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Smoking Habit Factors And Its Impact On The Health Of University Negeri Padang (Study Programs Outside The Main Campus) Sawahlunto City PGSD Students

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Abstract

The issue of smoking behavior has become increasingly concerning, particularly among adolescents and university students. Many young people consider smoking as a symbol of maturity, confidence, and social identity. The prevalence of smoking behavior among students is influenced by both internal and external factors that contribute to the formation of this habit. Based on this issue, this study was conducted to identify the factors influencing smoking behavior and its impact on the health of students in the Elementary School Teacher Education Program (PGSD) at UNP PSDKU Sawahlunto. This research employed a qualitative approach through in-depth interviews with several students of the PGSD Program, Class of 2025, at UNP PSDKU Sawahlunto. The findings revealed that smoking behavior poses serious risks to health and may lead to various diseases, including cancer, heart disease, and respiratory disorders. Furthermore, the nicotine contained in cigarettes affects dopamine levels in the brain, causing addiction and influencing the nervous system, which leads smokers to perceive smoking as a way to relieve stress. Based on these findings, it can be concluded that having adequate knowledge about the dangers of smoking does not necessarily result in positive behavior, such as reducing or quitting smoking. Quitting smoking is a challenging process that requires strong personal determination, gradual reduction in cigarette consumption, and full awareness of the health risks associated with smoking.

Keywords: Smoking Habits; University Students; Health Impact; Nicotine Addiction; Future Teachers

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INTRODUCTION

Health is a fundamental and essential human need. A healthy physical condition enables individuals to carry out various activities optimally, such as studying, working, engaging in social interactions, and fulfilling daily responsibilities. Conversely, health problems can lead to decreased productivity and quality of life. Therefore, maintaining good health requires the implementation of a healthy lifestyle, including consuming nutritious food, engaging in regular physical activity, maintaining environmental hygiene, and avoiding behaviors that may endanger health. One behavior that remains prevalent in society and poses a serious threat to health is smoking.

Smoking is the activity of inhaling smoke produced by burning tobacco, which contains various harmful chemical substances. Cigarettes are known to contain more than

4,000 chemical compounds, hundreds of which are toxic and dozens of which are carcinogenic. Some of the harmful substances found in cigarettes include nicotine, tar, carbon monoxide, ammonia, and various cancer-causing compounds. Nicotine can cause addiction, making it difficult for individuals to quit smoking, while tar can damage lung tissue and increase the risk of cancer. In addition, carbon monoxide reduces the blood's ability to carry oxygen, thereby impairing the function of the heart and other organs. As a result, smoking increases the risk of various chronic diseases, such as lung cancer, bronchitis, coronary heart disease, stroke, and respiratory disorders.

According to the World Health Organization (WHO), health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. Based on this concept, health is not only related to an individual's physical condition but also encompasses psychological and social aspects. Smoking habits contradict this concept of health because they can have negative effects on physical, mental, and social well-being. Besides harming smokers themselves, smoking also poses risks to others who are exposed to cigarette smoke, commonly referred to as passive smokers. Long-term exposure to cigarette smoke can increase the risk of diseases that are just as dangerous as those experienced by active smokers.

Smoking behavior can also be explained through the health behavior theory proposed by Lawrence Green. According to Green, health behavior is influenced by three main factors: predisposing factors, enabling factors, and reinforcing factors. Predisposing factors include an individual's knowledge, attitudes, beliefs, and perceptions regarding smoking. Enabling factors relate to the accessibility of cigarettes and environmental conditions that facilitate smoking behavior. Meanwhile, reinforcing factors include the influence of peers, family, and the social environment, which may strengthen smoking habits. This theory explains that smoking behavior among university students does not emerge suddenly but is influenced by various interconnected internal and external factors.

Today, smoking is no longer limited to adults but is increasingly common among adolescents and university students. Some students perceive smoking as a symbol of maturity, a means of enhancing self-confidence, and a way to expand social relationships. Furthermore, many students believe that smoking helps reduce stress caused by academic pressures and various demands of university life. However, numerous studies have shown that this assumption is not entirely accurate. Although nicotine may provide temporary relaxation, in the long term it increases dependency, anxiety, and various other health problems.

University students represent the younger generation and play a strategic role in national development. In particular, students in the Elementary School Teacher Education Program (PGSD) are prepared to become educators who not only transfer knowledge but also serve as role models in behavior and lifestyle. Teachers are expected to demonstrate positive behavior, including maintaining their own health. Therefore, smoking habits among PGSD students are an important issue to examine because they are related to the image and exemplary role of future educators.

