

SMOKING BEHAVIOR AMONG STUDENTS AND ITS MANAGEMENT (CASE STUDY OF TWO STUDENTS AT THE STATE SPF 8 MAKASSAR UPT)

^{*1}Sitti Rosita, ²Abdullah Pandang, ³Abdul Saman

^{*1}Program Studi Bimbingan dan Konseling, ^{2,3}Program Pascasarjana Universitas Negeri
Makassar (UNM), Makassar, Indonesia

Email: ^{*1}rosita.itha111@gmail.com, ²abdullah.pandang@unm.ac.id,
³abdulsaman72@gmail.com

Abstract

This study aims to analyze smoking behavior among students at UPT SPF SMP Negeri 8 Makassar and the efforts to address it. The method used is a qualitative approach with a case study design, involving two subjects, namely students with the initials DP and RPS, who have been identified as having smoking behavior. Data were collected through interviews and observations, and analyzed descriptively using triangulation techniques. The results of the study indicate that the smoking behavior of both students is perceived as normal and enjoyable, with consumption reaching one pack per day. Factors influencing this behavior include the desire for recognition, peer influence, and imitation from parents. The handling of smoking behavior was conducted through cognitive restructuring techniques consisting of six stages: rationalization, identification of thoughts, introduction and training of coping thoughts, shifting negative thoughts, positive reinforcement exercises, and evaluation. After the intervention, there was a change in thinking from irrational to rational, which is expected to reduce students' smoking behavior.

Keywords: Smoking Behavior, Students, Cognitive Restructuring Techniques

Abstrak

Penelitian ini bertujuan untuk menganalisis perilaku merokok pada siswa di UPT SPF SMP Negeri 8 Makassar dan upaya penanganannya. Metode yang digunakan adalah pendekatan kualitatif dengan desain studi kasus, melibatkan dua subjek, yaitu siswa berinisial DP dan RPS, yang teridentifikasi memiliki perilaku merokok. Data dikumpulkan melalui wawancara dan observasi, serta dianalisis secara deskriptif dengan teknik triangulasi. Hasil penelitian menunjukkan bahwa perilaku merokok pada kedua siswa dipandang wajar dan menyenangkan, dengan konsumsi rokok mencapai satu bungkus per hari. Faktor yang memengaruhi perilaku ini meliputi keinginan untuk diakui, pengaruh teman sebaya, dan imitasi dari orang tua. Penanganan perilaku merokok dilakukan melalui teknik restrukturisasi kognitif yang terdiri dari enam tahap: rasionalisasi, identifikasi pikiran, pengenalan dan latihan coping thought, peralihan pikiran negatif, latihan penguatan positif, dan evaluasi. Setelah intervensi, terjadi perubahan pikiran dari irrasional menjadi rasional, yang diharapkan dapat mengurangi perilaku merokok siswa.

Kata kunci: Perilaku merokok, siswa, teknik restrukturisasi kognitif

INTRODUCTION

Adolescence is often marked by various challenges and changes, both biological and psychological. This transitional period makes adolescents vulnerable to environmental influences, including smoking. Smoking among adolescents has become a worrying phenomenon, with data from Riskesdas (2024) showing a significant increase in the prevalence of smoking among adolescents, especially in Indonesia. According to the report, the prevalence of smoking among adolescents aged 16-19 years increased from 7.1% in 2014 to 20.5% in 2023, with the age of first-time smokers getting younger.

Smoking behavior not only affects individual health, but can also affect their social and academic development. Teenagers who smoke often get caught up in irrational thinking, considering smoking to be a normal and enjoyable activity. This is exacerbated by the influence of peers and family, where teenagers tend to imitate the smoking behavior they see around them. Therefore, it is important to understand the factors that influence smoking behavior among adolescents and find effective solutions to overcome this problem.

This study aims to analyze smoking behavior among students at UPT SPF SMP Negeri 8 Makassar by focusing on three main areas, namely the description of smoking behavior among students, the factors underlying this behavior, and the efforts that have been and can be made by the school to address this issue. Smoking among adolescents is an increasingly alarming phenomenon because it not only affects physical health but also influences psychological development, academic achievement, and social relationships among adolescents. Therefore, this research is of high urgency given the importance of preventing behaviors that have the potential to become long-term habits and cause harm in the future.

