

THE RELATIONSHIP BETWEEN STRESS LEVEL AND SOCIAL ENVIRONMENT WITH SMOKING BEHAVIOR IN ADOLESCENTS AT SMPN 44 SURABAYA

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ABSTRACT

Teenagers have a high enough curiosity because it makes teenagers try everything they have never experienced. During this period, adolescents experience changes both physically, psychologically, and socially. The age of smokers is getting younger because smokers believe that cigarettes have a calming function when they are anxious and stressed. The research objective was to analyze the relationship between stress levels and the social environment with smoking behavior in adolescents.

The research design used a cross sectional method. Total population is 235 people and probability sampling technique with stratified random sampling approach. The variables of this study are the level of stress and the social environment with smoking behavior using a questionnaire that has been tested for validity and reliability. Data were analyzed with Spearman's rho test and chi square test.

Spearman Rho statistical test results obtained a significance value of 0.003. The significance value is less than 0.005. This means that stress levels are related to smoking behavior in adolescents at SMPN 44 Surabaya. The Chi-Square statistical test results obtained a significance value of 0.000. The significance value is less than 0.005. This means that the social environment is related to smoking behavior in adolescents at SMPN 44 Surabaya.

For adolescent smokers, it is hoped that they will change their smoking habits with more positive activities. For teenagers who do not smoke, it is hoped that they will stay away from cigarettes and invite people around them to reduce and even avoid smoking.

Keywords: *Smoking behavior, social environment, stress level and adolescents.*

BACKGROUND

Teenagers have a high enough curiosity because it makes teenagers try everything they have never experienced. Adolescence is a transition from puberty to adulthood. During this period, adolescents experienced changes both physically, psychologically, and socially. (Pieter, 2017). There were changes in children's behavior that led to positive and negative directions, one example of negative behavior was teenagers with smoking behavior. Smoking behavior is a phenomenon that is often found in society, if observed at this time it is not only carried out by adults but also by adolescents, both male and female adolescents. (Fajar & Tanarubun, 2021).

(Databoks, 2021)Mentioned that around 21 million adolescents aged 13-15 years would smoke cigarettes in 2020. This figure consisted of 15 million male adolescent smokers and 6 million female adolescent smokers. BPS (Badan Pusat Statistik, 2022)stated that there were 28.26% of the population aged ≥ 15 years who smoked in Indonesia, then as many as 28.51%

of the population aged ≥ 15 years who smoked in East Java Province and based on BPS data found aged 15 years and over (13.83%) of the population in City of Surabaya who smoked in the last month. According to data from the World Health Organization (WHO, 2020), the prevalence of stress is quite high where almost more than 350 million people in the world experience stress and it is the 4th ranked disease in the world. Based on the results of the I-NAMHS survey, as many as 1 in 3 adolescents aged 10-17 years in Indonesia have had mental health problems in the last 12 months. This amount is equivalent to 15.5 million youth in the country (Nisrina Salsabila et al., n.d.). Based on the results of a preliminary study conducted at SMPN 44 Surabaya, it was found that out of 10 students who smoked, out of 100% of students who smoked 20% (2 people) smoked because of the habit of seeing their parents smoke, 40% (4 people) because of peer factors, 40% (4 people) because they experienced a problem. According to the explanation from the counseling teacher, some students smoke outside school and some smoke in the bathroom, students can spend 1-6 cigarettes a day.

Smoking is one example of an ineffective but widely frowned upon management tactic. The number of smokers is getting higher and the age of smokers is getting younger because smokers believe that smoking has a calming function when they are anxious and stressed (Hutapea, Ronald Dr. SKM Ph.D, 2013). According to Nusya (2010) in D.A & Hendrawati, (2018) stating the causes of stress in adolescence are problems involving peers, family problems, relationships with parents, or problems related to school. The social environment is an important factor that first introduces smoking to adolescents. Nashori, states (Rahayuningsih, 2015) the factors that influence adolescent smoking behavior are personality, parents, environment, and advertising. The biggest factors of smoking habits are social and environmental factors. These environmental factors include personality, parents, friends, and advertisements (Nashori & Indirawati, 2007 in Rahman Dany, 2022) terms of health, some experts argue that smoking can cause negative impacts, namely various diseases or health problems for both the smoker himself and other people around him who do not smoke. Negative impacts on health such as lung cancer, oral cancer, cancer throat, coronary heart disease, inflammation of the respiratory tract, swelling of the lungs, bladder disease, reproductive disorders, impotence, pregnancy and fetal disorders. The impact caused by the use of cigarettes with high intensity and an earlier age when consuming cigarettes can increase the risk of death (Aziz, 2018).

Interventions that can be carried out in these adolescents are to provide information and education. At the age of adolescents, the social environment really has a big influence on their mindset and development, because at the age of teenagers they have a high enough curiosity. The first thing that can be done is by way of an approach so that you can find out what makes teenagers try to smoke. Second, by providing some information about the dangers of smoking, what are the consequences caused by smoking and others. Then, after being given information about smoking, it is followed by providing education on how to replace curiosity about cigarettes in a positive way, if you are already consuming cigarettes, provide education on how to stop smoking / be able to reduce the number of cigarettes first and so on (PPNI, 2018).

RESEARCH METHOD

This type of research is correlation analytic research with a cross sectional approach. This research was conducted at SMPN 44 Surabaya, with a class VII population of 235 students. The number of samples in this study were 147 students and the probability sampling technique used a stratified random sampling approach. The variables of this study are the level of stress and the social environment with smoking behavior using a questionnaire that has been tested for validity and reliability. Bivariate data analysis using *Spearman Rho* and *Chi Square* with significance < 0.05 .

