

Analysis of the Causes of Compulsive Smoking Behavior Among Adolescents in South Sumatra

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ABSTRACT

This research aims to explore the causes and reasons behind smoking behavior in adolescents, which has become a compulsive behavior. The research method used is qualitative, employing a descriptive phenomenological approach. The findings reveal two factors contributing to the compulsive smoking behavior in adolescents, categorized into five aspects: knowledge about cigarettes, attitudes, the influence of cigarette advertisements, peer pressure, and family. It can be concluded that smoking behavior in adolescents is influenced by various factors that increase the prevalence of smoking and lead to compulsive behavior. In this study, peer influence has a significant impact on smoking behavior among adolescents.

1. INTRODUCTION

One of the most common and easily accessible items in daily life is cigarettes. Cigarettes are widely consumed by society. A survey conducted by the Indonesian Health Survey (SKI) in 2023 revealed that there are 70 million active smokers in Indonesia. The aggressive production of cigarettes marketed by tobacco companies through social media plays a role in the growth of active smokers in Indonesia. (Kemenkes, 2024). As we know, cigarettes are widespread regardless of age, and even children can become active smokers. This is certainly because smoking is a problem that often occurs not only among adults but has also become a phenomenon among children and teenagers. (Etrawati, 2014). There is no need to question why the prohibition of smoking is strictly regulated by the government. From a health perspective, smoking certainly has detrimental effects, such as causing lung diseases, heart attacks, bad breath, and so on.

Physically, cigarettes do provide pleasure, and some people even consider smoking to be a cool activity. Various assumptions arise about smokers, such as the belief that smoking makes someone appear cool. While it may seem trivial, some individuals are influenced by this perception.

As a result, those affected by this belief start trying cigarettes to be seen as cool by their friends. This shows that social interactions can influence changes in individual behavior. Therefore, individuals need to prepare themselves to face social and emotional pressures that may conflict with their values. These values cannot always be viewed from a single perspective, as different cultures uphold different values. There may be cultures that regard smoking as a commonplace activity. Regardless, we all understand that smoking behavior can have detrimental effects on health. Marieta and Marieta dan Lestari (2022) It is mentioned that smoking habits are among the risk factors for non-communicable diseases that have contributed to mortality.

In addition to impacting health levels, smoking also hinders the development cycle of human resources. (Nurmawadah & Sa'ide, 2021). This is certainly a cause for concern as it threatens the next generation, who still need to develop their abilities, maintain their motivation, and, most importantly, take care of their physical and psychological health. This concern is undoubtedly accompanied by various contributing factors that can be said to have both direct and indirect influences on individual smoking behavior. One group that has a high consumption of cigarettes is teenagers. According to a survey conducted by the Indonesian Health Survey (SKI) in 2023, it was reported that out of 70 million active smokers in Indonesia, the highest percentage, 56.6%, is in the age group of 15-19 years. This is also supported by field data showing that at the institution where the researcher is conducting field practice, there are many teenagers who smoke. Out of 8 teenagers, 7 smoke, and only 1 teenager does not smoke.

The smoking habits of these smokers often begin in their teenage years when they are still too young to consider the long-term effects or consequences of smoking. (Ramadhan, dkk., 2023). Regarding the explanation that has been presented, the researcher intends to conduct a study on the factors that contribute to the smoking behavior observed in adolescents.

2. METHODS

This research uses a qualitative method with a descriptive phenomenological approach conducted in natural or naturalistic conditions. Sugiyono (2013) Qualitative research is explained as a method or approach used to study natural or real objects. In qualitative research, the researcher acts as an instrument. Data collection is conducted through triangulation, which involves combining data obtained from interviews with different informants accurately through observation, interviews, and the collection of data in the form of notes or documentation in a collaborative and structured manner.

The population in this study consists of adolescents under the care of a social institution in South Sumatra. The sample used as informants in this research is one male adolescent selected using the accidental sampling method. Data collection in this study employed techniques such as interviews, observation, and documentation. The data analysis method in this research was conducted by the researcher before entering the field, during, and after the data collection in the field was

completed. The data analysis was carried out in three stages: data grouping, data presentation, and drawing conclusions.

3. RESULTS AND DISCUSSION

3.1. Internal Factor (knowledge about cigarettes and the informant's attitude)

Individuals who become active smokers often start smoking during their teenage years, a period that marks the transition from childhood to adulthood. According to Smet (1994), the typical age for a person to smoke for the first time is generally between 11 and 13 years old, which is categorized as early adolescence, and most of them smoke before the age of 18. There are many factors that contribute to the background and reasons for teenagers smoking. The data collected indicates that there are two main factors underlying the compulsive smoking behavior of teenagers in South Sumatra: internal factors and external factors. Internal factors include knowledge about cigarettes, attitudes, and perceptions regarding smoking. External factors consist of: peer environment, family influence, the impact of cigarette advertisements, and social influences.

