

ISLAMIC COUNSELING GUIDANCE STRATEGIES IN OVERCOMING SMOKING BEHAVIOR IN JUNIOR HIGH SCHOOL STUDENTS

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Abstract

Smoking behavior is a reprehensible behavior that impacts physical, mental, and spiritual health, the increasing number of smokers at an early age, especially early adolescence, namely junior high school students, is a concern for the education of the younger generation. This study aims to analyze smoking behavior in junior high school students and examine the appropriate Islamic guidance and counseling strategies in addressing student smoking behavior in schools. This study uses a qualitative method with a case study approach, involving junior high school students who have smoking behavior, guidance and counseling teachers and parents. Data were collected through in-depth interviews, observations, and documentation studies. The results of the study identified two main problem formulations: first, the phenomenon of smoking behavior in junior high school students in Yogyakarta. The percentage of students who smoke is concerning, the beginning of smoking at a very young age, the influence of parents and peers on smoking behavior that is associated with modeling theory and self-efficacy theory. Second, it explains the strategies of Islamic guidance and counseling teachers in dealing with student smoking behavior which include three main approaches: supervision through routine raids 20%, discussion group counseling 35%, and educational and spiritual discipline development 45%. Educational and spiritual discipline development, instilling the values of the Quran and Hadith, is considered the most effective way to foster long-term self-awareness. These strategies are considered to have an impact on preventing and addressing smoking behavior in adolescents.

Keywords: Islamic Counseling Guidance, Smoking Behavior, Teenagers, Schools, Discipline Supervision.

Abstrak

Perilaku merokok merupakan perilaku tercela yang berdampak pada kesehatan fisik, mental, dan spiritual, meningkatnya jumlah perokok pada usia dini khususnya usia awal remaja yaitu siswa Sekolah menengah pertama (SMP) menjadi kekhawatiran terhadap Pendidikan generasi muda. Penelitian ini bertujuan untuk menganalisis perilaku merokok pada siswa SMP serta mengkaji strategi bimbingan konseling Islam yang tepat dalam mengatasi perilaku merokok siswa di sekolah. Penelitian ini menggunakan metode kualitatif dengan pendekatan studi kasus, melibatkan siswa SMP yang memiliki perilaku merokok, Guru

bimbingan konseling dan orang tua. Data dikumpulkan melalui wawancara mendalam, observasi, dan studi dokumentasi. Hasil penelitian mengidentifikasi dua rumusan masalah utama: pertama, fenomena perilaku merokok pada siswa SMP di Yogyakarta. Presentase jumlah siswa merokok yang memprnhatinkan, Permulaan merokok di usia sangat muda, adanya faktor pengaruh orang tua dan teman sebaya terhadap perilaku merokok yang dikaitkan dengan teori modeling dan teori efikasi diri. Kedua menjelaskan strategi guru bimbingan konseling islam menangani perilaku merokok siswa yang meliputi tiga pendekatan utama : pengawasan melalui razia rutin 20%, konseling kelompok diskusi 35%, dan pembinaan kedisiplinan yang bersifat edukatif dan spiritual 45%. Pembinaan kedisiplinan yang bersifat edukatif dan spiritual, dengan penanaman nilai-nilai Al-Qur'an dan Hadis, dianggap paling efektif dalam membentuk kesadaran diri jangka panjang. Strategi-strategi yang dilakukan dinilai dapat berpengaruh terhadap upaya pencegahan dan penanganan perilaku merokok pada remaja.

Kata Kunci: *Bimbingan Konseling Islam, Perilaku Merokok, Remaja, Sekolah, pengawasan kedisiplinan.*

INTRODUCTION

Indonesia's young generation, especially junior high school (SMP) students, are the nation's assets that must grow and develop in a healthy, productive, and free environment from threats that damage their future. However, in the field, it shows a contrasting picture, where smoking behavior has penetrated to a lower level of education so that it becomes a serious threat to the health and development of adolescents in Indonesia. Data from the Global Youth Tobacco Survey (GYTS) in 2019 shows an increase in the prevalence of smokers among schoolchildren aged 13-15 years from 18.3% in 2016 to 19.2% in 2019. In fact, the Indonesian Child Protection Commission (KPAI) of Jakarta City said that the number of novice smokers has increased by 45%, indicating a failure to protect children from exposure to cigarettes from an early age. To overcome this problem, the role of education, the government, and the surrounding environment support is needed in implementing efforts to reduce smoking behavior in adolescents, such as efforts to increase supervision, which is expected to reduce the circulation of illegal cigarettes so as to have a positive impact on public health and state income (Akbar et al. 2024).

One of the educational efforts in overcoming smoking behavior is to provide counseling guidance to students who are indicated to have smoking behavior, Counseling guidance, according to Garry R. Walz and Jeanne C. Bleuer, is a systematic support process that provides emotional support, information, and guidance to individuals or groups to build self-understanding, improve interpersonal skills, and overcome problems (2024). Meanwhile, Islamic Counseling according to Ridwani (2025) is a guidance service based on Islamic values. In shaping the younger generation, mentoring through guidance and counseling services is important to support the development process of students. Counseling guidance in schools can be carried out in several forms, namely placement and follow-up, individual guidance and counseling, and group guidance and counseling (Langkat 2025). It is known

that school programs in the form of counseling are considered to play a role in overcoming and even preventing the occurrence of various adolescent problems (Ramadhan and Bahiroh 2021).

Strategies for dealing with students' smoking behavior have been widely carried out, according to Amiruddin, Hasnawati, and Haliza (2023). Religious approaches, especially in the context of Islamic religious education, have proven to be effective in reducing smoking behavior among students. According to Afifa and Abdurrahman (2021), Islamic counseling guidance in accordance with the use of adjectives, shows the foundation and direction of the intended assistance, namely Islam which includes its conception of human beings (and about various other things), its teachings, and its regulations. The role of Islamic counseling guidance is to help individuals understand that smoking behavior is not only harmful to the body, but also contrary to Islamic teachings that teach His people to best maintain Allah's mandate (Alfaiza et al. 2025).

Discussions about smoking behavior have been discussed in many journals, such as according to Gerry Oxa et al. (2022) saying that the youngest age range of respondents to start smoking is 5-10 years old with a percentage (10%). This statement is reinforced by the 2023 SKI Data showing that 7.4% of the 70 million active smokers in Indonesia are children and adolescents aged 10-18 years (Langkat 2025). This age is an age that is included in the category of children up to early adolescence, so it is necessary to carry out prevention in the form of counseling or educational classes that discuss cigarettes. According to Lasari et al. (2024), early education related to the dangers of cigarettes can help prevent smoking behavior as an adult, so Lasari intervenes in anti-smoking educational media by conducting educational games and using cigarette danger poster media that is designed to be exciting and in accordance with the age of the respondents. Education for junior high school teenagers should begin with home education, where parents are responsible for setting an example of good behavior towards their children. Julianto (2025) said that the active role of parents is the main key in maintaining the optimal health of their children, providing long-term protection, and supporting the creation of a healthier generation that is free from the risks posed by smoking behavior.

This research aims to explore in depth the Islamic counseling guidance strategy applied at Muhammadiyah Kasihan Junior High School Bantul in overcoming smoking behavior in students. We want to understand how Islamic teachings and values are integrated in efforts to prevent and handle this problem. To achieve this goal, we will interview counseling tutors and some students. To the BK teachers, we will ask, "What is the strategy of Islamic counseling guidance teachers in this anti-smoking program in this school?" and "What are the biggest challenges that you face in this effort?" Meanwhile, to students, we will ask, "What motivates you to smoke or quit smoking?" and "How does the guidance from a BK teacher or religious teachings affect your view of smoking?" The answers to this question are

expected to provide a comprehensive overview of the effectiveness and implementation of Islamic counseling guidance strategies in the school environment.

