



## Case Study: Smoking Behavior During the School Period

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### **Abstract**

This study aims to discuss the factors that cause adolescent smoking behavior during the school period and the general public's perception of this behavior. This research is motivated by the fact that in everyday life many students wearing junior and senior high school clothes smoke in certain places. This problem arises because they are still classified as adolescents and are still underage. This deviant behavior is caused by various causes such as socialization, family, personal problems, the environment, and one's curiosity when seeing other people smoking. The method applied is qualitative with data collection methods in the form of interviews. The researcher asked several semi-structured questions to seven participants which included someone who had smoked during their school days or had smoked since their school days. The researcher interpreted the interview results from the participants' answers to know and strengthen opinions about the causes of adolescent smoking behavior during the school period. The results of data analysis show that the causes of teenage smoking during the school period are influenced by several factors, namely (1) social factors, (2) environmental factors, and (3) factors of lack of supervision and having problems in the family, and (4) factors of dependence on cigarettes. For society, this behavior is indeed very deviant, especially because they are still teenagers. But this behavior is caused by these factors that occur during the school period, especially the social factors that are most dominant in this behavior.

**Keywords:** *Adolescence; School Years; Smoking; Smoking Behavior; Psychology; Public Health*

### **Introduction**

Smoking behavior is usually legal after the age of 18 years. However, smoking behavior can also occur in various circles, especially among adolescents who are still in education. (Artanti et al., 2024; Dobbie et al., 2019; Lin et al., 2023; Tauho & Gulo, 2023; Zahiroh & Zenengene, 2023). Adolescence is a transitional period where emotions are often unstable because it is a stage of development, and it is straightforward for adolescents to be influenced. (Artanti et al., 2024). Studies have shown that many adolescents aged 14-18 years old who are still in school are already smoking (Xing et al., 2022). The influence of social factors on smoking behavior is also significant, with peers, parents who smoke, and the prevalence of smoking at the community level impacting adolescent smoking behavior (Cambron et al., 2018; Lin et al., 2023). Smoking behavior occurs due to peer influence, attitudes, and social norms that can influence a person's decision to smoke. (Nakaseko et al., 2020; Zyambo et al., 2022).

Based on the results of the researchers' initial observations, many students wearing junior and senior high school uniforms were seen smoking. These places such as stalls, restaurants, hangouts, and on the streets are often found by students who smoke. Usually, they are more than one person or are gathered together. Based on previous research, various factors influence smoking behavior, including individual, social, and environmental self-control (Husodo et al., 2020; Myers et al., 2020; Song & Yang, 2021).

Patterns of social interaction were found to correlate with student smoking levels, such as friend invitations and conformity in groups (Ayuningrum & Sudaryanto, 2023; Husodo et al., 2020; Song & Yang, 2021; Zyambo et al., 2022). Smoking behavior in a social context is deviant behavior that is carried out due to peer influence and refers to violations of social norms because of underage age (Dullas et al., 2021). Kim and Kim (2018) also mentioned that smoking behavior in school children tends to increase when they see peers who smoke or because they gather with friends who smoke. In addition, one of the causes of smoking behavior is that individuals find it difficult to control themselves, so they are trapped in smoking behavior. (Song & Yang, 2021).

Smoking behavior is also caused by environmental factors where individuals are in an environment where many people have smoking behavior (2022). In addition, in some studies, smoking behavior is also caused by economic factors where the availability of pocket money can correlate with student smoking rates. (Ayuningrum & Sudaryanto, 2023; Husodo et al., 2020). In addition, there are psychosocial aspects that play a role in social cognitive development, where intra- and interpersonal levels play a role in shaping smoking behavior that occurs in school children (Lin et al., 2023). This is in line with previous research, where adolescents' attitudes and behaviors toward smoking are shaped by a combination of individual, interpersonal, and environmental factors (Lin et al., 2023; Vaihekoski et al., 2022; Wisanti et al., 2020).

