



The Role of the Family to Stop Smoking for Elementary School Students

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Abstract

The problem of smoking among primary school children is a public health issue that is very important to get attention. The aim of this study was to analyze relationship between parental support with inclination to stop smoking. It was an observational study and design was cross-sectional, population were male elementary school students from Elementary School Inpres Manuruki 1 and 2 Makassar City and sample size as many as 40 students. Samples were taken from grade 4 and 5 (In Indonesia elementary school has 6 grade). Bivariate analysis using Chi Square statistic test, significance level was 0.05. Data showed that majority of students both grade 4 and 5 were smokers, as many as 37 students (92.5%) and only 3 students (7.5%) were not smokers, the highest frequency is students who want to quit smoking with the support of parents and there is a significant relationship between the inclination to quit smoking with the support of parents. Majority of students both grade 4 and 5 were smokers or frequency of smoking students is very high but family support to stop smoking also very high. Parental support is significantly associated with the students inclination to quit smoking.

Keywords: Smoking; Parental Support; Elementary School.

1. Introduction

Tobacco is a public health problem especially in the young population such as elementary school students. Smoking habits associated with advertising and promotion of tobacco, family and friends also regulation in a country [1,2].

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Based on Basic Health Research year 2013 and 2015, the proportion of Indonesians aged over 10 years is 39.3%, where 24.3% of smokers have daily smoking habits. Indonesian smokers aged 9-15 years old of age increase by 2015 to 45% and in South Sulawesi increased as much as 22.8% [1]. Based on data from Indonesian National Commission Child Protection shows during the year 2008 to 2012 the number of child smokers under the age of 10 years in Indonesia reached 239,000 people. While the number of child smokers between the ages of 10 to 14 years to reach 1.2 million people.

Makassar as the largest city in the eastern part of Indonesia with a population of approximately 1.5 million inhabitants. Based on the Basic Health Research of Indonesian Health Ministry year 2013 shows that the age of starting smoking at the age of 5-9 years about 2.5% and most at the age of 15-19 years about 51.8%. While the age of 10 - 14 years about 11.7%. The aim of this study was to analyze relationship between parental support with inclination to stop smoking.

2. Methods

It was an observational study and design was cross-sectional, population were male elementary school students from Elementary School Inpres Manuruki 1 and 2 Makassar City and sample size as many as 40 students. Samples were taken from grade 4 and 5 (In Indonesia elementary school has 6 grade). Bivariate analysis using Chi Square statistic test, significance level was 0.05.

3. Results

Data showed that majority of students both grade 4 and 5 were smokers, as many as 37 students (92.5%) and only 3 students (7.5%) were not smokers.

Table 1: Smoking Students Frequency in Elementary School Inpres Manuruki 1 and Makassar City

Grade	Frequency		Total
	Smoker	Non Smoker	
	n(%)	n(%)	n(%)
Grade 4	25 (62.5)	3 (7.5)	28 (70)
Grade 5	2 (30)	0 (0)	12 (30)
Total	37 (92.5)	3(7.5)	40(100)

Data indicate that the highest frequency is students who want to quit smoking with the support of parents and there is a significant relationship between the inclination to quit smoking with the support of parents (Table2).

Table 2: Association Between Parental Support with Inclination to Stop Smoking

Parental Support	Inclination to Stop Smoking				Total		P
	Yes		No		n	%	
	n	%	n	%			
High	14	51,8	5	13,5	29	78,4	0,001*
Low	5	13,5	3	8,1	8	21,6	
Total	19	51,4	8	21,6	37	100	

*Chi-Square

4. Discussion

Parental support is significantly associated with the students inclination to quit smoking, although the number of students is high smoking but parents support to quit smoking is also high. This parental support did not meet with the family or parents attitude, the results of the study found that 4th and 5th grade students predominantly smoked, many children tried to smoke, this is caused by some things related to parents or older siblings who have been smoking; parents / older siblings often tell children to buy cigarettes, they order to take cigarettes somewhere, they told to throw cigarette butts, and not prohibit when being seen child trying to suck the remaining cigarette butts of his brother or his parents.

This situation also needs reinforcement, parents actually have a concern for their children even sometimes they do not know the condition of his child in school. If it is proven that parents have high support then the school should provide strengthening by providing information about the development of their children in school, teachers should be the second parent who also participate observe the negative behavior of students and not just the development of the lesson alone.

Parents who provide support to their children in the form of communication about smoking is a preventive effort against smoking activity, if parents stop smoking, then children who smoke will also tend to follow [3,4,5]. Smoking cessation of parents will help protect children from vulnerable environment or if they do not stop smoking parents need a strategy to protect and stop their children from smoking [6,7,8].

Family support is an important component to mental development include positive behaviour of children [9,10]. Teacher and family should communicate each other to reinforce students to quit smoking.

This study does not explore frequency of parent who smoke and association with peers also teacher role. Those variable is very close with the main variable. Further study in this place should explore about multiple various

risk factors and supporting in order students stop smoking, so recommendations directly on target.

5. Conclusion

Majority of students both grade 4 and 5 were smokers or frequency of smoking students is very high but family support to stop smoking also very high. Parental support is significantly associated with the students inclination to quit smoking.

Acknowledgement

We would like to thank all those who support this research especially teachers and staff of Elementary School Inpres Mannuruki.

Competing Interest

The authors declare that they have no competing interests.

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