Knowledge about cigarettes includes where the informants learned about cigarettes and what they know about cigarettes. Based on the interview results regarding knowledge about cigarettes, the informants said:

"I got to know about cigarettes from friends, since the first year of middle school." "What I know about cigarettes is that they damage the body, lungs, and make breathing easily tiring." "I learned about the effects of smoking from cigarette packs, like throat holes and black lungs." "There are also family members affected by smoking, their throats." "The substance in cigarettes that I know of is only nicotine."

This attitude includes how the informants' attitudes change after gaining knowledge about cigarettes, their attitudes towards friends and family who smoke, and how friends and family perceive the informants' smoking behavior. Regarding this matter, here is what the informant said:

"it's already like an addiction, so if you want to quit smoking, it's difficult." "there is a thought of wanting to quit smoking, but I can't." "when I know the impact of smoking, it's just like that, but don't wait until you get the impact. the way is to limit it." "it's just normal, if they smoke, I smoke too." "friends also accept me as a smoker." "the family doesn't get angry anymore, but they used to scold me often." "sometimes I scold my grandma when she smokes - stop smoking - because she's old, right?"

3.2 Eksternal Factor (the influence of cigarette advertisements, peers, and family)

Product advertisements often trigger viewers' curiosity to buy and try cigarettes, especially for those who have never tried smoking. Sometimes, cigarette advertisements become the cause of smoking behavior in some people. This aspect includes matters related to cigarette advertisements that the informants have encountered. Based on the conducted interview, the informant said:

"I have never seen cigarette ads on TV, but I see cigarette ads on my phone like on TikTok, Instagram." "From those cigarette ads, I learned about the effects of smoking." "I don't believe in cigarette ads that show stunts, they're just ads." "I once saw a cigarette ad on a banner, if I'm not mistaken it was Surya

cigarettes." The writing says, "different class, why discuss it." "I started smoking because I wanted to try, not because of idols and advertisements."

This aspect includes how the role of peers affects the informant's smoking behavior and the condition of the informant's peer environment. Based on the interview results regarding peer influence, the informant said:

"From a friend, first I was offered 'do you want to smoke?'. I wanted to try it at first, just curious about the taste." "I have refused a friend's offer to smoke." Their response was just normal, no insults. When I'm not smoking and see my friends smoking, I get a little urge to smoke. "If there's no cigarette, then just hold on for a while." "The influence of friends on smoking is about 90%." "My friend had already been smoking before, but I don't know since when." "All the friends in the hangout area also smoke." "When I first entered middle school, it was like an introduction to new friends." It was indeed him who had already been smoking and then offered it. "Just wanted to try it." "Often offered cigarettes by friends too."

The smoking behavior of the informants may be partly due to family influence. This is certainly because the role of the family environment is very influential in the development of a person's behavior. Regarding family factors, the informant said:

"Family has reminded me about the dangers of smoking, in fact, I wasn't allowed to smoke before, but I smoked secretly." "No, it's not because there are family members who smoke, I smoke because of peer influence." "As for the family, they now know that I smoke." "It is indeed allowed now." "Before, I was still scolded for smoking, but not anymore." "From the family, almost everyone smokes." Dad, uncle, grandmother. "I've smoked with family members at home when we're relaxing, after a meal." "Sometimes my parents also buy me cigarettes." "At home, I usually smoke in the bedroom or living room."

3.3 Smoking behavior (Frequency of smoking, situations and conditions)

The frequency of smoking shows how the smoking behavior occurs among the informants, and with this, it can also be determined which category of smoker the informants belong to. The results of the interview regarding smoking frequency, here are the things the informants said:

"Back then, I could finish 6 packs in a day. But I smoked with a group of friends." "But back then, I once finished 4 packs in a day." "I used to be wasteful, but now one pack in a day is enough. Sometimes one pack can last 2 days."

In observing the smoking behavior of informants, it is not enough to consider frequency alone. We need to look at the situation and conditions under which the informants smoke. Based on this, the informants stated through interviews as follows:

"I usually smoke when I'm chatting, after eating, or while relaxing with a cup of coffee." "Not smoking for a long time makes me feel sour, and I get the urge to smoke." "I smoke almost all my free time." "When I have a problem and smoke, it feels a bit calmer. If there's no cigarette, then what can I do?" "When I visit a friend's house, I also smoke. Sometimes I smoke with friends, sometimes alone." "I feel calmer after smoking, more relaxed." "It seems like I can't resist smoking in a day." "Yeah, when there's a problem, I vent it through smoking. It feels more relaxed."

