

Self Esteem in Adolescent Smokers at South Tangerang in 2021

¹Hanifah Ismi, ²Ina Annisa, ³Khairunnisa, ⁴Lingga Rizarni, ⁵Munaya Fauziah

^{1,2,3,4,5}Faculty of Public Health, Muhammadiyah University of Jakarta

K.H Ahmad Dahlan St, Cirendeui, Ciputat, South Jakarta, 15419

E-mail : inaannisa36@gmail.com

ABSTRACT

Smoking behavior is an activity where someone uses cigarettes. One of the factors that influence smoking habits in adolescents is to increase self-esteem. The purpose of this study was to obtain information about self-esteem in adolescent smokers at South Tangerang in 2021. The research method is descriptive using a qualitative study design. The sample in this study were four adolescent active smokers with an age range of 19 – 23 years who came from different universities by conducting in-depth interviews and conducting document reviews. This interview transcript was evaluated using content analysis, namely a one-by-one analysis of the pure interview results. The results of the interview showed that the informant felt the physical influence or the symptoms felt, namely coughing and enjoyed. Informants do not consider smoking behavior to increase self-confidence, but relationships and interactions in the family are considered the most valuable, valuable, and important for the development of individuals as members. Smoking can be a way for teenagers to look free and mature when they adjust to their smoking peers even though smoking can encourage the emergence of diseases that can lead to death. Based on this, it can be concluded that smoking behavior does not affect a person's level of self-confidence (self-esteem). Smoking can also encourage the emergence of types of diseases that can lead to death because smoking will release about 4,000 chemical components which not only affect active smokers but also those around them who feel the dangers of passive smokers.

Keywords: *Self Esteem, Teenagers, Smoking*

INTRODUCTION

Cigarettes are one of the tobacco products that are designed to be burned, smoked, or inhaled, where the smoke contains nicotine and tar which can cause cancer and even death (1)(2). Smoking behavior is an activity carried out by someone by burning a cigarette and sucking it and then exhaling it. Aspects of smoking behavior are individual activities related to smoking behavior in daily life, parents' permissive attitude towards smoking behavior, peer environment, and psychological satisfaction (3).

According to data from the *World Health Organization* (WHO) in 2015 the number of smokers in the world reached 2.8 billion people, and the percentage of the world's population consuming tobacco was 57% (4)(5). Based on the 2013 Basic Health Research (Riskesdas) data, the proportion of smokers in Indonesia is 24.3% of the total population. Then the prevalence of smokers in the community based on (Riskesdas, 2013) there are smokers at the age of 10-14 years as much as 97.2%, smokers at the age of 15-19 years as much as 74.9%, while smokers at the age of 20-24 years which is the age range 27.2% of students (5)(6). Then based on data (Riskesdas, 2018) the percentage of male smokers is 62.9% while for women it is 4.8% (7).

One of the factors that influence smoking habits in adolescents is wanting to increase *self-esteem* or *self-esteem* (8). Adolescents with low *self-esteem* are found in someone who has anxiety disorders, eating disorders, and even substance abuse (9). According to Coopersmith, the aspect of *self-esteem* is where a person has power (*power*), a sense of worth (*significance*), a sense of virtue (*virtue*), and a sense of ability (*competence*) (10). Based on the results of previous studies conducted by Salim in 2018 at UIN Raden Intan Lampung indicates that there is a significant positive relationship between *self-esteem* on smoking behavior of students of UIN Raden Intan Lampung, said that the higher the smoking behavior, the higher the confidence themselves to students (11). The purpose of this study was to obtain information about *self-esteem* in adolescent smokers.

METHODS

This study, entitled *Self Esteem* in Adolescents Smoker conducted in May-June 2021. The informant in this study was four teenagers, active smoker, with age range 19-23 years from several different Universities in South Tangerang City. This type of research is qualitative, then to obtain data conducted in-depth interviews (*depth interview*) using the theory of *self-esteem*. After the data has been collected, it is then analyzed for content so that conclusions can be obtained from the data that has been processed.

The design of this study is qualitative research conducted in May-June 2021. Data collection was carried out by *in-depth interviews* with four teenagers who were active smokers and conducted a document review, as well as making interview transcripts using content analysis, namely one-by-one analysis of pure interviews. The variables studied included behavior and self-confidence which were grouped into physical influence, smoking interest, self-confidence, smoking status influence, self-and parental decision-making, family roles, friend roles, and religious views.

In May 2021, this research was carried out on four informants, namely teenagers from private campus students with the categories of early smoking age, reasons for smoking, and others according to the required criteria. Researchers consisting of four people conducted *in-depth interviews* with informants. The sampling used by the researcher was *purposive* because the researcher chose informants with the appropriate criteria. The informants have the initials MR (19), MO (20), HU (22), and FM (23).

The data collection used is primary data and secondary data. Primary data was specifically carried out to answer questions and was obtained from the answers of informants during *in-depth interviews* while secondary data was obtained from literature studies related to this research.

