

Effectiveness of Health Education about the Dangers of Cigarettes for Men's Reproductive Health on Interest in Quitting Smoking in Peropa Village, South Kaledupa District, Wakatobi Regency, Southeast Sulawesi Province in 2021

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ABSTRACT

According to the World Health Organization (WHO) report in 2020, tobacco consumption is an important public health challenge for this country. The prevalence of smoking in Indonesia is one of the highest in the world, where 62.9% of adult men smoke. From preliminary research conducted among Peropa residents, out of 100 people, 60 people smoke. In the village they also never received special health education about smoking from anywhere. The design of this research is *analytical pre-experiment* with an approach *for the given post test*. Population studied All men aged 16 - 50 years who smoke in Peropa Village, South Kaledupa District, Wakatobi Regency Province Southeast Sulawesi in 2021, totaling 52 people. *Independent Variable* researched giving HE about the dangers of smoking whereas *Variable They depend* on smoking interest. The sampling technique uses techniques of probability *sampling by simple random sampling*, namely taking some samples during research. The results were analyzed using statistical tests *wilcoxon*. The research results obtained values significance (α) is 0.05 with a correlation coefficient of 0.000. Based on hypothesis testing using statistical tests *wilcoxon* with standards significance (α) = 0.05 It can be concluded that there is effectiveness of Health Education about the Dangers of Cigarettes for Men's Reproductive Health on Interest in Quitting Smoking because of the value significance (r) 0,000 greater than α = 0.05 Based on value flat-The average attitude after health education is carried out, that health education influences the respondent's attitude to become more positive. The trust given by respondents to researchers in providing health education using leaflets, power points and clip chat can attract the attention of respondents so that they are enthusiastic about

following the presentation of the material provided by the researcher and providing something office positive towards the material provided.

Keywords : smoking, interest in smoking

INTRODUCTION

According to the World Health Organization (WHO) report in 2020, tobacco consumption is an important public health challenge for this country. The prevalence of smoking in Indonesia is one of the highest in the world, where 62.9% of adult men smoke. Tobacco use kills around 225,700 Indonesians every year, and, in contrast to global trends, tobacco use remains high and is even increasing among youth and costs 6 million years of life without effort (disability adjusted years of life) every year from this country. (WHO, 2020). According to data from Basic Health Research (Riskesdas) it is stated that in Indonesia there has been an increase in the prevalence of smoking in the population aged 10 years from 28.8% in 2013 to 29.3% in 2018. At this time, smoking habits are not only a problem in adults, but is also increasingly common among children and teenagers. This is evidenced by the increase in smoking prevalence in the population aged 10-18 years, namely 1.9% from 2013 (7.2%) to 2018 (9.1%) based on Basic Health Research (Riskesdas) data. Of course, this increase is not small because it is related to the health problems that these teenagers will have to experience in the future. Children and teenagers in Indonesia need to continue to increase their awareness about the dangerous impacts of cigarette use and the "inducement" of cigarettes. (Ministry of Health, 2020)

The danger posed to the human body every time you smoke a cigarette is the risk of being exposed to 45 types of toxic chemicals. Some important but dangerous compounds are lutidine abidin, formaldehyde, carbolic acid, metalimin, accreolite, colidi, viridin, arsenic, formic acid, nicotine, hydrogen sulfide, purel, furfural, benzopiren, methyl alcohol, acid hydrocyanic acid, corrodin, ammonia, methane, carbon monoxide and peridine. Colidin causes paralysis and gradually leads to death. Sour carbolic and hydrocyanic acid are both dangerous poisons. Every puff of cigarette contains free radicals and oxidants, all of which will certainly enter the lungs. The public knows the dangers of smoking for health (Firdaus, 2010). Smoking has a big influence on a person's health. Students who smoke starting from adolescence and continue smoking die at half age due to tobacco-related illnesses. Risk factors for smoking on health can include decreased oxygen levels in the blood, increased levels of monoxide, fatty acids, glucose and other hormones. Meanwhile, the chronic consequences of usage Nicotine is a dependency

on cigarettes. If you become a smoker, it will be difficult to end the habit both physically and psychologically (Monique, 2004).

From preliminary research conducted among Peropa residents, out of 100 people, 60 people smoke. In this village, they have never received special health education about smoking from anywhere.

Based on the data above, the author is interested in researching the effectiveness of health education regarding the dangers of smoking for men's reproductive health on interest in quitting smoking in Peropa Village, South Kaledupa District, Wakatobi Regency. Province Southeast Sulawesi.

METHOD

This research includes analytical research cross sectional with a survey (*survey research*) Experiment Use Pre Design Experiment with the One group Pretest approach-Posttest Design. The population in this study were all men aged 16 - 50 years who smoked in Peropa Village, South Kaledupa District, Wakatobi Regency. Province Southeast Sulawesi in 2021, totaling 60 people. The sampling technique in this research is *simple random sampling*. The number of samples in this research was 52 respondents. The variables in this study are health education about the dangers of smoking for men's reproductive health and the dependent variable is interest in quitting smoking on an ordinal scale. This research was conducted in Peropa Village, South Kaledupa District, Wakatobi Regency Province Southeast Sulawesi from December 2020 to August 2021 and the measuring tool in this study used a questionnaire with the SII (Strong Interest Inventory) Scale formulated by E.K. Strong.Jr. (Wenny, 2020).

