

Effectiveness of group counseling in smoking cessation program amongst adolescent smokers in Malaysia

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Abstrak

Tujuan: mengevaluasi efektifitas konseling kelompok untuk menghentikan merokok di antara murid sekolah menengah.

Metode: Penelitian dilakukan di antara murid sekolah menengah di dua kabupaten Negeri Selangor Malaysia pada bulan Juli 2005 sampai Agustus 2006. Setelah dilakukan skrining, 346 murid dibagi secara acak menjadi dua grup. Grup pertama yang diberi konseling (IG) sebanyak 158 orang dan grup ke dua yang tidak diberi konseling (NIG) sebanyak 188 orang. Konseling terstruktur dilakukan selama empat bulan, sedangkan grup yang tidak diberikan konseling hanya mendapatkan program penghentian merokok sesuai program di sekolah yang bersangkutan. Pada kedua grup, pengetahuan, sikap terhadap merokok, dan kadar berhenti merokok diukur sebelum intervensi, pada bulan intervensi ke 4, 8, dan 12.

Hasil: Murid pada IG secara signifikan mempunyai pengetahuan dibandingkan dengan NIG selama intervensi masing-masing: 24,29±7,97 vs 23,58±8,44 (pada kunjungan pertama); 29,10±8,52 vs 24,09±8,69 pada kunjungan ke dua; 26,59±8,26 vs 22,08±8,04 pada kunjungan ke tiga; dan 25,54±8,34 vs 21,26±9,60 pada kunjungan ke empat. Sedangkan skor sikap tidak berbeda signifikan antara kedua grup. Setelah intervensi, kadar berhenti merokok secara signifikan lebih tinggi di antara grup IG dibandingkan grup NIG (45% vs 32%; P=0.013).

Kesimpulan: Konseling berkelompok sangat efektif untuk meningkatkan pengetahuan dan penghentian merokok, akan tetapi tidak terhadap sikap merokok.

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Abstract

Aim: To assess the effectiveness of groups counseling for smoking cessation among secondary school students.

Methods: This study was conducted among secondary school students in two districts in Selangor Malaysia, during July 2005 until August 2006. Upon screening, 346 students were randomly assigned into intervention group (IG) (n=158) and non intervention group (NIG) (n=188). IG underwent structured group counseling regularly for four months, while no group counseling was given to the NIG but subjected to the regular smoking cessation activities organized by their respective schools. Knowledge and attitude towards smoking and quit rate were measured in both groups before intervention, and at 4, 8, and 12 months after intervention.

Results: Revealed that students in IG had significantly higher knowledge scores than those in NIG during follow-up visits (24.29±7.97 vs 23.58±8.44 on the first visit), (29.10±8.52 vs 24.09±8.69 on the second visit) (26.59±8.26 vs 22.08±8.04 on the third visit) and (25.54±8.34 vs 21.26±9.60 on the fourth visit).

Attitude scores were not significantly

different in both groups. Quit rate at four months after intervention was significantly higher in IG as compared to the NIG (45%; 71/158 vs 32%; 60/188) (P=0.013).

Conclusion: Group counseling is very effective in improving the respondents' knowledge and quit rate, but not their attitudes toward smoking.