

# The Influence of the GETAR Spiritual Approach on Smoking Behavior of Junior High School Students in Palu City, Indonesia

Muhammad Ryman Napirah<sup>1</sup>, Ridwan Amiruddin<sup>2</sup>, Sukri Palutturi<sup>3</sup>, Stang<sup>4</sup>, Aminuddin Syam<sup>5</sup>, Darmawansyah<sup>3</sup>, Rosmala Nur<sup>6</sup>

<sup>1</sup>Student in Doctoral Program, Faculty of Public Health, Universitas Hasanuddin, <sup>2</sup>Lecturer, Department of Epidemiology, Faculty of Public Health, Universitas Hasanuddin, <sup>3</sup>Lecturer, Department of Health Administration and Policy, Faculty of Public Health, Universitas Hasanuddin, <sup>4</sup>Lecturer, Department of Biostatistic, Faculty of Public Health, Universitas Hasanuddin, <sup>5</sup>Lecturer, Department of Nutrition, Faculty of Public Health, Universitas Hasanuddin, <sup>6</sup>Lecturer, Department of Biostatistics, Faculty of Public Health, Universitas Tadulako

## Abstract

Smoking cases at the age of children less than 18 years will have a very fatal impact because considering the age of the child who is still growing. GETAR (Movement without Smoking) spiritual approach uses the concept of religion, which in this case is exemplified by Islam by helping individuals to find their nature. The purpose of this study is to analyze the effect of the GETAR spiritual approach on smoking behavior of junior high school students in Palu City, Indonesia. This type of research is a quasy experiment. The sample consisted of 35 smokers in grade 7, 8, and 9 at SMPN 1 Palu as an intervention group, with saturated sampling technique, as a control group, and 35 students in grade 7, 8, and 9 at SMPN 4 Palu. The data were analysis with paired sample t test and independent sample t test. This study showed that there are differences in knowledge ( $p = 0,000$ ), attitudes ( $p = 0,000$ ), and actions ( $p = 0,000$ ) students of SMPN 1 Palu about smoking before and after GETAR spiritual intervention. And there are differences in the knowledge ( $p = 0,000$ ), attitudes ( $p = 0.020$ ), and actions ( $p = 0,000$ ) between students who were given GETAR spiritual intervention (students of SMPN 1 Palu) and those who were not given GETAR spiritual intervention (students of SMPN 4 Palu). It concludes that there is a difference in the knowledge, attitudes, and actions of SMPN 1 Palu students about smoking before and after the spiritual intervention of GETAR. And there is a difference in the knowledge, attitudes, and actions of students between those who were given the spiritual intervention of GETAR (students of SMPN 1 Palu) and those who were not given the spiritual intervention of GETAR (students of SMPN 4 Palu).

**Keywords:** GETAR, Spiritual, Smoking, Behavior

## Introduction

Smoking cases at the age of children less than 18 years will have a very fatal impact because considering the age of the child who is still growing. In addition to having an impact on health, it will also have an impact on the child's future, because children have a strategic

position in the life of the community and nation<sup>1</sup>. There is no reason to assume that only those who deviate have the urge to do so, even people who have a good understanding of religion sometimes have the urge to behave deviantly, especially those who have less understanding of religion<sup>2</sup>.

Interventions at the age of children tend to be more effective in preventing children from smoking when compared to adults who, if addicted to smoking, are very difficult to stop<sup>3</sup>. Smoking, from ancient times until now for students is a serious offense. Anyone caught

---

### Corresponding Author:

Muhammad Ryman Napirah

Jl. Soekarno Hatta KM. 9, Palu

muhammadrymannapirah.unhas@gmail.com

smoking, be prepared to receive punishment. As the rules for smoking prohibition in school environments get tighter, it turns out that the number of child smokers continues to grow<sup>4</sup>.

