

Influence Of Health Education On Knowledge And Attitude About The Hazards Of Smoking

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Abstract.

Smoking activity among youth or high school students is not a new thing. For high school students, smoking is usually consumed by men, but at this time smoking is not only consumed by men, women have also consumed it. Therefore, it is necessary to make prevention efforts both in the home, school and community environment. One of the efforts made is outreach activities or health education in the school environment to provide information and knowledge to the target, especially for students who abuse it and raise their awareness about the dangers of smoking. This study aims to determine the effect of providing health education on knowledge and attitudes about the dangers of smoking in SMA Ungul CND Langsa. The design of this study used a quasi-experimental type using a one group pretest-posttest design. This study uses primary data that is processed univariately. The data are presented in the form of frequency distribution tables, cross tables and narratives. The instrument used in this research is a questionnaire which was developed based on the research variables. The number of samples in this study were 20 respondents with purposive sampling technique. The results showed that before being given the intervention the knowledge of the research subjects showed a score of 11, while after being given the intervention the score of knowledge increased to 12.5 and before being given the intervention the attitude of the research subjects showed a score of 50, while after being given the intervention the score of attitudes increased to 64. This study also concluded that there was an effect of providing health education on adolescent knowledge about the dangers of smoking with a p-value of 0.000 ($p < 0.05$). Researchers suggest to SMA CND Langsa Superior, in order to create a health counseling program in collaboration with local health agencies. The program will help students obtain correct and accurate information about specific health about the dangers of smoking.

Keywords: *Dangers of Smoking, Health Education, Knowledge, Attitude*

I. INTRODUCTION

Smoking is a very harmful behavior. For the perpetrators of smoking can cause various diseases such as high blood pressure and heart work disorders caused by the influence of chemicals contained in cigarettes such as nicotine and tar (Tristanti, 2016). Smoking can also have a negative impact on people around smokers. The risks borne by passive smokers are more dangerous than active smokers. Because the resistance to harmful substances is very low. There is no denying the negative impact of smoking behavior. But smoking behavior for human life is phenomenal, meaning that although the negative consequences of smoking are known, the number of smokers is increasing (Widiansyah, 2014). Smoking is also very detrimental economically because it wastes a lot of money just to be burned (the benefits are not there), especially for smokers who do not have their own income. The longer the number of smokers, the more and their age to start smoking is also getting younger even today's children are getting to know cigarettes from an early age (Tristanti, 2016). According to the 2016 WHO report on world tobacco consumption, the prevalence of smoking in Indonesia is one of the highest in the world, with 46.8% of men and 3.1% of women aged 10 years and over classified as smokers. The number of smokers reached 62.8 million, of which 40% of them came from lower economic circles (Faridah, 2016).

The results from Riskesdas showed that the proportion of smokers aged 15 years who smoked and chewed tobacco increased in Riskesdas 2008 as much as 34.2% of the entire population and in Riskesdas 2013 slightly increased to 34.7%, and in Riskesdas 2018 increased again by 36.3 % of the entire population (Riskesdas, 2018). There are many factors behind teenagers becoming smokers, including intrinsic factors which include gender, personality, work and beliefs, while extrinsic factors include the influence of family and the surrounding environment, peer influence, climate influence, smoking climate, ease of obtaining cigarettes, absence of regulations and attitudes of health workers (Faridah, 2015). A direct influence. Parents are examples or models for teenagers, but for parents who do not know about health, they have indirectly taught unhealthy behaviors or lifestyles. The number of teenagers who smoke, one of the drivers is the parenting pattern of their parents who are not good. Smoking activity among youth or high school students is not a new thing. For high school students, smoking is usually consumed by men, but at this time smoking is not only consumed by men, women have also consumed it. Therefore, it is necessary to make prevention efforts both in the home, school and community environment. One of the efforts made is counseling or health education activities in the school environment to provide information and knowledge to the target, especially for students who abuse it and raise their awareness about the dangers of smoking (Tumigolung, 2013). The results of research conducted by Tumigolung (2013), regarding the effect of providing health education on the level of knowledge about the dangers of smoking in SMA Negeri 1 Manado, the results of the study concluded that there was a significant effect between health education on the level of knowledge about the dangers of smoking with $P = 0.000$.

The results of this study are supported by research conducted by Puryanto, Eko and Sayono (2015), in Tawang Mas Village which states that there is an effect of health education on students' knowledge and attitudes about the dangers of smoking after being given an intervention in this case health education. The results of the paired sample t-test showed $p = 0.000$ because the p value < 0.05 , it can be concluded that health education can increase adolescent knowledge about the dangers of smoking. Based on BPS data from Langsa City (2018), the population of Langsa City in mid-2018 was 157,011 people and 41.48% or 65,140 people were teenagers aged 10-24 years. The results of the initial survey that the author conducted by conducting interviews with 10 students of class XI about the dangers of smoking found that based on knowledge found as many as 2 (20%) respondents with good knowledge, 2 (20%) respondents with sufficient knowledge and 6 (60%) respondents with less knowledge. and based on attitudes found as many as 4 (40%) respondents were positive and as many as 6 (60%) respondents were negative. Based on this background, the writer formulated the research problem, namely "Is there an effect of the provision of health education on knowledge and attitudes about the dangers of smoking in SMA Ungul CND Langsa?"

