

Male Students' Self-Esteem with Smoking Behavior in High School in the City of Makassar

Syarifuddin¹, M Nuralamsyah¹, Syamsir¹, M Natsir¹, Anna V Pont², Theresia Limbong³ and Agussalim^{1*}

¹Parepare School of Nursing, Makassar Health Polytechnic, Jalan Laupe, Bukit Harapan, Soreang, Parepare City, South Sulawesi Province, Indonesia

²Palu School of Midwifery, Palu Health Polytechnic, Palu, Central Sulawesi Province, Indonesia

³Makassar School of Midwifery, Makassar Health Polytechnic, Makassar City, South Sulawesi Province, Indonesia

***Corresponding Author:** Agussalim, Parepare School of Nursing, Makassar Health Polytechnic, Jalan Laupe, Bukit Harapan, Soreang, Parepare City, South Sulawesi Province, Indonesia.

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Abstract

It is an evaluation or the result of an assessment made by you of the ability that he has. This study aims to find out the difference in the self-esteem of students with habits smoking in school. This research is quantitative research using a cross sectional approach. With data collection techniques using accidental sampling using instruments in the form of questionnaires. The results of this study showed that of 38 respondents, respondents of the 17-year-old age group amounted to 17 students (44.7%). Age 16 years 15 students (39.5%). 15-year-olds numbered 6 students (15.8%). Low self-esteem was 25 students (65.8%) and high self-esteem was 13 students (34.2%). High smoking behavior 27 students (21.1%) and low smoking category as many as 11 students (28.9%). Based on the results of the data analysis found that there is a meaningful relationship between self-esteem and smoking.

Keywords: Behavior; Pricing; Smoking; Self-Esteem

Background

Currently many people who do unhealthy habits or lifestyles, one of these unhealthy habits or lifestyles is smoking. In Islam, smoking behavior is known as a waste deed which means an act that brings a lot of negative effect or loss. Every human being around the world knows that smoking interferes with health and negatively impacts. Ironically, this knowledge does not make humans abandon smoking behavior. In addition, smoking behavior has become a phenomenal activity, meaning that although it is known the negative consequences of smoking but the number of smokers is not decreasing but increasing [1].

Cigarettes are one of the addictive substances, which when used can cause health hazards for individuals and society. Based on PP No.19 of 2003, it is known that cigarettes are the result of processed tobacco wrapped; including cigars or other forms produced from the plants Nicotine Tabaco, Nicotine Rusticate, and other species, or synthesis contains nicotine and tar without additional ingredients. Cigarette use has a high prevalence in some countries. In 2005, 22% of adults consumed cigarettes Compared to 36% of men smoking against 8% of women [2].

According to WHO (2008) smoking behavior has been an important public health problem for the rest of the world since a decade ago. Indonesia is as the country with the 3rd largest cigarette consumption after China, India, Russia and America. And now Indonesia also set a new record, which is the highest number of teenage smokers in the world. Around 13.2 % of the total adolescents in Indonesia are active smokers [2].

According to the tobacco atlas 3rd edition, 2009 related to the percentage of the world population that concentrates tobacco obtained as much as 57% in the population of Asia and Australia, 14% in the population of eastern Europe and the fraction of the Soviet Union 12%,

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the population of the Americas 9%, the population of Western Europe, and 8% of the population of the Middle East and Africa. While in ASEAN countries spread in Indonesia 46.16%, Philippines 16.62%, Vietnam 14.11%, Myanmar 8.73%, Thailand 7.74%, Malaysia 2.90%, Cambodia 2.07%, Laos 1.23% Singapore 0.39%, and Brunei 0.04%. (Ministry of Health Information Data Center 2015). According to 2014 World Health Organization (WHO) data, the tobacco epidemic kills about 6 million people a year.

From the analysis of simple descriptions taken from Indonesian Research 2007 and 2013, and from the results of a combination of the population of the Central Statistics Agency in 2013 where the results showed that there was a slight increase in the proportion of Indonesians who smoke every day from 2007 to 2013 (23.7% - 24.3%). While smokers sometimes decreased slightly from 5.5 to 5.0%.

The proportion of Indonesians aged 15 who smoke and chew tobacco tends to increase in Riskesdas (34.2%), Riskesdas 2010 (34.7%) and Riskesdas 2013 (36.3%). The highest proportion in 2013 was East Nusa Tenggara (55.6%). Compared to the Global Adults Tobacco Survey (GATS) study in the population of the ≥ 15 age group, the proportion of male smokers was 67.0 percent and in Riskesdas 2013 at 64.9 percent, while in women according to GATS was 2.7 percent and 2.1 percent according to Riskesdas 2013. The proportion of chewing tobacco according to GATS 2011 in men was 1.5 percent and women 2.7 percent, while Riskesdas 2013 showed the proportion of men at 3.9 percent and 4.8 percent in women.

