

Survey of Puree Users without Smoking History of Households in Kosebo Village, Angata District, Konawe Selatan District

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Abstract

“Puree” in the local language is a process of concocting or mixing tobacco and whiting, finally forming a black paste and then rubbing it on the lips, the user. “Me puree” in local language terms is using “Puree”. The purpose of this study was to determine the survey of Puree Users with no smoking history among housewives in Kosebo Village, Angata District, South Konawe Regency in 2019. This research method used a descriptive method, carried out in Kasebo Village, Angata District, South Konawe Regency. The population of all housewives was 203. The sampling technique used was proportional random sampling, and obtained a number of 54 respondents. The results of the research after analyzing the frequency distribution showed that the respondents’ knowledge was lacking, the history of using “puree” was sufficient, the tradition of “puree” users was good, the income of “Puree” users was less and the previous disease history of “puree” users was less. It is recommended that a primitive program to provide public health education by conducting outreach to identify risk factors that can increase the incidence of both smokeless and smoked tobacco use.

Keywords: Puree, Knowledge, User History, Tradition, Income

Introduction

“Puree” The term local language is a process of concocting or mixing tobacco and whiting, finally forming a kind of black paste which is smeared on the user’s lips ¹. “Me puree” means using “Puree”. Tobacco is a type of plant that is well known among Indonesian people. In addition, people use tobacco as chewing, especially among mothers in rural areas. The dangers of tobacco use include diseases related to the heart and lungs such as heart attack, stroke, chronic obstructive pulmonary disease, emphysema and cancer. Reproductive disorders and pregnancy can also result from tobacco use ².

Dependence on tobacco has become a global epidemic that can cause disability, disease, decreased

productivity and death. This is because in the tobacco leaves there are several kinds of alkaloids that can give pleasure to the user, namely nicotine, nicotine and myosin. So that this alkaloid gives an addictive effect for those who use tobacco ⁴. Some of the negative effects caused by the habit of consuming chewing tobacco are cataracts, pneumonia, leukemia, stomach cancer, pancreatic cancer, cervical cancer, kidney and other diseases. These diseases add to a long list of diseases caused by consuming tobacco, such as cancer of the lungs, esophagus, larynx, mouth and throat. Lung disease, emphysema and bronchitis, stroke, heart attack and other cardiovascular diseases. Nearly 90% of lung cancers are caused by tobacco consumption. Tobacco can also damage the reproductive system, contributing to miscarriage, premature birth, low birth weight, and diseases in children such as hyperactivity².

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Smokeless Tobacco or smokeless tobacco is the use of tobacco without having to be burned like cigarettes. Smokeless tobacco contains several carcinogenic compounds that have been linked to various diseases

such as oral cancer, hypertension, heart disease and other diseases. Smokeless tobacco is also used in several countries and various uses for each country such as dipping tobacco. Smokeless tobacco products such as: snus, tobacco cream or toothpaste, chewing tobacco, dissolved tobacco, topical tobacco paste, water tobacco, smokeless tobacco herbs, and others.

The use of smokeless tobacco is more common in Asian, African and Middle Eastern countries than in Europe and America. The prevalence of smokeless tobacco uses in the United States according to the Surveillance System Study of use ranges from 1-9% in different countries and more in young men with low educational status, and in countries with a high smoking prevalence. The United States Population Survey reports a significant reduction in smokeless tobacco use from 1992 to 2002³.

The US National Health Interview Survey (1991-2003) also reported a decrease in smokeless tobacco use. The prevalence of smokeless tobacco use has also been reported from European countries. This is almost similar to the United States with rates ranging from 1-9% in 3 different countries.

“Puree” is one of the products used by the residents of Angata for their smoking cessation efforts which contain tobacco or in the palace it is called Smokeless Tobacco. “Puree” as a substitute for cigarettes during smoking cessation. The fact shows the result that Puree’s herb is effective as a therapy to quit smoking. Puree is seen as local wisdom in Angata District for smokers who are motivated to quit. The residents of Angata support the use of Puree as a smoking replacement therapy for adult smokers, they engage with this product on a smoking cessation pattern without knowing the carcinogenic effects of Puree. The puree is made from tobacco water and whiting then becomes a kind of paste and rubbed on the user’s lips. The health hazards posed by Puree come from tobacco components that contain harmful substances to health such as nicotine¹.

