

UNDERSTANDING THE CAUSES AND IMPACT OF CIGARETTES ADDICTION AMONG TEENS

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Abstract

This study discusses the factors causing and the impact of cigarette addiction among students. Using a literature study method on 25 journals from 2015-2024, this study identified the main causal factors, including peer influence, social environment, family, curiosity, lack of knowledge, and easy access to cigarettes. The impacts include health, economic, psychological, and social problems, such as decreased academic achievement and financial pressure. This study also found that dominant factors such as cigarette advertising, permissive parenting, and low emotional intelligence contributed to worsening the condition of addiction. Interventions through education, restrictions on access to cigarettes, and regulation of tobacco advertising are needed to reduce the prevalence of smoking among students. The results of this study provide important insights for educators, parents, and policy makers to design effective prevention strategies to protect the younger generation from the dangers of cigarettes.

Keywords : Cigarette Addiction, Causal Factors

Abstract

Penelitian ini membahas faktor-faktor penyebab dan dampak adiksi rokok di kalangan pelajar. Dengan metode studi literatur terhadap 25 jurnal dari tahun 2015-2024, penelitian ini mengidentifikasi faktor penyebab utama, termasuk pengaruh teman sebaya, lingkungan sosial, keluarga, rasa ingin tahu, kurangnya pengetahuan, dan mudahnya akses terhadap rokok. Dampaknya meliputi masalah kesehatan, ekonomi, psikologis, dan sosial, seperti penurunan prestasi akademik dan tekanan finansial. Studi ini juga menemukan bahwa faktor dominan seperti iklan rokok, pola asuh permisif, dan kecerdasan emosional yang rendah turut memperburuk kondisi adiksi. Intervensi melalui pendidikan, pembatasan akses terhadap rokok, dan regulasi iklan tembakau sangat diperlukan untuk mengurangi prevalensi merokok di kalangan pelajar. Hasil penelitian ini memberikan wawasan penting bagi pendidik, orang tua, dan pembuat kebijakan untuk merancang strategi pencegahan yang efektif, guna melindungi generasi muda dari bahaya rokok.

Kata Kunci : Adiksi Rokok, Faktor Penyebab

INTRODUCTION

Smoking addiction among students is increasingly becoming a serious concern throughout the world, including in Indonesia. Although various counseling programs have been carried out to reduce cigarette consumption, the number of young smokers is still showing an alarming increase. This indicates that the preventive measures that have been taken have not succeeded in overcoming this problem completely. It is important to identify the factors that make students fall into the habit of smoking, such as the influence of the family environment, peers, and social pressure which are often the main drivers. In addition, psychological factors such as stress faced in the academic world and the search for identity also play a role in their decision to smoke.

The impact of this addiction is quite large, both in the short and long term. Smoking not only damages physical health, but also has the potential to affect mental and emotional health, and reduce academic achievement. Therefore, understanding the causes and consequences of smoking addiction among students is very important in designing more effective and comprehensive prevention strategies. With a deeper understanding, it is hoped that educators, parents, and policy makers can work together to create a conducive environment for the younger generation to stay away from smoking.

The number of active smokers in Indonesia continues to increase. Based on data from the 2023 Indonesian Health Survey (SKI) released by the Ministry of Health, it is estimated that there are around 70 million active smokers, with 7.4% of them being in the 10 to 18 year age group. Children and adolescents are the groups that have experienced the most significant increase in the number of smokers. According to data from the Global Youth Tobacco Survey (GYTS) in 2019, the prevalence of smoking among students aged 13-15 years increased from 18.3% in 2016 to 19.2% in 2019. In addition, data from the 2023 Indonesian Health Survey (SKI) shows that the 15-19 year age group is the largest group of smokers, reaching 56.5%, followed by the 10-14 year age group with a figure of 18.4%.

This article aims to investigate in more depth the causes of cigarette addiction among students and its impacts. To achieve this goal, the article will analyze various factors that contribute to smoking habits, including the influence of the social environment, family situation, and peer pressure. In addition, we will also discuss psychological aspects that

may encourage students to smoke, such as stress related to academics, the search for identity, and the desire to be accepted in a group. On the other hand, the impact of cigarette addiction will be discussed comprehensively, covering physical and mental effects, as well as its influence on students' academic achievement and quality of life. With a deeper understanding of these factors, it is hoped that this article can provide more comprehensive insights to formulate more effective prevention strategies in the future. In addition, the information obtained is expected to be a consideration for educators, parents, and policy makers in creating an environment that supports the health of the younger generation and reduces the number of smokers among students.

