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The Generation And The World Of Young People By Stop Smoking In Hamlet 4 Pekik Nyaring Village, Pondok Kelapa Sub-District, Bengkulu Tengah Regency

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Abstract. ISPA disease is a common illness among children and teenagers due to their still developing immune system. Cigarettes are one of the addictive substances that can cause health hazards for oneself and society if used. Therefore, various anti-smoking activities are needed for health. Smoking is an activity done by an individual by burning or inhaling a cigarette, which can cause the smoke to be inhaled by everyone around them. Smoking has harmful effects. This is not only harmful to the health of the smoker but also to the health of those nearby. The education on the dangers of smoking for elementary school children and teenagers is crucial to increase their awareness and ability to face various challenges they encounter. This activity aims to provide accurate and clear information about the dangers of smoking and increase the ability of children and teenagers to face various situations related to smoking. This educational activity is carried out using PowerPoint and leaflets about the dangers of smoking. The results of this educational activity show that the knowledge of children increased from 33% to 89%, while that of teenagers increased from 40% to 60%. A significant increase was observed in their knowledge and awareness about the negative impact on health.

Keywords: ISPA, Dangers Of Smoking

INTRODUCTION

One of the diseases that most people suffer from is ARI (Acute Respiratory Infection). Most respiratory tract infections are only mild, such as coughs and colds, are caused by viruses, and do not require treatment with antibiotics. ISPA is a disease that often occurs in children and adolescents, because the body's defense system is still low (Juniantri, 2023).

Acute respiratory infections are caused by one factor, namely home environmental conditions. Home environmental conditions that can affect air quality can trigger acute respiratory infections (ARI), including: environmental tobacco smoke (ETS) or exposure to cigarette smoke. Exposure to cigarette smoke is the main factor in air pollution which causes acute respiratory tract disorders, especially in vulnerable groups of children and adolescents. (Zahra & Assetya, 2018). The presence of smoking family members is a contributing factor to health problems such as respiratory problems and can increase attacks of acute respiratory infections (ARI). Children whose parents smoke at home are more susceptible to respiratory diseases (Wardani et al, 2021).

Cigarettes are an addictive substance which, when used, causes health hazards for oneself and the community, therefore various activities to protect smoking are needed for health. Smoking is an activity carried out by someone by burning or smoking a cigarette which

can cause the smoke to be inhaled by everyone around them. Smoking has dangerous impacts, but it is the most common and easily observed daily routine activity in both men and women. This is not only dangerous for the health of the smoker, but also the health of other people who are near the person who smokes (Fadul, 2019).

World Health Organization (WHO)2020 shows that tobacco kills 8 million people per year worldwide. More than 8 million of these deaths resulted from direct tobacco use, while around 1.2 million of these deaths were caused by passive smoking. Countries in the Association of South East Asian Nations (ASEAN) are the region with 10% of all smokers in the world and the region with 20% of global deaths due to tobacco. The data also states that Indonesia is the country with the highest percentage of smokers in ASEAN countries (more than 50%) (WHO, 2020).

WHO 2020 states that Indonesia is the 3rd country with the largest number of smokers in the world after China and India. Meanwhile, ASEAN is a region with 10% of all world smokers and 20% of global deaths due to smoking. The largest percentage of smokers in the population in ASEAN countries is 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%). Increasing cigarette consumption has an impact on increasing the burden of disease caused by smoking and increasing the death rate due to smoking. In 2030, it is estimated that the world's smoking death rate will reach 10 million people and 70% of them will come from developing countries (WHO, 2020). Smoking in Indonesia is not only among adults, but has spread to young teenagers. Among teenagers themselves come from low socio-economic backgrounds, while the average age of someone who starts smoking is 15 years old. Based on data from the Bengkulu Provincial Health Service, the number of people who smoke in 2021 is 33.17%, in 2022 it is 32.16%, in 2023 it is 31.86% (BPS Indonesia, 2024).

Educational activities about the dangers of smoking for elementary school children and teenagers are very necessary to increase the awareness and ability of children and teenagers to face the various challenges they face. Thus, this activity aims to provide accurate and clear information about the dangers of smoking, as well as increasing the ability of children and adolescents to deal with various situations related to smoking. Thus, it is hoped that this activity can help prevent children and teenagers from smoking and increase awareness about the dangers of smoking.