In the context of education, smoking among junior high school students is often seen as a form of identity search, an attempt to gain social recognition, or a strategy to express their feelings and psychological pressures. Adolescents at this stage are in a transitional phase from childhood to adulthood, where they strive to build independence, understand their identity, and find social groups that accept them. In this process, some students are easily influenced by their friends and the media, including falling into smoking behavior. At UPT SPF SMP Negeri 8 Makassar, this phenomenon is evident in the presence of some students who are seen carrying or using cigarettes either secretly or outside the school environment.

To understand this phenomenon in depth, this study uses a qualitative approach with a case study method. This approach was chosen because it is able to explore students' experiences, understanding, and perspectives holistically. Case studies allow researchers to conduct detailed explorations of smoking behavior in specific social, cultural, and school environments. Data was obtained through in-depth interviews, observations, and documentation, so that the results provide a realistic and comprehensive picture of the conditions in the field.

In terms of smoking behavior, this study traced the frequency of student smoking, the situations or places where they usually smoke, and with whom they engage in this behavior. The majority of adolescents involved in smoking usually do so in groups due to factors of solidarity and the desire to appear “mature” in front of their peers. Some students may only try it once or twice, while others have begun to show a pattern of repeated and consistent smoking behavior. In addition, the study also explored students' perceptions of the risks of smoking, as previous studies have shown that adolescents often underestimate the negative effects of smoking and consider cigarettes to be “normal” in their environment.

The factors that cause smoking behavior are analyzed through several categories, such as individual factors, family factors, environmental factors, and socio-cultural factors. From an individual perspective, curiosity, thrill-seeking, psychological pressure, and lack of self-control are the dominant factors. Teenagers who have high levels of stress or experience emotional problems tend to be more likely to try new things that are considered to reduce tension, including smoking. Family factors also play an important role, especially if family members such as fathers or older siblings are active smokers. Permissive parenting or lack of supervision can make students feel that smoking is normal behavior. In some cases, family conflicts or lack of warm communication between parents and children trigger students to escape into negative behaviors.

School and peer environment factors are also among the biggest triggers. Peers have a very strong influence on adolescent behavior. If students are in a group where most members smoke, then it is likely that they will do the same in order to gain social acceptance or avoid rejection from the group. On the other hand, socio-cultural factors, such as the representation of smoking in the media and the community, reinforce the perception that smoking is common and not particularly dangerous. In some areas, smoking is even still considered a symbol of “masculinity,” courage, or maturity, so teenagers are easily influenced by this kind of cultural construct.

In addition to describing the behavior and analyzing its causes, this study also examines the efforts that have been made by schools and strategies that can be further developed. Schools play an important role in preventing smoking through internal policies, guidance and counseling, cooperation with parents, and health education. At UPT SPF SMP Negeri 8 Makassar, several preventive measures have been taken, such as raising awareness about the dangers of smoking, enforcing rules and regulations, and imposing sanctions on students who are caught smoking. However, an approach that places too much emphasis on sanctions is sometimes ineffective if it is not accompanied by an educational and counseling approach that addresses the psychological aspects of students.

Therefore, this study emphasizes the importance of strengthening the role of guidance and counseling (BK) services in schools. School counselors can conduct in-depth assessments of students who are indicated to be smoking to find out the underlying factors. In addition, counselors can provide individual or group counseling services that

focus on developing self-control, stress management, increasing self-esteem, and strengthening social skills so that students are not easily influenced by peer pressure. Career guidance and self-development programs can also be included as part of a long-term prevention strategy to help students have a clearer future orientation, so that they are more careful in making decisions that are detrimental to themselves.

This research is expected to make a significant contribution to the development of smoking prevention programs in schools, whether in the form of policies, educational activities, or counseling services. In addition, the results of this study are expected to increase the awareness of teachers, parents, and students themselves about the dangers of smoking and its impact on adolescent development. Thus, schools can create a healthier and more conducive environment for student growth and development, as well as help them direct their behavior towards more positive things.