A spiritual approach is a solid foundation to build future generations of excellence<sup>5</sup>. The advantage of GETAR spiritual intervention is that students are provided with assistance and provided with various educations about the verses of the Al-Quran and Hadiths about the prohibition and dangers of smoking and its impact on negative behavior and health. Suitable for children because they are still in their growing age and can form a good perception as early as possible about the dangers of smoking and non-smoking behavior through the presentation of interesting intervention materials, accompanied by interesting language and pictures. The substance of GETAR spiritual approach is material about the history of tobacco, various ways of smoking, smoking motivation, various kinds of diseases caused by smoking, children and the dangers of smoking, Islamic attitudes towards smoking, the benefits of leaving cigarettes, and how to avoid smoking.

WHO (World Health Organization) data in 2015 shows that the prevalence of active smokers in the world currently reaches 17.4%<sup>6</sup>. The National Basic Health Research (Riskesdas) data in 2018 shows that the prevalence of Indonesian smokers in the population

aged 10-18 years continues to increase, namely in the Riskesdas data in 2013 of 7.2%, 2016 National Circular Survey data of 8.8% and in the data Riskesdas in 2018 increased to 9.1%. The data presented shows that there is an increase in the prevalence of smokers aged  $\geq 10$  years in Central Sulawesi, by 30.7% with the number of smokers every day at 26.2% and smokers sometimes at 4.5%<sup>7</sup>. Data related to age starting smoking every day for ages 10-14 years, the city of Palu ranks third largest in Central Sulawesi at 13.5%<sup>7</sup>.

Seeing the problem above, the researcher was interested in conducting research on is there an effect of GETAR spiritual approach on the smoking behavior of junior high school students in Palu City, Indonesia. The purpose of this systematic review is to analyze the effect of the GETAR spiritual approach on smoking behavior of junior high school students in Palu City, Indonesia.

MATERIALS AND METHODS

This type of research is a quasy experiment. The sample consisted of 35 smokers in grade 7, 8, and 9 at SMPN 1 Palu as an intervention group, with saturated sampling technique, as a control group, and 35 students in grade 7, 8, and 9 at SMPN 4 Palu. The data were processed using univariate and bivariate analysis with paired sample t test and independent sample t test.

Findings

Table 1: Respondents Behavior Before and After GETAR Spiritual Intervention at SMPN 1 Palu

Variable	Before		After	
	n	%	n	%
Knowledge				
Not Good	8	22.9	5	14.3
Good	27	77.1	30	85.7
Attitude				
Not Good	14	40.0	10	28.6
Good	21	60.0	25	71.4
Action				
Smoke	35	100.0	3	8.6
Do Not Some	0	0	32	91.4

Based on Table 1, these results indicate that there is an increase in good knowledge after the intervention of 3 respondents, namely 8.6%. Besides, these results indicate that there is an increase in good knowledge after the intervention of 4 respondents, namely 11.4%. Also, these results indicate that there is an increase in the act of not smoking after the intervention by 32 respondents, namely 91.04%.

**Table 2: Respondents Behavior Before and After GETAR Spiritual Intervention at SMPN 4 Palu**

Variable	Before		After	
	n	%	n	%
Knowledge				
Not Good	16	45.7	12	34.3
Good	19	54.3	23	65.7
Attitude				
Not Good	17	48.6	16	45.7
Good	18	51.4	19	54.3
Action				
Smoke	31	88.6	29	82.9
Do Not Some	4	11.4	6	17.1

Based on Table 2, these results indicate that there is an increase in knowledge both during the post-test by 4 respondents, namely 11.4%. Besides, these results indicate that there is an increase in good attitude during the post-test by 1 respondent, namely by 2.6%. Also, these results indicate that there is an increase in the act of not smoking during the post test by 2 respondents, namely 5.7%.

**Table 3: The Differences in Behavior of SMPN 1 Palu Students About Smoking Before and After GETAR Spiritual Intervention**

Variable	p
Knowledge	0.000
Attitude	0.000
Action	0.000

Table 3 showed that because the p value = 0.000 (knowledge, attitude, and action). This means that there is a difference in the knowledge, attitude, and action of SMPN 1 Palu students about smoking before and after the GETAR spiritual intervention.

