

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

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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

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Background

Many people today engage in bad habits or lifestyles, and smoking is one of these unhealthy habits or lifestyles. In Islam, smoking is referred to as a waste deed, which refers to an action that causes a great deal of harm or loss. Every person on the planet is aware that smoking is harmful to one's health and has bad consequences. Surprisingly, this understanding does not lead to people quitting smoking. Furthermore, despite the fact that the negative repercussions of smoking are well known, the number of smokers is not reducing but increasing [1]. Cigarettes are an addictive chemical that, when used, can pose a health risk to both individuals and society. Cigarettes are known to be the product of processed tobacco wrapped; including cigars or other forms generated from the plants Nicotine Tabaco, Nicotine Rusticate, and other species, or synthesis contains nicotine and tar without any other ingredients, according to PP No.19 of 2003. In some nations, cigarette smoking is very common. Adults consumed cigarettes at a rate of 22% in 2005. Men are more likely than women to smoke, with 36 percent of men and only 8% of women smoking [2].

Since a decade ago, smoking behaviour has been a serious public health hazard for the rest of the world, according to WHO (2008). After China, India, Russia, and America, Indonesia has the third highest cigarette consumption. In addition, Indonesia has now set a new world record for the biggest number of teenage smokers. In

Indonesia, active smokers account for 13.2% of the overall adolescent population [3].

According to the third edition of the tobacco atlas, the percentage of the world population that consumes tobacco in 2009 was 57 percent in Asia and Australia, 14 percent in Eastern Europe, 12 percent in the Soviet Union, 9 percent in the Americas, 9 percent in Western Europe, and 8 percent in the Middle East and Africa. Indonesia 46.16 percent, Philippines 16.62 percent, Vietnam 14.11 percent, Myanmar 8.73 percent, Thailand 7.74 percent, Malaysia 2.90 percent, Cambodia 2.07 percent, Laos 1.23 percent, Singapore 0.39 percent, and Brunei 0.04 percent make up the ASEAN countries. (Health Information Data Center, Ministry of Health, 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%. [4].

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 [5].

Residents aged 15 and over who smoke have continued to climb from 2007 to 2013, rising from 34.2 percent in 2007 to 36.3 percent in 2013. In 2013, 64.9 percent of men and 2.1 percent of women still smoked. It discovered 1.4 percent of smokers aged 10-14 years, 9.9 percent of non-working smokers, and 32.3 percent of smokers in the quintile group with the lowest ownership index. While the average number of cigarettes smoked is around 12.3, the lowest 10 cigarettes are smoked in Yogyakarta and the highest are smoked in Bangka Belitung (18.3 cigarettes).

Based on Basic Health Research Riskesdes 2013 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 [6]. 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 findings of observations of State High School students 7 Makassar revealed that 11 out of 13 male students consume cigarettes, with 10 out of 11 male students claiming to have started smoking since junior high school and one person claiming to have started smoking in the first grade of high school. The 11 male students who conducted interviews smoked for a variety of reasons, including peer pressure, the desire to look cool, follow friends, be recognized by friends, relieve stress, and relax feelings. However, all of the high school students who participated in the interview agreed that smoking can help them feel more confident and gain recognition from their peers.

Method of Research

This is a quantitative study with a cross sectional technique, which means that independent and dependent variables were gathered at the same time. The participants in this study were all male Makassar students who smoked. The sample for this study included all male Makassar students who employed Technical Accidental Sampling, which is a sampling approach based on who

happens to be there / encountered.

Researchers acquire data by creating research instruments that serve as data collection tools. Questionnaires are employed as research instruments, and they allude to research conformity. Questionnaires are measuring devices comprising a series of organized questions to which respondents can respond according to pre-determined instructions. Where the first section of the question sheet is a questionnaire with 20 questions about smoking habits.

The second half of the questionnaire consisted of 17 self-esteem items.

The questionnaire will take approximately 20 minutes to complete.

Result

The results of the research obtained are as follows:

1. Characteristics of Respondents

a. Age group

Distribution of respondents according to the age of male students

Table 1: Distribution of Respondents Based on 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) 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%).

b. Status of smokers

The distribution of respondents decreased the status of male student

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

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) 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%).

c. Number of cigarettes smoked

Distribution of respondents according to the number of cigarettes smoked

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

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

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%).