3.4. Causes of smoking behavior (knowledge about cigarettes, attitudes, the influence of cigarette advertisements, peers, family)

Knowledge about cigarettes is a body of knowledge obtained through various information about cigarettes, whether it is about the substances contained, the price and how to purchase them, or the impact of cigarettes themselves. Lawrence Green (1991) stated that knowledge serves as a predisposition in determining individual behavior that significantly affects individual health. (Notoatmodjo, 2014). This theory is also supported by research conducted by Solihin, Nyorong, M., Nur'aini, and Siregar (2023) on smoking behavior and its causative factors among high school students at SMA 2 and SMK 8 Muhammadiyah in the Medan Selayang District, which shows that the dominant factor significantly influencing smoking behavior is knowledge. However, people who have knowledge about the substances and effects of cigarettes may not necessarily be able to avoid smoking behavior. Especially if the person has been addicted to smoking for a long time, it becomes even more difficult to break free.

Based on the interview results, the informant stated that they first became aware of cigarettes in the first year of junior high school. Regarding the substances in cigarettes, the informant mentioned that they do not know many of the components found in cigarettes, only recognizing nicotine. In contrast to their knowledge of the substances contained in cigarettes, the informant tends to know a lot about the effects caused by smoking, such as throat damage, blackened lungs, and shortness of breath. This knowledge about the effects of smoking was obtained from the images displayed on cigarette packs and from their experience witnessing a family member affected by smoking-related issues, specifically esophageal disease.

This indicates that, having a family member who is a smoker, the informant has indeed been aware of cigarettes since childhood. However, the informant began smoking during their teenage years, specifically while in junior high school. All the knowledge about the dangers of smoking did not prevent the informant from becoming a smoker, and they continue to smoke to this day. Oxa et al. (2022) state that minors are more likely to become nicotine addicts if their smoking behavior is not stopped at that time.

Smoking behavior is not only determined by knowledge but also by attitudes that play a role. One of the factors influencing smoking behavior in adolescents is their knowledge and attitudes. (Oktania N. P., Widjarnako B., dan Shaluhayah: 2023). Attitude is the behavioral decision made by the informant after receiving information about cigarettes. This is in agreement with the statement of Almaiidah et al. (2021) which revealed that attitudes towards cigarettes emerge in individuals when they have knowledge about the dangers of smoking. These attitudes are not only related to how individuals view cigarettes, but also include the informants' attitudes towards their smoking friends and family, and how their friends and family view the informants' smoking behavior.

Based on the results of the interview conducted, the informant stated that he is aware of the effects of smoking but finds it difficult to quit because he has become an addict.

The informant still smokes even though he knows the effects of smoking itself; he just limits it so as not to be affected by the smoke. Then the informant's attitude towards his smoking friends is just casual, and he even smokes when his friends smoke. This means the informant accepts his friends as smokers, and vice versa, his friends also accept him as a smoker. Teenagers often consider smoking as a behavior that is not bad, even though it is actually harmful and causes many losses. (Shofa dkk, 2024). Similarly, the informant's family initially tried to scold him when they found out he was smoking, but eventually, they stopped scolding him when he smoked. Meanwhile, the informant often scolds his grandmother for smoking. Of course, because his grandmother is already old and is worried about the very bad effects. This is certainly because smoking can cause various diseases such as cataracts, hearing loss, alopecia areata, cavities, cardiovascular diseases, chronic obstructive pulmonary disease, lung cancer, infertility and hypotension, breast cancer, and skin cancer. (Marieta dan Lestari, 2022).

Cigarette advertisements often become the cause of someone starting to smoke. The scenes presented in cigarette advertisements sometimes contain impressive moments that make it seem as though smoking enables someone to perform various amazing actions, thus appearing cool. The frequent exposure to cigarette advertisements makes teenagers interested in smoking, believing it makes them look cool and tough like the people they idolize. (Fransiska dan Firdaus, 2019). Advertisements are a medium for conveying information about a product to the public, serving to inform, persuade, or remind the public about the product. (Solihin dkk, 2023). Cigarette advertisements are not only presented in electronic form as shown on television. Various media are used by tobacco companies to advertise their products, such as posters, banners, billboards, and billboards. Even so, despite the influence of cigarette advertisements, not everyone who smokes is due to the influence of cigarette ads. The results of the interviews conducted showed that the informants stated they had never seen cigarette advertisements aired on television, but rather saw advertisements on social media such as TikTok, Instagram, and banners.