Smoking behavior of residents 15 years and above has still not decreased from 2007 to 2013, tending to increase from 34.2 percent in 2007 to 36.3 percent in 2013. 64.9 percent of men and 2.1 percent of women still smoked cigarettes in 2013. It found 1.4 percent of smokers aged 10-14 years, 9.9 percent of smokers in the non-working group, and 32.3 percent in the quintile group of the lowest ownership index. While the average number of cigarettes smoked is about 12.3 cigarettes, varying from the lowest 10 cigarettes in Yogyakarta and the highest in Bangka Belitung.

Based on Basic Health Research of 85% of Indonesian households exposed to cigarette smoke, the estimate is that eight smokers died from active smokers, one passive smoker due to exposure to other people's cigarette smoke. Based on the calculation of this ratio, at least 25,000 deaths in Indonesia occurred due to cigarette smoke from others.

Data on the number of smokers in South Sulawesi Province amounted to 31.6% of the total population. Data on the number of smokers in Makassar city is 22.1% or \pm 287,300 people with an average consumption of 10.6 cigarettes / day or about 3 million cigarettes billowing in the air every day in the metropolitan city. Based on preliminary data obtained by researchers is the number of students in High School, grade 1 and grade 2 is 651 consisting of men in grade 1 as many as 174, and women in class 1 consisting of 210, and men in class 2 as many as 121, and women in class 2 which is 145.

The results of observations of State High School students 7 Makassar found 11 out of 13 male students who were found to consume cigarettes and 10 out of 11 male students who consumed cigarettes said the beginning of smoking since sitting in junior high school and 1 person smoking since the 1st grade of high school. From the 11 male students who conducted interviews had different smoking reasons, some smoked because of the influence of friends, to look cool, follow friends, to be recognized by friends, relieve stress, relax feelings, but all high school students who did the interview agreed to say that by smoking can feel more confident and get recognition from friends.

Method of Research

The design of this study is quantitative research using a cross sectional approach i.e. independent variables and dependent variables collected at the same time. The population in this study was all male students in Makassar who behaved smoking. In this study the sample used was all male students in Makassar who behaved with Technical Accidental Sampling, which is a sampling method by choosing who happens to be there/encountered.

Data collection is done by researchers by making research instruments as data collection tools. Research instruments are used in the form of questionnaires that refer to conformity with research. Questionnaires are measuring instruments with several structured questions and respondents can provide answers in accordance with existing instructions. Where the question sheet in the form of the first part are questionnaire contains 20 questions about smoking behavior. Then the second part questionnaire contained 17 questions about self-esteem. The time it takes to fill out the questionnaire is approximately 20 minutes.

Result

The results of the research obtained are as follows

Characteristics of respondents

Age group

Distribution of respondents according to the age of male students

Age	Frequency	Percentage (%)
17 years	17	44,7
16 years	15	39,5
15 years	6	15,8
total	38	100

Table 1: Distribution of Respondents Based on Age of Male Students.

Source: Primary Data (Processed July 2016)

Table 1 showed that of the 38 respondents, the most 17-year-olds were 17 students (44.7%). Furthermore, in the 16-year age group as many as 15 students (39.5%). Then the age group of 15 years amounted to 6 students (15.8%).

Status of smokers

The distribution of respondents decreased the status of male student

Status of smokers	Frequency	Percentage (%)
Daily smokers	27	71,1
Non-daily smokers	6	15,8
I am a former smoker	1	2,6
I am not a smoker	4	10,5
Total	38	100

Table 2: Distribution of Respondents Based on The Status of Smokers.

Source: Primary Data (Processed July 2016)

Table 2 showed that of the 38 respondents the most were daily smokers as many as 27 students (71.1%), followed by nonsmokers daily as many as 6 students (15.8%), and nonsmokers 4 students (10.5%), then former smokers 1 student (2.6%).

Number of cigarettes smoked

Distribution of respondents according to the number of cigarettes smoked

Number of cigarettes consumed	Frequency	Percentage (%)
1 - 4 stems	5	13,2
5 - 14 stems	6	15,8
> 15 rods	27	71,1
Total	38	100

Table 3: Distribution of Respondents Based on the number of cigarettes consumed.

Source: Primary Data (Processed July 2016)

From table 3 shows that of the 38 respondents the most is the number of cigarettes >15 cigarettes as many as 27 students (71.1%), then 5-14 cigarettes as many as 6 students (15.8%), and 1-4 cigarettes as many as 5 students (13.2%).

