

Argumentation Study of College Students Who Are Smokers

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Abstract

This study aims to examine the arguments of college students who are smokers at Universitas Tidar (Tidar University). The research method used in this study is a survey method with two instruments which are interview and questionnaire conducted in December 2019. The data is analyzed by using descriptive qualitative method. The respondents in this study are 15 college students from some faculties in Universitas Tidar. Based on the result of interview and questionnaire, it shows that in the campus environment, there are some students who know the rules about the prohibition of smoking in the campus environment especially Universitas Tidar. In fact, a research about the argumentation study of college students who are smokers shows that there are still some students who smoke in the campus environment. Moreover, 67% of the college students are not ashamed when the lecturers see them smoking. In addition, the results obtained as much as 100% of respondents know about the negative effects of smoking. However, there are only 67% of respondents who just have the desire to stop smoking and it even has not been realized. They are still smoking with the reason that they still feel the advantages or positive effects of smoking for them. As the example, smoking can increase their morale and reduce stress. They also have not felt the negative effects on their health conditions such as breathless and current finances.

INTRODUCTION

Indonesia is a developing country which is very rich in natural resources and human resources (Panjaitan, 2019). The natural resources owned by Indonesia are in the form of various flora and fauna. Many benefits can be got from various plant species and be used in daily life. As the example is for food (67 species), medicines and poisons (120 species), building materials, rigging, wood as fuel, local technology (52 species), wild and conservation (144 species), herbs, coloring, cigarettes, beauty (40 species), fruit and seeds (50 species), food for cattle (44 species), ornamental (138 species), and ritual materials (91 species) (Widya Prakosa, 1994). Those species can grow well in Indonesia because Indonesia has fertile soil and a good climate for the growth of plants. Moreover, even some rare plants are able to grow

well in Indonesia. One of the examples is in the Taman Nasional Kebun Raya Bogor (Bogor Botanical Gardens National Park) which is a habitat for some rare plants such as Rafflesia Flower (*Rafflesia zollingeriana* Kord.), Kamaitan (*Lunasia amara* Blanco), and Pulai (*Alstonia scholaris* R.Br.) (Hidayat, 2017). In addition, there are also many export commodity plants that can grow well in Indonesia such as tobacco, vanilla, spices, and many more.

One of the commodity crops that is widely planted in Indonesia is tobacco (*Nicotiana tabacum* L.). Indonesia is one of the top ten countries in tobacco leaf producing. Indonesia's contribution is around 15,000 tons of tobacco leaves or 2.3% of the world's supply. Based on the type, tobacco companies in Indonesia as much as 98% is

smallholder plantations and the rest 2% is national large estates (Putri, 2015). In addition to being suitable and easy to grow tobacco in Indonesia, tobacco also has a high selling price in the market. Therefore, as it has been explained that Indonesian people cultivate it a lot, tobacco plants become one of the tropical plant's native to America where indigenous people use them in traditional ceremonies and for medicine. According to Bashir (2006) in Putri (2016), tobacco was firstly used in North America. Then, tobacco entered Europe through Spain. In addition, Tobacco plants are cultivated for their leaves as raw materials for the tobacco and cigarette industries (Nurnasari, 2011).

Cigarette is an addictive substance and when it is consumed, it can harm the health of individuals. Smoking is the activity of burning tobacco and smoking the smoke either using cigarettes or using a pipe. The smoke from cigarette that is inhaled comes through two components. First, the component which quickly evaporates in the form of gas. Second, the component which is condensed with the gas and it becomes a component of the particulate matter (Komasari and Helmi, 2000). The World Health Organization (WHO) estimates that around the world, there are around 2.5 billion smokers with two-thirds in developing countries. Indonesia is ranked third among the 10 countries with the highest number of smokers after China and India. Basic Health Research or known as Riset Kesehatan Dasar (RISKESDAS) in 2007 showed the prevalence of adult smokers were 46.8% men and 3.1% women. Then, burning tobacco cigarettes not only harms the user but also the surrounding environment, which is called as passive smokers (Tanuwihardja and Susanto, 2012). However, there is a different source which states that the World Health Organization (WHO) estimates the number of smokers in the world are 2.5 billion people with two-thirds in developing countries. At least one of four adults are smokers. The prevalence of smokers is higher in countries with low per capita income and the most in the young adult population group with a ratio of 27% men and 21% women. In addition, the prevalence of smokers in the United States is 26% men and 21% women, while in the UK around 27% men and 25% women (Brainthaka, 2017).

