

The Influence Of Peers On Adolescent Smoking Behavior At Smk Negeri Oeolo

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ABSTRACT

Adolescent smoking remains a significant public health problem, including in educational settings. This study aimed to analyze the influence of peers on smoking behavior among students at SMK Negeri Oeolo. The study employed a quantitative method with a cross-sectional design. The population consisted of 236 students, with a sample of 146 students selected using the Slovin formula and Proportional Random Sampling technique. Data were collected using a questionnaire, while data analysis was conducted through univariate and bivariate analyses using the Chi-Square test. The results showed that 82% of students experienced a high level of peer influence and 82% demonstrated a high level of smoking behavior. The statistical test yielded a p-value of 0.009 (< 0.05), indicating a significant relationship between peer influence and smoking behavior. The study concludes that the stronger the influence of peers, the higher the tendency of students to engage in smoking behavior. Schools, families, and health professionals are encouraged to foster positive social environments to prevent smoking habits.

Keywords: Adolescents, Peer influence, Smoking Behavior, SMK Negeri Oeolo.

INTRODUCTION

Smoking behavior remains a widespread public health problem, particularly among adolescents. Cigarettes contain harmful substances such as nicotine, tar, and carbon monoxide, which can cause heart disease, respiratory disorders, and lung cancer. Although the dangers of smoking are widely known, this habit remains difficult to prevent because adolescents are at a stage of identity development and are highly susceptible to influences from their surrounding environment.

Based on data from the Basic Health Research (Riskesdas, 2018), the prevalence of smokers in Indonesia among people aged 13 years and above increased from 34.2% to 36.3%. This condition indicates that prevention efforts need to be strengthened, particularly in schools, which are strategic settings for shaping student behavior.

One of the main factors influencing adolescent smoking behavior is peer influence. Adolescents tend to imitate their peers' behavior in order to be accepted within their social groups. Based on an initial survey at SMK Negeri Oeolo, 100% of the male students surveyed were active smokers, while 25% of the female students reported having smoked due to curiosity and the influence of their peer environment. To date, no empirical data have specifically examined the extent of peer influence on smoking behavior at the school. Therefore, this study was conducted to address this information gap and provide a basis for developing prevention programs.

METHODS

1. Type and Design of Research
This study used a quantitative approach with a correlational analytical design and a cross-sectional design.
2. Time and Place of Research
The study was conducted from April to June 2026 at SMK Negeri Oeolo, Musi District, North Central Timor Regency, East Nusa Tenggara.
3. Population dan Sample
The population consisted of 236 students. The sample was calculated using the Slovin formula with a 5% margin of error, resulting in 146 students. The sampling technique used was Proportional Random Sampling.
4. Data Collection and Analysis Techniques
Data were collected using a questionnaire developed based on indicators of peer influence and smoking behavior. Univariate analysis was conducted to examine frequency distributions, while bivariate analysis using the Chi-Square test was performed to assess the relationship between variables at a significance level of $\alpha = 0.05$.

RESULTS

1. Respondent Characteristics
Of the 146 respondents, 67 students (46%) were from Grade X, 45 students (31%) from Grade XI, and 34 students (23%) from Grade XII. Most respondents were aged 16–17 years (41%), and 98 students (67%) were male.
2. Distribution of Research Variables
 - a. Peer Influence: A total of 120 students (82%) fell into the high category, and 26 students (18%) into the low category.
 - b. Smoking Behavior: A total of 119 students (82%) exhibited high smoking behavior, and 26 students (18%) exhibited low smoking behavior
 - c. Peer Group: A total of 120 students (82%) fell into the high category, and 26 students (18%) into the low category.
 - d. Smoking Behavior: A total of 119 students (82%) exhibited high smoking behavior, and 26 students (18%) exhibited low smoking behavior.
 - e. Relationship Analysis

Based on cross-tabulation analysis and the Chi-Square test, the following results were obtained.

Table. The Role of Peers in Smoking Behavior.

Variable		Smoking Behavior			
		N	%	<i>Expected Count</i>	<i>Pearson Chi-Square</i>
The Role of Peers	Tall	115	79,31	21,5	6,82
	Rendah	30	20,69	4,5	
Total		145	100		

Chi-Square value = 6.820; p-value = 0.009

DISCUSSION

The findings showed that most students were in peer environments characterized by strong peer influence and also demonstrated high levels of smoking behavior. The statistical test confirmed a significant relationship between peer influence and smoking behavior ($p < 0.05$). This finding is consistent with adolescent development theory, which states that during this stage, peer groups become a major source of attitude and behavior formation. Adolescents spend considerable time with their peers and have a strong need to be accepted by the group. When smoking is perceived as a common habit or a symbol of maturity within the group, students tend to follow the behavior despite being aware of its harmful effects. This finding is also consistent with previous studies emphasizing that social pressure and imitation of peers are major factors contributing to smoking behavior. A peer environment that is permissive toward smoking makes it easier for students to experiment with smoking and eventually develop it into a habit.

CONCLUSION

1. A total of 82% of SMK Negeri Oeolo students experience high levels of peer influence, and 82% exhibit high levels of smoking behavior.
2. There is a significant relationship between peer influence and smoking behavior; the greater the peer influence, the higher the students' tendency to smoke.

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