



2ND INTERNATIONAL CONFERENCE
IN HEALTH SCIENCES

**FROM LIVING WELL
TO AGING WELL:
A MULTIDISCIPLINARY APPROACH**

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Book of Abstract



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2ND INTERNATIONAL CONFERENCE IN HEALTH SCIENCES

From Living Well To Aging Well: A Multidisciplinary Approach

Day/Date : Saturday, 4 November 2017
 Room : Arjuna 9 (2nd Floor)
 Time : 1:30 pm – 04:00 pm
 Moderator : Dr. Ngadiman

No.	Names of Authors	Title
1.	Afnita Ayu Rizkitama, Muchlis Achsan, Udji Sofro, Martini (1039)	Factors of Education, Occupation and Number of Children Associated with Women's Participation in Tubectomy
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3.	Hariza Adnani, AA. Subiyanto, Diffah Hanim, Endang Sutisna Sulaeman (1026)	Intentions as Moderators of Influence of Subjective Behaviors and Norms-the behavior of Prevention of Infectious Diseases in The Order Public Places
4.	Masita Fatmawati, Priyadi Prabamurti, Kusyogo Cahyo (1030)	Practice of Smoking Adolescent at Nurul Huda Az Zuhdi Islamic Boarding School in Semarang City
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6.	Yeniar Indriana, Dinie Ratri Desiningrum (1029)	Post-Power Syndrome Tendency in Civil Servant's Retirees in Central of Java, Indonesia
7.	Tuti Surtimanah, Ejob Ruhyat, Trisno Subekti (1064)	Continues Technical Guidance Based on Health Promotion

ICHS-1030

Practice of Smoking Adolescent at Nurul Huda Az Zuhdi Islamic Boarding School in Semarang City

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Abstract

The number of students smoking at Nurul Huda Az Zuhdi Islamic boarding school Semarang reached 62.9%. Most of the students who smoke experiencing respiratory infections, bronchitis, damage to the mouth and high blood pressure by 55% and amounted to 64.2% suffered from asthma for passive smokers. The goal of this study was to analyze the factors associated with adolescent moeslim students smoking behavior in Nurul Huda Az Zuhdi Islamic boarding school Semarang. Design of this research is observational with cross-sectional approach. The populations are adolescent male moeslim students in junior and senior high schools level with a total of 140 people and all were taken as saturated sampling. Analyzed using univariate and bivariate with Chi Square test (significance level 0.05). Respondents had poor knowledge (95.4%), favorable attitudes (98.2%), availability of cigarettes is available (97%), affordability of cigarettes is not affordable (64%), there is a commitment or smoking regulations in boarding school (82, 6%), smoking habits officer or head of boarding school (76.6%) and smoking behavior of friends (94%). Chi Square test results found there are relationship between knowledge, attitudes, availability of cigarettes, commitment or smoking regulations in boarding school, the smoking habit of the officer or leader and friend smoking behavior.

Keywords: islamic boarding school, adolescent, smoking behavior

Practice of Smoking Adolescent at Nurul Huda Az Zuhdi Islamic Boarding School in Semarang City

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ABSTRACT

Background :The number of students smoking at Nurul Huda Az Zuhdi Islamic boarding school Semarang reached 62.9%. Most of the students who smoke experiencing respiratory infections, bronchitis, damage to the mouth and high blood pressure by 55% and amounted to 64.2% suffered from asthma for passive smokers. The goal of this study was to analyze the factors associated with adolescent students smoking behavior in Nurul Huda Az Zuhdi Islamic boarding school Semarang. **Methods** : Design of this research is observasional with cross-sectional approach. The populations are adolescent male moeslim students in junior and senior high schools level with a total of 140 people and all were taken as saturated sampling. Analyzed using univariate and bivariate with Chi Square test (significance level 0.05). **Results** :Respondents had poor knowledge (95.4%), favorable attitudes (98.2%), availability of cigarettes is available (97%), affordability of cigarettes is not affordable (64%), there is a violation commitment or smoking regulations in boarding school (82, 6%), smoking habits officer or head of boarding school (76.6%) and smoking behavior of peers (94%). Chi Square test results found there are relationship between students smoking behavior with knowledge, attitudes and availability of cigarettes, commitment or smoking regulations in boarding school, the smoking habit of the officer or leader and peer smoking behavior.