Univariate analysis

Self-esteem

The distribution of respondents according to self-esteem in male students can be seen in the following table:

self-esteem	frequency	Percentage (%)
Tall	13	34,2
Low	25	65,8
total	38	1000

Table 4: Distribution of frequencies based on Self-Esteem in Male Students.

Source: Primary data (processed July 2016)

Table 4 showed that of the 38 respondents, the distribution of the most self-esteem group was the low self-esteem category of 25 students (65.8%) while the high self-esteem category was 13 students (34.2%).

Smoking behavior

The distribution of respondents based on smoking behavior in male students can be seen in the following table:

smoking behavior	frequency	Percentage (%)
Tall	27	71,7
Low	11	28,9
total	38	1000

Table 5: Distribution of Frequency Based on Smoking Behavior in Male Students.

Source: Primary Data (Processed July 2016)

From table 5 shows that of 38 respondents, the distribution of respondents according to smoking behavior in male students about high category smoking behavior as many as 27 students (71.1%), and low smoking category as many as 11 students (28.9%).

Bivariate analysis

The distribution of respondents was based on the relationship between differences in the self-esteem of male students and smoking behavior.

self-esteem	smoking behavior				Total		p
	Tall		Low		n	%	
	n	%	n	%			
Tall	5	13,2%	8	21,1%	13	34,2%	0.005
Low	22	57,9%	3	7,2%	25	65,8%	
Total	27	71.1%	11	28,9%	38	100%	

Table 6: Frequency distribution of the relationship between differences in male students' self-esteem and smoking behavior.

Source: Primary Data (Processed July 2016)

From the results of the study in table 6 is known of the 38 respondents who were examined there were respondents who were dominant were respondents who had low prices and had high smoking behaviors as many as 22 people (57.9%) and respondents who had high prices and low smoking behavior as many as 8 people (21.1%). Then respondents who had high prices and high smoking behavior amounted to 5 people (13.5%), and respondents who had low price and smoking behavior amounted to 3 people (7.2%), from statistical tests using Continuity Correction obtained a value of $p = 0.005$ less than the value of $\alpha = 0.05$. The results give the meaning that the alternative hypothesis is accepted or the null hypothesis is rejected which means that there is a relationship between differences in the self-esteem of male students and smoking behavior.

Discussion

From the statistical test using Continuity Correction obtained the value $p = 0.005$ is smaller than the value of the $\alpha = 0.05$. The results give the meaning that the alternative hypothesis is accepted or the null hypothesis is rejected which means that there is a relationship between differences in the self-esteem of male students and smoking behavior. From the results of the study it is known that of the 38 respondents who were examined there were respondents who were dominant were respondents who had a price and conducted high number of smoking as many as 22 people (57.9%) in male students with smoking behavior in State High School 7 Makassar. While in the opinion of Yasdiananda (2012) said person's self-esteem depends on how he or she judges about himself which will affect behavior in everyday life, this individual's judgment is expressed in attitudes that can be high and negative.

In the book Ellizabeth, 2010, Some psychological reasons that cause a person to smoke, namely for the sake of relaxation or calmness and reduce anxiety or tension, it is also stated that adolescence is a transition period from the period of the child to adulthood The development of adolescent self-concept will be very related to the feelings and thoughts of the teenager itself. Because the assessment of

adolescents will be able to assess their own social environment, if the teenager has a bad assessment of his dri then he will be bad and vice versa.

This isin the way of the results of a 2015 study abdul azis., *et al.* about the relationship of self-esteem with the smoking behavior of students in State High School in Bangli suggested that from the results of statistical tests obtained a value of $p = 0.001$ which means the value of $p < 0.05$ means there is a significant relationship between self-esteem and smoking behavior.

According to the assumption of researchers found respondents who have low self-esteem and behave high smoking because the teenager has a wrong perception about cigarettes, which respondents feel that cigarettes are able to make a person become more confident, many friends and recognized by friends so that if the respondent feels insecure then to increase his confidence the respondent must smoke, This perception is what they believe to be true, without considering the adverse effects of cigarettes, according to the researchers of respondents who smoke in the sense of smoking anywhere with repeated frequency of smoking because to fulfill their desire to smoke due to addiction, or dependence which if already addicted and not smoking then the respondent feels unable to do anything and down, So that the teenager considers that cigarettes are able to arouse his confidence so researchers draw the conclusion that what actually happens to smokers is cigarettes that make his self-esteem fall, not confident, due to addiction and cigarettes can handle it, and where if he never smokes or is not addicted to cigarettes then the price remains stable.