Puree is a smokeless tobacco product, apart from having a positive impact, puree also has a negative

impact on health so that puree as one of the smokeless tobacco products certainly has a negative impact that needs to be researched. By knowing the survey of puree users without a smoking history among housewives, they can take the right steps in an effort to improve public health by changing wrong behavior habits.

Method

This research uses descriptive method so that the main objective is to make an objective analysis of the situation. Determination of respondents used Probability sampling technique to take the subject from each stratum or each area that is determined balanced with the number of subjects in each stratum or region. By using the proportional random sampling technique, the total sample size is 54 respondents.

Results

1. Knowledge

Based on respondents’ knowledge of using Pure without a history of smoking, the results show that from a total of 54 respondents, the majority of respondents said Yes as much as 58.95% and respondents who answered No were 41.05%.

2. Pure Usage History

Based on the history of the use of “Pure” without cigarette production, the respondents who answered “Pure” without the product of cigarettes, as for the results of a total of 54 respondents, the majority said Yes as much as 57.93% and respondents who answered No were 42.07%.

3. Tradition

In accordance with the traditional results of using “Pure” without a history of smoking, from a total of 54 respondents, the majority answered Yes as much as 58.95% and respondents who answered No were 41.05%.

4. Income

Respondents’ income of “Pure” users without cigarette production, can be seen in the following table:

Table.1 Distribution

Number	Income (IDR)	N	%	Min	Max	S.D
1	>>2.361.810	16	29,6	1	2	0.462
2	< 2.361.810	38	70,4	1	2	0.461
Total		54	100			

Based on the table, it shows that of the total 54 respondents, most of them had less income, namely 38 (70.4%) and the number of respondents who had sufficient income was 16 (29.6%).

5. Previous Disease History

The distribution of respondents based on previous history of using “Pure” without

history. The history of the respondent’s illness in the last 6 months can be seen in table 2 as follows:

Table 2. Distribution of Respondents Based on Previous Disease History Using “Pure” Without Cigarettes.

Number	Previous Disease	Total (n)	Percentage (%)
1	Diarrhea	9	40,91
2	Stomach	13	59,09
Total		22	100

Based on the table, it shows that of a total of 22 respondents, most of them suffered from gastric disease as much as 13 (59.09%) and as many as 9 (40.91%) had diarrhea.

Discussion

1. Knowledge

Knowledge or cognitive is a very important domain in shaping one’s actions (overt behavior). From experience and research, it is proven that behavior which is conscious of knowledge will be more lasting than behavior which is not based on knowledge. In the person, a sequence of processes occurs, namely: Awareness, Interest, Evaluation, Trial, Adoption⁵.

Based on the results of research on respondents’ knowledge, it is known that most of them have less

knowledge, namely 34 (63.0%). This is because respondents do not know the impact of pure. And not always someone’s knowledge can allow someone not to use puree.

As many as 20 respondents (37.0%) had less knowledge. This is because some respondents do not know about pure both in terms of benefits and in terms of its impact. This is in accordance with the research conducted by Rahayu regarding “The Relationship Between Knowledge of the Dangers of Smoking and Smoking Behavior in Students at the Muhammadiyah University of Surakarta” states that there is a significant

relationship between the level of knowledge and smoking behavior⁶. This shows that there is a tendency that low knowledge will shape smoking behavior, whereas high knowledge is more likely to have non-smoking behavior. The behavior of students who often smoke in the Pakuan University campus environment is influenced by a lack of knowledge about the dangers of smoking.

2. Usage History pure

Tobacco is a plant that can cause addiction because it contains nicotine and also carcinogens and other toxic substances. After being processed into a product, whether it is cigarettes or other products, the added chemicals have the potential to cause tissue damage and cancer. The main toxins in tobacco are tar, nicotine and CO².

Pure is made from tobacco water and whiting then becomes a kind of paste and rubbed on the user's lips. The health hazards posed by Pure come from tobacco components that contain harmful substances for health such as nicotine⁷.

