

REHABILITATION PROGRAM FOR SMOKERS AMONG STUDENT: SMART SOLUTION TO DECREASE THE NUMBER OF ACTIVE SMOKER IN SMKN 2 BANDAR LAMPUNG

Muhammad Dimas Pangestu^{1*}, Geta Okta Prayogi¹, Nopri Yanda Harajab¹,
Muhammad Fakhri Abdurrohman¹, Nisrina Aulia Amirah¹, Dyah Wulan Sumekar
Rengganis Wardhani¹, Asep Sukohar¹

Faculty of Medicine, University of Lampung

*Email: *mr.narsis17@gmail.com*

Abstract: Smoking is a bad habit that danger the smoker and the non-smoker. In SMKN 2 Bandar Lampung, some amounts of students, have started smoking. Therefore, it is urgent to conduct socialization and found anti-smoking. We proposed to form agents (name of agent is Mr. Narsis) to rehabilitation for smoking students that aimed to educate students about danger of smoking and delegate the students of SMKN 2 Bandar Lampung will be anti-smoking representatives who understand and able to do socialization, management, and rehabilitation for smoking students as the solution to create a healthy environment in school. The method is agents were selected from qualified participants of socialization. The selected students will go through counseling training and become peer counselor for their smoker friends. There will be 50 agents who will be divided into 17 groups, each group will counsel 5 active smoker. There were three simulations conducted with three different skills of counselor in each simulation. Another method used is snake and ladder game about anti-smoking campaign. Finally, there were three evaluations, in pre-socialization, after socialization, and the overall skills of anti-smoking counselor. The result from this program is will be form agents anti-smoking as counselor and decrease smokers at school.

Keywords: rehabilitation, counseling, anti-smoking snake and ladder

Introduction

Basically, smoking for human being is essentially viewed as a multi-complex problem because it involves smokers and other factors outside of it. For a true smoker, smoking is considered to increase concentration to solve problems, relieve drowsiness, be used as sedative and to familiarize situation. This fact shows the wrong perception of smoking (Nandika, 2013).

Research shows that cigarettes are very dangerous for the smokers themselves (active smokers) and people around them (passive smokers). Smoked cigarettes contain more than 4,000 types of harmful toxic substances (Papalia, 2011).

Among school-age teenagers, the number of smokers continues to increase every year. In Indonesia, based on data from the General Directorate of Non-Contagious Diseases Ministry of Health. Before 1995, the prevalence of teenagers to cigarettes was only 7%. In 2010 it rose to 19%. The statistical data showed that in general, a person started to decide to smoke after he was 15 years old (54.15%) and the rest (45.85%) is above that age. The first highest smoker was at a younger age of 16-18 years. This rate is very significant compared to other younger age groups (Nandika, 2013).

When cigarettes are burned, cigarettes release hydrogen cyanide gas while incomplete burning of cigarettes can produce carbon monoxide (CO) gas which makes the blood difficult to take oxygen from the lungs (Nurrohmah, 2014).

Another dangerous substance is Tar and Nicotine. Tar is the material that causes cancer. In addition, Nicotine is a substance that can stimulate the nerves and the brain that can cause addicted effects. The level of tar in cigarettes is between 0.5-35 mg per stem. Whereas, the nicotine content 4-6 mg smoked by adults every day can make someone addicted (Hartono, 2013).

The results of research in the UK showed that approximately 50% of smokers who smoke since teenagers will die due to diseases associated with smoking habits (Nurrohmah, 2007). For more detailed, the dangers of smoking for the human body can be seen in the following figure (Hartono, 2013).

In SMKN 2 Bandar Lampung, there are many students who consume cigarettes, especially the male students. Students do this habit even when they are in school. In school, smokers usually do this together with their friends in the classroom, canteen, toilets, and other places that are far from the supervision of the school officials. Even worse, there are students who skip the class to smoke with their friends.

Viewed from the students background knowledge, related to the knowledge of the dangers of cigarette consumption is still minimal. Mostly, students smoke because of being influenced by friends and lack of attention from their parents, but they are less aware of the dangers of chemicals contained in cigarettes (Thabrani, 2013). The another reasons the students become the smoker is the cigarettes assume as a friend, decrease the pain of the body, and relaxation (Salawati and Amalia, 2010). The another reasons are the smoking something like human right and should be hard to stop that activity (Pranata, 2012). Based on some research about the dangers of cigarettes, the cigarette will be give the bad effect to the vaskular of the body such as hypertension (Untari, 2012). Smoking is also associated with vital capacity of the lungs (Wijaya, 2015). Otherwise, The smoking can give the bad influence to the cardiorespiration of the body (Rizaldy, 2015). If this continues to occur in students and there is no solving of the problem quickly then there will be lung health problems, disruption in the learning process for students.