In this study, it was also found that respondents who had high prices and behaved low smoking were as many as 8 people (21.1%). Ade Benih Nirvana (2011), explains that adolescent cognitive development that (appears is a critical attitude towards everything. Curiosity in adolescents is very high, in the development of this teenager; parents should give advice that is not contrary to the lifestyle of adolescents. Guidance by following the patterned adolescent development will have a positive impact on children who will form teenagers who have a whole and responsible, in linewith Azkiyati's 2013 study on the relationship of smoking behavior with adolescent boys in the fattest nation's men's vocational school that from the results of the study found respondents who behaved low smoking and positive self-esteem.

Respondents who have high prices and low smoking because the respondent does not need cigarettes as an important thing to consume so that their confidence remains, and some of these respondents get emphasis from parents because it is not allowed respondents to smoke so that respondents do not get the freedom to smoke, and smoke secretly.

Then respondents who have high self-esteem and behave high smoking numbered 5 people (13.5%). Ellizabeth (2010), suggests that the biggest factor of (smoking is social or environmental factors. It is known that a person's character is formed by the surrounding environment family, neighbors, and friends of association. There is also an opinion that suggests that the individual feels that he is part of a group and he is accepted as appreciated by the members of his group, this group can be family, peers or any group. The individual will have a positive value about himself if the individual feels accepted and part of his group.

This inline of the results of a 2015 study by Abdul Azis., *et al.* on the relationship of self-esteem with the smoking behavior of students at State High School in Bangli suggested that out of 225 respondents found respondents who have high prices and behave smoking. According to the assumption of respondents who have high self-esteem and behave high smoking due to the respondent's environment that requires respondents to smoke so that respondents are accepted in their group environment and enter as a family in an active smoker environment, in addition respondents have also found it difficult to raise their lives. Respondents who had low self-esteem and behaved low smoking amounted to 3 people (7.2%) Itis possible that, neither the dozens nor the adults will find a compelling reason why he smokes.

According to the investigation of Charles Gilbert Wernn and Shirley Schwarzrock, teenagers began smoking because they were with friends, to be quieter especially during dating, dare to take risks because they were bored and nothing was done and to look like adults. In line with Ade Saputra's 2014 study on the relationship between self-esteem and smoking behavior in Male Junior High School Students

in Bukittinggi City based on the results of his research researchers suggested that the higher the self-esteem of students was not followed by the lower intensity of smoking behavior and vice versa the lower the self-esteem of students was not followed by the high intensity of smoking behavior carried out by male junior high school students in the city of Bukittinggi.

According to the assumption of researchers respondents who have low self-esteem and behave low smoking because the respondent consumes cigarettes not Karen to increase self-confidence or not also because of dependence, but because of trial and curiosity because of the influence of the environment that smokes, the feeling of great curiosity in teenagers makes teenagers always want to try to answer their curiosity, at the stage of trial and error respondents only consume cigarettes in moderation because if the person who just smoked will not feel pleasure but feel a less pleasant feeling such as dizziness and tightness [3-21].

Summary

Based on the results of the study with the title of the relationship between male students' differences in self-esteem with smoking behavior in Makassar, it can be concluded that

- From the results of the study it is known that of the 38 respondents examined there are respondents who are dominant are respondents who have a low category price of 25 students (65.8%).
- From the results of the study obtained the results of students who smoked a lot of 27 students (71.7 (%)).
- The results of statistical tests using Pearson Chi-Square were obtained $p < \alpha$. The results give the meaning that there is a difference in the self-esteem of male students with smoking behavior in State High School 7.

Suggestions

Based on the results of the presentation, discussion of research data and the withdrawal of previous conclusions above, the suggestions submitted in this study are:

- For students, the results of this study are still found some students who do not understand about the impact of the dangers of consuming cigarettes proved to be found the number of active cigarette users is still very dominant. therefore researchers suggest that students actively pay attention to every health information, especially the dangers of cigarettes, so that the perception of cigarettes in students changes because cigarettes are very dangerous for active smokers especially for passive smokers, That way there are no students who smoke to increase self-esteem, because there are many positive things that can be done to increase self-esteem other than smoking.
- For school, from the results of research that has been conducted by researchers still found some students who lack awareness that the importance of paying attention to every information that has been prepared by the school for students to be prohibited from smoking, therefore researchers suggest that the school is more active to enforce the rules of all students' pain about smoking prohibition and provides extracurricular facilities in schools such as the juvenile red cross (PMR), and the development of talents such as sports, arts, theater, religion, so that students focus on exec activities and no longer get together with friends who smoke.
- For the nursing profession, from the results of research that has been conducted by researchers there are still some students who lack knowledge about the dangers or impacts of smoking, therefore researchers recommend that nurses or health workers more actively provide counseling to students about the dangers and impacts caused by cigarettes both harm to themselves and the surrounding environment.

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