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50/2023

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The 7th International Conference on Social Sciences  
Organized by Faculty of Social Science  
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# **Cigarette and Adolescent Debt: A Phenomenological Study of Smoking Behavior for Junior High School Students in Blitar City, Indonesia**

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## **ABSTRACT**

This study tries to explain or reveal the meaning of the concept or phenomenon of experience which is based on the awareness that occurs in several individual junior high school students in terms of the act of smoking using Alfred Schutz's phenomenological approach. From this research, the problem studied is what are the motives of junior high school students in Blitar City to smoke. The research subjects were junior high school students in Blitar City. Data collection techniques were obtained through observation, in-depth interviews using interview guidelines. The results of the analysis and findings of the data show that the motives for smoking behavior carried out by elementary school children are due to wrong association in the environment, lack of attention from parents, imitation of people admired in their environment and labeling 'bad' children so that children become play a role based on the label. The motives for the goals to be achieved by these children include wanting to be admired by their peers, wanting to have lots of friends and as an attitude of resistance to parents who are over protective.

**Keywords:** *Smoking, Juvenile Delinquency, Students, Phenomenology*

## **1. INTRODUCTION**

Smoking is referred to as a habit or addiction that is generally carried out by adult males, and smoking today is referred to as tobacco dependence. Tobacco dependence is defined as persistent tobacco use, usually more than ½ pack of cigarettes per day, in addition to the distress caused by the need to use tobacco repeatedly. In society, in general, smoking is a behavior that is usually carried out by the majority of adult men. Childhood is the basis for the formation of physical and personality in the next period. In other words, childhood is a golden period to prepare an individual to face the demands of the times according to their potential. In everyday life, you can find lots of people smoking everywhere, whether at work, in malls or other public places, even in their own households (Akbar, 2020).

But it would be different if the one who did it was a child who was underage. Currently there are many

phenomena that occur when children have the courage to smoke. Smoking at an early age is very dangerous, especially in terms of physical health. Cigarettes are addictive substances that contain nicotine and can attack the human lungs. It is not uncommon for children to suffer from lung disease just because of smoking. Consumption of cigarettes from an early age can lead to smoking habits that are difficult to stop, as well as risks to health and the environment. In addition, it can also be an entry point for children to consume drugs (Akbar, 2020).

According to Smet (Kennedy, 2011) a study found that the first cigarette smokers began at the age of the end of elementary school or early junior high school, namely 11-13 years. Mirnet's study found that even smoking behavior occurs due to the influence of the social environment and modeling (imitating the behavior of others) is one of the determinants in starting smoking behavior. According to Kurt Lewin, smoking

behavior is a function of the environment and the individual. That is, smoking behavior is caused not only by internal factors but also by environmental factors. There is an assumption that after trying the first cigarette, an individual becomes addicted to smoking. A survey of smokers reported that parents and siblings who smoke, boredom, stress and anxiety, peer behavior are factors that lead to the continuation of smoking behavior in a person (Nazriati, 2020).

Indonesia is the only country in Asia Pacific that has not ratified the framework convention on tobacco control (FCTC) to protect young people from damage to health and tobacco smoke and does not yet have laws governing the harmful effects of tobacco, while laws Number 32 of 2002 concerning broadcasting still permits cigarette advertisements in electronic media in various forms (Arisani, 2018). When we all know that smoking is an addictive substance and one of the killers of children's rights to life, the government seems not to be firm in protecting children from the dangers of tobacco. Even though Law No. 23/2002 concerning child protection states, the government is obligated and responsible for providing special protection to children, including those who are victims of addictive substances (Article 59). Article 89 Paragraph 2 confirms, "Anyone who deliberately places, allows, orders to involve children in the abuse, production or distribution of alcohol and other addictive substances shall be punished with imprisonment for a maximum of 10 (ten) years".

