

Relationship Between Peers, Self-Control, and Parent Control with Youth Smoking Behaviour

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Abstract. Adolescence is a transitional period where individuals enter certain phases in human life. During this transition period, adolescents will usually try to find their identity, make their own decisions and try to be accepted as adults in their environment, which makes many adolescents involved in negative behaviour; one of them is smoking. This study aims to determine the relationship between peers, self-control, and parental control with smoking behaviour in students of SMPN 15 Kupang City. This type of research is quantitative research with a Cross-Sectional Study research design. This research was conducted at SMPN 15 Kupang City. The sample of this study amounted to 73 students using a simple random sampling technique. Variables were analyzed using crosstab. The results showed that there is a relationship between peers, self-control, and parental control with smoking behaviour in students of SMPN 15 Kupang City. It is expected to increase anti-smoking socialization activities, implement democratic parenting and optimize peer groups at school.

Kata Kunci: *Peers, Self-Control, Parental Control, Smoking Behaviour*

Abstrak. Remaja merupakan masa peralihan yang dimana individu memasuki fase kehidupan manusia yang spesifik dan rumit. Pada masa peralihan, remaja biasanya akan berusaha mencari jati diri, mengambil keputusan sendiri dan berusaha agar dapat diterima sebagai orang dewasa di lingkungannya yang menjadikan banyak remaja melakukan perilaku negatif dan salah satunya ialah perilaku merokok. Penelitian ini bertujuan untuk mengetahui hubungan antara teman sebaya, kontrol diri, dan kontrol orang tua dengan perilaku merokok pada siswa SMPN 15 Kota Kupang. Jenis penelitian ini adalah penelitian kuantitatif dengan rancangan penelitian *Cross Sectional Study*. Sampel dalam penelitian ini berjumlah 73 orang menggunakan teknik *Simpel Random Sampling*. Variabel dianalisis menggunakan crosstab. Hasil penelitian menunjukkan bahwa ada hubungan antara teman sebaya, kontrol diri, dan kontrol orang tua dengan perilaku merokok pada siswa SMPN 15 Kota Kupang. Untuk itu diharapkan untuk dapat meningkatkan kegiatan sosialisasi anti rokok, menerapkan pola asuh demokratis dan mengoptimalkan *peer group* di sekolah.

Kata Kunci: *Teman Sebaya, Kontrol Diri, Kontrol Orang Tua, Perilaku Merokok*

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Introduction

Adolescents have an essential role in the future sustainability of a nation (Wirenviona and Riris, 2020). The adolescent development process is very vulnerable and risky. Smoking is one of the behaviours that threaten the future of a nation. Based on the WHO (World Health Organization) Report on Food Beverage Tobacco (2021) states that around 21 million adolescents aged 13-15 years will become smokers in 2020, with 15 million male adolescent smokers and 6 million female adolescent smokers. In Indonesia, the prevalence of adolescent smokers aged 13-15 years continues to increase every year. Based on data from the Central Statistics Agency (BPS), the prevalence of smokers aged 13-15 years was 1.44% in 2021 and increased to 1.45% in 2022 (BPS, 2022). In East Nusa Tenggara (NTT) Province, the percentage of smokers in the population aged ≥ 15 years in 2020 was 26.14% and increased in 2022 to 26.76% (BPS, 2022). The number of smokers in Kupang City, the provincial capital, also shows a relatively similar condition, increasing yearly. Based on BPS data, the percentage of the adolescent population in the past month who smoked in Kupang City in 2020 amounted to 15.3% and in 2021 amounted to 18.1%.

Damang, Syakur and Andriani (2019) and Pertiwi, Budiman and Nurjanah (2020) in their research stated that the factors associated with smoking behaviour in junior high school students include parental control, self-control, and peers. Adolescents often imitate what people in their environment do. Adolescents tend to be attracted to peer groups and have fickle behaviour (Poltekes Depkes, 2010). One of the common reasons why adolescents smoke is acceptance. When some of their peers start smoking, adolescents will tend to smoke to remain accepted in the group (Novitasari, 2009). Self-control is a process that makes individuals the primary agents in guiding, directing, and

regulating their behaviour, which can lead to positive consequences (Damang, Syakur, and Andriani, 2019). In general, self-control has a role in self-adjustment, so that when self-control is poor, it can make the behaviour that arises tend to lead to negative behaviour, one of which is easy to fall into smoking behaviour (Marsela and Supriatna, 2019). Families, especially parents, are agents of socialization and control of children's behaviour; it is from parents that children start the learning process (Susilaningsih, Brata and Siswanto, 2022). Parents who take good care of their children can increase self-esteem and a sense of security in children. Still, without good supervision and control from parents, children will fall into negative behaviour such as smoking behaviour (Septiana, Syahrul and Hermansyah, 2016).

