



Self-Reflection Program as A Future Healthcare Worker: The Smoking Cessation Experience of Health Science Students

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ABSTRACT

Smoking is one of the behaviors that is a risk factor for various diseases and can cause death. Health workers have a big role in promotive and preventive as well as curative and rehabilitative efforts by controlling risk factors by advising patients not to smoke. However, it was found that health workers and health students still smoked. It is a challenge for health study program students to try to stop smoking. This study aims to explore the experiences of students from the Faculty of Health Sciences in an effort to stop smoking after participating in a self-reflection program on their role in the future as health workers, especially counsellors for patients. This study uses a phenomenological method with an in-depth interview approach. The participants in this study were 14 undergraduate students from the Faculty of Medicine and Health Sciences. Data analysis in this study used inductive analysis. This research has passed the ethical test from the Faculty of Medicine and Health Sciences UMY. There are five themes that describe participants' experiences of the self-reflection program that they have participated in 1) Mind Blowing: Contradicting the role of participants in the future as health workers with current smoking habits, 2) Awareness of inappropriate smoking behaviour for health workers, 3) Be aware of the dangers of smoking not only for yourself but also for others, 4) Increase motivation to quit smoking, 5) Gaining insight into how to quit smoking. A self-reflection program for smoking cessation efforts can increase motivation and help reflect on participants to stop smoking. This effort can be used as one of the counsellor's methods in smoking cessation to help students in the health program quit smoking.



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Kata kunci:

Mahasiswa
upaya berhenti merokok
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ABSTRAK

Merokok merupakan salah satu perilaku yang menjadi faktor risiko berbagai penyakit dan dapat menyebabkan kematian. Tenaga Kesehatan memiliki peran besar dalam upaya promotif dan preventif serta kuratif dan rehabilitatif dengan mengendalikan faktor risiko dengan menyarankan pasien untuk tidak merokok. Akan tetapi ditemukan tenaga kesehatan maupun mahasiswa kesehatan yang masih merokok. Menjadi tantangan tersendiri bagi mahasiswa program studi kesehatan untuk berupaya berhenti merokok. Penelitian ini bertujuan untuk menggali pengalaman mahasiswa fakultas ilmu Kesehatan dalam upaya berhenti merokok setelah mengikuti program refleksi diri akan perannya di masa depan sebagai tenaga kesehatan khususnya konselor untuk pasien. Penelitian ini menggunakan metode fenomenologi dengan pendekatan wawancara mendalam. Partisipan dalam penelitian ini berjumlah 14 mahasiswa program sarjana Fakultas Kedokteran dan Ilmu Kesehatan. Analisis data dalam penelitian ini menggunakan induktif analisis. Penelitian ini sudah lulus uji etik dari Fakultas Kedokteran dan Ilmu Kesehatan UMY. Terdapat lima

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tema yang dirasakan oleh partisipan setelah mengikuti program refleksi diri yaitu: 1) Mind blowing: menggugah pikiran akan kontradiksi peran di masa depan sebagai konselor yang akan menyadarkan bahaya merokok dengan kondisi sekarang yang masih merokok, 2) Menyadarkan bahwa perilaku merokok tidak pantas untuk tenaga kesehatan; 3) Meningkatkan motivasi berhenti merokok; 4) Menambah wawasan metode berhenti merokok; 5) Menyadarkan bahaya merokok merugikan diri sendiri dan orang lain. Program refleksi diri sebagai upaya berhenti merokok untuk mahasiswa Kesehatan dapat meningkatkan motivasi dan membantu partisipan untuk berhenti merokok. Upaya ini dapat dijadikan sebagai salah satu cara konselor dalam upaya berhenti merokok untuk membantu mahasiswa program kesehatan berhenti merokok.



