



Effect of SEHATI (Healthy and Achieving) Training Module on Knowledge and Attitudes on Smoking Behavior Among Junior High School Students at Kabanjahe District Indonesia

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Abstract

Introduction: Indonesia is the third of ten countries in the world with the biggest number of smokers after China and India. National data showed an increased prevalence of smoking, especially among men and adolescents. Many studies found that smoking behavior among teenagers has hazardous impact, not only for their health but also for their academic achievements. The most worrying thing is that smoking behavior has always been associated with future substance abuse in later life of adolescent. **Objective:** This study aims to determine the influence of the *Sehat dan Berprestasi* (Healthy and Achieving). Training Module on knowledge and attitude among students about smoking behavior at SMP Negeri Kabanjahe District in 2022. **Methods:** This is quantitative research adopting a quasi-experimental design, where one group had involved in the pretest-posttest design. This research was conducted in four public junior high schools in the Kabanjahe sub-district. **Result:** After using the Wilcoxon Signed Rank Test, we found that the knowledge post-test (knowledge pretest) had a p-value (Asymp. Sig. 2 tailed) of 0.000 and the attitude post-test (attitude pretest) had a p-value (Asymptotic Significance 2 tailed) of 0.000. These values are both less than the 0.05 significance level, which means that the hypothesis is accepted as H1. **Conclusion:** It is concluded that there is a good impact by utilizing the SEHATI (Healthy and Achieving) training module as a guide and involving students who excel in sports by providing testimonials regarding achievement without smoking.

Keywords: - Attitude, Knowledge, Module Training Sehati, Smoking Behaviour, Teenagers

Introduction

Everybody knows what cigarette is, and today it is a product that is highly used by the public. On the other hand, cigarette smoking is also an international and national problem. Meanwhile, the prevention of smoking is also a prioritized effort because it involves various aspects of problems in life, such as economic aspects, social politics, and especially health aspects (Kemenkes, 2013). Indonesia is the third of ten countries in the world with the biggest number of smokers after China (390 million) and India (144 million). Based on the smoker data statistics in Indonesia and WHO in 2008, shows that as many as 24.1% of young men, 0% of children/young women, 63% of men, 4.5% of women, and unpredicted Indonesian smokers are not only adults but also have propagated to young people (Salmawati, Nurul & Dwitami, 2016). According to the most recent data from the Global Youth Tobacco Survey (GYTS) in 2019, 2 in 3 boys and nearly 1 in 5 girls in Indonesian people (aged 13 to 15) have used tobacco products. 19.2% of students smoke, and of those, 60.6% are not even disallowed from purchasing cigarettes due to their age, with two-thirds of them being able to purchase cigarettes at retail (World Health Organization, 2020).

Due to two factors—nicotine dependence or addiction and psychological concerns about losing a certain pastime if you stop smoking—cigarette content might make it harder for someone to quit smoking. As young people go through a stage of development that is characterized by increasing smoking frequency and intensity, which frequently results in nicotine dependence, their smoking habits typically get worse. The effects of nicotine in tobacco can lead to dependency or addiction to cigarettes. The impulse to stop smoking usually becomes unbearable for young people who are already hooked on smoking since they are more susceptible to nicotine's effects (Sari, 2017).

Drug abuse in Indonesia has now reached an alarming level. The number of drug users from year to year is increasing, showing an increase. There are more than 2 million drug users in Indonesia. If this is allowed, it will result in a threat to human survival as well as the next generation. According to data obtained by the National Narcotics Agency, the number of adolescent drug users has increased. On the other hand, various studies show that several factors influence the occurrence of drug abuse. Smoking is one of the things that affects drug misuse. And if there is drug abuse among adolescents, it is very dangerous for the next generation and the continuity of the nation (Pratama, Triana & Martini, 2021).

Data from the National Narcotics Agency states that North Sumatra Province occupies the highest province ever to use drugs for male sex, with 1,634,739 people who have used drugs, followed by East Java with 900,426 people (Drug Abuse Prevalence Survey, 2019).

