



ORIGINAL RESEARCH

Knowledge of the impact of smoking

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**RELATIONSHIP BETWEEN KNOWLEDGE LEVELS ABOUT THE IMPACT OF
SMOKING ON FAMILY HEALTH AND SMOKING BEHAVIOR IN THE COMMUNITY
OF DUSUN E GAMPONG UTEUNKOT**

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Abstract: Smoking behavior is a problem and a national priority in improving the health status of the Indonesian people because it involves various aspects of problems in life, namely economic, socio-political and especially health aspects. This can be seen in everyday life such as at home, on public transportation or in the office, almost every time people are found and found smoking. Smoking behavior is not only found among adults, but can also be found among adolescents. Although information and knowledge about the impact of smoking on the health of smokers as well as for the surrounding environment, especially families, is widely conveyed, this smoking behavior is still carried out.

Purpose: The purpose of this study was to determine the relationship between the level of knowledge about the impact of smoking on family health and smoking behavior in the Dusun E Gampong Uteunkot community

Patients and methods: This study is an analytic observational of 235 samples aged > 17 years which were taken by purposive sampling. Measurements were made using a questionnaire consisting of knowledge about the impact of smoking on the health of oneself and one's family and smoking behavior.

Results: The results of this study indicate that the majority of respondents who have a good level of knowledge with non-smoking behavior are 36.1%. Data analysis using Chi square. The results of statistical analysis showed p value <0.05.

Conclusion: The conclusion of this study is that there is a relationship between the level of knowledge about the impact of smoking on family health and smoking behavior in the Dusun E Gampong Uteunkot community.

Keywords: Knowledge, Impact of smoking, Behavior

Introduction

Smoking behavior is an activity of sucking a paper bag containing burned tobacco then the smoke enters the body and exhales it back out. In everyday life we can find people who smoke in public places and even around our own home environment. Smoking can have an adverse impact on health, not only for smokers themselves but also for those around them who inhale cigarette smoke (passive smokers).¹

Cigarette smoke contains substances that are harmful to the body, such as nicotine, tar and carbon monoxide. According to data from the Indonesian smoking situation, several non-communicable diseases caused by smoking activities, including lung cancer, respiratory diseases (chronic bronchitis and pneumonia), heart disease, impotence in men, infertility in women both as active and passive smokers, spontaneous abortion, low birth weight infant, stillbirth, increased respiratory tract infection, middle ear disease, asthma or sudden infant death syndrome (SIDS) in infants and children.²

Cigarette smoke is a pollutant for humans and the surrounding environment. Not only is it not good for your own health but also around smokers like your family, because smoking can leave toxic substances in the furniture that are harmful to families, especially children and the elderly. So family knowledge regarding the impact of smoking is very important so that family support can make someone stop smoking. Smoking also causes problems in the economic field. The health economics point of view states that the impact of smoking will clearly increase the costs incurred, both for individuals and families. So one of the indicators of family health according to the Indonesian Ministry of Health is the absence of family members who smoke in order to create a healthy family.^{3,4}

Material and methods

This type of research is an analytic observational study with a cross sectional approach, namely to explain a situation or situation that occurs in the study and is measured or collected simultaneously. This research was conducted in Dusun E Gampong Uteunkot, Lhokseumawe City. This research was conducted from September 2021 to June 2022. The population of this study was the entire community in Dusun E Gampong Uteunkot, Lhokseumawe City, totaling 1451 people. The samples used in this study were men and women aged >17 years and willing to be respondents, but people who were sick or in circumstances where it was impossible to collect data were not sampled in this study. The sample size in this study Lemeshow formula is used with a tolerance value of 5%. So the number of samples in this study amounted to 235 respondents. The sampling technique used in this research is purposive sampling. The research material used in this study was a questionnaire containing questions about smoking behavior and knowledge of the impact of smoking on family health in the community in Uteunkot Village, especially in Dusun E. The data analysis used was univariate and bivariate data analysis with Chi-Square test.

Results

The results of the analysis using the Chi Square test showed that there was a relationship between the level of knowledge about the impact of smoking on family health and smoking behavior in the community. This is known based on the p value of < 0.001 or $p < 0.05$ which means that it proves that there is a relationship between the level of knowledge about the impact of smoking on family health and smoking behavior in the Dusun E Gampong Uteunkot community.

Discussion

Lack of knowledge about the impact of smoking will endanger yourself and also those around you, especially your family. Exposure to cigarette smoke from family members who have smoking behavior will be inhaled by family members who are susceptible to diseases such as children, the elderly, and pregnant women. This is caused by several factors, including the lack of public knowledge about the effect of exposure to cigarette smoke on family health.

Conclusion

There is a relationship between the level of knowledge about the impact of smoking on family health with smoking behavior in the community with $p < 0.001$.

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Disclosure

The author reports no conflicts of interest in this work.

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Table 1 Relationship between Knowledge Level and Smoking Behavior

Knowledge Level	No Smoking		Light		Medium		Heavy		p value
	n	%	n	%	n	%	n	%	
Well	85	61,6	31	22,5	18	13	4	2,9	< 0,001
Enough	13	35,1	7	18,9	15	40,5	2	5,4	
Less	2	3,3	1	1,7	19	31,7	38	63,3	

Notes:

Abbreviations: