

## PROFILE OF SMOKING ADDICTION IN TEENAGERS IN INDIHIANG DISTRICT, TASIKMALAYA CITY

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Submitted : 15 July 2024

First Available Online: 2 December 2024

First Revised : 1 November 2024

Publication Date : 2 December 2024

Accepted : 30 November 2024

**Abstract :** *The purpose of this research is to determine the description of smoking addiction behavior among teenagers in the Indihiang District, Tasikmalaya City. Trends in smoking behavior between male and female teenagers among students in the Indihiang District, Tasikmalaya City. As well as the implications of Guidance and Counseling services to prevent smoking among teenagers in the Indihiang District, Tasikmalaya City. This research uses a quantitative descriptive approach to reveal the picture of smoking behavior in teenagers. The data collection technique used is incidental sampling, which is a technique for determining samples based on chance, meaning that anyone who meets the researcher by chance can be used as a sample. The data analysis technique uses data distribution calculations through average and standard deviation calculations, as well as percentage calculations and the SPSS 25.00 for Windows program to test the difference between two paired averages. In this study, the sample obtained was 147 teenagers. The results of this study show that the general picture of smoking addiction behavior among teenagers in Indihiang District can be concluded that overall teenagers in Indihiang District are in the very low category. This can mean that most teenagers have an addiction to cigarettes. However, it is necessary to increase positive activities so that there is no increase in smoking addiction. Based on the results of the profile of smoking addiction in adolescents in Indihiang District based on gender, the results were sig 0.000<0.05, which means that significant differences were found between smoking addiction behavior in male and female adolescents, the implications for guidance and counseling service programs in the form of basic services. The basic service used is group guidance to reduce smoking habits in teenagers. This service uses group discussion techniques*

**Keywords:** *Profile of Smoking Addiction, Adolescents, Gender.*

Psikoeduko: Journal of Guidance and Counseling

Website: <https://ejournal.upi.edu/index.php/Psikoeduko/index>

Permalink: <https://ejournal.upi.edu/index.php/Psikoeduko>

How to cite (APA): Primary et al. (2024). Profile of Smoking Addiction in Teenagers in Indihiang District Tasikmalaya City.

*Psikoeduko: Journal of Guidance and Counseling*, 4(2), 48–56.



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## INTRODUCTION

Health is matter main for man . Many people are sick caused by patterns life No healthy , for one is smoking ( Ellizabet , 2010). Death rate consequence smoking and other related diseases with tobacco in Indonesia per year reached 225,700 people . At the moment population There are 1.1 billion smokers in the world . It is estimated that in 2025 , the number will develop to 1.6 billion , p This caused by trade free cigarettes . According to the World Bank consumption Cigarettes in Indonesia are around 6.6% of consumption world cigarettes . Although has Lots research mention about type disease caused consequence smoking , however smoke still become habits that don't Can abandoned by many people. ( RI Ministry of Health , 2020).

Behavior smoke is behavior that burns one product intended tobacco For burned , smoked and or inhaled including clove cigarettes , cigarettes white , cigar or form others are produced from plant nicotina tabacum, nicotina rustica and species other or the synthetics are the smoke contain nicotine and tar, with or without material addition (Fransiska & Firdaus, 2019).

Indonesia has amount smoker active the most with prevalence was 67% in men and 2.7% in women or 34.8% of the population ( around 59.9 million people) and 85.4% of society exposed to cigarette smoke in place general . And Indonesia is a country with amount smoker man the world's largest , namely 14 % . ( RI Ministry of Health , 2020).

There is also increased from amount smokers in 2013-2018 , namely in the range aged 10-14 years of 0.7% and in the range aged 15-19 years by 1.4%. Behavior smoke very worrying because according to data, age at first smoke top at age 13 years (52.1%) and 14-16 years (23.1%). It means start many elementary and middle school ages teenager Once smoking . Moreover, 2.5% of students Once smoke since aged 5-9 years . ( RI Ministry of Health , 2020).

Cigarette is hand-rolled or roll rolled tobacco or wrapped with paper , leaves , or skin corn , big little finger with 8-10 cm long , usually sucked somebody after burned the end . Cigarette is factory material chemistry dangerous , just with burning and sucking a cigarette of course , you can produce more of 4000 types material chemistry . 400 of them poisonous and 40 of them Can accumulate in body and can cause cancer . Cigarettes come in too to in substance addictive Because can cause addiction / addiction and dependency / dependency for people who suck cigarette . (Karim, 2008).

