ANALYSIS SMOKING BEHAVIOR TRIGGER FACTOR ON CONTRACTOR WORKER AT PT GGS AT BINTARO SOUTH TANGGERANG WITH USING HORN QUESTIONAIRE

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Abstract

The smoker number in indonesia is high enough. RISKESDAS on 2007 says that smoker in indonesia is high enough. Which the old age group or young age group. They have high number on smoker prevalence and increasing. at 2010 ciggarete that produce in indonesia its about 135 tons every year. And import ciggarete can be found easily at indonesia. The research was conduct to find out what is the important factor which trigging smoking behavior on contractor worker at PT GGS at Bintaro South tanggerang . The research is analysis survey which using cross sectional apporoach study. It means the writer obtained data when experimental is doing. at this experiment writer doing this experiment at 42 contractor workers on PT GGS Bintaro, South Tanggerang. By using horn's quossionaire. And writer get te result that "kesenangan" factor is one of most important factor, its about 18.18% (22 sample). And followed by "stimulasi", "pegangan", "stress", "sosial" factors. They have same score, its about 14.87% (18 sample). At this experiment writer get another fact. 100% sample is an active smoker(42 sample). Which is the most of sample is 26-35 years old (15 sample). From this research It can be concluded the factor that can trigger the most smoking behavior in the research is "fun" and this is a surpising result because 100% samples of smoking .therefore, It is necessary to give counseling to contarcor workers about smoke and the impact for health and environtment

Keyword: Trigger Factor, behaviour , ciggarete.

INTRODUCTION

Cigarette and tobacco consumption is a very common thing in Indonesia. Man or woman, either in public place or at home, and even to the people whose age is still considered young or not old enough. In fact, as we already know, smoking is one of the major risk factors for various chronic diseases, like stroke, Chronic Obstructive Lung Disease (COPD), Lung Cancer, Cardiovascular Disorders, and Pregnancy Disorders. Those diseases are eventually the most common causes of death. However, despite the facts menitoring that smoking is a risk factor for a variety of chronic diseases, the number of smokers in Indonesia tends to increase significantly[7].

Based on data from the RISKESDAS of the Department of Health in 2007, it is recorded that 65% of male adults smoked, 5.2% of women smoked, 37.3% of male adolescents (15-17 years old) smoked, 1.6% of female adolescents (15-17 years old) smoked, 3.5% Children (10-14 years old) men smoked, 0.5% of the Child (10-14 years old) women smoke. The prevalence of smoking continued to increase both in men and

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women groups. The prevalence of smoking among women increased four times that was from 1.3% in 2001 to 5.2% in 2007.[1]

In addition, data from the Global Youth Tobacco Survey (GYTS) in 2009 which studied the smoker from the group of school age, the data showed that there was 30.4% school children had ever smoked categorized to the male school children reached by 57.8% and there was 6.4% went to female school children. While 20.3% of school children were active smokers, male active school-children were by 41% and the female group one was by 3.5%.[2]

In terms of prevalence (%), the problem of smoking was likely to increase in 2010 (34.7%) compared to 1995 survey data (27%), although there was little decrease number of 5.2% in 2007 to 4.2% in 2010 for the female population. If the target of the government is to reduce the prevalence of smoking by 1% per year, then it becomes a challenge for the government and it requires considerable effort to involve various parties by having the application of multi-strategy and decisive leadership and focused.[3]

Smoking prevalence tends to be high stable (above 50%) and has tended to increase since 1995 (53.4%) to 2010 (65.9%) in the male population. While in female population, a sharp increase was occurred in 2004 and 2007 (4.5% and 5.2%) compared to 1995 and 2001 (1.7% and 1.3%), and after that it was decline in 2010 (4.2 %). In the female group, the prevalence was quite high in 2007 and 2010 it was likely associated with the consumption of chewing tobacco in the elders. [3]

It is true that the amount of tobacco produced in Indonesia was statistically decreased, i.e. from 156 thousand tons in 1990 to 135 thousand tons in 2010. Based on the composition of production, the province producing tobacco leaf in Indonesia was also unchanged. Tobacco leaf production is concentrated in five provinces, namely East Java, West Nusa Tenggara, Central Java, West Java and North Sumatra, in which East Java produced for nearly 40% of the national tobacco leaf production. However, the above figures become meaningless because the imported cigarettes is getting more into Indonesia.[3]

In this study it is expected to investigate the factors that influence smoking behavior and conduct an analysis of these factors. It is to facilitate in making the program or policy in reducing the number of smokers.