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INTRODUCTION

Cigarettes contribute the most to causing disease than other risk factors. Based on *The Tobacco Atlas 3rd edition, 2009* (Shafey *et al.*, 2009) 22.2% of the world's population generally consumes tobacco. Meanwhile, among the countries in the *Association of Southeast Asian Nations* (ASEAN), Indonesia is the country with the largest percentage of smokers, which is 46.16% (Kemenkes RI, 2014). Basic Health Research (Riskesdas, 2018) in 2018 showed that the prevalence of smokers in Indonesia was 28.8%. In the Province of Yogyakarta Special Region (DIY) there are 29.8% of people who smoke. Currently there are more than 36% of the population Indonesia is categorized as a smoker today. As many as 20% of adolescents aged 13 – 15 years are smokers, 41% of whom are adolescent boys (Kemenkes, 2017).

Cigarettes very much cause negative effects on health. The content in cigarettes such as nicotine, tar, and carbon monoxide are components and substances harmful to the body (Kemenkes, 2017). Tobacco kills more than 8 million people worldwide every year. More than 7 million of these deaths are directly caused by tobacco use and about 1.2 million of them are due to exposure to other people's cigarette smoke to non-smokers (World Health Organization [WHO], 2020). Based on research conducted by (Hammado, 2014), approximately 50% of smokers who smoke since adolescence will stop due to diseases related to smoking habits. The results of Riskesdas in 2013 from the Ministry of Health of the Republic of Indonesia stated that the prevalence of chronic obstructive pulmonary disease (COPD) in Indonesia was 3.7%. Cigarettes as a risk factor that is important for health workers, in an effort to provide health education so that people can lead a healthy life without smoking.

Students of the Faculty of Health Sciences are prospective health workers who will later become educators in reducing, and preventing the dangers of cigarettes, but in fact there are still many students of the Faculty of Health Sciences who still smoke. There are several factors that influence smoking behavior. Winda *et al* (2020), reported that 65% of the 80 student participants smoked due to peer influence (Winda *et al.*, 2020). In addition, stress is also suspected to be a factor that affects smoking behavior. Research conducted by Mayah *et al* (2021), showed that there were 85.7% of participants suffering from moderate stress, while 7.9% of participants suffering from mild stress were heavy smokers (Mayah *et al.*, 2021). In addition, all participants who suffered from

moderate stress were heavy smokers. A participant who suffered from severe stress was also a heavy smoker.

The government has sought to address the high number of smokers in Indonesia, by formulating a *Memorandum of Understanding* (MoU) between the Ministry of Home Affairs and the Ministry of Health on the importance of implementing non-smoking areas (KTR). This joint regulation is stated through Article 6 paragraph (1) of the Joint Regulation of the Minister of Health and the Minister of Home Affairs Number 188 / MENKES / PB / I / 2011 and Number 7 of 2011 concerning Guidelines for the Implementation of Non-Smoking Areas. The policy of prohibiting smoking in unmun places in Indonesia has become a regional policy, although not all regions have adopted this policy. Based on yogyakarta city regulation number 2 of 2017 concerning KTR, with the joint approval of the Regional People's Representative Council (DPRD) of Yogyakarta City and the Mayor of Yogyakarta decided to establish regional regulations. Then, the Central Java Governor Regulation Number 3 of 2019 concerning KTR.

Another attempt to quit smoking is a self-reflection program. This self-reflection program can facilitate the formation of identity which is an important developmental task for adolescents (Sinai *et al.*, 2012). This is a very important factor, because it can form a positive perception so that it helps adolescents to quit smoking. This self-reflection program is different from other programs to overcome smoking cessation. The advantages of this program in addition to facilitating the formation of adolescent identity, this program also succeeds in developing positive thoughts and doing other things besides smoking (Sim *et al.*, 2020). In addition, this self-reflection program has not been widely implemented and researched in Indonesia. The self-reflection program can be used as a method of quitting smoking in adolescents, especially among students of the Faculty of Medicine and Health Sciences. Therefore, the author is interested in conducting research on the self-reflection program to quit smoking in FKIK students, considering that students of the Faculty of Medicine and Health Sciences are prospective health workers who will later become educators in reducing and preventing the dangers of cigarettes. In line with the results of a study conducted by Huriah & Rahman (2021) which said that health workers who quit smoking because they feel ashamed as health workers should show good examples in healthy behavior (Huriah & Rahman, 2021).