By legal norms, in many countries the sale of tobacco products to individuals under the age of 18 is prohibited, so smoking behavior in school children is considered illegal (Nakaseko et al., 2020). In Indonesia, smoking behavior in school children has a socially normative influence on individual judgment, especially since they are underage (Artanti et al., 2024; Fithria et al., 2021; Mardhiah et al., 2023). Previous research has also shown that smoking behavior may be associated with lower academic achievement, reduced cognitive ability, and increased risk-taking behavior (Naidoo & Taylor, 2021)

In the world of health, cigarettes have an addictive substance that causes a person to have a smoking habit, namely nicotine (Kovar et al., 2020). The addictive properties of nicotine cause health risks that cause a person to become addicted because of the addictive substances in it (Choi et al., 2021; Kovar et al., 2020). In the health world, it has also been shown that smoking behavior since school is likely to continue into adulthood, and can lead to higher health risks such as chronic health conditions and the risk of premature death (Ayuningrum & Sudaryanto, 2023; Elton-Marshall et al., 2018; Kim & Kim, 2018). This is also reinforced by the statement of Li et al. (2021) that smoking behavior is a significant risk factor in health conditions, for example, it has an impact on respiratory disease, cardiovascular disease, and cancer.

Based on the explanation above, the number of people who smoke during the school period is influenced by socialization, the environment, and other things that cause a person to want to smoke. These factors cause a person to smoke, causing deviant behavior during the school period. Therefore, this article seeks to answer the problem "Why and what are the factors that influence a person to smoke during the school period?" The purpose of this study is to provide information on the various causes of smoking behavior during the school years. The novelty in this research is that it focuses on comprehensively reviewing why smoking behavior can be rampant during the school period using the case study method.

## Method

This research used a qualitative approach with a case study research type. Data was collected through semi-structured interviews. The research was conducted during March-April 2024. Interviews were conducted by choosing a location in a closed room with participants.

The interview participants were smokers who had smoked since their school days, and the main focus of the interview was to obtain the causal factors of smoking behavior during their school days. Interviews were conducted by asking open-ended questions based on standardized guidelines. The criteria for participants in this study were those who had smoked or had smoked since school. In this study, 7 participants contributed to this study.

Procedures in the study, researchers will go through interviews and begin with a mutual agreement included in the informed consent. In the informed consent it is stated that there is confidentiality of data containing information about participants, so here the researcher is obliged to maintain confidentiality and information about participants. If the participant agrees and has filled out the informed consent, then the research proceeds to the interview stage.

The research data was collected through interviews with research participants. This research was conducted by conducting semi-structured interviews. Interviews were conducted by asking open-ended questions based on standardized guidelines. The following interview questions are presented by the researcher:

Table 1. Guideline

Number	Interview Questions
1	When did you start smoking?
2	What made you become a smoker?
3	Other than that, are there any other factors or influences that caused you to smoke?
4	How many cigarettes do you usually smoke in a day?
5	At what times do you feel like smoking?
6	Are you an addicted smoker?
7	Did you know that smoking (during school) is actually not allowed for school children? Why did you disobey and stick to your habit?
8	Do your parents know that you smoke?
9	Do you want to quit smoking?
10	Are there times when you have to control yourself not to smoke? How?
11	Reflect on yourself, especially on your experience of smoking?

This research analysis technique uses thematic analysis. The findings will be validated by conducting member checking which aims to reconfirm the accuracy of the data to the research participants.

## Result

This The results showed that various factors cause a person to smoke during the school period. This study explains various kinds of results about adolescent smoking behavior during the school period such as (1) social factors, (2) environmental factors, (3) factors of lack of family supervision, and (4) dependence factors.

### (1) Social Factor

Smoking is mostly caused by socializing. Associations are very vulnerable in self-development, especially when a person is searching for his or her identity. It is during this school period that a person

can be easily influenced by various bad things in the association. A person who smokes because of association is also common, especially among teenagers and students.

*"In the past, when I was in junior high school because my friends were smoking....So I followed suit. At first it was because my friends persuaded me to smoke....I was curious, then I tried it"* (Participant 2/W.A./ College Student).

*"Because my friends all smoke..., so I want to be accepted in the group..."* (Participant 4/R.K./ College Student)

Smokers in the school period occur during high school, junior high school, and even elementary school. The cause of smoking in relationships is caused by various things, namely because it is invited by friends or to be accepted in certain groups. This causes a person to experience dependence on this behavior.

*"I've been in elementary school since.... yes, my friends in elementary school were naughty... so it's because of relationships too..."* (Participant 1/A.T./ College Student)

*"Junior high school... at that time I remember well.... I used to hang out when I got home from school... it's not allowed to smoke at school... so I used to go outside after school..."*(Participant 4/R.K./College Student)

In social settings, some smokers have become addicts so they smoke all the time, but there are also smokers who only smoke at certain times such as being in certain groups in their social settings.