A variety of factors affect adolescents' decisions to engage in smoking-related activities. In addition to the effectiveness of the preventive programs, these adolescents' self-interest also influences whether they will smoke or not. According to the social learning theory, adolescents are more likely to attempt smoking if they anticipate a positive result from the action. Several studies confirm that the influence of peers (peers) has a major role in determining the period of adolescent development and also as an effective way that can be taken to support adolescent development to be more positive. Peer influence is a very dominant issue in the early adolescent period. Teenagers in this period begin to join and spend a lot of time with their peers. The influence of peers, especially those who are considered public figures, is very influential on teenagers because they have a high social status, can provide innovation and inspiration, have high credibility, and provide information that can be justified as the key to receiving the message in society (Sari, 2017).

To be able to prevent smoking behavior, a student must know about smoking behavior as a whole. Students must understand smoking, the impact of smoking on health, and efforts to prevent it. Several studies say that teenagers are influenced to smoke because of peer factors. For this reason, it is necessary to create a module that can be used by the facilitator. In this case, those who act as facilitators are peers. Peer Educator Peers need to be done because, at this time, teenagers are much influenced by their peers. Teenagers in today's society spend most of their time with their peers, compared to their parents (Sari, 2017). For this reason, utilizing peers as role models for good behavior is expected to influence the behavior of adolescent peers in preventing smoking behavior (Pratama, Triana & Martini, 2021).

Learning strategies are one of the key elements in determining student accomplishment in the field of education (Maduramente *et al.*, 2019). With the aid of modules, students can learn at their own pace and without restrictions on time or place. Some of the advantages of learning with modules are that they provide immediate and continuous feedback, which can be adjusted to the individual child's abilities by providing flexibility regarding the speed of learning. Provide special remedial help to help children overcome their shortcomings. opens the possibility to evaluate or gain from learning by using the module, namely increasing student motivation (Spanhel *et al.*, 2019).

Material and Methods

This is quantitative research using a quasi-experimental research design, namely a one-group pretest-post-test design. This research was conducted in four junior public high schools in the Kabanjahe sub-district. In-depth interviews, literature reviews, and observational methods were used for data collection. The Sari Mutiara Indonesia University's Ethics Committee accepted this study.

Ethical Approval

This research received ethical permission from Health Research Ethics Committee Universitas Sari Mutiara Indonesia, Sari Mutiara Indonesia University with no. 295/F/KEP/USM/IV/2022 dated 22nd April 2022.

Results

1. The Univariate Analysis

A. Distribution of Respondents' Knowledge Groups About Smoking Pre-Test and Post-Test

To see the increase in knowledge before and after the intervention through the SEHATI training module, it can be seen in the table below:

Table 1. Distribution of Knowledge Values Before and After Given SEHATI Training Modules to Knowledge Groups in all SMP N in Kabanjahe in 2022

	N	Minimum	Maximum	Means		std. Deviation
	Statistics	Statistics	Statistics	Statistics	std. Error	Statistics
Knowledge Pretest	200	2	10	8.94	0.136	1929
Posttest Knowledge	200	10	15	13.11	0.073	1040
Valid N (listwise)	200					

Source: Data Processing Results (2022)

The results of the research in the table above show that the average pre-test score is 8.92 while the post-test average is 13.11. The smallest standard deviation is at a value of 1.040.

B. Distribution of Respondents' Attitudes about Smoking

To see an increase in attitude before and after the intervention through the SEHATI training module can be seen in the table below:

Table 2. Distribution of Attitude Values Before and After Being Given the Attitude Group SEHATI Training Module in All SMP N in Kabanjahe District in 2022

	N	Minimum	Maximum	Means		std. Deviation
	Statistics	Statistics	Statistics	Statistics	std. Error	Statistics
Attitude Pretest	200	25	58	49.22	.324	4.599
Posttest Attitude	200	49	60	56.54	.181	2.576
Valid N (listwise)	200					

Source: Data Processing Results (2022)

2. Bivariate Analysis

The Wilcoxon test was carried out to examine the relationship between the two paired groups, which in this study were pre-test and post-test data in the knowledge group and pre-test and post-test data in the attitude group. The Wilcoxon test was carried out to determine the effect of the SEHATI training module before and after it was given on the knowledge and attitudes of respondents in each group. The Wilcoxon test results are as follows:

Table 3. Test Wilcoxon

Statistics test		
	Knowledge Post-test – Knowledge Pretest	Attitude post-test – Attitude pretest
Z	-12.408b	-12.343b
asympt. Sig. (2-tailed)	0.000	0.000
a. Wilcoxon Signed Ranks Test		
b. Based on negative ranks.		

