



The Correlation of Peer Conformity and Type of Smoking Behavior among Adolescents at a State Junior High School SMPN 3 Hamparan Perak Deli Serdang Regency

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ABSTRACT

The issue of peer conformity on smoking behavior significantly affect in individuals' self-preservation to get acceptance and avoid rejection or criticism from peers. These conformity factors cause individuals to engage in deviant behaviors, such as smoking. This research method aims to explore the correlation of peer conformity and the type of smoking behavior among adolescents at SMPN 3 Hamparan Perak, Deli Serdang Regency. This is a quantitative Research method with a descriptive correlational design conducted on 30 male adolescents ages 13 - 16 years old from May to June 2024. The data are collected by distributing questionnaires on peer conformity and the type of smoking behavior. The results of the statistical test using chi-square test with $\alpha=0.05$ indicate a significant correlation between peer conformity and the type of smoking behavior among male adolescents at SMPN 3 Hamparan Perak (p -value = 0,034). Based on this research, it is recommended that the school conduct routine conseling sessions and promote anti-smoking campaigns to reduce the number of smoker among adolescents.

Keywords: Conformity, type of smoking behavior, male adolescent.

ABSTRAK

Permasalahan konformitas teman sebaya terhadap perilaku merokok berpengaruh signifikan terhadap pertahanan diri individu untuk mendapatkan penerimaan dan menghindari penolakan atau kritik dari teman sebaya. Faktor konformitas inilah yang menyebabkan individu melakukan perilaku menyimpang, misalnya merokok. Metode penelitian ini bertujuan untuk mengetahui hubungan konformitas teman sebaya dengan jenis perilaku merokok pada remaja di SMPN 3 Hamparan Perak Kabupaten Deli Serdang. Metode Penelitian ini merupakan penelitian kuantitatif dengan desain deskriptif korelasional yang dilakukan terhadap 30 remaja pria usia 13 – 16 tahun pada bulan Mei sampai dengan Juni 2024. Pengumpulan data dilakukan dengan menyebarkan kuesioner konformitas teman sebaya dan jenis perilaku merokok. Hasil uji statistik menggunakan uji chi-square dengan $\alpha=0,05$ menunjukkan adanya hubungan yang signifikan antara konformitas teman sebaya dengan jenis perilaku merokok pada remaja pria di SMPN 3 Hamparan Perak (p -value = 0,034). Berdasarkan penelitian ini, disarankan agar sekolah melakukan penyuluhan secara rutin dan menggalakkan kampanye anti rokok untuk mengurangi jumlah perokok di kalangan remaja.

Kata kunci: Konformitas, jenis perilaku merokok, remaja laki-laki



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1. Introduction

Adolescence is a transition period from childhood to adulthood and is one of the stages of growth and development in the human life span. Individuals have begun to develop their interactions with the surrounding environment, not only with their parents but also in the home environment, school environment and other social activities. In these social interactions, teenagers begin to need norms to become a benchmark as a guide in assessing the good and bad behavior in interacting with other people [1].

Environmental and group influences are very important for adolescent development. Therefore, teenagers try to change or adapt their behavior to conform to the rules of their group. When a teenager has a strong tendency to behave according to the rules of his group, it is called conformity [2]. Peers who support good

attitudes and behavior then the conformity provided has a positive impact. And conversely, if peers tend to encourage people to behave and behave in ways that violate norms, then the impact of conformity is negative [3].

Many teenagers change their attitudes and behavior simply because they follow group norms. Examples include drinking alcohol, illegal drugs, smoking, skipping school, and brawls [4]. The impact of peer conformity on smoking behavior is very large. Adolescents who are in their peer group do not want to feel left behind or even appear weak in the eyes of their peer group, so these individuals really avoid getting bad reviews from their peers. This is what many teenagers fall into because they follow the rules of their peer group.

