

## THE ROLE OF COUNSELING GUIDANCE IN THE PREVENTION OF SMOKING IN ADOLESCENTS

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### Abstract

The habit of smoking is believed to provide pleasure for the smoker. Such as the development of high confidence in adolescents and increased ability to concentrate when facing problems. Smoking is a behavior that should not be maintained because it is very dangerous for health. Although everyone knows about the dangers of smoking. However, many young teenagers are already smoking. Based on this assumption, the number of smokers in Indonesia is very high. Today, smoking is a common thing in the lives of teenagers and often occurs in various places. But in reality, smoking behavior has a lot of negative impacts on the smoker himself. One of the roles of Guidance and Counseling (BK) is to provide assistance and facilitate students who experience problems related to the prevention of smoking behavior and reduce/reduce these negative behaviors. Guidance and counseling efforts in overcoming cigarette use are by using individual counseling services that are carried out once a week, group counseling and collaboration with parents.

**Keywords:** *counseling guidance, smoking prevention, adolescents*

### INTRODUCTION

Counseling and consulting services are an important part of learning as a system. As a system, its existence is essential to guide students' behavioral attitudes. In school, guidance and counseling are very necessary because every student in the school is guaranteed to have problems, both personal and academic problems, and every problem faced by a student must be different. The problem of counseling services is to reduce smoking behavior in adolescents, where adolescence is a transitional period between childhood and adulthood, changes occur quickly, including in cognitive and emotional aspects. The most common risky behaviors among younger generations are the use of cigarettes, alcohol, and illegal drugs.

Teenage boys are more likely to smoke and drink alcohol. Many smokers think that smoking can help them feel relaxed and eliminate problems, but instead they feel addicted to the nicotine content in cigarettes. Smoking behavior is an unresolved problem. There are many factors that cause teenagers to smoke (Guidance Teacher;2023). This may be due to the problems he faces, the influence of his parents' environment, the influence of friends and others. This is very worrying because smoking at a young age has many negative impacts, such as disrupted health and decreased learning intention. According to basic health research, most smokers have tried smoking since adolescence. In fact, it has become a common belief among teenage boys that boys who don't smoke are considered sissy.

The implementation of guidance and counseling should be carried out as well as possible so that people can develop their potential while helping in determining the right choice, a good choice, because mistakes in choosing can cause

new problems that are worse and will ultimately give birth to capable human beings. Behave well and reflect the spirit of Islam that instills good manners and discipline values. In this context, teachers are the determinants of behavior change. It can be said that guidance and counseling are support services for students both individually and in groups, so that they are independent and can develop optimally in personal, social, study and career counseling through various services and supporting activities based on applicable standards. In addition, along with the increasing complexity of student delinquency, guidance and counseling teachers must be able to develop techniques and media to prevent or overcome student behavior. Therefore, we hope that parental parenting can be further developed, so that it can protect their children from negative things, self-harm, and be a good example for their children from an early age

## **METHOD**

Research on Brunei's historical and cultural footprints in Southeast Asia can involve a comprehensive, multidisciplinary approach to unearthing and revealing unique aspects of the country's culture and history. Brunei's historical research involves the analysis of historical documents, archaeological records, and relevant literature to understand Brunei's political, social, and cultural developments from specific periods, such as the 5th to 7th centuries, as well as the role of historical figures in shaping the country's identity.

This approach includes an in-depth study of aspects of Bruneian culture such as art, music, dance, traditional clothing, and traditional beliefs. The researcher analyzes cultural artifacts, oral traditions, and religious practices to understand the values, norms, and cultural identity of the Brunei people. This method compares Brunei's history and culture with neighboring countries in Southeast Asia to highlight similarities, differences, and cultural interactions between countries. This analysis helps to understand the regional context that influences Brunei's development.

Involves hands-on research in Brunei with interviews with community leaders, observation of local traditions, and participation in cultural events. The field research provides in-depth insights into the daily life and culture of the Brunei people. The study of Brunei architecture involves the analysis of historic buildings, mosques, palaces, and other architectural structures to understand cultural values and symbolism. Researchers study Brunei's distinctive architectural style and its relationship to cultural identity. (syhadha, 2021)

The research uses qualitative methods such as interviews and observations, as well as quantitative methods such as surveys and statistical analysis to support research findings. By combining multidisciplinary approaches and diverse research methods, the study of Brunei's history and culture can provide a holistic understanding of the country's cultural heritage in Southeast Asia.

## **RESULTS AND DISCUSSION**

The main role of guidance and counseling teachers (counselors) is to know and try to understand the behavior and techniques of students (counselors) as they are in their world. The technique used is to follow, not understand. Because it emphasizes the student's current experience, existential guidance and counseling demonstrate flexibility in its methods, and the procedures they use tend to differ from student to student. Guidance and

counseling teachers typically design special programs to deal with student delinquency. BK teachers in carrying out the tupoksi (main duties and functions) of Guidance and Counseling in schools is one of them by fostering and accompanying students in personal, social, career, and academic matters.