METHODS

This research used phenomenology study with an in-depth interview. The participant in this study were fourteen undergraduate students were included in the purposive sampling technique's. Teenagers between the ages of 18 and 22 who smoke and both genders, undergraduate student from health science program were required for inclusion. Participants can communicate clearly and are open to taking part in the study.

This study was carried out in Yogyakarta, in January until April 2022. In-depth interviews were used for data collecting. The interview lasted between 30 and 60 minutes. Interviews were conducted after participants took part in the self-reflection program in groups (focus group discussion). During the self-reflection program, participants received a scenario about a patient suffering from Chronic Obstructive Pulmonary Disease (COPD) and the patient still smoking until now. The patient does not want to stop smoking because the patient knows that the health workers who provide health education to him are still smoking. Then participants were asked to write how they felt after reading the scenario, responses about the case, what participants would do when they had to provide education on smoking cessation to these patients. After participating in the self-reflection program, one day later an interview was conducted to explore how the participants felt after participating in the self-reflection program. The trigger questions for participants are as in table 1.

Inductive content analysis was employed for data analysis. The process of analyzing the data involved several steps, including 1) listening to the interview results, writing a transcript of the results, scanning the data, dividing the data, and organizing the data; 2) rereading the entire data set and analyzing and coding it; 3) analyzing the keywords,

categories, and themes after coding; and 4) performing data analysis. This data study employed the Atlas.ti program.

Table 1. Interview Guidelines

Question	Probe
How is your experience in participating in a self-reflection program as an effort to quit smoking?	After you took part in the self-reflection program to smoking cessation, what was your perception of the program?
	How can this self-reflection program influence your thinking about quitting smoking?
	How do you feel after joining this self-reflection program?

The trustworthiness of the results of this study was carried out in various ways, namely the researchers conducted transcripts of the results of the interviews and then returned them to the participants to test whether the transcripts were in accordance with what was intended by the participants, all researchers read the research results over and over until the formation of the theme of the research results.

RESULTS AND DISCUSSION

Participant Characteristic

The characteristics of the participants in this study were all men, most of them smoked a combination of conventional and e-cigarettes, all of whom had tried to quit smoking. The average age of the respondents was 21 years and the average length of smoking was 5.5 years with the longest being 14 years and the minimum being 1 year.

Table 2. Characteristics of Participants Based on Gender, Type of Cigarette, and Efforts to Quit Smoking

Variable	Category	Frequency	Percentage
Gender	Male	14	100%
	Female	0	0%
Type of Cigarette	Conventional	5	35,71%
	Combined (Conventional and Electric)	6	42,85%
	E-cigarette	3	21,42%
Quit Smoking	Once	14	100%
	Not yet	0	0%
Amount		14	100%

Table 3. Characteristics of Participants Based on Age and Length of Smoking

Variable	Mean	Median	SD	Min-Maks
Age (year)	21,28	21,50	0,82542	20-22
Length of Smoking (year)	5,50	5,00	4,416	1-14

Theme Finding

Theme 1. Mind Blowing: Contradicting the role of participants in the future as health workers with current smoking habits

The results of participant interviews said that this self-reflection program stirred their thoughts and feelings. When

imagining themselves who would later become health workers who would provide health education related to the dangers of smoking, they said that smoking is a risk factor that must be controlled by their patients but currently they are alone. still smoking. This is as stated by the following participants

"The questions are really piercing, actually, because it's **mindblowing**, yes, we as health workers, but why do we do this (smoking), it's hypocritical, right..." (Participant 2)