*"Yes... at first it was because I was trying it out, invited by a friend... eventually it continued until now..."* (Participant 3/S.O./Office Employee)

*"For me... until now, I've only been hanging out with friends..."* (Participant 1/A.T./ College Student)

In social settings, smoking is caused by group conformity because an individual tries to fit into a certain group, especially in following the behavior and behavior of friends in that group. This causes adolescents with certain groups to engage in deviant behavior.

## **(2) Environmental Factors**

Environmental factors are also influential in shaping one's self-development. When we are in certain environments, the environment also participates in shaping a person's behavior. This is due to the habits that occur in the environment. Environmental factors can be categorized as living environment, family environment, and other environments when a person interacts in that environment.

*"Because my hangout was smoking... so I joined in smoking too..." "Yes... at first it was because I tried it, invited by friends... finally it continued until now..."* (Participant 3/S.O./Office Employee)

*"In my neighborhood, there are many people who smoke... so out of curiosity I tried it..."* (Participant 7/K.S./ College Student)

*"My family smokes... my father... my brother... my uncle too..."* (Participant 1/A.T./ College Student)

*"It's normal mas when we get together, we smoke... when we are on the lookout, we also smoke..."* (Participant 5/P.S./Office Worker)

Someone who smokes because of environmental factors is due to habits in the environment. This is due to the interaction between individuals who influence each other in the environment. Those who interact with an environment where there are many smokers in the environment, then there is a tendency to influence one's behavior to become a smoker as well. For example, in the environment where we live, if there are many smokers around us, there is a possibility that we will also try to smoke. The family environment, in this environment, is also influential in shaping a person's behavior, when many people in the family smoke a lot, causing the possibility of someone in the family also smoking. In addition, other

environments are also influential, because of the interaction between each other. This is due to curiosity so an individual tends to try new things that he encounters, one of which is smoking.

### (3) Lack of Supervision and Family Problems

Family influence is also very influential in this behavior. Parents and families don't want their children to smoke. However, the problem is that parents and families can only supervise their children at home. But not elsewhere, such as in the school environment or the child's social environment. Many schoolchildren smoke without the knowledge of their parents or family. This is because parents do not directly monitor what their children do outside the home, such as their relationships outside the home, at school, and in other places.

*"When I was at school, my parents didn't know ... secretly ... so I smoked when I was with friends ..."*  
(Participant 5/P.S./Office Worker)

In addition, this can also be due to the influence of the family on the child. Some are not comfortable with the home or family environment, so they seek comfort outside the home. For example, due to family problems at home, lack of parental approach to children, or other problems that make children uncomfortable at home. This causes a child to seek comfort outside the home. Thus, many children and adolescents get bad influences outside, one of which is smoking.

*"How about it mas... in the past my life was messy... my mother and father at home often fought... I also often fought with my parents... there were problems mas..."* (Participant 6/G.K./ College Student)

### (4) Dependence on Smoking Behavior

The dependency factor occurs when an adolescent already feels the comfort zone of the cigarette. Smokers can be classified as addicts and non-addicts. An addict is a person who is addicted to cigarettes so it is difficult to leave them. Someone who is already addicted makes cigarettes their comfort zone. The comfort zone in question is a person's dependence so they tend to always use cigarettes as a tranquilizer for themselves.

*"I usually smoke when I'm tired of college assignments ... the same if I have a problem or see a lot of thoughts ... I vent it by smoking"* (Participant 6/G.K./ College Student)

Cigarettes have become a comfort zone for some people. This is due to a person's tendency to be a cigarette addict. Examples of a person's dependence on cigarettes include smoking when they are in trouble, when they are anxious, or when they are tired.

*"Yes, it just feels comfortable mas ... especially when I'm tired ... after work ... yes, the best thing for me is smoking mas"* (Participant 5 / P.S / Office Employee)

*"Yes, sometimes, apart from having a lot on my mind, for example when I'm stressed, or have a problem. Sometimes if I'm stressed, or if I have a problem, I will spontaneously choose to burn a cigarette."* (Participant 3/S.O./Office Worker)

The behavior of dependence on cigarettes, causes individuals to find it difficult to leave their smoking behavior. The desire to smoke often occurs, for example when defecating, after eating, or when resting.

