



Strategies for counseling the dangers of smoking for health for students

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ABSTRACT

This activity is a form of application in the Teacher Professional Education Program carried out by teachers throughout Indonesia. Based on the results of surveys, interviews and observations found student problems about the number of students who smoke and also obtained from the background of many families who smoke. Cigarettes not only affect the smoker but also those around the smoker who also get smoke from cigarettes. The high rate of smoking will also have an impact on the high rate of smoking-related diseases. Smoking habits can increase a person's chances of developing several diseases such as heart disease, cancer and lung disease and can even lead to death. Providing counseling to students of class XII IPA 3 SMA Negeri 1 Garoga about the dangers of smoking can reduce students' desire to smoke. The existence of this counseling will form a good attitude and action in maintaining personal health.

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1. INTRODUCTION

Students of class XII IPA 3 consisting of 18 girls and 14 boys are the most active class in sports activities. Students of class XII IPA 3 are talents that we need to channel their talents to make the school proud. However, this has begun to be less instilled in the students of class XII IPA 3. There are many complaints from some female students about male students who have started smoking, teachers often get children who smoke and also found that many families smoke (Thomas et al., 2015) (Nurmansyah et al., 2019) (Grapatsas et al., 2017). Teachers and homeroom teachers who teach this class get data from the results of the questionnaire obtained 76% of students in the family smoke, based on interviews 65% of students admit they consume cigarettes every day, and the results of observations show that many students leave class and smoke in the school canteen.

Information about the dangers of smoking for health is very important for students at SMA Negeri 1 Garoga to know. Cigarettes are an object that is familiar to us. Nowadays smoking has become a very common and widespread habit in society. The dangers of smoking to the health of the body have been felt by many people and the effects caused are clearly known (Eysenck, 2018) (Organization & Regulation, 2015).

Some studies prove that smoking causes various diseases in our body, such as heart disease and vascular disorders, lung cancer, oral cancer, laryngeal cancer, high blood pressure, impotence and pregnancy disorders and defects in the fetus (Bhatnagar, 2017) (Flora & Nayak, 2019) (Morris et al., 2015) (Keto et al., 2016) (Ding et al., 2019) (Qasim et al., 2017). The dangers of smoking are also not only

shown for smokers (active smokers) but also for people who are not smokers inhaling cigarette smoke around smokers (passive smokers)(Macacu et al., 2015)(Viroonudomphol et al., 2016)(El-Shazly et al., 2018) and the effects received from passive smokers will be far more dangerous than active smokers (ABIDIN, 2009). They do not smoke but because there are other people smoking nearby then he felt he had to participate in smoking cigarette smoke(Jackson et al., 2016)(Moracco et al., 2015)(O'Donnell et al., 2021).

A cigarette is a paper cylinder measuring between 70 to 120 mm in length (varies by country) with a diameter of about 10 mm containing chopped tobacco leaves(Razali et al., 2022)(Belsare, 2021)(Vanapalli et al., 2023). Smoking is one of the major risk factors for several chronic diseases that can lead to death(Ng et al., 2020)(Li et al., 2020). Smoking is also a risk factor for 4 leading non-communicable diseases in addition to unhealthy diet, lack of physical activity, and alcohol consumption(Low et al., 2015)(Uddin et al., 2020)(Chakma & Gupta, 2017).

Based on observational data at SMA Negeri 3 Garoga, class XII IPA 3 students rank 3rd in terms of the number of students who smoke, where the highest prevalence is at the age of 15-19 years and even more concerning, the number of smokers in class XII IPA 3 has increased sharply The data is reinforced by the results of observations made in 2023, revealing that 62.2% of male students in class XII and 1.3% of female students are active smokers. Of the total data, 12.7% of them are aged 15-19 years, and 28.8% are teenagers aged 18-19 years. The data shows that there are a large number of smokers in class XII IPA 3.

