



**JIKN**

Jurnal Inovasi Karya Nyata

Volume 1 Issue 1, 2025 (1-8)

ISSN (*online*) : [3109-2187](https://doi.org/10.70963/jikn.v1i1)

Homepage : <https://jurnalunived.com/index.php/JIKN>

Doi : 10.70963/jikn.v1i1

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## Importance Counseling Danger Smoking in Maintaining Public Health in the Region Work Health Center of Sawah Lebar, Bengkulu City

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Received [22-05-2025]

Revised [14-06-2025]

Accepted [30-06-2025]

**Abstract.** Smoking behavior is one of the public health problems that have serious impact on individuals and society as a whole. In the context of public health, a deep understanding of smoking behavior is very important, especially in the work area of the Health Center where public health services are faced with complex challenges. This activity aims to provide motivation and understanding of the importance of education. By using qualitative descriptive methods/data collection by means of interviews, documentation and direct observation. The results of real work lectures to the community increase motivation and awareness in the community to no longer smoke through counseling or health education to wards change in public knowledge about the dangers of smoking through a health education approach.

**Keywords:** *Smoking, Community, Health Center*

### INTRODUCTION

Smoke behavior is one of society's health problems that has a serious impact on individuals and society in an overall way. In the context of public health, understanding deeply about smoke behavior becomes very important, especially in the work area. Health center where services are provided health public faced with complex challenges. The prevalence of high smoking in Indonesia becomes a serious concern, considering the negative impacts caused by these habits to health society. Data shows that the prevalence of smoking in Indonesia is still quite high, with a large part of active smokers being at the productive age. Impact health caused by behavior smoke No can be ignored. Smoking has been proven to be a major risk factor for various serious diseases, including cardiovascular disease, cancer, and respiratory disorders. In addition, smoking also contributes to increasing the number of early deaths in society. In addition to the physical impact of smoking, it also gives significant psychological and social impacts, such as increasing the risk of stress, depression, and influencing social interactions and everyday life (Katemba, et al. 2024) The World Health Organization (WHO) stated that there are 1.3 billion smokers in this world originating from the global population aged 15 years and above. Where Every year, tobacco can cause around 8.8% of deaths and around 4.1% causes disease (59.1%). then estimated number of deaths occurring in developing countries will increase up to 10 million per year starting in 2020 or early 2030 with 70% deaths. Based on research results in the United States say that number incident smoking teenagers in 2000 exceeded 25% of number incident smoking in adults, it is said that there is

improvement about 50% from 1988. More than 80% of smokers started before 18 years old as well as estimated around 3000 teenagers started smoking every day and in Indonesia it occupies ranking to 4 worlds as highest cigarette consumer with number of active smokers reaching 65.2 million souls. Consisting of 52.9% male adults, and 12.3% female adults (WHO, 2018) in journals (Kristian, et al. 2023). Based on the World Health Organization in 2019 cigarette users 13-15 years old in Indonesia as a whole as much as 19.2%, with male cigarette users as much as 35.6%, and female cigarette users as much as 3.5%. Along with increasing prevalence, diseases associated with tobacco use and smoking behavior also increase. Smoking is one of them problems in society Because Lots can cause loss from social, moral, economic, financial aspects, as well as health It is known that cigarettes are very dangerous to health for active and passive smokers. People who don't smoke but in a way No direct follow inhale cigarette smoke is called passive smoker or secondhand smoke (Ministry of Health of the Republic of Indonesia, 2021). Although not smoked but is in an environment full of cigarette smoke it can cause effects that are not as good for the body as an active smoker (World Health Organization, 2024).

Data from the World Health Organization (WHO), every year there is not enough. More than 8 million people die from tobacco use, 7 million of them are smokers. active and 1.3 million are passive smokers (World Health Organization, 2023) study by Yasmeen et al (2022) proves this that Mother pregnant women exposed to cigarette smoke experience birth heavy baby low not enough than 2,500 grams. Babies, children, teenagers, adults, and the elderly can experience health disturbance due to cigarette smoke. When mothers are exposed to asphalt cigarettes, babies born own risk of 1,128 births with low birth weight (BBRL) compared to mothers who are not exposed to cigarette smoke (Simamora, 2020). In children will cause children to become prone to Sick like ear infections, pneumonia, bronchitis, and asthma (Centauri, 2023). When teenagers are exposed to cigarette smoke, they themselves are at risk of respiratory tract infection (ARI) (Sudiarti et al., 2023)

In facing the challenges of health complex society, such as the problem of smoking behavior, collaboration between various parties becomes key. Health center, as institutional primary health care at the community level, needs to Work The same with various stakeholders including government regions, non-governmental organizations, schools, and local communities For implementing holistic and sustainable intervention programs. Thus, this research will also provide recommendations for stakeholder interest in the development of smoking prevention and control strategies more effectively at the local level. Thus, this research aims to provide a contribution in deepening understanding about smoking behavior and its effects on health communities in the work area Sawah Lebar Community Health Center

## **RESEARCH METHODS**

Implementation activity Studying Work Real Community Service (KKN) was carried out at the UPTD Sawah Lebaryang Health Center address at at Jl.Sepakat , Rt.23/ Rw . 12, Sawah Lebar Baru, Ratu District Agung, City Bengkulu.. Activities are attended by the community in the work area Sawah Lebar Health Center , Bengkulu City. On March 4 , 2025.