Keywords : student smoking behavior, islamic boarding school, respiratory infections.

INTRODUCTION

The number of smokers worldwide is on the rise, according to World Health Organization (WHO) data in 2013, the number of smokers worldwide almost two-thirds live in 10 countries in China, India, Indonesia, Russia, the United States, Japan, Brazil, Bangladesh, Germany, and Turkey. An estimated 900 million or 84% of world smokers live in developing countries. If not immediately handled based on the

survey of deaths from cigarettes in 2020 reached 8.4 million deaths of the world's population each year, and in 2030 reached 10 million people¹. Global Youth Tobacco Survey (GYTS) in Indonesia in 2014 shows, 19.4% of school age children 13-15 years old smoke. First-year smokers aged 10-14 years have doubled in the last 10 years, from 9.5% in 2001 to 17.5% in 2010, and 25.6% in 2014.

Various studies in the world reveal that cigarette advertising and

promotion affect the increase in the number of smokers. This condition occurs in Indonesia. As many as 89.3% of adolescents aged 13-15 years in Indonesia have been exposed to cigarette advertisement through the media outboard (billboards) and 76.6% through print media (newspapers and magazines)².

The population of Central Java is one of 17 provinces with daily smoking prevalence above the national average daily prevalence of smoking. Trend prevalence of smoking in population > 15 years in Central Java province in 1995 showed men and women smoking 23,5%, in 2001 showed men and women smoke as much as 30,8%, in 2007 showed men and women smoke as much as 34.3%.

In 2010, Central Java residents who smoked daily according to the characteristics of age, most were younger at 41.6% (15-19 years) and 20.2% (20-24 years), followed by 12.4 % (10-14 years)³

The city of Semarang, although not among the 10 largest districts / municipalities, has a daily prevalence of smoking above the prevalence rate of Central Java Province, but its presence as the capital of Central Java Province has a substantial impact on the number of smokers, 18.2% cigarettes per day 9.1 cigarettes.

The result of self introspection survey (SMD) in Dusun Karangwetan and Dusun Sumber, Kalisalak District Magelang Regency Central Java Province prevalence of non-smoking family member 34,64% from total population, while the remaining 65,96% are smokers, to the II in both villages.⁴ This is contrary to the suggestion in Islam that prohibits smoking because cigarettes is likened to "self-murder weapon" contained in Alqur'an Surat Al Baqarah verse 195. Cigarettes burn in vain rizki from Allah,

listed in the Qur'an Surah Al Israa verses 26-27. Smoking harms others especially in passive smokers, increasing crime, making worship so imperfect and causing smokers to become odor. The results of research indicate that the motivation of santri smoking is due to experiment in the background of wanting to be recognized as an adult because it has developed thinking among santri that a man's mark of virility is characterized by smoking and mustache.⁵

The results of research at Ponpes Roudlatut Thalibin Subdistrict Leteh District Rembang with the number of teenage students amounted to 3055 students consisting of 2,375 santri rate and 680 santri mukim. In the Ponpes there are 77.7% of santri who smoke. This is because from the kiai and the board or ustadz are also smoking and the absence of regulation or cottage commitment about smoking ban in ponpes.⁶

One of the ponpes in Semarang City is Pondok Pesantren Nurul Huda Azzuhdi located on Jl. KH. Zuhdi No.10 Meteseh Village Tembalang District was established in 1996. The number of students in the ponpes is 300 students, with details of 140 santri men and 160 female santri.

Students in ponpes are divided into three levels namely elementary, junior high and high school. While the number of kyai and ustadz (officer ponpes) amounted to 13 people, 4 kyai or nanny and 9 people ustadz or ponpes officer.

Students in Pondok Pesantren are still smoking. Nearly 57.1% (80 santri son of 140 santri son) in ponpes still smoking. Based on secondary data and interview result at Nurul Huda Azzuhdi Ponpes with officer and or ponpes officer showed that students who smoke by 55% (77 students) suffered from smoking disorders, respiratory problems,

bronchitis, damage to the mouth and high blood pressure. Besides santri who do not smoke (passive smokers) for 64.2% or about 90 santri suffering from asthma. Whereas in ponpes already no smoking ban. For violating santri given moral sanctions as requested to smoke and spend a pack of cigarettes in front of all residents ponpes.