This smoking behavior can lead to deviant behavior in a child. Deviant behavior is the behavior of members of the community who are considered not in accordance with the customs, rules or social norms that apply. In simple terms, we can indeed say that a person behaves deviantly if according to the opinion of most people (at least in a certain group or community) the behavior or action is outside the prevailing customs, customs, rules, values or social norms. Because the lack of parental attention triggers a child to seek other attention, one of which is smoking, by smoking a child will automatically become the center of attention of others because cigarettes are not normally consumed by a child (Andani, 2019). Even though these actions do not all lead to deviant behavior, the community considers that these actions have led to deviant behavior, even these children will receive social sanctions in the community, when viewed from the health impacts caused, especially at the age of children, it will clearly harm their future. , moreover the age of the children certainly do not have their own income and still depend on their parents (Perwira, 2019).

According to Delamater (2011) there are four things that are related to the formation of children's social behavior, namely: a) The balance of behavior in the harmonious relationship between father and mother and the similarity of each of them to their children; b)

Stability of behavior that fosters feelings of certainty and security; c) An objective attitude towards the situation according to what the child is; d) The superior attitude of parents can foster feelings of inferiority in children.

After seeing several phenomena of delinquent behavior carried out by teenagers and children whose actions are not much different from smoking behavior by a child which is also a deviant act, in this study the researcher wanted to examine the phenomena that occurred in the area of Blitar City. because in that area there are many cases such as children smoking and even drinking alcohol (Khotimah, 2017). But the researchers only wanted to study smoking behavior because the percentage of those who smoked was much higher than those who drank.

In connection with the above, a formulation of the problem was formulated: what are the motives of junior high school students in Blitar City to smoke both in the school environment and outside?

## 2. METHOD

This study uses a qualitative method with a phenomenological approach. Phenomenological research tries to explain or reveal the meaning of concepts or phenomena based on the awareness of experiences that occur in several individuals. This research was conducted in a natural situation, so there are no limitations in interpreting or understanding the phenomenon being studied. In a phenomenological view, the researcher tries to understand the meaning of events and their relation to ordinary people in certain situations. This research is intended to obtain an overall picture of smoking behavior and the motives carried out by junior high school students in Blitar City. With this method and approach it is expected to be able to understand "because motive" and "in order to motive" from smoking behavior carried out by junior high school students in Blitar City.

This research was conducted in Blitar City. The methodological reasons for determining the location of the research were (1) because there was a phenomenon of uniformed junior high school students wandering around carrying out smoking behavior; (2) Because of its location near the market, the influence of an unfavorable environment is very large for a child.

The subjects of this study were smoking junior high school students aged between 12-15 years living in Blitar City. The number of subjects to be studied was not determined at the beginning of the preparation of this proposal because it adheres to the qualitative method of research that the research will be stopped if the informants' answers are saturated. To facilitate the research process, researchers have key informants. The

key informant has been determined by the researcher, namely named AS (14), the reason the researcher chose him as a key informant for several considerations, among others, first, AS is a resident of Blitar City who goes to school in Blitar who has lived there for a long time and really understands the ins and outs of the environment in the area is in the Sukorejo Village, Blitar City. Second, he was an influential person especially in matters of youth, and he used to be a bad boy like a research subject. From this key informant, the researcher will use the snow ball sampling technique, namely determining a sample that is initially small in number and then this sample is asked to choose its friends to be sampled, as it rolls it gets bigger and bigger.

