

Parents Support and the Motivation to Stop Smoking on Children

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Abstract—The aim of the research is to find the the relation with parents support to the motivation of young smoker to stop smoking. This study uses an analytic survey research with the cross-sectional approach and supported with interview method. The research held in Makassar on February – June 2016, The population of research was young smoker in elementary school in Makassar. This research obtained 72 sample with several characteristics namely: elementary school students between the ages of 9-12 years, consume minimal a cigarettes per day and live at home with their parents. Colletion data method was using questionnaire. Research The purpose of research was obtained by using analysis Chi-square statistical test. The conclusion of result all of young smoker in elementary school are male and dominantly started in ages 9 years. Many young smokers valued that their parents has good support to stop smoking. Furthermore, most of young smoker revealed that they were difficult to stop smoking. There are two reason about their willingness to stop smoking regarding with surrounding people and environment. there was insignificant association between parental support to the child's desire to stop smoking for young smoker.

Index Terms—Parents support, young smoker, children.

I. INTRODUCTION

Smoking is an activity that inhales the burning tobacco smoke and then exhales it [1]. Smoke from burning tobacco is containing some chemical compounds such as CO₂, CO, nitrogen oxides, ammonia, gas N-nitrosamines, cyanogen, peroxide, oxidant sulfur compounds, aldehydes, and ketones [2]. The hazard of smoking to the human health is very high. When the human is smoking, the toxic substances will flow into the blood and then will disturb the function of blood [3]. The global health patterns caused the smoking habit that there were 5.7 million deaths, 6.9% of years of life lost, and 5.5% of disability adjusted life-years (DALYs) in 2010. Furthermore, in 2012, the increase in the prevalence of young smokers (age 15-25 years) occurred in many countries both for women and men [4].

The health problem in Indonesia faced the increasing proportion of young smokers. According to Health Research in 2013 the proportion of active smokers every day at the age of 10-14 years of 0.5% - 0.9%. The most significant challenges of increasing young smokers in Indonesia based on two reason that smoking is cultural or part of the identity and the extension of market cigarettes [5].

In the previous study obtained a variety of reasons a teenager started smoking. Some try to smoke because they want to try the taste and sensation when smoking cigarettes. Others have reasoned that smoking is lifestyle s and some are informed by his friends that smoking can eliminate tension. In general, smoking habits are caused by environmental urges. Some teens try to smoke because they feel embarrassed as a lifestyle. The increasing number of teenage smokers in Indonesia is strongly influenced by the development of cigarette business in Indonesia. Cigarette advertisements or promotions are very accessible to children and teenagers. The government also does not limit the airtime of cigarette advertisements on television. Survey results in Indonesia show that children and teens receive cigarette promotion information mostly through television, outdoor advertising and through print media. Smoking habits are primarily influenced by information obtained from television.

The fact that cigarette promotion is touching up to the lives of children and adolescents is a challenge for parents. Provision of knowledge about the dangers of cigarettes in children will be a support for the prevention of smoking habits for children. The study describes the role of parents in the prevention of cigarettes for children. Selection of research sites in Kota Makassar based on the consideration that this city has in common with several other big cities in Indonesia such as Jakarta, Surabaya, and Medan.

Makassar as the largest city in East of Indonesia with a population approximately 1.5 million inhabitants. The fact shows that the young smoker problem in Makassar showed in daily life. Many elementary school students have a smoking habit. The type of parenting influences on the children's self-control of smoking behavior. Furthermore, the efforts to overcome the problem of adolescent smoking should involve the role of parents. Therefore, the aim of the research is to find the relationship with parents supports to the desire of young smoker to stop smoking.

II. METHOD

This study used analytic survey research with the cross-sectional approach and supported by interview method. The research held in Makassar on February – June 2016, The population of research was a young smoker in elementary school in Makassar. This research obtained 72 sample with many characteristics namely: elementary school students between the ages of 9-12 years, consume minimal a cigarettes per day and live at home with their parents.

The research variable is parental support and motivation of young smokers to quit the smoking habit. Parental support is considered reasonable if the child assesses that the parents each day give a reprimand about the dangers of cigarettes, provide knowledge about the dangers of smoking for health and meet with school teachers if necessary. The motivation to stop smoking is

considered good if the respondent understands the dangers of cigarettes to health and the desire to stop smoking. Collection data method was using questionnaire. Research The purpose of the research was obtained by using analysis Chi-square statistical test.