Source: Data Processing Results (2022)

The Z value is calculated based on the Wilcoxon Signed Rank Test findings. Knowledge post-test: The knowledge pretest has a p-value (Asymptotic Significance 2 tailed) of -12,408 and attitude post-test: The attitude pretest has a p-value (Asymptotic Significance 2 tailed) of -12,343, both of which are less than the critical limit research 0.05 and indicate that there is a significant difference between the pretest and post-test groups. Therefore, the hypothesis is accepted as H1. According to the findings,

if knowledge increased in both the knowledge and attitude groups with a p-value of 0.0000, then there was statistically a significant difference in knowledge between the two groups before and after receiving the training module since the p-value was 0.05.

Discussion

The Effect of Modules on Student Knowledge of Smoking

This research is to determine the difference between results of knowledge and attitudes of students before and after receiving the training module on smoking. For researchers to know the condition of students' initial abilities, they gave them an initial test or pretest. Based on the data that the researchers obtained and which had been processed using a computerized program, it showed that in the pretest data, there was a significant correlation between knowledge before and after receiving the training module on smoking. This shows that the selection of research classes comes from a homogeneous population.

Considering what the data analysis revealed, it can be seen that the students have different knowledge before and after receiving the training module on smoking. In answering the first hypothesis, whether there is a difference in knowledge before and after receiving the training module on smoking, The knowledge group had a p-value of 0.0000, so statistically, there was a significant difference in knowledge before and after being given the training module because the p-value was <0.05 . This is following Wahyudi (2016) (Wahyudi & Boonsawasdgulchai, 2017), who said that there is an increase in young smokers where this occurs because the age group <15 years usually tends to try new things and is very quickly influenced by the behavior of the people around them, including smoking behavior.

Defines knowledge as a fact or condition of knowing something with a certain degree of understanding through experience, association, or relationship (Ahmad & Rasimin, 2020). Knowing is the outcome of sensing, which takes place once people become aware of a certain object. Human senses such as sight, hearing, smell, taste, and touch are used for sensing. The eyes and hearing are how most people learn things. One's knowledge or cognitive domain is a crucial factor in determining their conduct (Wardani, Muhartono & Soemarwoto, 2020).

Module is the most frequent sort of instructional content or media that is given in a systematic and organized manner, emphasizing rigorous and in-depth learning experiences to assist students in reaching their unique learning goals. The primary module focuses on learning objectives, learning materials or substances, and evaluation (Orsal & Ergun, 2021).

This research is in line with research conducted where the results of the research revealed that there was an effect of offering counseling utilizing booklet media on students' understanding of anemia with a value ($p = 0.000 < 0.05$) (DAMANIK, 2019). As noted in another research there was a significant rise in the scores of knowledge about smoking and the harms of smoking and reluctance to smoke in the intervention group compared to the control group. For the study of knowledge scores before the intervention, there was no significant difference between the scores of the intervention and control groups ($p = 0.713$) (Zhang *et al.*, 2020). Conversely, after the intervention, there was an increase in the score of the intervention group and a significant difference between the intervention and control groups.

This study uses the lecture method and simulation with tools in the form of modules. Modules can also increase student knowledge, where modules are a sort of teaching content that is made concise so that students can gain knowledge. The module is a unified program that can measure goals. The module also has the following characteristics: first, the module is a unit of learning material specifically designed so that it can be studied by students independently, second, the module is a complete learning program, built logically according to defined and measurable learning objectives or competencies, third, the module contains learning objectives/competencies, materials and activities to achieve the goals as well as evaluation tools for achieving learning objectives, and fourth, the module usually used as independent learning material in the distance education system (PJJ) which is intended to overcome difficulties for students who cannot take part in conventional face-to-face learning activities in class (Sukirman, 2015). A module is a unit that is specifically designed so that it can be studied independently by trainers or health workers. The module is the smallest teaching and learning program unit, which is studied by the facilitator himself individually or taught by the facilitator to himself (self-instruction) so that later the facilitator can understand in depth and then is expected to be able to pass on the information to students or others (Rosyidah, 2014).