METHOD

This research uses qualitative research with a case study method, according to Arikunto (2002) reveals that case study research is research that is carried out intensively, in detail, and in depth on a certain organization, institution or phenomenon (Andry 2020). So that it is assessed in accordance with the findings of the student's smoking behavior cases. It was chosen because it allows for an in-depth and holistic exploration of the phenomenon of smoking behavior as well as the effectiveness of Islamic counseling guidance strategies in the specific context of the school. This research was conducted in a junior high school in Yogyakarta, involving informants, namely counseling guidance teachers and five 8th and 9th-grade students who were purposively selected to get diverse perspectives. The five students are known to be indicated to smoke. Data collection will be carried out through in-depth interviews with informants, participatory observation of the interaction of counseling guidance and the school environment, as well as the study of documents such as program plans and student case records. The collected data will then be analyzed using qualitative thematic or descriptive analysis to identify patterns, themes, and conclusions related to the implementation and impact of Islamic counseling guidance strategies in overcoming students' smoking behavior.

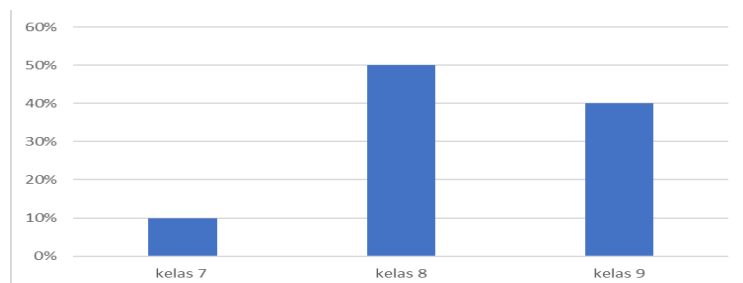
RESULTS AND DISCUSSION

The phenomenon of smoking behavior in junior high school students in Yogyakarta

The Percentage of Students Smoking Shows Alarming Numbers

Based on the results of this study, the percentage of students smoking in junior high schools shows an alarming number, highlighting the urgency of more serious interventions. These findings indicate that smoking is no longer a problem that only occurs at the high school or young adult level, but has penetrated to lower levels of education. This statement is reinforced by direct findings in the field, where BK teachers mentioned, "I found many male students who smoke," based on data taken from observations and interviews with BK teachers. Table 1 below shows the percentage of students who smoke in each class.

Table 1. Percentage of students smoking



From table 1 above, it shows a percentage of 10% of 7th grade students, 50% of 8th grade students, and 40% of 9th grade students who are indicated to smoke. The majority are dominated by 8th and 9th grade students where they feel that they already have the courage to violate school rules. As in the research of Umari et al. (2020) regarding the number of smokers in students of SMK Negeri Tanjungsari South Lampung, it is known that out of 78 respondents, 54 respondents (69.2%) have smoking behavior, and 24 respondents (30.8%) do not smoke. Also according to the results of a survey conducted by Utari, Kusumawati, and Husodo (2020) Prabandari in 2005 at a Junior High School in Yogyakarta, it shows that out of 1129 male students, 75% of them have smoked and often smoked. The figure of 75% is a high number so it can be concluded that the percentage shows not only in one or two schools, but there are many schools with a high percentage of the number of students who exhibit smoking behavior.

In Indonesia, there are cases of smoking at an early age, even in the findings of Rezeki (2021) Many cases befall toddlers who are addicted to cigarettes, one of the things that really shocks the world is that toddlers aged 2 years and 3 months from South Sumatra consume 40 cigarettes per day, From the percentage of smokers among students, this is certainly a concern for the government because the young generation who are addicted to cigarettes is the condition of the his health must have declined (Satriawan 2022).