This study applies triangulation of data sources, namely *in-depth interviews* and document review. HI, IA, KH, LR was responsible for conducting interviews and also writing word-by-word transcripts of the tapes and MF checking the accuracy of the *in-depth interview* transcripts before analysis.

The interviewer provided information before conducting the interview and the informant gave verbal consent before the *in-depth interview*. Interviews were recorded and informed consent was recorded. Interview transcripts were anonymized, as were data analysis and interpretation/presentation.

Processing of qualitative data analysis funds in this study was carried out with the stages of rewriting data from interview recordings where data were transferred in the written form completely without changing, adding, or subtracting information contained in the interview recordings. Later n conducted a descriptive analysis of the data so that it is concluded from the data that has been processed by performing coding on each answer informant contained in Table 1.

Table 1. Data Analysis

<i>Topic (Question)</i>	<i>Meaning Unit (Informant's Answer)</i>	<i>Code</i>	<i>Sub Category</i>	<i>Category</i>	<i>Theme</i>
When did you first smoke?	-3 SMK -2 Middle School -1 Middle School -Graduated SMK	-Mature -Underage/teenagers	-School children - Beginnin g of college/ work	Beginning stage of smoking	
Can you please tell me how did you come to try smoking?	-The first time I smoked together with my friends because I saw that my more ignorant friend was smoking, I didn't want to lose like that. -Initially, because many of my friends invited me, I ended up joining in. --Yes, at first, I just wanted to try it for fun know how it feels. Alright, finally it's over until now -At first, I was curious about my friend's smoking habit, then I tried and tried and got addicted.	-Do not want to lose to compete with friends. -Influenced by friends -Big curiosity	- Competit ion - Influenc e - Curiosity	Beginning stage of smoking	<i>Self Esteem</i>
What is your reason for smoking?	-Following friends, seeing friends seems fun, keep trying. -The reason is to make it look cool and just slang --Yes, that was it, at first, did you try it because it was inside Cigarettes have nicotine, which	-Imitating and curiosity -Want to be seen by others -Curious, addicted, and calm	-New experien ce -Seeking attention -Get peace	Beginning stage of smoking	

<i>Topic (Question)</i>	<i>Meaning Unit (Informant's Answer)</i>	<i>Code</i>	<i>Sub Category</i>	<i>Category</i>	<i>Theme</i>
	makes them addicted. So hard stop and go				
	-At first, I tried it out of curiosity, eventually, I got addicted, and sometimes when I'm bored, dizzy, or have a lot of thoughts, I keep on smoking, it's like I'm enjoying it or just calm down.				
What kind of cigarette did you try first? and the current type of cigarette?	The first type of cigarette was perfect, mild and until now it's still the same	-16 Rods, Price IDR 23,000 -Neslite/16 sticks Rp. 15.000 Sampoerna Mild/16 Trunks Rp 23,000	- It is quite expensive for students	Affordable economy for smoking	
	-The first time it was a neslite cigarette, and now it's a Sampoerna cigarette.	-Filter/12 Rod Rp18.000	- It's cheap for students		
	- Forgot to remember the filter	-Sampoerna Mild/16 sticks around IDR 20,000, Gudang Garam filter cigarettes / 16 sticks IDR 19,000			
	-The first time was Sampoerna Mild, and now it's a salt filter warehouse cigarette				
Source of cigarettes obtained when first smoking	-Joint buying with friends	-Buy with friends	-Buy	Beginning stage of smoking	
	-Give it to a friend.	-Give a friend	-Giving		
	-If the source is if I'm not mistaken, it's from cigarette butts				
	-Friends and closest relatives				
How did you feel when you first smoked?	-He coughs but it's normal because the smoke hasn't been pulled out yet, when it's pulled, it feels really good.	-Cough for a moment and enjoy -choking on smoke -Cough and taste	Physical influence	Outcome	

<i>Topic (Question)</i>	<i>Meaning Unit (Informant's Answer)</i>	<i>Code</i>	<i>Sub Category</i>	<i>Category</i>	<i>Theme</i>
	<p>-In the beginning, I was like choking on smoke, that's normal, right?</p> <p>-At first, it was coughing like that, but when you get used to it, it's okay so it's usually delicious</p> <p>-In the beginning, the cough was like suffocation, and it tasted weird</p>	weird			
How many cigarettes do you consume each day?	<p>-Not sure, it can be 3 sticks or a pack a day contains 16 sticks.</p> <p>-Yes, sometimes half a pack, sometimes a pack containing 16 sticks.</p> <p>-Actually, smoking is rare, yes, at least if you want to. 1 pack can be up to 2-3 daily, at most it can be 4-5 sticks per day doing si.</p> <p>- One pack can contain 16 sticks</p>	<p>-3 to 16 sticks per day</p> <p>-8 to 16 sticks per day</p> <p>-4 to 5 sticks per day</p> <p>-16 sticks per day</p>	<p>-Allocate money to cigarette consumption every day</p> <p>-Routine</p> <p>- Addicted</p> <p>-Habit</p>	Affordable economy for smoking	
When do you smoke every day?	<p>-Yes, you can also after eating or before eating, whenever you are really in the mood. If you want to smoke, just smoke.</p> <p>-Yes, usually when I wake up, after eating, I'm bored, and when I'm playing with friends.</p>	All the time	No time limit	Smoking behavior	