RESEARCH RESULT

General data

Respondent Characteristics

The characteristics of the respondents in this study consisted of the respondent's age and education. The number of samples in this study was 30 respondents.

Table 2. Frequency Distribution of Respondent Characteristics

No	Respondent Characteristics	F	%
1	Respondent's Age		
	< 20 Th	8	15.4
	20-35 th	20	38.5
	>35 th	24	46.2
2	Respondent's Education		
	base	1	1.9
	secondary	40	76.9
	above	11	21.2
3	work		
	Civil servants	9	17.3
	Fisherman	34	65.4
	Self-employed	9	17.3

Source: Primary Research Data 2021

Based on table 2 above, it is known that half of the respondents are >35 years old, namely 24 respondents (46.2%) out of a total of 30 respondents, most of the respondents have secondary education (SMA/SMK/SMU), namely 40 respondents (76.9%) from the total 40 respondents, the majority (65.4%) work as fishermen.

Custom Data

Interest in Quitting Smoking Before being given Health Education

Table 3. Frequency Distribution Table of Interest in Quitting Smoking Before Giving Health Education

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid very low	6	11.5	11.5	11.5
low	3	5.8	5.8	17.3
currently	24	46.2	46.2	63.5

height	14	26.9	26.9	90.4
very high	5	9.6	9.6	100.0
Total	52	100.0	100.0	

Source: Primary Research Data 2021

Based on table 3 above, it can be interpreted that almost half was given before it was given health education (46.2%) interest in quitting smoking category medium, namely 24 people

Interest in Quitting Smoking Once given Health Education

Table 4. Frequency Distribution Table of Interest in Quitting Smoking After being given Health Education

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid currently	18	34.6	34.6	34.6
height	17	32.7	32.7	67.3
very high	17	32.7	32.7	100.0
Total	52	100.0	100.0	

Source: Primary Research Data 2021

Based on table 4 above, it can be interpreted that almost half after it was given health education (34.6%) interest in quitting smoking is in the high category, namely 18 people

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Table 5. Effectiveness of Health Education about the Dangers of Cigarettes for Men's Reproductive Health on Interest in Quitting Smoking

	interest after	Total
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		currently	height	very high		
prior interest	very low	Count	4	0	2	6
		% of Total	7.7%	0.0%	3.8%	11.5%
	low	Count	1	0	2	3
		% of Total	1.9%	0.0%	3.8%	5.8%
	currently	Count	10	8	6	24
		% of Total	19.2%	15.4%	11.5%	46.2%
	height	Count	3	8	3	14
		% of Total	5.8%	15.4%	5.8%	26.9%
	very high	Count	0	1	4	5
		% of Total	0.0%	1.9%	7.7%	9.6%
Total	Count	18	17	17	52	
	% of Total	34.6%	32.7%	32.7%	100.0%	

Source: Primary Research Data 2020

The research results obtained values significance (α) is 0.05 with a correlation coefficient of 0.000. Based on hypothesis testing using statistical tests *wilcoxon* with standards significance (α) = 0.05 It can be concluded that there is effectiveness of Health Education about the Dangers of Cigarettes for Men's Reproductive Health on Interest in Quitting Smoking because of the value significance (r) 0,000 greater than $\alpha = 0.05$.

DISCUSSION

Interest in Quitting Smoking Before being given Health Education

Based on table 3 above, it can be interpreted that almost half was given before it was given health education (46.2%) interest in quitting smoking category medium, namely 24 people. The danger posed to the human body every time you smoke a cigarette is the risk of

being exposed to 45 types of toxic chemicals. Some important but dangerous compounds are lutidine abidin, formaldehyde, carbolic acid, metalimine, accreolite, colidi, viridin, arsenic, formic acid, nicotine, hydrogen sulfide, purel, fur dull, benzopiren, methyl alcohol, acid hydrocyanic acid, corrodin, ammonia, methane, carbon monoxide and pyridine. Colidin causes paralysis and gradually leads to death. Sour carbolic and hydrocyanic acid are both dangerous poisons. Every puff of cigarette contains free radicals and oxidants, all of which will certainly enter the lungs. The public knows the dangers of smoking for health (Firdaus, 2010). Based on the research results above, it was found that almost half of the respondents had moderate interest in quitting smoking.