Smoking increases a person's chances of developing several diseases such as heart disease, cancer and Chronic Obstructive Pulmonary Disease (COPD)(PRASAD, 2020)(Torres et al., 2015)(Wheaton et al., 2019). Research has also found that smoking can reduce the body's cardiorespiratory function(Shandu et al., 2023)(Lauria et al., 2017). Cigarettes also cause the death of five million people in the world, of which five million die from direct use of cigarettes and 500 thousand people die from exposure to cigarette smoke from users(Roy et al., 2017)(Hecht & Hatsukami, 2022)(Besaratinia, 2021). Smoking is one of the factors that can increase blood pressure(Aryanpur et al., 2019). The content of cigarettes that is known to increase blood pressure is nicotine which is sympathomimetic which results in an increase in heart rate(Arastoo et al., 2020)(Moheimani et al., 2017)(Dimitriadis et al., 2022). When vasoconstriction occurs, the heart rate will increase resulting in an increase in cardiac output(Wieling et al., 2016).

Seeing the data above and the dangers of smoking for health(Mons et al., 2015), an action is needed to improve public health, one of which is through education counseling guidance to students about cigarettes and the dangers of smoking(Control et al., 2015)(Duncan et al., 2018). Because the dangers of smoking are not only for those who smoke but also for those around them who also inhale unhealthy cigarette smoke(Moracco et al., 2015), especially for adolescents seisia school children. Cigarettes are one of the ways that can plunge students into the abyss of drugs.

2. RESEARCH METHOD

Based on the results of surveys, interviews and observations, it was found that there are many students(Holmes & Hwang, 2016) in class XII IPA 3 SMA Negeri 1 Garoga who smoke, including teenagers and school children. Through this data, the author considers that there is a need for a transfer of knowledge in the form of Guidance and Counseling through Personal and Group Counseling for students. The method in implementing this activity is to gather all students in one place by coordinating with parents and providing knowledge by lecture method or counseling service education directly to students at SMA Negeri 1 Garoga(Brigman et al., 2021). The selection of respondents is all students in the Simpang Sugiran dance. Materials and tools used in this implementation.

3. RESULTS AND DISCUSSIONS

Based on the problems that occur in the community, lecturers and students conduct counseling in the community. From the results of activities carried out, community knowledge about smoking has increased about 75% knowledge, 25% of community behavior is willing to stop smoking. This activity

was attended by 34 students of Class XII IPA 3 SMA Negeri 1 Garoga. Where in the implementation of students enthusiastically asked about the dangers of smoking and how to stop smoking. The results obtained that many students know about information about the dangers of smoking but it is very difficult to stop it. Therefore, the counseling teacher provides knowledge about how to stop smoking. Penuis also provides a video of the dangers of smoking so that it is expected to be followed by all students.

Change the behavior of students in the future. Other media provided is in the form of leaflets to all students who attend counseling activities. As we know, information about the dangers of smoking for health is very important to be known by all students. Cigarette is an object that is familiar to us.

Nowadays smoking has become a very common and widespread habit in society. The dangers of smoking to the health of the body have been felt by many people and the effects caused are clearly known. Some studies prove that smoking causes various diseases in our body, such as heart disease and vascular disorders, lung cancer, oral cancer, laryngeal cancer, high blood pressure, impotence and pregnancy disorders and defects in the fetus (Octavian, Setyanda, Sulastri, & Lestari, n.d.).

4. CONCLUSION

Smoking is very dangerous for health, cigarettes are one of the leading causes of death in the world and are the only legal product that kills up to half of its users. Prevention is better than treatment, there are many negative impacts than positive impacts because the dangers of smoking for health are undoubted. Many diseases can arise from smoking. If this is allowed to continue, it will cause serious problems to the health of the human body. And people should be aware of the dangers of smoking for their health. From the results of counseling activities, it was found that community knowledge was good in terms of the dangers of smoking for health. However, a form of therapy is needed to reduce or even eliminate the habit of smoking for people in Simpang Sugiran Kenagarian. After conducting health counseling about the dangers of smoking, hopefully the community can be made aware of the dangers of smoking for their health and those around them, immediately abandon their smoking habits, so that their health is maintained and later make their bodies healthy, fit and avoid life-threatening diseases students.

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