The informant also smokes not because of being influenced by cigarette advertisements or idols, even though the advertisements displayed impressive actions. This must certainly be emphasized because such things could potentially become the motive that leads someone to imitate the behavior of their idol (Nurmawadah and Sa'id, 2021). However, through the advertisements they had seen, the informants became aware of the impact of cigarettes. So it can be concluded that the informant smokes not because of the influence of cigarette advertisements. This means that not all smokers are influenced by cigarette advertisements circulating in society, whether physical or

electronic. This is in agreement with the research conducted by Isa et al. (2017) on the relationship between personality type, the role of parents and siblings, the role of peers, and the role of cigarette advertisements with smoking behavior among students at SMP Negeri 9 Kendari, which shows that there is no significant relationship between smoking behavior and cigarette advertisements. (Isa dkk, 2017).

The causes of smoking behavior among adolescents are often influenced by peers. Peers are also an environment that significantly impacts adolescent behavior after the family environment. Both positively and negatively, the presence of peers can indeed influence the behavior of students (Nurfiar, 2022). The term "peers" is closely associated with social interactions among individuals of similar age ranges. This similar age range allows them to form interactive friendship groups that influence each other and build very close relationships. Additionally, they may form groups based on shared hobbies, common areas, or simply join together without any particular intention. The closeness of the relationships built among peers enables them to influence and support one another. The importance of social support among adolescent peers helps them develop positive attitudes that lead to self-actualization (Mufidha, 2019). Similarly, regarding smoking behavior, it is highly likely that adolescents are influenced by their social circles.

Based on the results of interviews with informants, it was stated that the first time they tried smoking was due to a friend. The informant accepted the offer of a cigarette from their friend with the reason of wanting to try it out of curiosity about the taste of cigarettes, and at that time, the informant was sitting in junior high school. The friend who offered the cigarette had certainly already been smoking beforehand. It was not just once; the informant had often been offered cigarettes by their friends. As a result, the informant, who initially only wanted to try the taste of cigarettes, developed a smoking behavior that continues to this day. This is related to the statement by Prabawati and Nurhidayah (2024), which says that social interactions, the low price of cigarettes, and the open purchase of cigarettes make it easy for teenagers to access and buy cigarettes. The influence of cigarettes from peers is not only through offers; seeing friends smoke can also trigger the desire to smoke. From the interview results regarding peer influence, it is clear that the smoking behavior of the informant in this study is greatly influenced by peers. According to the informant, the influence of peers on smoking behavior is about 90%. The social environment, including cigarette advertisements, family, and peers, is closely related to smoking behavior among teenage boys (Bina et al., 2022). This is also in line with the research conducted by Nurlela and Pranoto (2024) on the Relationship of Peers with Smoking Behavior among Teenage Boys in Junior High School X, which shows a connection between peers and smoking behavior in adolescents.

The family is the primary environment that plays a role in shaping adolescent behavior. Every family certainly teaches values of goodness so that family members grow up carrying the good values that have been instilled in them. As the main actors in the family, parents have an important

role in educating and serving as positive behavioral role models (Rahmalia and Laeli, 2024). Firmness regarding values within the family allows adolescents to avoid deviant behavior. This means that the family has a significant role in shaping the soul and personality of the child (Framanta, 2020). In relation to smoking behavior, all parents certainly want their children to be free from smoking. Adolescents who smoke sometimes do so because their families never remind them of the dangers of smoking, how to quit smoking, or they follow the smoking habits of their parents, not being scolded when they smoke, and even being given the freedom to smoke. As a result, adolescents become accustomed to cigarette smoke and begin to develop a desire to try something new and imitate smoking habits in their family environment (Bina et al., 2022).

The interview conducted with the informant revealed that their family is indeed aware of their smoking habits and has previously warned them about the dangers and effects of smoking. However, the informant has been allowed to smoke, even though they were not permitted to do so in the past. This acceptance from the family is illustrated by a moment when the informant was bought cigarettes by one of their family members. This situation has made the informant feel comfortable smoking alongside family members who also smoke. It is this support that has given the informant the courage to smoke in their home. While there are family members who smoke, the primary reason for the informant's smoking is peer influence.