Analysis of the Age of First Time Smoking and the Number of Cigarette Consumption per Day

Table 2 explains the age of starting smoking and the amount of cigarette consumption per day of students

Table 2. Qualification of age to start smoking and amount of daily consumption

Respond	Age of starting smoking	Number of cigarettes per day	Information
Student A	7 years (Grade 2 Elementary)	10-11 stems	Category: Medium
Student B	7 years (Grade 2 Elementary)	5-6 stems	Category: Light
Student C	11 years old (Grade 5 Elementary)	10 stems + Vape	Category: Medium / Double Smoker
Student D	12 years old (Grade 6 Elementary)	5-6 stems	Category: Light
Student E	13 years old (Grade 1 Junior High School)	1 box (12-16 stems)	Category: Medium

It is known that there are 5 samples of students who smoke, they are 8th and 9th grade students who have been interviewed, Two of the five students (Student A and Student B)

have started the habit of smoking at a very young age, namely 7 years old (Grade 2 of Elementary School). It indicates the onset of extreme smoking in pre-adolescence. The very early age of starting smoking in Student A and Student B (7 years old) is a big alarm. At that age, children should focus on cognitive growth and development, rather than exposure to addictive substances. Mohammad Gerry (2022) Based on research that has been conducted, smoking behavior in minors starts from the vulnerable age of 5-10 years. However, some students also start smoking when they are 13-15 years old and they start to enter adolescence. In Indonesia, 9.15% of tobacco consumers are adolescents aged 10-18 years, where the age of 13-15 years is the most common period found by adolescents who try cigarettes for the first time According to Putri (2025) The results of the study through a questionnaire given to 30 respondents from the Pakel Village community. show that at the age of <15 years the respondents have started smoking with a percentage of 86.7%, This number is no longer a small number. In Indonesia there are cases of smoking at an early age, even in the findings of Rezeki (2021) There are many cases that befall toddlers who are addicted to cigarettes, one of the things that really shocks the world is that toddlers aged 2 years and 3 months from South Sumatra consume 40 cigarettes per day, The onset of smoking at elementary school age shows a failure in protecting children from exposure to cigarettes, both from the family environment, social, and the potential influence of the sale of cigarette bars that are easily accessible to children (Iriyanti and Mandagi 2022).

The amount of daily cigarette consumption that varies from 5-6 cigarettes to 1 pack per day shows that these students are not just "trying" cigarettes, but are already in the category of active smokers. Consuming 5-6 sticks per day is enough to cause dependency and negative impact on health, let alone 10 or more sticks. Smoking behavior in respondents can be divided into 3 degrees, namely light smokers, moderate smokers and heavy smokers. Smokers have a category, light category with cigarette consumption of 1-10 cigarettes/day, medium category with cigarette consumption of 11-20 cigarettes/day, and heavy category with cigarette consumption exceeding 20 cigarettes per day. According to Farrasti, Oktiani, and Utami (2022), active smokers consume more cigarettes at the size of moderate smokers, which is 11-20 cigarettes per day. Cigarette consumption at a young age increases the risk of faster organ damage and stronger nicotine dependence, making it difficult to quit later in life.

The case of Student C, who is a double smoker (conventional cigarettes and vapes), shows the existence of a new phenomenon that exacerbates the problem. Vaping is often considered a more "safe" alternative or even a tool to quit smoking, but in reality it often becomes a gateway to double nicotine consumption or even triggers the use of conventional cigarettes. According to E-cigarette use, it can also lead to dependence and a variety of risky behaviors, including the use of drugs and tobacco products. E-cigarette use is associated with an increased risk of high blood pressure and brain growth disorders in adolescents (Junaidi and Said 2024).

Identify smoking places and times and non-smoking areas

Field findings also show that there are significant gaps in school supervision and student ethical awareness. The students were found to be taking advantage of the Zuhur prayer break as an opportunity to smoke. They went out of the school area with the aim of performing prayers at a mosque not far from the school location, but instead used the opportunity to smoke around the school and mosque. This is an important concern for educators, because the school environment should be a safe friend to learn for students, according to Sutha et al. (2024) schools can be a model environment that supports the growth and development of children without distractions from the dangers of smoking. Where schools have a responsibility to protect the younger generation from unnecessary health risks and create a brighter future.

