

Tingkat depresi dan hubungannya dengan kebiasaan merokok pada Mahasiswa Universitas Indonesia = Level of depression and its relationship with smoking habit among college students in University of Indonesia

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Abstrak

[ABSTRAK

Studi menunjukkan bahwa terdapat hubungan antara depresi dan kebiasaan merokok. Prevalensi perokok Indonesia cukup besar, 34,2% untuk perokok usia lebih dari 15 tahun dan 32,8% dari total perokok berusia 20 ? 24 tahun. Penelitian bertujuan untuk mencari hubungan antara tingkat depresi dan kebiasaan merokok pada kelompok umur mahasiswa yang rentan mengalami depresi. Desain penelitian cross-sectional dengan sampel 97 mahasiswa Universitas Indonesia dengan cara convenient sampling. Tingkat depresi ditentukan dengan kuisioner Beck Depression Inventory. Tingkat kebiasaan merokok ditentukan dari rata-rata jumlah rokok yang dikonsumsi per hari. Hasil didapatkan 38,1% dari total responden responden perokok ringan, 40,2% perokok sedang, dan 21,6% perokok berat. Prevalensi depresi 21,6%, di antaranya 17,5% dari total responden mengalami depresi ringan, 3,1% mengalami depresi sedang hingga berat, dan 1% mengalami depresi berat. Pada uji chi-square, didapatkan nilai $p = 0,608$ (CI 95%), sehingga dapat disimpulkan bahwa tidak terdapat hubungan antara depresi dan tingkat kebiasaan merokok pada mahasiswa. Hal ini bertolak belakang dengan penelitian serupa yang menunjukkan adanya hubungan antara depresi dan kebiasaan merokok. Penelitian lebih lanjut perlu dilakukan dengan random sampling, penggunaan metode lain untuk menentukan tingkat depresi dan kebiasaan merokok, dan penggalan faktor lain yang dapat memicu terjadinya depresi.

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ABSTRACT

Study shown that there is a relationship of depression and smoking habit. Indonesia has high prevalence of smokers, 34.2% among > 15 years old smokers and 32.8% of them are 20 ? 24 years old. This research aim to find relationship between level of depression and smoking habit among college students. It is cross-sectional study and the samples are 97 college students of University of Indonesia by convenient sampling. Level of depression is measured by Beck Depression Inventory questionnaire and smoking habit is measured by average of cigarettes consumed daily. The results are 38.1% of total respondents are light smokers, 40.2% are moderate smokers, and 21.6% are heavy smokers. Prevalence of depression is 21.6%, of whom 17.5% of total respondents have a mild-moderate depression, 3.1% have a moderate-severe depression, and 1% has severe depression. By Chi-square analysis, p value is 0.608 (CI 95%) and it is concluded that there is no relationship between depression and smoking habit among college students. Similar researches show that there is a relationship of depression and smoking habit. Further research needs to be conducted by random sampling, using other methods to determine level of depression and smoking habit, and seeking other factors causing depression, Study shown that there is a relationship of depression and smoking habit. Indonesia has high prevalence of smokers, 34.2% among > 15 years old smokers and

32.8% of them are 20 – 24 years old. This research aim to find relationship between level of depression and smoking habit among college students. It is cross-sectional study and the samples are 97 college students of University of Indonesia by convenient sampling. Level of depression is measured by Beck Depression Inventory questionnaire and smoking habit is measured by average of cigarettes consumed daily. The results are 38.1% of total respondents are light smokers, 40.2% are moderate smokers, and 21.6% are heavy smokers. Prevalence of depression is 21.6%, of whom 17.5% of total respondents have a mild-moderate depression, 3.1% have a moderate-severe depression, and 1% has severe depression. By Chi-square analysis, p value is 0.608 (CI 95%) and it is concluded that there is no relationship between depression and smoking habit among college students. Similar researches show that there is a relationship of depression and smoking habit. Further research needs to be conducted by random sampling, using other methods to determine level of depression and smoking habit, and seeking other factors causing depression]