Teenagers smoking in public places is no longer a new thing in Indonesia. For some people, smoking in everyday life has become a lifestyle. During adolescence, people start to imitate what others do and smoking is one example. This smoking behavior is also used as an excuse to be accepted and recognized by the surrounding environment [5]. Smoking behavior is one of the main causes of death. In 2030, it is predicted that deaths due to smoking will reach 8 million people every year throughout the world and 80% will occur in low and middle income countries. Therefore, to prevent this smoking behavior is to enforce the no smoking rule at school [6].

In Indonesia, smoking is a concern that is difficult to address. The Tobacco Atlas shows that in Indonesia there are 16.4 million new smokers aged 10-19 years and 45,000 new child smokers every day. The 2018 Riskesdas report shows that nationally the proportion of smoking in the 15-19 year age group is 12.7%. Teenagers who are addicted to cigarettes cause these individuals to feel that smoking is a fun activity, which then causes teenagers to become obsessed with cigarettes. Teenagers who are addicted to cigarettes cause these individuals to feel that smoking is a fun activity, which then causes teenagers to become obsessed with cigarettes [7].

Teenagers who smoke and do this only because of social prestige and following their peers who also smoke [8]. When children reach adolescence, children tend to be closer to their peers than their parents. The environment in which teenagers live and their peer groups are important aspects of the direction in which teenagers determine their future [9].

Based on initial observations, it can be seen that at SMPN 3 Hamparan Perak, Deli Serdang Regency, there are several teenagers who like to sit back and relax while smoking and chatting with their friends. At the school location there is a stall selling various brands of cigarettes, the average number of buyers are teenagers who live around the SMPN 3 Hamparan Perak school. They carry out this action when they are outside the school, and it is not uncommon for teenagers to walk around the school while smoking cigarettes from their mouths and placing the remaining unused cigarette behind their right or left ear. It can be seen from the negative behavior of these teenagers that they carry out activities by stocking cigarettes to be used again after the cigarettes are finished. Teenagers at SMPN 3 Hamparan Perak can be categorized as addicts to cigarettes and other addictive substances contained in cigarettes. They carried out this activity while still wearing school uniforms. One of the factors that researchers chose was the school environment as one of the objects for research. Researchers will conduct research with the title "The relationship between peer conformity and types of smoking behavior in adolescents" to expand their understanding of conformity and types of smoking behavior.

2. Method

The type of research used is correlative descriptive research which uses quantitative methods with a cross-sectional approach to see the relationship between the independent variable and the dependent variable. This research was conducted at SMPN 3 Hamparan Perak, Deli Serdang Regency. The time of the research was carried out from December 2023 - June 2024. The subjects of this research were male students in grades VII, VIII and IX at SMPN 3 Hamparan Perak, Deli Serdang Regency, totaling 30 students taken using total sampling techniques. Statistical analysis uses the chi-square test.

3. Result and Discussion

The results obtained on the demographic characteristics of adolescents are that there are a majority of teenagers aged 13 years, as many as 34 people (51.5%), with the majority of the sexes teenagers being male,

as many as 36 people (54.5%) and in the category of class the majority of teenagers there are in grade 7 as many as 38 people (57.6%).

Table 1. Frequency and Percentage Distribution of Student Demographic Data at SMPN 3 Hamparan Perak, Deli Serdang Regency (n=66).

Characteristics		F	%
Age			
13	years old	7	23.3
14	years old	5	16.7
15	years old	6	20.0
16	years old	12	40.0
Class			
VII		7	23.3
VIII		11	36.7
IX		12	40.0
Parents' Marital Status			
Divorced		19	63.3
Death divorced		2	6.7
Marry		7	23.3
Single parents		2	6.7
Daily Pocket Money			
Rp 5000		6	20.0
Rp 10.000		18	60.0
Rp 15.000		3	10.0
Rp 20.000-50.000		3	10.0
Parents' Job			
Self-employed		9	30.0
PNS		1	3.3
Trader		4	13.3
And others		16	53.3