In several previous studies, there have been several studies that explain how to implement the smoke-free zone program. By giving rules on which limits students are encouraged to follow the rules of discipline. According to Trisnowati and Marlinawati (2020), it is known that the output indicators obtained (90.1%) are that schools in Yogyakarta City are smoke-free. However, it was found that school residents smoked in the school environment with a percentage (17.9%). The city of Yogyakarta has made substantial progress in realizing smoke-free schools, but further efforts are needed to address the smoking behavior that still occurs in the school environment so that smoke-free status is truly realized thoroughly and effectively. This may require strengthening supervision, ongoing education, or stricter sanctions.

Unraveling Personal and Environmental Reasons in Smoking Habits

The reason for smoking in adolescence is based on several factors, there are 2 main factors, namely internal and external factors, One of the internal factors that can motivate and make adolescents choose the desire to smoke is the personality factor. The desire to try that comes from curiosity is an internal factor experienced by some adolescents, while external factors that can motivate and make adolescents choose to smoke are the influence of parents, the influence of friends and the surrounding environment. According to Elon and Malinti (2019), there are 2 main discussions, namely on external factors, namely

Parents' Influence on Students' Smoking Behavior

Of the 5 students, all have a background of smoking parents, both father and grandfather who live under one roof. It has become a habit to see parents smoking so that their view of cigarettes is not something negative but daily activities carried out by their families. Theoretically, the direct and indirect interactions that occur between parents and children include interactions that are carried out by parents or adults in their social environment. Parents or adults who practice the habit of smoking in front of children, symbolically show open smoking behavior (Siburian and Siahaan 2022). So that children tend to imitate, Parents

are the first and most influential role models in a child's life. When children see their parents smoking, they indirectly exemplify it and children will tend to imitate easily.

Psychologically, discussions related to character imitating and making people around him as an example are called modeling theory, modeling theory. In Albert Bandura's concept, modeling is better known as modelling. Modelling is a learning method that emphasizes the process of imitation carried out by observers of various models they see. (Firmansyah and Akbar 2023) In Albert Bandura's Modeling Theory, the process of learning behavior, including smoking in students, through observation is divided into four interrelated stages:

First, Attention: The first stage is when students actively pay attention to the smoking behavior carried out by others around them. Students will tend to be more models that they find attractive, relevant, or of high social status. Second, Retention: After paying attention, students then store information about this observed smoking behavior in their memory, such as how to hold a cigarette, facial expressions when someone inhales a cigarette and when and where the behavior occurs. Third Motor Reproduction: At this stage, students try to imitate or replicate the smoking behaviors they have observed and keep in memory. This can start with the first attempt at smoking a cigarette, mimicking the model's gestures or smoking style, although it may feel awkward or uncomfortable at first. Fourth Motivation: The last stage is motivation, which determines whether students will continue to do and repeat the smoking behaviors they have imitated. This motivation is often driven by reinforcement, either directly or indirectly.

Smoking behavior will be stronger and tend to be repeated. This shows that the environment and social interactions play a crucial role in the formation of smoking habits among students.

Peer influence on students' smoking behavior

Of the 5 students, 2 students had a reason to smoke due to the influence of peer invitations, peer influence was the most reason teenagers tried and started smoking, as a study conducted (Novariana, Rukmana, and Supratman 2022) found that respondents who were influenced by peers were 6.4 times more at risk of smoking compared to respondents who were not influenced by peers. According to Hurlock's (2012) theory, if adolescents want to identify with peer groups and no longer want to be considered children but rather almost adults, they feel the need to conform to peer group standards more than the standards of adults or institutional leaders. The age factor in peer interaction makes adolescents easily influenced by groups because at adolescence, this is a period of self-proving to others, so adolescents will do anything to be recognized by their peers, even though what they are doing is actually wrong. (Pratama, Triana, and Martini 2021)

According to social cognitive theory, the discussion of peer influence is related to the Theory of Self-Efficacy developed by psychologist Albert Bandura. In simple terms, self-efficacy is a person's belief in his ability to successfully perform an action or manage a certain situation

to achieve the desired result. In a study according to Ponimin and Simak (2023) Low Self-Efficacy to Refuse Cigarettes: Adolescents with low self-efficacy in rejecting smoking offers from friends tend to be more easily persuaded. They may feel like they don't have the ability to say "no" or are afraid of being seen as unstable with their group. High Self-Efficacy for Smoking: Ironically, some teens may have high self-efficacy when it comes to smoking, feel able to smoke cigarettes without coughing, or be able to smoke without their parents knowing, which actually reinforces these behaviors.