Interest in Quitting Smoking Once given Health Education

Based on table 4 above, it can be interpreted that almost half after it was given health education (34.6%) interest in quitting smoking is in the high category, namely 18 people. The impact of smoking is one of the biggest health problems in the world. The World Health Organization (WHO) states that smoking causes fatal health problems which are the cause of the death of approximately 6 million people per year. The risk of death from smoking in active smokers is higher than in passive smokers (World Health Organization, 2016). Results from the Ministry of Health's Basic Health Research of population aged ≥ 10 years by province, West Java Gorontalo Lampung Bengkulu Banten Central Sulawesi West Sumatra NTB North Sumatra North Sumatra South Sumatra Central Kalimantan Riau Babel DKI Maluku Aceh East Java Central Java West Java West Kalimantan, North Sumatra, Riau Islands, NTT, North Kalimantan, Southeast Sulawesi, East Sulawesi, Papua, West Sulawesi, Jambi, South Kalimantan, DIY Bali, from 2013 to 2018, cigarettes were smoked every day and occasionally. One of the causal factors that influences a person's knowledge is the information factor, because a lack of information can slow down the knowledge a person obtains. This research is in line with the theory put forward by Notoatmodjo (2012), health education is increasing a person's knowledge and abilities through practical learning techniques or individual instruction to increase awareness of the value of health so that they consciously change their behavior into healthy behavior. A person's health knowledge can be more right than wrong One way is by providing health education. The aim of health education is to decide on the most appropriate activities to improve the standard of healthy living and increase knowledge about health (Mubarak, 2012).

Based on the research results in table 5, it was found that after being given health education, almost half had a high interest in quitting smoking. In conducting counseling, researchers use tools in the form of health promotion media that are leaflets and videos. Where video media is displayed using a laptop provided by the researcher to provide a visual overview of the material presented. In terms of the language used, researchers as counselors use everyday language to make it easier to understand by the respondent in a rather soft voice so that the counseling atmosphere is more relaxed and comfortable so that the respondent can receive the material given by the counselor well.

Effectiveness of Health Education about the Dangers of Cigarettes for Men's Reproductive Health on Interest in Quitting Smoking

The research results obtained values significance (α) is 0.05 with a correlation coefficient of 0.000. Based on hypothesis testing using the Wilcoxon statistical test with levels significance (α) = 0.05, it can be concluded that there is effectiveness of Health Education about the Dangers of Cigarettes for Men's Reproductive Health on Interest in Quitting Smoking because of the value significance (p) 0,000 greater than $\alpha = 0,05$.

The counseling method on the dangers of smoking is effective in improving respondents' attitudes regarding the dangers of smoking. The improvement in attitudes was caused by routine counseling activities so that respondents' knowledge increased and developed after listening to some of the material delivered by counselors regarding the dangers of smoking and the importance of making efforts to stop smoking. The knowledge they gain is able to give rise to understanding and belief in the importance of maintaining health by stopping smoking. Apart from that, videos showing several diseases caused by smoking can also provide benefits to respondents to have a more positive attitude about the importance of quitting smoking both for their own health and that of others. Attitude refers to an individual's evaluation of various aspects of the social world and how this evaluation gives rise to the individual's likes or dislikes towards issues or ideas of other people, social groups and objects. Attitude is the result of considering the advantages and disadvantages of the behavior in question. This research is in line with the theory put forward by Robbins (2013) which defines attitude as a statement or evaluative consideration regarding a matter. object, people or events where attitudes include three components, namely cognitive, affective and behavioral. Apart from that, to change attitudes, what needs to be considered is the learning conditions, where the facilitator can help participants to recognize and realize their old attitudes before participating in health education.

This research is in line with research conducted by Fatmawati (2013), the results of research on the average value of group attitudes control. The pretest score was 40.94 and changed to 41.55. Based on test results, There are significant differences in respondents' attitudes. Based on the average attitude before health education is carried out, it is still low, this is because students have never had it get information about the dangers of smoking so that respondents believe that what they are doing is correct and not detrimental to their lives. As for the average respondent being male, attitude is very influential on the emotional level of a man who has a tendency to do things such as smoking and the average student has smoked, giving rise to a negative reaction to the questionnaire given.

Based on value flat-The average attitude after health education is carried out, that health education influences the respondent's attitude to become more positive. The trust given by respondents to researchers in providing health education using leaflets, power points and clip chat can attract the attention of respondents so that they are enthusiastic about following the presentation of the material provided by the researcher and providing something office positive towards the material provided.

CONCLUSION

Before being given health education, interest in quitting smoking (46.2%) of respondents in Peropa Village, South Kaledupa District, Wakatobi Regency Province Southeast Sulawesi in 2021 to quit smoking in the low category, namely 24 people. After being given health education (34.6%) respondents in Peropa Village, South Kaledupa District, Wakatobi Regency Province Southeast Sulawesi in 2021 to quit smoking in the high category, namely 18 people. There is Effectiveness of Health Education about the Dangers of Cigarettes for Men's Reproductive Health on Interest in Quitting Smoking in Peropa Village, South Kaledupa District, Wakatobi Regency Province Southeast Sulawesi in 2021 because of value significance (r) 0,000 greater than $\alpha = 0.05$.

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