Concerning the phenomenon, Our Team through the student creativity program Mr. NARSIS (Rehabilitation Program For Smokers Among Student) agent conducted the counseling, training, mentoring, and peer counseling practical training for rehabilitation of active smokers students at SMKN 2 Bandar Lampung. The effort done by Mr. NARSIS is a smart solution to reduce the number of smokers among students and forming the cadres as Mr. NARSIS agents. By being confirmed and inaugurated, Mr. NARSIS is expected that the danger of cigarette consumption among students SMKN 2 Bandar Lampung can be solved.

Materials and Methods

Implementation Methods

The method used in the rehabilitation management activities of the smokers in SMKN 2 Bandar Lampung consists of counseling, training, mentoring of peer counseling practice. Besides that, the simulation and sharing is

conducted in the group joined in Mr. NARSIS agents. All the preparatory activities are established in the first month and the second month by doing survey, licensing, and arranging the instruments. Then, students who are able and willing, become the agent of Mr. NARSIS, including the students recommended by the principal. There will be 50 agents who will be divided into 17 groups, each group will counsel 5 active smoker. In this activity, cooperation with the Health Office and the Education Office of Lampung city is conducted as the related agencies in Bandar Lampung.

Stages of the Implementation Methods

a. Preparation stage

All preparatory activities are done in the first month and second month by survey, licensing and arranging the instruments. Then, the student who is able and willing, become the agent of Mr. NARSIS, including the students recommended by the principal. In this activity, cooperation with the Health Office and the Education Office of Lampung city is conducted, as related agencies in Bandar Lampung. For more detail, the activities are one in the following preparatory phases.

- A field survey to review the location and other aspects of the target area.
- Creating and submitting a location permission proposal.
- Detailing the estimated funds for the program.
- Designing the educational materials about the dangers of cigarette consumption.
- Preparing the facilities of supporting activities such as power point presentation, video, pocket book, stand banner, and pamphlet.
- Preparing the identity of the Mr. NARSIS agent in the form of hat, sling, and certificate.

b. Implementation stage

1. Counseling and Training of Mr. NARSIS basic material, which consists of the following materials:
 - Counseling of basic material 1 (Cigarettes For Students),
 - Training of basic material 2 (Cigarette User Rehabilitation Management)
 - Training of basic materials 3 (Peer Counseling Guidance)
2. Training and Guiding the Practice of counseling guidance done by the counselor:
 - Training and guiding the practice of the four principles of counseling
 - Training and guidance of counseling guidance strategy
 - Training and counseling the practice of group counseling.

c. The Celebration of No Tobacco Day (*Hari TanpaTembakauSedunia/HTTS*)

1. Stating the commitment and determination of the Mr. NARSIS agent to implement the program to decrease the number of active smokers.
2. Public awareness about the dangers of cigarettes on through the action to the streets on HTTS warning

d. Cigarettes Breaking Action (*GerakanPatahkanRokok*)

1. Active smokers' awareness against the dangers of smoking by Mr. NARSIS agents.
2. Inviting to quit smoking by breaking cigarettes and changing cigarettes using candy (dates, etc.)
3. Public awareness about the dangers of cigarettes by giving brochures about the dangers of smoking by Mr. NARSIS agent.

Evaluation of Program Implementation and the Sustainability

Evaluation is done by conducting pretest before counseling, training, and counseling exercises and peer counseling guidance to rehabilitate active cigarette users. Pretest aims to measure the level of knowledge and skills of Mr. NARSIS on the rehabilitation management of cigarette users for active smokers. After the completion of the series of activities, they are given counseling, training, and mentoring of peer counseling and counseling practice to rehabilitate active cigarette users, a posttest is conducted at the end of the training activities with the aim of knowing the level of knowledge and skill of Mr. NARSIS after following the series of Mr. NARSIS activities.

In addition, to evaluate the knowledge and skills of Mr. NARSIS at the end of the program implementation of Mr. NARSIS, the success of Mr. NARSIS was also evaluated in implementing the program, so it can be obtained the information of the number of students who can be rehabilitated.