Pocket Money for Smoking Smoke with Parental Funds

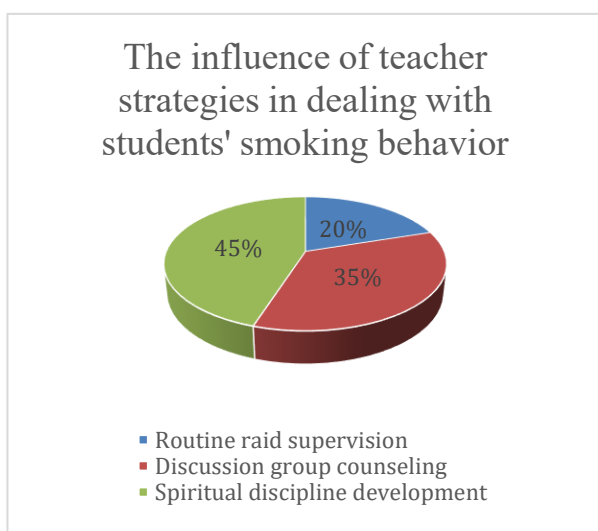
Significant findings showed that five students smoked by setting aside allowances given to them by their parents. This phenomenon shows that students use financial strategies to support their smoking habits, and also shows that there is not enough oversight over how pocket money is allocated in families. This suggests that financial resources, although limited, are one of the reasons teenagers may smoke. Of the five students interviewed, there was 1 student who used cigarettes with a vape device in daily use. However, the other 4 students bought the cheapest cigarettes, namely white cigarettes so that the price of cigarettes was worth the pocket money set aside, the price of cigarettes that tended to be affordable in the market and easy access to buying and selling cigarettes was also an opportunity to ease smoking behavior in students. According to the phenomenon in the field, researchers found that most of the respondents received an allowance of Rp 10,000 >,-. This strongly supports adolescents to buy cigarettes even though they only buy a few cigarettes per day (Ahissul, Syaipitri, and Utama 2021).

In the study, according to Fadhila, Widati, and Fatah (2021), the influence of advertising from the cigarette industry makes teenagers pay more attention to the content of cigarette advertising messages that can influence teenagers to buy the cigarettes in question. So that teenagers feel that cigarette advertising has a role in influencing their behavior to smoke or try cigarettes. The cigarette industry also packages cigarettes into more modern smoking devices such as making vapes that attract teenagers. Discussions related to vaping are relevant to the research (Maulana et al. 2025) Based on the results of simple linear regression analysis, a determination coefficient value (R^2) of 0.65 was obtained. This shows that the interest of Generation Z consumers influenced by the promotion of e-cigarettes reached 65%. This study makes it clear that advertising marketing has an effect on interest in smoking behavior in students at the adolescent age.

Islamic counseling guidance strategies carried out by teachers to overcome students' smoking behavior

Counseling Guidance Teachers (BK) play an important role in overcoming the problem of smoking behavior in students. They apply a comprehensive range of strategies that are not only based on conventional approaches, but also integrate spiritual values to form a better

student character. Based on observations, there are at least three main strategies implemented in schools, namely supervision through the control of checking students' luggage (routine raids), the application of Islamic counseling guidance with group discussions, and the development of discipline that is educational and spiritual. These three strategies are considered effective in influencing students' smoking behavior and potentially significantly reducing their interest in cigarettes. Research and experience in the field show that there is a comparison of effectiveness between these three strategies. The comparison, which produces an overview of the percentage of influence, in the graph image:



