



Factors Associated with Smoking Habits in Rt 11, 25 and 35 Paal Merah Village Paal Merah I Health Center Work Area Jambi City

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ABSTRAK

Smoking habits are a fundamental health problem in various countries and the increasing number of people who smoke so that the negative impact is increasing. This type of research is quantitative analytic with a Cross Sectional study design using primary data PIS-PK questionnaire with a population of Rt 11, 25 and 35 Paal Merah Village, there is also a sample size of 100 people. Calculation of sample size using random sampling data analysis was carried out by frequency analysis, bivariate chi square analysis. Peeltian results show the age variable there is no relationship between age and smoking habits. Education level has no relationship with smoking behavior with OR 0.575. Socioeconomic level has no relationship with smoking behavior with OR 0.383. Gender variable has no relationship with smoking behavior. In conclusion, there is no significant relationship between age, education level, socioeconomic level, and gender with smoking habits. for health workers in the Paal Merah 1 Puskesmas work area to increase educational and counseling efforts to the community regarding the dangers of smoking and the importance of maintaining health.

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1. Introduction

The habit of smoking is a fundamental health problem in various countries.(Salsabila, Indraswari, and Sujatmiko 2022) (Kristiani and Ricky 2023). The World Health Organization (WHO) states that there are 4000 chemicals in cigarettes, of which 200 types of them with carcinogenic properties that trigger cancer, and there are also toxic substances in the main smoke, namely cigarette smoke that is inhaled directly into the smoker's lungs. The side effects of cigarette smoke are produced from the burning tip of the cigarette (Ardiyanti et al. 2020).

According to the World Health Organization (WHO), Indonesia is the country with the third largest quantity of smokers in the world after India and China. It is estimated that by 2030 the number of smoking deaths in the world will reach 10 million people and 70% of them come from developing countries, currently 50% of deaths due to smoking in developing countries. If this trend continues, then around 650 million people will die, half of whom are of productive age and lose 20 to 25 years of life (RI, 2015)(Ardiyanti et al. 2020). Indonesia with a quantity of 65.19 million people or 34% of the total

population according to the Basic Health Research (RISKESDAS) in 2018, the prevalence of smoking in Indonesia is 28.8% (Dondokambey, Pangemanan, and Khoman 2021).

(Manullang 2022). Smoking is also a problem that is difficult to stop and poses a danger to smokers, the habit of smoking which has become a culture with a lack of understanding is a danger to the health of smokers by justifying smoking behavior (Kristiani and Ricky 2023) at various ages starting from children to adults, currently children and adolescents are included in active smokers. (Kesehatan, Medan, and Kesehatan n.d.) The danger of smoking is not only for active smokers, but also occurs in passive smokers or individuals who are around active smokers (FEBRIYANTO, SUNITA, and FARIZAL 2022).

(Kristiani and Ricky 2023) Smoking causes fertility to decrease, the incidence of pregnancy outside the womb to increase, fetal growth is disturbed and deaths increase (Infodatin, 2018). (Ardiyanti et al. 2020) In addition, smoking is the cause of various diseases such as chronic respiratory disease, stroke and others (Kristiani and Ricky 2023).

Smoking behavior is one of the behaviors that is still widely practiced by many people, especially men. Factors that influence smoking behavior, namely the influence of parents who smoke, the influence of friends, personality factors and also the influence of advertisements that can be seen and accessed in mass and electronic media, even though the dangers of smoking are widely reported in newspapers, magazines, and even on the cigarette packaging itself (Fauziah, Wisanti, and Anggreny 2021).

Many factors underlie a person's smoking, research conducted (Wirawati and Sudrajat 2021) mentions several factors that influence a person's smoking behavior including age, gender, income, knowledge, smoking family status, and social support. (Almaidah et al. 2021) based on the results of their survey conducted in East Java Province in 2021 stated that several factors are related to a person's smoking behavior including age, support from relatives and the environment, as well as curiosity and trial and error. Furthermore, the results of a study conducted (Oktania, Widjarnako, and Shaluhiah 2023) mention several factors that influence people's smoking behavior such as age, family support, peer support, knowledge, education level, and social-economic community.