If used daily cigarette can cause various type disease like cancer , lung , impotence , stroke, threatening pregnancy , illness heart , wrinkles and damage teeth ( Satiti , 2009).

Nicotine contained inside cigarette is material psychoactive major in all form cigarette with and without tobacco , nicotine own possible role stimulating center pleasure brain with raise level dopamine . Effect behavior from nicotine covers increased attention and alertness , decreased feelings of anger and anxiety , as well loss of pain . Ultimately , behavior smoke become A habit . Sucking a cigarette can push disappearance autonomy when a smoker feel that No smoke need business or cause discomfort , next somebody start put the smoker label on himself and smoke become part from draft himself , even , smoked can become dependency in a way physiological consequence behavior smoke Because exists nicotine ( ingredients main from very tobacco easy give rise to addicted ). (Feldman, 2012).

According to Hall, type smoker differentiated become two ie Smoker active (*active smoker*) and Smoker passive (*passive smoker*). Smoker active is someone who really is own habit smoking . Smoke Already become part from his life , so someone who smokes If a day just No smoke it feels like No wearing . Somebody in condition the will do whatever For get cigarettes and then smoking . Smoker passive (*passive smoker*) is someone deep his daily life No own habit smoking . Smoker passive forced must accidentally inhaling other people's cigarette smoke is at surrounding . Although smoker passive No smoking , but smoker passive own risk the same disease case with smoker active Because smoker Passive also inhales content carcinogen ( substance that causes cancer found in cigarette smoke ) and 4,000 particles others who are in cigarette smoke . (Hall, 2018).

Apart from smokers active and passive , there are five types smoker between Other: Don't smoke or someone who doesn't Once smoke during his life , Smoker light or someone who smokes criss-cross , Smoker currently or someone who smokes in quantum small every day and Smoker heavy or someone who smokes more from One wrap every the day . ( Ardianto , 2012). Cigarette be one problem health largest in the world. According to the World Health Organization (WHO) in 2018 estimates half deaths in Asia due to the height enhancement usage nicotine . Survey according to Basic Health Research ( Riskesdas ) 30% of students Indonesia 13-17 Years old Already have habit smoking . ( Riskesdas , 2018).

According to Teen Hurlock is age transition , a individual has leave age weak and full children dependency , will but Not yet capable to strong and full age not quite enough answer , okay to himself nor public . The more proceed public the more long age teenager Because He must prepare self For adapt himself with the many people and their demands . (Hurlock, 2003).

Teenagers in general is in range ages 12-21 tend to be enter a period of “ storm and stress ”. That means , the time when tension emotion rising as consequence exists change physical and glandular . Most of the teenager experience instability in do control to himself . Instability the taking place from time to time as form business For adjustment to himself . (Ade Sulistiawan , 2012).

Behavior teenagers already start active smoke This influenced by many factor . Habit smoke started with exists cigarette First . Behavior smoke It starts with a feeling of desire know and influence Friend peer . Copy the behavior of others becomes one determinant in start behavior smoking . After trying cigarette first , then become addicted smoking , with reasons - reasons like habit , decrease anxiety , and gain acceptance . (Ade Sulistiawan , 2012).

There are various reasons that make a teenager start smoking , that is influence environment social media , friends , parents , and media. Attitude brave smoking among students caused Because exists influence environment , increasingly Lots a student smoke so the more big possibility his friends is smokers and so on on the contrary . With reasons for students the can accepted in the environment or not said sissy by his friend . (Ade Sulistiawan , 2012).

Smoker active can risky caught cancer liver and lungs , bronchitis chronic , emphysema, disorders breathing , damage and injury burns , low body weight and stunted development in babies ( Center for the Advancement of Health in Taylor 2006). Beside it 's addictive smoking also has an impact negative for health psychological smoker These are students who smoke usually will experience symptom not enough focus study , it's hard understand lesson Because decline Power

catch , not enough active , and experiencing disturbance worry until can cause depression . Condition psychological others caused by smoking is No passionate , feeling thought dead end , easy angry , bored and confused without because when satisfaction For smoke it No fulfilled ( Nugraheni , 2012).

One of existing impacts in smoke that is addicted or addiction . Addiction or addicted smoke is condition when somebody experience dependency to nicotine or cigarette that , as a result people who have addicted nicotine / cigarettes will feel worried If suddenly his body No get intake nicotine . (Lestari & Purwadani , 2012).