<i>Topic (Question)</i>	<i>Meaning Unit (Informant's Answer)</i>	<i>Code</i>	<i>Sub Category</i>	<i>Category</i>	<i>Theme</i>
	-The time is an afternoon to evening and night, if it's morning, you're still sleeping				
	-After eating, or just hanging out with friends				
Where do you usually smoke?	-It's best in the room, if not in the living room, on the terrace, or not on the hangout.	-Private place/home	No space restriction	Smoking behavior	
	-On the terrace of the house, sometimes in the bathroom as well as defecating.	-In a public place			
	-Most of the people are at home, the same outside if you want	-A place to gather with friends			
	-On the terrace of the house, the same in public places, and not in places where there is no smoking reading	-At home and in public places where there is no reading, smoking is prohibited			
Do you have any intention of quitting smoking?	-Nothing yet, until now, I still enjoy smoking because I'm new to it.	-No intention of stopping	Smoking interest	Outcome	
	- Until now, there is no desire to stop because how does it feel to be addicted to it.	-Once stopped but continued again			
	-There is an intention, I just stopped at that time. Just smoke again, get 3 years of quitting smoking	-Has the intention to quit			
	-There's so much				

<i>Topic (Question)</i>	<i>Meaning Unit (Informant's Answer)</i>	<i>Code</i>	<i>Sub Category</i>	<i>Category</i>	<i>Theme</i>
Do you have a primary family who smokes?	<p>-There is a father who smokes too</p> <p>-My father used to smoke but now he has stopped smoking.</p> <p>-There was a late father who used to smoke him</p> <p>-Dad</p>	Have an example of behavior from an influential person	Examples of influential people	Beginning stage of smoking	
What do you think self-confidence is like?	<p>-Yes, believe in ourselves if we are capable.</p> <p>I think self-confidence is like being confident in what we do.</p> <p>- Confidence is part of feeling one's confidence to do something so confidently.</p> <p>Self-confidence is like an attitude where we can do anything to ourselves without fear or anxiety</p>	Able and confident to do something without fear	Self-confidence	Outcome	
In your opinion, how do you increase your self-confidence? Does smoking increase self-confidence?	<p>-How about it's better to be ourselves, don't follow other people, just let people comment too. Before smoking, I'm also confident, so I don't think it has anything to do with being confident.</p> <p>-Do what you love, don't compare yourself to others. Yes, sometimes</p>	<p>-There is no difference in confidence</p> <p>-Sometimes there is a difference in confidence</p>	Effect of smoking status	Outcome	

<i>Topic (Question)</i>	<i>Meaning Unit (Informant's Answer)</i>	<i>Code</i>	<i>Sub Category</i>	<i>Category</i>	<i>Theme</i>
	confident, sometimes just normal.				
	-According to my, I like to listen to songs that I like. It just increases my confidence. Smokin g isn't normal, in my opinion, doesn't increase trust yourself				
	-Personally, to increase self- confidence, I go about my days in a relaxed manner, and always make sure I do anything.				
Have you ever felt isolated when you didn't smoke?	-Never, Alhamdulillah, the circle is safe, I've never been cornered like that. -If I'm the one who's never been, at least it's just offered and asked not to smoke like that - In the past, when you stopped smoking, was it not ostracized? even make it better -Did you hang out at that time?	-Friends accept smoking or non- smoking status -Have you ever been worried about being unsafe but it was not proven when you were in a relationship -Ever felt when gathering with friends	-There is no pressure from the friend group so there is a greater chance of quitting smoking if the informan t has the will -There is a little pressure from the friend group, but the informan t still has the intention /desire to quit smoking.	Stage of smoking journey	
Have you ever felt	-Never mind, my	Friends accept	There is	Stage of	

<i>Topic (Question)</i>	<i>Meaning Unit (Informant's Answer)</i>	<i>Code</i>	<i>Sub Category</i>	<i>Category</i>	<i>Theme</i>
inferior/shy when not smoking among friends who smoke?	<p>friends just relax. If you want, please, it's okay too.</p> <p>-Yeah, never mind, it's okay if you want to smoke, it's fine if you don't want to, that's fine.</p> <p>-No, it's not normal. For example, don't smoke it's okay. It's more of a geek</p> <p>-Once, when I see my friends smoking and I don't smoke, I feel like there's something missing</p>	<p>smoking or non- smoking status</p>	<p>no pressure from the friend group so there is a greater chance o f quitting smoking if the informan t has the will</p>	<p>smoking journey</p>	
How do respondents make decisions for themselves?	<p>-Usually, I think about it many times, until I am really sure about the decision I have taken so that I don't go the wrong way. Dare to do dare to accept whatever the risk</p> <p>-Yes, I usually think about it first, don't just do it and think about the risks after making that decision.</p> <p>- If this is the way, first make sure of the choice, observe, study, then make a decision</p> <p>-At first, I was sure I wasn't sure to do it because I saw my friends looking at them enjoying themselves. In the end, I tried</p>	<p>In making a decision, you have to think about it first and think about the risks that will occur</p> <p>-Not at all not thinking about the risks.</p>	<p>Decision -making</p>	<p>The power of making decisions</p>	