The emotional disturbances that arise as a result of the rules for applying social distancing are also more common in adolescent girls than boys because this is related to the higher social emotionality of adolescent girls, women who are more involving feelings, conscience, empathy, and a sense of wanting to socialize with peers is higher than men [9]. The results obtained from the application of social distancing showed that teenagers who attended SMP Kemala Bhayangkari 1 Medan during the COVID-19 pandemic applied this rule with the obedient category of 38 people (57.6%), sometimes against the rules for implementing social distancing. One example is sometimes doing social distancing of 1-2 meters in places of worship because many teenagers do it at home with family members,

Table 2. Frequency Distribution of Peer Conformity (n=30)

Conformity	f	%
Reception (without any coercion)	12	40.0
Fulfillment (the existence of coercion and pressure from the group)	18	60.0
Amount	30	100

Based on the table above, it can be seen that there are 12 students with peer conformity in the acceptance category (40%), and there are 18 students with peer conformity in the fulfillment category (60%), so it can be concluded that the majority of students have peer conformity in the fulfillment category as many as 18 students (60%).

Table 3. Frequency Distribution of Smoking Behavior Types (n=30)

Types of Smoking Behavior	f	%
Positive	1	3.3
Negative	8	26.7
Addictive	18	60.0
Habit	3	10.0
Amount	30	100

Based on the table above, it can be seen that the type of smoking behavior that is influenced by positive feelings is 1 student (3.3%), the type of smoking behavior that is influenced by negative feelings is 8 students (26.7%), the type of smoking behavior that is addictive is 18 students. (60%), and the type of smoking behavior that has become a habit is 3 students (10%), so it can be concluded that the majority of the smoking behavior type variable is the addictive type of smoking behavior, 18 students (60%).

Table 4. The Relationship Between Peer Conformity and Types of Smoking Behavior in Students at SMPN 3 Hamparan Perak (n=30)

Konformitas Teman Sebaya	Tipe Perilaku Merokok								Total		P Value
	Positif		Negatif		Adiktif		Kebiasaan				
	n	%	n	%	n	%	n	%	n	%	
Penerimaan	1	3.3	6	20.0	5	16.7	0	0.0	12	40.0	0,034
Pemenuhan	0	0.0	2	6.7	13	43.3	3	10.0	18	60.0	
Total	1	3.3	8	26.7	18	60.0	3	10.0	30	100.0	

Based on the table above, it is known that students with peer conformity in the acceptance category have a type of smoking behavior that is influenced by positive feelings of 1 student (3.3%), students with peer conformity in the acceptance category have a type of smoking behavior that is influenced by negative feelings of 6 students. (20%), students with peer conformity in the acceptance category had an addictive type of smoking behavior as many as 5 students (16.7%), and there were no students with peer conformity in the acceptance category who had the type of smoking behavior that had become a habit in this study.

There are no students with peer conformity in the fulfillment category who have a type of smoking behavior that is influenced by positive feelings, students with peer conformity in the fulfillment category have a type of smoking behavior that is influenced by negative feelings as many as 2 students (6.7%), students with peer conformity in the fulfillment category 13 students (43.3%) had an addictive type of smoking behavior, there were 3 students (10%) with peer conformity in the acceptance category who had a type of smoking behavior that had become a habit. The statistical test results showed that the p value was <0.05 (0.034 <0.05), which means there is a relationship between peer conformity and the type of smoking behavior of male teenagers at SMPN 3 Hamparan Perak.

4. Conclusion

Based on the results of research conducted and data obtained at SMPN 3 Hamparan Perak in 2024, it can be concluded that the majority of smoking students in this study were 16 years old and in class IX. And the majority of students behave in conformity, namely compliance (compliance) as many as 18 students with a percentage of (60%). For the type of smoking behavior, namely smoking which is used simultaneously with addictive substances, there are 18 students with a percentage of (60%). The results of this study show that there is a significant relationship between peer conformity and the type of smoking behavior in adolescent boys at SMPN 3 Hamparan Perak with p value = 0.034.

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