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Evaluation of Nursing Students' Perceptions of the Phenomenon of Smoking Behavior

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Article Info

ABSTRACT

Purpose of the study: The aim of this research is to describe nursing students' perceptions of smoking behavior.

Methodology: The research method used in this research is quantitative descriptive research. The research sample was selected using a simple random sampling technique to ensure the representativeness of the samples taken. The sample of respondents in this research was 20 students. The instrument used to collect data was a questionnaire. Analysis of research data was carried out using descriptive statistics, especially using SPSS.

Main Findings: Students' perceptions about smoking behavior on the knowledge indicator about the impacts of smoking were found to be in the good category with an average percentage of 75%. Students' perceptions about smoking behavior in the attitude indicator towards smoking behavior were found to be in the good category with an average percentage of 65%. Students' perceptions about smoking behavior on indicators of action plans to prevent or reduce smoking behavior were found to be in the good category with an average percentage of 70%.

Novelty/Originality of this study: The novelty of this study lies in its comprehensive approach to nursing students' perceptions, providing valuable insight into how prospective nurses perceive and respond to the phenomenon of smoking behavior.

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1.   INTRODUCTION

Health education is a vital aspect in maintaining the welfare of society as a whole. This is reinforced by the importance of health education which is recognized globally, both from a world and ASEAN perspective [1]-[3]. On the one hand, understanding the importance of health education has become a major focus for many countries around the world, considering its significant impact on improving the quality of life and reducing the number of preventable diseases and deaths [4], [5]. Meanwhile, at the ASEAN level, cooperation in the field of health education is also a top priority to ensure that each member country can provide equitable and quality access to health information and practices to its people [6], [7].

However, when discussing the Indonesian context, the importance of health education reaches a deeper dimension. Indonesia, with the various health challenges it faces, including the high number of active smokers among its population, makes health education an important basis in efforts to prevent and treat health problems

in this country [8], [9]. In particular, the importance of health education in the Indonesian context is reflected in efforts to prevent and control smoking behavior.

Smoking behavior is a phenomenon that needs to be studied in depth, considering its negative impact on individual health and society at large [10], [11]. Realizing the complexity of smoking behavior, the study of this behavior has become a necessity, especially in the context of health education [12], [13]. Nursing students have a very important role in understanding and managing smoking behavior in society [14], [15]. However, the existing research gap and the uniqueness (novelty) of nursing students' perspectives on smoking behavior are the central points in this study.

Through a deeper understanding of nursing students' perceptions of smoking behavior, it is hoped that it can produce significant implications in efforts to prevent and treat smoking behavior in society [16], [17]. The implications of this research can include the development of health education programs that are more effective and relevant to actual needs in the field [18].

Thus, the urgency of this research is to provide a clear and in-depth picture of nursing students' perceptions of smoking behavior. By better understanding the perspective of nursing students, it is hoped that new strategies in health education can be discovered that can have a positive impact on public health, especially in relation to controlling smoking behavior [19], [20]. The aim of this research is to describe nursing students' perceptions of smoking behavior.

2.   RESEARCH METHOD
2.1 Types of research
The research method used in this research is quantitative descriptive research. Quantitative descriptive research aims to describe and analyze a phenomenon or variable systematically and measurably [21]. In this research, data was collected using standardized instruments and measured quantitatively, then analyzed using statistical methods to present a clear and in-depth picture of the characteristics of the phenomenon under study.

2.2 Population and Sample
The population used in this research were nursing students at the YPSBR Muara Bulian Nursing Academy. The research sample will be selected randomly using simple random sampling techniques to ensure the representativeness of the samples taken [22]. The sample of respondents in this research was 20 students.

2.3 Research Instrument
The instrument used to collect data was a questionnaire. This questionnaire will be designed by identifying relevant indicators related to student perceptions about smoking behavior. These indicators may include the level of knowledge about the impacts of smoking, attitudes towards smoking behavior, and action plans to prevent or reduce smoking behavior. The grid of this research instrument, namely student perceptions about smoking behavior, can be seen in the following table:

Table 1.Student perception questionnaire instrument grid regarding smoking behavior.

Variable	Indicator	Statement item number
Student perceptions about smoking behavior	knowledge about the effects of smoking	1,2,3,4,5
	attitudes towards smoking behavior	6,7,8,9,10
	action plan to prevent or reduce smoking behavior	11,12,13,14,15
Number of statements		15

In this research the author used a questionnaire with a Likert scale. The Likert scale used in this research is 4: 1 (Very bad), 2 (not good), 3 (good), 4 (very good), with 15 questions regarding student perceptions about smoking behavior, as for the table of categories of student perceptions about Smoking behavior and its Likert scale can be seen in the following table.

