

Hubungan perilaku merokok dengan konsentrasi belajar siswa kelas XI SMK Binakarya Mandiri = The relationship between smoking behavior and learning concentration of second level students of SMK Binakarya Mandiri

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Abstrak

Prevalensi perokok di Indonesia meningkat seiring banyaknya remaja usia sekolah berperilaku merokok, terutama remaja laki-laki. Siswa memerlukan konsentrasi dalam proses belajar. Merokok sama dengan mengkonsumsi nikotin yang dapat mempengaruhi fungsi otak, khususnya konsentrasi. Penelitian ini bertujuan untuk mengetahui hubungan perilaku merokok dengan konsentrasi belajar siswa. Penelitian ini menggunakan uji Kai Kuadrat dengan jumlah responden 175 siswa di SMK Binakarya Mandiri. Instrumen berupa kuesioner perilaku merokok dan tes Bourdon. Siswa yang merokok dan berkonsentrasi rendah 69,65% sedangkan 30,4% berkonsentrasi tinggi. Siswa yang tidak merokok dan berkonsentrasi rendah 60,3% sedangkan 39,7% berkonsentrasi tinggi. Secara statistik, hasil penelitian menyatakan tidak ada hubungan antara perilaku merokok dengan konsentrasi belajar (p value 0,262 dan alpha 5%).

.....A prevalence of smoker in Indonesia is increasing due to large number of teenagers which are mostly students, especially male students. Students need high concentration on learning process, while smoking is consuming nicotine which can affect the brain function, particularly the ability to concentrate. This research aimed to assess the relationship between students' smoking behaviour and their learning concentration. This research used Chi-Square test. Data were collected from 175 second level students of SMK Binakarya Mandiri. The instrument consisted smoking behaviour questionnaire and Bourdon test. The smoker students who had low concentration were 69,65% and who had high concentration were 30,4%. At the same time, non-smoker students who had low concentration were 60,3% and who had high concentration were 39,7%. The results showed that there was no relationship between students smoking behaviour and their learning concentration (p value 0,262 and alpha 5%).