Based on the background, it is necessary to conduct research related to factors related to smoking behavior of adolescent students at Pondok Pesantren Nurul Huda Az Zuhdi Semarang City.

RESEARCH METHODS

The design of this study was observational with cross sectional approach⁷.

Populations and samples of 140 people taken with the following inclusion criteria:

- a. Teens of santri son educated junior high-school level
- b. Willing to be a respondent
- c. Able to communicate well
- d. Go to school or a student at Pondok Pesantren Nurul Huda Az Zuhdi Semarang City

Research variables

a. The independent variables of this study are the characteristics of respondents (age and education), smoking knowledge, smoking attitudes, availability of cigarettes, affordability, commitment or smoking regulations in ponpes, smoking habits (officers or ponpes leaders) and smoking practices.

b. The dependent variable of this research is the smoking practice of adolescent santri at Pondok Pesantren Nurul Huda Az Zuhdi Semarang City

RESULTS AND DISCUSSION

Table 1. Statistical Relationship

Independent variables	p-value	Description Ho
Age	p = 0,8620	accepted
Education	p = 0,3610	accepted
Knowledge	p = 0,0001	rejected
Attitude	p = 0,0001	rejected
Availability of cigarettes	p = 0,0001	rejected
Affordability of cigarettes	p = 0,0001	rejected
Commitment/ Rules of smoke	p = 0,0001	rejected
Habit smoking officer/ Leader	p = 0,0170	rejected
Peer smoke behavior	p = 0,0001	rejected

The table shows that there are six variables that have relationship with smoking practice of santri that is knowledge, attitude, availability of cigarette, affordability of cigarette, commitment or regulation of smoking in ponpes, smoking habit officer or ponpes leader and smoking cigarette behavior ($p \leq 0,05$).

Knowledge

There is a relationship between knowledge and the practice of smoking teenage students. Knowledge is a very important domain for the formation of open behavior (overt behavior). According to Green theory one of the factors that influence one's behavior is predisposing factors in the form of knowledge. The better a person's knowledge the better the behavior of health and behavior will tend to last longer, and vice versa the

less good a person's knowledge will be less good also health behavior.⁸

The results are in accordance with Mugiono research which states that the knowledge of students at boarding school Roudlatut Thalibin Village Leteh Rembang District Rembang regency still less understood about the material content of cigarettes, smoking-related diseases, passive smoking and smoking cessation method, so with the low knowledge of cigarettes is increasingly many santri are smoking.⁶

Attitude

There is a correlation between attitude and smoking practice of adolescent santri.

Attitude is a person's tendency to behave with an element of judgment that can be positive or supportive and also negative or resistant to an object. A person's attitude is not always fixed. If the individual has a positive attitude towards an object, he will be ready to defend. Conversely, if a person has a negative attitude towards an object, then he will threaten, reproach and even attack the object.⁹

Green theory says one of the factors that influence a person's behavior is a predisposing factor of attitude.⁸ The results are in accordance with the Larasati stating that the teenagers have different reasons in smoking, partly because of factors within oneself (internal) and environmental factors (external). It also causes teenagers to have different attitudes toward smoking reasons. Attitudes about the reasons for smoking teenagers in Pondok Pesantren Miftahul Huda Malang has a supportive attitude, so most teenagers in Pondok Pesantren are smoking.¹⁰

Aspect Availability

The results showed that the availability of cigarettes related to the

practice of smoking teenage students. The availability of cigarettes is where cigarette providers make it easier for respondents to get cigarettes. Availability of cigarettes in boarding schools and around boarding schools. make it easier for students to get a cigarette.

Mugiono's research found that in Pondok Pesantren Roudlatut Thalibin Sub-district of Leteh Sub-district of Rembang, Rembang Regency, there is a shop that records a bill or cigarette debt for santri who buy cigarettes and a kind of habit in every event Khoul given cigarette allocation for santri who work. The boarding school administrator distributes cigarettes to the students to motivate them to work for the santri. In this case the existence of stalls and the ease of getting a cigarette from the boarding house is one of the factors that encourage students to smoke.⁶

Commitmen or Regulation

Commitment or regulation is something that must be adhered to in accordance with the established orders that must be executed by a person, if a person is committing an offense will get sanction. Researchers conclude there is a relationship between the availability of smoking with the practice of smoking teenage students.