Supervision by controlling the inspection of students' luggage (routine raids)

In the graph, Surveillance (Routine Raids) has an influence weight of 20%. This suggests that although routine raids are a necessary and frequently implemented step, their effectiveness in fundamentally changing students' smoking behavior tends to be the lowest compared to other strategies. Although the strategy has the lowest percentage, Supervision through the control of checking students' luggage, or commonly known as routine raids, is a proactive and direct prevention strategy in maintaining discipline and security in the school environment. The main goal is to ensure that students do not bring or store prohibited items, such as cigarettes, vapes, sharp weapons, drugs, or unauthorized electronic devices, into the school premises. This activity is carried out routinely once every 1 month. The implementation of routine raids usually involves counseling guidance teachers (BK), picket teachers, student staff, or even involves cooperation with the police if necessary. Checks can be conducted randomly at school gates, inside classrooms, in student lockers, or in areas where students often hide prohibited items.

Based on the results of observations and interviews conducted by researchers, it was found that some students brought prohibited goods such as vape cigarettes and others, from these discoveries the names of students were recorded and given follow-up guidance by the

counseling guidance teacher, related to prohibited items in the form of cigarettes would be immediately burned and vape smoking devices would be confiscated by the teacher and returned when the student had graduated from the junior high school. This strategy works by creating a deterrent effect and enforcing the rules consistently. When students know that checks can happen at any time, they will be more likely to think twice before bringing in prohibited items. Routine raids also serve as a form of physical surveillance that allows the school to identify students who violate the rules and provide necessary interventions. According to Prihatiningsih et al. (2020), anti-smoking raids in schools must be encouraged. Because the raid is one of the concrete efforts made by the school to deal with the problem of cigarettes among students.

Application of Islamic Counseling guidance with group discussions

In the graph, Discussion Group Counseling has an influence weight of 35%. This figure shows that this strategy is very effective and plays an important role in efforts to overcome smoking behavior in students, occupying the second position after discipline coaching. To prevent and deal with smoking behavior, the role of counseling guidance teachers is needed. Counseling guidance teachers often conduct group discussions with several students who are caught smoking around the school. Group counseling can be interpreted as an effort to assist individuals who experience personal problems through group activities to achieve optimal development (Wahyudi 2020). According to Rizki (2023) Group counseling is an effort to help prevent and develop personal abilities as a group or together problem solving from a counselor to a client, Group counseling guidance has the goal of solving problems and can have a good effect on clients for the development of feelings, thoughts, perceptions, insights and attitudes directed towards klein behavior can socialize and communicate so that Individual problem solving as well as other individuals can gain the impact of problem solving by sharing experiences.

In conducting group counseling guidance, some techniques need to be practiced according to (ayu. There are 5 techniques for group counseling guidance, namely effective, dynamic and open multidirectional communication. Second, the provision of stimuli to generate initiatives in discussion, discussion, analysis, and development of arguments. Third, minimal encouragement to strengthen responses to group members' activities. Fourth, explanation, deepening, and giving examples (uswatun hasanah) to further strengthen analysis, argumentation and discussion. Fifth, training to form a new pattern of behavior that is desired. These five techniques are used in the implementation of group counseling services referring to the development of group dynamics that are followed by all group members to achieve service goals (Wahyudi 2020).

Group counseling guidance has a significant impact on addressing smoking behavior, especially among adolescents and young adults. Through group interactions, individuals can

share their experiences and challenges related to smoking, thus creating a supportive and understanding environment. Open discussions about the health risks and social consequences of smoking, combined with addiction reduction strategies, can increase group members' awareness and motivation to quit smoking. Group counseling approaches can be effective in helping teens reduce smoking habits and increase their awareness of the dangers of smoking.