SMPN 15 Kota Kupang is one of the public schools in Kota Kupang where some adolescent boys continue their education. From the results of pre-observation and initial interviews with the Guidance and Counselling (BK) teacher at SMPN 15 Kupang City, the author found several phenomena that were indicated to be similar to the character of the problem taken in this study and also SMPN 15 Kupang City met the characteristics specified in the problem boundaries in this study. This is supported by the student violation notebook made by the counselling teacher throughout the 2021/2022 school year. Sixteen students were caught smoking behaviour in the school environment. Thus, this study aims to determine the relationship between peers, self-control and parental parenting with smoking behaviour in students of SMPN 15 Kupang City.

Method

This research is quantitative research with a Cross-Sectional Study design. This research was conducted at SMPN 15 Kupang City. This study's population were all SMPN 15 Kupang City students, as many as 272 students. The sample size used in this study was 73 students. The sampling technique used a Simple Random Sampling technique with a proportional number of samples from each class: 7th grade, as many as 26 people; 8th grade, as many as 23 people; and 9th grade, as many as 24 people. Data

collection in this study used a questionnaire method adapted from the research of Damang, Syakur and Andriani (2019). Data analysis in this study was univariate analysis and bivariate analysis. Bivariate analysis using crosstab this analysis is done to see whether there is a relationship between peers, self-control and parental control with the smoking behaviour of SMPN 15 Kupang City students.

Result

Table 1.

Age Characteristics of Respondents

No	Age	Total	Percentage (%)
1.	11	4	5,5%
2.	12	19	26,0%
3.	13	26	35,6%
4.	14	20	27,4%
5.	15	4	5,5%
Total		73	100%

Table 1 shows that the highest number of respondents were in the age group of 13, namely 26 people (35.6%).

Table 2.

Respondent Class Characteristics

No	Class	Total	Percentage (%)
1	7	26	35,6%
2	8	23	31,5%
3	9	24	32,9%
Total		73	100%

Table 2 shows that the most significant number of respondents were in grade 7, namely 26 people (35.6%).

Table 3.

Univariate Analysis of Smoking Behaviour

Smoking Behaviour	Total	Percentage (%)
Yes	36	49,3%

No	37	50,7%
Total	73	100%

Table 3 shows that 36 (49.3%) respondents have smoking behaviour, and 37 respondents (50.7%) do not have smoking behaviour.

Table 4.

Univariate Analysis of Smoking Behaviour

Variables	Total	Percentage (%)
Peers		
Influential	34	46,6%
No Effect	39	53,4%
Self-Control		
High	55	75,3%
Low	18	24,7%
Parental Control		
Good	64	87,7%
Less Good	9	12,3%

Table 4 shows that peers influenced 34 respondents (46.6%), and 39 (53.4%) were not. Fifty-five respondents (75.3%) had high self-control, and 18 respondents (24.7%) had low self-control. Sixty-four respondents (87.7%) had reasonable parental control, and nine (12.3%) had poor parental control.

Table 5.

Cross Tabulation Between Peer Variables and Smoking Behaviour in Students of SMPN 15 Kupang City

Peers	Smoking Behaviour				Total	
	Yes		No		n	%
	N	%	n	%		
Influential	34/73	46,6%	0/73	0%	34	46,6%
No Effect	2/73	2,7%	37/73	50,7%	39	53,4%
Total	36	49,3%	37	50,7%	73	100%

Table 5 shows that 46.6% of students smoke and are influenced by peers, and 50.7% of students do not smoke and are not influenced by peers. Thus it can be seen that peers are related to the smoking behaviour of respondents.

Table 6.

Cross Tabulation Between Self-Control Variables with Smoking Behaviour in Students of SMPN 15 Kupang City

Self-Control	Smoking Behaviour				Total	
	Yes		No		n	%
	n	%	n	%		
High	19/73	26,0%	36/73	49,3%	55	75,3%
Low	17/73	23,3%	1/73	1,4%	18	24,7%
Total	36	49,3%	37	50,7%	73	100%

Table 6 shows that there are 49.3% of respondents do not smoke and have high self-control, and conversely, there are 23.3% of respondents who smoke and have low self-control. Thus it can be seen that self-control is related to respondents' smoking behaviour.

Table 7.

Cross Tabulation Between Parental Control Variables and Smoking Behaviour in Students of SMPN 15 Kupang City

Parental Control	Smoking Behaviour				Total	
	Yes		No		n	%
	n	%	n	%		
Good	27/73	37,0%	37/73	50,7%	64	87,7%
Less-good	9/73	12,3%	0/73	0%	9	12,3%
Total	36	49,3%	37	50,7%	73	100%

Table 7 shows that there are 50.7% of respondents who do not smoke and have reasonable parental control, and conversely, there are 12.3% of respondents who smoke and have poor parental control. Thus, it can be seen that parental control is related to respondents' smoking behaviour.

Discussion

The Relationship between Peers and Student Smoking Behaviour at SMPN 15 Kupang City

The results of this study indicate that there is a relationship between peers and smoking behaviour. This is evidenced by the study's results that 46.6% of students smoke and are influenced by peers, and 50.7% of students do not smoke and are not influenced by peers. Thus, it can be seen that almost half of the respondents smoke because peers influence them, while respondents who do not smoke are not influenced by peers at all.