Table 2. Categories of student perceptions about smoking behavior

| Category | Indicator | | |
	knowledge about the effects of smoking	attitudes towards smoking behavior	action plan to prevent or reduce smoking behavior
Very not good	5.00-8.75	5.00-8.75	5.00-8.75
Not good	8.76-12.50	8.76-12.50	8.76-12.50
Good	12.51-16.25	12.51-16.25	12.51-16.25

Very good	16.26-20.00	16.26-20.00	16.26-20.00

2.4 Data analysis

Research data analysis was carried out using descriptive statistics, specifically using SPSS (Statistical Package for the Social Sciences) software. This analysis will include calculating the mean, median, mode and frequency distribution for each indicator that has been determined in the questionnaire.

2.5 Research procedure

The research procedure begins with preparing a research instrument in the form of a questionnaire which has been designed based on relevant indicators. Next, the researcher will arrange permits from the relevant agencies to conduct research at the YPSBR Muara Bulian Nursing Academy. After obtaining permission, the questionnaire will be distributed to randomly selected samples. The collected data will then be analyzed using SPSS, and the results of this analysis will be used to draw conclusions from this research.

3.   RESULTS AND DISCUSSION

From the research that has been carried out, the results of descriptive statistics on students' perceptions of smoking behavior can be presented. The indicators consist of knowledge about the impact of smoking, attitudes towards smoking behavior, and action plans to prevent or reduce smoking behavior. Descriptive statistical results were obtained from data analysis from distributing questionnaires to YPSBR Muara Bulian Nursing Academy students. The descriptive statistical results of students' perceptions of smoking behavior on indicators of knowledge about the impacts of smoking can be seen in the following table:

Table 3. Descriptive statistics of students' perceptions of smoking behavior on indicators of knowledge about the impacts of smoking

Interval	Category	F	Percentage (%)	Mean	Median	Min	Max
5.00-8.75	Very not good	0	0				
8.76-12.50	Not good	0	0	15	16	12	20
12.51-16.25	Good	15	75				
16.26-20.00	Very good	5	25				

Based on table 3, students' perceptions about smoking behavior on the knowledge indicator about the impacts of smoking were found to be in the good category with an average percentage of 75%. This indicates that the majority of students have a good understanding of the negative impacts caused by smoking. Achieving a percentage of 75% indicates that the majority of students have adequate knowledge about the health consequences of smoking, including the risk of serious diseases such as cancer, heart disease and respiratory problems.

With this good perception regarding knowledge about the impacts of smoking, it can be interpreted that efforts to provide information and education about the dangers of smoking to nursing students at the YPSBR Muara Bulian Nursing Academy have been successful in increasing their awareness and knowledge about smoking-related health. This is a positive aspect in efforts to prevent and control smoking behavior among nursing students, which in turn can have a positive impact on their role as agents of change and health advocates in society [23], [24]. However, it should be remembered that efforts to continue to increase understanding and awareness about the dangers of smoking remain important, especially by expanding the scope of information and educational strategies that are more comprehensive and targeted [25]. Furthermore, descriptive statistics of students' perceptions of smoking behavior on indicators of attitudes towards smoking behavior can be seen in the following table:

Table 4. Descriptive statistics of students' perceptions of smoking behavior on indicators of attitudes towards smoking behavior

Interval	Category	F	Percentage (%)	Mean	Median	Min	Max
5.00-8.75	Very not good	0	0				
8.76-12.50	Not good	1	5	15	16	8	20
12.51-16.25	Good	13	65				
16.26-20.00	Very good	6	30				

Based on table 4, students' perceptions of smoking behavior on the attitude indicator towards smoking behavior were found to be in the good category with an average percentage of 65%. This indicates that the majority of students have a positive or supportive attitude towards efforts to prevent and control smoking behavior. Even though the percentage is not as big as the knowledge indicator, the good category average is

65%, still showing that the majority of students have a proactive attitude towards the dangers of smoking. This good attitude towards smoking behavior can have a positive impact in reducing smoking behavior in the academic environment and society in general [26], [27].