Mugiono's research shows that all the students at Ponpes Roudlatut Thalibin smoke because there are no express written rules prohibiting santri from smoking. The suggestion for santri not to be smoked was conveyed by the board of the past period, but its implementation did not go as expected. The cause of ineffectiveness of smoking ban for santri due to the lack of strict sanctions and lack of consistency of the board in its supervision.⁶

Support Officer/Head of Ponpes

Officers or *ponpes* leaders have an effect on the behavior of *santri* teenagers. Leader is the highest figure who always used as a role model *santri* to perform an action. Officers or leaders *ponpes* be role models *santri-santri* to perform an action. Officers or leaders *ponpes* in the practice of smoking is still not good because there are still many who smoke and violate the rules themselves.

Mugiono research supports that smoking behavior of *kiai* can influence *santri* smoking habit that is with the tradition of seeking blessing *kiai* through cigarette butts so *santri* who do not smoke will be smoking when given *kiai* cigarette butts that are believed to contain blessings. This is where the *kiai* as the figure and idol *santri* so that any words and behavior will be followed and imitated. In addition there is a very strong conviction that the culture of smoking cottage society is in accordance with the teachings of the *kiainya* religion. Smoking students who smoke become steady and do not hesitate to violate the teachings of religion because the *kiai* also smoking.⁶

Peer smoking behavior

Behavior of a friend is very influential for teenagers. Adolescence is the period of puberty. More time spent with friends than with family. Most teenagers will follow the behavior of their friends, who are both good and bad behavior. If a lot of friends who smoke, then the teen will be smoking as well.

Ali also stated as a *santri* who is also studying in full day education, *santri* more intensely interact and communicate with peers (friends room or classmates). In the boarding school Tebuireng Jombang *santri* smoking behavior is strongly influenced nearby students with friends. *Santri* smokes

because many of his friends smoke, and vice versa.¹¹

Age of respondents

Age of respondents is a predisposing factor that affects a person's behavior. Predisposing factors are the facilitating and underlying factors for the occurrence of certain behaviors.⁸ The authors concluded that the age of the respondents was not related to the smoking practice of the *santri* adolescent.

The results of research Lindawati et al who stated that the smoking behavior of a person is affected by age. The more mature a person will be the higher one's smoking behavior and the younger the lower one's smoking behavior. This is because in adulthood is a period in which a person is said to be mature so to say it is cooked then someone will smoke as a symbol of maturity someone.¹²

Education of Respondents

Education is a persuasive effort or learning to the community so that people will take actions or practices to maintain (overcome the problem) and improve their health. The researchers concluded that respondents' education had nothing to do with *santri* teen smoking.

Mugiono's research shows that education has no effect on smoking behavior. The level of formal education of *santri* and administrators at Pondok Pesantren Roudlatut Thalibin is high, while for formal education most of the *kiai* are still low. But both *santri* and *kiai* at Pondok Pesantren Roudlatut Thalibin are mostly still smoking. This shows that smoking habits have no effect because both high and low educated are all smoking, smoking behavior is more influenced by friends and family.⁶

Affordability of Cigarettes

One's smoking behavior is influenced by the affordability of a person getting a cigarette. The affordability of cigarettes in this study is the access of respondents to get cigarettes, that is far or not the place of cigarette providers with ponpes and easy or not the way or business respondents in getting cigarettes. Nevertheless, the results showed no association between cigarette affordability and smoking behavior.

Rahman's research shows that the smoking behavior of santri is not influenced by the easy access or absence of santri get a cigarette. Santri who can not buy cigarettes in the warung because there is no shop selling cigarettes around and inside boarding school actually take cigarettes from home and keep it in the room, so the behavior of smoking santri is still high.¹³

CONCLUSION

Respondents who practiced smoking were 62.9% and non-smokers were 37.1%. Knowledge of respondents less good 95,4%. Attitude of respondents favor smoking 98.2%. The number of friends who smoke in the boarding school is 94%. Leaders and officers ponpes smoking 76.6%. Commitment of ban meroko still violated 82,6%. The availability and accessibility of cigarettes around the ponpes made respondents smoke.

There is a relationship between knowledge, attitude of respondent, availability of goods, commitment or regulation of ponpes, smoking habit of officer or leader of ponpes, and behavior of friend with smoking practice of adolescent of santri at Pondok Pesantren Nurul Huda Az Zuhdi Semarang City.

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