METHOD

In this study, the researcher used a literature study method with journal literature that focuses on the literature study method. The literature study method is a research approach that collects, analyzes, and synthesizes information from various written sources to understand a particular topic without conducting experiments or collecting primary data. This is used to develop theories, identify research gaps, and explore existing problems.

Literature study is the activity of collecting and analyzing information from written sources to gain an understanding of the topic or problem being studied according to (Sugiono 2012). In this case, the researcher used a literature study method with journal literature so that here the researcher collected data through existing journals, related to the main title that the researcher was looking for, namely, Understanding the Causal Factors and Impact of Cigarette Addiction among Students, here the researcher collected 25 journals from 2015 to 2024.

RESULTS AND DISCUSSION

Results

The main factors causing cigarette addiction among students include peer influence, social environment, family, curiosity, lack of knowledge, and easy access to cigarettes. The impacts include health, economic, psychological, and social problems, such as decreased academic achievement and financial pressure. Dominant factors such as the influence of advertising, permissive parenting, and limited emotional intelligence

also exacerbate addiction. Interventions through education, limited access to cigarettes, and advertising regulations are important solutions to overcome this problem.

Discussion

Research by Ati Siti Rochayati and Eyet Hidayat (2015), the most dominant factor is adolescent knowledge about smoking. This reflects the importance of education in preventing smoking behavior from an early age, with better knowledge can reduce the likelihood of adolescents smoking. This study shows that students' smoking behavior is influenced by the social environment, family, and biological drives. The social impacts include negative effects on health, economy, and social interactions. Positively, some students feel that smoking can calm themselves. This study is relevant because it describes the driving factors that are social and psychological in nature as well as the positive and negative impacts felt by students due to the habit of smoking. Sukmawati (2017).

Research by Fitri Almaidah et al. (2021) found that although most adolescents want to quit smoking, many continue to maintain this habit for certain reasons. This shows that there are internal and external factors that make students continue to smoke even though they intend to quit. These findings support the title by showing the complexity of cigarette addiction, which makes it difficult for students to break the habit. This study states that gender and age are the dominant factors influencing smoking behavior in students, where male adolescents tend to smoke more. This shows that there are biological and social aspects that play a role in smoking habits, strengthening the understanding of demographic factors that play a role in cigarette addiction among students. Fathin Faridah (2015).

This study by Reny Salim, Tuty Taslim, Fita Selonni (2024) explores the reasons why teenagers are addicted to cigarettes, including their perceptions and knowledge about cigarettes. These findings indicate that adolescents' understanding and attitudes towards cigarettes have a major influence on smoking behavior, identifying causal factors from cognitive aspects and their impact on their mindsets regarding cigarettes.

The results of a study by Deastri Pratiwi, Yuliwati (2022) show a relationship between attitudes, psychological conditions, environment, parental smoking behavior,

and pocket money with students' smoking habits. However, age and exposure to cigarette advertising do not have a significant effect. This study strengthens the title by identifying environmental and psychological variables as important factors in cigarette addiction. The findings of this study by Tati Setyawati Ponidjan et al. (2023) emphasize the significant influence of family and peers on adolescent smoking behavior, while exposure to cigarette advertising does not have a major effect. This confirms the importance of the immediate environment in influencing smoking habits and is relevant to understanding the factors causing cigarette addiction. Nurlizawati et al.'s (2024) study revealed that the search for identity and the permissive attitude of parents were the main reasons for adolescents working on plantations to smoke. This shows that social background and family roles are important factors in cigarette addiction, supporting the understanding of the impact of the family environment on smoking habits.

The findings of Teuku Riyanda et al. (2023) showed a relationship between low emotional intelligence and smoking behavior, indicating that weaknesses in managing emotions can encourage students to smoke. This shows that psychological factors play an important role in cigarette addiction, supporting the understanding that emotional skills need to be strengthened for prevention. Shela Andrayani et al.'s (2024) study identified that adolescents' understanding of the dangers of smoking can help them avoid addiction. This study supports the importance of education about the dangers of cigarettes as an effort to prevent addiction in students.