RESULTS AND DISCUSSION

Based on the results of univariate analysis, it was known that the number of respondents was 147 people, with 75 men (51%) and 72 women (49%). There were 75 people aged 14 years (51%) and the rest were aged 13, 15 years to 18 years. Pocket money in a day of 10,000 as many as 54 people (36.7%), 15,000 as many as 54 people (36.7%) the rest is 5,000 and > 20,000.

Table 1
Stress Levels With Smoking Behavior In Adolescents At SMPN 44 Surabaya

Stress Level	Smoking Behavior									
	No Smoke		Light		Currently		Heavy		Total	
	F	%	F	%	F	%	F	%	N	%
Light	9	6.1 %	11	7.5 %	2	1.4 %	0	0 %	22	15.0 %
Currently	61	1.5 %	36	24.5 %	5	3.4 %	0	0 %	102	69.4 %
Heavy	15	10.2 %	6	4.1 %	2	1.4 %	0	0 %	23	15.6 %
Total	85	57.8 %	53	36.1 %	9	6.1 %	0	0 %	147	100 %

Results Spearman's rho statistical test $p.s$ value 0.003 ($\alpha < 0.05$)

Based on the table above, it can be seen that there is a relationship between stress levels and smoking behavior in adolescents at SMPN 44 Surabaya and it was found that out of 147 respondents who had mild stress levels and light smoking behavior, 11 people (7.5%) had low stress levels and 2 people (1.4%) had moderate smoking behavior and 36 people (24.5%) had mild smoking behavior, 5 people (3.4%) had moderate stress levels and moderate smoking behavior, had moderate smoking behavior. 6 people (4.1%) have heavy and light smoking behavior, 2 people (1.4%) have high stress levels and moderate smoking behavior, based on test results *Spearman's rho* it is known that mark significance of 0.003. Significance value the more small from 0.05. So that can concluded that variable level stress own connection significant with behavior smoking.

Table 2
Social Environment with Smoking Behavior in Adolescents at SMPN 44 Surabaya

Social environment	Smoking Behavior									
	No Smoke		Light		Currently		Heavy		Total	
	F	%	F	%	F	%	F	%	N	%
No Support	85	57.8 %	0	0 %	0	0 %	0	0 %	85	57.8 %
Support	0	%	53	36.1 %	9	6.1 %	0	0 %	62	42.2 %
Total	85	57.8 %	53	36.1 %	9	6.1 %	0	0 %	147	100 %

Results Chi-Square Statistical Test $p.s$ value 0.000 ($\alpha < 0.05$)

Based on the table above it can be seen that there is a relationship between the social environment and smoking behavior in adolescents at SMPN 44 Surabaya and it was found that out of 147 respondents whose social environment did not support and did not smoke as many as 85 people (57.8%), the social environment supported and behaved 53 people (36.1%) smoked lightly, 9 people (6.1%) had a supportive social environment and moderate smoking

behavior. Based on test results *chi-square* it is known that mark significance equal to 0.000. Significance value the more small from 0.05. So that can concluded that variable social environment own connection significant with behavior smoking.

Stress Level

The results showed that 22 people (15%) had mild stress levels, 102 people (69.4%) were moderate and 23 people (15.6%) had severe stress. Stress is a condition in which individuals experience a pressure on a problem that must be overcome to obtain maximum results (Bartsch & Evelyn, 2015 in (Pamungkas, 2019)). Stress is not only experienced by adults, but also in adolescents. There are many challenges that must be faced by teenagers that are no less severe than adults. In addition, teenagers also have to adjust to physical growth and changes, teenagers have to take various tests and school exams, conflicts with parents, and also peer pressure. All of this makes teenagers sometimes experience pressure or stress more than adults (Kurniawati, 2017).

Social environment

The results showed that teenagers with a supportive social environment were 62 people (42.2%). The social environment is the interaction between society and the environment, the environment which also consists of social beings or humans. This social environment then forms a social system that has a big role in shaping a person's personality, and then there is an interaction between people or also the community and their environment (Setiawan & Amalia, 2019).

Smoking Behavior

The results showed that there were 53 adolescents with mild smoking behavior (36.3%), while 8 people (5.5%) had moderate smoking behavior. Smoking behavior is a behavior that involves the process of burning tobacco and then inhaling the smoke, either using a cigarette or a pipe (Susilaningsih et al., 2022).

CONCLUSIONS AND RECOMMENDATIONS

Conclusion

From the results of the research and discussion above, it can be concluded that the stress level of adolescents at SMPN 44 Surabaya is mostly in the moderate category. The social environment at SMPN 44 Surabaya, most of the respondents are in the supportive category. Smoking behavior at SMPN 44 Surabaya is mostly in the mild category. *The Spearman Rho Correlation* statistical test results obtained a significance value of 0.003. Significance value the more small from 0.005. This means that stress levels are related to smoking behavior in adolescents at SMPN 44 Surabaya. The results of the *Chi-Square* statistical test obtained a significance value equal to 0.000. Significance value the more small of 0.005. This means that the social environment is related to smoking behavior in adolescents at SMPN 44 Surabaya.

Suggestion

For adolescent smokers, it is hoped that they will change their smoking habits with more positive activities such as sports or studying with friends. For teenagers who do not smoke, it is hoped that they will stay away from cigarettes and invite people around them to reduce and even avoid smoking.

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