



THE RELATIONSHIP BETWEEN PARENTING PATTERNS, PARENTAL SMOKING BEHAVIOR, AND PARENTAL COMMUNICATION ON SMOKING BEHAVIOR AMONG ADOLESCENTS

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ABSTRACT

Smoking is a serious global public health issue, especially in low-income countries, including Indonesia, where the prevalence of smoking among adolescents has reached alarming levels. This study aims to analyze the relationship between parenting patterns, parental smoking behavior, and parental communication on adolescent smoking behavior. Using an analytical observational method and a cross-sectional design, data were collected from 60 male students at a high school in Aceh. The results indicate that democratic parenting styles, parental smoking behavior, and effective communication are significantly related to the risk of smoking among adolescents. Adolescents raised in family environments with open communication and positive parenting styles have a lower risk of smoking. These findings underscore the importance of parental roles in preventing smoking behavior among adolescents and recommend interventions focusing on raising parental awareness of the impact of their behavior on their children.

Keywords: behavior; communication; parenting; smoking

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INTRODUCTION

Smoking poses a problem for public health because it can lead to various diseases and even death. Cigarettes and other tobacco products are addictive. This dependence is caused by the nicotine found in tobacco. Nicotine is an addictive psychoactive substance that can create dependence through mechanisms similar to those of substances like cocaine and heroin (Glantz et al., 2022; Mahajan et al., 2021; NIDA, 2020b). Smoking is the act of inhaling tobacco smoke, either through cigarettes or pipes (Metanfanuan & Pattiwael, 2023). According to Shiffman, smoking is the action of inhaling or drawing in smoke, with the quantity and frequency being measurable or observable (Usman, 2018). In general, smoking refers to inhaling and exhaling nicotine, the addictive substance found in cigarettes. Additionally, there are other forms of tobacco use that do not involve combustion, such as chewing tobacco or using nicotine gum. However, the most common method of tobacco consumption is smoking (NIDA, 2020a).

The World Health Organization (WHO) reports that the issue of smoking in low-income countries is very concerning, with approximately 80% of the 1.1 billion smokers coming from these countries (WHO, 2019). According to a survey by the Data and Information Center of the Indonesian Ministry of Health, the prevalence of smoking by gender shows that 66% of men smoke compared to only 6.7% of women. In Asia, according to the ASEAN Tobacco Atlas 2018, Indonesia ranks first with a percentage of adolescent smokers at 19.8%. The average age of male adolescents who smoke is between 13 and 15 years, with a prevalence of 35.3% (WHO, 2024). According to data from the Global Youth Tobacco Survey (GYTS) 2019,

40.6% of Indonesian students aged 13-15 use tobacco products, with 2 out of 3 males and nearly 1 out of 5 females involved. About 19.2% of students may currently use tobacco products, and 60.6% of them do not face age-related barriers when purchasing cigarettes, with two-thirds of them buying cigarettes individually. GYTS data also indicate that nearly 7 out of 10 students have seen tobacco advertisements or campaigns on television or in stores in the past 30 days, and one-third of students have seen tobacco advertisements online (Kann et al., 2018).

One of the factors influencing the number of adolescents who smoke is family. Children whose parents smoke are more likely to smoke themselves. This is due to two main reasons: first, children may want to imitate their fathers, who appear strong and mature while smoking; second, children become accustomed to cigarette smoke in the home and, since childhood, have been passive smokers, making it easier for them to transition to active smoking during their teenage years (Lin et al., 2023; Puspita & Ilmiyah, 2023). Interventions that parents can undertake to prevent their children from smoking include implementing good parenting practices. Parents should establish rules prohibiting smoking while also providing explanations about the dangers of smoking to help their children understand the reasons behind these rules. At school, preventive measures can be taken by banning smoking in the school environment, including for teachers, staff, and the principal (Harvey et al., 2016; Wu & Chaffee, 2020).

Communication within the family is very important, especially between parents and children, as it serves to create an environment that supports development as well as the instillation of values and self-esteem. Friedman, Bowden, and Jones state that 78.2% of families have an open or democratic communication style, while 21.8% have a closed or authoritarian style. Furthermore, 78.1% of the messages conveyed by parents or family members and 46.6% of family communication have deep meaning (Fensi, 2018). This study aims to examine the relationship between parenting styles, parental smoking behavior, and parental communication with adolescent smoking behavior.

METHOD

The type of research conducted in this study is an analytical observational study with a quantitative approach, utilizing a cross-sectional design that does not provide any interventions to the subjects. This research was carried out in a high school environment in Aceh. The study population consisted of 60 male high school students. The sample included male adolescents, and sample selection was performed using a probability sampling technique with a proportional stratified random sampling approach. The criteria for the sample included: male adolescents who were present during the study and data collection and who were willing to be respondents. Exclusion criteria included individuals who were ill or not in good health at the time of the study. The instrument used in this research was a questionnaire consisting of a written list of questions designed to collect data and information. The statistical test applied was the chi-square test, analyzed using Pearson Chi-Square.

