

# Smoking habits amongst teenagers and related factors in Medan- Indonesia

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## Smoking habits amongst teenagers and related factors in Medan- Indonesia

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### Abstract

**Background:** The patterns of cigarette consumption have been widely prevalent across different age groups in society, both among youth and adults. This is supported by data National Socio-Economic Survey (Susenas) data 2023 which showed that both youth and adult groups had been exposed to and exhibited behaviors indicative of cigarette smoking, although possibly at varying levels, stated that 28.62% of the population aged over 15 years had consumed cigarettes. Meanwhile, at the North Sumatra provincial level in 2023, 26.28% of the population aged over 15 years have consumed cigarettes.

**Purpose:** To determine smoking habits amongst teenagers and related factors in Medan

**Method:** This research is quantitative research with a Cross-Sectional Study approach which was conducted at PGRI 12 Medan Private High School from January 9 to February 16, 2024. The population of this study consisted of all male students, totaling 72 male teenagers. The sampling method uses a total sampling technique, where the entire population (72 students) is used as the research sample. The instrument used was a questionnaire.

**Results:** The findings of the study indicate that there are significant associations between smoking behavior in teenagers attending PGRI Medan Private High School and several factors. Personality traits ( $p=0.000$ ), peers ( $p=0.000$ ), exposure to cigarette advertising ( $p=0.007$ ), and having parents who smoke ( $p=0.000$ ) each exhibited strong relationships according to the results of statistical testing. Meanwhile, knowledge level ( $p=0.877$ ) did not appear to correlate with teen smoking behavior at this particular school based on the analytical methods applied.

**Conclusion:** The findings of the study indicate that there are significant associations between smoking behavior in teenagers attending PGRI Medan Private High School and several factors. Personality traits ( $p=0.000$ ), peers ( $p=0.000$ ), exposure to cigarette advertising ( $p=0.007$ ), and having parents who smoke ( $p=0.000$ ) each exhibited strong relationships according to the results of statistical testing.

**Keywords:** Advertising; Peer; Parental Role; Personality Types; Smoking.

### INTRODUCTION

In the current era, every individual carries out their own activities on a daily basis, especially behavior related to health issues. Smoking behavior is something that is very easy to find among the general public, the smoking habit itself is not only targeted at adults, but all groups have been exposed to smoking consumption patterns, both at adolescent and adult levels. So that smoking, apart from being triggered by the individual himself, is also supported by the

surrounding environment which supports the smoking habit. From findings in 2020, around 22.3% of the world's total population are tobacco users. From this percentage, the level of tobacco use is higher in men, namely 36.7%, compared to women, namely 7.8%. Furthermore, more than 80% of the total 1.3 billion tobacco users worldwide come from lower middle-income countries (World Health Organization, 2020).

Changes in smoking behavior are generally

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influenced by several factors. Analysis of human behavior from the level of health. This theory explains that smoking behavior can be influenced by predisposing factors, supporting factors and driving factors. Predisposing factors such as an individual's understanding of smoking and individual personality characteristics play an important role in shaping a person's smoking behavior (Green, Kreuter, Deeds, & Partridge, 1980). Meanwhile, the driving factors for someone to consume cigarettes are parents who smoke, friends who smoke and cigarette promotion factors which are seen as influencing changes in smoking behavior (Meriyadi, 2022).

Adolescence is a transition period from the childhood phase to the adult phase so that in this phase most teenagers experience a confusing situation, because in their behavior a teenager is still confused about whether they are on the child side or 16 the adult side. Then a person's adolescent phase begins at the age of 10-13 years and ends at the age of 18-22 years (Ministry of Health of the Republic of Indonesia, 2022). Smoking behavior among teenagers targets all age levels, this is based on the findings of 2023 Susenas data which states that 28.62% of the population aged over 15 years smoke. Meanwhile, at the North Sumatra provincial level in 2023, as many as 26.28% of the population over 15 years old had consumed cigarettes (Central Bureau of Statistics, 2023).