The steps of data analysis in a phenomenological study are: a) The researcher begins to organize all the data or an overall description of the experience phenomena that have been collected; b) Read the data as a whole and make marginal notes regarding data that are considered important then code the data; c) Find and classify the meaning of statements that are felt by respondents by doing horizontalizing, that is, each statement is initially treated as having the same value. Furthermore, statements that are irrelevant to the topic and questions as well as statements that are repetitive or overlapping in nature are removed, so that only horizons remain (textural meanings and the constituent elements of the phenomenon that do not experience deviations); d) The statements are then collected into units of meaning and then a description of how the experience occurred is written; e) Next, the researcher develops an overall description of the phenomenon so as to find the essence of the phenomenon. Then develop a textural description (regarding the phenomenon that occurs to the respondent) and a structural description (which explains how the phenomenon occurs); f) The researcher then provides a narrative explanation regarding the essence of the phenomenon under study and obtains the meaning of the respondent's experience regarding the phenomenon; g) Make a report on the experiences of each participant. After that, a combination of these images is written (Moleong, 2015).

### **3. RESULT AND DISCUSSION**

#### ***3.1 Motive Cause***

##### ***3.1.1 Wrong Association***

The environment is the space in which a person lives, both physically, mentally and spiritually. The environment itself is actually neutral, it doesn't affect anything if you just go through it at a glance. It only affects humans when it stimulates humans repeatedly, continuously for a long time (Richardson, 20020). The

influence of the environment on humans can be in the form of shaping or changing behavior, be it positive or negative depending on what factors are relevant to human activity or attention. Likewise, the environment of a child who is still unstable and requires active socialization of the environment both in the family and in the community, which generally has a diverse life where there are all social activities carried out by human lifestyles by interacting with each other at all levels. Humans are social beings who can be influenced by the social environment in which they are located. Often the influence of the environment is so great that it not only changes or straightens, but even defeats one's original character (Andani, 2019).

According to Edwin H. Sutherland (Kartono, 2017) deviance is a consequence of proficiency and mastery of an attitude or action that is learned from deviant norms, especially from subcultures or among deviant peers or that deviance originates from different associations. With the behavior of various and repeated patterns of social interaction that penetrate into the life of a child that causes one of the deviations from smoking behavior.

Various facts reveal that the more a child smokes, the more likely his friends are smokers too and vice versa. From this fact there are two possibilities that occur, firstly the child was influenced by his friends or even the child's friends were influenced by the child himself which in the end they all became smokers. This is what also happens to research subjects of smoking children, most of them are due to the influence of friends, whether they are peers or friends who are more mature than them and a few of them do it to influence their peers for certain purposes. As an act of deviant behavior, a child tends to take actions that are not in accordance with the rules of law and order caused by limited knowledge and understanding of the reality of life, children learn more easily from the examples they receive from coercive rules.

G is a 12-year-old child in whose environment it is very difficult to find peers he can play with. In order to make friends, he is forced to spend his daily life with his older brother and friends who are much older than him, who just hang out, smoke, drink, and do other activities. other useful. Likewise, it is this factor that occurs as a result of a child associating with people who have unequal social development. A child's life will continue to develop normally and gradually according to age development, be it social behavior in family life or in society. When the socialization process cannot go well or normally occurs in children who are immature in personality, they will be very easily influenced by friends in the social environment. If the social environment that a child enters is a healthy environment then a child develops in a healthy manner too. But if the environment he enters is not healthy, the child

concerned will also grow unhealthy. The behavior patterns of a child cannot be separated from the behavior patterns of other children around him.

A child does start from a person who is still clean and very sensitive to stimuli that come from the environment. From the findings of the data it can be classified that all the subjects who carried out the act of smoking all started from the influence of the social environment. As expressed by D (14) as follows:

....” many of my friends play in the village who all smoke, so I want to join in with them..every day while playing there is someone who smokes, whether it's my friends (same age) or guys hanging out..”

The situation experienced by D (14) continues to occur when he is interacting with the social environment that he inhabits every day. When his friends smoke, which he considers a lifestyle, automatically D (14), who is in the environment every day, is forced to try to adjust to his social environment. As stated by Sutherland, one of them is that deviant behavior is learned by someone in their interactions with other people and involves an intense communication process and the main part of learning about deviant behavior occurs in intimate or familiar personal groups. The friends in D's environment are an intimate or intimate personal group and involve an intense process of communication that occurs every day. These groups tend to have common goals and agreements. With bad environmental habits such as smoking, a child will assume that this activity is an act or profession that is reasonable for him to do and override the consequences produced by smoking.