Fostering disciplines that are educational and spiritual

In the graph, coaching strategies that are educational and spiritual have a percentage of 45%. This strategy is considered to have the highest influence weight. It includes the cultivation of values, character building, as well as sanctions that educate and refer to spiritual principles to foster long-term self-awareness. Implementing group counseling in schools can have an impact on students, students become more open to teachers and are considered to be able to reduce the smoking rate in students. according to Ridwani (2025) The relationship between counseling guidance programs and the formation of student morals in schools cannot be separated. In this context, morality cannot be separated from religious understanding, so it is necessary to provide Islamic counseling guidance to students who smoke.

In Islam, the religious approach has a subtle but comprehensive emphasis, so that this approach is considered effective, and is able to reduce students' smoking habits naturally, regardless of their environment. According to Astuti (2023). There are important principles in Islamic counseling guidance listed in the Islamic counseling book written by Basit (2017) there are principles of Islamic counseling guidance, namely: *first* , Religion is advice. The point is that advice is one of the pillars of Islam. Because advice is a speech and encouragement that contains to invite good deeds. *Second* , psychiatric counseling is one of the noble tasks, because this task provides assistance for people who are experiencing problems and need help. *Third*, Every Muslim who has the ability to provide Islamic counseling has a moral responsibility in the use of religious counseling. *Fourth* : Asking for help for people in need and providing religious counseling assistance is a shared obligation, including a counselor specialist. *Fifth* , in carrying out counseling services in accordance with the guidelines prescribed by Islam.

Islamic counseling is a guidance service based on Islamic values. This counseling provides assistance to individuals or groups who experience emotional, psychological, or behavioral problems based on the teachings of the Qur'an and As-Sunnah (Ridwani 2025). If the Islamic counselor conducts guidance correctly in accordance with the principles of the principle, then the students' understanding of how to smoke according to religion can be understood so that students with smoking behavior can think logically in accordance with religious regulations

Counseling guidance teachers in junior high schools make religious guidelines as a foundation, in disciplining smoking behavior in students, from findings at school, Islamic counseling guidance teachers use disciplinary coaching methods that are educational and

spiritual. Where this method invites students to learn and understand the positive values in the Qur'an, which is expected to form better character and behavior. This is in contrast to corporal punishment which is only oriented towards pain or discomfort. The students were asked to memorize verses related to the prohibition of self-harm, such as in surah Al-Baqarah verse 195. And the verse related to the prohibition of wasting wealth, to understand *mentadaburi* and will have an impact on smoking behavior. Students are asked to memorize and must deposit memorization to the religious counseling guidance teacher at school. According to Kumala, Julaikah, and Amin (2025) who implemented a Quran memorization program as a way of discipline for students who are late for school, this program has been proven to have a positive impact, such as increasing students' awareness of the importance of coming on time, building the habit of reading the Qur'an, and strengthening their morals and ethics.

CONCLUSION

This study indicates that there are serious problems related to smoking behavior in junior high school students in Yogyakarta, with a worrying percentage of smokers from an early age (starting from 7 years old). This phenomenon is influenced by environmental factors such as the behavior of parents and peers, as well as the ease of financial access to cigarettes. To overcome this, Counseling Guidance (BK) teachers apply three Islamic counseling guidance strategies: supervision through routine raids 20%, discussion group counseling 35%, and educational and spiritual discipline coaching 45%. Of the three strategies, discipline coaching that integrates the values of the Qur'an and Hadith is considered the most effective in forming students' long-term self-awareness not to smoke. This study has limitations because it only focuses on one school in Yogyakarta with a small sample of students, so the results may be difficult to apply in general to other schools. The qualitative method used provides an in-depth understanding, but does not allow for statistical measurement or broad generalizations. This study highlights the strategy of BK teachers more than the role of other parties such as family or government. For further research, it is recommended to extend geographic coverage to different types of schools, use mixed methods (qualitative and quantitative) for more comprehensive data, conduct long-term studies to see changes in behavior over time, and delve deeper into the role of families and communities. It is also important to analyze more specifically the effectiveness of each counseling guidance strategy, especially spiritual coaching, and conduct intervention research to test structured programs.

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