However, it should be noted that there is room for improvement in strengthening anti-smoking attitudes among students. More intensive health education efforts and targeted educational programs can help increase awareness and stronger attitudes towards the dangers of smoking [28]-[30]. Apart from that, it is also necessary to carry out regular evaluations to monitor changes in students' attitudes towards smoking behavior and adapt more effective and efficient intervention strategies [31]. Furthermore, descriptive statistics of students' perceptions of smoking behavior on indicators of action plans to prevent or reduce smoking behavior can be seen in the following table:

Table 5. Descriptive statistics of students' perceptions of smoking behavior on indicators of action plans to prevent or reduce smoking behavior

Interval	Category	F	Percentage (%)	Mean	Median	Min	Max
5.00-8.75	Very not good	1	5				
8.76-12.50	Not good	1	5	14	15	5	20
12.51-16.25	Good	14	70				
16.26-20.00	Very good	4	20				

Based on table 5, students' perceptions about smoking behavior on action plan indicators to prevent or reduce smoking behavior were found to be in the good category with an average percentage of 70%. This indicates that the majority of students have awareness and concrete action plans in an effort to prevent or reduce smoking behavior, both in themselves and in the surrounding environment. A percentage of 70% shows a strong commitment and intention from students to take preventive steps against the dangers of smoking. This action plan can include various strategies, from increasing understanding about the dangers of smoking, participating in smoking cessation programs, to voicing anti-smoking attitudes in their social environment.

Even though it has reached the good category, efforts still need to be made to strengthen and support the implementation of this action plan. Support from the academic and community environment, as well as the existence of support programs and services for smoking cessation, can help students carry out their action plans more effectively [32]. Apart from that, it is also important to continue to provide the latest education and information regarding effective smoking cessation strategies, as well as maintaining student motivation and commitment in carrying out their action plans [33]. Regular evaluation of the implementation of the action plan also needs to be carried out to ensure the success and effectiveness of efforts to prevent and control smoking behavior among students.

This research offers a significant contribution to the understanding of nursing students' perceptions of smoking behavior, especially at the YPSBR Muara Bulian Nursing Academy. By focusing the spotlight on a group of nursing students, this study explored specific indicators such as knowledge, attitudes, and action plans related to smoking [34], [35]. The results revealed that nursing students had a strong perception of the negative impacts of smoking, with the average percentage reaching the good category. The novelty of this study lies in its comprehensive approach to nursing students' perceptions, providing valuable insight into how prospective nurses perceive and respond to the phenomenon of smoking behavior [36].

The implications of this research are very relevant, including the development of more effective education programs, the development of more comprehensive health policies, and providing a basis for further research in the field of preventing and controlling smoking behavior. Thus, this research not only contributes to scientific knowledge, but also has a practical impact that can help improve the quality of life and health of society at large [37].

In line with the results of research on factors that influence smoking behavior among male students in men's dormitories conducted by Wagner [38], this study shows a negative relationship between self-perceptions of smoking behavior such as psychological factors, the influence of nicotine and environmental factors. . This supports the findings regarding the level of knowledge about the dangers of smoking and the factors that play a role in smoking behavior among health students.

The results of this study are also in line with research conducted by AlQahtani [39], which showed that the majority of health student respondents had knowledge about the effects of tobacco smoking on undergraduate students. This is similar to previous findings where students in Jordan were all aware of the negative impact of smoking tobacco on their health. The irony is that despite the awareness of the impacts of tobacco smoking shown by the majority of respondents they still engage in smoking [40]. They are at high risk of initiating and subsequently smoking because they are likely to be exposed to peers who smoke. At the same time they face social, emotional, and educational challenges when they enter college [41]. Additionally, identity development is a major concern for young people, and young people are more vulnerable to peer pressure.

Smoking is a habit of smoking cigarettes that is carried out in everyday life, it is a necessity that cannot be avoided for people who have a tendency towards smoking. The smoking habit is considered to provide enjoyment for smokers, but on the other hand it can have negative impacts on smokers themselves and the people around them [42]. The public already knows that smoking is detrimental to health. The smoking problem has essentially become a national problem.

4. CONCLUSION

Research on nursing students' perceptions of smoking behavior found that the majority of students had a good understanding of the negative impact of smoking on health, with an average good category for the knowledge indicator of 75%. Apart from that, a proactive attitude towards smoking prevention can also be seen from the good category percentage of 65% in the attitude indicator. What stands out is the strong commitment and intention of students in planning action to prevent or reduce smoking behavior, as reflected in the good category percentage of 70% in the action plan indicator. This research makes a significant contribution to understanding nursing students' perceptions of smoking behavior and highlights the importance of prevention efforts to improve overall public health. Recommendations based on this research are to develop intensive educational programs about the dangers of smoking, strengthen support for anti-smoking measures, and integrate anti-smoking material in the nursing curriculum. Collaboration with external institutions and regular evaluations are also important to increase the effectiveness of smoking prevention programs in academic and community settings.

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