

Faktor yang berkontribusi terhadap perilaku merokok pada agregat remaja di kelurahan Gumpang Sukoharjo Jawa Tengah = Determinants that contribute on the smoking behavior among adolescents aggregate at Kelurahan Gumpang Sukoharjo Jawa Tengah

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Abstrak

Merokok sigaret merupakan faktor risiko morbiditas dan mortalitas yang dapat mudah dicegah namun masih banyak dikonsumsi oleh orang dewasa maupun remaja di Indonesia. Penelitian ini menggunakan desain potong lintang yang bertujuan untuk menguji faktor-faktor yang berkontribusi terhadap perilaku merokok pada agregat remaja di Kelurahan Gumpang Sukoharjo Jawa Tengah.

Sampel penelitian dipilih menggunakan metode sampling acak sederhana sebanyak 70 responden. Untuk menguji pengaruh kepribadian dan motivasi mengkonsumsi tembakau pada remaja, peneliti menggunakan uji regresi linear berganda. Analisis korelasi pada $\alpha=0.05$ menunjukkan bahwa kepribadian: pencari sensasi berhubungan secara bermakna dengan perilaku merokok ($r=0,400$; $p=0,001$); kepribadian: introvert tidak berhubungan secara bermakna dengan perilaku merokok ($r=0,059$; $p=0,629$); kepribadian: introvert tidak berhubungan secara bermakna dengan perilaku merokok ($r=0,135$; $p=0,265$); kepribadian: percaya diri tidak berhubungan secara bermakna dengan perilaku merokok ($r=-0,092$; $p=0,450$); lingkungan: anggota keluarga lainnya tidak berhubungan secara bermakna dengan perilaku merokok ($r=0,400$; $p=0,795$); lingkungan: konformitas kelompok tidak berhubungan secara bermakna dengan perilaku merokok ($r=0,116$; $p=0,337$); dan lingkungan: iklan rokok berhubungan secara bermakna dengan perilaku merokok ($r=0,266$; $p=0,026$). Uji regresi linear berganda pada $\alpha=0.05$ menunjukkan bahwa model regresi adalah Perilaku Merokok Remaja = $9,956 + 1,008 \times \text{kepribadian: pencari sensasi} + 0,603 \times \text{lingkungan: iklan produk rokok}$ ($r=0,374$; $r^2=14,0\%$; $p=0,006$).

Penelitian berkesimpulan bahwa kombinasi kepribadian: pencari sensasi dan motivasi: iklan produk rokok berpengaruh pada variasi perilaku merokok pada remaja secara bermakna. Selanjutnya, program upaya pencegahan dan penghentian kebiasaan merokok harus diberikan sedini mungkin. Upaya pencegahan merokok pada remaja harus dikaitkan dengan upaya pencegahan merokok di dalam keluarga dan masyarakat yang lebih luas.

Cigarette smoking is the largest preventable risk factor for morbidity and mortality but in general it was consumed by adolescents and adults in Indonesia. This study was a cross-sectional design that aims to examine determinants that contribute on the smoking behavior among adolescents aggregate at Kelurahan Gumpang Sukoharjo Jawa Tengah.

Samples from this study were chosen using a simple random sampling method was 70 subjects. To examine the influences of personality and tobacco consume motivation on the adolescents, the multiple linear regressions was used. The correlation analysis at $\alpha=0.05$ showed that personality: sensation seeking had the significant relationship with the smoking behavior ($r=0,400$; $p=0,001$); personality: introvert didn't

had the significant relationship with the smoking behavior ($r=0.059$; $p=0.629$); personality: rebelliousness didn't had the significant relationship with the smoking behavior ($r=0.135$; $p=0.265$); personality: self esteem didn't had the significant relationship with the smoking behavior ($r=0.092$; $r=0.450$); environment: family members didn't had the significant relationship with the smoking behavior ($r=0.032$; $p=0.795$); environment: group conformity didn't had the significant relationship with the smoking behavior ($r=0.116$; $p=0.337$); and environment: tobacco advertising had the significant relationship with the smoking behavior ($r=0.266$; $p=0.026$). The multiple linear regressions at $\alpha=0.05$ showed that regression model was smoking behavior among adolescents $\sim 9.956 + 1.008 \times \text{personality: sensation seeking} + 0.603 \times \text{environment: tobacco advertising}$ ($r=0.374$; $r^2=14.0\%$; $p=0.006$).

Tills study concluded that personality: sensation seeking and motivation: tobacco advertising combination had the significant influence to smoking behavior variations among adolescents. Furthermore, smoking prevention and cessation programs should be conducted regularly for those in early stage of age from as young an age as possible. Prevention efforts with adolescences should be linked with prevention effort in the family and greater society.