The purpose of this study is to determine the smoking triggering factors that are mostly occurred in construction workers of PT. GGS Bintaro, South Tangerang in October 2013

METHODOLOGY

The design of this study is analytical survey using *cross sectional* approach that is data collected for a moment or data obtained while doing research. This research was conducted in Housing construction Project by PT. GGS contractor in September-October 2013. The population in this research study was 42 active workers who handled the project of PT GGS. The subjects of this study met the inclusion criteria, namely: was present at the time of sampling, was willing to become respondents and willing to sign statement of willingness, could communicate well, had a history of smoking behavior. In this research it also meets the exclusion criteria, namely: was not willing to become respondent and could not communicate well.

The subjects in the study were taken with consecutive method where each patient that met the acceptance criteria was included in the study until the number of fulfilled subjects. The study subjects had short anamnesis initially in which it was to ensure that the subjects were smokers. After that anamnesis was conducted for their smoking history, then it would be explained about research method and its questionnaire. If the subjects were willing to be the subject of the study, the subjects should sign a statement of willingness to study (Informed consent). The measuring instrument was in the form of research questionnaire with categories of ordinal and nominal level of measurement. The answers were written on the questionnaire

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would be calculated using horn scale adopted reason for smoking artificial horn, ikard and green (1969) translated by PDPI Indonesia.[25] Analysis of the data used was univariate to see the description of frequency distribution of each variable.

RESEARCH RESULT

The researcher took location Data in the housing project "Bintaro Village" which was being implemented by PT. GGS located on Sukabakti, Bintaro, South Tangerang, Banten. The data retrieval location was quite easy writer because the samples lived and slept together in the mess that was provided in the project and there was smoking ban area in that location. The fact showed that the workers tended to be free to smoke while doing the construction work. It can be also from the company's allocation budget for daily cigarettes for its workforce.

Table2. The Age Distribution Description on the Workers in di PT.GGS Bintaro, South Tangerang, 2013

No	Age	Total
1	<15 Years Old	0
2	16-25 Years Old	12 People
3	26-35 Years Old	15 People
4	36-45 Years Old	10 People
5	46-55 Years Old	2 People
6	>56 Years Old	3 People
	Total	42 People

Of the above data it can be made its percentage table. The following is its result:

In this section there will be description of the age distribution of the workers who smoked in PT.GGS Bintaro, South Tangerang, Banten, in 2013. Based on the data obtained by the researcher through the questionnaire filled out by the workers, the obtained result is as follows:

Table 3. Age Percentage of Respondents
The Description Of Smoking Behavior Triggering Factor Analysis By Using Horn Questionnaire

Age	Total	Percentage
16	2	4.8
17	1	2.4
19	1	2.4
20	1	2.4
22	4	9.5
23	1	2.4
24	1	2.4
25	1	2.4

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26	1	2.4
27	3	7.1
28	2	4.8
29	2	4.8
30	4	9.5
34	1	2.4
35	2	4.8
37	2	4.8
38	2	4.8
40	2	4.8
41	2	4.8
45	2	4.8
48	1	2.4
55	1	2.4
58	1	2.4
60	1	2.4
Total		**100**

Table. 4
The Description Of Smoking Behavior Triggering Factor Analysis By Using Horn Questionnaire in the
Workers PT.GGS, Bintaro, South Tangerang Selatan, Year 2013

Triggering Factor	Total	Percentage
Stimulus	18 People	14.87%
Pleasure	22 People	18.18%
Craving	12 People	9.91%
Holder	18 People	14.87%
Habit	15 People	12.40%
Stress	18 People	14.87%
Social	18 People	14.87%
Total		**100%**

Horn Score Question Description

Here is a table of the number of questions answered by the respondents. This table is summarized from the calculation of the questions answered by the respondents. So that the sample can be seen the tendency in answering questions from the horn questionnaire given by the Researcher.

