

Perceptions of Students Who Do Not Smoke Towards Students Who Smoke

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Abstrak

Rokok bermasalah terhadap Kesehatan namun perokok tidak bisa memisahkan diri dengan rokok. Penelitian ini bertujuan untuk menemukan dampak buruk secara ekonomi dan lingkungan serta Kesehatan persepsi mahasiswa non perokok terhadap mahasiswa yang tidak merokok. Penelitian ini menggunakan metode penelitian kualitatif. Sedangkan Teknik pengambilan data dilakukan dengan tiga acara yaitu observasi, dokumentasi, dan wawancara. Sementara pemilihan responden dilakukan dengan Teknik purposive. Merokok merugikan secara ekonomi sebab setiap batang rokok bernilai ekonomi sehingga perokok harus menghabiskan uang untuk membeli rokok. Secara lingkungan, puntung rokok termasuk limbah sehingga bermasalah terhadap lingkungan jika puntung dan sisa rokok tidak diolah dengan baik. Sekaligus menyebabkan orang lain menjadi perokok pasif padahal orang lain tersebut tidak perokok. Secara langsung hal ini terkait dengan kepedulian sosial perokok kepada yang tidak merokok. Meskipun demikian semua bergantung kepada individu masing-masing sebab ada juga perokok yang tidak merokok dimana ada banyak orang sekitar sehingga tidak merugikan orang lain.

Kata kunci: *Rokok, Lingkungan, Kesehatan, dan sampah*

Abstract

Cigarettes have health problems but smokers cannot separate themselves from cigarettes. This study aims to find the negative impact on the economy and environment as well as the health perceptions of non-smoker students towards students who do not smoke. This study used qualitative research methods. While the data collection technique was carried out in three ways, namely observation, documentation, and interviews. Meanwhile, the selection of respondents was carried out using a purposive technique. Smoking is economically detrimental because every cigarette has economic value so smokers have to spend money to buy cigarettes. From an environmental point of view, cigarette butts are considered waste, so they pose a problem to the environment if the cigarette butts and residue are not treated properly. At the same time causing other people to become passive smokers even though the other person is not a smoker. This is directly related to the social care of smokers for non-smokers. Even so, it all depends on each individual because there are also smokers who don't smoke where there are lots of people around so they don't harm others.

Keywords: *Cigarettes, Environment, Health, and sewage.*

INTRODUCTION

Cigarettes are dangerous psychoactive substances that contain 4000 chemical substances, and 20 kinds of them are deadly poisons. The high number of smokers in adolescents is a health problem both at the international and global levels at national level. Based on the results of a preliminary study of 6 teenage boys obtained as many as 4 teenagers seen smoking. One reason why the people smoke is because of anxiety in facing the future, as well as conflict problems with peers that can trigger anxiety arises (Daryanti, 2019). Smoking behavior is a dangerous habit. Although everyone know the dangers caused by smoking, many young people conduct like smoking. Factors influencing smoking habits in children Youth is a factor of psychology, biology and the environment. The design used on this research is descriptive-analytic (Agustina, 2012). Generally, smoking starts during adolescence, starting from curiosity and the influence of peers. After trying the first cigarette, an individual becomes addicted to smoking, for reasons such as habit, is able to reduce anxiety

and feel calmer (Arisanti & Aryani, 2020). Peer groups and cigarette advertising the most significant effect on adolescent smoking behavior. School need to be involved more intensively in efforts to prevent and intervene in smoking behavior in children and adolescents (Rachmat et al., 2013).