The evaluation instrument is an objective test conducted before and after the implementation of training and mentoring. In addition, checklist is also used to obtain the data of students/clients who participate in the stop smoking program. Data analysis method used is quantitative analysis using the statistical percentage that are supported with the presentation of the results of its processing by using graph.

Results and Discussions

The result reached is according to indicator of short-term success, based on the types of activity and resulted percentage of the activity target. These are the results reached during the implementation:

Students of SMKN 2 Bandar Lampung Understand the Threat and Danger of Cigarettes Consumption

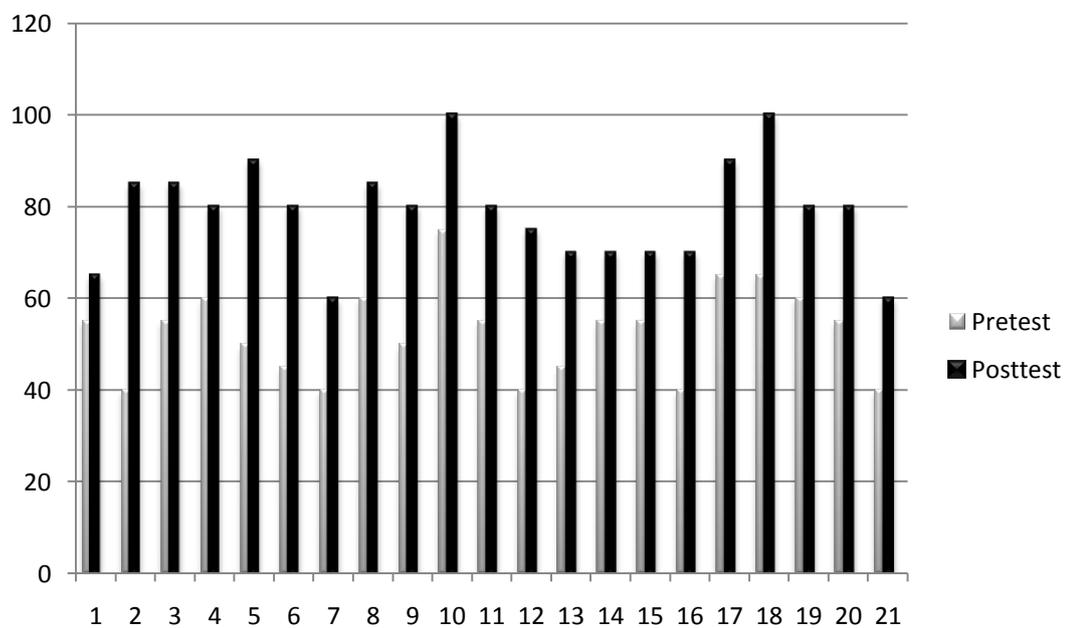
Based on the program implementation Mr. NARSIS program in SMKN 2 involving 21 Mr. NARSIS agents, it was selected to get the idea that the program succeeded in increasing the understanding of the health danger of cigarettes and providing skills for Mr. NARSIS to conduct counseling in order to rehabilitate smoker students.

During the program, the agents of Mr. NARSIS participated in seven basic materials training courses I, II, III, and IV as well as training and practice of peer counseling guidance three times. Basic material training 1 was held on Monday, May 15, 2017 with the theme of cigarette danger for students. Then, it is continued on Thursday, May 18, 2017 with the theme of rehabilitation management of cigarette users as basic material II and guidance counseling group as the basic material III. Explaining the materials is by presentations, group discussions, demonstrations, and frequently asked questions.

Training and practice of peer counseling I was held on Saturday, May 20, 2017 with the theme of four Sprinciples of counseling. Further Training and counseling guidance practice of peer group II is conducted on Monday, May 22, 2017 with the theme of guidance counseling strategy and Training and counseling guidance practice of peer group III is held on Tuesday, May 23, 2017 with the theme of peer group counseling. Material is presented by counselor with question and answer method, and peer counseling practice is done by agent.

The next training material is the basic material IV and anti-smoking ladder game and was held on Monday, June 5, 2017. In the anti-smoking ladder game included the elements of education related to the threat of cigarette consumption and how to maintain lung health in the form of questions that are packed in an interesting and exciting way for students who become participants.