**Table 4: The Difference in Behavior of Students Between Those Given Spiritual GETAR Intervention (Students of SMPN 1 Palu) and those Not Given Spiritual Intervention GETAR (Students of SMPN 4 Palu)**

Variable	p
Knowledge	0.000
Attitude	0.020
Action	0.000

Table 4 showed that because the  $p = 0.000$  (knowledge and action) and  $p = 0,020$  (attitude). This means that there is a difference in the knowledge of students between those who were given GETAR intervention (students of SMPN 1 Palu) and those who were not given GETAR spiritual intervention (students of SMPN 4 Palu).

### Discussions

Knowledge is the result of knowing, and this happens after someone senses a certain object<sup>8</sup>. Based on research results, GETAR spiritual intervention has been proven to increase students' knowledge about smoking. GETAR intervention can be a differentiator in determining students' knowledge about smoking.

In line with the research of Nuradita et al which shows that there is an effect of health education on knowledge about the dangers of smoking in adolescents at SMP Negeri 3 Kendal with  $p$  value = 0,000<sup>9</sup>. A research states that there are differences in the knowledge of adolescents before and after health promotion about the impact of smoking on school children at SMPN 1 Klari<sup>10</sup>. Fahrosi's research shows that there are differences in the level of knowledge about the dangers of smoking in junior high school adolescents in rural and urban areas in Jember Regency. There are differences in the level of knowledge of adolescents in rural and urban junior high schools due to differences in information obtained from adolescents. The difference in media that can be accessed by teenagers is also a factor that affects the level of adolescent knowledge about the dangers of smoking. Other factors that cause differences in the level of knowledge include age and gender<sup>11</sup>.

Peer-led interventions are effective in increasing respondents' knowledge regarding smoking. Continuing health education programs must be prepared in schools<sup>12</sup>. Sherman et al research shows that pharmacy students and community leaders showed increased knowledge after smoking cessation educational interventions, and pharmacy students experienced an increase in self-confidence scores. Developing a coalition of health care providers and community leaders, with a focus on their respective roles, may be productive in initiating smoking cessation programs<sup>13</sup>. Ghayeb research shows that health education is effective in increasing smoking knowledge. It is recommended that community-based health education programs and continuing schools about smoking should be implemented by health professionals<sup>14</sup>.

Attitude is a reaction or response that is still closed from a person to a stimulus or object<sup>8</sup>. Based on research results, GETAR spiritual intervention has been proven to increase students' attitude about smoking. GETAR intervention can be a differentiator in determining students' attitude about smoking.

In line with the research of Hidayati et al which showed that there was an influence before and after health education was carried out on attitudes about the dangers of smoking at YWKA high school in Palembang in 2019 ( $\rho = 0.000$ )<sup>15</sup>. A research shows that interventions in the form of counseling and giving leaflets to students has a good influence on students' attitudes about smoking at SMK Negeri 2 Bitung City<sup>16</sup>. Sulastri & Rindu's research states that there are differences in adolescent attitudes before and after health promotion regarding the impact of smoking on school children at SMPN 1 Klari<sup>10</sup>.

Chaaya et al. research' suggests that educational campaigns, smoking cessation services and strict enforcement of policies may be needed to increase their effect further reducing student attitudes towards smoking<sup>17</sup>. A Research shows that peer-led interventions are effective at improving respondents' attitudes regarding smoking. Continuing health education programs must be prepared in schools<sup>12</sup>. Girls are overall more positive for the attitude component of smoking prevention interventions. Our findings highlight the importance of considering differences in intervention

preferences for boys and girls in future health prevention initiatives<sup>18</sup>.

Action or practice is an attitude that has not been automatically manifested in an action (overt behavior)<sup>8</sup>. Based on research results, GETAR spiritual intervention has been proven to increase students' action about do not smoking. GETAR intervention can be a differentiator in determining students' action about do not smoking.