<i>Topic (Question)</i>	<i>Meaning Unit (Informant's Answer)</i>	<i>Code</i>	<i>Sub Category</i>	<i>Category</i>	<i>Theme</i>
How do respondents respond to all decisions made by the respondent's parents?	<p>-Depending on the decision, if it makes sense, I'll obey, but if it's not, it's usually not followed.</p> <p>-Parents will choose decisions that they think are good for their children, so for me, it's okay as long as it's good for me, but I will also think about whether I follow the decision or not.</p> <p>-Must be treated with adults, sometimes parents' decisions are not according to our wishes. But how else can they also take care of and educate us? Yes, so whatever the decision is, it will be implemented.</p> <p>-Parents respond that they want their children to be fine, not to do bad things. At first, I was hiding because I didn't dare to smoke in front of my parents, but over time my parents found out that I smoked. The parents' response was a little disappointing, even though my father was a smoker, he didn't want to see his son become an active smoker either. I'm sure I'll listen to the prohibition from</p>	<p>-Can accept the decision of his parents if it is good for him, but not necessarily the informant follows the decision of his parents.</p> <p>-Can accept and follow the decisions of their parents.</p>	Parental decision making	The power of making decisions	

<i>Topic (Question)</i>	<i>Meaning Unit (Informant's Answer)</i>	<i>Code</i>	<i>Sub Category</i>	<i>Category</i>	<i>Theme</i>
	parents and I'm afraid that if I fight my parents I'll be a disobedient child				
What is the meaning of family according to the respondent?	<p>-Family is people who are always there in all circumstances and always give love.</p> <p>-My family is a person who will always accept me, and help me if I have difficulties in any way.</p> <p>-Family is everything</p> <p>-My family is everything, the number one treasure in the world. The family who always takes care of me, always advises the good in any case.</p>	<p>-Received and given affection.</p> <p>-Feeling himself always accepted, and helped in a situation.</p> <p>-Keeping, and advising in good things</p>	Family role	The importance of the role of the closest person	
How does the respondent explain the meaning of friend according to the respondent?	<p>-Friends like to make happy and entertained, like to exchange stories too Cerita</p> <p>-If friends for me it can make me not feel lonely, and they want to listen to my complaints.</p> <p>A friend is someone who is always there when we are sad or happy</p> <p>-In my opinion, a friend is someone who can accompany me when I'm bored, confused, and sometimes that</p>	<p>-Feel not lonely, and become a place to tell stories</p> <p>-Always there in any situation</p>	Friends role Peran	The importance of the role of the closest person	

<i>Topic (Question)</i>	<i>Meaning Unit (Informant's Answer)</i>	<i>Code</i>	<i>Sub Category</i>	<i>Category</i>	<i>Theme</i>
	friend can be a place to exchange ideas				
What are the attitudes of other family members towards the respondent when they find out that the respondent smokes for the first time?	<p>-He said that if he wanted to smoke, he bought it with his own money. At first, he was angry, but after a while, he got used to it.</p> <p>-That must have been scolded even though my father used to smoke too. Because parents know that smoking is not healthy, but after a long time it's even allowed.</p> <p>-What is clear is that you must be surprised and disappointed because parents don't teach you to smoke, what can you do?</p> <p>-Angry, lectured, continue to feel uncomfortable. Because at that time I still could not earn my own sweat money.</p>	<p>-Angry and disappointed but gradually accepting</p> <p>-Not allowed because it is not good for health, but over time the informant feels allowed.</p>	<p>Angry, giving advice, and accepting the situation</p>	The importance of the role of the closest person	
How are the efforts made to get closer to the positive and away from the negative?	<p>-From a friendship point of view, if it doesn't start well, don't follow it, especially if negative things have a big impact.</p> <p>-Usually, I think about the effects that are done, such as negative things, so I try to forget the negative things and look for positive</p>	<p>-Stay away from bad things and take the good side.</p> <p>-Knowing the impact, therefore trying to forget the negative by doing positive activities.</p> <p>-More worship</p> <p>-Trying to withstand negative things and follow positive</p>	<p>- Thinking of the impact of negative things, and doing a positive activity.</p> <p>- Worship</p>	Virtue	

