

Adolescent's Perceptions In Smoking Relapse

Putu Indraswari¹, Erva Elli Kristanti^{*}

¹ Department of Nursing, STIKES RS Baptis Kediri, Indonesia

Article Information

Received: 05 June 2023
Revised: 26 July 2023
Available online: 27 July
2023

Keywords

Relapse; smoking;
adolescent

*Correspondence

Phone: (+62)81234176271

E-mail:

erva.kristini@gmail.com

ABSTRACT

Adolescents often experience smoking relapse in the process of smoking cessation. As individuals, adolescents' perceptions of smoking relapse influence their actions. Therefore, it is necessary to know the perceptions of adolescents who experience smoking relapse in order to determine the efforts needed to support smoking cessation for adolescents. Quantitative with cross-sectional design. The target population is teenage respondents aged 12-15 years in classes VII, VIII, and IX at SMP X Kediri. The inclusion criteria were adolescent smokers and those who had smoked. The sample size is 116 respondents and was selected by simple random. The independent variable is the perception of smoking and the dependent variable is the incidence of smoking relapse in adolescents. The instruments used were ASCQ questionnaires. Analysis of the data used to analyze the relationship using the Spearman correlation test with $\alpha = 0.05$. The result shows that 116 respondents were selected to participate in this study. The relapse behavior of adolescent smoking was related to the adolescent's perception of cigarettes ($p = 0.000$). In Conclusion, Smoking relapse in adolescents have a significant but weak relationship with adolescent's perception of cigarettes.

INTRODUCTION

Smoking is a challenging behavior to get rid of. Smokers who try to get rid of cigarettes often experience cigarette absence, lapse, and then relapse into smoking (Blok et al., 2017). It is also possible that the phase of smoking absence to cigarette relapse occurs in adolescent smokers (Villanti et al., 2019). Attempts made by adolescent smokers to get rid of smoking are only efforts that depend on self-confidence without the help of health workers considering that they do not have a source of income (Song et al., 2012). Most adolescent smokers keep their smoking

behavior secret from their parents and family so that the family cannot provide health assistance in their efforts to stop smoking (Rosdiana, Nyorong, M. & Thaha, I. L. M., 2013)

Attempts to quit smoking are very common among adolescents who smoke and start trying to quit smoking soon after realizing that they have an addiction to cigarettes (Mohammadpoorasl et al., 2013). Based on the results of the 2014 GYTS survey (Kementrian Kesehatan Republik Indonesia, 2014) it was found that the desire to quit smoking among students is quite high. As many as 81.8% wanted to try

to quit smoking in the last 12 months, 88.2% wanted to quit now, 91.8% believed they could quit smoking when they wanted to quit, and 24% said they had received help from programs or professionals to quit smoking.(Kementrian Kesehatan Republik Indonesia, 2014).

The efforts that have been made by adolescents to stop smoking need to be considered by all parties whose roles intersect with adolescents, adolescent smokers, especially nurses. Curative efforts need to be carried out by nurses for adolescent smokers in their efforts to get rid of smoking. Trying to give up smoking is one way to improve the quality of life for a healthier life(Abdulmohsen Hamdan et al., 2015). According to Green in Aligood, Martha Raille (2017), quality of life is the main goal to be achieved and one of them is influenced by health behavior. This is in line with what young smokers want, namely a quality life without dependence on cigarettes(Towns, S. et al., 2015).

Winurini, S. (2012) researched the causes of smoking relapse in adult heavy smokers with results showing that smokers' perceptions of smoking behavior, smoking motivation, environmental situational influences, and the influence of interpersonal relationships from family, friends, and colleagues can trigger a heavy smoker to back to smoking. Other studies related to smoking relapse in adults reveal that self-confidence affects someone who smokes relapse (Rosdiana, Nyorong, M. & Thaha, I. L. M., 2013). This is in line with the results of Song's research (2012) which explains that apart from self-efficacy, there are barriers to quitting smoking due to increased stress and difficulties in social life, smokers' susceptibility to disease, the severity of illness, and the health benefits of not smoking.

Based on this explanation, researchers are interested in conducting research on the factors that cause smoking relapse in adolescent smokers. This study is expected to be able to identify internal

factors, especially the perception of smoking that influence adolescent smoking relapse therefore the efforts which need to be made to develop management of smoking cessation in adolescents.