This study utilizes the SEHATI training module by inviting Taekwondo players as peer educators to influence students' knowledge about smoking. Why utilize teenage taekwondo players as role models in this training? At this time, this sport is being favored by young people because of the many achievements obtained by teenagers in several championships, both in international and national championships. In carrying out this intervention, they will provide testimonials on how a taekwondo player must live a healthy life, one of which is by avoiding smoking, because if a person smokes, he will not be able to do a maximum kick and his physical endurance will also decrease, so it will be difficult to get achievements or champions in the field of sports. In this case, this intervention utilizes local wisdom related to sports that are popular and in demand by adolescents and the role model is a teenager who wins the taekwondo championship so that other teenagers who are respondents are interested in participating in training and can absorb all information related to smoking, which includes the definition of cigarettes and types of cigarettes, the dangers of smoking, the causes of adolescent smoking, how to avoid smoking behavior, and achievements without smoking.

A training program that integrates increasing students' knowledge about the dangers of smoking to their health, patterns of support among peers, and communication skills as health counselors for peers. The method used is providing counseling with discussions and forming peer cadres for adolescent health. Forming health counselors from students themselves is one way to prevent smoking behavior in adolescents (Orsal & Ergun, 2021).

This healthy and achievement module (SEHATI) includes health elements, namely that by not smoking, the adolescent's body will be healthy and because adolescents are healthy, they can achieve achievements in sports such as taekwondo, which is a sport that is in demand by young people in Kabanjahe District. To develop smoking behavior prevention efforts, other resources and ongoing training are needed to ensure that smoking behavior prevention efforts increase their positive impact (Zhang *et al.*, 2020).

The Effect of the Module on Student Attitudes about Smoking

Based on the results of the data analysis, it can be seen that students have a favorable attitude towards knowledge and attitudes before and after getting a training module on smoking. Post-test Attitude: Pretest attitude of -12.343 with a p-value (Asymptotic Significance 2 tailed) of 0.000, which is less than the meaning limit of 0.05, so the hypothesis decision is to accept H1, which shows there is a significant difference between the pre-test and post-test groups.

Attitude is a person's attitude or view of an object that precedes his behavior. Attitudes cannot predate being formed before obtaining information, seeing, or experiencing an object. Attitude is divided into two categories: a positive attitude, which means an attitude that shows and accepts the norms that apply where the individual is located; therefore, if the attitude of an individual is good, his knowledge must automatically be good. While the second is a negative attitude, namely the attitude of displaying rejection or disapproval of the norms that apply to the individual (Mizuno *et al.*, 2022).

A study showed that attitudes toward smoking behavior were significantly related to adolescent smoking behavior. Students who have a positive attitude towards smoking. This study suggests that siblings and friends who smoke may represent an important influence on the cognitive vulnerability of 9–10 year-old children to smoking (Parnell *et al.*, 2021). While some differential findings by gender were observed, these may not be sufficient to warrant separate prevention interventions. However, more study is required. According to Puspitasari predicting health-promoting activities among young people with chronic conditions using the HPM model is effective. The limitation of this model is how to understand the complexity of the reciprocal relationships in Bandura's theory. The nature of the intervention has not yet reached an understanding of adolescent development and the need for self-change. Goals in further research and management theory development will remain at the forefront of quality-of-life issues specific to health problems facing young people in our society (Puspitasari *et al.*, 2020). The results of Alamsyah's research showed that 57.8 percent of male students in grades X and XII had smoking behavior and 42.2% did not. Variables related to smoking behavior are knowledge, attitudes, extracurricular activities, and cigarette advertisements (Alamsyah & Nopianto, 2017).

In the results, it was found that there were significant differences before and after the provision of training modules regarding aspects of smoking, both in terms of knowledge and attitudes of Class VII Middle School students in Kabanjahe. According to the study, respondents need more training to help them have a positive attitude towards smoking cessation. Respondents agreed that regular training should be conducted (Mizuno *et al.*, 2022).

