

Promotion the Dangers of Smoking in Adolescents at SMAN 8 Padang Sidempuan in 2022

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ABSTRACT

Smoking is a habit of smoking cigarettes that is carried out in everyday life, is a necessity that cannot be avoided for people who have a tendency towards smoking. Cigarettes are one of the addictive substances that can lead to dependence for the wearer. The addictive nature of cigarettes comes from the nicotine they contain. After someone inhales cigarette smoke, within 7 seconds nicotine will reach the brain. All health experts including the World Health Organization (WHO) have long concluded that smoking has many negative health impacts, especially for children and their future. Cigarettes contain 4000 chemicals with 200 types of which are carcinogenic (can cause cancer), where these toxic materials are found in the main smoke, namely cigarette smoke which is inhaled directly into the smoker's lungs and side smoke, namely cigarette smoke produced by the tip of the cigarette that is burning, for example carbon monoxide, benzopyrene, and ammonia. This PKM activity aims to increase the knowledge of teenagers at SMA N 8 Padangsidimpuan about the dangers of smoking by providing education related to efforts to increase knowledge about MKJP. The method used in carrying out this activity is through lectures and discussions. The results of this PKM activity aim to increase knowledge by providing Communication, Information and Education (IEC) with good KIE there will be a communication process with the dissemination of information that accelerates behavior change from the community.

Keywords: Promotion, Youth, Dangers of Smoking

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INTRODUCTION

Cigarette is cylinder from paper sized long about 70-120 mm (varies depending on the country) with a diameter of about 10 mm which contains leaves tobacco that has chopped. Cigarette burned on one end and left smoldering so that the smoke could inhaled through mouth on end others (Jaya, 2009). In cigarette contained no not enough of 4,000 substances chemical poison that can endanger health (Fitria , et al 2013). As for the most dangerous substances in a cigarette the that is characteristic nicotine addictive and tar properties carcinogenic. Every the year number Death in the world reaches 5,000,000 people due to it various caused disease cigarettes, like cancer Lungs and disease heart (Jaya, 2009). Smoking is an environmental and individual problem. This means that smoking behavior is caused not only by internal factors but also by the environment. It was also stated that smoking in the early stages was carried out with peers (46%), a family member who was not a parent (23%), and parents (14%). This supports the results of Komasari and Helmi's research which states that there are 3 factors that cause smoking in women, namely psychological satisfaction, the permissive attitude of parents with smoking behavior, and the influence of peers. Cigarette and tobacco consumption is one of the main risk factors for various diseases. According to WHO smoking is a familiar killer around us, because every 6 seconds, one person dies as a result of smoking. There are several reasons put forward by experts to answer why someone smokes. Every individual has a smoking habit.

One possible effort done for Upgrade knowledge about danger smoking in children school base with give education health interesting and fun. Because at age this child already capable reason logical, abstract and able interesting their conclusions and information get cigarette for health.

METHOD

Planning implementation activity this starting in the month October 2022 and can carried out in the month October 2022. Effort promotion health through health education approach is one effort intervention behavior that has aim for give change expected behavior in order to be able to achieve optimal health status.

Use tool help for displays message or information and use the media as tool help. Based on an initial survey conducted at SMA N 8 PADangsidimpuan, field teacher student say that, students SMA N 8 PADangsidimpuan already someone smokes. Student once caught smoke outside environment schools and teachers provide warning not to repeat behavior smoke. Teacher gives penalty for students who smoke, however for gift information about what just existing content in the cigarettes can dangerous for health, no once informed to student. So from that need given information health in order to exist enhancement knowledge student about danger Form activities carried out is giving KIE directly by establishing health protocols.

RESULTS AND DISCUSSION

Form activity dedication performed is counseling and education health form lecture about danger smoke for health. Before do counseling executor give build atmosphere to students in order for them want to listen and receive counseling. Before give counseling pretested for look how level knowledge target / student the about importance knowing danger smoke for health. Of the 30 students, only 12 capable people answer pretest questions with right. But after done counseling or gift information about danger smoking, posttest results almost all (90%) students can answer question with right. This prove that counseling given could Upgrade knowledge and understanding student about danger smoke for health. Give understanding and knowledge to student about danger smoke for health really important. Because of the kids now with exists association outside school or outside environment home, create they easy follow according flow they fine, though that is something that can endanger his health. Besides parental role at home, role from teachers, especially field teachers student, field Counseling is also very important in supervise behavior student for no smoke environment school . Various impact and hazard smoke actually already published to society. Carry out Community Service Hazard Health Education Smoke For Health at SMA N 8 Padangsidempuan is one form activity in Upgrade knowledge and understanding Public in knowing about danger smoke.



Figure 1. Documentation Promotion

CONCLUSION

After counseling about the dangers of smoking, there was a change in behavior from smoking habits to not smoking. And it needs ongoing support from health workers about the dangers of smoking. from family and counselling.

Thank-you note

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