



Perception and Motivation to Quit Smoking Based on Teenager's Smoking Behaviour

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Abstract: Smoking behaviour has a harmful impact on teenagers, including the lack of motivation to achieve academically. Previous research claims that the perception of smoking and the motivation to quit smoking may impact smoking behaviour. The purpose of the research is to identify which one of both variables play a stronger role in its impact toward the teenager's smoking behavior. The research is a quantitative research involving 192 teenagers as the sample in Bandung city, using questionnaires on perception, motivation, and behavior. Data analysis used univariate and bivariate and Spearman correlation tests. The findings of this research shows that 56% of Bandung teenagers have a positive perception, 51% others a positive motivation, and 56% positive behaviour. This proves that the coefficient value of the correlation between perception and motivation is 0.238, and the coefficient value of the correlation between motivation and behavior is 0.387. This research concludes that the motivation to quit smoking has a stronger relationship than the perception of smoking. Thus, to change the smoking behaviour in teenagers, it is necessary to increase the motivation to quit smoking whatsoever. Possible actions is to have a counselling session to help change the teenager's health behaviour. The value of study to obtain the unique characteristic of teenager in Indonesia.

Keywords: motivation to quit smoking; smoking behavior; smoking perception

1. Introduction

Adolescence is a transitional period from childhood to adulthood; at this stage, some emotional and behavioral turbulence are identified, one of which is smoking problems (Chadds, 2014). Based on the research from Azagba and Wolfson (2018) the quantity and frequency of smoking can be considered high and categorized as heavy smokers, including electronic smokers.

The data from World Health Organization (WHO) (2018) claim that the number of smokers above 15 years old in 2015 is 1.114 million, consisting of 939 million male and 175 million other females. In Asia, there are 237 million smokers, slightly higher than the number in the last 5 years, which is 235 million in 2010. Out of all Asian countries, Indonesia has the second highest number of smokers after India. According to WHO (2018), Indonesia has 74 million smokers in 2016 (71.637 million male and

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Smoking Behaviour from Pre-adolescence to Young Adulthood Anthony Victor Swan, Michael Murray, Linda Jarrett, 1991 This book presents a comprehensive longitudinal analysis of a study which followed over 6000 children through their school careers from the age of 11 and into young adulthood until they reached 21 years of age It considers the methods needed to make full use of such complex longitudinal data The authors attempt to show how the levels of smoking at different ages and the patterns of uptake vary according to children's circumstances environment and attitudes Finally the way in which the likely benefits of health promotion may be estimated is illustrated indicating that they may be substantial

Smoking in Adolescence Barbara Lloyd, Kevin Lucas, 2014-01-14 What factors influence adolescents to take up smoking Why do more girls smoke than boys In contrast to medical orthodoxy Smoking in Adolescence looks at smoking from the adolescents own points of view What emerges is that regular smokers are seen as fun loving and nonconformist cigarettes are a passport to a fashionable popular and hard identity Young people create and are influenced by complex images of smokers and nonsmokers Barbara Lloyd and Kevin Lucas explore the psychological dimensions such as social environment family peers stress and coping body image mood and pleasure They suggest how anti smoking interventions should be re evaluated to take account of this new evidence throughout the school curriculum Smoking in Adolescence will be of practical interest to teachers youth workers health professionals and parents as well as students of psychology **The Health**

Consequences of Smoking for Women United States. Office on Smoking and Health, 1980 Health Consequences of Smoking for Women General Surgeon, DIANE Publishing Company, 1995-09 Shows that women smokers face the same risks as men smokers of lung cancer heart disease lung disease etc Presents data showing that women are turning away from smoking Tables figures Extensive bibliography *The Handbook of Health Behavior Change, 4th Edition* Kristin A. Riekert, PhD, Judith K. Ockene, PhD, Lori Pbert, Ph.D., 2014 Print CourseSmart *National Library of Medicine Current Catalog* National Library of Medicine (U.S.), 1992 *Cognitive and Personality Variables in the Development of Behavioral Addictions in Adolescence and Emerging Adulthood* Alessia Passanisi, Luca Milani, Ugo Pace, Adriano Schimmenti, 2022-05-03