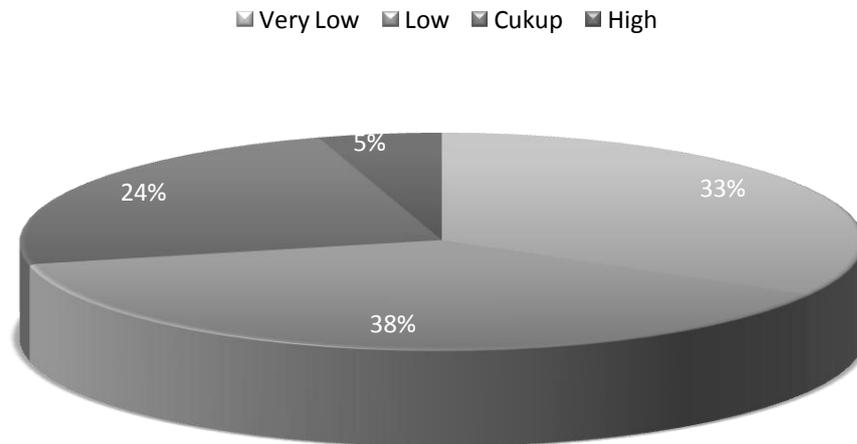
Before the training and counseling guidance courses, pre-test was given at MR. NARSIS to find out the initial understanding of the dangers of cigarettes and post-test is the material evaluation of the knowledge aspects of the agents after the program is implemented. The results of pre-test and post-test can be seen in the following graph:



Graph 1. The Score Of Mr. NarsisKnowledge Pre-Test Dan Post-Test

From graph 1 above, it shows that the average score of posttest knowledge of Mr. NARSIS agents was 77.88 while the average score of pretest knowledge of agents was only 52.61. The highest score at the Post-test is 100 while the highest score at the time of Pre-test is 75. For more detail the percentage of pretest and posttest values can be presented in the following graph.

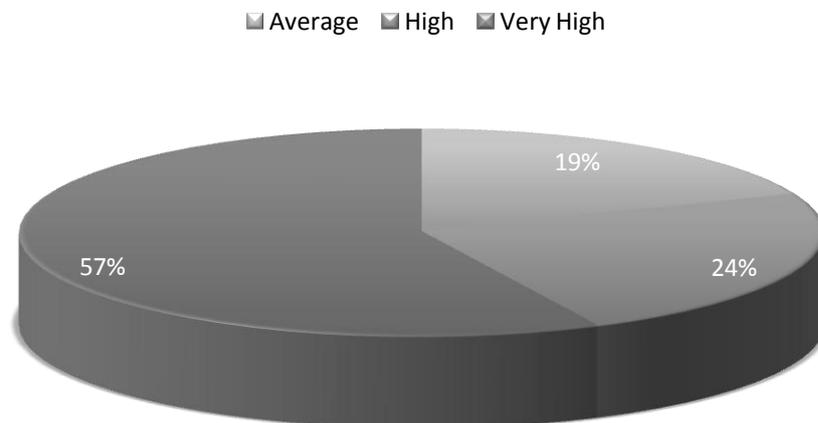
NARSIS Pretest Score(%)



Graph 2: The Score of Mr. Narsis Knowledge Pretest

From graph 2 above, it shows that the score of pretest result of Mr. NARSIS about rehabilitation management of active cigarette users is: 33% received low scores (40-49), 38% is low (50-59), 24% is fair (60-69) and only 5% received high scores (70-79). Then, for the percentage of posttest score can be seen in following graph 3.

NARSIS Posttest Score (%)