### **Identification of problems**

Implementation activity started with identify problem . Using method descriptive qualitative / data collection with method interviews , documentation and observation in a way direct .

### **Needs Analysis**

Stage furthermore is analyze needs . At the stage this , will get what supporting media is needed that can used by the community For support its activities and needs additional

necessary provided , external For facilitate implementation . The community will can understand Where location his needs importance education , improve skills .

### Implementation

Implementation method this is in outline use draft strengthening importance guard health from cigarettes . Activities This conducted by the Faculty Health Sciences Study Program Midwifery IS Where the method used in delivery information in a way counseling , discussion and questions answer with the community in the work area Sawah Lebar Community Health Center , Bengkulu City.

### Evaluation

During the process and after activity done , assessment done For evaluate its effectiveness in increase interest and motivation society For always keep health and want stop or limit cigarettes Apart from that , activity evaluation This evaluate results KKN activities and aimed at For repair in the future . As organizer KKN activities , this is one of activities that provide benefit Good to public.

## RESULTS AND DISCUSSION

### Activity Results

Activity conducted on March 4, 2025, at Jl.Sepakat , Rt.23/ Rw . 12, Sawah Lebar Baru, Ratu District Agung, Bengkulu City. As for the session implementation includes :

In session first , team executor introducing about importance Smoking behavior is one of problem health society that has impact Serious to individual and also public in a way overall . In the context of health society , understanding deep about behavior smoke become very important , especially in the work area. Health center where services are provided health public faced with complex challenges Activities This aiming to provide motivation and understanding about danger smoking for health Activities started with a number of preparation . preparation First is communicate with head of the health center of the village of lebar make observations directly . The second preparation is with visit directly to the community by taking 4 respondents For checked level nicotine with results as following :

- Respondent 1 , 63 years old, male, examination results obtained Coppmm 16% CoHb 3.19
- Respondent 2 , 35 years old, male, examination results obtained Coppmm 20% CoHb 3.83
- Respondents 3rd age 57 years gender Female , results inspection got Coppmm 0.2%CoHb 0.95
- The 4th respondent is 18 years old type Female sex , results inspection got Coppmm 0.1%CoHb 0.75



Figure. 1 How to measure level nicotine



**Figure 2 Group Photo of Residents of RT. 23 Sawah Lebar Baru**



**Figure 3 Testing Tools for Nicotine Levels**



**Figure 4 Counseling Danger Smoke**

In session second , continue with session discussion and questions answer together society . From the session ask answers and discussions that are carried out , new known how far is the knowledge society about danger from smoking .

### **Problem solving**

Among public cigarette Already become common habits happened and has happened become culture , regardless from smoker active and inactive , all public confess that sector tobacco This to obtain Lots profit exceed profit mine oil and natural gas . However profit from sector big cigarette This No comparable with number poverty in indonesia , problems cigarette This reap many pros and cons smoke profitable for the country but harm society ( Chabiba and Sa'diyah 2021). Smoke is activity to suck rolled tobacco together paper Then burned , the smoke entered into the body with method sucked through mouth and exhale back . Activity smoking is very easy found in life daily matter This No only endanger for smoker but also can endangering the people around him which is called smoker passive ( Sekeronej , Saija, and Kailola 2020). In one study found that exposure to cigarette smoke is the smoke inhaled by people who don't smoking ( smoker) passive ). Exposure to cigarette smoke this is more dangerous to smoker passive compared to smoker active matter This caused by cigarette smoke contains 5 times the carbon monoxide , 4 times more lots of tar and nicotine . This is can endanger women exposed to cigarette smoke Because can experience problem pregnancy caused by the womb substance chemistry on cigarette.smoking give Lots effect bad for smokers and non- smokers smoking , from health aspect cigarette can causes problems with circulation blood , heart , stomach , skin , bones , brain , lungs , mouth and throat , reproduction and fertility , including can increase TB risk . In Indonesia as many as 45% of smokers experienced a stroke, 81% experienced attack heart , and 85% experienced cancer lungs . Smoking can also cause addicted so that difficult to stop smoking ( Juliansyah and Rizal 2018) According to Aredo et al (2021) is known that use cigarette increase risk cancer lungs . The more tall use cigarette per pack per year and usage cigarette per day per year increased second primary lung cancer (SPLC) with HR = 1.92; p previously , and genetics also influenced cancer lungs . According to Bradley et al (2020) signs and symptoms cancer lungs that is cough , chest pain , loss of appetite eating , decrease weight , shortness of breath breath . According to Harley, et al (2015) the use of cigarette known increase risk of infertility or impotence . In 839 smokers experience decline concentration sperm , motility sperm , and morphology sperm . However No influence in a way significant vitality sperm , ejaculation volume and concentration motility progressive sperm . (Marieta,2020) Smoke in the House can improve cigarette smoke concentration which contain toxic substance , thing This caused by cigarette smoke will left behind longer in

