

Smoking Behaviors of Junior High School Students

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Abstract: Smoking is a problem that cannot be resolved until now. Smoking can occur in various circles, especially among teenagers still in education. Data shows that the number of teenage smokers in Indonesia and Central Java under 15 years old has increased to 35.5% in 2019. This study uses a qualitative method that reveals the meaning behind the smoking phenomenon carried out by junior high school students, data collection techniques through interviews unstructured with an open-ended question type, the type of sample used is snowball sampling using Colaizzi's Method. The results of the study found that five themes were found that influenced the occurrence of smoking behavior in adolescents, namely: adolescent knowledge regarding the harmful substances contained in cigarettes, smoking behavior in adolescents which began at the age of children, factors influencing smoking decisions, ease of obtaining cigarettes, and the reasons it is hard to quit smoking. It can be concluded that various factors and efforts that can cause smoking behavior in adolescents are needed to prevent it from an early age.

Keywords: Behavior, Smoking, Student

INTRODUCTION

Smoking is a problem that has not been resolved until now, and smoking behavior can occur among junior high school (SMP) students. Data shows that the number of teenage smokers in Indonesia and Central Java who are under 15 years old has increased. In 2014, the percentage of teenagers who smoked was 33.9% and increased to 35.5% in 2019 (1). Based on research conducted in Depok, smoking behavior in junior high school students is very concerning; the study results show that 29.7% of students have started smoking at ages ≤ 13 years (2). Specifically, smoking behavior has started among junior high school students in Salatiga City. According to researchers' observations, many junior high school students in Salatiga City are increasingly daring to appear in public even though they are wearing school uniforms while smoking cigarettes. Observations have been made in the Jetis Market area, Sidorejo, Salatiga City, Central Java, where several junior high school students are lining up to buy cigarettes (3).

Middle school students are early adolescents who, during their development, are searching for their identity, so they are more likely to try new things. At that age, adolescents begin to understand themselves when they begin to have the ability to regulate and control their emotions. Adolescents who cannot control their emotions will experience drastic changes such as unstable emotions, lousy posture, and even deviant behavior patterns, including smoking behavior (4).

Smoking behavior is a behavior that can harm minors both from a physiological and psychological aspect. Smoking can also affect the intelligence level of a child (5). Cigarettes are addictive substances that have many negative impacts on health, especially on the health of every student still in education (6). Smoking can cause a buildup of various substances in cigarettes, such as nicotine which will affect physical stamina and indirectly also affect adolescents' learning motivation, grades, academic achievement, and graduation performance in adolescents who smoke.

When cigarettes are burned, cigarettes produce smoke, which contains harmful substances that can cause various dangerous diseases. Cigarettes contain addictive substances that can cause psychological

dependence. Cigarette smoke contains approximately 4000 chemicals, of which 200 are toxic, and 43 other types can cause cancer in the body (5). Based on previous research, the damage from smoking will accumulate little by little, and the effects will be felt in the next few years or decades (7).

Based on the data above, it can be concluded that smoking behavior in junior high school students is negative. Based on the background of the problems described, the question is: How is the smoking behavior of junior high school students in Salatiga City? The purpose of this study is to explore how smoking behavior can occur in junior high school students in Salatiga City.

METHODS

The type of research used by researchers is a type of qualitative research. This study aims to reveal the meaning behind the phenomenon of smoking by junior high school students. The research approach used is phenomenological.

This research was conducted at a junior high school in Salatiga City for one month, from March 2 to 31, 2023. The population in the study were all smoking students at Salatiga City Middle School. Meanwhile, the participants in this study were six students who were recruited using the snowballing technique. The instrument in conducting research is the researcher himself (8).

Data collection techniques in this study used in-depth and unstructured interviews with open-ended questions. The tools used during the research could be a mobile phone as a recording device during the interview and a means of documenting interview activities and writing instruments such as a pen or paper. The type of triangulation researchers use is source triangulation, namely by comparing or re-checking the degree of trust in information obtained from different sources (9). The triangulation technique is a data-checking technique used for checking or comparing data.

After the data is collected, then the data is analyzed using the Colaizzi technique in 4 stages as follows:

1. The first stage is: that the researcher collects data from interviews in primary and secondary data. Primary data is in the form of participant identity, transcribing the data by listening to the recordings repeatedly and then compiling the interview results verbatim.
2. The second stage is: reading the data transcript repeatedly so that the researcher can find the meaning of the significant data and provide an underline to the participant's essential statements.
3. The third stage is: determining the category. Categories are a complicated process, so researchers must be able to categorize existing data. Furthermore, the existing categories are grouped into sub-themes, so the sub-themes that appear are further grouped into potential themes.
4. The fourth stage is: writing a report. In writing reports, researchers must be able to correctly write down every phrase, word, and sentence as well as the meaning to describe the data and results of the analysis.

