

EDUCATION OF THE HAZARDS OF SMOKING WITH MEDIA LEAFLET TO RESIDENTS OF SEGOROYOSO 1 RT 1 PLERET BANTUL

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Abstract

Smoking is an activity that we often see in society. The danger of smoking is a threat to human life, where we find a lot of smoking behavior both in the home environment and outside the home environment. Men tend to have more smoking behavior, even though men are the heads of families in the household who should be role models for children. The implementation method carried out in this service is divided into 3 stages, namely the preparation stage which consists of observation and situation analysis, the planning stage consists of program development, and the evaluation stage. The evaluation stage is carried out by presenting a pretest and posttest which are then processed using SPSS. After the education was carried out, it was found that the posttest score increased by 23%, which can be said that the service was successful.

Keywords: The Danger of Smoking, Education, Leaflet

INTRODUCTION

Smoking is an addictive substance that poses a hazard to health that is mostly in demand by men. WHO estimates that there are more than 1.1 billion smokers worldwide, with more than 80% coming from low and middle-income countries (Fauziah, Fara, and Febrianti 2019).

Smoking is an activity that we often see in the community (Kosasih, Solehati, and Lukman 2018). Smoking is one of the main risk factors for several chronic diseases that cause death. Many studies have proven that smoking can increase the risk of various diseases to the risk of death (Prihatiningsih et al. 2020).

The danger of smoking is a threat to human life, where we find a lot of smoking behavior both in the home environment and outside the home environment. Men tend to have more smoking behavior, even though men are the heads of families in the household and should be role models for their children (Kosasih et al. 2018).

Knowledge related to the dangers of smoking is very influential both for the health of individuals and others. Based on this description, it can be concluded that information is an aspect that connects the center and control of a person's health and behavior, which means that a person's knowledge about smoking will increase his control over health problems. People who have knowledge about smoking and its consequences will tend to have internal health and do not smoke and vice versa (Siregar and Rambe 2020).

In Indonesia, the number of deaths due to diseases caused by smoking reaches 300

thousand per year. Nearly 60% of deaths in Indonesia are caused by non-communicable diseases (PTM) caused by smoking such as stroke, hypertension and heart disease (Herawati, Hidayat, and Oktaviannoor 2020). This service activity was carried out in the Segoroyoso 1 RT 1 Pleret Bantul area.

Based on the results of a survey conducted in the Segoroyoso 1 RT 1 Pleret Bantul area, information was obtained that there were still residents who did not comply with the 3M health protocol. The head of RT 1 also mentioned that there are still many people who smoke in the house. Based on existing health problems, this community service is carried out by providing education to the community in the RT 1 Segoroyoso 1 area regarding the dangers of smoking which aims to increase knowledge and change people's behavior toward smoking.

IMPLEMENTATION METHOD

The implementation of this service activity is divided into 3 stages, namely:

- a) Preparation Phase: This service activity was carried out in the RT 1 Segoroyoso 1 Pelert Bantul area on November 14, 2021. This activity was carried out with 34 targets who were smokers. This service activity was carried out in the Segoroyoso 1 area, precisely in RT 1 Pleret Bantul. The beginning of the implementation of this activity is to conduct observations and interviews with the local RT regarding health issues that are currently happening in the area.
- b) Planning Phase: After getting several health problems, the next step is to identify problems using the MCUA (Multiple Criteria Utility Assessment) methods, which is then continued by determining alternative problem solving with education using leaflet media. The implementation of education is carried out door to door considering the current condition is still in the COVID-19 pandemic so as not to cause crowds.
- c) Evaluation Stage: Evaluation of this service activity is carried out by giving pretest and posttest, this is done to find out how far the community's knowledge is before and after being given material exposure with leaflet media.

RESULTS AND DISCUSSION

- a) Preparation Phase: This service activity was carried out in the RT 1 Segoroyoso 1 Pleret Bantul area. The counseling activity was attended by 34 residents who are smokers on November 14, 2021. This activity began with an analysis of the situation. The situation analysis carried out is observation, primary data collection, and secondary data. Primary and secondary data were collected by interviewing the Head of RT 1. Based on the results of the interviews, several health problems were found, namely, there were still many residents who had not implemented the 3M health protocol, vaccination coverage had not met the target and many residents smoked indoors.
- b) Planning Phase: After analyzing the situation, the next step is to identify problems using the MCUA (Multiple Criteria Utility Assessment) methods. MCUA is a method that takes into account weights and scores (Arianto et al. 2021). The priority determination of the problem is shown as follows:

Table 1. Determination of Priority Problems in RT 01 Segoroyoso 1

Criteria	Weight	Masalah Kesehatan					
		Problem 1 (health protocol)		Problem 2 (Vaccination)		Problem 3 (Smoking)	
		Score	S X B	Score	S X B	Score	S X B
Emergency	7	4	28	4	28	5	35
Seriousness	6	4	24	3	18	4	24
Economic Loss	5	3	15	4	20	3	15
Dead	6	3	18	2	18	4	24
Amount S X B			85		84		98

Information:

Score: Score (1-5)

Weight: Score (1-10)

Based on the determination of priority problems using the MCUA Method, the following results were obtained: 3M Health Protocol problems with a total score of 85, Vaccination problems with a total score of 84, and Smoking Problems with a total score of 98. Based on these scores, the priority problem in RT 01 Segoroyoso is smoking, then the second problem is health protocol and the last is vaccination.