2. Univariate Analysis

a. Self-Esteem

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

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

Self-Esteem	Frequency	Percentage (%)
tall	13	34,2
low	25	65,8
total	38	1000

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%).

b. Smoking behavior

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

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

Smoking Behavior	Frequency	Percentage (%)
tall	27	71,7
low	11	28,9
total	38	1000

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%).

3. Bivariate Analysis

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

Table 6: Frequency distribution of the relationship between differences in male students' self-esteem 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	71,10%	11	28,9%	38	100%	

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 According to the findings of the study, there were respondents who had a price and conducted a high number of smoking as much as 22 people (57.9%) in male students with smoking behaviour at State High School 7 Makassar. While, according to Yasdiananda [7], a person's self-esteem is determined by how he or she assesses themselves, which influences behaviour in everyday life, this individual's judgement is represented in both positive and negative attitudes.

In the book Elizabeth [8] 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 dry then he will be bad and vice versa [9].

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 researchers' hypothesis, respondents with low self-esteem and a high smoking behaviour have a false perception of cigarettes, in which respondents believe that cigarettes can make a person more confident, have many friends, and be recognised by friends, and that if the respondent feels insecure, he must smoke to increase his confidence. According to the study, those who smoke in the sense of smoking anyplace with a high frequency of smoking do so to satisfy their urge to smoke due to addiction or dependency, and if they are already dependent and do not smoke, they feel powerless and sad.

So that the teenager believes that cigarettes can arouse his confidence, researchers conclude that what actually happens to smokers is that cigarettes cause him to lose self-esteem, confidence, and self-control due to addiction, which cigarettes can

handle, and that if he never smokes or is not addicted to cigarettes, 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 [10], 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 with high prices and low smoking because they do not need cigarettes as an important thing to consume in order to maintain their confidence, and some of these respondents receive pressure from their parents because they are not allowed to smoke, so they do not have the freedom to smoke and smoke in secret.

Then respondents who have high self-esteem and behave high smoking numbered 5 people (13.5%). [11], 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, [11].

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%) It is possible that, neither the dozens nor the adults will find a compelling reason why he smokes [12].

According to Charles Gilbert Wernn and Shirley Schwarzrock's analysis, teenagers started smoking to be with their friends, to be quieter, especially when dating, to dare to take risks since they were bored and nothing was done, and to look like grownups. According to the findings of Ade Saputra's 2014 study on the relationship between self-esteem and smoking behaviour in male junior high school students in Bukittinggi City, researchers concluded that higher self-esteem was not accompanied by lower intensity of smoking behaviour, and vice versa, lower self-esteem

was not accompanied by high intensity of smoking behaviour carried out by male junior high school students [13-20].

According to the researchers' hypothesis, respondents who have low self-esteem and act in a low-smoking manner do so because the respondent consumes cigarettes not to increase self-confidence or because of dependence, but because of trial and curiosity due to the influence of the smoking environment. The feeling of great curiosity in teenagers causes teenagers to always want to try to answer their curiosity, and at the trial-and-error stage, respondents only consume c.

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:

1. 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%).
2. From the results of the study obtained the results of students who smoked a lot of 27 students (71.7 (%).
3. 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:

1. The study's findings are still available to students. Some students who are unaware of the dangers of smoking cigarettes discovered that the number of active cigarette smokers continues to be very high. As a result, researchers recommend that students actively pay attention to all health information, particularly the dangers of cigarettes, so that their perceptions of cigarettes change. Cigarettes are extremely dangerous for active smokers, especially passive smokers. As a result, there will be no students who smoke to boost their self-esteem, because there are many other positive ways to do so.
2. For school, according to the findings of research conducted by researchers, some students are still unaware of the importance of paying attention to all information prepared by the school for students who are prohibited from smoking, so researchers recommend that the school be more active in enforcing the rules of all students' pain about smoking prohibition and providing extracurricular facilities in schools such as the juvenile red cross.
3. According to the findings of research conducted by researchers, some students in the nursing profession still lack knowledge about the dangers or effects of smoking;

therefore, researchers recommend that nurses or health workers more actively provide counselling to students about the dangers and impacts caused by cigarettes, both to themselves and to the environment.

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