RESULTS AND DISCUSSION

The study results will describe the smoking behavior of junior high school students in Salatiga City. Ease of smoking and reasons it is difficult to quit smoking.

Adolescent knowledge regarding the harmful substances contained in cigarettes

Cigarettes are tobacco wrapped in paper and contain nicotine which can make a person addicted. The way to use cigarettes is by burning them, then producing smoke. Based on the research results, it can be

found that only 1 participant knows that smoking has a negative impact; the rest only describe smoking as just paper, emitting smoke (which is not necessarily harmful). The following interviews can prove it:

"panjang, lonjong gitu kak, trus ada tembakau" (long, oval like that sis, then there's tobacco - P1W2)

"e kayak tembakau dikasih kertas gitu juga" (e is like tobacco given paper like that too - P2W1)

"ee kayak, apa itu..tembakau yang punya kok yang punya...yang ada nikotinnya" (Um, like, what is it..the tobacco that has it, how come it has it...is there the nicotine - P3W1)

"rokok tu kertas yang dibakar, ada isinya, bisa keluarin asap" (cigarettes are paper that is burned, there is content, it can emit smoke - P4W1)

"tahu,itu aaa tembakau yang ada kertas e, iya, terus bisa dihisap" (You know, that's aaa tobacco with e paper, yes, you can smoke it - P5W1)

Based on the study results, the participants had low knowledge about smoking; only one participant could describe smoking specifically. Generally, the way to use a cigarette is to burn one end and then leave that end to smolder so that the smoke can be inhaled through the mouth at the other end. In cigarettes, many chemicals, such as nicotine, can cause addiction (10). The knowledge possessed by the participants is minimal, so the participants only know about the dangers of smoking in general but cannot understand smoking specifically (11). Participants lack of knowledge about smoking can affect smoking behavior towards participants.

Cigarette consumption can cause cancer, damage the lungs, and even cause death. This information is obtained from pictures of cigarette packs. However, this did not affect the participants. Based on the study results, it can be concluded that three participants knew the dangers of smoking for health but were not afraid of the consequences of smoking. The following interviews can prove it:

"ngerusak paru-paru" (damages the lungs - P1W2)

"biasa aja sih kak, karena udah bakal tahu bahayanya itu" (It's okay sis, because I will already know the danger - P4W1)

"karna gimana ya, udah tahu gitu, kalau di rokok kan ada rokok itu membunuhmu, trus ada orang yang paru-parunya keliatan gitu toh, iya kanker, ya kalau lihat biasa aja" (Because [I] already know that, if in a cigarette [says] it will kill you, then there are people whose lungs look like that anyway, yes it's cancer, right, it's normal to see that - P5W1)

Based on the results of research conducted by researchers, information about the negative impact that smokers will experience is usually obtained by participants through cigarette packs. This result follows the results of previous research that teenagers gain knowledge about the effects of smoking through every picture on a cigarette pack (11; 12). Participants in this study said that the impact of consuming cigarettes is that it damages the lungs, causes cancer, and can even cause death.

A previous study showed that as many as 84.4% of participants had good knowledge about smoking, and based on attitude measurements, participants agreed on the harm that smoking and other destructive factors related to smoking habits could cause (13). Smoking behavior in participants can increase the risk of skin health, such as in the eye and mouth area. Participants who consume cigarettes will also experience premature aging, or their skin will age prematurely. Another impact that smokers will experience at an early age is that participants are at risk of experiencing impotence which causes a reduction in sperm count in men and can reduce fertility rates in women (14). Even though the participants already knew the dangers

of smoking, the participants still consumed cigarettes. The results of other studies showed that even though the participants already knew the dangers of smoking, they trusted their friends more, who thought the dangers of cigarettes in cigarette packs were just a lie. Even some participants said that the dangers of smoking are never part of conversations with fellow smokers, so the dangers of smoking are not a concern for them (15). Participants are not afraid of the dangers of smoking, so it is crucial to provide participants with a deeper understanding of the impacts caused by smoking.

Smoking behavior in adolescents

Smoking behavior occurred in childhood (9 years) and some others during adolescence (12 years). Based on the study's results, smoking behavior in 5 participants had started when the participants were in elementary school, and only 1 participant started smoking when he was in junior high school. The following interviews can prove it:

"*pas kelas enam, berarti umur duabelas*" (fit sixth grade, means the age of twelve - P1W2)

"*Pertama kali nyoba sekitar kelas satu SMP nan, Iya, tigabelas tahun*" (The first time I tried it was around the first grade of junior high school, Yes, thirteen years old - P2W1)

"*SD, kayaknya kelas tiga, delapan, Sembilan*" (Elementary school, I think grades three, eight, nine - P3W1)

"*kalau usianya kayaknya SD kelas empat, sepuluh ar'*" (in elementary school, grade four or ten - P4W1)

"*pertama kali umur sepuluh*" (first time at ten - P5W1)

"*sepuluh tahun*" (ten years - P6W1)

Even though a decade earlier, research stated that only 21.3% of teenagers had started smoking in elementary school, other studies also stated that smoking behavior in adolescents had occurred since they were in the third grade of elementary school (16; 17). At present, the participants' smoking behavior had occurred before the participants were adults; the participants had smoked as children.

Smoking behavior in this study was carried out at locations that moved and did not stay. All participants said that the location for smoking could be in an *angkringan* (street food), shop, house, river, or field. The following interviews can prove it:

"*kalau nongkrong, kadang di angkringan, kadang nyari tempat-tempat gitu kak, kayak angkringan-angkringan dipinggir jalan gitu kak*" (When I hang out, sometimes I go to an angkringan, sometimes I look for places like that sis, it's like the angkringans on the side of the road like that sis - P1W2)

"*Ya nggak pasti, kadang ya ditempat yang ini, kadang ya ditempat yang itu, pindah-pindah biasanya*" (Yes, I'm not sure, sometimes it's in this place, sometimes it's in that place, I usually move around - P2W1)

"*ketemu ya kadang dirumahku, kalau nggak di rumahnya ini, kalau nggak langsung ketemu di tempat nongkrong di sawah*" (Meet me sometimes at my house, if not at this house, if not, meet immediately at the hangout in the rice fields - P3W1)

"*tergantung sih kak, kadang dirumah teman, kadang di alfa, di warung, dekat lapangan*" (It depends sis, sometimes it's at a friend's house, sometimes it's at the alpha, at the shop, near the field - P4W1)

"*paling di pop Ice gitu, trus kalau nggak di warung-warung gitu tapi sendiri*" (Mostly in Pop Ice like that, then if not in stalls like that but alone - P5W1)

"*kadang dirumah teman, kadang keluar, ke tempat kopi gitu*" (sometimes at a friend's house, sometimes going out, to a coffee place like that - P6W1)

In general, the places where participants usually smoke are angkringan, stalls, houses, fields, and rivers. The results of this study are the same as those of previous studies. The favorite places teenagers usually use to smoke are coffee shops, angkringan, PlayStation places, internet cafes, and workshops (18). Teenagers generally smoke when they gather in a place where friends are the same age as the participants who have smoking behavior (19). Thus, the place where participants hang out can move and not settle down, according to the agreement of teenagers and other friends.

The participants' friendship environment was more dominant with fellow smokers. Based on the study results, the 4 participants often interact with fellow smokers compared to non-smokers. The following interviews can prove it:

"yang merokok, karena apa ya, lebih akrab" (Those who smoke, because of what, are more familiar - P1W2)

"merokok kayak aku" (Smoke like me - P3W1)

"kalau teman-teman main gitu pasti ada" (If friends play like that, there must be - P5W1)

"iya merokok semua" (Yes, all smoking - P6W1)

Based on the study results, participants who smoke generally interact with people of the same age and have the same behavior because participants feel more comfortable and familiar. Each participant who has close friends who consume cigarettes will have a 5.28% greater risk of smoking compared to participants who do not have close friends who smoke. Usually, someone will smoke and continue to smoke if they have friends who smoke and often socialize with friends who smoke (20). Therefore, the social environment of each participant needs to be considered from an early age. Generally, a good environment will positively impact participants, and vice versa; a bad environment can harm participants.

