

FACTORS ASSOCIATED WITH NON SMOKING BEHAVIOR IN HIGH SCHOOL STUDENTS IN BANTUL, YOGYAKARTA: APPLICATION OF THEORY OF PLANNED BEHAVIOR

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ABSTRACT

Background: Nicotine is a highly addictive substance and adolescents are particularly susceptible to becoming addicts in their older age. Environment plays a role in develop adolescent behavior. A higher proportion of youth smokers 15 to 18 years of age buy their cigarettes in stores themselves, while almost one-half receive them for free from family, friends or other people. This study aimed to determine factors associated with non-smoking behavior in high school students in Bantul, Yogyakarta, using Theory of Planned Behavior.

Subjects and Method: A cross sectional study was conducted at 13 Senior high schools and 12 Vocational high schools, in Bantul, Yogyakarta, Indonesia, from September to October 2019. A sample of 200 male adolescents aged 12-18 years was selected by stratified random sampling. The dependent variable was non-smoking behavior. The independent variables were knowledge, attitude, subjective norm, perceived behavior control, intention, family support, teacher support, peer support, and information exposure. The data were collected by questionnaire and analyzed by a multiple logistic regression.

Results: Non-smoking behavior in adolescents increased with good knowledge (b= 2.58; 95% CI= 0.88 to 4.3; p= 0.003), positive attitude (b= 2.48; 95% CI= 0.79 to 4.16; p= 0.004), supportive subjective norm (b= 2.43; 95% CI= 0.75 to 4.10; p= 0.004), strong perceived behavior control (b= 3.03; 95% CI= 1.29 to 4.78; p= 0.001), intention to not smoking (b= 2.68; 95% CI= 0.98 to 4.37; p= 0.002), strong family support (b= 2.4; 95% CI= 0.69 to 4.12; p= 0.006), strong teacher support (b= 2.73; 95% CI= 0.79 to 4.68 p= 0.006), strong peer support (b= 2.13; 95% CI= 0.1 to 4.16; p= 0.040), and exposed to informational media (b= 2.05; 95% CI= 0.47 to 3.62; p= 0.011).

Conclusion: Non-smoking behavior in adolescents increases with good knowledge, positive attitude, supportive subjective norm, strong perceived behavior control, intention to not smoking, strong family support, strong teacher support, strong peer support, and exposed to informational media.

Keywords: non-smoking behavior, adolescents, theory of planned behavior

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