In this study, most students fall into smoking behaviour because they want to be considered in their friendship environment. Students are willing to smoke to be accepted in their friendship environment and consider that cigarettes link to their friendship. Students are afraid to reject their friends' invitations to smoke because they will be considered unfaithful if they reject their friends' invitations to smoke. Similarly, Hurlock (2012) revealed that most adolescents want to be accepted in their peer environment but are often found with irresponsible behaviour, one of which is smoking behaviour.

Peers can provide positive value by providing information about comparing their identities (Damang, Syakur and Andriani, 2019). Adolescents in a suitable environment can increase their positive identity (Damang, Syakur and Andriani, 2019). This study's results align with research (Novariana, Rukmana and Supratman, 2022) on the relationship between peers and smoking behaviour in public junior high school students in Way Kanan Regency. Pertiwi, Budiman and Nurjanah (2020) also stated that various facts say that the more adolescents smoke, the more likely their peers are to become smokers and vice versa.

The Relationship between Self-Control and Student Smoking Behaviour at SMPN 15 Kupang City

The results of this study indicate that there is a relationship between self-control and smoking behaviour. This is evidenced by the results of the study that there are 49.3% of respondents do not smoke because they have high self-control, and conversely, there are 23.3% of respondents smoke because they have low self-control. Thus, it can be seen that almost half of the respondents do not smoke because they have high self-control, while there are still respondents who smoke who have low self-control.

In this study, some students who smoke are still unable to guide, organize, direct and release themselves from urges to smoke. Students still cannot resist the urge to smoke and cannot distract themselves from wanting to smoke with other positive activities. Students also still cannot refrain from joining their friends where their friends are smokers, so students find it difficult to control themselves. These two things cause students to find still it challenging to release themselves from the urges to smoke. As Ghufron and Risnawita (2010) stated, self-control is influenced by two factors: internal and external factors. Internal factors are related to themselves, such as age, gender and self-control. In contrast, external factors relate to the environment, whether in the family, peers or other places of social interaction.

Adolescents with high self-control are generally still able to control the urges within themselves so that they will be able to control their smoking behaviour to remain low or absent. In contrast, adolescents with low self-control are unable to control themselves from the urges to engage in smoking behaviour (Damang, Syakur and Andriani, 2019). The results of this study are in line with research by Setiawan, Setiawati and Lestari (2020), which shows that there is a negative relationship between self-control and smoking behaviour in high school students. Rukmy, Dwirahayu and Andayani (2018) also state that adolescents with high self-control are generally still able to control the urges that are within themselves so that they will be able to control their smoking behaviour to remain low or absent, while adolescents with low self-control are unable to control themselves from the urges to engage in smoking behaviour.

The Relationship between Parental Supervision and Student Smoking Behaviour at SMPN 15 Kupang City

The results of this study indicate that there is a relationship between parental control and smoking behaviour. This is evidenced from the results of the study that there are 50.7% of respondents who do not smoke and have reasonable parental control, and conversely, there are 12.3% of respondents who smoke and have poor parental control. Thus, it can be seen that half of all respondents do not engage in smoking behaviour because they have reasonable parental control. In contrast, respondents who smoke still have poor parental control.

In this study, some parents or guardians of students who smoke still do not supervise their children in social settings, so children more easily fall into smoking behaviour. According to Septiana, Syahrul and Hermansyah (2016), parental control is not only done by prohibiting children from leaving the house or hanging out with their friends. Still, it can be done by getting to know friends and children's daily activities.

Parents who give leniency and freedom to their children will likely influence the surrounding environment. One of the drivers of adolescent smoking behaviour is poor parenting (Damang, Syakur and Andriani, 2019). This study's results align with research by Septiana, Syahrul and Hermansyah (2016), which shows a relationship between parental control and smoking behaviour in junior high school students in Aceh Besar Regency. Raudatussalamah and Rahmawati (2020) also state that parenting patterns determine the characteristics of adolescents in behaviour such as smoking behaviour. The control and acceptance given by parents to adolescents at home dramatically influence the high and low levels of adolescent smoking behaviour (Raudatussalamah and Rahmawati, 2020).

Conclusion

The study found that peers are related to the respondents' smoking behaviour, which can be seen from the crosstab results that there are 46.6% of students who smoke

and are influenced by peers. Conversely, 50.7% of students do not smoke and are not influenced by peers. Self-control is related to the respondents' smoking behaviour, which can be seen from the crosstab results that 49,3% of respondents do not smoke and have high self-control and vice versa, there are 23.3% of respondents who smoke and have low self-control, and also parental control is related to respondents' smoking behaviour which can be seen from the results of the crosstab there are 50.7% of respondents who do not smoke and have reasonable parental control and vice versa there are 12.3% of respondents who smoke and have poor parental control.

Suggestion

It is suggested that schools should pay more attention to students' association and smoking behaviour by conducting various activities such as coaching or by forming discussion groups (peer groups) to discuss problems that occur among students under the guidance of the counselling guidance teacher. In addition, parents are also expected to apply democratic parenting to children.

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