

Smoking Cessation Behavior in Children: What is the Role of Parents and Peers?

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ABSTRACT

Background: Pangarengan District is one of the areas in Sampang Regency with a fairly high number of child smokers, namely the age of 14 years as much as 26.6% and 11 years old as much as 15.4%, among elementary schools as much as 24.3%. **Aims:** The purpose of this study was to analyze the form of social support from parents and peers on smoking behavior in children in Pangarengan District, Sampang Regency. **Method:** This research is qualitative research with a phenomenological approach. There are 15 informants consisting of 5 main informants and 10 additional informants. Determination of informants used purposive technique. Data collection techniques in this studied were in-depth interviews, observation and documentation. Data analysis used thematic content analysis. Credibility test used source triangulation and technical triangulation. **Results:** Based on the results of the study, all informants received emotional support in the form of smoking bans, attention, care, and advice. Informants get instrumental support in the form of suggestions, input and appeals to reduce cigarette consumption. In addition, the informants received support in the form of positive enthusiasm and encouragement to stop smoking, as well as gifts promised by their parents. Informants also received information support about the dangers of smoking and diseases made worse by smoking. **Conclusion:** The conclusion of this study is that all informants have received social support from their parents and peer groups. This study is expected to change smoking behavior in children by reducing cigarette consumption.

Keyword: Informants, Parents, Peers, Smoking children, Social support.

INTRODUCTION

Smoking is the act of sucking paper-coated tobacco rolls and being burned, this is done as a form of response that comes from within or outside oneself (Sundari et al., 2014). Smoking behavior in children, according to Yamlean, is that they often imitate the behavior of others around them, both adults and their peers. This action is based on the character of children who often do new things even though they do not know the impact on themselves and those around them. Most children start smoking because of the invitation of friends or the environment (Yamlean, 2012). *The Global Youth Tobacco Survey (GYTS)* says that the State of Indonesia ranked the third highest in the world as the highest number of teenage smokers in 2019. Data from the Central Bureau of

Statistics for Youth in East Java show the number of smokers in children under the age of 18 has increased from 2020 by 27.78% to 28.53% in 2021.

Sampang Regency has a fairly high number of child smokers, namely 21.1% with a range of smokers from the age of 15 years and over. In 2017, most occurred at the age of 15 years, which was 9.1%, while they started smoking at the age of 11, which was around 4.3%. The number of children aged 11-15 years in Pangarengan District already includes a lot of smokers, with a prevalence of 14 years old as much as 26.6% and 11 years old as much as 15.4%. While smokers among elementary school children are 24.3% (Sutha, 2018). Even though the impact of smoking is clear, for example, smoking behavior in children will have an impact on protest attitudes toward their parents, have uncontrolled emotions

and can change at any time and can lead to criminal acts such as theft (Ariasti & Ningsih, 2020). In addition, almost all diseases that exist in the body's organs are caused or exacerbated by smoking behavior. In this case family social support, especially from parents and peers, can be the main support that has an influence on children regarding smoking dependence.

Children who already smoke can spend approximately one pack a day and this will become a habit for children; this makes it difficult for children to stop smoking because cigarettes for them are like daily necessities that must be fulfilled (Riadinata, 2018). Smoking behavior which has been considered a habit and even a daily need for children is also strengthened because of the environment where the children are located. This is because the surrounding environment also has a significant influence on smoking behavior, such as the peer group environment, the community environment and their own family environment who are also active smokers (Hastin Fitria, 2019).

The family is the main thing that plays a role in teaching basic things about social education to children, this is because parents are the earliest possible sources to develop a level of social awareness in children such as a sense of help, mutual cooperation and other social life (Wahidin, 2019). Parents also have a role in carrying out social activities that are good and right, such as teaching polite behavior, greeting each other, loving each other between friends, making good and positive friends, teaching fair and honest attitudes in socializing, so this will have an impact on children regarding their smoking behavior (Efrianus Ruli, 2020).

According to Susanto, parental support is a form of encouragement that is considered very important, because this support affects academic success, positive self-image, behavior, self-quality, ideals and mental health. (Susanto, 2013) Families, especially parents, have an important task in shaping the child's personality, because parents will be role models in the development of children's behavior. In this case, the social support provided by parents has an influence on smoking behavior in children because in addition to peer environmental factors, parents are also a factor in children's smoking behavior (Lengkana et al., 2020).

