

## Faktor upaya berhenti merokok pada perokok aktif umur 15 tahun ke atas di Indonesia = Factor of attempt to quit smoking in active smokers over 15 years old in Indonesia

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### Abstrak

[<b>ABSTRAK</b><br>

Merokok merupakan suatu kebiasaan yang dapat berdampak pada kesehatan. Indonesia sebagai salah satu negara dengan perokok terbanyak harus menurunkan jumlah perokok. Tujuan dari penelitian ini adalah menganalisis model faktor upaya berhenti merokok dan Kesiapan berhenti merokok pada perokok aktif berumur 15 tahun ke atas di Indonesia. Desain Penelitian ini potong lintang dengan menggunakan data sekunder dari Global Adult Tobacco Survey (GATS) tahun 2011 dengan sampel sebanyak 2.424 responden Hasil penelitian menunjukkan bahwa dari 19 variabel yang diidentifikasi, terdapat beberapa faktor yang berperan meningkatkan upaya mencoba berhenti merokok diantaranya bertempat tinggal di daerah perkotaan, mendapatkan nasehat berhenti merokok, merokok setiap harinya 1-10 batang, lama merokok dibawah 20 tahun, membutuhkan jeda waktu merokok di pagi hari lebih dari 30 menit, melihat peringatan kesehatan, mendapatkan informasi bahaya merokok, terpajan iklan rokok, dan berpengetahuan tinggi tentang bahaya merokok. Pada Rencana berhenti merokok faktor yang berperan yaitu berpendidikan tinggi, berpengetahuan tinggi terhadap bahaya merokok, mendapatkan nasehat berhenti merokok, melihat peringatan kesehatan, mendapatkan informasi bahaya merokok, dan menghabiskan 1-10 batang rokok perharinya. Perlu dilakukan intervensi yang disesuaikan dengan tempat tinggal dan tingkat pendidikan, meningkatkan kemampuan tenaga kesehatan agar dapat memberikan nasehat berhenti merokok dengan maksimal;

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<b>ABSTRACT</b><br>

Smoking is a habit that can have an impact on health. Indonesia as one of the countries with the most smokers, have to decrease the number of smoker. The purpose of this study was to analyze factors attempts to quit smoking and plan to quit smoking in active smokers aged 15 years in Indonesia. This reseach is crosssectional design. The processed secondary data from the Global Adult Tobacco Survey (GATS) in 2011 by taking a sample of households and individuals. A total of 2,424 respondents who met the inclusion criteria. The results showed that of the 19 variables were identified, there are several determinant factors which related to attempts to quit smoking, smoker who live in urban areas, get advice to quit smoking from doctor, smoking every day 1-10 stick, length of smoking less than 20 years, needed time smoking in the morning after wake up more than 30

minutes, see a health warning, get information about the dangers of smoking, exposure to cigarette advertising, and have high knowledge about the dangers of smoking. While smoker which have plan to quit smoking, there are several factors, smoker which high educated, have high knowledge about the dangers of smoking, get advice to stop smoking, see health warnings, get information dangers of smoking, and spend 1-10 cigarettes per day. Interventions need to be tailored with spesific characteristic at every community and improving the ability of health professionals have to provide advice to stop smoking at heath facilities;Smoking is a habit that can have an impact on health. Indonesia as one of the countries with the most smokers, have to decrease the number of smoker. The purpose of this study was to analyze factors attempts to quit smoking and plan to quit smoking in active smokers aged 15 years in Indonesia. This reseach is crosssectional design. The processed secondary data from the Global Adult Tobacco Survey (GATS) in 2011 by taking a sample of households and individuals. A total of 2,424 respondents who met the inclusion criteria. The results showed that of the 19 variables were identified, there are several determinant factors which related to attempts to quit smoking, smoker who live in urban areas, get advice to quit smoking from doctor, smoking every day 1-10 stick, length of smoking less than 20 years, needed time smoking in the morning after wake up more than 30 minutes, see a health warning, get information about the dangers of smoking, exposure to cigarette advertising, and have high knowledge about the dangers of smoking. While smoker which have plan to quit smoking, there are several factors, smoker which high educated, have high knowledge about the dangers of smoking, get advice to stop smoking, see health warnings, get information dangers of smoking, and spend 1-10 cigarettes per day. Interventions need to be tailored with spesific characteristic at every community and improving the ability of health professionals have to provide advice to stop smoking at heath facilities, Smoking is a habit that can have an impact on health. Indonesia as one of the countries with the most smokers, have to decrease the number of smoker. The purpose of this study was to analyze factors attempts to quit smoking and plan to quit smoking in active smokers aged 15 years in Indonesia. This reseach is crosssectional design. The processed secondary data from the Global Adult Tobacco Survey (GATS) in 2011 by taking a sample of households and individuals. A total of 2,424 respondents who met the inclusion criteria. The results showed that of the 19 variables were identified, there are several determinant factors which related to attempts to quit smoking, smoker who live in urban areas, get advice to quit smoking from doctor, smoking every day 1-10 stick, length of smoking less than 20 years, needed time smoking in the morning after wake up more than 30 minutes, see a health warning, get information about the dangers of smoking, exposure to cigarette advertising, and have high knowledge about the dangers of smoking. While smoker which have plan to quit smoking, there are several factors, smoker which high educated, have high knowledge about the dangers of

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