room and can attached to furniture House stairs . This is can become more critical when turn on fan wind Because substance poison can spread to air around . Smoking No only harm health but also can giving social , economic and psychological losses to a person . Social losses which is caused by harming living people together a smoker or commonly called smoker passive Because effects experienced by smokers passive more critical compared to smoker active . loss from economic aspect is throw money away in form burn money with in vain . Loss from aspect psychological that is cause that is influence thoughts , feelings and addictions so that somebody will Keep going continuously want to smoking (Raudatussalamah and Rahmawati 2020) The risks caused by smoking need minimized with A effort promotional. One of the promotional efforts that is needed done is with effort description counseling or education about danger smoke in the House to smoking society and also No smoke Because risks posed by smoking No only for smokers only , but people who don't smoking is also necessary educated related risk inhaled cigarette smoke from environment . education this is very important done Because add knowledge for public For to achieve life Healthy with method influence behavior Good in a way group and also individual with the message conveyed to society (Isni and Dahlan 2022) Habits smoking done by parents At home can cause right children and members family others become smoker passive . Cigarette smoke describe effect more bad for smokers passive compared to smoker active , while smoking somebody burn cigarettes and inhaling them , the smoke they exhale is the main smoke and the smoke that is emitted during the smoking process called side smoke . Side smoke This contain more lots of smoke from burning tobacco compared to the main smoke . Side smoke contains 5 times carbon monoxide , 3 times more tar and nicotine , 46 times more ammonia , 3 times nickel and nitrosamines as concentration carcinogenic (Amila et al. 2021). Promotion health is a method in effort give message or information that will be delivered by a speaker , who is usually displayed using print and electronic media , the media works as means learning in it there are useful ideas For support the extension process or education that has been planned . Activities promotion health intended For increase knowledge in individuals or group to have awareness For apply a better lifestyle, especially in the health sector ( Purwadi , Setiaji , and Maryam 2019). Knowledge public to danger smoke Already Enough tall remember many pamphlets are distributed in places general about the dangers posed consequence cigarettes and videos education health about danger easy smoking found on social media. Already Lots company cigarettes that come along to list taking pictures warning danger smoking in a pack cigarette like photo of damaged organs consequence cigarettes and photos someone who suffers disease consequence cigarettes . However all information about danger smoking that has known by the public No make they deterred and intent stop smoking . A study say that matter the can happen Because public both smokers and non- smokers smoke You're welcome only just know about danger smoking , will but in apply in life they Not yet able . Society in general has own sufficient knowledge about the dangers posed by smoking but matter This No Enough For influence public For changed . This is because of many people smoke around they No experience problem health as shown on the packaging cigarettes and advertising danger smoking , besides That a smoker experience cough but people who don't smoking can also experience cough , and Lots disease others that appear like lungs caused by smoking However public consider disease the caused by conditions weak body No cigarette . People believe that cigarette No cause disease turn off Because many people smoke However still can live a healthy life (Hutabarat, Rochadi , and Aulia 2019). Awareness of danger smoke from a smoker can reflected through countermeasures problem smoking is done through "Healthy Lifestyle " approach d. This can expressed in behavior smoker with No smoking inside home . Realized that with smoke in the House can endanger smoker passive and also disturbing comfort member the family that is in home . Impact air with cigarette

smoke inside House will more more big if ventilation and circulation air in House No adequate so that make room feel the more stuffy with cigarette smoke. Another effort in countermeasures problem cigarette is through awareness public will health environment , which at the same time is effort minimal community response through awareness will health environment clean and healthy air . This is can seen from attitude public local to health air environment especially in places common around it with the existence of free areas cigarettes . Lack of awareness public to danger smoke become reason Why difficult For designate a smoke - free area either in urban areas or periurban . This is can seen from the existence and maintenance of Free Areas Cigarettes (ABR) as in place Work each , restaurant , house food , transportation public , places of worship and so on . Determination of ABR in various order general can realized through fundraising commitment together For carry it out . More ABR determinations seen real its presence in urban areas rather than area periurban , especially in restaurants or House Eat means health , place work , institution education , activity arena children , places of worship and transportation public bus and train healthy air conditioning free from cigarette smoke. Second method countermeasures danger smoke through approach awareness public at level family Then to level environment work and social , it seems more show results . Public awareness to danger smoke can fostered and improved with started from environment family as part the smallest from public For life clean and healthy good inside House and also environment . Likewise with awareness the need look after health air free environment smoke pollution especially in places general , and in particular for those who don't smoke as right they get air clean Promotion health counseling and leaflets are very effective For share information health in influence level attitude about danger smoking. Besides delivery information in a way oral delivery information is also held in writing via leaflets, so that public more easy absorb information health as well as remember return information about danger smoking that has been Once given previously.

## CONCLUSION

This real work lecture activity provides the conclusion that there will be an increase in motivation and awareness in the community For No Again smoke through counseling or education health to change knowledge public about danger smoke through approach education health .. Knowledge public will danger smoke not making public stop smoke because basically they justknowing However unable to implement it in life daily.

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