<i>Topic (Question)</i>	<i>Meaning Unit (Informant's Answer)</i>	<i>Code</i>	<i>Sub Category</i>	<i>Category</i>	<i>Theme</i>
	activities. - Multiply good deeds, one of which is prayer - Approaching good friends, holding back the things I want to try like the things that are not good. And always do positive things such as participating in youth organization activities, community service, and ta'lim majlis	things such as organizations, youth organizations, and ta'lim meetings			
How do respondents pursue their hobbies?	-I like the field of design, mostly through studying or watching tutorials on YouTube -My hobby is playing marawis musical instruments, so if I want to do it, for me, I have to like and enjoy doing it. -To pursue a hobby, it's rarer. For example, playing football is enough once a week -Because my hobby is playing silat, first of all, I have to do a lot of practice so that my body doesn't stiffen and doesn't hurt. To quickly memorize the movements. Never get bored to practice.	-Developing his hobby by studying through social media -Feeling like and happy first to his hobby. -Must practice a lot, and never get bored to practice	Do it because you like it and practice a lot	Self ability	
How do respondents deal	- Overcome by yourself or is it	-Deal with it yourself	Believe you can	Self ability	

<i>Topic (Question)</i>	<i>Meaning Unit (Informant's Answer)</i>	<i>Code</i>	<i>Sub Category</i>	<i>Category</i>	<i>Theme</i>
with life problems?	<p>better to ask the opinion of the closest person</p> <p>-Usually, I try to handle it myself first, for example, I haven't found a way out yet, so I ask my friends for advice. What should I do better?</p> <p>- For the first time, keep quiet as much as possible to relieve your emotions for a moment, if you don't, you can't just tell your family or closest friends</p> <p>-Just relax, don't be in a hurry in dealing with any problems. Always think positive, and always have to be patient even though sometimes life's problems are hard</p>	<p>-Ask other people's opinion</p> <p>-Relieve emotions and resolve them patiently</p>	do it yourself		
Tell us how the informant's religion or belief teaches about smoking?	<p>-In Islam, anything that harms oneself and others is prohibited, such as cigarettes which can harm people's health as well.</p> <p>-Yes, from what I know in Islam, we should not smoke because it can harm the health of ourselves and others.</p> <p>-As far as I know, the law is makruh if I'm not mistaken. It's just that there are a lot</p>	<p>-Smoking can harm the health of yourself and others.</p> <p>- Smoking is an innocent act because many influential people smoke actively</p> <p>-Smoking can cause various diseases</p>	Religious views	Religion Factor	

<i>Topic (Question)</i>	<i>Meaning Unit (Informant's Answer)</i>	<i>Code</i>	<i>Sub Category</i>	<i>Category</i>	<i>Theme</i>
	of clerics who still smoke, you could say they are active smokers. If I think it's legal, it's not a sin				
	-In Islam, I know that smoking is prohibited because it can cause various diseases. One of them is the respiratory system, then the previously clean lungs become like spots				

Physical effects or physical symptoms that occur are usually coughing. However, these symptoms are ignored, and becomes a habit to always smoke because of addiction. A study conducted by Ismanto et al (2015) stated that smoking can cause nicotine addiction. Nicotine can interfere with attention, concentration, and cognitive abilities because nicotine can increase the presence of fine motor responses in the focus of attention. But this will affect the health of brain function and psychological disorders (13). Based on the results of interviews from four informants regarding what they felt when they first smoked, the following are the results of the interviews:

"He coughs but it's normal because the smoke hasn't been withdrawn yet, when it's pulled it tastes really good "

"In the beginning, I was like choking on smoke, that's normal, right?"

"At first I was coughing like that, but when I got used to it, it became normal, it was delicious"

"At the beginning, the cough was like a suffocation, and the taste was strange"

The results of the interviews above show that the informants feel the physical influence or the symptoms they feel are usually coughing and then ignored and enjoyed. This is in line with Helmi's opinion that when they first consume cigarettes, most teenagers may experience coughs, a bitter taste in the tongue, and nausea in the stomach. But some beginners ignore the experience, which usually continues to become an addiction. This dependence is perceived as a pleasure that provides psychological satisfaction (14).

According to research Rohayatun et al, 2015 explained that there are factors that inhibit smokers from quitting smoking, one of which is physiological factors where a smoker feels that smoking can make a person feel calm, comfortable, can increase concentration in doing something and when facing problems (15). Based on the results of interviews with four informants regarding whether the informants have an interest in quitting smoking, the following are the results of the interviews:

"Nothing has happened until now, I still enjoy smoking because I'm new to it."

"Until now, there is no desire to stop because how does it feel to be addicted to it."

"There was an intention, at that time, I stopped. Just smoke again, get 3 years of quitting smoking."

"There's a lot."

The results of the interview above, show that two informants are not interested in quitting smoking, one informant has an interest in quitting smoking, and one informant is very interested in smoking. According to research by Yashinta et al, 2018 explaining that a smoker has an interest in quitting smoking because he feels that smoking is a bad culture and must be eliminated, and smoking can make life wasteful (16).