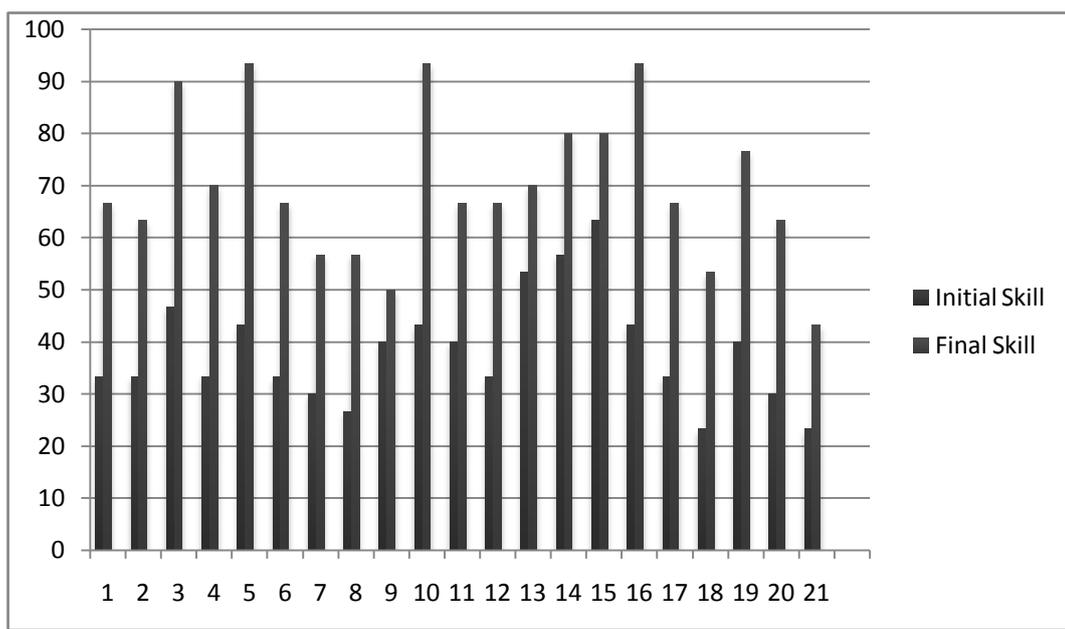


Graph 3. The Score Of Mr. Narsis Knowledge Posttest

From graph 3 above, it shows that the score of posttest result of Mr. NARSIS on rehabilitation management of active cigarette users 19% is fair (60-69), 23% is high (70-79), and 57% achieved very high score (80 and above). This means training increases Mr.NARSIS knowledge, so no one has any knowledge in the low category.

1. Establishment of Cadre Student as Agent of Mr. NARSIS in SMKN 2 Bandar Lampung Who is Able to Conduct Cigarette User Rehabilitation Management for Friends.

Besides conducting pre-test and post-test to evaluate students' knowledge, evaluation of rehabilitation management skills of cigarette users by Mr. NARSIS agents is also conducted. This skill is in the form of an assessment of the ability of an agent to conduct peer counseling conducted on Sunday, May 29, 2017. The total score of each agent is taken by average achieved by the agent is divided by the maximum score that should be achieved on the checklist and the multiplied 100%. Mr. NARSIS agent skills in conducting student rehabilitation can be seen in graph 4 below.

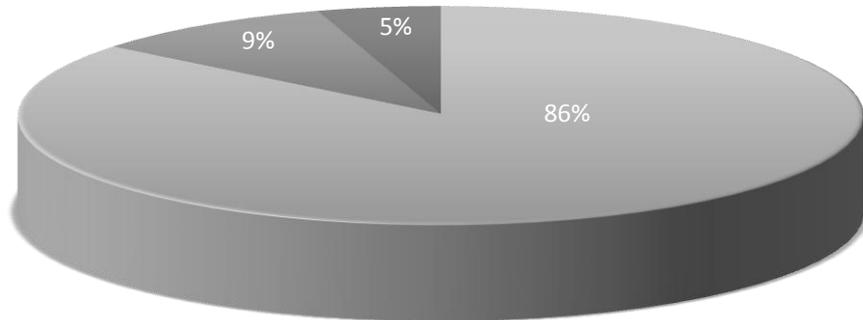


Graph 4. The Score Of Mr. Narsis Agent Skill In Rehabilitation

Graph 4 shows that the average score of the agent on the initial skill is 37.7. The highest score is 56.6, and the lowest is 23.3. Then, in the final evaluation obtained the highest score is 93.3 and the lowest score is 43.3 with an average is 70.28. Detailed percentage of initial and final skill scores is presented in the following graph :

Mr. NARSIS SKILL (%)

Very Low Low Average

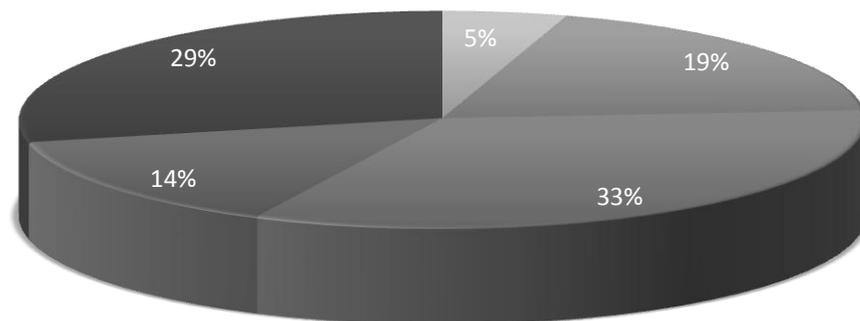


Graph 5. The Score Of The Mr. Narsis Initial Skill In Rehabilitation

On the graph above, Mr. NARSIS initial skill 85.72% obtained very low score (less than 50), 9% obtained low score (50-59) and only 5% achieved fair score (60-69). Here, it can also be described the score of Mr. NARSIS at the end of the activity on the following graph 6.