Nia Musniatil et al.'s (2021) study found that factors of belief, attitude, access to cigarettes, and the role of friends influenced smoking behavior in adolescent girls. These factors support the understanding of the social and psychological causes of cigarette addiction. The results of a study by Miftahul Jannah, Rismayanti Yamin (2021) showed that easy access to cigarettes is a dominant factor in smoking addiction, emphasizing the need to restrict access to cigarettes for adolescents to prevent addiction. The findings of Mirnawati et al. (2018) show that the desire to try, the influence of friends, and the environment are the main reasons why adolescents smoke at an early age. This reinforces that social factors play a major role in cigarette addiction among students. Heru Nur Susilo's study (2020) mentions the environment, gender, knowledge, attitude, and role of parents as the main factors in cigarette addiction, which is in accordance with the title because it explains various aspects that influence smoking habits. Lia Khikmatul Maula

and Ari Yuniastuti (2017) show that factors such as lack of self-confidence, curiosity, escape from problems, and environmental and family influences greatly influence alcohol abuse and addiction in adolescents.

According to research by Ida Suryawati, Abdul Gani (2022), internal factors such as perception and knowledge and external factors such as peers and family were found to be the main drivers of smoking. This strengthens the important role of the environment and self-awareness in cigarette addiction. Research by Yulia Rahmawati, Raudatussalamah (2020) shows that parenting patterns influence smoking behavior in students. Permissive parenting increases the risk of adolescent smoking, supporting an understanding of the impact of family factors. According to Mirta Laelya Shofa et al. (2024) Smoking behavior is influenced by personality and peer relationships, which supports an understanding of the influence of the social environment on cigarette addiction. Research by Mirnawati et al. (2018) states that the influence of friends and the desire to try are the main reasons why adolescents smoke, which supports that social factors are strong drivers of cigarette addiction. Research by Andi Agustang (2018) shows that a permissive attitude towards smoking behavior in the social environment of adolescents causes addiction. This supports the understanding that smoking habits are often considered normal among adolescents.

Simanjuntak Melda's (2017) research shows that personality factors such as curiosity and efforts to relieve stress are motivators of smoking. This shows that psychological aspects play a role in cigarette addiction. Meanwhile, research by Yazid Anwar, Donal Nababan, and Frida Lina Tariga (2021) also highlights the influence of peers and curiosity as the main factors that encourage adolescents to smoke. Adolescents who are influenced by peers tend to smoke in secret, showing the strong influence of social groups on individual behavior. Research by Hadi Tomi et al. (2020) shows that internal (addiction) and external (peers) factors contribute greatly to smoking habits, strengthening the understanding of the importance of limiting access to cigarettes for adolescents. This study by Sahbainur Rezeki, Diah Mulyati Utari (2021) found the peer variable as a strong factor in smoking behavior. This confirms that social pressure plays a major role in cigarette addiction among students. Psychological factors were found to influence smoking behavior. The study by Nurhalimah, Fauziah Yuliana Putri, and Omi Haryati (2024) found that cigarette advertising is a dominant factor in influencing

smoking behavior among adolescents. With a significant odds ratio, cigarette advertising has a high risk of influencing adolescents' decisions to smoke. This study highlights the importance of stricter regulation of tobacco advertising, to reduce the appeal of cigarettes to adolescents.

CONCLUSION

Cigarette addiction among students is a serious problem influenced by various internal and external factors. Internal factors include curiosity, low emotional intelligence, psychological pressure such as stress, and lack of understanding of the risks of smoking. On the other hand, external factors include peer influence, social environment, permissive family parenting, exposure to cigarette advertising, and easy access to tobacco products. These findings underline that smoking behavior often arises from a combination of personal motivation and environmental pressure.

Cigarette addiction has serious impacts on students, ranging from physical health risks such as increased chances of developing chronic diseases, psychological disorders in the form of emotional dependence, to social and economic problems, including decreased academic achievement, family conflict, and financial waste. In addition, this habit can affect the quality of life of students in the future, both in terms of their health and social success.

Therefore, comprehensive strategic steps are needed to overcome this problem. Interventions in the form of education about the dangers of smoking, controlling access to cigarettes through strict policies, and strengthening the role of families and schools are very important to prevent smoking behavior among students. By understanding the causal factors and impacts caused, related parties can design more effective and sustainable prevention efforts, in order to protect the younger generation from the dangers of cigarettes.

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