According to the 2011 report of World Health Organization (WHO) on world tobacco consumption, the smoking prevalence rate in Indonesia is among the highest in the world with 46.8% of men and 3.1% of women aged 10 years and over who are classified as smokers. Moreover, the number of smokers reaches 62.8 million which 40% of them come from lower economic people (World Health Organization, 2011). Despite the

fact that smoking is a major health problem in Indonesia and it causes more than 200,000 deaths annually, Indonesia is the only country in the Asia Pacific region that has not signed the World Health Organization (WHO) Framework Convention on Tobacco Control (World Health Organization, 2011). In addition, the result of the Riskesdas shows that the proportion of smokers of the population aged ≥ 15 years old who smoke and chew tobacco increased in Riskesdas 2007 (34.2%), Riskesdas 2010 (34.7%), and Riskesdas 2013 (36.3%).

The smoking habit among college students is very related to their social interaction (societies). Most smokers just start smoking when they are young and need imaging (Kristiningsih, 2007). Some of the reasons given are that smoking is considered stylish and up to dates. Moreover, various facts reveal that the more teenagers smoke, the more likely their friends are smokers too and vice versa (Kriatiningsih, 2007). Another reason why the college students smoke is due to many opinions that smoking is a way to deal with stress. The eight respondents acknowledge early knowing about cigarettes because of just trial and error (their own desires) and are offered by their peers. However, there are also smokers who decide to smoke for reasons of curiosity after seeing their friends who smoke (Rosemary, 2013).

The increasing number in smoking behavior among college students is also caused by the weakness of the Indonesian government's legal instruments in regulating cigarette or tobacco restrictions in terms of production, marketing, advertising / promotion, and health education socializations (Barraclough, 1999; Nawi, 2006; Achadi, 2005). Surely, knowledge can influence the smoking behavior of the college students. It is stated by Leventhal and Cleary (Cahyani, 1995) that a person will do smoking because he previously has certain perceptions about smoking. Moreover, smoking behavior is a complex behavior because it is the result of cognitive, social, psychological, conditioning, and physiological interactions. In addition, knowledge about smoking covers the extent in which the college students are able to know and understand about smoking. Surely, a good knowledge about the impacts of smoking on health will be different from smoking behavior than those with less knowledge about it.

By the description that has been described above and the phenomenon in reality, the researchers are interested in conducting a research on the reasons of the college students who continue to smoke even though they have already known the smoking ban on the campus environment and the harmful effects of it.

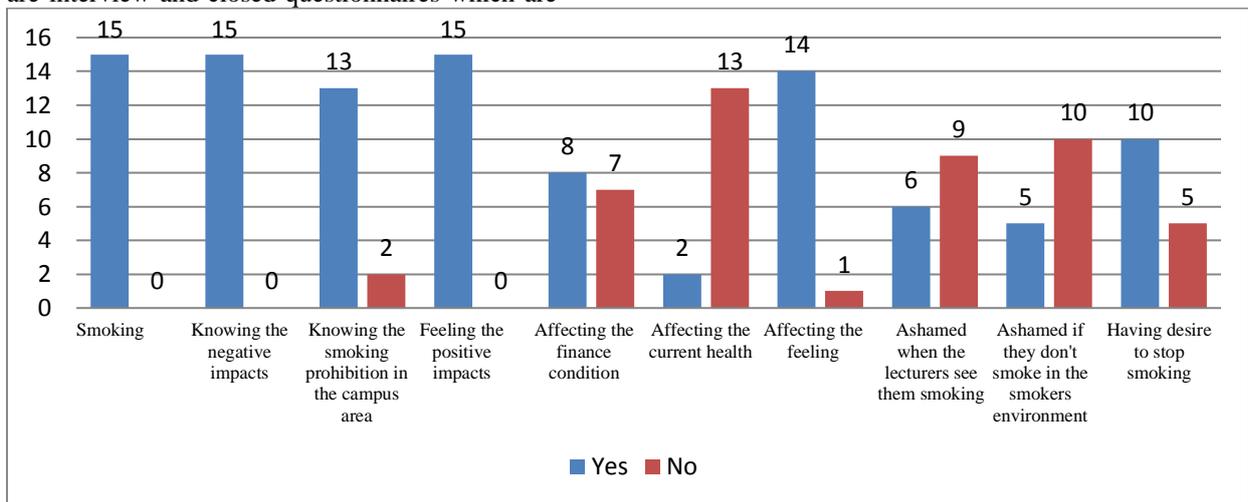
RESEARCH METHOD

This research is a survey research which is expected to gather information related to the argumentation of the college students of Universitas Tidar who are smokers. The population in this study is 15 college students from some faculties. The instruments used in this study are interview and closed questionnaires which are

developed by the researchers. Then, the data is analyzed by using the qualitative descriptive method.