"Sometimes I think, I will also be like this, someday I will educate about smoking... **educating people in the hospital to stop smoking is reduced, but at that time, how come I am also a cigarette lover...**" (Participant 9)

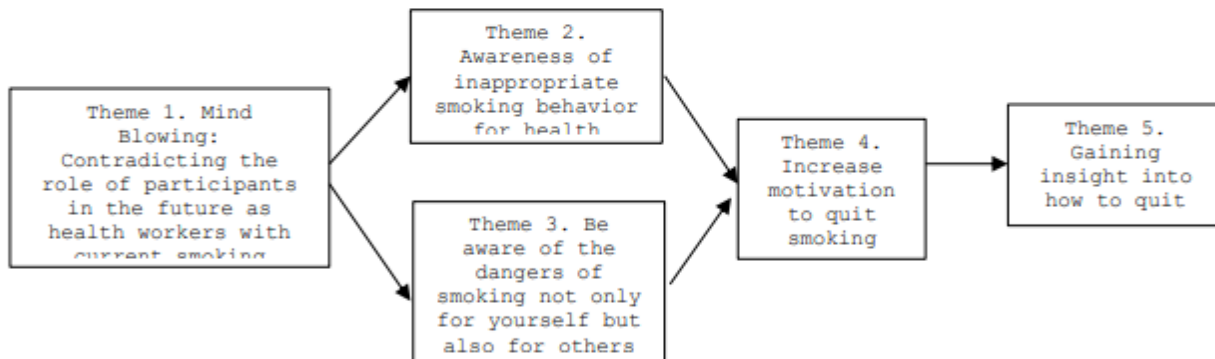


Figure 1. Theme Finding of Smoking Cessation Experience From Self-Reflection Program

Theme 2. Mind Blowing: Contradicting the role of participants in the future as health workers with current smoking habits

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Theme 3. Awareness of inappropriate smoking behavior for health workers

After participating in the self-reflection program, participants felt that smoking behavior was inappropriate for prospective health workers because when they became health workers later they had to educate patients to control disease risk factors, one of which was smoking behavior. This is as stated by the following participants

"We give education that we are not allowed to smoke, but we also smoke, **which is not good either**" (Participant 14)

Theme 4. Be aware of the dangers of smoking not only for yourself but also for others

This self-reflection program also reminds smokers of the dangers of smoking, not only for themselves but also for others, the following was conveyed by the participants

"Actually, **the danger is not only for smokers**, but there is also a lot of smoke in the environment because of the smoke (Participant 13).

Theme 5. Increase motivation to quit smoking

The existence of this self-reflection program can increase motivation to quit smoking by reducing cigarette consumption. This is as stated by the following participants

"... **instill the subconscious mind if oh yes, we have to be empathetic as candidates for health workers, it's like giving a bad example, wanting to reduce smoking**" (Participant 3).

".. **after participating in this program, there is additional motivation to reduce vaping and smoking**" (Participant 5).

Theme 6. Gaining insight into how to quit smoking

This self-reflection program enhances participants' experiences about efforts to stop smoking from sharing with various participants during focus group discussions, and can even increase participants' motivation, as stated by the following participants

"**Increase knowledge, add experience from people's stories and can be a motivation so that you don't go back to that point, Ms.**" (Participant 13).

"**I got to know from the experiences of other friends, I can tell that maybe they have eee... ways to stop smoking, each one has experience of being a smoker**" (Participant 8)

"**Meet some friends who smoke as well and discuss new inputs regarding efforts to quit smoking**" (Participant 7).

DISCUSSION

The self-reflection program is considered by participants as a program that can inspire thoughts and get new experiences from other sources. This is in line with Sim's research (2020) which says that the results of the study using the method of this self-reflection program are a unique

program, where participants feel that this smoking cessation program is different from other smoking cessation programs. This self-reflection program can also develop the minds of the participants to reflect on themselves regarding efforts to quit smoking (Sim *et al.*, 2020). Sim (2020) explained that this self-reflection program can make participants reflect on their youth and attitudes towards smoking that is not good. Self-reflection programs can also influence participants' thoughts that their smoking behavior is not good for themselves or for the environment (Sim *et al.*, 2020).