Based on the results of the interviews conducted, it is clear that family also plays a role and influences the smoking behavior in the informants. In fact, the family allows them to smoke. This aligns with the research conducted by Oktania, Widjarnako, and Shaluhiyah in 2023 regarding the causes of smoking behavior among adolescents. The study reveals that one of the causes of smoking behavior in adolescents is the support and role of the family, as well as household rules (Oktania et al., 2023). Smoking behavior is certainly not a healthy behavior. Numerous studies have highlighted the dangers of smoking, which extend to other aspects of life. Prabawati and Nurhidayah (2024) stated that smoking behavior not only impacts health but also affects children's learning activities due to difficulties in understanding lessons (Prabawati and Nurhidayah, 2024). This means that the family indeed becomes one of the factors contributing to smoking behavior among adolescents. Having a family member who smokes can serve as a direct model for adolescents during the observation and learning process about smoking, thus becoming an experience for the adolescents in smoking (Hidayati and Arianto, 2024).

3.5 Smoking Behavior (frequency of smoking, situation and condition)

The frequency of smoking refers to the amount or number of cigarettes consumed in a day. Smoking frequency indicates a person's smoking behavior. A person who actively smokes continuously every day can be classified as an active smoker (Ardina dan Monica, 2018). One of the reasons someone becomes addicted to cigarettes is due to the substances contained in them. Smokers

who are already addicted will experience unpleasant symptoms when they do not smoke, such as a bland mouth, lack of motivation, and some may even feel frustrated and anxious, have difficulty sleeping, struggle to concentrate, find it hard to feel happy, and experience tremors. (Aswad, 2021).

Based on the interview results regarding smoking frequency, the informant stated that they once consumed 6 packs of cigarettes in a day, but not alone; rather, it was with friends. The highest frequency of smoking reported by the informant was 4 packs in a day, which they consumed by themselves. Four packs of cigarettes amount to more than 20 cigarettes. This is a very high quantity for a teenager. This is also certainly related to the ease of accessibility to cigarettes in stores and their affordable prices (Prabawati and Nurhidayah, 2024). This behavior no longer occurs with the informant, who now only consumes one pack of cigarettes a day. However, it is still significant since one pack contains 20 cigarettes or more. According to the World Health Organization (WHO), smokers who consume more than 20 cigarettes per day are categorized as heavy smokers. (Kemenkes, 2023).

The situation refers to the current smoking behavior of the informant, whether they are still an active smoker or not. Meanwhile, the condition refers to the state of the situation that is occurring at present. A description of the situation and condition experienced by the informant can provide a clear explanation of when the informant smokes, how they feel if they do not smoke for a day, and with whom they smoke. An explanation regarding the situation and condition can provide an understanding of how cigarettes can serve as an emotional outlet when facing problems. Thus, we can understand the smoking behavior of the informant, whether they are someone who is addicted to smoking or only smokes when they are in a good mood, as cigarettes have an addictive effect on those who smoke them. (Iriyanti dan Mandagi, 2022).

The results of the interviews with the informants reveal that they are currently still active smokers, smoking almost at every moment in their lives. During conversations, relaxing in their free time, and taking breaks after meals are some of the situations in which the informants smoke, both alone and with friends. According to the research by Iriyanti and Mandagi Iriyanti dan Mandagi (2022) the majority of people smoke during their leisure time. The informants' active smoking behavior is certainly closely related to addiction or dependency. The effects of nicotine addiction are evident when a sense of dullness arises after not smoking for a considerable amount of time. Smoking is not merely a behavior; it also serves as a means to calm the mind when the informants are facing problems. This is because when they are in trouble and then smoke, it induces a feeling of relaxation and mental calmness. Smokers believe that smoking provides them with pleasure, a positive mood boost, and serves as a form of stress coping. Adolescents sometimes use cigarettes as a way to channel the issues they are experiencing (Sa'diyah dan Surjaningum, 2021; Oxa dkk, 2022).

4. CONCLUSION

Smoking is indeed an activity that we often encounter in everyday life. Seeing smokers sometimes raises questions within ourselves about how someone can become a smoker, or since when and what causes someone to start smoking, especially if the individual is still in their teenage years. Not all teenagers are influenced by cigarette advertisements that showcase impressive actions, and not all teenagers decide to refrain from smoking simply because they are aware of the harmful effects of cigarettes. Information about the negative impacts of smoking, even when accompanied by parental prohibitions, does not deter teenagers from smoking or even just trying it. Additionally, peer influence is a significant factor contributing to smoking behavior among teenagers, even when it is discouraged by parents. Therefore, public education about smoking and guidance and counseling for students are essential to reduce or even eliminate smoking behavior, considering the severe health and environmental impacts of smoking.

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