Nicotine contained in cigarette can with sting fast spread to all over body smoker until to system nerve center only with time 10 – 20 seconds after suck cigarette . After nicotine reach part brain , smoker will experience response pharmacological in the form of a feeling of pleasure , relaxation , increase concentration as well as alertness , and reduced feelings of stress . Smoke Keep going continuously will cause rate nicotine inside blood ( SelfTritation ) of a person smoker become still stable . Content nicotine inside blood will decrease with drastic when a smoker sleep at night days and things the cause smoker will feel the desire For quick smoke return when wake up in the morning day . (Lestari & Purwadani , 2012).

Effect nicotine that occurs inside body caused Because exists bond with *Nicotinic Acetylcholine Receptors* ( nAChRs ) in brain . The most dominant subtype from nAChRs is  $\alpha 4 \beta 2$  receptors that have role important in cause somebody experience addiction or addicted nicotine . After someone suck cigarette so nicotine inside cigarette will enter to in body and inside time 20 seconds will bonded with  $\alpha 4 \beta 2$  receptors in the Vental Tegmental Area (VTA) in the brain . Then impulse will delivered along the neurons to *Nucleus Accumbens* ( Nacc ) later will release dopamine in big amount . Release dopamine this is what happens next will give rise to Reward System effect for smoker like feel feeling happy , feeling that concentration increase , decrease stress , improve mood, and feel relax . The Reward System effect is what makes it smoker want to return smoke after they stop smoking . (Lestari & Purwadani , 2012).

Besides that somebody encouraged For smoke Because can influenced by factors social like see advertisement from something company cigarette Then because of parents or you also smoke so that matter the become example for him . Environmental factors can also be influence someone who tried For stop smoking . Many smokers have tried it stop For smoke However fail . (Lestari & Purwadani , 2012).

Symptom or sign someone who is addicted nicotine i.e. , no capable stop smoking , still smoke moment suffer disease lungs , heart , or disturbance breathing others , atmosphere heart worsened or feel anxious , easy angry , difficult concentrate , and often avoid place or free environment cigarette . (Kartini, 2003).

Reason addicted smoking in general caused by nicotine which has effect addicted Because bonded with receptor acetylcholine can trigger release dopamine that is substance chemistry the brain that causes feelings of pleasure . ( Triwiyarto , 2015).

According to WHO regarding consumption world tobacco , figures prevalence in Indonesia is one among the highest in the world with 46.8 percent man men and 3.1 percent Woman 10 years old and above are classified as smokers (WHO, 2018). Research center University of Indonesia health has do several surveys regarding habit smoking . One survey in 2018 found number prevalence smoke

among resident aged 13-17 years and above in Jakarta and Sukabumi reached 68 percent man male and eight percent Woman . (Salsabila, 2022).

Survey results research health basis ( Riskesdas ) West Java is one province proportion smoker highest (30%), and smokers man more high (27.5%) in comparison with women (2.5%). Regency / city Tasikmalaya amount percentage smoker 13-17 years old amounting to 33.7% ( Riskesdas , 2018). So from it 's addictive smoke very dangerous especially For students , if you let them will experience various type impact negative such as cancer , lung , heart , and others.

One of survey other that is moment writer while PLP is in regional schools in the area Indihiang , writer find Lots his teenagers who smoke in a way openly . Especially teenager men , in some school Alone during break time they will go to the toilet or to a place that doesn't too many are reached by other students and by their teachers . They normal buy cigarettes in the stall nearby area with school or bring it Alone . Moreover from smoke during break time the author also saw Lots very students who smoke when it's time to go home , before go home they usually gather moreover first at the shop For chat while smokes , the author also often see Lots his students who ride motorbikes while smoking , p the very endanger self they Alone nor anyone else.

Service Guidance and counseling is one of service For handle matter the so that need to get data regarding teenagers who smoke and are addicted / addicted smoking among students in the Indihiang area of Tasikmalaya City .

