

## OPTIMALIZATION TEENAGERS THROUGH THE “GEMAR” SAVINGS CULTURE

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### ABSTRACT

**Background.** Smoking behavior is a behavior that is harmful to health and male teenage smokers increase every year in Indonesia. Currently, a consumptive life is commonplace by spending money only on food and having fun which is done excessively so teenagers need to be taught to manage money.

**Purpose.** This community service aimed to reduce teenagers' smoking behavior by teaching them to enjoy saving called GEMAR (Gerakan Mengurangi Rokok) by saving culture.

**Activity methods.** This community service activity provides education about smoking behavior and financial management to increase knowledge and understanding of teenagers in Kebomas Village regarding financial management by saving, then reducing negative smoking behavior, and helping to develop teenagers' creativity in using used goods into more useful items for saving.

**Findings.** The teenagers are interested and pay good attention to this community service activity. Teenagers' behavior of smoking has changed after this community service activity. After this activity, most teenagers have good knowledge about 10 people (76.9%) and moderate action in smoking 8 people (61.5%).

**Conclusion.** Highlighting the need for better money management. Teenagers in Kebomas Village actively participated in an activity promoting saving activities to reduce smoking and replace positive activities with future savings.

**Keywords:** Saving Culture, Smoking Behavior, Teenagers.

### BACKGROUND

Smoking habits in Indonesia are considered normal, especially for teenagers and adults. Although the dangers of smoking have been conveyed in writing, people in Indonesia still do not pay attention to it because they are addicted to the nicotine in the cigarettes they smoke. Many teenagers in Indonesia smoke because of the habits brought by their environment [1]. Therefore, the habit of smoking is considered normal in Indonesia. This perception is what makes people (especially teenagers) who previously did not smoke start smoking so that they are considered to be following the trend and are considered cool and trendy.

According to The World Health Organization Framework Convention on Tobacco Control (WHO FCTC), Indonesia is the country with the largest number of smokers in the Association of Southeast Asian Nations (ASEAN) with a percentage of smokers aged between 25-64 years (36.3%) where 66% are male smokers and 6.7% are female smokers. Smokers who are teenagers (13-15 years) in Indonesia rank first in ASEAN with the number of smokers around 6.9 million (40.2%). The number of male teenage

smokers is around 6.4 million (38.3%) and the number of female smokers is around 500 thousand (2.4%) [2].

Smoking behavior is a behavior that is harmful to health, but many people still do it. Almost every time you can find many people smoking, even smoking behavior is very normal for teenagers, especially male teenagers [3]. An estimated 1.3 billion people worldwide use tobacco products, 80% of whom are in low- and middle-income countries. Tobacco use contributes to poverty by diverting household spending from basic needs, such as food and shelter, to tobacco. This shopping behavior is difficult to stop because tobacco is highly addictive [4].

Financial knowledge is not only intended for adults or parents, but teenagers also need to be given understanding and good habits that can be useful in the future. According to Saragih, currently a consumptive life is commonplace by spending money only on food and having fun which is done excessively so teenagers need to be taught to manage money [5]. In addition, teenagers' smoking behavior can be reduced by recognizing future needs and investments not only in finances but also in health. This community service activity aims to reduce teenagers' smoking behavior by teaching them to enjoy saving so that it can be called GEMAR (Movement to Reduce Smoking) by saving. The money used for smoking is used for things that are more beneficial for the future by saving.

## **ACTIVITY METHOD**

Kebomas District, Gresik Regency is the destination for this community service program in June 2024. The amount of 13 teenagers in Kebomas Village is between the ages of 12 and 16, at which age teenagers need to gain a lot of good and useful knowledge for the future. This community service activity provides education about smoking behavior and financial management to increase knowledge and understanding of teenagers in Kebomas Village regarding financial management by saving, then reducing negative smoking behavior, and helping to develop teenagers' creativity in using used goods into more useful items for saving.

The activity method carried out in this activity is by providing counseling delivery of material offline or face to face. The preparation and provision carried out for this community service program are:

The preparation carried out for this community service activity is as follows:

1. Visiting the location that will be used as the activity location. In selecting a location, members consider everything, such as the distance traveled.
2. Providing provision to members of the community service group regarding what is done during the activity.
3. Coordinating with the agency where the activity is located regarding the mechanism of the activity to be carried out.

The implementation carried out for this community service activity is as follows:

1. Presentation of activity material

At this stage we provide an explanation of the material about smoking behavior, the dangers of smoking behavior, what is saving, the importance of saving, the benefits of saving and how to save by diverting money to buy cigarettes or pocket money given by parents and tips for saving money so that you can save. The purpose of this activity is to provide an

understanding to teenagers about the importance of saving at an early age, because saving has benefits and is a positive activity and reduces negative smoking behavior.

## 2. Q&A and sharing about the activity material

At this stage of the activity, we as the speakers asked questions about the theme of the discussion of the activity material, such as have they ever saved? Where are the places we can save money? and so on, and then the speakers gave responses to the answers or questions from the participants. At this stage there was also a sharing session where participants could share their smoking behavior and their experiences of saving.

To measure the level of success of this community service, the community service team conducted a pre-test and post-test through a questionnaire on knowledge about smoking behavior and savings culture as well as a questionnaire on smoking behavior based on how many cigarettes are smoked per day. According to the World Health Organization (WHO), smokers are classified into three groups based on the number of cigarettes smoked per day, namely someone who consumes one to ten cigarettes per day is called a light smoker, 11 - 20 cigarettes per day is called a moderate smoker, and more than 20 cigarettes per day is called a heavy smoker [6, 7]. Data analysis is presented in descriptive form in the form of frequencies and percentages.