Most smokers believe there is pleasure and enjoyment that comes from smoking, and health, lethargy, money, deep voice and coughing are just the annoying risks of enjoying the pleasure of smoking. The subjects also thought the same about something produced by cigarettes, cigarettes in fact can cause a pleasure in itself in the sense of a calm, fun and togetherness. From this equation of feeling which also creates a high sense of solidarity with friends. As also expressed by D and K, they have a high sense of cooperation with their group if any of their friends experience difficulties or obstacles. This was proven by D when his friend had a problem with another group, as expressed by D (14 years) as follows:

"I once had a fight with my friend...lha R (a close friend) was made enemies by saying he was cheating when playing cards, actually he wasn't..I know, sis, his son didn't accept it, I got angry and didn't punch him in the face then I pushed him away. Finally My teacher knows that everyone is called by the principal and they are scolded and then punished to clean the bathroom.

If this happens, my parents will be called to school. Yes, I'm afraid that my father will scold me even more.”

### **3.1.2 Lack of Parental Attention**

Family is the first step for individuals to get all aspects of values (Narwoko, 2015). However, not least the role of the family in child development does not run as it should, such as parents are too busy with their personal work, parents do not give an active role to children in the family, parents pay less attention to children. This often happens in urban areas where both parents have jobs that are too busy to care about the daily behavior of a child. Of the several subjects, most of them experienced a lack of attention from their parents, they had very little time to meet their parents in a day because they were too busy working. It's another thing if the child is always cared for and always close to both parents, so that the child will be honest and open to his parents, from this the parents can control the child's behavior, if in the child's attitude there is already a development of deviant behavior then the parents immediately correct their behavior (Asmanunizar, 2018).

The H (15) family is a form of a family that is not harmonious, as a result of the family's poor economic situation which made his mother leave him and his father rarely came home because he was busy working which made his life more disorderly and no one took care of him because very little attention from the family.

The lack of parental attention often encourages children to build an image that they are independent and able to live without anyone's help, that image tries hard to display to cover up the real reality. One of the attitudes taken by H (15 years) is by becoming an illegal parking attendant when he needs money for his own needs when the rations from his parents are deemed insufficient to meet his needs. Even though he has fear, disappointment, anger, hurt towards his parents, he also has a bad perception of himself. He felt unnoticed, worthless so his parents didn't want to get close to him and indeed he also didn't want to be approached by him. Unknowingly all these feelings are expressed through strange behavior, which other people call 'naughty', 'wild' and 'deviant'. They also like to seek attention in negative ways, one way is by smoking.

### **3.1.3 Imitation**

Imitation is a form of learning to behave. This is very likely to receive a response as deviant behavior, especially in the life of a society that still upholds the values and norms of life. This imitation is increasingly supported by pressure from other people of the same age (peer group) who also have the same behavior in their environment. The nature of being curious and wanting to imitate is arguably one of the "trade marks" of

children this age (Narwoko, 2015). Even when doing something, they no longer think long. That means, if they really want to, they will do it. Cases that are not permissible, violate the rules, or can endanger him at that time or in the future, are placed in the order of so many. As for what children usually imitate and try on at this age are actually nothing but things they are familiar with because they often see and hear them. Especially if the imitation figure is someone close and admired, such as a friend, sibling, or parent.

The imitation process itself will continue to develop by having a positive nature, where the individual tries to maintain the norms or values that apply in society while it is negative if the individual imitates actions that are not good and deviates from the values and norms that apply in society. The smoking behavior carried out by these children shows the reality that the social environment, whether in the community or within the family itself, is the main medium for a child to imitate. Like the smoking habit carried out by parents indirectly a child will think of wanting to emulate the actions of his parents, because parents are a child's role model. In an environment where most of the people are smokers, it can also influence other people to imitate them. Likewise, what is done by a junior high school aged child whose soul is still unstable will be very easy to receive stimulation from outside to do this.