Table 5. Total of Answer Per Question in Horn Questionnaire The Description of Smoking Reason Relationship accordance with the age of the Workers of PT.GGS Bintaro, South Tangerang Year 2013

No	Questionnaire	Always	Frequently	Sometimes	Rarely	Never	Total
-1	-2	-3	-4	-5	-6	-7	-8
A	I smoke to keep me awake and think clearly	6	11	15	6	4	42
B	Smoking is Fun and Soothing	10	7	15	6	4	42
C	When I run out of cigarettes I always can not detain it	5	10	12	9	6	42
D	The delightful of smoke is when I started to fire	9	10	12	9	2	42
E	I smoke automatically without I realize it	6	8	9	11	8	42
F	I lit a cigarette when I'm sad / angry / worried about something	5	10	15	6	6	42
G	I smoke to make myself more attractive / popular	11	6	5	8	12	42
H	I smoke to make myself happy / live	10	6	5	9	12	42
I	I feel the smoking can be enjoyable	6	7	14	12	3	42
J	I should smoke soon I wake up	3	2	6	18	13	42
K	The pleasure part of smoking is when I see the exhaled smoke	8	7	6	10	10	42
L	Sometimes I realize myself smoke without remember that I have lit it on	1	7	10	10	14	42

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No	Questionnaire	Always	Frequently	Sometimes	Rarely	Total
-1	-2	-3	-4	-5	-6	-7
M	When I feel sad or want to escape from problems, I lit a cigarette	7	9	8	12	6
N	I smoke when my friends / relatives / family members around me smoke	7	10	13	11	1
O	I smoke in order to feel "high"	11	5	8	6	12
P	I mostly want to smoke when I feel comfortable and relaxed	5	11	18	6	2
Q	I feel "hungry" to smoke when I have not smoked in some times	6	5	16	8	7
R	I feel uncomfortable without a cigarette in my hand	6	6	7	12	11
S	I smoke in a particular place or when I do certain activity	6	8	10	13	5
T	When I feel uncomfortable I want to lit a cigarette	7	6	15	9	5
U	I smoke to be a "part" in the crowd	8	6	13	8	7

Furthermore, based on the median value (mean) the samples were divided into two groups, namely smokers whose age were under 30 years and smokers whose age were 30 years above. This study is to see the causes or reasons of a person smokes and whether there are differences in views from the age. In the Horn questionnaire that the Researcher used, there are seven smoking reason criteria that could be measured on the respondents, namely Stimulus, Fun, Craving, Holder, Habit, Stress, and Social[25]. The results of the processing of the smoking reasons in the group whose age was below 30 years are as follows:

Table 6. Table Age of under 30 Years Old

	Stimulus	Pleasure	Craving	Holder	Habit	Stress	Social
Mean	10.30	10.25	8.80	9.50	9.35	9.65	9.25

While for the group whose age is above 30 Years Old can be seen in the following Table:

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Table 7. Table Age whose Above 30 Years Old

	Stimulus	Pleasure	Craving	Holder	Habit	Stress	Social
Mean	8.36	9.22	7.36	8.63	7.40	8.45	9.18

The Description of Mean, Median, Modus of Each Smoking Behavior Triggering Factor in the Workers of PT.GGS, Bintaro, South Tangerang Year 2013

The following is the Mean, Median, Modus of each smoking behavior triggering factor indicator in the workers in accordance with Horn. For the mean it is almost same with the Table 6 and 7, but the mean was calculated without dividing the group into two groups. It can be seen in the following table:

Table 8. Mean, Median, Modus from Each the Smoking Reason

	Stimulus	Pleasure	Craving	Holder	Habit	Stress	Social
Mean	9.28	9.71	8.04	9.04	8.33	9.02	9.21
Median	9	10	8	9	8	9	8,5
Modus	9	10	9	10	8	9	7