III. RESULT

Characteristic respondent

The characteristic of respondent shows in Table 1

Table 1 Characteristic Respondent

Characteristic	Number	Percentage
Boys	72	1
Girls	0	0
Start smoking at ages 8 years	6	8.33
Start smoking at ages 9 years	22	30.56
Start smoking at ages 10 years	32	44.44
Start smoking at ages 11 years	12	16.67
The smoking habit of parents	34	47.22
Not smoking habit of parents	38	52.78

Table 1 shows that all of the respondents are boys. It regarding with the habit of imitating their friends. Most of the young smokers start at 10 years. Meanwhile, there were 8.33% children started smoking at 8 years. The smoking habit of respondent parents distributed with smoker parent and smoker.

Support Parents

The result of the respondents' answers indicates that parental support for the children to stop smoking is good. There are 86.1% of children feel that good parental support and only 13.9% of children who rate low parental support. (Table 2)

Table 2 Distribution of Respondents by Parental Support for Quit Smoking in Children

Family support	F	(%)
Less	10	13.9
Good	62	86.1
Total	72	100.0

The result on Table 3 is matching with an interview of children. The research resulted that less supporting formed by their habits. There are parents often instructed the children to buy cigarettes. The other form that parents took a cigarette in the living room. Even, there were facts that parents did not care if the children try to suck the rest of the cigarette butts. The other side, the many forms of good supporting of their parents. The first form that parents children are often warned to try smoking or to quit to the habit smoker. The second form is parents provide an explanation of the dangers of smoking to children's health. While the third form is parents threatened with sanctions for children if they found that his son smoking.

Children desire to quit smoking

Many young smokers revealed that they have less willingness to stop smoking. Table 3 shows the distribution of respondent about their retirement.

Table 3 Distribution of Respondents by Parental Support for Quit Smoking in Children

Willingness to stop smoking	F	(%)
Good	6	8.3
Less	66	91.7
Total	72	100.0

Interview method to find the young smoker reason about their desire to stop smoking. The first reason is the difficulty to quit smoking due to the temptation of friends. Other reason that young smoker is not a problem in the school or the neighborhood Table 4 shows that the relationship between the parent support with a child's desire to stop smoking about $p = 0.001$, more than $\alpha = 0.05$. It means that there was insignificant association between parental support to the child's desire to stop smoking for young smoker.

Table 4 Relationship Parental Support with Desire to Quit Smoking

Support parents	Willingness to stop smoking				P
	Good		Less		
	n	%	n	%	
Good	3	4.17	7	9.7	0.06
Less	3	4.17	59	81.9	
Total	6	8.3	66	91.7	

IV. DISCUSSION

Everyone who smokes would seriously endanger the health, well it for their health, people, and the surrounding environment. Substances contained in cigarettes harmful to health. These substances can cause various diseases such as heart disease, lung cancer, esophagus, larynx, oral disorders, impotence, and for pregnant women would endanger the fetus. The smoking habit has started since teens. Hence it 's hard to quit smoking even though you already know the dangers. Therefore, every person should have knowledge about smoking, then it able to avoid the use of cigarettes, even for users will be able to avoid smoking and quit smoking. So that we can create a clean and healthy environment.

The sense of responsibility for their families to health problems can be seen by encouraging the children to stop smoking then do not give more money, which can be used to buy cigarettes. Besides awareness, willingness and ability of families to provide the best for their family. Therefore, the family has a significant role in child development. A good family will be confident for the development of children, while the bad influence will be an adverse effect. Because since childhood reared by the family and for all, part of the time is in the family, it is appropriate if the possibility of delinquency it is also mostly derived from the family.

The smoking habit of children not only supported by parents, but the habit was very influenced by the habit of the neighborhood. Several reported studies, the children with smokers neighborhood will cause difficulties for the child to stop smoking. The smoking habit of the elderly has a significant impact on their children. Families are accustomed to smoking behavior or do not forbid such acts, was instrumental in making a child into a family of smokers compared with nonsmokers. Several studies have reported that children whose parents smoke was likely to become smokers as well, especially if siblings are a smoker, these children have a risk four-fold to become smokers. A study shows smoking is not only bad for smokers but also for the environment. Particularly in children of smokers who are not directly inhaling cigarette smoke also their parents [6].

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