Mr. NARSIS FINAL SKILL (%)

Very Low Low Average High Very High

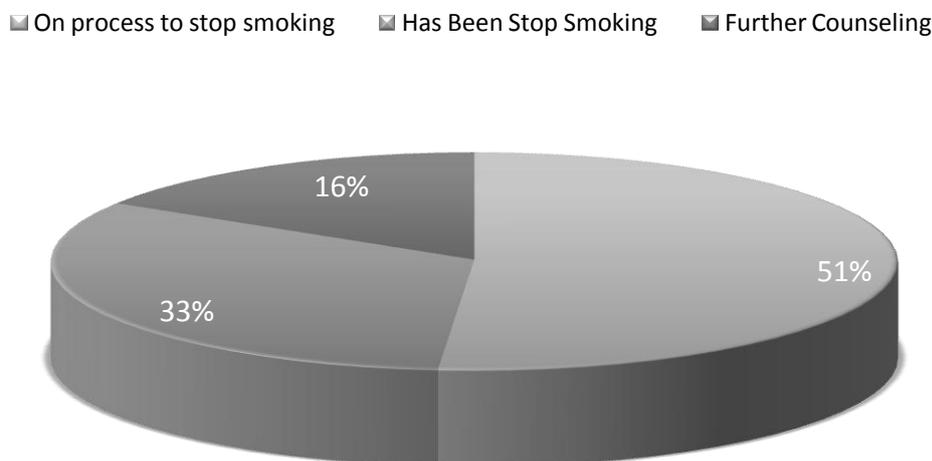


Graph 6. The Score Of Mr. Narsis Final Skill In Rehabilitation

The graph above shows the agent skills at the end, is 5% has very low score (40-49), 19% has low score (50-59), 33% has fair score (60-69), 14% has high score (70-79) and 29% has very high skill (score 80 or more).

This following graph 7 is the result of Mr. NARSIS in conducting management of active cigarette user rehabilitation at SMKN 2 Bandar Lampung.

The Result of Mr. NARSIS Rehabilitation



Graph 7. The Result Of Mr. Narsis Rehabilitation

From the graph 7, it can be seen that Mr. NARSIS during the program has succeeded in reducing the number of active smokers among students in SMKN 2 Bandar Lampung. This success was accounted for 84% of the total students attending the counseling program, with details of the achievement: 51% of students are in the progress on stop smoking, 33% had quit smoking and only 16% still needed further counseling from Mr.NARSIS.

2. Students and Officials in SMKN 2 Bandar Lampung Can Implement the Concept of “NO SMOKING AREA” in School Environment

Materials Training of Mr. NARSIS agents (Materials 1, 2, 3, and 4 also contain the introduction of tools and materials to be used as the equipment for cigarette user rehabilitation management. Skills possessed by Mr. NARSIS can be maintained with the guidebooks and pocket books availability of agents on the management of cigarette users rehabilitation for students at SMKN 2 Bandar Lampung so that the agent of Mr. NARSIS can continuously learn the rehabilitation management materials of cigarette users that have been given and can apply them independently in everyday life.

The realization of non-smoking areas in the school environment is also supported by Mr. NARSIS in commitment and attentiveness of the Mr. NARSIS team to implement the program of reducing the number of active smokers and socialization of the dangers of cigarettes in the community with the action on the No Tobacco Day (*Hari TanpaTembakauSedunia/HTTS*). This activity received welcome and support from the community and the school. In the future, the school will support and ensure the sustainability of the program by

establishing Mr. NARSIS to become one of the activity units and Mr. NARSIS as one of the extra-curricular programs of schools in Indonesia, especially in Province Lampung

Besides the non-smoking area in the school environment, it is also supported by Mr. NARSIS , an temptation to quit smoking with the act of breaking cigarettes and changing cigarettes using candy (dates, etc.) and public awareness about the dangers of cigarettes by giving brochures about the dangers of smoking done by the Mr. NARSIS agents in the form of activities In establishing Cigarette Breaking Action (*GerakanPatahkanRokok*). The actionto break this cigarette will be done once a year together with No Tobacco Day (HTTS) celebration to take to the streets to provide awareness to the community of active smokers.