In line with the research by Puspitasari et al which shows that self-management training can reduce adolescent smoking behavior, namely 6.5 cigarettes in two weeks. The role of School Health Enterprises (UKS) must be increased by collaborating with educational institutions, especially school counseling teachers, in providing periodic smoking hazard education programs so that adolescents are able to reduce and or stop smoking and prevent other teenagers from having smoking behavior<sup>19</sup>. To increase the motivation to quit smoking in adolescents, health education can be used in the form of media such as Facebook and leaflet media<sup>20</sup>. Also, there are significant differences in the psychomotor actions of adolescents before and after being given peer education at SMAN "X" Denpasar. can be used in schools as a method of providing information through peer education to be more effective so that it can influence friends not to smoke and avoid smoking behavior<sup>21</sup>.

Peer pressure-based interventions reduce the proportion of low-educated adolescents who start smoking. Therefore, influencing social norms and peer pressure would be a promising strategy for smoking prevention among adolescents. The results also suggest that additional interventions in subsequent years are needed to maintain their effect<sup>22</sup>. Research by Bast et al shows that X: IT intervention has the potential to prevent cigarette absorption among adolescents. Intervention X: IT performed shows the overall effect of smoking prevention. Some of the interventions appear less attractive to children from low socioeconomic families<sup>23</sup>. Research by Raji et al shows that peer-led interventions are effective at increasing respondents' actions not to smoke. Continuing health education programs must be prepared in schools<sup>12</sup>. Students show an overall positive attitude towards public action. Saudi Arabian teenagers have higher smoking rates than those in industrialized countries. They also have uneven knowledge about its

negative effects, but show positive attitudes towards public actions on smoking<sup>24</sup>.

## Conclusions

Based on the results of this study, it concludes that there is a difference in the knowledge, attitudes, and actions of SMPN 1 Palu students about smoking before and after the spiritual intervention of GETAR. And there is a difference in the knowledge, attitudes, and actions of students between those who were given the spiritual intervention of GETAR (students of SMPN 1 Palu) and those who were not given the spiritual intervention of GETAR (students of SMPN 4 Palu).

**Conflict of Interest:** None

**Source of Funding:** Self

**Ethical Clearance:** Health Research Ethics Committee, Faculty of Public Health, Universitas Hasanuddin

## References

1. Sari MP. Perilaku Merokok di Kalangan Anak Sekolah Dasar (Studi Kasus : Desa Talang Pito, Kecamatan Bermani Ilir, Kabupaten Kepahiang, Propinsi Bengkulu) [Undergraduate Thesis]. Bengkulu: Fakultas Ilmu Sosial dan Ilmu Politik Universitas Bengkulu; 2014.
2. Damanik F. Sociology. Jakarta: Erlangga; 2016.
3. Kementerian Pemberdayaan Perempuan dan Perlindungan Anak RI. Anak Indonesia Hebat Tanpa Rokok. Jakarta: Pusat Publikasi dan Media; 2018.
4. Kementerian Pendidikan dan Kebudayaan RI. Sekolah Melawan Rokok. Jakarta: Pusat Publikasi dan Media; 2019.
5. Badan Kependudukan dan Keluarga Berencana Nasional RI. Pendekatan Spiritual Fondasi Kokoh Membangun Generasi Unggul Masa Depan. Jakarta: BKKBN RI; 2019
6. World Health Organization. (2015).
7. Ministry of Health Republic of Indonesia. Social determinants of Mental Health. Geneva : World Health Organization; 2014
8. Notoatmodjo S. Promosi Kesehatan Dan Perilaku Kesehatan'. Jakarta: Rineka Cipta; 2012
9. Nuradita, Elok, Mariyam. Pengaruh Pendidikan