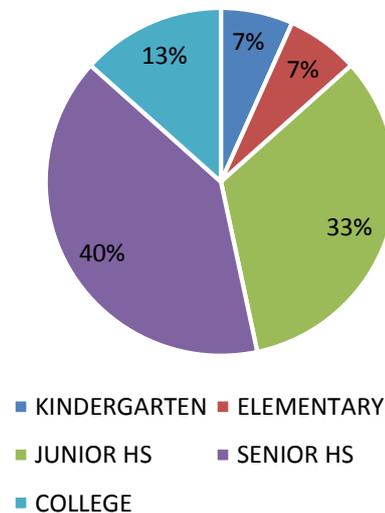
RESULT AND DISCUSSION

Research data regarding smokers' arguments is shown in Figure 1.



Picture 1. Histogram The Argument of the smoker students

Based on Picture1, the survey research conducted by the researchers regarding the arguments of the college students in Universitas Tidar who are smokers, the interview has been carried out toward 15 college students who are smokers from various faculties at Universitas Tidar. They are from the Faculty of Agriculture, the Faculty of Education and Teachers Training, the Faculty of Engineering, the Faculty of Economics, and the Faculty of Social and Political sciences. Smokers are people who have smoked more than one cigarette per day for a year and still do it until the last month (Aditama, 1996; Djojodibroto, 2009 in Mulyani, 2015). In accordance with the result of the study, all respondents who smoke are male. According to the World Health Organization (WHO) report in 2011 on world tobacco consumption, the smoking prevalence rate in Indonesia is among the highest in the world, with 46.8% of men and 3.1% of women aged 10 years and over that are classified as smokers. Based on the result of the study, it can be seen from the graph above that the data obtained shows that 15 positive respondents are smoking in different time. Moreover, it can be seen through the picture 2:



Picture 2. The percentage of when the respondent started smoking

Based on Picture 2, there are some students who started smoking at the Kindergarten, Elementary, Junior High School, Senior High School, and College levels. There is one (7%) respondent who started smoking at Kindergarten Education Level. He is influenced by the factor of cold environment temperature. Then, one (7%) more respondent

who started smoking since elementary school is influenced by the environmental factor. Abdullah (2010) in Mulyani (2015) states that if cigarettes had been consumed from the early ages, it would have affected brain function. It happens in some junior high school students who already enjoy smoking. There is a tendency to be lazy to learn because these students prefer smoking by hanging out with their friends (Mulyani, 2015). The average respondents started smoking from the senior high school level. Moreover, there are 2 students who started smoking when they entered the University. They agree that it is influenced by environmental factors, especially peers.

Dealing with the respondents' argument, the first time they were interested in smoking was due to many reasons started from their curiosity to try cigarettes and then they become addicted to cigarettes. Young people with peer support tends to smoke (Von Ah and Ebert, Ngamviroj, 2005 in Mulyani, 2015). Moreover, teen smokers who take the decision to continue their smoking behavior are generally increasing more and more of their smoking frequency (Laventhal & Cleary and Mc3 Gee, (2005) in Mulyani, 2015). In addition, some of them claims to be interested in smoking because of their own desire to reduce the burden of their thought.

In cigarettes, there are many dangerous substances. According to Bashir (2005) in Indrawani (2014), the dangerous substances contained in cigarettes is nicotine. Some of the effects of smoking toward human health according to Bashir (2005) in Indrawani (2014), are: (1). Smoking is the source of lung disease, (2). Cancer, (3). Lung cancer, (4). Coronary heart disease, (5). Acute inflammation in the respiratory tract such as swelling and narrowing, (6). Gastric ulcer and small intestine, (7). Blindness, (8). Accelerate aging, (9). Impotence which disturbs the fertility of men and women, (10). Smoking can damage genes, (11). Smoking causes skin cancer, (12). Mouth, lip, esophagus, and intestinal cancers are caused by heat from the smoke of cigarette, (13). Damaging heart, (14). Paralysis, (15). Emphysema or breathless, (16). Damaging brain and five senses, (17). Threatening pregnancy. Then, from the graph of the result of the study, it is found that all respondents know the negative effects of smoking. The negative impacts known by the respondents are including health effects such as cancer, lung disorders, pregnancy disorders, hypertension, cough, breathless, and causing addiction and accelerating death. In relation to education and health, 56.41% respondents state that smoking has an impact on concentration disruption and the become lazy in studying, while 20.51% are physically feeling quick tired and dizzy, and 50%

have respiratory disorders (Mulyani, 2015). According to the respondents, smoking also has a bad impact on their environment and their financial condition.