Conclusion

Rehabilitation program for smokers among student is a form of education directed from students to students. In this case, the program is done in this management in the form of educating students of cigarette users through peers (Mr. NARSIS). It is expected that in this program, the selected students give a positive influence on the students themselves so that smoking behavior can be reduced or even abandoned.Education is a conscious and well-planned effort to achieve the expected educational goals by requiring the involvement of educational factors, the rehabilitation management education of cigarette users among students needs to regulate and utilize all the factors involved for the success of these activities that contribute to the achievement of program objectives which is to decrease the number of active smokers in school. In order to succeed that program, the implementation of the program involves the stakeholders (teachers, principals, communities and relevant agencies). Mr. NARSIS is in order to make a real contribution in anti-smoking program and is used as a model for schools in Indonesia, especially Lampung province.

Confirmed Mr. NARSIS agents can certainly continue the programs that have been trained and practiced during training and mentoring. Programs, such as the implementation of peer counseling to rehabilitate active smoker students, the implementation of a No Tobacco Day celebration program, and Cigarettes Breaking Action. The program of Mr. NARSIS has many benefits so that it has been appreciated by the school. This activity can be used as one of the extra-curricular activities of the students in the future.

More contribution is that Mr. NARSIS can be a model by other schools. Finally Mr. NARSIS program is not only beneficial for students of SMKN 2 Bandar Lampung in decreasing the number of active smokers, and the creation of non-smoking areas or environments, but also useful for other schools as an extra-curricular model. Besides, the benefits are also felt by the community around the school because Mr. NARSIS not only has in-door program but also out-door program, by programming activities routinely every year such as No Tobacco Day and Cigarettes Breaking Action as the media to provide education to the public about the dangers of consuming cigarettes.

Acknowledgement

We are really grateful because we managed to complete our journal. This journal cannot be completed without the effort and support by Ministry of Research, Technology, and Higher Education of Indonesia, Lampung University, Faculty of Medicine Lampung University especially The Dean, The Vice Dean of Academics and

Cooperation Fields, The Vice Dean of Finance Fields, The Vice Dean of Student and Alumni Fields and All the Lecturers. We also sincerely thank you to our mentor Dr. dr. Asep Sukohar, S.Ked. M. Kes and Dr. Dyah Wulan Sumekar Rengganis Wardani, SKM., M.Kes. Last but not least, we would like to express our gratitude to our parents, friends and also Agent of Mr. Narsis members for the support to our team.

References

- Hartono, FirmanGigih. 2013.*BahayaMerokokBagiKesehatan*. Journal of Imiahtp. Date of acces : 15/03/2017<http://www.e-jurnal.com/2013/09/kumpulan-jurnal-penelitian.html>.
- Nandika, Dedet Surya .2013.*Bahaya Merokok Bagi Generasi Muda*. Bogor: DitjenInformasiKomunikasiPublik.
- Nurrurrahmah. 2006. *Memahami Pengelolaan Sumber Daya Manusia Dalam Organisasi*. Jakarta: Grasindo.
- Papalia, Diane, Old, Sally Wendkos. 2011. *Human Development. The Mc Graw Hill Companies*.
- Thabrani, 2013. *Merokokitu Haram*. Journal Ilmiahtp. Date of acces : 18/03/2017
<http://www.e-jurnal.com/2013/09/kumpulan-jurnal-penelitian.html>
- Pranata, Agus. 2012. *Faktor-faktor yang Mempengaruhi Perilaku Merokok Remaja*. Journal of STIKES. Date of acces : 29/06/2017 <http://ejournal.stikesholistic.ac.id/>
- Salawati T, Amalia. 2010.*Perilaku Merokok Remaja*. Journal ofUnimus. Date of acces: 29/06/2017<http://jurnal.unimus.ac.id>
- Wijaya, Putri. 2015. *Hubungan Kebiasaan Merokok dengan Kapasitas Vital Paru*. Journal of Obstetrics and Gynecology Surakarta Muhammadiyah University. Date of acces : 29/06/2017 <http://journals.ums.ac.id>