In 2019 in Indonesia, the percentage of Indonesian students aged 13-15 years who had ever used tobacco products was 40.6%. The survey results show that of the 3 male students, around 2 of them are smokers. Meanwhile, of the 5 female students, it is estimated that around 1 of them have tried tobacco products. At the provincial level, North Sumatra is in the top 10 of all provinces in Indonesia (rank 8). There are residents aged >10 years who consume a minimum of 15 cigarettes a day, with details of 24.2% being daily smokers and 4.2% of smokers smoking occasionally. -sometimes so that based on the smoking population ratio in North Sumatra in 2015 of 28%, there has been a drastic increase until in 2020 cigarette users in North Sumatra will be 35.7%. Therefore, the province of North Sumatra included smoking cases in the Healthy Community Movement program with the aim of minimizing the increase in smoking cases in Indonesia (Ministry of Health of the Republic of Indonesia, 2022).

The results of the study stated that the smoking habit was caused by peer influence, namely around 119 respondents (93.7%) were influenced by their peers and 8 other respondents, 6.3%) were not influenced by their peers who smoked. behavior. So based on this research, peers are included in the factors that influence changes in individual behavior (Pratama, Triana, & Martini, 2021).

of the 60 respondents studied, they stated that there were four smoking behavior factors, while the influence 14 friends influenced individual smoking behavior with a contribution of 0.763 or 26%, then the second position was influenced by personality factors of 0.723 or 25%. In this study (Afifah, 2020). the advertising factor has a contribution of 0.631 or around 25%, while parental influence has the lowest contribution, namely 0.590 or around 24% to individual smoking behavior. The research involved 131 student 20 at Senior High School 20 Medan and showed the influence of knowledge, attitudes, the role of peers, and encouragement from the family environment on the smoking habits of teenagers at Senior High School 20 Medan. with the same value, namely n p value for all research variables (p=0.000) (Faana, 2023).

There is a conclusion that adolescent smoking behavior starting at the age of 15 years is influenced by the influence of friends and their casualness in trying to consume cigarettes (Almaidah, Khairunnisa, Sari, Chrisna, Firdaus, Kamiliya, Williantari, Akbar, Pratiwi, Nurhasanah, & Puspitasari, 2021). Smokers can be differentiated based on the number of cigarettes consumed per day. The first group is heavy smokers, who consume 15 cigarettes or more a day. The second group is moderate smokers, who consume between 5 and 14 cigarettes a day (Nasution, 2007). Meanwhile, the third group is light smokers who consume 1 to 4 cigarettes a day (Afifah, 2022)

Comprehensive interventions that 12 increase perceptions about the negative impacts of smoking, as well as cutting off access to cigarettes through social networks, can reduce smoking habits in adolescents. Taiwan follows the tobacco control framework convention implemented by the Tobacco Harm Prevention Act, by promoting various preventive measures. Therefore, smoking prevalence among adolescents aged 12-15 years and 16-18 years decreased to 61% and 43%, respectively, from 2008

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to 2019 (Liang, Liao, Lee, & Liu, 2022).

Throughout the world, efforts to prevent tobacco use are still focused on teenagers and the younger generation. Although various social and behavioral factors of smoking have been identified globally, there is a need to understand the risk factors for smoking in a country, especially among the younger generation. The majority of adult smokers begin smoking in their teens, and it is important to identify factors associated with adolescent smoking behavior and take action to reduce them. In adolescence, smoking also contributes to other risky behaviors, such as risky sexual behavior, drug and alcohol consumption, as well as nutritional and dietary risks (Todorović, Cheng, Stojisavljević, Marinković, Kremenović, Savić, & Škrabalo, 2022).

The study included 327 athletes, 81.0% male, with an average age of 16 years; 36.7% play football, 31.8% basketball, and 31.5% swim. Smoking prevalence among participants was 16.8%. Basket and soccer players were 3 times more likely to be current smokers (20.1%), particularly those aged 16-18 years (35.9%), compared to swimmers (7.8%; in 16-18-year-old: 11.3%). Moreover, basket and soccer players were 7 times more likely to be smokers and to smoke before the practice session compared to swimmers (Nitto, Stefanizzi, Bianchi, Castellana, Ascagnino, Notarnicola, & Tafuri, 2020).

So, the explanation above shows that this research is fundamental namely to identify the causes that influence teenagers' smoking habits, because there are still many teenagers who start consuming cigarettes from a very young age (Solihin, Nyorong, Nur'aini, & Siregar, 2023). In Indonesia, smoking tends to be more common among men than women. This is caused by cultural norms in Indonesian society where women who smoke are considered to violate applicable cultural values (Wirawati, & Sudrajat, 2021).