## FINDINGS

Table 1. Result of Teenager Behavior of Smoking

Behavior Category	Pre-test		Post-test	
	n	%	n	%
<b>Knowledge</b>				
Good	7	53.8%	10	76.9%
Enough	4	30.8%	2	15.4%
Less	2	15.4%	1	7.7%
Total	13	100	13	100
<b>Action</b>				
Light	5	38.5	5	38.5%
Moderate	5	38.5	8	61.5%
Heavy	3	23%	0	0
Total	13	100	13	100

Most of the teenagers in Kebomas Village, Kebomas District, Gresik are 15 years old, 4 people (30.8%), and an average of 9th-grade junior high school students are 5 people (38.5%). Gender is male with a total of 13 teenagers (100%). Psychological reasons with school lessons feel difficult for some teenagers as many as 5 people (38.5%) categories disagree, feel burdened with school work as many as 5 people (38.5%) category strongly agree, can't do homework at home will do it at school as many as 8 people (61.5%) with the agreed category, want to know how it feels to smoke as many as 5 people (38.5%) categories disagree, want to try smoking when seeing other people smoking as many as 6 people

(41.2%) category disagree, want to look cool as many as 4 people (30.8%) categories agree, don't have close friends as many as 5 people (38.5%) categories agree and disagree, want to have friends from all groups as many as 4 people (30.8%) categories strongly agree and disagree.

Facilities and infrastructure as many as 8 teenagers (61.5%) pocket money > 10,000. Reinforcing factors as many as 9 people (69.2%) the distance of the house from the shop > 2km, as many as 13 (100%) shops sell cigarettes freely, as many as 8 people (61.5%) parents smoke, as many as 9 people (69.2%) have a sibling who smokes, as many as 13 people (100%) have friends who smoke, as many as 10 people (77%) smoking advertisements are not very interesting to influence them. Smoking behavior as many as 8 people (61.5%) teenagers smoke, as many as 8 people (61.5%) cigarettes that are finished per day <5 cigarettes, as many as 6 people (46.1%) cigarettes smoked are Surya, as many as 5 people (38.5%) have never smoked, as many as 13 people (100%) usually smoke at home.

From the results of this activity, all parties involved, be it students implementing community service activities, managers of the activity location, or participants, were very enthusiastic and gave positive responses. Based on Table 1, teenagers' behavior of smoking has changed after this community service activity. After this activity, most teenagers have good knowledge about 10 people (76.9%) and moderate action in smoking 8 people (61.5%).

The participants of the activity, namely the teenagers of Kebomas Village, were very active in this activity, conducting questions and answers and sharing discussions about saving activities high enthusiasm regarding making piggy banks from used materials carried out by the participants of the activity showed that the use of intermediary media in delivering material intended as a means of developing adolescent creativity is very appropriate in this activity.



Figure 1. Documentation Process of Community Service

## DISCUSSIONS

Smoking behavior is a behavior that is harmful to health, but there are still many people who do it, even people start smoking when they are still teenagers. Although everyone knows about the dangers caused by smoking, this has never subsided and almost every time you can find many people who are smoking, even smoking behavior is very normal for teenagers, especially male teenagers [8]. The high rate of smoking behavior in early adolescence comes from the perception or view that is believed about smoking. There are

many perceptions about smoking, such as the perception that men who smoke have more friends, the perception that women who smoke look more attractive than those who do not smoke, and positive perceptions of cigarette advertisements)[9].

Based on Table 1, teenagers' behavior of smoking has changed after this community service activity. After this activity, most teenagers have good knowledge about 10 people (76.9%) and moderate action in smoking 8 people (61.5%). Community service activities are a form of participation of students and other academicians as a forum to study and apply the knowledge that has been learned during lectures by implementing it in the wider community. Smoking behavior that is considered detrimental has shifted to become a behavior that is enjoyable and becomes an obsessive activity. There are 3 factors that influence smoking behavior in adolescents, namely the first predisposing factor in the form of knowledge, attitudes, actions, psychological reasons. Second supporting factors in the form of facilities and infrastructure. Third driving factors in the form of parental influence, friend influence, advertising influence [10]. The impact of smoking behavior on health can cause cancer, heart attacks, impotence, pregnancy and fetal disorders, and sperm abnormalities. Efforts to overcome smoking behavior can be done by providing health education in the form of counseling on changes in smoking behavior. Efforts to overcome smoking are the decision to reduce cigarette consumption gradually and with a strong intention and motivation not to smoke, therefore high awareness is needed from each teenager [11].

According to Sadono, there are five steps to quit smoking[12], namely first, determine the reasons that drive our desire to quit smoking. Second, classify cigarettes according to their essence level. Third, reduce cigarette consumption regularly and gradually. Fourth, stop smoking completely. Fifth, consistently stop smoking all the time. In addition, adolescent health education must also be able to manage finances well. The importance of early financial management will teach them about the meaning and importance of money, managing money properly and correctly, the importance of saving, savings are very useful for achieving a good future, so that they will get used to living wisely in using money and get used to saving for a stable future.

## CONCLUSION

The number of male teenage smokers in Indonesia is rising yearly, underscoring the necessity of improved money management. Teens in Kebomas Village took part in an activity that encouraged saving money to cut down on smoking and substitute future savings for constructive activities.

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