### **3.1.4 Bad Boy Labels**

According to Becker (Pradhana, 2019) defines deviation as a consequence of the application of rules and sanctions by others to a violator. Through this definition it can be determined that deviance is an action that is labeled to someone, or to whom the label has been specifically assigned. Labeling or labeling a person or group of people greatly influences the possibility of deviant behavior. Like the smoking behavior carried out by H, one of the subjects who has been considered by the community as a naughty child due to his smoking behavior, it is from the label given by the community to him that makes H always develop this deviant behavior by smoking and drinking. hard. If he lives up to his label, people will treat him like it does. This becomes a circular cycle that repeats itself and reinforces one another over and over again. Labeling given to children will strengthen a child's perspective on himself. Society judged Hendri first from his family background which was not harmonious, his apprehensive economic life and his daily interactions with unemployed children and deviant behavior, further strengthened Hendri in doing deviant things as an outburst of his disappointment with environmental stigma.

People behave normally or abnormally, deviate or not deviate, depending on how other people (parents, family, society) judge it. When a child commits a deviant act, society often stigmatizes the child as a

naughty child for no apparent reason, this only strengthens the child's behavior into further deviant acts. The labeling possessed by these children has affected their daily life, the label as a smoker has made their behavior very dependent on cigarettes. Because the child perceives that the labeling he receives tends to affect his whole personality, not his behavior one by one, so that the label makes the child play the role of his entire personality in a negative direction, even though behind his bad personality, there must still be a positive side that he has to be able to excel in the field. other.

## **3.2 In Order to Motive**

### **3.2.1 Want Admired Friends**

Seeing the behavior carried out by a child has a tendency not to be far from the influence of the environment that has become their place of interaction, be it from the social environment of the community, school, or the mass media. When a child is doing smoking behavior which is followed confidently with his group, there is a feeling that a child tends to want to get recognition from other people, at least from his group mates.

When they start to try smoking, children will prioritize prestige and style rather than enjoying the taste of the cigarette itself. It is not surprising that the cigarettes that sell well among novice smokers are the types of cigarettes that claim to be able to build self-identity or increase their prestige. In other words, the activity of experimenting with smoking for young children is actually more of a suggestion that is believed to be able to increase prestige and self-confidence in front of their friends. These individuals will try their best to appear as trendy as possible so that they get recognition from their peers. To get what a child wants, it's not half-hearted to sacrifice important things in order to meet the needs in physical appearance. This feeling is developed by the children of smokers so that all the actions they take are able to make other friends feel suggested to admire them. The child wants to show others that he is an adult and wants to be respected, by smoking like adults do today.

### **3.2.2 Want to Have Many Friends**

Self-socialization is divided into two, namely perfect socialization and imperfect socialization. Perfect socialization occurs when the perpetrator can sort and choose which one is good or bad for him, both wrong and right actions that he must do. That way, these actors can develop with good physical and psychological conditions according to their age. However, very few in this era of globalization do we meet children who develop well and perfectly as mentioned above.

Perfect socialization is very beneficial for child development. For example, the child has many friends, so he will also get a lot of experience. By having a lot of ability to sort out the good and bad actions that he encounters in socialization, he can develop a good personality. This can happen because the environment he chooses to socialize is also a healthy and good environment.

However, on the other hand, this imperfect socialization process can form deviant personalities. We know that a child who is looking for his own identity will do anything for something he doesn't know yet. This great curiosity and attitude that always swallows up whatever he encounters in socializing is what makes him take deviant actions. As was done by Y (12 years), aside from his low brain ability to adapt to his social environment where in order to get many friends he is forced to obey all his friends' wishes even though this behavior is considered deviant behavior. As expressed by Yopi (12 years):

"Initially, my friends persuaded me to smoke, when after school I stopped by to play at my friend's house, they said it was delicious, but actually it wasn't good, but I felt bad for my friends, I was afraid that I wouldn't be considered a friend anymore..."