Based on the consideration of the large number of people who smoke, the negative impacts of the smoking habit are increasing, such as the impact on people's health and psychology as well as death (West 2017). Especially those felt in the future. Therefore, comprehensive research on the relationship between the factors Age, Socioeconomic Level, Education Level, and Gender strengthens understanding of smoking habits and allows the formulation of more effective intervention strategies in Paal Merah Subdistrict, the working area of Paal Merah I Health Center, Jambi City in 2024. The results obtained from the research are urgent so that it can be used as material for further study.

2. Methods

This type of research is quantitative analytical with a cross sectional study design using primary data with the PIS-PK questionnaire (Healthy Indonesia Program with a Family Approach). The population of Rt 11, 25 and 35 Paal Merah subdistrict is 611 people, with a sample size of 100 people. The sample size calculation uses random sampling, data analysis through frequency analysis and bivariate chi square analysis using SPSS.

3. Results and Discussion

During the study period, a total of 100 people were the subjects of the study. Table 1 depicts the characteristics of smokers including education level, age, socioeconomic level and gender. Based on age, smokers over the age of 20 years were more prevalent at 100%. Based on education level, people with low education smoked more at 59%. Based on the socio-economic level, people with a low economy are more than with a high economy, namely 59% and if based on gender, many are found in men, namely 97%.

Table 1.
Smokers' Characteristics

| Variabel | Frequency | % |
|---------------------|-----------|-----|
| Smokers | | |
| Yes | 60 | 60 |
| No | 40 | 40 |
| Age | | |
| < 20 Years | - | - |
| >=20Years | 100 | 100 |
| Education Level | | |
| High | 41 | 41 |
| low | 59 | 59 |
| Socioeconomic Level | | |
| High | 41 | 41 |
| low | 59 | 59 |
| Gender | | |
| Female | 3 | 3 |
| Male | 97 | 97 |

Source: Processed primary data, 2024

Table 1 shows the results of bivariate analysis using chi square analysis it can be seen that the proportion of age ≥ 20 smoking is 60%, and in the age variable there is no correlation of age with smoking behavior. Furthermore, the variable level of education can be seen that the proportion of high education level and smoking is 55% with a total of 23 people and a low education level of 62.7% with a total of 37 people. The level of education has no correlation with smoking behavior with OR 0.575. Furthermore, based on the socioeconomic level, it can be seen that subjects who smoke and have a high socioeconomic level are 23 people with a proportion of 53.7% and based on a low socioeconomic level it can be seen that 38 people smoke with a percentage of 64.4%. Socioeconomic level has no relationship with smoking behavior with OR 0.383.

However, when viewed based on the number of smokers based on low education levels and the number of smokers at low socioeconomic levels, it can be seen that the number of smokers is more in that group.

Table 2.
Factors associated with smoking habits

| Variable | Smoke | | | | OR | P-Value |
|----------------------|-------|------|----|------|-------|---------|
| | Yes | | No | | | |
| | f | % | f | % | | |
| Age | | | | | | |
| <20 Years | 0 | 0 | 0 | 0 | N/A | N/A |
| ≥ 20 Years | 60 | 60 | 40 | 49 | | |
| Education Level | | | | | | |
| High | 22 | 55 | 18 | 45 | 0.575 | 0.312 |
| Low | 37 | 62.7 | 22 | 33.3 | | |
| Socialeconimic Level | | | | | | |
| High | 23 | 53.7 | 19 | 46.6 | 0.383 | 0.760 |
| Low | 38 | 64.4 | 21 | 35.6 | | |
| Gender | | | | | | |
| Female | 1 | 33.3 | 2 | 66.7 | N/A | N/A |
| Male | 59 | 60.8 | 38 | 39.2 | | |