METHOD

This study used a cross-sectional design. The research location was the High School X Kediri in December 2022. Based on the calculation of the sample size with a prevalence of adolescent smokers of 3%, the confidence interval set by the researchers was 95% ($\alpha = 0.05$) and the predicted deviation of the proportion was 5%, the total minimum sample required in the study is 112 respondents. The selection of respondents was based on research inclusion criteria, which students were teenagers aged 12-15 years. Then the exclusion criteria for this study were students with hearing impairments, and students with visual impairments other than those who could be helped by glasses. Researchers used ASCQ questionnaire. This questionnaire have been tested for their validity and reliability on smoking adolescent clients. Filling out the questionnaire was carried out by the respondents themselves with directions/guidance given by researchers/research assistants who assisted during data collection. The duration of completing the questionnaire by respondents was approximately 15 minutes. The filling was carried out simultaneously at the same time to prevent bias in the responses given by the respondents. After all the questionnaire data was filled in by the respondents, a brief cross-check was carried out by the research assistant to ensure that all questionnaire question items had been filled in by the respondents without missing a single one. Bivariate analysis using the Spearman correlation test. The error rate (α) used is 0.05. This research has received research ethics permit from KEPK STIKES

RESULTS

The desired sample size based on the calculation is 116 people. The number of respondents in this study matched and even exceeded the expected large sample size. Respondent characteristic data were broken down based on age, gender, duration of smoking, cigarette consumption per day, the longest duration of absence from smoking, and the number of attempts to quit smoking in one year. Table 1 shows the characteristics of the respondents based on age, spread over the teenage years with the majority being early adolescents (12-15 years) with a percentage reaching 100%. Characteristics of the sex of the majority of women as much as 62.2%. The majority of respondents said that they had smoked for more than 6 months as much as 81.9%. Most of the respondents did not smoke as much as 68.9% and were currently not smoking.

Table 2 shows that the correlation between smoking perceptions and adolescent smoking status is significant with a significance value <0.001 , which means that H_0 is rejected. It was concluded that there is a relationship between smoking perception factors and relapse of adolescent smoking behavior. A negative correlation value of 0.433 indicates that the direction of the correlation is negative with a weak correlation strength.

Tabel 1. Characteristics of research respondents on the causes of relapse in adolescent smokers

Characteristic	Total	%
Age		
Early adulthood	116	100 %
Sex		
Female	72	62,06 %
Male	44	37,94 %
Ever smoked		
Yes	37	31.9 %
No	79	68.1 %

Still smoking		
Yes	1	0.86 %
No	79	68.1 %
Trial in smoking	36	31.03 %
Absent smoking period		
Never smoking	79	68.1 %
Smoking a couple of month	18	15.5 %
Smoking <1 th	10	8.6%
Smoking >1 th	8	6.8%

Tabel 2. Correlation test result

Variable	Relapse smoking status		
	r	p	n
Smoking perception	0.433	0.000	45

Table 2 shows that smoking perception has significant associated to relapse smoking status.

DISCUSSION

Based on the results of research on the causes of smoking relapse in adolescents in Kediri conducted at the High School X Kediri it was found that there is a relationship between smoking perceptions and relapse smoking status. The results of this study are in accordance with research conducted by (Rahayuningsih, Febriana, 2015; Septia, 2014). In the study by (Rahayuningsih, Febriana (2015), it is known that the primary causes of adolescent smoking relapse are very familiar and common, namely habits, stress, and unanticipated/unexpected events that will occur. Meanwhile, in Septia (2014) study, negative feelings such as depression, anxiety, anger, and stress were predictors of smoking relapse.

Adolescent perceptions/views regarding smoking behavior lead adolescents to engage in smoking activities. According to Skinner in Dayakisni, T. & Hudaniah (2012), smoking behavior is a response to a stimulus. Perception can be a stimulus that is then reflected in behavior. Based on research conducted by (Blok et al., 2017) in society, there is a growing perception that men who smoke have more

friends, are more masculine, and mature. Likewise, with women, there is an assumption that women who smoke look more attractive than women who don't smoke. The perception of smoking between one and another teenager can be different. This according to David Krech (1962) in Gourgoulanis et al. (2015) depends on the factors of frame of reference and frame of experience. Frame of reference is the framework of knowledge possessed by smokers which is influenced by education, reading, research, and others. Then the frame of experience is the experience that has been experienced by smokers who cannot be separated from the circumstances of the surrounding environment.

In this study, perceptions of smoking were measured in five subscales, namely negative affect reduction, taste/sensory stimulation, social facilitation, negative physical feeling, weight control, boredom reduction, and negative social impressions. Based on this subscale it was concluded that the majority of adolescents at the High School X Kediri have the perception that smoking affects the reduction of negative affect, smoking sufficiently affects sensory perception, sometimes smoking can facilitate social activities (gathering with friends and meeting new people), sometimes feeling physical disturbances, there is no perception of the influence between smoking and weight control, smoking can eliminate boredom and never feel a negative impression from society on him who is a smoker.