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**RESEARCH METHOD**

This research is quantitative research with a Cross-Sectional Study approach which was conducted at PGRI 12 Medan Private High School from January 9 to February 16, 2024. The population of this study consisted of all male students at PGRI 12 Medan Private High School, totaling 72 male teenagers. The sampling method uses a total sampling technique, where the entire population (72 students) is used as the research

sample. The instrument used was a questionnaire in the form of a questionnaire that discussed the factors that influence smoking behavior in adolescent boys. Data analysis was carried out using statistical tests, with univariate analysis tests to describe the characteristics of respondents, and the bivariate chi square test was used to evaluate the relationship between the independent variables and the dependent variable in this study. This study has gone through ethical approval from the Research Ethics Commission of Universitas Islam Negeri Sumatera Utara with ethical number B.557/Un.11/KM I/PP.00.9/02/2024

Respondents were given a 5-item question sheet with ratings categories poor, enough and good. A bad score if the respondent can only answer <3 questions correctly on the questionnaire, fair if they answer 3-4 questions and good if they can answer 5 questions. However, before filling in the question sheet, the researcher asked the respondent whether the respondent knew about cigarettes.

For the "smoker" category if the respondent consumes cigarettes, for the "non-smoker" category if the respondent does not smoke. For the Smoking Status of Father factor category, "smoker" if a person smokes because of the influence of a father who smokes and "non-smoker" if a person does not smoke even though his father smokes. for the category Knowledge on smoking as harmful to health "Agreed" if you don't smoke because you know that smoking can be harmful to your health, "Not opinion" if you continue to smoke even though you already know the dangers of smoking for health and "Disagreed" if you smoke because you don't agree with the knowledge that smoking danger to health. For the Peer Influence category, "Yes" if someone smokes because a friend smokes and "No" if someone doesn't smoke even though their friend smokes. For the personality traits category, "Neuroticism" is a character that is characterized based on one's own feelings such as sadness, mood swings, and emotional instability. It is called neuroticism if someone smokes because of their own will or drive (without any influence from people around them) and "Conscientiousness" is a dimension personality related to a person's caution in acting, called conscientiousness if a person still does not smoke even though he wants to smoke. And for the category of Influence of Retail Cigarette Advertising "Yes" if a person smokes because of the cigarette advertising factor that he sees and "No" if a person still does not smoke choose not to smoke even though there is an influence from the cigarette advertising factors that they see.

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RESEARCH RESULTS

Table 1. Characteristics of Respondents (N=72)

Variables	Results
<b>Age (Mean ± SD) (Range)(Years)</b>	(16.47+0.978) (15-19)
15-17	60/83.3
18-21	12/16.7
<b>Smoking Status of Students (n/%)</b>	
Smoker	46/63.9
Non-smoker	26/36.1
<b>Knowledge on smoking as harmful to health (n/%)</b>	
Agreed	18/25.0
No Opinion	32/44.4
Disagreed	22/30.6
<b>Smoking Status of Father (n/%)</b>	
Smoker	45/34.7
Non-smoker	27/65.3
<b>Peer Influence (n/%)</b>	
Yes	39/54.2
No	33/45.8
<b>Personality Traits (n/%)</b>	
Neuroticism	27/37.5
Conscientiousness	45/62.5
<b>Influence of Retail Cigarette Advertising (n/%)</b>	
Yes	46/63.9
No	26/36.1

Table 1. Shows that the average age of respondents is 15-17 years old, namely (83.3) with a standard deviation of (8.47 + 0.978). with the Smoking Status of Students who are smokers (63.9) and non-smokers (36.1), based on Knowledge on smoking as harmful to health which is agreed (25.0), no opinion (44.4) and disagreed (30.6). based on peer influence who are not affected (45.8) and those who are influenced by peer influence as many as (54.2). based on personal traits who do neuroticism only (37.5) while those who do conscientiousness (62.5) and those who smoke because they are influenced by Influence of retail cigarette advertising as many as (36.1) while those who are not influenced as many as (63.9).