*"Yes, usually... when I finish eating, I smoke... or when I'm in the toilet, I smoke too..."* (Participant 6/G.K./College Student)

*"... for me, definitely when I have a break ... I smoke mas ... find a place where smoking is allowed if I'm in the office ..."* (Participant 3/S.O./Office Worker)

The cause of these dependencies is what becomes the comfort zone for each individual. It is because of this dependency that smokers cannot leave this bad habit. A smoker, at first, is just trying it

out, but they don't realize that eventually, they experience dependence on these cigarettes and even become addicted. It is because of this dependency that smokers cannot leave this bad habit.

*"I'm already addicted... when I was in school, it was initially because I wanted to try it out... and it's been going on until now"* (Participant 5/P.S./Office Worker)

*"Many people have warned me... but what do I do... it's already happened, I'm addicted... it's hard to leave it..."* (Participant 2/W.A./College Student)

Many people who are addicted have a desire to quit smoking, mainly because of the reasons they smoke and the factors that make them smokers. The cause of smoking always begins with a desire to try or curiosity. But over time, they don't realize the cigarette makes them experience dependence on the cigarette and even becomes their comfort zone.

*"I want to quit ... but what do I do ... I've tried to quit ... eh just a few days I started smoking again ..."* (Participant 7/K.S./College Student)

*"I really... want to quit.... But conditions seem difficult... sometimes the workload... yes there are problems too... so it's hard to want to quit"* (Participant 3/S.O./Office Employee)

Smokers during their school years also started as dabblers and curiosity. But after a while, they are aware of their wrong behavior. Some of them have the desire and plan to quit smoking and improve themselves. Many of them regret their actions and regret their past for trying cigarettes, but it has already happened and it is useless to regret it.

## **Discussion**

The rise of smoking behavior during the school period is caused by various factors. The results showed that smoking behavior during the school period was caused by the influence of school socialization, the environment, lack of family supervision, and dependence factors on cigarettes. The influence of association has an impact on shaping smoking behavior. Most students who smoke occur when they are in certain groups such as when gathering with friends who smoke together or when they are with their peers. This supports the research of Lei et al. (2019) which shows that smoking behavior in school children occurs because they observe and imitate the behavior of their peers. Some studies also mention that smoking behavior occurs due to the influence or invitation of peers who can influence a person's decision to smoke. (Nakaseko et al., 2020; Zyambo et al., 2022). Peer influence at school is one of the impacts of the increase in smoking behavior among students (Cambron et al., 2018; Lin et al., 2023). The influence of conformity among students is one of the supporters of smoking behavior (Ayuningrum & Sudaryanto, 2023; Husodo et al., 2020; Song & Yang, 2021; Zyambo et al., 2022). In addition, smoking behavior is also caused by the normalization that considers smoking as socially acceptable, thus strengthening the habit (Hiong Tee & Low, 2019). This is in line with the results of the study, where the cause of smoking is due to the desire to be accepted in certain groups.

Smoking behavior is also caused by environmental factors where which occurs due to interactions between individuals who influence each other in the environment. This happens because interacting in an environment where there are many smokers, there is a tendency to influence one's behavior to become a smoker as well. This is in line with Zyambo (2022) (2022) that smoking behavior is also caused by environmental factors where individuals are in an environment where many people have smoking behavior. Research also shows that children can learn smoking behavior by observing and imitating people who smoke, both from their parents and peers (Lei et al., 2019). This is in line with the results of research showing that environmental influences are also caused by imitating behavior in the family, for example, because parents at home also have smoking behavior. Other studies have also found that among adolescents smoking behavior occurs because of the role of the family in shaping smoking behavior or because of the smoking behavior of parents who are imitated by children or adolescents (Alves et al., 2022; Zyambo et al., 2022). In addition, this is also in line with previous studies that reported parents who

smoke and cigarette advertisements as high-risk factors for smoking among adolescents (Artanti et al., 2024). From the viewpoint of behavioral theory, smoking behavior occurs because it is influenced by attitudes, intentions, subjective norms, and behavioral control which cause psychologically can shape smoking behavior (Zhao et al., 2022).

Other causes of smoking are also due to lack of supervision in the family or because of problems in the family. Research by Hanafin et al. (2022) shows that a lack of parental and family supervision can significantly impact the emergence of smoking habits in adolescents who are still in school. Family influence has a significant impact, as in the research of Song and Yang (Song & Yang, 2021) that the emotional bond between parents and children is one of the predictors of adolescent smoking behavior, where the importance of a close positive relationship between parents and children in preventing adolescent deviant behavior.