Based on the results of research on the history of the use of pure respondents, it is known that all respondents have a real history of using pure, namely as many as 54 respondents (100%), with an average weight of puree that they consume per day is 157.97 g / day. Researchers assume that respondents use puree because puree does not contain the ingredients used in the cigarette which they know are very harmful to the body. This is what becomes a benchmark for people in China that it is better to use puree than cigarettes besides that puree is easier to obtain and cheaper than cigarettes.

Smokeless tobacco is much lower in continuous risk than burnt products, but the risk varies within product classes for example: Snus, Swedish type nitrosamines are low compared to other smokeless tobacco with high nitrosamine levels. It is thought that the safety risks of smokeless tobacco are similar to those of e-cigarettes. There is no safe level of using smokeless tobacco. This disease is associated with a number of adverse effects such as dental disease, oral cancer, esophageal cancer

and pancreatic cancer, as well as adverse reproductive effects including stillbirth, premature birth and low birth weight. Smokeless tobacco contains cancer-causing chemicals. About 28 chemical elements present in smokeless tobacco are carcinogenic, of which nitrosamines are the most prominent⁸. The results of research conducted by Fikki P. in 2018 show that pure ingredients are effective as a therapy to quit smoking. It is something very different, but has a big impact, on the success of quitting smoking. Pure is seen as local wisdom in Angata for smokers who are motivated to quit. Angata residents support the use of pure as a smoking therapy for adult smokers. They are involved with this product in a smoking cessation pattern, without knowing the carcinogenic effects of the pesticide⁷.

3. Tradition

Tradition has become part of the life of a group. The most important thing in a tradition is the existence of information from generation to generation, both oral and written. Community behavior is often influenced by the culture or customs that prevail in the community itself. One of the cultural factors found in society is the habit of chewing. Betel nut is the process of concocting a mixture of several ingredients such as betel, areca nut, lime and Gambier which are then chewed together. Betel behavior has generally been practiced since a long time ago in the South East Asia and Asia Pacific regions. The origin of this culture of betel nut is not known exactly when it started, but it is thought to have existed since approximately 2000 years ago⁹.

Based on the results of research on the tradition of respondents, it is known that most of them have good traditions, namely as many as 51 respondents (94.4%) and the number who have less traditions is as many as 3 respondents (5.6%). This is because respondents still consider beetling or using puree to be good for their health because many of their parents who use puree are more likely to live a long life than parents who do not use puree.

The most commonly used ingredients of betel are betel, areca nut, lime and Gambier. Some regions

also add tobacco to the betel mixture. The betel nut seeds used for betel contain phenolic compounds. This phenolic content is relatively high. When the process of chewing betel nut seeds in the mouth, reactive oxygen or what is commonly known as free radicals will form phenolic compounds. The mixture of betel nut and whitening will produce alkaline PH conditions. This will more quickly stimulate the formation of recommended oxygen. This oxygen causes DNA or genetic damage to epithelial cells in the oral cavity.

Several countries in the world chewing by concocting a mixture of betel ingredients together with tobacco. In Indonesia, betel behavior follows local culture. Indonesian society has long recognized the behavior of beetling. They believe that chewing can strengthen teeth, heal small sores in the mouth, get rid of bad breath, stop bleeding gums, and as a mouthwash. Betel leaf is also used as an antimicrobial against *Streptococcus* mutants which is the bacteria that most often causes tooth decay⁹.

This is in line with the research conducted by Kamisorei, entitled "An Overview of Beliefs About the Efficacy of Chewing in Papuan Communities in Adipura 1 Jaya Pure Selatan Village." feels fresh, eliminates sleepiness and betel as a form of friendship⁹.

4. Income

Income can be defined as revenue generated for a business or activity. According to Iskandar Putong, income is all types of income, including income obtained without providing any activity that is received by the population of a country¹⁰.

Cigarette consumption in Indonesia continues to increase, increasing cigarette consumption worsens the economy of a family, especially for poor families. The income they earn is mostly used for consuming cigarettes and will reduce the consumption of other foods that will support health. The higher the consumption of cigarettes it will endanger health When sick, spending will increase and will worsen the economy and will result in a cycle of poverty.