Peers are interactions between teenagers who are the same age as other teenagers. Adolescent friendship is a social interaction that teenagers do. It is in this friendship that a relationship emerges in the teenager as a result of this form of social interaction. (Departemen Agama RI, 2012) Basically friendship has an important meaning, especially with peers or friends of the same age because in this case there is an interaction of social relations which will lead to reciprocal flows with the interlocutor. This reciprocal flow will later bring up the attitudes and behavior of the teenager, whether good or bad (Amalia et al., 2018).

Peers are the first and newest environment where they learn to live with other people who are not family members, who have characteristics, norms, and habits that are very different from those in the family environment (Wulan, 2017). Peer support is important information regarding the ensuring safety of children from the dangers of smoking due to following their environment. This is because childhood is a time to adjust to the environment as well as a turbulent period for high curiosity about something, wanting to get recognition from those around them and wanting to be appreciated in their peer group (Irwan & Nule, 2019).

In peer friendship it is very easy to influence their behavior. This is because their mindset is still said to not have a firm stand in taking and filtering what is obtained in their peer group. This peer relationship is used to develop socio-emotionality in children, because children who are not accepted in their peer group or become victims of bullying will feel lonely and can experience depression. Therefore, the influence given in peer groups on children is very important and influences the behavior (Sarmin, 2017).

The term social support often refers to various types of social relationships or social interactions between individuals who have close relationships to support the process of increasing or promoting the well-being of these individuals by acting on negative outcomes. The form of this support is in the form of understanding, advice, comfort, and real support from the surrounding environment (Hellfeldt et al., 2020).

Social support is a form of help, attention, acceptance, and appreciation

that individuals get from others. Gottlieb (2004) states that social support is in the form of advice or input given either orally or in writing, real or not, and this form of support is obtained from people who are close to the subject in their environment (Tsalits, 2013). Sarafino (2006) stated that social support is a behavior that gives comfort to others, looks after them, and appreciates them (Pontoh & Farid, 2015).

According to Santoso (2020), the forms of social support needed are emotional support (involving empathy, attention, encouragement, advice, and suggestions), information support (in the form of providing solutions, advice, and suggestions), instrumental support (in the form of material, facilities and infrastructure, advice, and suggestions), and award support (in the form of praise, gifts of goods or services, advice, and suggestions). Therefore, this study aims to analyze the social support of parents and peers in the case of child smokers in Pangarengan District, Sampang Regency.

METHODS

This type of research is qualitative research using a phenomenological approach. This research was conducted in Pangarengan District, Sampang Regency regarding the social support of parents and peers in the case of child smokers.

There are two types of informants in this study, namely main informants and additional informants. The main informants in this study were child smokers, totaling five people. While additional informants in this study amounted to 10 people, namely parents and peers. The selection of informants in this study used a purposive approach with the selection of informants determined through special considerations, namely willing to be an informant, able to communicate well, physically and mentally healthy, an active smoker or who had smoked, and aged under 18 years (Sugiyono, 2016).

Data collection techniques were carried out by in-depth interviews with informants using an interview guide. In addition to interviews, the researchers also conducted an observational study to assist this research if the data obtained from the interviews did not sufficiently provide the desired information. Documentation studies were also carried out in this study in the form of photographs

to support the desired information (Afrizal, 2016).

Data analysis was carried out using Thematic Content Analysis. The stages of data analysis carried out consisted of understanding the data, compiling codes, and looking for themes. Credibility in this study uses source triangulation by comparing information from main informants and additional informants, as well as technical triangulation by conducting observations and documentation studies (Rokhmah et al., 2019). This research has gone through an ethical review process at the Health Research Ethics Committee, Faculty of Public Health, University of Jember No. 191/KEPK/FKM-UNEJ.

RESULTS AND DISCUSSION

Description of Research Location

General description of the research location is Pangarengan District, Sampang Regency. Pangarengan District is the smallest sub-district in Sampang Regency and is located on the outskirts of the city, only approximately 9 kilometers from the center of Sampang City. Pangarengan sub-district has a population of about 21,586 people, all of whom adhere to Islam. The Pangarengan community often holds combo and dual dug-dug events as a form of preserving art and culture in the Sampang City area which is held every mid-month of Fasting and Eid (BAPELITBANGDA, 2019).