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Table 2. The Influence of Knowledge on Factors that Influence Smoking Habits (N=72)

Variables	Smoking Status of Students		p-value
	Non Smoker (n=26)	Smoker (n=46)	
<b>Knowledge on Smoking as Harmful to Health (n/%)</b>			
Agreed	7/26.9	11/23.9	0.877
No opinion	12/46.2	20/43.5	
Disagreed	7/26.9	15/32.6	
<b>Smoking Status of Father (n/%)</b>			
Smoker	0/0	25/54.4	0.000
Non-smoker	26/100	21/45.6	
<b>Peer Influence (n/%)</b>			
Yes	0/0	39/84.8	0.000
No	26/100	7/15.2	
<b>Personality Traits (n/%)</b>			
Neuroticism	0/0	45/97.8	0.000
Conscientiousness	26/100	1/2.2	
<b>Influence of Retail Cigarette Advertising (n/%)</b>			
Yes	0/0	46/100	0.000
No	26/100	0/0	

Table 2.1 shows that there are (26.9) who do not smoke because of agreed knowledge on smoking as harmful to health, who smoke because of agreed (23.9), no opinion who do not smoke as many as (46.2) and those who smoke (43.5), who disagreed do not smoke as many as (26.9) and those who smoke (32.6). with the results of statistical analysis and chi-square test produces a p-value of 0.887, because this value is greater than 0.05 ( $p = 0.877 > 0.05$ ), it can be concluded that there is no significant correlation between the level of knowledge and smoking habits.

Based on Smoking Status of Father, those who do not smoke due to the influence of smoking status of father are (0.0), while those who smoke due to the influence of smoking status of father are (54.4). those who do not smoke and are not affected are (100%) while those who smoke but are not affected by fathers who smoke are (45.6). with the results of statistical analysis and chi-square test with a p-value of 0.000. this means  $p\text{-value} < 0.05$ . So, it can be concluded that there are differences in smoking behavior between students who have parents who smoke or there is a significant relationship between parents who smoke and smoking behavior in students.

Based on peer influence, there are (84.9%) who smoke due to peer influence, (100%) who do not smoke and are not influenced by peer influence. The results of statistical analysis and Chi-Square Square test show a p value = 0.000, this means a p value  $< 0.05$ . So, it can be concluded that there is a difference in smoking behavior between students who have friends who smoke or there is a significant relationship between friends who smoke and smoking behavior in students.

Based on personality traits, there are (97.8) respondents who smoke due to the influence of personality traits, there are (0%) who do not smoke and do not influence, and there are (100%) who do not smoke because of Caution. The results of statistical analysis and Chi-Square Square test show a p-value = 0.000, this means that the p-value  $< 0.05$ . So it can be concluded that there are differences in smoking behavior between students due to personality factors or there is a significant relationship between personality factors and smoking behavior in students.

Berdasarkan influence of retail cigarette advertising yang merokok karena terpengaruh yaitu (100%) dan

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yang tidak merokok dan tidak terpengaruh (100%). The results of statistical analysis and the Chi-Square Square test show a p-value = 0.000, this means the p-value <0.05. So it can be concluded that there are differences in smoking behavior between students due to cigarette advertising factors or there is a significant relationship between cigarette advertising factors and smoking behavior among students.

## DISCUSSION

### Knowledge Level and Smoking Status of Students

The results of statistical analysis and the Chi-square test show a p-value = 0.877, which means p-value > 0.05. So it can be assumed that there is no correlation between the level of knowledge and smoking behavior among students at PGRI 12 Medan Private High School ( $p = 0.877 > 0.05$ ).

The smoking habit is the activity of consuming cigarettes by burning the cigarette and then inhaling it so that when exhaled it produces smoke which can become a disease if inhaled by individuals around them. This also occurs due to the influence of 3 factors, including predisposing factors, then enabling factors and driving factors for the formation of smoking behavior. an individual (Afifah, 2022).

Knowledge of a teenager's smoking behavior has a strong assumption that it can influence changes in smoking behavior, so this should be of more concern to the teenager. Smoking behavior occurs due to several factors, including the individual's knowledge about cigarettes so that an individual can experience a change in their behavior to become a smoker as a result of their knowledge about cigarettes. Therefore, knowledge of what an individual knows about cigarettes as a result of the smoking habit is formed, one of which is influenced by the level of understanding about cigarettes (Faana, 2022).

