividend will occur in Indonesia in 2020-2030. The time is over; the proportion of elderly population will start to increase. That means, the population dependency burden of unproductive to productive population will rise. Meanwhile, the economic burden due to an increase in smokers pose a threat to the demographic bonus. Massive cigarette consumption is also evident from the large proportion of households in Indonesia, which has spending on cigarettes. In 2009, as many as 7 out of 10 households spend their money on cigarettes. Sadly, the poorest households are also trapped in cigarette consumption. As many as 6 out of 10 of the poorest households have expenditure to buy cigarettes. "Spending on cigarettes just smaller than the staple food and this expenditure beat 23 other types of spending".

Muhasidah research results, at 4 SMA in District Gowa in South Sulawesi Province, showed that of the 287 students who smoked were sampled in this study was contained in SMA Neg 1 Sungguminasa as many as 87 ((30.3%) of students, SMA Neg 2 by 55 (19.5%) of students, SMA Neg 3 63 (22.0%) of students and SMA Neg 1 Pallangga as many as 81 (28.2%) of students. The results of the bivariate analysis showed that students desire to not want to stop smoking by 22 (7.7%) of students, and as many as 265 (92.3%) of students who want to quit smoking.

There have no previous studies of adolescent counseling smokers, whereas observations of children start smoking researchers from elementary, junior and high school in increasing numbers. Similarly in health education institutions in Makassar in increasing numbers from year to year the number of smokers. The

objective of this study is to determine the effect on the local culture of individual counseling toward the student smokers, and to implement appropriate counseling with the local culture of the smoking behavior for the students

2. Materials and Method

The study design used is "Quasi experiments" with "one group pretest-posttest design" [7]. In the course of the trial did not use a control group. This design is done by comparing the pre-test to post-test results of tests on the tested group. Quasi-experimental methods used can be seen in the following figure:

One-group pretest-posttest design

Treatment Measurement

O1 X O2

The population in this study was all male adolescent students who smoked at SMAN 09 Maros South Sulawesi Province. The samples are 30 students who smoked, the sampling technique is purposive sampling (taken in accordance with the purpose), [8,9]. Instruments in this study was the research team, as well as a questionnaire for pre and posttest, with other research tools, such as FGD Guidelines, Guidelines for interviews, questionnaires about their knowledge and attitudes towards smoking [10].

The Sources of data Research was the man as a key instrument that researchers directly involved in counseling, interview informants element consists of; Principals, teachers and students BK smokers.

Data Collection Techniques and Implementation Research Data acquisition extensive and profound, the efforts made through: Assessing the needs of adolescents, Preliminary observations, interviews, focus group discussions, charging Questionnaire Pre and posttest, Providing material and playback video / film, as well as counseling individuals as much as 10 student smokers, and group counseling as much as 30 student smokers

3. Results

Quantitative data: Results pretest to 30 student smokers

Table 1: Distribution of respondents based on knowledge before counseling (pre-test)

Knowledge	n	%
Good	9	20,7
Less	21	60,3
Total	30	100

Knowledge posttest

Table 2: Distribution of respondents based on knowledge after counseling (post-test)

Knowledge	n	%
Good	28	93,3
Less	2	6,7
Total	30	100

Effect of Guidance and Counseling

Table 3: Influence Behavior Counseling Students Against Smoking SMAN 09 Maros

	Pre Test		Post Test		Perbandingan		p Value
	Mean	Std. Deviasi	Mean	Std. Deviasi	Mean	Std. Deviasi	
Effect of Guidance and Counselling	88,47	10,789	93,70	13,044	5,233	9,968	0,007

Table 3 showed that the was comparison between pre studies with posttest after being given counseling, has a significant influence by looking at the value of $p = 0.007 < \alpha = 0.05$, it was meaning that there was influence between counseling against the smoking behavior at the first class students of SMAN 09 Maros South Sulawesi Province

Qualitative data:

The result of interview researcher with 10 students;

- a. Of the 10 students, there were 9 students started smoking since 5th grade at elementary and 1 student at junior high school.
- b. The initial cause of the onset of smoking students, ie there were 6 people said since told the brother and father to buy cigarettes, the other for the same Come along with friends
- c. Of the 10 students there were seven people who claimed to stop smoking now because aspires want to be policemen, soldiers and doctors, the other claiming to quit smoking, because the rules verbally banned smoking in school, but outside of school students smoked.

- d. The mean number of cigarettes smoked by students who are still active one rod per day, sometimes also one day have never smoked. The result of counseling face to face against the 10 students to give explanations about their future as the nation's future, so they acknowledge that smoking can damage their future, which cannot realize what they aspire, so that researchers can conclude that they were the dominant conscious not to smoke because they have ideals entry to school of police, soldiers and doctors.

4. Discussion

Results of counseling by face to face individuals in 10 student smokers.

Of the 10 student smokers who have been done counseling, there were 10 students who otherwise successfully counseled (100%) who have a desire to quit smoking, so evident in the last statement after giving the material, video screenings and counseling on an individual basis. Results of the guidance these individuals cannot use the test statistics t-test because the sample did not reach 30 (10 students), a sample of 30 is the minimum number of samples to test "t".

Results based on the analysis of univariate and bivariate analysis were used statistics test t-test ($\alpha = 0.05$), using SPSS 19.0 and presented in narrative form, frequency and percentage distribution table. [9] study results in 2012 found that 99% of drug users started to smoke. Results of univariate analysis of the results of pre-test to post-test, found no increase seen in the results of the post knowledge test, after being given counseling in groups by the method of giving the material, video playback, and face-to-face counseling with individually. Results of t test analysis (t-test), the result of the effect of counseling on smoking behavior of students with $p < \alpha 0.05$, meaning that there was significant influence between counseling method giving the material, video playback, as well as face-to-face counseling individual against smoking behavior of smokers first grade student at SMAN 09 Maros South Sulawesi Province. In the counseling to 10 students who smoke obtained the data that of the 10 students there were 9 students who smoked since 5 th grade until now, a man who began smoking in junior high school class 1. The tenth student admitted that it will stop smoking because it planned to continue their education to the Police, Army and Medicine. The study concluded that the majority of students of SMAN 09 Maros South Sulawesi Province that man has smoked since elementary school, and now have the will to quit smoking because of a requirement that their education according aspired.

5. Conclusion

Indigenous local culture meaningful in individuals counseling, compared with group counseling, that there were 10 students who smoked (100%) have the desire to quit smoking after being given counseling per person, compared with group counseling to 30 students, only two students who claimed to want to quit smoking. Of the 30 students who smoke, there were 29 who started smoking at grade 5 elementary school and one junior high school students who start smoking. The majority of students had smoked since elementary school, and 10 (100%) students have a desire to quit smoking after being given individual counseling.

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