Children at Risk Arthur V. Carrington, 2002 There was a day when society shielded its children from the often cruel world At least in the so called developed countries the exposure of children to the worst perversions society can conjure up has never been greater Children have reached the exalted level of being treated seduced and targeted to as a market This bibliography brings together the literature providing access by subject groupings as well as author and title indexes

Behavioral Methods in Social Welfare Steven Paul Schinke, James. K Whittaker, Scott Briar, 2017-09-08 Behavioral Methods in Social Welfare offers positive proof that behaviorism has come of age in social work Steven Paul Schinke and the contributors to this volume are social work practitioners who document their attempts to extend the basic tenets of behavioral psychology from the laboratory clinic and classroom to the full range of client groups and social problems that

make up the practice of social work In social work education traditionally to the extent it appeared in the curriculum at all behavioral content appeared in electives or in courses not focused on practice It is a true measure of progress that behavioral methods are now visible integral component of social work education and practice The authors of each piece in this collection indicate progress in developing an empirically based approach to social work practice Despite the impressive documentation contained in the present volume no conclusive evidence as to the effectiveness of behavioral methods exists What behavioral methods do offer however is a systematic format for both problem intervention and evaluation that over time should produce a more empirically based practice A promising sign well documented in the present effort is the facility with which this book has subjected practice procedures to the rigor of research and evaluation This blending of clinical practice and research develops the sense of competence that student practitioners acquire in understanding and controlling both the art and science of their clinical practice Steven Schinke and his colleagues offer a series of snapshots of important work in process Their collective portrait provides a fresh perspective and new stimulus for all social work practice as well as an affirmation that disciplined responsive and sensitive social work intervention can make a difference in the lives of people

Handbook of Neuroscience for the Behavioral Sciences, Volume 2 Gary G. Berntson, John T. Cacioppo, 2009-10-12 As technology has made imaging of the brain noninvasive and inexpensive nearly every psychologist in every subfield is using pictures of the brain to show biological connections to feelings and behavior Handbook of Neuroscience for the Behavioral Sciences Volume II provides psychologists and other behavioral scientists with a solid foundation in the increasingly critical field of neuroscience Current and accessible this volume provides the information they need to understand the new biological bases research tools and implications of brain and gene research as it relates to psychology **Human Developmental**

Neurotoxicology David C. Bellinger, 2006-04-06 This reference describes the most recent developments in the design execution and interpretation of human developmental neurotoxicology studies Assessing critical issues and controversies in the field this guide focuses on dose response effect relationships and explores challenges in the measurement of exposure to different types of chemicals **Ethanol, Its Active Metabolites, and Their Mechanisms of Action:**

Neurophysiological and Behavioral Effects Elio Acquas, John D. Salamone, Mercè Correa, 2018-07-12 Ethanol the main psychopharmacologically active ingredient of alcoholic drinks represents a paradigmatic example of a research subject intrinsically able to perpetually self generate interdisciplinary cutting edge investigations This eBook was inspired by the aim of providing an up to date characterization of the diverse effects of ethanol of the possible mechanisms of action on different intracellular systems as well as of the hypothesized actions of ethanol and or its metabolites on various neurotransmitters and neuromodulators Indeed the eBook provides a factual example of an excellent synthesis on the complex relationship between ethanol and its main biologically active metabolites Chapter 1 on the behavioral and molecular consequences of early exposure to them Chapter 2 on the recent proposals advanced by the preclinical research for new therapeutic