However, based on some researches, many students feel the advantages or positive effects of smoking. Therefore, they find it hard to leave smoking habit. According to Cahyo (2012), people ignore the risk of suffering diseases caused by smoking as long as they get the benefits of smoking which is relieving stress. On the other hand, some adult smokers agree that smoking can improve concentration (Trisanti, 2016). Then, according to the respondents, some of the positive effects that they feel are inspiring (getting inspired), giving relaxing effects on themselves, making them feeling calm, strengthening their friendship, relieving stress, relieving dizziness, relieving drowsiness, gaining self-confidence, propping up their tummy when they are hungry, increasing morale, and they are not easily being emotional.

According to the result of the study, 8 out of 15 respondents feel the effect of smoking on their financial condition. However, 7 respondents do not feel the effect of smoking on their financial condition because they get cigarettes from their friends. Moreover, they even make their own cigarettes by the tobacco that they get from their parents. Based on the interview, 13 respondents claim that they do not feel the effect of smoking on their current health condition. This is because the intensity of their smoking is still low. On the other hand, 2 respondents claim that they feel the negative effect of smoking toward their current health such as breathless, shortness of breath, and their physical condition becomes weaker. However, most of the respondents claim that smoking affects their mood in which being more relaxed and not easily stressed.

Of the 15 respondents, the 13 respondents claim that they know the regulation about smoking ban in the campus area and the 2 others do not know the prohibition. Surprisingly, they claim that they have ever smoked with their lecturer. Some respondents say that they do not feel ashamed when the lecturers see them smoking because they think smoking is their own right, while the others feel ashamed when the lecturers see them smoking because they feel uncomfortable when the lecturers see them smoking, especially when the lecturer is female.

Based on the respondents' explanation, there are some respondents who do not have the desire to stop smoking because by smoking they can manage their finance, strengthen their relationship with the others as well as friendship,

the price of cigarettes has not raised up, smoking can help the income of tobacco farmers, increase the foreign exchange, and there is no negative effect they get from smoking behavior. On the other hand, those who have the desire to stop smoking are 10 respondents with the reason of their finance which is saving money.

The reason why the respondents still continue to smoke even though they want to stop smoking is because they have addicted and if they do not smoke, their body will be feeling weak. There are also some respondents who have not stopped smoking with the reason that they still have money. Some smokers want to leave this habit but they find it is difficult because according to Muchtar (1980) in Indrawani (2014), the success in stopping smoking is determined by the amount of intention to stop it. Intention is an individual's willingness to do certain behavior (Indrawani, 2014). In the concept of tobacco dependency or cigarette dependency, smoking behavior is a behavior that is enjoyed and enjoyable and it will continue to move and shift into obsessive activity (Mulyani, 2015). Meanwhile, people tend to avoid imbalances and they will remain smoking which is felt as their pleasure (Komalasari and Helmi, 2000) in Mulyani (2015).

CONCLUSION

Based on the result of the study, it can be concluded that in the campus academic environment, there are still some college students who smoke. The reason why they are attracted to smoke is because of the environmental factors such as families and peers. Some respondents admit that they will feel ashamed if they don't smoke in the smoker's environment. The respondents started to smoke since they are kindergarten, elementary, junior high school, senior high school, and college. However, most respondents start smoking in the senior high school level. Actually, they already know about the negative effects of smoking behavior. However, they remain to continue to smoke even though they already have the desire to stop smoking. This is because the negative impacts have not been felt by them such as the impacts on the condition of their health and their finance. Moreover, they admit that they still feel the advantages or positive effects of smoking which can affect their mood and feeling for example, they are being not easily emotional and smoking can increase their morale and reduce their stress.

In addition, most respondents are aware of smoking bans on their campus. However, they

continue to smoke and they are not ashamed to be seen by their lecturers when they are smoking. It is because they think that smoking is their own right.

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