II. METHOD

This study is a quasi-experimental study using a one group pretest-posttest design, where in this design there is no comparison group (control) but at least the first observation (pretest) has been carried out which allows researchers to examine changes that occur after the experiment (posttest). (Sugiyono, 2016).

III. RESEARCH RESULTS AND DISCUSSION

RESULT

5.1.1. Univariate Analysis

1). Knowledge of the Dangers of Smoking before and After Health Education

Table 5.1. Frequency Distribution of Knowledge about the Dangers of Smoking Before and After Health Education at CND Superior High School

No	Knowledge Before Health Education	Frequency (f)	Percentage (%)
1	Well	4	20
2	Enough	11	55
3	Not enough	5	25
Amount		20	100

No	Knowledge After Penkes	Frequency (f)	Percentage (%)
1	Well	17	85
2	Enough	1	5
3	Not enough	2	10
Amount		20	100

Source: Primary Data

5.1.Result

5.1.1.Univariate Analysis

Based on table 5.1, the results show that the knowledge of adolescents about the dangers of smoking before being given health education was sufficient for the majority of 11 respondents (55%) and after being given health education the majority had good knowledge of 17 respondents (85%).

2) Attitudes about the Dangers of Smoking before and After Health Education

Table 5.2. Frequency Distribution of Attitudes about the Dangers of Smoking Before and After Health Education at CND Langsa Superior High School

No	Attitude Before Health Education	Frekuensi (f)	Persentase (%)
1	Positive	15	75
2	Negative	5	25
Amount		20	100

No	Sikap Sesudah Penkes	Frequency (f)	Percentage (%)
1	Positive	18	90
2	Negative	2	10
Amount		20	100

Source: Primary Data

Based on table 5.2, the results of the study show that the attitude of adolescents regarding the dangers of smoking before being given health education was mostly positive as many as 15 respondents (75%) and after being given health education the majority were positive as many as 18 respondents (90%).

5.1.1.Bivariate Analysis

1) Normality Test

Table 5.3. Normality Test ResultsT

No	Variable	Sig	Distribution Description
1	Pre Test Knowledge	0,013	Abnormal
2	Post Test Knowledge	0,158	Normal
3	Pre-Test Attitude	0,016	Abnormal
4	Post Test Attitude	0,003	Abnormal

Based on table 5.3 above, it can be seen that the results of the normality test in the Saphiro-Wilk column, the probability value of the data obtained, namely pre-test knowledge has a probability value (p) = 0.013 (not normal), post-test knowledge has a probability value (p) = 0.158 (normal), the pre test attitude has a probability value (p) = 0.016 (not normal) and the post test attitude has a probability value (p) = 0.003 (not normal), so that data analysis cannot be continued using parametric tests (paired sample t-test). and must use a non-parametric test (Wilcoxon).

1) The Effect of Health Education on Knowledge about the Dangers of Smoking.

Table 5.4. The Effect of Education on Knowledge about the Dangers of Smoking at CND Langsa Superior High School

Knowledge	Median (maximum-minimum)	P-Value
Pre Test	11 (7-14)	0,000
Post Test	12,5 (10-15)	

From the table above, it can be seen that before being given the intervention the knowledge of the research subjects showed a score of 11, while after being given the intervention the knowledge score increased to 12.5. The results of the analysis of knowledge scores before and after the intervention showed a significant effect, obtained p-value 0.000 ($p < 0.05$) so it can be concluded that there is a significant effect of providing health education on knowledge about the dangers of smoking.

2). The Effect of Health Education on Attitudes about the Dangers of Smoking

Table 5.5. The Effect of Education on Attitudes about the Dangers of Smoking in CND Superior High School Langsa

Knowledge	Median (maximum-minimum)	P-Value
Pre Test	50 (41-55)	0,000
Post Test	64 (40-69)	

From the table above, it can be seen that before being given the intervention the attitude of the research subject showed a score of 50, while after being given the intervention the attitude score increased to 64. The results of the analysis of the knowledge score before and after the intervention showed a significant effect, obtained a p-value of 0.000 ($p < 0.05$). so it can be concluded that there is a significant effect of providing health education on attitudes about the dangers of smoking.

DISCUSSION**5.1.1. The Effect of Health Education on Knowledge about the Dangers of Smoking**

The results showed that before being given the intervention the knowledge of the research subjects showed a score of 11, while after being given the intervention the knowledge score increased to 12.5. The results of the analysis of knowledge scores before and after the intervention showed a significant effect, obtained p-value 0.000 ($p < 0.05$) so it can be concluded that there is a significant effect of providing health education on knowledge about the dangers of smoking. The results of this study are in line with the research conducted by Tumigolung (2013), regarding the effect of providing health education on the level of knowledge about the dangers of smoking in SMA Negeri 1 Manado, the results of the study concluded that there was a significant effect between health education on the level of knowledge about the dangers of smoking and the value of smoking. $P=0.000$. The results of this study are supported by research conducted by Puryanto, Eko and Sayono (2015), in Tawang Mas Village which states that there is an effect of health education on students' knowledge and attitudes about the dangers of smoking after being given an intervention in this case health education.