Tax is used as an alternative to reduce cigarette consumption, the higher the tax, the higher the sales price, with the aim that the community can reduce cigarette consumption. In addition, on the one hand, cigarette tax revenues can be used as income to finance health losses caused by smoking or can be used as funds for the development of facilities and infrastructure such as the development of smoke-free areas.

In the poorest households in some low-income countries, more than 10% of total household expenditure is on tobacco (de Beyer, et al., 2001; Efroymson, et al., 2001; Mary Assunta, 2010; WHO, 2004b, 2004d). This means that families have less money to spend on basic items such as food, education and health care. It is even worse in Bangladesh, that the poorest households in Bangladesh spend nearly 10 times as much on tobacco than on education.

5. Previous Disease History

Smokeless Tobacco or smokeless tobacco is a tobacco product that is used for other than smoking. Uses include chewing, sniffing or placing this product between the gum and the cheek or lips. Smokeless tobacco products are produced in various forms such as: Chewing tobacco, Snus tobacco and soluble tobacco products. Smokeless tobacco products usually contain more than 3000 constituents. All smokeless tobacco products contain nicotine and are therefore very addictive. Quitting smokeless tobacco is just as difficult as quitting smoking⁸.

Smokeless tobacco is much lower on the risk continuum than burnt products, but the risk varies within product classes for example: Snus, Swedish type nitrosamines are lower than other smokeless tobacco with high nitrosamines. It is thought that the safety risks of smokeless tobacco are similar to those of e-cigarettes. There is no safe level of using smokeless tobacco. This disease is associated with a number of adverse effects such as dental disease, oral cancer, esophageal cancer and pancreatic cancer, as well as adverse reproductive effects including stillbirth, premature birth and low birth weight. Smokeless tobacco contains cancer-

causing chemicals. About 28 chemical elements present in smokeless tobacco are carcinogenic, of which nitrosamines are the most prominent ⁸.

The negative impact caused by the habit of consuming smokeless tobacco is the emergence of gastric cancer, lung cancer, kidney cancer, stroke and heart attacks. Nearly 90% of lung cancers are caused by tobacco consumption ².

Based on the results of research on the respondent's previous medical history, it is known that most of the respondents did not have a previous history of disease, namely 46 respondents (85.2%) and the number of respondents who had previous disease histories was 8 respondents (14.8%). Researchers assume that pear user / pure user does not have the disease before using puree, which can make the disease worse if the respondent uses puree.

People are not fully aware of the risk of disease and premature death due to their decision to buy tobacco products, because several factors cause it, among others, it takes 20-25 years since people start smoking and symptoms of the disease appear. Most of the smokers or people who use purée are those who already know the health effects of tobacco and they are aware of the powerful addictive effects of nicotine which increases and makes it difficult for people to stop consuming it.

The study by Gupta, entitled "Smokeless tobacco and cardiovascular disease in low and middle income countries". Smoking is an important cardiovascular risk factor, but smokeless tobacco use is also important but not well researched. smokeless tobacco use is high in South and Southeast Asian countries, Africa and Northern Europe. The use of smokeless tobacco accelerates Atheros thrombosis much like smoking cigarettes. The importance of this study for improving public health and clinical interventions to reduce smokeless tobacco smokeless tobacco addiction.

Conclusion

Based on the results of research conducted on "PURE" users without a history of smoking. So it can be

concluded several things, namely

1. Knowledge "Pure" users without smoking history, have less knowledge
2. User History "Pure" No Smoking History, having a user history of "pure" is sufficient.
3. Tradition of "Pure" User with No Smoking History has a good tradition.
4. Income "Pure" User without Smoking History has less income.
5. Previous Disease History "Pure" user without smoking history, has no previous medical history.

Suggestion

Based on the results of research conducted on "PURE" users without a history of smoking. Then the following suggestions can be made: It is necessary to increase public awareness that using tobacco even though in the term pure packaging will not be free from disease, it can even get worse and it is recommended to relevant agencies to always provide education / counseling regarding the dangers of cursing pure to the community.

Ethical Clearance: The ethical clearance was taken from the Ethical Research Committee of the Ministry of Education and Culture, University of Halu Oleo and community agreement.

Source of Funding: The funding of this researches comes from all authors' contribution.

Conflict of Interest: Author declares that there is no any conflict of interest within this research.

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