In Emria Fitri et al's research, 2018 it is stated that by having self-confidence, adolescents will be able to give respect to themselves and have the ability to live life, adolescents will be able to consider various options and make their own decisions. Adolescents who have self-confidence can complete tasks or jobs that are by their developmental stage well or at least have the ability to learn ways to complete these tasks (17). Based on the results of interviews with four informants regarding what self-confidence means, the following are the results of the interviews:

"Yes, believe in ourselves if we are capable."

"I think self-confidence is like being confident in what we do."

"Confidence is part of a person's confidence to do something confidently."

"Self-confidence is an attitude where we can do anything to ourselves without fear or anxiety."

The results of the interview above, show that the informant feels that self-confidence is a feeling of being able and confident to do something without fear. According to Muryati Self efficacy (self-ability) is a person's evaluation of his ability or competence to perform a task, achieve goals (18).

Based on the research results of Mustikasari et al (2019), shows that self-confidence does not only depend on a person's smoking behavior because there are also students who have high education and physical appearance which can affect one's self-confidence. This is by the

theory put forward by Rogers (in Iswidarmanjaya, 2004) explaining that self-confidence arises not because of heredity or congenital factors but because of the process of understanding oneself, accepting the advantages and disadvantages that exist in him begins at an early age (19). Based on the results of interviews with four informants regarding the meaning of the influence of smoking status on self-confidence, the following interview results were obtained:

"How can it be better to be ourselves, don't follow other people, just let people comment too. Before smoking, I'm also confident, so I don't think it has anything to do with being confident."

"Do what you love, don't compare yourself to others. Yes, sometimes I'm confident, sometimes I'm used to it."

"According to me, I like to listen to songs that I like. It just increases my confidence. Smoking isn't normal, in my opinion, doesn't increase self-confidence, ah"

"Personally, to increase self-confidence, I just go about my days in a relaxed manner, and always be sure that I'm doing whatever it is."

The results of the interviews above show that the informants do not consider smoking behavior to increase self-confidence. The higher the self-confidence, the lower the smoking behavior in adolescents. Vice versa, the lower the self-confidence, the higher the smoking behavior in adolescents (20).

According to Siagian, 1990 decision-making is a systematic approach to the nature of the alternatives faced and to determine mature alternatives to take the most appropriate action (21). Moran, Cass & D'Augelli (in Moran 2005) state that decision making will be something that takes a long time and is difficult, it is because of the importance of the role of a decision, the more people are sacrificed, the more difficult it is to make a decision. Based on the results of interviews with four informants regarding self-decision making, the following interview results were obtained:

"Usually, I think about it many times, until I am sure about the decision I made so that I don't go the wrong way. Dare to do dare to accept whatever the risk."

"Yes, I usually think about it first, don't just do it and think about the risks after making that decision."

"If this is the way, first make sure the choice, observe, study, then make a decision."

"At first, I was sure I wasn't sure to do it because I saw my friends looking at them enjoying themselves. In the end, I tried."

The results of the interviews above show that the informants tend to think carefully about making decisions. Informants feel that they need time to think about what risks will occur if they take an action in decision making. The decision according to (Atmosudirjo, 1984) is an

end of the thought process about a problem to answer the question of what must be done to overcome the problem by choosing an alternative. Another definition of a decision is the result of solving a problem faced firmly (22).

A study conducted by Septiana, Syahrul, and Hermansyah (2016) showed that there was a relationship between adolescents with parental control who were less likely to be at risk for smoking behavior by 3.092 times compared to adolescents who received good control from their parents. Because there is this period, teenagers will usually try to find their identity, make their own decisions, and try to be accepted as adults in their environment. Parents must provide good information and direction so that adolescents can make good choices and decisions and avoid negative behavior such as smoking behavior (23). Based on the results of interviews from four informants regarding what they felt when they first smoked, the following are the results of the interviews:

"It depends on the decision, if it makes sense, I will obey, but if it's not, it's usually not followed."

"Parents will choose a decision that they think is good for their child, so for me, it's okay as long as it's good for me, but I will also think about whether I will follow it or not."

"It must be treated with maturity, sometimes parents' decisions are not by our wishes. But how else can they also take care of and educate us? Yes, so whatever the decision is, it will be carried out."

"...The parents' response was a bit disappointing, even though my father is a smoker, he doesn't want to see his son become an active smoker either. I will listen to the prohibition from parents and I am afraid that if I fight against my parents I will become a disobedient child"

The results of the interview above show that the informant believes that the parents' decision is the best decision for themselves. The importance of the role of parents is to provide good guidance to their teenagers so that they can make the best decisions and avoid bad behavior (23).

According to research by Kartika et al., 2011 explains that a person tends to interpret his family as the closest person, the most valuable treasure, everything, a place/container, the most important part, and life reflects an understanding of the family as a certain group structure that has a function in it as a place, source of wealth, and the value that is meaningful to the lives of the members in it (24). Based on the results of interviews with four informants regarding the meaning of the role of the family for the informants, the following are the results of the interviews:

"Family are people who are always there in all circumstances and always give love."