The surrounding community's indifference to the participants' smoking behavior caused the participants to dare to smoke in public places. Based on the study results, one participant revealed why participants dared to smoke in public places, namely when participants wore casual clothes (not school uniforms). The following interviews can prove it:

"berani, ya kan nggak dimarahi gitu kak... Baju rumah gitu kak, kan habis pulang, mainnya kan malam" ((I am) brave, not scolded like that sis... Home clothes are like that sis, right after you go home, you're playing at night - P1W2)

Based on the study results, when participants smoked in public places, the participants were not scolded by the surrounding community because the participants appeared to be wearing free clothes. One of the factors causing participants to dare to smoke in public is the attitude of the surrounding community, which does not care about participants who smoke (19). Therefore, society has an essential role in preventing smoking behavior in participants.

The amount of cigarettes consumed by each participant may vary. Based on the research results, all participants can spend 2-7 cigarettes a day, but there is 1 participant who spends two packs of cigarettes a day when under pressure. The following interviews can prove it:

"paling satu, kalau nggak 2 batang" (at least one, if not two sticks - P1W2, P6W1)

"Nggak terlalu banyak sih, sekitar 5-7 batang," (Not too many, around 5-7 sticks - P2W1)

"kalau lagi nggak ada masalah keluarga, ya 3-5 batang, kalau ada masalah, kira-kira 2 bungkus" (If there are no family problems, then 3-5 sticks; if there are problems, about two packs - P3W1)

"kayak dulu biasanya sehari tu bisa 4 atau 5 batang, sekarang dikurangi jadi 2 batang" (Like before, it used to be 4 or 5 sticks a day, now it's reduced to 2 sticks - P5W1)

Based on the study's results, the average number of cigarettes consumed by participants ranged from 2-7 cigarettes per day. The level of cigarette consumption, amounting to 1-6 cigarettes per day, can be categorized as a light smoker (21). Participants are light smokers based on the number of cigarettes consumed daily. If smoking behavior is not treated early, it can increase the risk of nicotine addiction.

Based on the research results, changes in cigarette consumption can occur in participants; usually, participants only consume 5-7 cigarettes per day, but when they are in a bad emotional state, participants can spend two packs of cigarettes. Unstable emotional status can lead to increased cigarette consumption, and if it is not controlled properly, smoking behavior will be increasingly difficult to control.

Factors that play a role in the decision to smoke

Participant smoking decision-making can be caused by various factors, such as parents and friends who smoke. Based on the study results, it can be concluded that the participants learned about smoking through the behavior of their parents, who smoked. Only 1 participant got to know about smoking through a participant's friend. The following interviews can prove it:

"dimana ya.. Bapak ngerokok, dirumah" (Where is it... Father smokes, at home - P1W2)

"Dari ee bapak, karena sering dulu waktu kecil liat bapak kok merokok gitu, jadi agak kenal, lingkungan rumah ya gitu" (From ee father, because when I was little I saw my father smoking like that, so I kinda know him, the environment at home is like that - P2W1)

"dari ibuk sama bapak" (From mother and father - P3W1)

"dulu bapak ngerokok" (Father used to smoke - P4W1)

"keluarga, orang tua saya merokok" (Family, my parents smoke - P5W1)

"temen" (Friend - P6W1)

Based on the study results, participants generally knew about smoking through their parents and friends. There is a relationship between families who smoke with smoking behavior in participants. Participants with family members who smoke are 2.4 times more at risk for smoking behavior than those who do not. Families who smoke and support from the closest family are significant for a person, especially in acting and making decisions (22). The family has a critical role in shaping the attitude of the participants, and parents are role models who should set a good example for their children.

Deciding to smoke in participants can be caused by curiosity and problems. Based on the study results, it can be concluded that curiosity and problems are the leading causes of participants' smoking. The following interviews can prove this:

"ikut-ikut teman, ya kan semua pada merokok, kek nya enak, ikut nyoba" (I'm joining my friends, all of them are smoking, looks delicious, come try it - P1W2)

"karena tertekan" (because of pressure - P2W1)

"awalnya karena ada masalah rumah itu, ya istilahnya keluarga kayak hancur, apa gimana gimana, mulai mencoba" (Initially because there were problems with the house, yes, the term family seemed to be destroyed, what or what, started trying - P3W1)

"ya ada kak, tapi privasilah, tertekan" (yes there is sis, but privacy, pressure - P4W1)

"*ya pertama penasaran, trus ee karna ada...ada masalah gitu*" (Yes, first I was curious, then um, because there was... there was a problem like that - P5W1)

"*ya liat temen pada gitu, jadi pengen, ya ngajak aja, mau nyoba*" (Yeah, I saw a friend like that, I wanted to, so I asked, I wanted to try it - P6W1)

Based on the study results, participants smoked because they joined friends and felt curious about cigarettes. The leading cause of participants smoking was due to participants' curiosity about the behavior of friends who smoked. Then participants were invited to smoke so that eventually, the participants became interested and tried cigarettes too (19). High curiosity in participants is the first step that causes participants to consume cigarettes, accompanied by the invitation of friends who smoke, so smoking behavior in participants cannot be avoided.