- Kesehatan Terhadap Pengetahuan Tentang Bahaya Rokok Pada Remaja Di SMP Negeri 3 Kendal. *Jurnal Keperawatan Anak*. 2013; 1(1): 44-48
10. Sulastri, Rindu. Perbedaan Pengetahuan dan Sikap Remaja Sebelum dan Sesudah Promosi kesehatan Tentang Dampak Rokok. *Jurnal Ilmu Kesehatan Masyarakat*. 2019; 8(2).
  11. Fahrosi A. Perbedaan Tingkat Pengetahuan Tentang Bahaya Merokok Pada Remaja SMP Di Pedesaan Dan Perkotaan Di Kabupaten Jember [Undergraduate Thesis]. Jember: Universitas Jember; 2013.
  12. Raji M, Abubakar I, Oche M, Kaoje A, Isah B. Using Peer Led Health Education Intervention to improve In-School Adolescents' Cigarette Smoking Related Knowledge, Attitude and Behaviour in a North West Nigeria State. *Health Science Journal*. 2014; 8(4).
  13. Sherman, Justin J, Brett LS. Effect of a smoking cessation educational intervention on knowledge and confidence of pharmacy students versus community leaders. *Pharmacy Pract (Granada)*. 2019; 17(1).
  14. Ghrayeb, F. The Impact of Education Program on Smoking Prevention: An Intervention Study among 16 to 18 Years Old in Palestine. *Pakistan Journal of Nutrition*. 2013; 12(8):782-786.
  15. Hidayati IR, Pujiana D, Fadillah M. (2019). The Influence of Health Education on Students' Knowledge and Attitudes About the Dangers of Smoking in Class XI SMA Palembang Api Wanita Foundation in 2019. *Journal of Health*. 12 (2), 125-135.
  16. Pertiwi, Putri CM, Engkeng S, Asrifuddin A. Pengaruh Promosi Kesehatan Terhadap Pengetahuan Dan Sikap Merokok Pada Pelajar Laki-Laki Di SMK Negeri 2 Kota Bitung. *Jurnal Kesmas*. 2018: 7(5)
  17. Chaaya M, Alameddine M, Nakkash, Afifi RA, Khalil J, Nahhas G. Students' attitude and smoking behaviour following the implementation of a university smoke-free policy: a cross-sectional study. *BMJ Open*. 2013; 3:e002100.
  18. Lund L, Lauemøller SG, Kjeld SG, Andersen A, Bast LS. Gender differences in attitudes towards a school-based smoking prevention intervention. *Scandinavian Journal of Public Health*. 2020.
  19. Puspitasari H, Wuryaningsih, EW, Rifai A. (2017). The Effect of Self-Management Training on Teenager's Smoking Behavior at SMK Negeri 2 Jember of Summersari Sub-District Jember Regency. *e-Jurnal Health Library*. Vol.5 (No.1).
  20. Rahmah M, Huriati, Arbianingsih. Perbedaan Efektivitas Pendidikan Kesehatan Media Facebook Dan Media Leaflet Terhadap Motivasi Berhenti Merokok Pada Remaja. *Journal Of Islamic Nursing*. 2018: 17(11).
  21. Wiratini NPS, Yanti NLPE, Wijaya AGNT. (2015). Pengaruh Peer Education Terhadap Perilaku Merokok Pada Remaja Di SMAN "X" Denpasar. *Coping Ners Journal*. 2015: 3(3).
  22. Crone MR, Reijneveld SA, Willemsen MC, van Leerdam FJM, Spruijt RD, Sing RAH. Prevention of smoking in adolescents with lower education: a school based intervention study. *J Epidemiol Community Health*. 2003;57:675-680.
  23. Bast LS, Due P, Lauemøller SG, Kjær NT, Christiansen T, Andersen A. Study protocol of the X:IT II - a schoolbased smoking preventive intervention. *BMC Public Health*. 2019 May 2;19(1):497. doi: 10.1186/s12889-019-6805-2
  24. Fotouh AM, Aziz MA, Badawi IA, Alakija W. Smoking intervention programme for male secondary-school students in south-western Saudi Arabia. *Eastern Mediterranean Health Journal*. 1997; 3(1)