



## 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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