The another trigger is Smoking was a community health problem in Indonesia. The high prevalence of smoking in adolescents is closely related to the surrounding environment as a trigger for smoking (Wahyudi, 2018). Teenagers have a tendency to think that they can quit smoking, they will not be affected by health and will not be affected by the effects of addiction from smoking. As a result as, there is a potential that light smokers in adolescents can become heavy smokers in their life next. Good knowledge of the dangers of smoking should be able to prevent adolescents to engage in smoking behavior. But it turns out that teenagers can still be smokers despite their good knowledge of the dangers of smoking (Budiyati et al., 2021). It is boosted by the another finding to reveal that someone already has good knowledge about cigarettes are expected not to smoke. However, there are still many smokers who do not care with the health risks of smoking even though they already know it. This matter because the factors that influence a person's behavior are very multifactorial, including surrounding environment, trust and participation of community leaders. they think by smoking they can easily get along (Rarasati et al., 2020). Besides that, the role of parents is very important influencing adolescent smoking behavior, seen parents who smoke related significantly more risk smoking initiation.

Initial risk smoking children with parents who Smoking increases with duration they were exposed to parents who smoke (Sari, 2019). It must be encouraged by the other discovering to reveal that there are numerous factor to include the person in conducting smoking such as influence of friends, lack of parental support, affordable cigarette prices, and no regulations yet strict ban on smoking on campus (Ulfa et al., 2017). The youth involved had not finished elementary school until you finish high school. Among the 19 adolescent smokers (20%), they smoked an average of 5–6 cigarettes per day and smoking for an average of 2–3 years. Most (95%) of these smokers want to quit smoking. Analysis bivariate shows that gender, age, experience, knowledge, and attitudes are significantly related with smoking behavior ($p < 0.05$). Education is not related to smoking behavior ($p \geq 0.05$) (Wijayanti et al., 2017). The important thing to watch out for is that smoking behavior has become part of human daily life so that it is no longer a problem if someone smokes or is seen smoking because it is considered normal in society. The risk of joint dependence will be associated with bad behavior and actions in school and premature sexual behavior, while social influence is the most significantly related factor smoking behavior in children and adolescents (Manafe et al., 2019). For this reason, it is necessary to conduct research related to the perceptions of non-smoker students towards students who smoke.

MTHOD

Research on the topic of perceptions of non-smoker students towards students who are smokers uses qualitative research methods. This method was chosen because this research is very simple but is done in the field or field research. This research goes directly to the field to get data. While the respondent's interview technique was carried out using a purposive technique. This method is done by directly determining the sample to be selected, namely students who do not smoke. The sample in this study is Ibadurrahman Al-Khatib. Respondents were selected because respondents included students who had never smoked and studied at Islamic boarding schools and colleges. Researchers consider these respondents to be very worthy of being sampled because they will answer the research questions well so that the results are in line with expectations. While data collection was carried out in three ways including direct observation at the research location, namely the Ibn Khaldun university campus. Followed by conducting simple interviews with respondents. The questions posed concern perceptions of smokers, the dangers of smoking for the environment and health, as well as the economic impact and reasons why approximately people continue to smoke. The results of the study were analyzed using the triangulation technique, namely combining various methods of data collection both by observation, documentation and interviews. The data obtained is supported by the results of existing research so as to produce good paper or good data.

RESULT AND DISCUSSION

Smoking is very detrimental to health, although smoking cannot be separated from human life. A non-smoker can become a smoker even if he does not smoke, namely passive smoking. A non-smoker named

Ibadurrahman, a non-smoker student at the University of Ibn Khaldun (UIKA) Bogor, explained that he was not interested in smoking even though his environment was predominantly smoking. Respondents have experience about smoking because their family died because of smoking. Smoking includes actions that are intolerable to other people and don't care about other people. There are several reasons respondents including a smoker will spend cigarettes in their daily life until they run out. While there are other people who are disadvantaged who do not smoke, namely passive smokers. Passive smoking is a smoker who only inhales the remaining cigarette smoke but does not smoke. There is a disadvantage that smokers will lose money, it's just a pity for passive smokers because they inhale cigarette smoke without smoking. This passive smoker exists because active smokers do not have or lack social values or concern for others. Passive smoking is also known as environmental tobacco smoke or second hand smoke is a term for people other non-smokers exposed to smoke cigarettes unconsciously from smokers active (Safitri et al., 2016). Smoking in public places can injure people around them. Exposure to cigarette smoke can have an impact on the smoker himself (active smokers) and people around them (passive smokers), and because of the amount there are very many smokers in Indonesia.