## RESEARCH METHODS

Study This aim For obtain description about Profile Addicted Smoking among Teenagers in the District Indihiang Tasikmalaya City . Based on goals that relevant approach is approach quantitative . Approach quantitative is designed research For answer question study in a way Specific with use analysis statistics . Meanwhile , design research used in study This is method descriptive . Descriptive method is something form targeted research For describe or describe existing phenomena , well natural phenomenon natural nor manipulation the humans studied in form activities , characteristics , changes , relationships similarities and differences with other phenomena (Creswell, 2012:13). Research methods descriptive used Because study This try describe or illustrate results from invention problems that occur Now about level Profile Addicted Smoking among Teenagers in the District Indihiang Tasikmalaya City .

## RESULTS AND DISCUSSION

### 1. An Overview of Addiction Smoke Teenager

Description of profile data addicted smoke teenager in a way general aim For describe How condition addicted smoke teenagers in the District Indihiang Tasikmalaya City . Processing results questionnaire addicted smoke teenager can seen in table 1 as following .

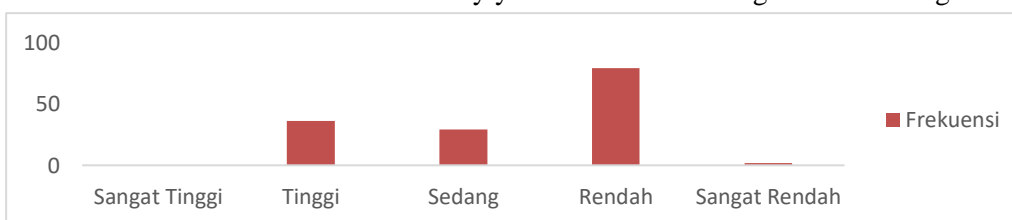
**Table 1**  
**Distribution Profile Score Frequency and Categories Addicted Smoke Teenager**

Intervals	Category	Frequency	%
50.4 – 60	Very high	0	0

40.8 – 50.4	Tall	36	24.66
31.2 – 40.8	Currently	29	19.86
21.6 – 31.2	Low	79	54.11
12 – 21.6	Very low	2	1.37
<b>Total</b>		<b>146</b>	<b>100</b>

In Table 1 it can be seen that condition addicted smoke teenagers in the District Indihiang Tasikmalaya City majority own level addicted smoke with category **low** that is as many as 79 teenagers with percentage 54.11%, 36 teenagers or 24.66% have level behavior addicted smoking is **high** , as many as 29 teenagers or 19.86% have level addicted moderate smoking and as many as 2 teenagers or 1.37% have level addicted very smoking **low** and from 146 teenagers No someone has criteria behavior addiction that falls into the category very tall . It means that behavior addicted smoking among teenagers in the District Indihiang Tasikmalaya City in a way general are in the category low .

Furthermore For more obviously you can too seen in Figure 1 following .



**Figure 1**  
**Distribution Histogram Frequency Addicted Smoke Teenager By General**

Based on distribution histogram image frequency above , can seen addicted smoke teenagers in the District Indihiang Tasikmalaya City seen in a way general tend are in the category low with frequency 79 teenagers .

## 2. Overview of Addiction Smoking among Teenagers in the District Indihiang By Gender

Subject study are 146 teenagers who have history behavior smoke more from 1 year and domiciled in the District area Indihiang Tasikmalaya City , distribution questionnaire done via google form to every teenager . Description profile addicted smoking in teenagers based on type sex can seen , can seen in the table following This .

**Table 2**  
**Description of Adolescent Data Smoker By Gender**

Gender	Amount	%
Man	119	81.51
Woman	27	18.49
<b>Total</b>	<b>146</b>	<b>100</b>

From the table above seen that behavior smoking among teenagers in the District Indihiang Still dominated by teenagers men , as for teenager Woman although someone smokes but A little the amount (18.49% of whole smoking subjects ) .

### 3. Difference Behavior Addicted Smoking among Teenagers in the District Indihiang By Gender

General description behavior addicted smoking among teenagers in the District Indihiang Tasikmalaya City differentiated based on type sex presented in table 3

**Table 3**  
**Difference Behavior Addicted Smoking among Teenagers in the District Indihiang By Gender**

Gender	N	Average	Standard Deviation	Max Score	Score Min	Category									
						SR		R		S		Q		ST	
						F	%	F	%	F	%	F	%	F	%
Man	119	28.54	18	48	12	1	0.84	54	45.38	29	24.37	35	29.41	0	0
Woman	27	17.44	18	20	12	1	3.70	25	92.59	0	0	1	3.70	0	0

Based on results table 3 above , which is reviewed from two part based on characteristics type gender , that is boy and girl . In the male gender the average is obtained namely 28.54 with deviation standard 18. If categorized based on percentage 45.38 % (54 teenagers ) were in the category low , amounting to 29.41% (35 teenagers ) were in the category high , amounting to 24.37% (29 teenagers ) were in the category moderate and 0.84 % (1 teenager ) were in the category very low , and also the score maximum obtained of 48 and a minimum score of 12.

Meanwhile in teenagers with type sex women , the average results obtained amounted to 17.44 with deviation standard 18. If categorized based on percentage 92.59 % (25 teenagers ) were in the category low , amounting to 3.70% (1 teenager ) is in the category high and amounted to 3.70% (1 teenager ) in the category low , score maximum obtained of 20 and a minimum score of 12.

Apart from the picture above , a difference test was also carried out behavior disclosed smoking through testing *One Way ANOVA* with SPSS version 25.00 help is as following :

**Table 4**  
**Anova Test Results Addicted Smoking in Adolescents Subdistrict Indihiang City Tasikmalaya by Gender ANOVA**

Smoking_Behavior	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	13,613	1	13,613	20,797	,000
Within Groups	94,257	144	,655		
Total	107,870	145			

Based on results testing *One Way ANOVA* with SPSS version 25.00 help , with provision If mark significance (Sig.) < 0.05, then mark the accepted and available difference behavior addicted smoking in men and women . Whereas If mark significance (Sig.) > 0.05, then mark rejected as well as No there is difference behavior addicted smoking in men and women . Based on table above , obtained mark significance equal to 0.000 < 0.05, so That means that results study This there is difference significant between behavior addicted smoking in teenagers boy and girl accepted . So you can concluded that behavior addicted smoking in teenagers men and teenagers Woman show there is significant difference .

#### **4. Limitations Study**

Study This own limitations Where researcher difficult For find reference that is detailed discuss behavior addicted smoking . Researcher more Lots use references that discuss behavior smoke in a way general and also researchers take addition reference from journal nor related theses with behavior smoking . Usage language too encouraged with book so that in questionnaire make Teenagers in the District Indhiang, Tasikmalaya City Still feel confused Because Language the Not yet in accordance with they . Researcher not enough mature question questionnaire so that the results obtained not enough maximum .

Research result This only limited to the population place research and not yet reach in a way comprehensive . Therefore That researcher furthermore expected can expand population study For produce profile understanding addicted smoke in a way comprehensive , for example between subdistrict . Drafting procedure about service guidance and counseling For reduce behavior addicted smoke Still Not yet detailed .

#### **CONCLUSIONS AND RECOMMENDATIONS**

Based on formulation the problem under study , then conclusion from study about behavior addicted smoking among teenagers in the District Indihiang is as following :

1. General description behavior addicted smoking among teenagers in the District Indihiang can concluded that in a way whole teenagers in the District Indihiang are in the category very low . This matter can interpreted that part big teenager Once own addicted to cigarette . However need need increase activity the positive is that it doesn't experience increase in addiction smoking .
2. Based on results profile addicted smoking among teenagers in the District Indihiang based on type sex get sig result  $0.000 < 0.05$  which means found significant difference between behavior addicted smoking in adolescents boy and girl
3. Implications in the service program guidance and counseling form service base . Service basis used that is guidance group For lower remove habit smoking in teenagers . In service This use technique discussion group .

#### **Recommendation**

##### **a. For Counselors**

Counselor expected can give service guidance group with technique discussion at least once in One Sunday For can reduce behavior smoke teenager in a way effective . Implementation technique discussion This can done with more creative and varied but must in accordance with procedure implementation technique discussion so get results as expected .

##### **b. For Researchers Furthermore**

Researcher furthermore can create development media behavior addicted smoking in adolescents so that achieved development optimal personality with use approach or diverse methods with other variables that can develop personality teenager become more good and purposeful positive

#### **Saying Thank You**

Accept love writer convey to Posyandu Cadre Coordinator Subdistrict Indihiang Tasikmalaya City which has welcome with warm and allowing researcher For do research



in the District area Indihiang . Accept thank you too counselor District PKK Indihiang who has willing For interviewed and discussed with comfortable . Don't forget accept great love to teenager Subdistrict Indihiang A who has participate in a way active in study This . Hopefully the help that has been given with willingness heart and sincerity get rewards worthy reward from Allah SWT, Aamiin

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