In research entitled "Analysis of factors that influence smoking behavior among junior high school students at Junior High School 1 Seunangan Nagan Raya Regency in 2021 stated that respondents who have a sufficient understanding of smoking are less likely to smoke compared to respondents who have a poor understanding of smoking and tend to consume cigarettes. Even though there are several respondents who have a good understanding of cigarettes, they are still smokers (Fahmi, Utama, & Syapitri, 2022).

There is no relationship between understanding

and adolescent smoking habits with a p value of 0.132 ( $p > 0.05$ ). This means that there is no relationship between knowledge and adolescent smoking habits (Budiyati, Sari, & Suryati, 2021). And of the 68 respondents studied there were 65 people who had good knowledge and only 3 people who had poor knowledge so that from the results of the chi-square test carried out there was no relationship between knowledge and smoking behavior ( $p = 1.000 (p > 0.05)$ ) (Pratama, Lestari, Yudianto, Megawati, & Praghopalati, 2020).

### Personality and Smoking Status of Students

The results of statistical analysis and the Chi-square test show  $p = 0.000$ , which means p-value <0.05. So, it is considered that there are differences in smoking behavior between students due to personality factors or there is a significant correlation between personality factors and the smoking behavior of students at PGRI 12 Medan Private High School ( $p = 0.000 < 0.05$ ).

Number of trajectories ranged from 2 to 6 (mode = 4); 44–76% of participants were low-stable cigarette consumers, 11–21% increased consumption, and 3–11% were categorized as "other." Number of data points, smoking indicator used, and time axis influenced the number of trajectories identified. Only two articles depicted the natural course of smoking since onset. Factors associated with trajectory membership included age, sex/gender, race/ethnicity, parental education, behavior problems, depression, academic performance, baseline cigarette use, parental and friends smoking, alcohol use, and cannabis use. Outcomes included illicit drug and alcohol use. Beyond parsimoniously describing cigarette smoking patterns, it is not clear whether trajectory analyses offer increased insight into the natural course, determinants or outcomes of cigarette smoking in ways that inform the development of intervention (Ahun, Lauzon, Sylvestre, Bergeron-Caron, Eltonsy, & O'Loughlin, 2020). Of the 60 respondents studied, four factors were found that influenced adolescent smoking behavior, one of which was the influence factor. personality with a contribution of 0.723 or 25% (Afifah, 2022).

There is a relationship between stress levels and smoking behavior which is known to have a probability value of  $(0.000) < \alpha = 0.05$  so that  $H_a$  is accepted, and

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Ho is rejected (Zakiah, Sihombing, Kamaruddin, Salomon, & Anshari, 2023).

### Parents and the Smoking Status of Students

The results of statistical analysis using the Chi-Square test describe a p-value of 0.000, which means the p-value is  $<0.05$ . Therefore, it can be concluded that there is a difference in smoking patterns between students whose parents smoke and the smoking patterns of students at PGRI 12 Medan Private High School ( $p=0.000 <0.05$ ).

Adolescent smoking habits occur due to parental involvement in these adolescents so that there is a change in smoking behavior among adolescents due to parental factors. This is said to be because parents also have control over their children's behavior. According to (Hussong, Ennett, McNeish, Cole, Gottfredson, Rothenberg, & Faris, 2020). Parents have the right to their children's behavior so that parents are in decision making and are protective factors for teenage smoking behavior, therefore parental character and models also help explains the smoking behavior of teenagers because of the relationship between parents and children in smoking behavior (Pertiwi, & Hamdan, 2022).

This research is supported by Subekti's findings in 2023 which stated that of the 75 respondents to his research at Senior High School 1 Galur, as many as 46.7% of students smoked due to support from their parents so that there was a supportive parental influence of 65.7% with the result p value = 0.008 ( $p < 0.05$ ) which can be concluded that there is a relationship between the influence of parental support and the smoking habits of adolescent students at Senior High School 1 Galur (Subekti & Hutasoit, 2026).

There is a relationship between the influence of parental support and the smoking behavior of teenagers in Nanga Bilik based on a p value of 0.008, so there is a significant relationship and 24% of students smoke because they see their parents smoking, which creates a risk. teenagers oppose cigarette consumption (Anggraeni, Elpasa, & Pasaribu, 2021). In other research, there was also a significant relationship of 0.000 ( $a < 0.05$ ) between parenting patterns and smoking behavior (Julianti, 2024).

