

Perilaku Merokok Pekerja Perempuan di Sektor Formal = Smoking Behavior of Female Workers in the Formal Sector

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Abstrak

Penelitian ini bertujuan untuk menjelaskan perilaku merokok perempuan yang bekerja di sektor formal, dengan mempertimbangkan stigma negatif terhadap perokok perempuan dan regulasi ketat di perusahaan sektor formal. Fokus penelitian ini adalah perilaku merokok pekerja perempuan di sektor formal. Hal ini didasarkan pada studi sebelumnya yang menyatakan bahwa perokok perempuan menghadapi adanya suatu stigma negatif terhadap perilaku merokonya dan menghadapi suatu emotional labor dibandingkan laki-laki. Penelitian ini menggunakan pendekatan kualitatif melalui wawancara mendalam dan observasi terhadap perokok perempuan yang bekerja di sektor formal, serta observasi terhadap lokasi merokok dan implementasi aturan di lingkungan kerja. Data yang terkumpul dianalisis menggunakan konsep perilaku merokok, seperti faktor pendorong perilaku merokok, dimensi perilaku merokok, dan tipologi merokok. Hasil penelitian menunjukkan bahwa kelima informan menghadapi stigma negatif sebagai perokok perempuan dan diskriminasi dalam lingkungan kerja. Selain itu, perilaku merokok informan dipengaruhi oleh lingkungan kerja, teman, keluarga, dan tekanan emosional. Meskipun demikian, di lingkungan kerja, durasi, frekuensi, dan intensitas merokok mereka lebih sedikit karena adanya aturan khusus dan penilaian masyarakat terhadap perilakunya. Tipologi perilaku merokok pekerja perempuan juga bervariasi dan tidak bersifat mutually exclusive, sehingga perilaku tersebut dapat memiliki karakteristik yang tumpang tindih dan dapat berubah tergantung pada konteks dan situasi.

.....This research aims to explain the smoking behavior of women who work in the formal sector, taking into account the negative stigma towards female smokers and strict regulations in formal sector companies. The focus of this research is the smoking behavior of female workers in the formal sector. This is based on previous studies which stated that female smokers face a negative stigma regarding their smoking behavior and face emotional labor compared to men. This research uses a qualitative approach through in-depth interviews and observations of female smokers who work in the formal sector, as well as observations of smoking locations and implementation of rules in the work environment. The collected data was analyzed using smoking behavior concepts, such as factors driving smoking behavior, dimensions of smoking behavior, and smoking typology. The research results showed that the five informants faced negative stigma as female smokers and discrimination in the work environment. Apart from that, the informant's smoking behavior was influenced by the work environment, friends, family and emotional pressure. However, in the work environment, the duration, frequency and intensity of their smoking is less because of special rules and society's assessment of their behavior. The typology of female workers' smoking behavior also varies and is not mutually exclusive, so that this behavior can have overlapping characteristics and can change depending on the context and situation.