

Intensitas merokok siswa SMP di Indonesia: analisa data sekunder global youth tobacco survey 2014 = Smoking intensity among Indonesian Junior High School Adolescent: a secondary analysis of data from global youth tobacco survey 2014

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Abstrak

Proporsi merokok di kalangan remaja cenderung meningkat setiap tahun di Indonesia walaupun beberapa kegiatan pencegahan sudah dilakukan. Peningkatan tersebut sudah mengkhawatirkan. Tujuan penelitian ini adalah mengidentifikasi faktor-faktor penyebab intensitas merokok siswa SMP di populasi sehingga dapat dikembangkan program intervensi pencegahan yang tepat. Penelitian menggunakan desain cross sectional, dengan menggunakan data Global Youth Tobacco Survey 2014. Survey dilakukan dengan mengisi lembar pertanyaan oleh pelajar pada 72 sekolah yang tersebar di Indonesia, total sampel 208 kelas (kelas 7-9), dan jumlah siswa 5986 orang. Besar sampel adalah 643 siswa/i yang merokok. Hasil penelitian menunjukkan 600 orang (93,3 %) siswa perokok ringan dan 43 orang (6,7 %) perokok berat. Hasil analisis multivariat dengan menggunakan uji logistik regresi menunjukkan usia dan jumlah teman perokok berhubungan dengan intensitas merokok siswa SMP ($p=0,031 < 0,05$; $p=0,020 < 0,05$). Pencegahan perilaku merokok remaja dapat dilakukan melalui pengembangan kebijakan, intervensi dan pengendalian tembakau di Indonesia dan juga penggalakan program UKS di sekolah dan program sekolah bebas rokok.

.....The proportion of adolescents smoking in Indonesia tend to increase every year, even though some prevention programs had been done. This is alarmingly prevalence of smoking. The study aim to identify factors of smoking intensity among junior high school students in the population. It is expected that an appropriate prevention intervention can be developed. Cross sectional design was used in this study, further analysis was done by using Global Youth Tobacco Survey 2014 data. Standard questionnaires were filled by students of Junior High School in Indonesia, with a total sample of 72 schools, 208 classes (grade 7-9), and 5986 students. The reliable sample was 643 smoker students. The results showed 93.3% students are light smokers. Multivariate analysis using logistic regression test showed that age and peers associated with students smoking ($p=0,031 < 0,05$; $p=0,020 < 0,05$). Effort to prevent adolescents from smoking should be conducted through national tobacco control and policies program development in Indonesia and also implementation of School Health Program (UKS) dan Smoke Free Schools program.