"My family is a person who will always accept me, and help me if I have difficulties in any way."

"Family is everything."

"My family is everything, the number one treasure in the world. The family who always take care of me, always advise the good in any case."

Therefore, with the relationships and interactions in it, the family becomes a group that is considered the most valuable, valuable, and important for the development of individuals as members (24).

In Aris Setiawan's research, 2019 it is stated that peers or friends are a natural context for teenagers. This is because the relationship with peers is a deep interaction for adolescents. The atmosphere and dynamics of the peer group are a place that can help adolescents in solving the problems they face better. Based on the results of interviews regarding what the meaning of the role of friends according to the informants is, the answers are as follows:

"Friends like to make you happy and entertained, they like to exchange stories too"

"If friends for me it can make me not feel lonely, and they want to listen to my complaints."

"Friends are people who are always there when we are difficult or happy."

"In my opinion, a friend is someone who can accompany me when I'm bored, confused, and sometimes that friend can be a place to exchange ideas."

Therefore, the influence of peers is very large on the formation of adolescent perceptions. This is because the perception is also influenced by social pressure, adolescents start smoking related to the crisis of psychosocial aspects of adolescent development, namely, smoking can be a way for adolescents to that look free and mature when they adjust to their smoking peers (25).

As one that is included in the forbidden category because it can eliminate chastity is smoking, because it is harmful to the physical and brings unpleasant odors, while Islam is a good (religion) and does not command anything but good. It is proper for a Muslim to be a good person, because something good is only worthy of a good person, and Allah the Exalted is Most Good and accepts nothing but good. Likewise (cigarettes are forbidden) because they are bad things (khabaits), while Allah ta'ala (when explaining the nature of His Prophet Sallallaahu 'Alayhi wa Sallam) said: *"... he makes lawful for those who are good and forbids what is bad"* (Al A'raf: 157) (26). Based on the results of interviews with informants about how religious views about smoking are as follows:

"In Islam, anything that harms oneself and others is prohibited, such as cigarettes which can harm people's health as well."

"Yes, from what I know in Islam, we should not smoke because it can harm our health and that of others."

"From what I understand, the law is makruh if I'm not mistaken. It's just that there are a lot of clerics who still smoke, you could say they are active smokers. If I think it's legal, it's not a sin."

"In Islam, I know that smoking is prohibited because it can cause various diseases. One of them is the respiratory system, then the previously clean lungs become like spots."

In the research of Indis Ferizal, 2016 it is stated that smoking is not the cause of a disease, but can trigger a type of disease, so it can be said that smoking does not cause death, but can encourage the emergence of types of diseases that can lead to death. This sentence is sufficient to represent the harmful effects of smoking on health because tobacco that is burned (smoking) will release about 4,000 chemical components which not only affect active smokers but also those around them feel the danger (passive smoking) (26).

CONCLUSIONS AND RECOMMENDATIONS

Based on the results and discussion, it can be concluded that smoking behavior does not affect a person's level of self-confidence (*self-esteem*). The higher their self-confidence, the lower the smoking behavior in adolescents. Vice versa, the lower the self-confidence, the higher the smoking behavior in adolescents. The smoker can be a way for teens to make sure they are free and adults as they adjust to their peers who smoke. The harmful impact of cigarettes on health, namely tobacco that is burned (smoking) will release about 4,000 chemical components which not only have an impact on active smokers but also those around them feel the danger (passive smoking).

Therefore, we recommend the following for informants who are expected to know about the dangers of smoking, so that with self-motivation the informants can change their lifestyle by reducing their smoking behavior gradually until they don't smoke at all, and can determine a good attitude towards their smoking behavior (informants). stop smoking behavior) and for parents, it is hoped that parents can provide their children with sufficient self-esteem so that they do not seek too much self-esteem from the social environment because they do not always foster self-esteem with good things but instead lead them astray smoke.

REFERENCES

1. Wardoyo A, Isworo S. Visikes. *Kesehat Masy*. 2019;1(1):1–11.
2. Sari M. *Perilaku Merokok Di Kalangan Anak Sekolah Dasar*. Skripsi. Universitas