RESULT

Table 1 shows that the majority of respondents are 17 years old, accounting for 56.7%, and are in the twelfth grade, making up 63.3%. Table 2 indicates that there is a significant relationship between parenting styles, parental smoking behavior, and parental communication concerning adolescent smoking behavior. The majority of adolescents who experience democratic parenting have a smoking prevalence of 36.7%, while adolescents with

smoking parents have a smoking prevalence of 48.3%. Additionally, adolescents who receive adequate parental communication have a smoking prevalence of 41.7%.

Table 1.
Respondent characteristics (n=60)

Variables	f	%
Age		
16 years	19	31.7
17 years	34	56.7
18 Years and Above	7	11.7
Class		
XI	22	36.7
XII	38	63.3

Table 2.
Relationship between parenting patterns, parental smoking behavior and parental communication towards smoking behavior in adolescents

Variables	Smoking Behavior				P Value*
	Smoke		Do not smoke		
	f	%	f	%	
Parenting					
Democratic	22	36.7	17	28.3	0.045
Authoritarian	8	13.3	0	0	
Permissive	10	16.7	3	5	
Smoking Behavior of Parents					
Smoke	29	48.3	6	10	0.011
Do not smoke	11	18.3	14	23.4	
Parent Communication					
Good	4	6.7	5	8.3	
Enough	25	41.7	12	20	0.000
Not enough	11	18.3	3	5	

* Chi-Square Test

DISCUSSION

The results of the study show that the majority of respondents are 17 years old and in the twelfth grade. This is consistent with the fact that 17 years of age is a crucial transitional phase for adolescents approaching the end of high school. At this age, adolescents often begin to explore their identity and face various social pressures, including from peers, which can influence their decisions to smoke. According to Azzahra et al. (2021), adolescents are in an exploratory stage where they tend to imitate the behaviors of the adults around them, including their parents. Therefore, the influence of parents and the parenting style applied becomes highly relevant in this context. This study also found a significant relationship between parenting styles and adolescent smoking behavior. Adolescents who received democratic parenting showed lower smoking behavior compared to those raised with authoritarian or permissive parenting styles (Rudhiati & Rahmat, 2020). A study in Palembang indicated that democratic parenting provides better guidance aligned with children's development, thereby reducing their likelihood of smoking (Rudhiati & Rahmat, 2020). Conversely, authoritarian parenting, which tends to be strict with many rules, and permissive parenting, which allows excessive freedom, can increase the risk of smoking behavior in adolescents (Suryawan et al., 2023).

Furthermore, parental smoking behavior also significantly contributes to the smoking behavior of children. The findings show that adolescents with parents who smoke are more likely to smoke, with a proportion reaching 48.3%. This indicates that parents, as role models, have a substantial impact on their children's decisions. According to research by Wu and Chaffee (2020), children who grow up in environments where smoking is normalized are more easily influenced to try smoking. Therefore, there needs to be greater awareness among parents about the impact of their behavior on their children. In addition to parenting styles and parental behavior, parental communication is also an important factor influencing adolescent smoking behavior. This study shows that adolescents who receive adequate communication from their parents have a smoking prevalence of 41.7%. Good communication between parents and children can help children understand the risks of smoking and build the confidence to refuse smoking offers from peers. According to Broun et al. (2021), parents who actively communicate about the dangers of smoking tend to have children who are more aware of the consequences of smoking and are more likely to reject the habit.

The results of this study highlight the importance of parents' roles in shaping children's attitudes and behaviors toward smoking. Positive parenting, non-smoking behavior from parents, and open communication can create a supportive environment that encourages adolescents to stay away from smoking. Research by Zaborskis et al. (2021) also confirms that parental social support significantly reduces the risk of smoking behavior in adolescents. Therefore, interventions aimed at raising parents' awareness of their parenting styles and behaviors can be an effective step in preventing smoking among adolescents. Interventions that focus on raising parents' awareness of their behavior, including communication about the dangers of smoking, can be an effective step in preventing smoking among adolescents. Research shows that parents who actively discuss the dangers of smoking with their children tend to have children who are more aware of the consequences of smoking and are more likely to reject the habit (Tan et al., 2021).

CONCLUSION

Parenting styles, parental smoking behavior, and communication have a significant influence on adolescent smoking behavior. Adolescents raised with democratic parenting and good communication support tend to have a lower risk of smoking compared to those who experience authoritarian or permissive parenting styles. Therefore, future research should explore interventions that can further enhance parents' awareness of positive parenting and effective communication about the dangers of smoking.

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