DISCUSSION

The Smoking Triggering Factor Analysis to the Workers

The Research result in Table 4 showed the total number of each reason for smoking. From the data that the Researcher could obtain through Horn questionnaires to 42 respondents it was found that the reasons for the pleasure got the highest number (22), followed by the reason of stimulus, handle stress, and social (each 18 people) its underneath there were reasons of habit (15) and craving (12 people). This also supports the research that had been carried out by Horn, Ikard, and Green in 1969 with the same questionnaire in which the obtained result was 80% of smokers agreed with the statement stating that smoking is a pleasure action.[26]

Where the triggering factors were caused by the contents which are contained in cigarettes, especially the role of nicotine affects the brain. Nicotine affects the feelings, thoughts, and function of the brain cells. Within only 10 seconds smoking the nicotine invades into the brain, even in every suction of cigarette puff nicotine level in the arteries is increased 10-times from the previous suction. Nicotine levels will drop 2 hours after the last suction. And there will be a broken nicotine symptom where smokers feel restless and want to go back to feel the comfort that which occurs in smoking cigarettes. So there is a craving to smoke. [11]

Meanwhile, serotonin can also be released by nicotine. Serotonin has been known to give a sense of comfort and as a mood enhancer where serotonin gives pleasure for smokers. Glutamate is found in nicotine content functioning as concentration enhancer. So that it can serve as a stimulant. The glutamate is measured to function in study concentration or receive something and strengthens memory. [11]

According Levanthal and Cleary, habit is also important smoking behavior triggering factors. Smoking behavior becomes a behavior that must still be done without any motive existence either it is negative or positive. Someone smokes just to continue his behavior without a specific purpose. In addition to the above motives, individuals can also smoke with a reason as a means of coping with stress (coping).[15]

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Based on the data that the Researcher has obtained, it can be concluded that 100% of the population samples are active smokers. Where the youngest samples (16-20 years) who incidentally were underage until the oldest samples (> 56 years), no one denied their history of smoking. It is most likely that this was because it was too easy to obtain cigarettes and their daily cigarette incentive from their company.

Horn Questionnaire Explanation Analysis
Research result in table 5 was on the statement contained in horn questionnaires and it had been answered by the respondents, it can be seen in the following table.

Table 9. The Most Answer for Each Statement in the Questionnaire Kuisioner

Question	Response	Total
I smoke to make myself more attractive / popular	Always	11
I smoke to keep me awake and think clearly	Frequently	18
I mostly want to smoke when I feel comfortable and relaxed	Sometimes	18
I should smoke soon I wake up	Rarely	18
Sometimes I realize myself smoke without remember that I have lit it on	Never	14

This difference affected the triggering factor of each respondent with smoking behavior where the factors that had been discussed by Hansen that smoking behavior was influenced by biological and psychological factors that made the smoking behavior triggering factors of the respondents were different.[15]

The Description of Relationship of Age with the Smoking Behavior to Workers
The research result of the overall sample, most age that became the sample was at age of 22 and 30 years in which they occupied the productive age who each got a portion of 9.5%, followed by the age group of 27 years with a range of 7.1%, and for other age groups which were more or less percentage amount each other. Only those three age groups had the flashy numbers than the number of other age groups (ages 22, 27, 30 years). This supported the result of RISKESDAS survey stating that 65% of male at productive age are active smokers.[1]

Then there are tables 6 and 7. These two tables had content which were more or less same, but this table was made based on the median of age of the entire samples. The researcher obtained median age was 30, then the Researcher divided it into two groups. One group was for above 30 years old and the other one was below 30 years old. Then the authors sought the mean. There was found from these two groups had difference for reasons of smoking. The group whose age was under 30 years old had the highest mean on the stimulation and pleasure. Whereas in the group above 30 years old, it was for social and pleasure.

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CONCLUSION

1. Based on data the Researcher obtained it was said that every smoker had smoking behavior triggering factors which were different each other. In the majority community that the Researcher had closely investigated, the group chose the factor of "pleasure" as smoking behavior triggering factor. From the data that had been obtained it is expected can help the local health authority to create programs to reduce the number of smokers.
2. There were differences in smoking behavior triggering factors in both groups both for the group whose age was below 30 years and a group whose age was above 30 years old. For the group whose age was under 30 Years, the factors were for pleasure and stimulation. For the group whose age was above 30 years, the prominent factors were fun and social

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