The results of the paired sample t-test showed $p = 0.000$ because the p value < 0.05 , it can be concluded that health education can increase adolescent knowledge about the dangers of smoking. There are many factors behind teenagers becoming smokers, including intrinsic factors which include gender, personality, work and beliefs, while extrinsic factors include the influence of family and the surrounding environment, peer influence, climate influence, smoking climate, ease of

obtaining cigarettes, absence of regulations and attitudes of health workers (Faridah, 2015). According to Sundari (2015), adolescents have a greater tendency to smoke, if their parents smoke. According to the social influence model, smoking behavior by parents is a risk factor that occurs through modeling or direct influence. Parents are examples or models for teenagers, but for parents who do not know about health, they have indirectly taught unhealthy behaviors or lifestyles. The number of teenagers who smoke, one of the drivers is the parenting pattern of their parents who are not good. Smoking activity among youth or high school students is not a new thing. For high school students, smoking is usually consumed by men, but at this time smoking is not only consumed by men, women have also consumed it. Therefore, it is necessary to make prevention efforts both in the home, school and community environment. One of the efforts made is counseling or health education activities in the school environment to provide information and knowledge to the target, especially for students who abuse it and raise their awareness about the dangers of smoking (Tumigolung, 2013).

Researchers concluded that the provision of health education affects the level of knowledge of adolescents about the dangers of smoking. If it is seen that the difference in the average value of the posttest is higher than the pretest, this indicates an increase in knowledge in a positive direction, meaning that the level of knowledge about the dangers of smoking becomes better after being given an intervention. Thus, the intervention provided succeeded in increasing the knowledge of adolescents about the dangers of smoking. The health education method is basically an approach used in the education process to convey messages to health education targets, such as individuals, groups, families and communities. In delivering the information to be conveyed, it can be done by using the media as a means of delivering messages or information. Tools or facilities that are easy to use and understand by extension workers as well as target objects are an added value for the success or effectiveness of counseling.

5.1.2. The Influence of Health Education on Adolescent Attitudes about the Dangers of Smoking

Based on the results of the study, it showed that before being given the intervention the attitude of the research subject showed a score of 50, while after being given the intervention the attitude score increased to 64. The results of the analysis of the knowledge score before and after the intervention showed a significant effect, obtained p-value 0.000 ($p < 0.05$) so it can be concluded that there is a significant effect of providing health education on attitudes about the dangers of smoking.

The results of this study are in line with research conducted by Martias (2017), regarding the effect of counseling on the dangers of smoking using leaflet media on changes in students' knowledge and attitudes at SMPN 3 Bintan Timur which concluded that there was an effect of counseling on the dangers of smoking using leaflet media on changes in student attitudes. The results of this study are also in line with research conducted by Dharmastuti (2017), regarding the effect of health education on the dangers of smoking through booklets and posters on the knowledge and attitudes of students at SMP N 2 Tasikmadu which concluded that there were differences in attitudes before and after being given health education about the dangers of smoking.

Smoking through booklet media ($p=0.000$).

Providing education on the dangers of smoking to teenagers is very important because teenagers are the next generation of the nation whose number of communities is quite large. Educational institutions are seen as a strategic place to promote school health, as well as an effective place to deliver health education. The knowledge and attitudes obtained by children after being given health education are expected to be brought to their homes so that it affects their family's behavior towards cigarettes (Kosasih, 2018). The researcher concludes that this change in attitude about the dangers of smoking shows that health education using audio-visual media is quite effective in conveying health information. The effectiveness of counseling is determined by several factors, including the extension

factor and the process factor in counseling, so that the adolescent attitude score is higher after counseling.

IV. CONCLUSIONS AND SUGGESTIONS

CONCLUSION

1. There is an effect of providing health education on adolescent knowledge about the dangers of smoking with a p-value of 0.000 ($p < 0.05$).
2. There is an effect of providing health education on adolescent attitudes about danger

SUGGESTION

1. Institutions for CND Langsa Superior High School, in order to be able to create a health counseling program in collaboration with local health agencies. The program will help students obtain correct and accurate information about specific health about the dangers of smoking.
2. For respondents, in order to increase their knowledge, especially about the dangers of smoking, students are expected not to be ashamed to ask parents, teachers or health workers related to the dangers of smoking so that adolescents are motivated to maintain their health by avoiding smoking behavior.
3. For further research to make observations carefully when conducting a preliminary study to measure the extent to which students' knowledge of the dangers of smoking is to be more targeted when providing material that is in accordance with their needs that they have never received in formal education.

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