Typically, pregnant women have the potential to exposed to passive smoking both at home and in the environment it works. The household environment is still the main source of smoke exposure passive smoking women, especially pregnant women (Evi Hasnita, Nurhayati, 2021). Various studies prove passive smoking has greater risk of active smokers for coronary heart disease, stroke, emphysema, lung cancer, all of which are the leading causes of death. Most are passive smokers are women and children. Thus passive smoking is a problem for women and children because of the negative impact of cigarette smoke on their health (Aziz et al., 2019). Even so, they still return to their respective personalities. There are also smokers who seek a safe place to smoke so they don't disturb others. In fact, there are several reasons why someone smokes, including scientific reasons, according to health science, besides tobacco, there is also the content of nicotine and other addictive substances that will damage the brain. Second, because of environmental factors, joining friends to look cool. There are even negative impacts economically. Costs used for living will be allocated to purchase cigarettes. If a smoker is classified as a person who has a lot of money, it is not a problem to spend money to buy cigarettes. But if on the contrary, someone who is financially less well off has to buy cigarettes so that it can be detrimental to life. For example, the price of 1 stick is IDR 2,000 and the average per day for a pack is IDR 24,000.

Every day is just spending money in vain, redundant. Second, wasting time. Usually smoking while daydreaming which renders it useless. Third, for his health even though it was clear on the package but pretended not to know. The first symptoms are coughing, dry throat and sores, enter the lungs. Breathing and blood is not smooth and black or dirty. All four cigarettes have an impact on the environment. If you smoke, it will produce air pollution, waste money, and cigarettes also contain trash (ash), which also causes environmental pollution. Nicotine is the main alkaloid compound in active tobacco leaves as an insecticide, Nicotine is believed to be a potential nerve poison and used as a raw material for various types of insecticides. Waste butts cigarettes, which are very abundant and still contain nicotine, are discarded just like that, it is very dangerous to the environment (Aji et al., 2015). The problem of cigarette butts trash when the more the number, the more potential polluting the environment. Given that trait butts will decompose on the ground in more time from 20 years can even reach 100 years so that it can reduce soil fertility and in plastic water will be difficult to decompose. Unhandled cigarette butts properly will pollute the environment (Sunandar & Fahmi, 2020).

On the contrary, Butts cigarettes also have high selling power if made as a vegetable pesticide for plants and does not interfere with fertility rates different from chemical pesticides that can cause changes in soil texture and the soil becomes dry quickly which can causing cracks in the ground and to manageable pest control simple (Purnama & Bastian, 2016). Cigarettes according to religion, from an Islamic perspective, according to Islam, the name *lahwun wa lahwun* is not permissible, so wasting time is not permissible for Islam, surely those who smoke are just relaxing. The Messenger of Allah recommends keeping away from things that are dangerous, so don't approach things that are dangerous and endanger yourself.

CONCLUSION

Cigarettes have a negative impact on the health of smokers but smokers find it difficult to quit smoking. The dangers of smoking have also been informed through the packaging and smokers know the bad effects on health but still smoke. At least there are factors that cause someone to smoke starting from family, closest friends, environment, and trial and error factors. Besides that, smokers are less concerned about the environment if they smoke in public places because there are other people who become passive smokers where passive smokers are not smokers. It's different if the smoker looks for a place that is far away or a place where there are no people so it doesn't make other people passive smokers. The disadvantages of smoking are numerous, including economic losses because a lot of money is used to buy cigarettes. Meanwhile, other disadvantages are smoking, such as cigarette butts and the substances contained in cigarette butts can harm the environment because they are classified as waste.

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