From the data found in the field, it was found that adolescents who had negative traits tended to smoke and those who had positive behaviors did not smoke, although there were adolescents who had positive traits and behaved smoking because they did not care about the risks caused by smoking. Adolescents who have a negative attitude tend to think that smoking is harmless and that those who smoke will die immediately, even though they have good knowledge of the dangers of smoking. They think that smoking makes them feel more confident and can help them overcome things that make them feel depressed. Adolescents who tend to have negative attitudes will carry over into adulthood. Students observe and participate in peer group activities, according to social cognitive theory, in order to feel included in the group (Bandura *et al.*, 2011).

According to this study, friends and family members who smoke may have a significant impact on how cognitively vulnerable 9-10 year-old kids are to smoking. Although some findings were different by gender, these might not be significant enough to call for separate preventative strategies. However, more study is required (Puspitasari *et al.*, 2020). The nature of the intervention has not yet reached an understanding of adolescent development and the need for self-change. Goals in further research and management theory development will remain at the forefront of quality-of-life issues specific to health problems facing young people in our society. The results of Alamsyah's research showed that 57.8 percent of male students in grades X and XII had smoking behavior and 42.2% did not. Variables related to smoking behavior are knowledge, attitudes, extracurricular activities, and cigarette advertisements (Alamsyah & Nopianto, 2017). In the results, it was found that there were significant differences before and after the provision of training modules regarding aspects of smoking, both in terms of knowledge and attitudes of Class VII Middle School students in Kabanjahe.

Understanding has to do with handling, using, and maximizing one's own capacity for information. Understanding is based on a variety of modes of intellectual expression, including perception, imagination, memory, judgment, abstraction, and reasoning. Attitude refers to an individual's tendency to derive from the situation in that way, to view and interpret events according to some predisposition, or to organize opinions into a coherent and interrelated structure. Perception, knowledge, and crucial skills in boosting students' awareness of the issue of health (Puspitasari *et al.*, 2020).

Attitude is a favorable or unfavorable evaluative reaction to an object, indicating a person's beliefs, feelings or behavioral tendencies. In this study, which utilizes the Sehati training module, which also includes Taekwondo players who excel as peer change agents in the intervention, can attract their attention to wanting to prevent smoking behavior. Taekwondo players can provide examples of how, without smoking, they can achieve achievements in taekwondo or other sports. With their achievements in taekwondo, they can participate in international and national championships, which in turn can provide popularity and satisfaction for these adolescents. Respondents feel more confident about the slogan healthy and achieving without smoking for a brighter future because taekwondo players are role models in training. People their own age or their classmates make up this sehati training course (Lowenstein, Dow & White, 2020). It is well acknowledged that smoking is a social activity and that the people in one's social network might have an impact on their smoking behavior. A growing amount of data, however, points to peer pressure and the form of teenagers' friendship networks as significant contributors to the prevalence of smoking. Young adults and adolescents imitate smokers without being encouraged to do so. Two imitation-related theories have drawn attention in the literature. One is promoted by Bandura's (1986) cognitive/social learning theory, which contends that people purposefully mimic the actions of others in order to quickly reap rewards like acceptance in a group or success (Bandura, 1986).

This study's training module, which includes peers who succeed in taekwondo sports, can help students who participated in the study's survey reduce their smoking behavior. These students respond positively to the behavior not to smoke, avoid friends who smoke, and focus more on positive activities that can improve health and achievement for themselves because they have learned about the negative impact and dangers of smoking on their bodies and also for achievement. This is consistent with research by Puspitasari (2020) which indicates that student attitudes and pengeatahan are linked to smoking cessation behavior (Puspitasari *et al.*, 2020).

Conclusion

It is concluded that there is a good impact by utilizing the SEHATI (Healthy and Achieving) training module as a guide and involving students who excel in sports by providing testimonials regarding achievement without smoking. Schools should provide smoking behavior prevention training to male students by utilizing the SEHATI (Healthy and Achieving) training module as a guide by involving students who excel in sports by providing testimonials regarding achievement without smoking. For

the Department of Education, efforts should be made to develop a curriculum on the prevention of smoking behavior to be integrated into the subjects of physical education, sports, and health.

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Conflict of Interest:

The authors declare no conflict of interest.

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