So that if there are factors (one of which is smoking behavior at school) that cause problems in students, then BK teachers must also be responsible for carrying out treatment to help students achieve their rights and obligations at school so that they can be balanced and harmonious. Smoking behavior needs to be handled as early as possible, so as not to cause disorders/problems that arise due to excessive smoking behavior, especially in early adolescents. The importance of awareness of the dangers of smoking gives the idea that the role of BK teachers is necessary to provide an understanding of the dangers of smoking so that students can know and stay away from smoking behavior in their daily lives.

The efforts of the role of guidance and counseling in dealing with problems in adolescents who smoke with various services include:

1. Onboarding Services
2. Information Services
3. Individual Services
4. Classic Service (Group Management Service)
5. Intermediary Services
6. Service Content Management
7. Consulting and advocacy services
8. Home Visit (pranoto;2020)

Smoking behaviors can be reduced or stopped, as can adolescents' growth and development tasks to achieve physical and spiritual health, which can be improved through the guidance and teaching of teachers in the form of activities

1. carry out BK services related to the socialization of the impact of smoking
2. evaluate the process and results of BK services
3. and make follow-up improvements using the results of the evaluation (follow up) can be carried out behavior modification with cell management techniques

The behavior of today's teenagers, smoking is a very familiar sight. The habit of smoking is considered a family one. The habit of smoking is believed to bring pleasure to the smoker, but on the other hand it can have a negative impact on both the smoker himself and the people around him. Various substances contained in cigarettes have negative effects on the smoker's body (Saputra;2020). Cigarette consumption is one of the behaviors of teenagers that threatens the survival of Indonesia's young generation. The adverse impact of cigarettes on health is a serious threat to the birth of Indonesia's golden generation. Indonesia's young generation is facing deaths due to smoking. One in five Indonesian teenagers between the ages of 13 and 15 smokes. This figure is the highest in the Southeast Asian region. Therefore, preventive efforts are needed to protect adolescents as a national value in welcoming Indonesia's golden age.

There are no benefits to smoking as a result of smoking that is very detrimental to society, health and also the economy. Smoking can also be a gateway to other negative behaviors such as drinking alcoholic beverages and using illegal drugs and narcotics. Nearly 80% of smokers start smoking as teenagers before the age of 19. Most people start smoking at a young age and are unaware of the dangers of smoking addiction (Dwika Nurfadilla; 2022). The decision to buy cigarettes among adolescents is not based on adequate knowledge about the health risks of smoking, addiction, and the impact of the purchase on others or their parents. In Indonesia itself, it is now under serious threat due to the increasing number of smokers. Indonesia has the highest prevalence of male smokers

in the world, and more than 97 million Indonesians are estimated to be exposed to secondhand smoke.

Therefore, efforts are needed to prevent smoking again, including: saying "no" to cigarettes, family support, reducing anxiety and stress, avoiding nightlife and staying away from friends or the environment that causes smoking. Teenagers who celebrate Indonesia's golden age can be protected as national treasures. In addition, teenagers are one of the main targets of tobacco marketing because of the long smoking period and the company can make great profits. Teenagers also often follow fashion trends so they are the right targets for search activities. Indirect information is obtained by making billboards that inform about the dangers of smoking. The billboards are installed along the road near public places for easy visibility. Promoting a clean and healthy lifestyle in relation to smoking prevention, including the definition and types of cigarettes, types of cigarettes, cigarette composition, the dangers of cigarettes to health and the prevention, avoidance and cessation of smoking. Anti-smoking images and messages to educate the public about the health impacts of smoking and billboards to promote the dangers of smoking.

Billboards are one of the visual communication tools that can convey anti-smoking messages that are easier for the public to understand than spoken or written language. Thus, increasing knowledge is expected to change people's smoking behavior and in the long term can reduce the number of smokers and reduce the spread of diseases due to smoking. Counseling activities and billboard installation are one way to prevent the impact of tobacco smoke (Angraini;2023). The collaboration and placement of billboards has had a significant impact on the campaign on the dangers of smoking for students and the community, as evidenced by the increase in public awareness. In the future, smoking behavior is expected to be regulated with regulations that are expected to reduce smoking behavior in the community.

Designate a non-smoking area. A Smoke-Free Area or abbreviated as KTR is one way to reduce cigarette smoke which is harmful to health and can cause lung cancer, asthma, heart disease and even sudden infant death. The purpose of the establishment of KTR is to create a clean and healthy space and environment, as well as to protect the public from the dangers of smoking. increase public awareness of a more organized and healthy life. There are many non-smoking places, such as health services, teaching and learning places, children's playgrounds, places of worship, public transportation, workplaces, and public places.

## CONCLUSION

Based on all the analyses and discussions that have been presented previously, it can be concluded that smoking behavior in adolescents is a behavior that should not be allowed, because it is very dangerous for health, because the earlier the age of smoking, the greater the likelihood of smoking. smoke. exposure to the dangers of smoking. But in reality, smoking behavior is still very difficult to control. This is in line with the survey results that smoking has become a habit and teenagers start smoking at the age of 12 to 16, and basically the informants say that they have the desire and intention to quit smoking

As knowledge about the dangers of smoking increases, people, especially teenagers, want to quit smoking. Information plays an important role in influencing smoking behavior. People who have good knowledge about the health risks of smoking will behave differently than people who don't know it. People who have good information tend to behave better than people who have little information. Thus, less informed adolescents have a higher risk of smoking than well-informed adolescents.

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