In line with the opinion of Jafari et al. (2022), various factors in the family cause adolescents to have smoking behavior such as experiencing psychological pressure, inappropriate role models from parents, lack of communication between parents and children, parental neglect of smoking behavior in children, and lack of attention from parents that children feel. This is also in line with the results of research showing that smoking behavior occurs due to family problems at home, lack of parental approach with children, or other problems that make children uncomfortable at home, causing a child to seek comfort outside the home. Previous research also states that smoking behavior is also caused by family problems or occurs in messy families (Artanti et al., 2024; Fithria et al., 2021). Supporting the previous statement, previous research states that family dysfunction, or negative relationships in the family, conflict in the family, and parental behavior can significantly contribute to shaping smoking behavior in a person (Cheng et al., 2022; Cohen & Jones, 2022; Hassan et al., 2020; Jafari et al., 2022; Pérez-Martínez et al., 2022). Sharma et al. (2020) also show the important role that family dynamics play in shaping individual behavior, one of which is smoking behavior. In addition, smoking behavior is also caused by parental parenting styles when children are still in school, which can influence smoking habits (Ling et al., 2021; Zhao et al., 2021).

A person's dependence so that they tend to always use cigarettes as a tranquilizer for themselves. Examples of a person's dependence on cigarettes include smoking when they are in trouble, when they are anxious, or when they are tired. This is in line with previous research, that smoking behavior occurs as a coping mechanism to deal with negative emotional experiences (Alpers et al., 2024; Feingold & Bitan, 2022; Sammut et al., 2024; Stanton et al., 2020). Smoking behavior is often considered a coping mechanism for negative emotional states such as anxiety, stress, psychological distress, and social isolation (Alpers et al., 2024; Feingold & Bitan, 2022; Sammut et al., 2024; Stanton et al., 2020). The results also show that the behavior of dependence on cigarettes, causes individuals to find it difficult to leave their smoking behavior. The desire to smoke often occurs, for example when defecating, after eating, or at rest. This is in line with the results of previous research, that addiction that leads to dependence on smoking behavior, caused by individuals holding and lighting cigarettes, as well as smelling cigarettes and smoking after eating, can affect psychological reactions where cigarettes can cause nicotine dependence (Arango et al., 2024). In line with that, Huo (2023) also explained that smoking addiction occurs because cigarettes are used as an individual's coping style when they are in trouble. Supporting the previous statement, Schmidt et al. (2021) revealed that psychological health can affect or contribute to individual smoking behavior. The importance of self-efficacy in overcoming smoking behavior, such as efforts in achieving the desire to quit smoking, smoking abstinence behavior, and having a coping style that can overcome cigarette addiction (Huo et al., 2023). Smout et al. (2023) that there is a relationship between psychological well-being and the tendency to be addicted to nicotine or the emergence of smoking behavior in individuals. Previous research has also revealed the importance of preventive measures such as interventions or educational efforts that contribute to overcoming behavioral addiction to smoking (Cabral, 2022; Tsai et al., 2023).

## Conclusions

Based on the results of the study, there are various causes of smoking behavior during the school period. The causes of this behavior include (01) social factors, (02) environmental factors, (03) factors of lack of family supervision and family problems, and (04) dependency factors.

Although these factors have an equal role in shaping a person's behavior, the most dominant factor in this study is the social factor. Because most of those who experience this period, due to the invitation of friends or certain groups in the association. This is due to the desire to be accepted in certain groups. From a cultural point of view, this behavior is very deviant, especially because they are still minors, at school age, still in a developmental period, and it is not good for their health.

## Suggestion

In dealing with these cases, there needs to be early treatment from the family, local community, school, government, and the apparatus or agency that handles these cases. There needs to be certain approaches to handle this case. In the family, there needs to be an approach between parents and children so that children have comfort in the family, and there needs to be learning of moral values and manners by parents and families. This is because it is related to the role of the family, especially parents in child development, which is very necessary in shaping the behavior and character of the child. In addition, it is also to prevent other deviant behaviors in children.

In the community, there needs to be awareness and support to overcome problems like this around them. In the school environment, there needs to be guidance from teachers and school authorities as well as early learning about the dangers of smoking. In the government and related agencies, there is a need to emphasize this problem in government regulations and laws, and there is a need for counseling in dealing with this problem. It is also important to educate about the dangers of smoking or preventive measures from an early age.

This study still focuses on the causes of smoking behavior in school children, so future research is recommended to review the impacts of smoking behavior more comprehensively and preventive measures in overcoming smoking behavior that often occurs in school children.

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