

ABSTRACT

Background: Smoking remains a problem both globally and in Indonesia that needs to be addressed. The smoking behavior among beginners has a fluctuating trend. Many factors influence smoking behavior. The purpose of the research is to analyze the determinants of smoking behavior among students of the Faculty of Science and Technology at Jambi University in 2024.

Method: Cross-sectional research design. The research population consists of 1,289 active male students from the 2021-2024 batch of the Faculty of Science and Technology at Jambi University, with a sample of 95 people selected through simple random sampling. Data collection in December 2024. The research variables are knowledge, attitude, pocket money, occupation, parental/family smoking behavior, peer behavior, and smoking behavior obtained through interviews using a questionnaire. Analysis used chi-square tests and Cox regression.

Results: The proportion of male students who smoke is 65.3%, with low knowledge at 65.3%, positive attitudes at 58.9%, high pocket money at 67.4%, working at 43.2%, parents/family members who smoke at 66.3%, and peer behavior supporting smoking at 86.3%. Bivariate analysis shows a relationship between attitude (PR=2.38; 95% CI: 1.54-3.68), employment (PR=1.40; 95% CI: 1.05-1.87), and parental/family smoking behavior (PR=2.35; 95% CI: 1.43-3.85) with smoking behavior among students. The dominant factor in smoking behavior among students is attitude (PR=2.09; 95% CI: 1.14-3.83) after controlling for the smoking behavior of parents/family.

Conclusion: A positive attitude towards cigarettes is a dominant factor in the smoking behavior of students. Efforts are needed to improve attitudes and awareness about the dangers of smoking through education, advertisements, or periodic anti-smoking campaigns on social media.

Keywords: Smoking, Behavior, Students, Attitude

ABSTRAK

Latar Belakang: Merokok masih menjadi permasalahan baik di global dan di Indonesia yang harus ditangani. Perilaku merokok pada pemula memiliki trend yang fluktuatif. Banyak faktor yang berpengaruh terhadap perilaku merokok. Tujuan penelitian menganalisis determinan perilaku merokok pada mahasiswa Fakultas Sains dan Teknologi Universitas Jambi tahun 2024.

Metode: Desain penelitian *cross sectional*. Populasi penelitian mahasiswa laki-laki aktif angkatan 2021-2024 Fakultas Sains dan Teknologi Universitas Jambi 1.289 orang, dengan sampel 95 orang dipilih secara *simple random sampling*. Pengumpulan data bulan Desember 2024. Variabel penelitian adalah pengetahuan, sikap, uang saku, pekerjaan, perilaku merokok orang tua/keluarga, perilaku teman, dan perilaku merokok diperoleh dengan wawancara menggunakan kuesioner. Analisis menggunakan uji *chi-square* dan regresi cox.

Hasil: Proporsi mahasiswa laki-laki yang merokok 65,3%, pengetahuan kurang 65,3%, sikap positif 58,9%, uang saku tinggi 67,4%, bekerja 43,2%, orang tua/keluarga merokok 66,3%, dan perilaku teman mendukung 86,3%. Analisis *bivariate* ada hubungan sikap (PR=2,38; 95% CI: 1,54-3,68), pekerjaan (PR=1,40; 95% CI: 1,05-1,87), dan perilaku merokok orang tua/keluarga (PR=2,35; 95% CI: 1,43-3,85) dengan perilaku merokok pada mahasiswa. Faktor dominan perilaku merokok pada mahasiswa adalah sikap (PR=2,09; 95% CI: 1,14-3,83) setelah dikontrol perilaku merokok orang tua/keluarga.

Kesimpulan: Sikap positif terhadap rokok adalah faktor dominan perilaku merokok mahasiswa. Diperlukan upaya peningkatan sikap dan kesadaran mengenai bahaya merokok melalui edukasi, iklan atau kampanye anti-rokok secara berkala melalui media sosial.

Kata Kunci: Merokok, Perilaku, Mahasiswa, Sikap