Another factor that causes adolescents to smoke is caused by problems, as 36.1% of the causes of smoking behavior reported in a previous study (12). The status of adolescents with broken home conditions and families with parents who smoke can encourage participants to smoke (23). Every participant who has problems, if not handled properly, can cause participants to do things that can harm participants.

In contrast to the statements of other participants, one participant received support from his parents to consume cigarettes. Based on the results of the study, it can be concluded that the parents of the participants allowed the participants to consume electric cigarettes. The following interviews can prove it:

"*pertama kali itu nyoba vape, nah pas sama mama vape itu boleh, tapi rokok nggak, kalau sama mama, dulu jadi tu, nyoba rokok gitu loh*" (The first time I tried vape, now it's okay to vape with my mom, but I can't smoke, if it's with mom, it used to be like that, try smoking like that, you know? - P5W1)

Based on the study results, participants received support from their parents to smoke by consuming electric cigarettes (vape). The type of liquid in an electric cigarette is composed of various chemical substances such as nicotine, flavoring agents, and other additives. Electric cigarettes are dangerous because their vapor is composed of tiny particles that can enter into nerve function, harming health (24). Other research states that electric cigarettes have a distinctive odor that is not as annoying as tobacco cigarettes, so people feel that the use of electric cigarettes is much safer than tobacco cigarettes because the combustion process occurs inside the device (25). Thus, people assume electric cigarettes are less dangerous than tobacco cigarettes.

The results of this study are inversely proportional to previous research. If parents apply strict rules and supervise and become parents who are attentive and affectionate towards their children, preventing smoking behavior will also be very easy for the child to comply with (26). Parents, as the closest people to the participants, must be firm with the participants' smoking behavior and not support the participants in consuming cigarettes.

Smoking behavior is very synonymous with men. Based on the study results, one participant said that when a man has a problem, smoking is the way to deal with the problem. The following interviews can prove it:

"*pokoknya rokok, kalau mau, kalau cowok itu banyak, kalau ada masalah itu mesti merokok*". (basically, cigarettes, if you want, there are lots of men, if you have a problem, you have to smoke - P6W1)

Smoking activities among adolescents have become commonplace and have occurred for a long time and have even become a culture so that society understands that every man must smoke. When he does not smoke, he cannot be called a man (27). The emergence of such a concept causes participants to understand that smoking is an alternative to solving existing problems. A sense of calm is what participants feel when smoking. Two participants could explain what they felt when smoking based on the study results. The following interviews can prove it:

"kayak iya lebih rileks" (feels more relaxed - P2W1)

"refreshing" (P3W1)

When the participants smoked, they felt that their moods became calmer than those who did not. Other studies have also revealed that smoking is pleasurable behavior because cigarettes contain nicotine which is addictive and acts as an antidepressant (27). Consuming cigarettes when adolescents are under stress is an effort to overcome problems or as an alternative to reduce excessive anxiety that is being experienced by adolescents (16). The feeling of calm, relaxed, and comfortable felt by the participants is one of the reasons teenagers continue to consume cigarettes.

Ease of obtaining cigarettes

Cigarettes are objects that can be obtained very quickly. Based on the research results, all participants agreed that cigarettes could be purchased easily in stalls and minimarkets. Apart from buying it, participants can get cigarettes by giving them to their friends. The following interviews can prove it:

"ada, kadang ecer, ya diwarung-warung gitu kak" (Yes, sometimes it's retail, right in the stalls like that sis - P1W2)

"di warung-warung, dikasih aja" (at the stalls, just give it - P2W1)

"kalau ngerokok ditawarkan, kalau nggak merokok nggak ditawarkan, beli di warung" (If you smoke, you are offered, if you don't smoke, you are not offered, buy at a shop - P3W1)

"di warung-warung, kadang ditawarkan, kadang nawarin" (in the stalls, sometimes they offer it, sometimes I offer [to them]- P4W1)

"di.. Bisa beli di warung, bisa beli di indomaret, alfamart" (at.. You can buy it at the shop, you can buy it at Indomaret, Alfamart - P5W1)

"di warung, nggak nanya, dikasih aja" (at the shop, [they] don't ask, just give it - P6W1)

Cigarettes have become a legal product circulating in all regions of Indonesia, making cigarettes so easy to find in various places of sale, such as roadside stalls and supermarkets (28). There are no strict regulations for buying cigarettes in stalls or coffee shops that sell cigarettes (19). Thus, cigarettes can be obtained easily by all ages.