METHOD

This research method uses a qualitative approach with a clinical case study method that aims to deeply understand smoking behavior in two students at UPT SPF SMP Negeri 8 Makassar and efforts to address it. This approach was chosen in order to obtain a comprehensive picture of the phenomenon that occurs and explore the factors that influence it. The research subjects consisted of two students, DP (male) and RPS (female), who were identified as having smoking behavior based on the recommendations of the guidance counselor and observations of case records at the school. This research was conducted at UPT SPF SMP Negeri 8 Makassar, located on Jl. Batua Raya, Makassar City, South Sulawesi. Data was collected from in-depth interviews with the research subjects, guidance counselors, and the students' peers. The data collection approach also included direct observation of student behavior related to smoking activities as well as documentation in the form of case records, student biodata, and photos of the interview activities.

The interview technique used was semi-structured with specific guidelines to explore smoking behavior, contributing factors, and treatment efforts. Observation served as a complement to obtain valid information in line with actual conditions in the field. Documentation was used to reinforce data from interviews and observations, thereby increasing the credibility of the research results. Data analysis was conducted using descriptive qualitative methods with triangulation techniques to ensure data validity and reliability. The analysis process involved data reduction by summarizing and selecting relevant data, presenting data in narrative and table form, and drawing conclusions while verifying the results through repeated data collection and confirmation of data sources.

The validity of the data was tested through triangulation techniques, combining the results of interviews, observations, and documentation to obtain consistent and reliable results. The research carried out the case study steps according to Yin (2020), starting from case and problem identification, diagnosis, prognosis, implementation of therapy with cognitive restructuring techniques, evaluation, to follow-up. This method provides a

systematic framework for understanding smoking behavior in students and evaluating the effectiveness of cognitive restructuring techniques as an intervention in the context of school guidance and counseling.

RESULTS AND DISCUSSION

This study examines the smoking behavior of two students, DP and RPS, at UPT SPF SMP Negeri 8 Makassar and the efforts to address it through cognitive restructuring techniques. Based on the qualitative data analysis obtained from in-depth interviews, observations, and documentation, the following are the main findings and discussions.

1. Description of Smoking Behavior

Both students exhibited smoking behavior that was considered normal and enjoyable in their daily lives. DP, a male student, smoked filter cigarettes and kretek cigarettes, with an intensity of up to one pack per day. Meanwhile, RPS, a female student, preferred electronic cigarettes (vapes) with liquid refills that could be used at any time, usually several cigarettes per day. Smoking is often done in private rooms, cafes, hangout spots, or friends' houses, generally during leisure time or after meals. Both students feel pleasure and calm when smoking, especially when facing problems or emotional pressure, such as restlessness and anxiety.

This feeling of comfort when smoking supports the findings of Safira, Lestari, and Karimah (2024), who stated that nicotine has a relaxing effect and improves mood. The attitudes of both students towards smoking also confirm that they consider cigarettes a social necessity and a common activity among teenagers, even though they are aware of its many negative aspects. This is in line with the opinion of Mulyadi and Uyun (2021), who explain that smoking can serve as an outlet for problems.

2. Factors Causing Smoking Behavior

Analysis of the causal factors shows two main categories: internal and external factors. Internally, students smoke in an effort to gain recognition and popularity in their social groups. DP admits that smoking helps him be accepted by the community and boosts his confidence, while RPS sees smoking as a symbol of equality with her female peers who also smoke e-cigarettes. This factor is in line with the results of Heny's (2021) research, which states that social recognition is a strong motivation among teenage smokers.

External factors include the influence of cigarette advertisements, peers, and family. Both students have seen cigarette advertisements on television, smartphones, and billboards on the street, which are visually appealing even though the advertising slogans are not considered significant. Peers who also smoke play a major role in shaping their smoking habits, including offering cigarettes when hanging out together. The influence of the family environment was also evident in the presence of family members (father, older brother, and aunt) who smoked and served as role models. This supports the findings of Cahyo et al. (2023) and Rachmat (2023), which confirm the role of peer pressure and family imitation in the formation of smoking behavior.