Pangarengan District has a tradition that is carried out when there is a celebration event such as a tahlilan. The owner of the event will provide food, drinks and cigarettes as a dish; cigarettes are a mandatory requirement that is always provided by the owner of the house. After the event is over, some people will stay up late at the owner's house, this will make the host provide cigarettes, even up to 3-4 boxes to be given or served to these people, including the children. This is due to the belief of those who think that, by socializing and chatting while smoking cigarettes, it will be easier to get a topic of conversation and is considered to strengthen the relationship. So it is not surprising to find children who are still in school already smoking. Moreover, it is supported by the absence of writings or advertisements regarding the dangers of smoking along the streets of Pangarengan District.

Description of Informants' Characteristic

The informants in this study consisted of five main informants and 10 additional informants. All the main informants of the study were aged 15-17 years and were in junior high school (SMP). All of the informants started to know about cigarettes from elementary school, while the informants started smoking from grades 5-6 of elementary school. The main informants often chat, play, exchange ideas and even tell stories with their peers rather than chatting and hanging out with their parents. Informants also often spend time with their peer group, especially on holidays. So it is not uncommon for informants to start smoking because of the influence of their peers.

Additional peer informants were at the age of 16 and 17 years and all of them were still in junior high school. This peer group is a group of friends from the main informant, but does not include friends who smoke. In addition, parents are aged 40 and over and the last education status of parent informants is three only elementary school graduates and two high school graduates. Additional informants are parents who work as pond workers and coolies, while some of the other parents work as traders.

Emotional Support for Child Smokers

This emotional support involves a sense of caring, empathy, sympathy, and a sense of concern for someone and provides a sense of comfort, warmth, confidence, a sense of care, and a sense of belonging and being loved when someone experiences a problem or stress. This emotional support is obtained by individuals from people who have close ties, such as parents and friends (Smigelskas et al., 2018).

The results of the study showed that all key informants received emotional support from additional informants. The following are excerpts from interviews with informants regarding emotional support:

"...I was reminded and told that smoking is not good and wasteful, but if your parents don't prohibit it too much, you can as long as you don't do too much, don't continue too, it's not good. Parents care, bro, often give advice too, often tell me not to smoke too much, don't smoke too often because it's not good for health, I'm afraid

that when you're an adult, you get sick, if you're a friend, it's just a reminder, bro, don't smoke too often, it's not good for health..." (IU 2, 16 Years).

Based on the results of the interview excerpt above, the informant has received a form of emotional support in the form of attention, concern, and positive encouragement from additional informants. So that the main informants feel happy because they get emotional support provided by their parents and peers.

According to Christiana, emotional support is characterized by the presence of someone who always accompanies, pays attention and appreciates what someone does (Christiana, 2020). This statement is in accordance with the research above, that parents and peers are someone who is close to the main informant and have provided emotional support to child smokers.

The emotional support provided by parents and peers has an influence on the child's psyche which makes him feel valued, cared for and loved by those closest to him, especially parents and peers. The attention given by parents and peers here is to provide encouragement, motivation, enthusiasm and psychological assistance so that children do not feel excluded and feel that they are cared for, loved and appreciated (Fauzyah et al., 2020).

Instrumental Support for Child Smokers

Instrumental support is support given by others directly in daily life. (Rif'ati et al., 2018) This support is usually given directly by the informant in everyday life and can be in the form of goods or services such as lending money, helping with assignments, giving advice or suggestions, and providing needed goods. The instrumental support referred to in this study is a form of daily support provided by additional informants to the main informants, whether in the form of services, goods, as well as advice.

The results showed that all parents and peers had provided instrumental support for child smokers. The following are excerpts from interviews with child smokers regarding the instrumental support provided by parents and peers:

"...If it's cigarettes, it's up to you, bro, sometimes you buy alone, sometimes together with friends. If my parents are not members, but they took my cigarettes, they were robbed, they continued to be lectured, also advised, told not to smoke, it's just like lecturing, mas, not giving it, and if a friend is the same, just give advice, tell me that's all it is, what about friends? -How is it different from your father..." (IU 4, 17 years).

Based on the interview excerpt above, parents and peers stated that they had provided instrumental support in the form of advice to child smokers. The support provided is not an item, because in this case both parents and peers do not support smoking in children. Therefore, the support provided is only in the form of advice not to smoke.

The explanation above is in accordance with previous research, namely according to Hurlock (in Kumalasari and Nur) saying that children get more social support from their peers. (Kumalasari & Nur, 2012) In this case, children are more comfortable complaining to their peers than their parents. This is done to reduce negative feelings, get positive encouragement and also to reduce the level of anxiety they face and to get the expected support (Rif'ati et al., 2018).