Researchers argue that adolescents do not feel any negative impressions from society on smokers because currently there is a shift in perception where someone who smokes does not mean a drug addict. This is due to the increasing number of smokers in Indonesia so that smokers cannot be classified as minorities who throw tantrums in society. The research location which is located in Kediri, which incidentally is one of the big cities in East Java, also influences

this perception. Then it is said that the majority of smoking activities affect the reduction of negative affect where which is consistent with the theory that smokers think of smoking when negative affect occurs on themselves.

CONCLUSIONS AND RECOMMENDATION

In conclusion, this study showed that relapse smoking in adolescents related to adolescent's perception of cigarettes.

Our findings on internal factors that could affect smoking relapse in adolescents was weak. Therefore further study about increasing sample size and seeking for another internal factors such as motivation to smoke cessation and nicotine dependence is needed.

REFERENCES

- Abdulmohsen Hamdan, A.-Z., Ayat Roushdy, A., & Reem Ibrahim, A. (2015). Intention to Quit Smoking among Intermediate and Secondary School Students in Saudi Arabia. *Asian Pacific Journal of Cancer Prevention*, 16(15), 6741–6747. <https://doi.org/10.7314/APJCP.2015.16.15.6741>
- Aligood, Martha Raille. (2017). *Nursing Theorist And Their Work* (9th ed., Vol. 1). Elsevier Health Science.
- Blok, D. J., De Vlas, S. J., Van Empelen, P., & Van Lenthe, F. J. (2017). The role of smoking in social networks on smoking cessation and relapse among adults: A longitudinal study. *Preventive Medicine*, 99, 105–110. <https://doi.org/10.1016/j.ypmed.2017.02.012>
- Cosci, F., Zagà, V., Bertoli, G., & Campiotti, A. (2013). Significant Others, Knowledge, and Belief on Smoking as Factors Associated with Tobacco Use in Italian Adolescents. *ISRN Addiction*, 2013, 1–7. <https://doi.org/10.1155/2013/968505>
- Dayakisni, T. & Hudaniah. (2012). *Psikologi Sosial*. UMM Press.

- Gourgoulis, K., Hatzoglou, C., & Roupa, Z. (2015). Social Influence and Smoking Aristidis Vasilopoulos, Habit in Adolescent. 9(2).
- Kementrian Kesehatan Republik Indonesia. (2014). Perilaku Merokok Masyarakat Indonesia. INFODATIN.
- Mohammadpoorasl, A., Nedjat, S., Yazdani, K., Fakhari, A., Foroushani, A. R., & Fotouhi, A. (2013). An Algorithm of Smoking Stages Assessment in Adolescents: A Validation Study Using the Latent Class Analysis Model. *International Journal of Preventive Medicine*, 4(11).
- Rahayuningsih, Febriana. (2015). Hubungan Antara Persepsi Perilaku Merokok Dengan Perilaku Merokok Siswa SMK X Di Kota Semarang. *Jurnal Kesehatan Masyarakat*, 3(2), 220–229.
- Rosdiana, Nyorong, M. & Thaha, I. L. M. (2013). *Factors Associated With Smoking Relapse In District Tamalate Makassar*. [Undergraduate thesis, Universitas Hasanudin].
<http://pasca.unhas.ac.id/jurnal/files/1507c40153149d141d27290fe8fb4f01.pdf>
- Septia, K. (2014). PERSEPSI REMAJA DENGAN PERILAKU MEROKOK PADA SISWA SMA DI BANDAR LAMPUNG [Undergraduate thesis, Universitas Indonesia].
<https://lib.ui.ac.id/detail?id=20388253&lokasi=lokal>
- Song, F., Holland, R., Barton, G. R., Bachmann, M., Blyth, A., Maskrey, V., Aveyard, P., Sutton, S., Leonardi-Bee, J., & Brandon, T. H. (2012). Self-help materials for the prevention of smoking relapse: Study protocol for a randomized controlled trial. *Trials*, 13(1), 69.
<https://doi.org/10.1186/1745-6215-13-69>
- Towns, S., Difranza, J. R., Jayasuriya, G., Marshall, T., & Shah, S. (2015). Smoking Cessation in Adolescents: Targeted Approaches that Work. *Paediatric Respiratory Reviews*.
<https://doi.org/10.1016/j.prrv.2015.06.001>
- Villanti, A. C., Niaura, R. S., Abrams, D. B., & Mermelstein, R. (2019). Preventing Smoking Progression in Young Adults: The Concept of Prevescalation. *Prevention Science*, 20(3), 377–384.
<https://doi.org/10.1007/s11121-018-0880-y>
- Winurini, S. (2012). Penyebab Relapse (Kembali Merokok) Pada Perokok Berat Ditinjau Dari Health Belief Model. *Aspirasi*, 2(1), 31–46.