3. Treatment Efforts Using Cognitive Restructuring Techniques

Cognitive restructuring techniques were applied in six stages, namely rationalization, identification of negative thoughts, recognition and practice of coping thoughts, shifting negative thoughts to positive ones, positive reinforcement, and evaluation. This intervention successfully helped both students change their irrational mindset that considered smoking as normal behavior to a rational and adaptive mindset that recognized the negative effects of smoking. The students began to be able to control their desire to smoke, reduce its intensity, and show a positive attitude in facing social pressure.

The results of this study further reinforce Nugroho's (2024) findings, which show that cognitive restructuring is an effective counseling technique in increasing the self-awareness of the counselee and changing maladaptive behavior into more adaptive behavior. In the context of smoking behavior among students, this technique plays an important role in helping students reevaluate automatic thoughts, irrational beliefs, and false assumptions that underlie their decision to smoke. The counseling process, which focuses on changing internal dialogue, allows students to reflect on their reasons for smoking, understand its impact, and identify patterns of thinking that need to be corrected. Through cognitive restructuring, students are gradually guided to formulate new thoughts that are healthier, more rational, and more constructive, thereby helping them reduce or even stop smoking.

An evaluation at the end of the counseling process showed significant changes in the mindsets and behaviors of the students who were the subjects of the study, namely DP and RPS. Both began to show a higher awareness of the dangers of smoking, both in terms of health, social aspects, and academic consequences. This awareness was not only based on the information provided by the counselor, but also arose from the process of self-analysis that was built during the counseling sessions. The students were able to recognize the thoughts that had previously encouraged them to smoke, such as the perception that smoking gave them confidence, made them look more mature, or reduced stress. After being processed through cognitive restructuring techniques, these thoughts were replaced with new beliefs, such as the importance of maintaining health, responsibility as students, and the ability to manage stress without relying on cigarettes.

These changes demonstrate the effectiveness of the counseling process and provide a great opportunity for the implementation of similar programs to address smoking behavior in schools. Furthermore, this study confirms that smoking behavior among DP and RPS students is influenced by two types of factors, namely internal and external factors. The dominant internal factor is the need for recognition and the desire to gain social status among peers.

During adolescence, the need for social acceptance and the desire to appear “cool,” brave, or mature often encourage them to try smoking. In addition, the perception that smoking can be a way to express one's identity or vent emotional pressure also serves as an internal motivation for students to smoke.

A lack of emotional management skills, low self-control, and minimal awareness of the long-term effects of smoking further reinforce this tendency. Meanwhile, external factors also have a strong influence. The influence of peers is the most dominant factor in influencing students' decisions to smoke.

When close friends or social groups they hang out with are active smokers, students tend to follow this behavior in order to be accepted and not considered different. Family also plays an important role, especially when there are family members who smoke, making this behavior seem normal and natural in students' daily lives. In some cases, lack of parental supervision or family disharmony causes students to seek escape through smoking. In addition, exposure to cigarette advertisements, whether through social media, the internet, or the environment outside the home, also shapes positive perceptions of cigarettes. These advertisements often portray images of masculinity, freedom, courage, or adventure, making it easy for teenagers to be persuaded and start imitating this behavior without considering the risks.

Amidst these various contributing factors, cognitive restructuring techniques have emerged as one of the most relevant and effective counseling solutions. This technique helps students identify irrational thoughts and replace them with more logical and healthy ones. For example, students who initially thought that “smoking makes me look more confident” are guided to realize that confidence does not come from cigarettes, but from their own abilities. Similarly, thoughts such as “my friends will reject me if I don't smoke” are restructured into a new belief that good friends will not force them to do things that are harmful to themselves. This process changes the fundamental mindset that has been driving them to smoke, so that smoking behavior can naturally decrease because it is no longer supported by false beliefs.

The effectiveness of cognitive restructuring in this study is not only evident in behavioral changes but also in the improvement of students' emotional regulation. They become more capable of controlling the urge to smoke and more skilled at dealing with social pressure without resorting to negative behaviors. Students' self-awareness increases, as does their ability to weigh the benefits and risks before acting. This improvement is an indicator that the counseling process not only has a temporary impact, but also provides long-term changes in students' personal development.