After determining the priority problems in RT 01 Segoroyoso, Pleret, Bantul, the next step is to analyze the causes of priority problems using H.L Blum's theory. In the theory of H.L. There are 4 main components that are closely related to health, namely: Behavior, Yankees, Environment and Heredity.

In the problem of smoking habits found in the area of RT 1 Segoroyoso 1, Pleret, Bantul, behavioral factors that influence the lack of knowledge related to the dangers of smoking both for active smokers and passive smokers. The influencing factor of health services is the absence of collaboration between health services and local policymakers to implement a "Smoking-Free House" in the area of RT 01 Segoroyoso, Pleret, Bantul. Environmental factors that influence it are the number of residents, especially gentlemen who smoke in the house so it has become a habit that occurs in the environment. As well as hereditary factors that influence, namely, there are hereditary factors from parents, causing the next generation to follow this habit

Then the next step is to determine alternative solutions to the problem. There are 2 alternative problem solutions that can be done, namely: Placing posters on information boards and conducting door-to-door education to residents of RT 01 Segoroyoso 1 Pleret Bantul with leaflet media. Alternative solutions to the problem are as follows:

Table 2. Alternative Solution Problem

No	Criteria	Door-to-door counseling with leaflet media	Poster installation on the information board
1	Eligibility of solution	1	0
2	Benefit for many people	1	1
3	Availability of resources	1	1
	Amount	3	2

Based on Table 2. Alternative Problem Solving, it can be seen from the criteria for the feasibility of the solution, the benefit for the people, and the availability of resources, door-to-door counseling using leaflet media got the highest score of 3 compared to installing posters on information boards with a score of 2. Thus the alternative problem-solving in implementation activities is door-to-door counseling using leaflet media.



Figure 1. Leaflets on the Dangers of Smoking and Tips for Quitting Smoking

Door-to-door counseling activities are carried out using leaflet media. Before the material counseling was carried out, the people of RT 01 Segoroyoso 1 were asked to fill out a pretest in the form of a google form with the help of researchers. The aim is to determine public knowledge regarding the dangers of smoking and tips to stop smoking. The results of the pretest that have been filled out by the people of RT 01 Segoroyoso 1 are presented in the following table:

Table 3. Pretest Results

Category	N	Percentage (%)
Low	16	47%
Tall	18	53%
Total	34	100%

Based on Table 3. There are 16 people who have a pretest result in the low category with a percentage of 47% and 18 people have a high pretest score category with a percentage of 53%.



Figure 2. Implementation of Education related to the Dangers of Smoking and Tips to Quit Smoking with Media Leaflet

- c) Evaluation Phase: After counseling related to the dangers of smoking and tips on smoking cessation to the community in the RT 1 Segoroyoso 1 Pleret area, Bantul, then a posttest was carried out to find out whether the material presented was well received or not. The results of the posttest that have been filled out by the people of RT 01 Segoroyoso 1 are presented in the following table:

Table 4. Posttest Results

Category	N	Percentage (%)
Low	8	24%
Tall	26	76%
Total	34	100%

Based on Table 4. There are 8 people who have post-test results in the low category with a percentage of 24% and 26 people have a high post-test score category with a percentage of 76%.

The next step is to analyze the results of the pretest and post-test using SPSS with the Paired T-test. Paired T-test is a method of testing hypotheses where the data used are not independent (in pairs). The most common feature in paired cases is that one individual gets 2 different treatments. Although using the same individual, the researcher still obtained 2 types of sample data, namely the first treatment and the second treatment (Montolalu and Langi 2018).

The results of the analysis using SPSS are shown as follows:

Table 5. Paired Samples Test

		Paired Differences			95% Confidence Interval of the Difference		t	df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	Lower	Upper				
Pair 1	pretest - posttest	-25.588	13.749	2.358	-30.386	-20.791	-10.852	33	.000

Based on Table 5. Paired Samples Test obtained the value of Sig. (2-Tailed) of 0.00 which means that there is a difference between the results of the pretest and posttest related to the dangers of smoking and smoking cessation tips carried out by the community in RT 1 Segoroyoso 1 Pleret, Bantul.

After the presentation of the material to the public, there was an increase in public knowledge regarding the dangers of smoking and tips to stop smoking. With this increase in knowledge, it is hoped that later it will change the behavior of the people of RT 1 Segoroyoso 1 to stop smoking starting with not smoking in the house and reducing the amount of cigarette consumption.

Success in this service is supported by the lecture method with leaflets so as to form a good two-way communication between researchers and respondents regarding the dangers of smoking and tips to stop smoking which are in line with research (Pusparina, Maria, and Anggraini 2019), besides the success of this service is supported by the effectiveness of leaflet media for health education which has the effect of increasing knowledge, this is in line with research conducted by (Pusparina et al. 2019) saying that the advantages of leaflet media are that they can be stored for a long time, targets can adjust and learn independently, users can view their contents when relaxed, the target range is wider.

In addition, based on the research that has been done, there is an effect of the effectiveness of leaflet media on adolescent knowledge about drugs with the result that the average knowledge of adolescents increases.

CONCLUSION

Based on the service activities that have been carried out, there is an increase in public knowledge regarding the dangers of smoking and tips for quitting smoking using leaflet media which is proven by the results of the paired t-test which shows that there is a difference between the results of the pretest and posttest.

With this service activity, it is hoped that later it will help the community to change smoking behavior in the house or even help those who have the desire to quit smoking. In addition, it is hoped that local health cadres can continue these counseling activities and local health service units can help provide facilities for people who want to quit smoking.

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