### Peer Influence and Smoking Status of Students

The results of statistical analysis using the Chi-Square test show a p-value of 0.000, which means the p-value is  $<0.05$ . Therefore, it can be seen that there are differences in smoking patterns between students who have friends who smoke and the smoking patterns of students at PGRI 12 Medan Private High School ( $p = 0.000 < 0.05$ ).

Peer influence is the occurrence of a change in a person's behavior that adapts to the behavior of friends around him, which usually occurs in adolescence so that individuals make changes in their behavior aimed at adapting to their friends and to be more accepted by their friends even though the changes in behavior they make are contrary to their norms (Nur'aini, 2022).

Peers are teenagers or people who have almost the same level of maturity, so that in this peer friendship system teenagers usually get information about various things, both from the outside world and about cigarettes, which is why peer groups can be one the factor. triggers changes in adolescent behavior towards smoking behavior (Rezeki, & Utari, 2021).

One of the factors causing the smoking habit is the influence of peers. In Surdin's research on 27 respondents, there were 25 students who reported that they smoked because of the influence of their friends. As a result, the results of statistical analysis using the Chi-square test produced p of 0.000,  $<0.05$ . This illustrates the influence of peers on adolescent smoking patterns at SMA YP PGRI 2 Makassar City (Surdin, Haris, & Kartini, 2023). This research is in line with other research which shows the results that from 80 research samples there is a relationship between peer behavior and adolescent smoking behavior (Pranoto, 2024).

### Cigarette Promotion on Smoking Status of Students

The results of statistical analysis and the Chi-Square test show  $p=0.000$ , which means p-value  $<0.05$ . So it can be seen that there is a difference in smoking behavior between students due to cigarette advertising and the smoking behavior of students at PGRI 12 Medan Private High School ( $p = 0.000 < 0.05$ ).

Advertising is one of the media for conveying information to the wider community. Cigarette advertisements are still popping up and spreading in

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print and electronic media so that they can influence individual smoking behavior, especially teenagers who are influenced by these cigarette advertisements. The role of cigarette advertising has an influence on teenage smoking behavior, namely the content and design of cigarette advertising can make teenagers want to consume cigarettes (Fadhila, Widati, & Fatah, 2021).

Of the 172 respondents, 57.6% or 99 respondents stated that cigarette advertising made teenagers want to engage in smoking behavior, while 42.4% or 73 respondents stated that cigarette advertising made teenagers want to engage in smoking behavior, while 42.4% or 73 respondents stated that cigarette advertising makes teenagers want to engage in smoking behavior. Respondents felt that cigarette advertising did not play much of a role in their habits. Adolescents smoke thus indicating that there is an influence between cigarette advertising on adolescent smoking habits  $p=0.029$  (OR 2.718 95% CI 1.110-6.652). Thus, adolescents who feel that cigarette advertising plays a role in adolescent smoking habits tend to smoke 2.718 times (1,110-6,652) more compared to teenagers who feel that cigarette advertising does not play a big role (Fadhila et al., 2021).

Of the 11 students, 10 students (19.6%) smoked as a result of being influenced by cigarette advertising and only 1 student (2.0%) did not smoke. Then, of the 40 students (78.4%) who smoked but not from cigarette advertisements, 18 students (35.3%) and the remaining 22 students (43.1%) were non-smokers. So, it can be seen that there is an influence of cigarette advertising on adolescent smoking behavior at SMA YP PGRI 2 Makassar City with  $p$  value = 0.007 which is smaller than (0.05) (Surdin et al., 2023). And it is also supported by other research which shows the results of 83 respondents stating that there is a relationship between cigarette advertising and adolescent smoking behavior (Putri, & Haryati, 2024).

## CONCLUSION

It is known that there is no significant relationship between the level of understanding and smoking habits, there are differences in smoking habits between students whose parents smoke and students who do not smoke, there are differences in smoking behavior between students who are friends with

smokers, or there is a significant relationship between friendships with other people. who smoke and smoking behavior, there is a significant relation between personality factors and smoking habits and there is a significant relationship between cigarette advertising factors and smoking behavior of PGRI 12 Medan Private High School students.

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