

PEER AFFECTS SMOKING BEHAVIOR IN YOUTH: A META-ANALYSIS

Riya Ulin Nuha

Masters Program in Public Health, Universitas Sebelas Maret

ABSTRACT

Background: Broadly, the actual or perceived behaviors of social referents such as friends (also known as descriptive peer norms), have received a great deal of attention in studies of adolescent risk behaviors. Adolescents spend more unsupervised time with friends and peers, often at the cost of reducing time spent with parents, and begin to place greater importance on the opinions, acceptance, comfort and advice of peers. As a result, they are highly susceptible to peer influence on risk behaviors such as smoking. This study aimed to investigate the effect of peers on smoking behavior in youth.

Subjects and Method: A systematic review and meta-analysis was carried out by formulating PICO research question, i.e Population (P)= adolescents, Intervention (I)= smoker peers, Comparison (C)= non-smoker peers, and Outcome (O)= smoking behavior. To identify eligible studies, we searched electronic databases including Google Scholar, Elsevier, PubMed, Springer Link, and Science Direct. The literature search used keywords “parents smoking” AND “peers smoking” OR “friends smoking” AND “stress” AND “adolescents” AND “smoking habits” AND “cross sectional study”. The inclusion criterias were full text, cross sectional study, published in 2012 to 2022, and reporting adjusted odds ratio. The articles selection procedures are summarized in the PRISMA flow chart. A quantitative analysis run on Review Manager 5.4.

Results: A meta-analysis using 9 articles found that smoker peers was significantly elevated the risk of smoking behavior in youth (aOR= 6.09; 95% CI= 2.71 to 13.70; $p < 0.001$).

Conclusion: Smoker peers elevate the risk of smoking behavior in youth.

Keywords: adolescents, peers, smoking behavior, youth

Correspondence:

Riya Ulin Nuha. Masters Program in Public Health, Universitas Sebelas Maret. Jl. Ir. Sutami 36A, Surakarta 57126, Central Java. Email: ulin514@gmail.com. Mobile: 081238710748.