- Bengkulu; 2014.
3. Palupi YJ. HUBUNGAN PERILAKU MEROKOK DENGAN KEPERCAYAAN DIRI PADA REMAJA DI SMAN 1 KEDUNGALAR NGAWI. PENINGGALAN Sej SEBAGAI SUMBER BELAJAR Sej DALAM PENANAMAN NILAI-NILAI Kebangs PENDAHULUAN Banyuwangi merupakan Wil yang memiliki beberapa Drh yang berpotensi memiliki situs peninggalan Sej yang sampai saat ini masih ada namun kondisi. 2019;1(1):41–57.
 4. Kurniawati D. Hubungan antara stres dengan perilaku merokok pada remaja laki-laki kelas X dan XI di SMKN 1 Jiwon Kabupaten Madiun. 2017;1–66.
 5. Mirnawati, Nurfitriani, Febriana Maya WH. Perilaku Merokok pada Remaja Umur 13-14 Tahun. Higeia. 2018;2(3):396–405.
 6. Bawuna N, Rottie J, Onibala F. Hubungan Antara Tingkat Stres Dengan Perilaku Merokok Pada Mahasiswa Fakultas Teknik Universitas Sam Ratulangi. J Keperawatan UNSRAT. 2017;5(2):107578.
 7. Mikael Billy, Sulaeman Engkeng A. Determinan Perilaku Merokok Kepala Keluarga Di Kelurahan Wolan 1 Utara Kecamatan Tomohon Barat Kota Tomohon. Kesmas. 2019;8(7):319–27.
 8. Simarmata B. Jurnal ilmiah “INTEGRITAS” Vol.2 No. 1 Maret 2016. J Ilm. 2016;2(1):59–66.
 9. Khoeriyah I, Desiningrum D. KECERDASAN SPIRITUAL DAN SELF ESTEEM PADA REMAJA: Studi Korelasi Pada Remaja Pengguna Napza di Balai Rehabilitasi Sosial Eks Penyalahguna Napza “Mandiri” Semarang. Empati. 2016;5(1):5–9.
 10. Christy K, Sudarji S. Gambaran Harga Diri Remaja Putri Yang Melakukan Seks Pranikah. Psibernetika. 2018;11(1):1–8.
 11. Salim. Hubungan Antara Perilaku Merokok Dengan Kepercayaan Diri Pada Mahasiswa UIN Raden Intan Lampung. Universitas Islam Negeri Raden Intan Lampung; 2018.
 12. Elon Y, Malinti E. Fenomena Merokok Pada Anak Usia Remaja: Studi Kualitatif. Klabat J Nurs. 2019;1(1):78.
 13. Nugroho RS. Perilaku Merokok Sebagai Identitas Sosial Remaja Dalam Pergaulan Di Surabaya. J Ilm Dep Sosiologi FISIP Univ Airlangga. 2017;22.
 14. Rohayatun, Saptiko SNYR. Faktor-faktor yang Mendukung dan Menghambat Perokok untuk Berhenti Merokok di Klinik Berhenti Merokok Puskesmas Kampung Bali Pontianak. J Cerebellum. 2015;1(4):266–76.
 15. Winoto Y, Cahyo K, Indraswari R. Faktor-Faktor Yang Mempengaruhi Niat Berhenti Merokok Pada Siswa Perokok Smp X Di Kota Semarang. J Kesehat Masy.

- 2018;6(5):814–21.
16. Fitri E, Zola N, Ifdil I. Profil Kepercayaan Diri Remaja serta Faktor-Faktor yang Mempengaruhi. JPPI (Jurnal Penelit Pendidik Indones. 2018;4(1):1.
 17. Yuliawan H, Nusantoro E. Hubungan Antara Keyakinan Diri Dan Perilaku Disiplin Belajar Dengan Kemandirian Belajar Siswa Kelas Xi Smk Se-Kabupaten Boja. J EDUKASI J Bimbing Konseling. 2020;6(2):124.
 18. Mustikasari DM, Dwikurnaningsih Y, Windrawanto Y. Hubungan Perilaku Merokok Dengan Kepercayaan Diri Mahasiswa Perokok Pada Progdi Bk Fkip Di Universitas Kristen Satya Wacana. Genta Mulia. 2019;10(1):22–30.
 19. Setiawan N. HUBUNGAN KEPERCAYAAN DIRI DENGAN PERILAKU MEROKOK PADA REMAJA Nanang. 2020;73–80.
 20. Prof. DR. S.P. Siagian. Teori dan Praktek Pengambilan Keputusan. Jakarta; 1990. 258 p.
 21. Rahardian DA. Hubungan antara Persepsi Diri terhadap Pengambilan Keputusan dalam Menentukan Tujuan Studi. Fak Surakarta Univ Muhammadiyah. 2017;1–14.
 22. Septiana N, Syahrul, Hermansyah. Faktor Keluarga Yang Mempengaruhi Perilaku Merokok Pada Siswa Sekolah Menengah Pertama. J Ilmu Keperawatan. 2016;4(1):1–14.
 23. Dewi KS, Widayanti CG. Gambaran Makna Keluarga Ditinjau Dari Status Dalam Keluarga, Usia, Tingkat Pendidikan, Dan Jenis Pekerjaan (Studi Pendahuluan). J Psikol Undip. 2011;10(2):163–72.
 24. Fahmi NF, Firdaus N, Putri N. Hubungan Peran Teman Sebaya dengan Perilaku Merokok Pada Remaja di Kota Kupang. J Ilm Ilmu Keperawatan. 2020;1–11.
 25. Ferizal I. Mekanisme Pengujian Hukum Oleh Ulama Dalam Menetapkan Fatwa Haram Terhadap Rokok. J Huk Samudra Keadilan. 2016;11(1):55–64.