Reasons it is hard to quit smoking

Various factors cause participants to continue to consume cigarettes, such as participants already feeling addicted and participants feeling annoyed or stressed when they do not consume cigarettes. The following interviews can prove it:

"iya, kecanduan" (yes, addicted - P1W2)

"kayak ada yang kurang, kayak di mulut itu kayak hambar" (Like something is missing, like it's tasteless in the mouth - P2W1)

"ada yang kurang, kayak ngopi kok ngk ada rokoknya, ada yang kurang, kalau pas berhenti tu, kok rasanya mulut kayak sepet-sepet gitu, terus beli rokok" (something is missing, like coffee, how come there's no cigarettes, something is lacking, if right when you stop, your mouth feels like a gash, so, keep buying cigarettes - P3W1)

"ya nggak apa-apa sih kak, tapi ya stres gitu" (Yeah, it's okay sis, but it's stressful like tha - P4W1)

"ya kayak ada yang kurang gitu loh, kalau nggak ngerokok dua hari itu gimana gitu, aneh, iya, mangkanya itu yang.. berhentinya juga susah gitu" (Yeah, it's like something's lacking, you know, if you don't smoke for two days, how about that? It's strange, yes, that's why... it's also hard to stop like that - P5W1)

Smoking behavior experienced by participants can be caused by addiction; this is in line with other research, which says that teenagers find it difficult to quit smoking because teenagers are too addicted (29). As for what the participants felt when they did not consume cigarettes, their mouths felt bitter and tasteless, and something was missing. Other studies have revealed that smoking has become a daily habit for adolescents, such as: when finished eating, the next thing to do is consume cigarettes; if teenagers do not smoke, their mouths will taste sour. The bland, sour, tasteless feelings experienced by participants when they did not consume cigarettes were the reasons for participants to continue to consume cigarettes (29). Therefore, each participant must realize that cigarette consumption can give a sense of dependence so that when the participant does not smoke, the mouth will experience an unpleasant sensation.

Based on the study results, participants will feel stressed or depressed if participants do not smoke. Smoking behavior in adolescents can occur due to unstable emotional status, such as feeling stressed with the surrounding environment (30). The pressure experienced caused the participant's emotions to become uncontrollable, so the fast way to vent all feelings was by consuming cigarettes.

Addiction to cigarettes makes it difficult for participants to quit smoking. Consumption of full-cream milk can help reduce cigarette consumption in adolescents. Full cream milk contains chemical reactions, and the tongue contains complex bonds, and if a touch occurs, it will affect the mouth area and cause a bitter and unpleasant taste when smoking (31). Thus, one alternative that can be used to reduce cigarette addiction is to replace cigarettes by consuming full-cream milk.

CONCLUSION

After researching smoking behavior in junior high school students in Salatiga City, it can be concluded that smoking behavior in adolescents has been carried out since the child was nine years old. Based on the average number of cigarettes, 2-7 per day, the teenagers in this study were categorized as light smokers. However, if it is not stopped immediately, it will cause addiction, negatively impacting adolescents' future. Therefore, the supporting factors of smoking behavior are also explored in this study. The things that support a teenager starting smoking are the normalization of smoking in the environment around the teenager so that even the known adverse effects of smoking are considered not to make teenagers not try cigarettes, there are still parents who allow teenagers to consume vape cigarettes, and lack of attention society with smoking behavior that occurs in adolescents causes adolescents to dare to smoke in public places. When adolescents do not consume cigarettes, adolescents will feel stressed and annoyed, so this causes adolescents to continue consuming cigarettes.

Handling smoking behavior that has occurred in adolescents requires the involvement of various parties, such as parents and the school. Adolescent parents can provide understanding and understanding

about the dangers of smoking and should not smoke in front of children so that children avoid smoking behavior. The school also needs to carry out in-depth socialization on smoking so that teenagers can understand the effects of smoking and not underestimate the dangers of smoking. Teenagers also need to increase their understanding of the dangers of smoking and read more books or literature that broaden their horizons.

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