approaches to distinct aspects of alcoholism Chapter 3 and on the most recent and original preclinical evidence of the interactions between ethanol and or its metabolites and the dopaminergic adenosinergic and endocannabinoidergic systems Chapter 4 Overall we believe that this eBook accomplishes its main goals of widening the perspective on this research subject and offering the readership a newer and simultaneously up to date and comprehensive scenery on ethanol s and ethanol s active metabolites neurophysiological and behavioral effects Health and Well-Being in Adolescence Maria Kaczmarek,2011-06-30 **Health Psychology** Jane Ogden,2004 The market leading textbook in the field Health Psychology by Jane Ogden is essential reading for all students and researchers of health psychology It is also invaluable to students of medicine nursing and allied health Retaining the breadth of coverage clarity and relevance that has made it a favourite with students and lecturers this fourth edition has been thoroughly revised and updated BOOK JACKET **Health and Behavior** H. Russell Searight,2019-02-08 Health and Behavior A Multidisciplinary Approach recognizes that health is impacted by multiple systems ranging from the individual to the international While providing current information in common areas addressed in health psychology such as stress chronic pain cigarette smoking and sleep disorders the book examines cross cultural dimensions in wellness and health care as well as health communication ranging from clinician and patient to the social marketing models used in public health The book departs from traditional health psychology and health behavior textbook with its attention to public policy and international dimensions of health care Topics include an international comparison of health care systems a history of health care funding in the United States including the Affordable Care Act the role of Federal Social Security Disability policy in chronic pain management international medical tourism and health care disparities in the United States Each chapter begins with a conversation with the author relating the topic to real world problems as well as the student s life experience *The Behavioral Neuroscience of Adolescence* Linda Spear,2010 Understanding the role of brain changes in adolescent behavior and development Linda Spear provides a detailed and illuminating overview of the genetic hormonal and neurological developments that take place during adolescence and shows how these changes along with influential sociocultural factors interact to produce distinctly adolescent behaviors and thought processes The tension between taking risks impulsivity and self control a struggle evinced by many adolescents especially those in therapeutic treatment is also examined for its sources within the brain The result is a fascinating overview of the adolescent brain with profound implications for the clinical treatment of adolescents *Reproductive and Developmental Toxicology* Ramesh C. Gupta,2017-03-24 Reproductive and Developmental Toxicology Second Edition is a comprehensive and authoritative resource that provides the latest literature on this complex subject with a primary focus on three core components parent placenta and fetus and the continuous changes that occur in each Enriched with relevant references describing every aspect of reproductive toxicology this revised and updated resource addresses the totality of the subject discussing a broad range of topics including nanoparticles and radiation gases and solvents smoking alcohol and drug

abuse and metals amongst others With a special focus on placental toxicity this book is the only available reference to connect the three key risk stages also including discussions on reproductive and developmental toxicity in domestic animals fish and wildlife Completely revised and updated to include the most recent developments in the field the book is an essential resource for advanced students and researchers in toxicology as well as biologists pharmacologists and teratologists from academia industry and regulatory agencies Provides a complete up to date integrated source of information on the key risk stages during reproduction and development Includes new chapters covering significant developments such as dose response assessment for developmental toxicity juvenile toxicity and neural tube defects as well as emerging science such as stem cell application toxicoproteomics metabolomics endocrine disruption surveillance and regulatory considerations and risk assessment Offers diverse and unique in vitro and in vivo toxicity models for reproductive and developmental toxicity testing in a user friendly format that assists in comparative analysis [Index Medicus](#) ,2004 Vols for 1963 include as pt 2 of the Jan issue Medical subject headings **Handbook of Pediatric and Adolescent Health Psychology** Anthony J. Goreczny,Michel Hersen,1999 Twenty eight articles written by professionals in children s health psychology review the literature on topics related to various diseases and disorders anorexia diabetes headache burns cystic fibrosis and asthma addiction health promotion e g nutrition and food choice behavior exercise **Eating Behavior and Food Decision Making in Children and Adolescents** Oh-Ryeong Ha,Seung-Lark Lim,Amanda Schurle Bruce,Travis D. Masterson,Shan Luo,2022-02-23

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