

# Kesadaran dan tingkat pengetahuan mengenai bahaya merokok pada rongga mulut serta motivasi berhenti merokok siswa sekolah menengah atas di Jakarta = Awareness and knowledge about The jeopardy effects of smoking on oral health and smoking cessation motivation among High School Students in Jakarta

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## Abstrak

Latar Belakang: Berdasarkan laporan Riskesdas (2018), terdapat sekitar 77 juta perokok berusia diatas 15 tahun di Indonesia. Banyaknya masyarakat yang mulai merokok pada saat remaja dan peningkatan jumlah perokok remaja di Indonesia menjadikan remaja sebagai target untuk pencegahan dan intervensi kebiasaan merokok. Pengetahuan dan kesadaran mengenai bahaya merokok serta motivasi berhenti merokok diketahui mejadi faktor dalam mencegah kebiasaan merokok dan memprediksi peluang seseorang berhenti merokok. Tujuan: Untuk mengetahui kesadaran dan tingkat pengetahuan tentang bahaya merokok pada rongga mulut serta motivasi berhenti merokok pada siswa SMA di Jakarta beserta variabel yang berkontribusi terhadapnya. Metode penelitian: Studi analisis cross-sectional pada 552 siswa SMA di Jakarta. Kesadaran dan tingkat pengetahuan diukur menggunakan kuesioner penelitian AlAbdullah, dkk (2019). Kuesioner penelitian Joly, dkk (2017) digunakan untuk mengukur tingkat motivasi berhenti merokok. Kedua kuesioner selanjutnya melalui proses adaptasi lintas budaya, uji validitas, dan uji reliabilitas terlebih dahulu sebelum digunakan. Pengambilan data dilakukan melalui dua tahap yaitu total sampling di SMAN 77 Jakarta Pusat pada tahap pertama dan convenience sampling pada tahap kedua. Hasil: Mayoritas siswa (n = 493, 89,3%) telah sadar akan bahaya merokok pada rongga mulut. Terdapat 324 (65,72%) siswa dari siswa yang sadar masih memiliki tingkat masih memiliki tingkat pengetahuan yang rendah, yaitu hanya dapat mengetahui paling banyak empat dari sepuluh efek spesifik merokok terhadap rongga mulut. Efek spesifik merokok terhadap rongga mulut yang paling banyak diketahui oleh siswa adalah bau mulut dan yang paling sedikit siswa ketahui adalah nyeri saat mengunyah. Terdapat hubungan bermakna antara beberapa karakteristik sosiodemografi terhadap kesadaran dan pengetahuan siswa. Siswa perempuan, memiliki niat berhenti merokok dan belum lama merokok memiliki kesadaran lebih baik. Siswa yang tidak pernah merokok memiliki kesadaran dan tingkat pengetahuan lebih baik. Selain itu, motivasi berhenti merokok masih rendah pada 22 (43,1%) dari 51 siswa yang pernah merokok. Terdapat korelasi linear antara skor motivasi berhenti merokok terhadap rata-rata nilai rapor, status berhenti merokok, lama merokok, dan niat berhenti merokok. Semakin tinggi nilai rapor, semakin lama siswa telah berhenti merokok, dan pada siswa yang memiliki niat berhenti merokok, semakin tinggi pula tingkat motivasi siswa untuk berhenti merokok, hal sebaliknya terjadi pada siswa yang semakin lama merokok. Lebih lanjut, tidak terdapat hubungan bermakna antara tingkat motivasi berhenti merokok terhadap kesadaran ( $p = 0,136$ ) dan tingkat pengetahuan ( $p = 0,504$ ) mengenai bahaya merokok pada rongga

mulut. Kesimpulan: Mayoritas siswa SMA di Jakarta telah sadar bahwa merokok membahayakan rongga mulut, namun tingkat pengetahuan mengenai efek spesifik rokok terhadap rongga mulut dan tingkat motivasi berhenti merokok masih rendah. Dibutuhkan intervensi lebih lanjut untuk meningkatkan kesadaran dan pengetahuan mengenai bahaya merokok pada remaja sebagai upaya mencegah perilaku merokok pada remaja dan membantu remaja berhenti merokok.

.....Background: According to Riskesdas (2018), there are over 77 million 15-years-old and above smokers in Indonesia. The fact that most of smokers in Indonesia start smoking during adolescent makes it as the right target for prevention and intervention of smoking. Awareness and knowledges about the jeopardy effect of smoking on health have known to be protective factors for smoking. Meanwhile, motivation to stop smoking plays role in predicting smoking cessation. Objective: To assess the awareness and knowledge about the jeopardy effects of smoking on oral health and smoking cessation motivation among high school students in Jakarta along with their contributing variables. Method: An analytic questionnaire-based cross-sectional study was conducted among 552 high school students in Jakarta. Questionnaire from AlAbdullah, et al (2019) was used to assess awareness and knowledge. Smoking cessation motivation was assessed using questionnaire from Joly, et al (2017). Both questionnaires have undergone cross-cultural adaptation, validity, and reliability test. There were two steps of data collection, the first step was using total sampling on students from Public Senior Highschool number 77 in Central Jakarta and the second step was using convenience sampling to senior high school students in Jakarta. Results: The majority of students were aware ( $n = 493, 89.3\%$ ) about the jeopardy effects of smoking on oral health. However, there were 324 (65,72%) students that still had low knowledge level among students who aware, students mentioned were only able to mention maximum four specific effects of smoking on oral health. The most known effect was bad odor and the least was painful chewing. There were significant associations between awareness with gender, intention to quit smoking, smoking status, and duration of smoking. Female students, students who have intention to quit smoking, never smoke, and have shorter smoking duration were more likely to aware than the contra group. With respect to knowledge, students who have never smoked were more likely to have higher knowledge level. Aside of that, the level of smoking cessation motivation was still low on 22 (43,1%) over 51 students who have smoked. There are linier correlations between motivation score with academic score, abstinence duration, smoking period, and the intention to quit smoking. The higher academic score, the longer abstinence from smoking, the shorter smoking duration, and having intention to quit smoking, the higher the motivation to quit smoking will be. However, there was no any statistically significant difference between smoking cessation motivation with awareness ( $p = 0.136$ ) and knowledge ( $p = 0.504$ ). Conclusion: Most of the students were aware that smoking affects oral health. However, the level of knowledge about further effects and smoking cessation motivation was still low. Thus, more interventions are required to address these issues in order to prevent adolescents from smoking and promote smoking cessation on adolescents who smoke.