RESEARCH METHODS

This community service activity was carried out in Pekik Nyaring Village, Hamlet 4, Pondok Kelapa District, Central Bengkulu Regency. This activity is an activity that is considered very important in order to increase the knowledge and understanding of children and adolescents about the dangers of smoking. The activity of saving the generation and the world of young people by stopping smoking was carried out on May 31, 2024 and June 05, 2024 and was carried out by counseling to children and adolescents using power point media, leaflets about the dangers of smoking. This counseling activity was carried out using the lecture and question and answer method between the speaker and the participants.

RESULTS AND DISCUSSION

This outreach activity to save generations and the world of young people by stopping smoking involves elementary school children who have not smoked and teenagers who already smoke. This activity is carried out with outreach about the dangers of smoking which will be held on 31 May 2024 hours and 05 June 2024. This activity is for knowing the knowledge and understanding of children and teenagers about the dangers of smoking and that smoking is very detrimental to the health of themselves and others. The dangers of smoking are very familiar to us, smoking can cause premature death and increase the risk of chronic diseases such as

cancer, heart disease and lung disease. In recent years, smoking habits have increased among children and adolescents. This is very concerning because children and teenagers are still at a very important stage of physical and mental development. Thus, this activity aims to provide accurate and clear information about the dangers of smoking, as well as increasing abilities in dealing with various situations related to smoking.

From the results of the pre-test that has been carried out, it can be concluded that children's knowledge is still lacking about the dangers of smoking, there are still 6 children who still don't know enough about the dangers of smoking. From the results of the post test, it can be concluded that after carrying out outreach activities about the dangers of smoking, children's knowledge increased from 6 children to only 1 child who did not know about the dangers of smoking, because during the activity 1 child was going in and out of the room. And after the activity took place from 3 correct children it increased to 8 children who understand and know that smoking is dangerous for their health and the health of other people around them.



Source ; Photos during the event, 2024

Figure 1 Health Education About The Dangers Of Smoking In Hamlet 4, Pekik Nyering Village, Pondok Kelapa District, Central Bengkulu Regency, Bengkulu Province In 2024

From the results of the pre-test that was carried out, it was found that teenagers still lack knowledge about the dangers of smoking, there are still 9 teenagers who still don't know about the dangers of smoking. From the results of the post test above, it can be concluded that after carrying out outreach activities about the dangers of smoking, the knowledge of teenagers increased from 9 teenagers to only 6 children who did not know about the dangers of smoking, because during the activity the 6 teenagers left the room. to go to the village head's house. And after the activity took place, the number of 6 teenagers who were correct increased to 9 teenagers who understood and knew that smoking was dangerous for their health and the health of other people around them.

CONCLUSION

Smoking is an activity carried out by someone by burning or smoking a cigarette which can cause the smoke to be inhaled by everyone around him. Counseling activities on the dangers of smoking for elementary school children and adolescents are needed to increase the awareness and ability of children and adolescents to face the various challenges that will be faced by them. Thus, this activity aims to provide accurate and clear information about the dangers of smoking, and improve the ability of children and adolescents to deal with various situations related to smoking.

Prior to the counseling activity on the dangers of smoking, some participants showed limited understanding of the risks of smoking, especially in terms of long-term effects such as lung cancer, heart disease, and respiratory problems. After counseling on the dangers of smoking to children and adolescents, their level of knowledge increased substantially with the average knowledge of children increasing from 33% in the pre questionnaire to 89% in the post questionnaire and that of adolescents increasing from 40% in the pre questionnaire to 60% in the post questionnaire.

Overall, this activity had a real positive impact on smoking prevention among children and adolescents. This success demonstrates the importance of ongoing health education and active community participation to reduce smoking prevalence among young people. This counseling can determine how the knowledge of children and adolescents about the dangers of smoking, this activity can provide broad insight that smoking is not good for the health of children and adolescents. This activity can provide broad insight that smoking is not good for the health of children and adolescents.

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