The provision of this instrumental support will help the main informant in his life, so that it does not have a high negative impact on the main informant's daily life and reduces stress levels in the main informant.

Appreciation Support for Child Smokers

Appreciation support is an expression of respect or appreciation that is positive, encouragement to move forward, positive suggestions, and a decision that has been made (Rif'ati et al., 2018). In this case, appreciation support is a form of positive support that is usually expressed to someone through suggestions, awards, praise, encouragement and agreements in the form of gifts when someone has done something positive within a predetermined grace period.

The results of the research conducted stated that all parents and peers have given appreciation support to child smokers in different forms. The

difference is in the form of support provided between parents and peers, and this has also been confirmed by key informants. The following are excerpts from interviews with key informants:

"...Just a reminder, bro, don't smoke too much because you're still young. At first, you're often said to be "as long as you're new so you don't have to stop, if you're offered, just refuse", bro. If your parents ever said you wanted to buy a monthly package, that's all you have to do is stop smoking..." (IU 3, 15 years old).

Based on the interview excerpt above, child smokers have received appreciation support from additional informants; this was conveyed by child smokers that their parents would buy a package with conditions to stop smoking.

According to Elistantia et al., parental appreciation support will provide a sense of security and will also lead to maturity in children in making decisions. Appreciation support also provides a sense of respect when the child has decided what he will choose and does not put pressure on the child. Giving awards or positive responses from parents and peers in response to smoking behavior in children is an attempt to increase the motivation of child smokers in an effort to quit smoking (Elistantia et al., 2018).

Appreciation support is given to someone when showing a positive appreciation for another individual, giving a sense of enthusiasm and positive encouragement and advice to the individual for the hard work done. In addition, award support is also given to individuals to provide motivation in making decisions. This award or positive response can be done by giving advice or praise (Pratiwi & Aksmiwati, 2013). Appreciation support in the form of suggestions, praise, and respect for the abilities and qualities that exist in children so that this will make parents a motivator for children.

Information Support for Child Smokers

Information support is support given by one person to another by conveying information he knows either directly or indirectly. This information support can be in the form of suggestions, directions, feedback as well as important information regarding a problem to be

conveyed (Rosalina & Apsari, 2020). The information support referred to in this study is the support given by parents and peers regarding the provision of information about the dangers of smoking and suggestions so that child smokers get information and increase their knowledge of the dangers of smoking.

The results showed that all parents and peers had provided informational support about the dangers of smoking to child smokers. This has been confirmed by child smokers regarding the information support provided, while the results of the interview are as follows:

"...When my parents found out I was smoking, they immediately gave me advice. The parents also told me that if I smoked from a young age, I would have lung disease, they said that my lungs could be black, bro, it could make you short of breath," he said. Parents, that's why at first forbid but now it's no longer mas even rationed cigarettes. Friends, I'm just giving advice, bro, if you give information from the cigarette pack, it keeps saying that cigarette smoke is dangerous for the surroundings, that's all, bro..." (IU 5, 16 years).

Based on the interview excerpt above, the information support provided by parents and peers is in the form of advice and the dangers of smoking, especially as a child. In addition to being given information by their peers that the cigarette smoke released can be harmful to the people around them. This is in line with research conducted by Budiyati and Suryati, that cigarette smoke released by active smokers causes health problems, especially in children; cigarette smoke can cause asthma and delays in mental development in children (Budiyati & Suryati., 2021).

According to Putri et al., information support is a form of support expressed by someone in the form of advice, providing the necessary information and conveying known information to those closest to him (Putri et al., 2019). Information support provided by parents and peers in this study is a form of concern for the health of child smokers and the desire to provide information

about the dangers that exist for health in smoking behavior in children.

CONCLUSION

The conclusion of this study is that the social support provided includes emotional support, instrumental support, reward support, and information support. Social support provided by parents and peers can affect the attitudes and behavior of child smokers, especially the attitude to quit smoking, besides it also affects the development process, self-confidence, and psychology in child smokers, because in this case, social support provides a sense of comfort, warmth, respect, and being loved by parents and peers. The advice given is that parents are expected to be more sensitive and pay attention to every behavior of their children and are expected to be closer, pay more attention to their children's health and become friends to chat with them more often at home, so that children are more open and not afraid when they want to say something.

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