Source: Processed primary data, 2024

Discussion

Relationship between Age and Smoking Habit

Age is also a factor in smoking habits, adolescents tend to be vulnerable to having a smoking habit (Juliansyah and Rizal 2018). However, based on the results of the study, it shows that there is no correlation between age and smoking habits. This research is in line with Octavia Rizki Amalia Utari, Aditya Kusumawati, and Besar Tirto Husodo in 2020 in Semarang City found that based on the results of the Chi Square test obtained a p-value of 0.156 (≥ 0.05). The results of this study are in line with research (Budiyati 2019) which states that there is no correlation between age and smoking behavior with a p-value of 0.166 ($p > 0.05$), where people from both adolescents and adults have no significant difference in smoking behavior. This shows H_0 is accepted and means that there is no significant correlation between the age of the respondent and smoking behavior.

Relationship between Education Level and Smoking Habits

The level of education affects smoking habits in society because of the correlation between education and understanding of the health risks associated with smoking, access to information about the negative effects of smoking, and the ability to evaluate and make good health decisions (Fernando, Saptiko, and Pratiwi 2015). However, based on the results of this study, there is no correlation between education level and smoking habits. These results are in line with research conducted by Haifa Nurdiannah, Kusyogo Cahyo, and Ratih Indraswari in 2017 in Semarang City found that the results of statistical tests through the Chi Square test showed a p-value of 0.923. Because the p-value $>$ from 0.05, H_a is rejected H_0 is accepted. Research conducted (Arista and Artanti 2023) also showed similar results, namely there was no relationship between the level of educational background and smoking behavior with a p-value of 0.658 ($p < 0.05$). So, it can be said that there is no correlation between the level of education on the smoking behavior of Akap bus drivers at Terboyo Terminal.

Relationship between Socioeconomic Level and Smoking Habits

The results of this study indicate no correlation between socioeconomic level and smoking habits. This is also in line with research conducted by Haifa Nurdiannah, Kusyogo Cahyo, and Ratih Indraswari in 2017 in Semarang City found that the results of statistical tests through the chi square test obtained a p-value of 1,000 and a p-value $>$ from 0.005, so H_a is rejected, H_0 is accepted. Research conducted (Sa'diyah and Surjaningrum 2021) shows the results that individuals who smoke with a low level of opinion have no correlation between perceived severity, susceptibility, benefits and berries simultaneously on smoking behavior, so it can be said that there is no correlation between income and smoking behavior of Akap bus drivers at Terboyo terminal.

Relationship between Gender and Smoking Habit

(Azmi, Istiarti, and Cahyo 2016). However, the results of this study state that there is no correlation between gender and smoking habits. The results of this study are in line with research (Somantri 2020) found that the results of statistical tests obtained p value = 0.832, at $\alpha = 0.05$ ($p > \alpha$), it can be said that there is no significant correlation between gender regarding the dangers of smoking with smoking behavior of Madrasah Aliyah RM Fatahillah Cimarga Cimarga Lebak Regency students.

4. Conclusion

It can be concluded that this research examines the factors related to smoking habits in the working area of Rt 11, 25 and 35 Paal Merah 1 Community Health Center. The results of the study show that there is no significant relationship between age, education level, socio-economic level and gender with smoking habit. However, if we look at the results based on age groups, the number of smokers in the age group ≥ 20 years is greater than in the age group < 20 years, namely 60 people smoke. This implication shows the need to focus on the age group ≥ 20 years even though statistical tests do not show that any relationship. The contribution of this research is that this research provides an urgent understanding of the prevention and control of smoking habits and this research provides an important basis for developing a more effective intervention program in dealing with community smoking habits in the working area of Rt 11, 25 and 35 Paal Merah Community Health Center 1. The limitation of this

research is that it does not take into account other factors such as genetics and the influence of the social environment. further research to examine variables that have not been examined.

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