Y's statement shows that he is willing to do what is ordered or whatever his friends do in order to make friends even though he is forced to smoke which he considers to have a bad taste.

### **3.2.3 Resistance to Parents**

Resistance always appears in human life. It becomes a natural thing considering humans are always looking for new things. However, in the midst of his search, the desire to leave what had existed was also not fully realized. The emergence of resistance by children against their parents is due, in part, to the fact that children are always under pressure from their parents or feel they are not being cared for by their parents. Children who are in the care of overprotective parents will make them feel pressured, feel constrained, and in the end children will look for what they need from their social environment, even though what they get is not necessarily true. Even children tend to exaggerate in expressing their freedom when in the midst of their group. This can cause children to behave deviantly as a form of their rejection of their parents' over protective attitude.

When a child does not succeed in doing something as desired by their parents they feel bored, frustrated

and coupled with excessive pressure from their parents as a result of this it will make a child put up a fight. This happened to Y, his father's profession as a teacher and the attitude of his parents who demanded him to excel at school had made him depressed especially since Y had once missed a grade. always studying and learning. Even though it is indeed the duty of a school child, besides that Yopi also needs to get along and socialize with his peers even though at this time he must be forced to fall into deviant behavior. His ability is no longer sufficient to be forced higher, so he feels stressed, does not feel at home and is always rebellious.

## **4. CONCLUSION**

In carrying out smoking behavior a child always has its own motives. This is in accordance with Alfred Schutz's statement, where individuals understand human consciousness and action. Schutz said that there is a because motive before it occurs in order to motive. In other words, all actions taken by individuals have motives behind them. Children who engage in smoking behavior have different backgrounds, including due to wrong association where these influences can come from various groups ranging from peers, more mature friends to parents' smoking habits which also greatly affect children, ranging from trying try to follow the habits of friends hanging out. Children who smoke tend to get negative stigma, such as being naughty and not good so that children who smoke prefer smoking where there is reinforcement of their smoking behavior, namely friends who are also active smokers.

Apart from that due to the lack of attention from parents, the family has an important role in efforts to develop the child's personality. But in reality the smoking behavior that is being developed by these children is one of the symptoms of dysfunction or failure of the process of socialization of parents towards children in controlling a child's behavior in daily social life. The process of imitation or imitating is also one of the forms that underlies children to smoke. This imitation is further supported by pressure from other people who are close and around his social environment who tend to be admired, such as friends, siblings and parents. Labeling or labeling a child as a 'bad' child or group of people greatly influences the possibility of smoking behavior, so that he performs this role according to the label received from society.

From this background action, the smoking behavior carried out by the child certainly has its own goals, including wanting to be admired by friends. When they start to try smoking, children will prioritize prestige and style rather than enjoying the taste of the cigarette itself. When a child is doing smoking behavior which is followed confidently with his group, there is a feeling

that a child tends to want to get recognition from other people, at least from his group mates, so that a feeling of wanting to have many friends arises. A child who is looking for his own identity will do anything for something he doesn't know yet. Apart from that, doing resistance to parents is also a goal to be achieved by someone in carrying out smoking behavior. Children who are in the care of overprotective parents will make them feel pressured, feel constrained, and in the end children will look for what they need from their social environment, even though what they get is not necessarily right.

## ACKNOWLEDGMENTS

The author would like to thank for the full support of the Fakultas Ilmu Sosial dan Hukum, Universitas Negeri Surabaya, so that this article can be published. Thank you also to the Lembaga Penelitian dan Pengabdian kepada Masyarakat (LPPM) Universitas Negeri Surabaya, which has agreed to provide funding for this research.

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