Based on these research results, the application of cognitive restructuring techniques is recommended as an integral part of guidance and counseling services in schools. This technique can be implemented in individual or group counseling to help students understand their thought patterns, develop healthy coping strategies, and build more adaptive behaviors. In addition, schools can integrate educational programs on the dangers of smoking and mental health literacy to strengthen the effectiveness of counseling interventions. Collaboration between guidance counselors, homeroom teachers, and parents is essential to ensure that students receive holistic support both at school and at home.

Thus, this study not only provides an empirical description of the causes of smoking behavior in students, but also offers concrete solutions through cognitive restructuring techniques. This approach has been proven effective in helping students overcome smoking behavior by changing irrational thoughts into more rational and positive ones. Its consistent implementation in schools is expected to tackle the problem of smoking among students, create a healthier educational environment, and support students' optimal growth and development.

CONCLUSION

This study concludes that smoking behavior among adolescents, as demonstrated by two students at UPT SPF SMP Negeri 8 Makassar, is influenced by internal factors (the need for social recognition) and external factors (the influence of peers, family, and advertising). Through a qualitative approach and cognitive restructuring techniques, the students successfully changed their irrational thinking about smoking to a more rational and healthy mindset. These results indicate that cognitive-based counseling interventions are effective and feasible for implementation in school guidance programs to address smoking habits among students.

REFERENCES

- Aditama, T. J. (2020). *Rokok dan kesehatan*. Jakarta: UI Press.
- Akbar, F. M. R. (2020). Mahasiswi perokok: Studi fenomenologi tentang perempuan perokok di kampus. *Dialektika*, 15(1).
- Aulia, M., Samad, S., & Latif, S. (2023). Perilaku merokok pada perempuan: Studi kasus pada siswa di Sekolah Menengah Pertama. *Pinisi Journal of Art, Humanity and Social Studies*, 3(1).
- Badan Pusat Statistik. (2024). *Survey demografi dan kesehatan Indonesia*. Jakarta: BPS.
- BKKBN. (2024). *Kajian profil penduduk remaja (10-24 tahun): Ada apa dengan remaja?* Jakarta: Puslitbang BKKBN.
- Cahyo, A. P., et al. (2023). Pengaruh lingkungan terhadap perilaku merokok remaja. *Jurnal Kesehatan Masyarakat*, 9(2).
- Heny, F. A. (2021). Analisis faktor yang mempengaruhi perilaku merokok pada siswa sekolah menengah pertama di SMP Negeri 1 Seunagan Kabupaten Nagan Raya. *Journal of Healthcare Technology and Medicine*, 7(2).
- Jones, R. N. (2020). *Teori dan praktik konseling dan terapi* (Edisi 7). Yogyakarta: Pustaka Pelajar.
- Kurniafitri, D. (2022). Perilaku merokok pada perempuan di perkotaan (studi kasus mahasiswi di Kota Pekanbaru). *IOM FISIP UR*, 2(2).
- Laventhal, H., & Cleary. (2021). The smoking problem: A review of the research and theory in behavioral risk modification. *Psychological Bulletin*, 8(2).

Mulyadi, A., & Uyun, R. (2021). Faktor-faktor yang mempengaruhi perilaku merokok pada remaja putri. *Psikoborneo*, 7(2).

Nugroho, R. (2024). Efektivitas teknik restrukturisasi kognitif dalam mengurangi perilaku merokok. *Jurnal Konseling*, 11(1).

Rahardjo, S., & Gudnanto. (2019). *Pemahaman individu: Teknik non tes edisi revisi*. Kudus: Badan Penerbit Universitas Muria Kudus.

Safira, A. L., Lestari, P., & Karimah, A. (2024). Analisis hubungan antara perilaku merokok dengan kesehatan mental. *Jurnal Manajemen Kesehatan Indonesia*, 12(1).

Stice, E., & Shaw, H. E. (2022). Role of body dissatisfaction in the onset and maintenance of eating pathology. *Journal of Psychosomatic Research*, 5(3).