The findings in this study, in addition to self-reflection, knowing other experiences related to the impact of smoking, participants can be used as real evidence that smoking has many negative effects for themselves and their families. In line with Trisnowati & Marlinawati's research (2018) which said that most of the teenagers who knew about the dangers of smoking from several sources such as cigarette packs that exposed organs affected by oral cancer, participants believed that smoking was very dangerous for their health and life (Trisnowati & Marlinawati, 2018). This statement is also supported by research by Sutarno and Susanti (2016) which reveals that health students who smoke argue that one way to control and reduce smoking behavior is to avoid the smoking environment, in addition to thinking about health, the economic factor that most influences efforts to reduce smoking (Sutarno & Susanti, 2016). This study revealed that after participating in the self-reflection program, participants realized that what they were doing was not good for their future and decided to try to quit smoking. This statement is supported by research by Arifin (2022) explaining that subjective norms or can be interpreted as beliefs about something can increase the intensity to stop smoking (Arifin *et al.*, 2021). When a person thinks that what he is doing is wrong and not good for example, it will lead to good behavior to distance himself and will try to stop smoking.

This study revealed the perception of participants who have knowledge and who have gained knowledge about the dangers of smoking are more likely to have a plan and willingness to quit smoking. In line with the research of Atmasari, et al (2020) that knowledge has a major role in influencing a person's smoking, good knowledge related to smoking for health will have different behavior with those who do not have sufficient knowledge about the negative effects of smoking (Atmasari *et al.*, 2020). The positive side of this study shows that there is additional motivation for efforts to reduce or stop smoking because the participants recall that they are health students who will later become health workers and must be able to set a good example to the community in healthy behavior without smoking. This opinion is evidenced by Aziizah's research (2018) which says that the motivation to quit smoking is because smoking behavior can have a negative impact on the health of oneself and those around the smoker's environment. Motivation to quit smoking will increase in any case in each person's life (Aziizah *et al.*, 2018). This is in line with Trisnowati's research (2018) which states that the main key to the success of the smoking cessation program is the strong motivation of smokers to quit smoking (Trisnowati *et al.*, 2018).

In addition, after participating in the self-reflection program, participants' perception is that this program can add insight and experience regarding efforts to quit smoking. This is in line with the research of Janius, et al (2020) when a person has a strong motivation and gets social influence, it will increase a person to quit smoking (Janius *et al.*, 2019). One of the motivations for the participants' efforts to quit smoking is in terms of health and for the future they will face

in the future, they don't want their future to be sickly. According to a study conducted by Supriyati (2021) which said that health motives were the main motives of participants for efforts to stop smoking. Health motives are closely related to the quality of life and the future that the participants want (Supriyati, 2021).

CONCLUSIONS AND SUGGESTIONS

Self-reflection program as a smoking cessation program for health students can increase motivation and help participants to quit smoking. This is because this self-reflection program makes health students aware of their role in the future as health workers who will treat patients with smoking risk factors and they must provide education to stop smoking in controlling risk factors so that they raise their minds about inappropriate smoking behavior. In addition, this program can also remind participants of the dangers of smoking and add to the discourse on various experiences of quitting smoking from participants. This program can be used as a way for counselors in an effort to quit smoking to help students in the health program to quit smoking.

ETHICAL CONSIDERATIONS

The research has obtained an ethical license issued by the Research Ethics Committee of the Yogyakarta Muhammadiyah Faculty of Medicine and Health Sciences with No. 326/EC-KEPK FKIK UMY/XII/2021. This research adheres to the basic principles of research ethics and informed consent has been provided to all participants

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Conflict of Interest Statement

There are no competing interests in this study.

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