At the State University of Padang (UNP) PSDKU Sawahlunto, particularly among students of the Elementary School Teacher Education Program (PGSD), smoking behavior can still be observed. Preliminary observations indicate that some students smoke in several campus areas despite being aware of the negative effects of smoking. This condition suggests that knowledge about the dangers of smoking does not necessarily lead to positive behavioral changes. In addition to endangering the health of smokers, smoking habits may also affect the comfort of the campus environment and the health of non-smoking students.

Besides its health impacts, smoking also has economic consequences for students. Regular spending on cigarettes can reduce the funds that should be allocated to academic and personal needs. In the long term, this habit may lead to financial waste and increase

the risk of addiction. Therefore, the effects of smoking are not limited to health issues but also extend to social, economic, and professional aspects.

Numerous studies have examined smoking behavior among university students. Several studies have found that peer influence, family environment, and stress levels are dominant factors encouraging students to smoke. Other studies have revealed that smoking habits are associated with declining physical health, mental health, and overall quality of life. Nevertheless, most previous studies have focused on university students in general and have not specifically examined smoking behavior among Elementary School Teacher Education (PGSD) students who are being prepared as future educators.

Based on the foregoing discussion, there is a research gap that requires further investigation, particularly regarding the factors influencing smoking habits and their impact on the health of PGSD students at UNP PSDKU Sawahlunto. The novelty of this study lies in its focus not only on identifying the factors that contribute to smoking habits but also on analyzing their effects on the physical, mental, social, and economic health of students as prospective elementary school teachers.

This study employs a descriptive qualitative approach. Data were collected through in-depth interviews, observations, and documentation studies involving PGSD students at UNP PSDKU Sawahlunto who have smoking habits. Through this research, it is expected that a more comprehensive understanding will be obtained regarding the factors underlying smoking behavior and its impacts on students' health.

Based on this background, the objective of this study is to analyze the factors influencing smoking habits and to identify their impacts on the health of students in the Elementary School Teacher Education Program (PGSD) at UNP PSDKU Sawahlunto. The findings of this study are expected to serve as a source of information and evaluation for students, the university, and other relevant stakeholders in efforts to prevent and address smoking habits within the higher education environment.

METHOD

This study employed a descriptive qualitative approach to explore the factors influencing smoking habits and their impacts on the health of students at the Elementary School Teacher Education Program (PGSD), Universitas Negeri Padang (UNP) PSDKU Sawahlunto. A qualitative approach was selected because it allows researchers to obtain in-depth information regarding participants' experiences, perceptions, and reasons underlying smoking behavior. The study was conducted at UNP PSDKU Sawahlunto on April 8, 2026.

The population of this study consisted of students enrolled in the PGSD Program at UNP PSDKU Sawahlunto. Participants were selected using purposive sampling, in which respondents were chosen based on specific criteria relevant to the research objectives. The selected participants were students from the 2025 cohort who had smoking habits and were willing to participate in the study. Data collection was continued until sufficient information was obtained and data saturation was achieved.

Data were collected through in-depth interviews, observations, and documentation. The interview guide served as the primary research instrument and contained open-ended questions regarding the factors influencing smoking behavior, perceived health impacts, social and economic consequences, and efforts to reduce or stop smoking. Interviews were conducted directly with participants in a semi-structured format to allow flexibility in exploring emerging issues. Observations were carried out in the campus environment to identify smoking-related activities, common smoking locations, and social interactions among students. Documentation techniques were also used to collect supporting data, including field notes, photographs, books, journal articles, and other relevant references related to smoking behavior and health.

To ensure the credibility of the findings, data triangulation was applied by comparing information obtained from interviews, observations, and documentation. The collected data were analyzed using the interactive model proposed by Miles and Huberman, consisting of data reduction, data display, and conclusion drawing/verification. Data reduction involved selecting, simplifying, and organizing relevant information. The reduced data were then presented in a narrative form to facilitate interpretation and understanding of emerging patterns. Finally, conclusions were drawn and continuously verified throughout the research process by comparing findings with the available data sources.

This study focused on identifying the factors that contribute to smoking habits among PGSD students and examining their impacts on physical health, mental well-being, social life, and economic conditions. Although the findings provide an in-depth understanding of smoking behavior within the selected participants, the results are limited to the context of PGSD students at UNP PSDKU Sawahlunto and therefore cannot be generalized to all university students.

RESULT AND DISCUSSION

The findings of this study demonstrate that smoking behavior among PGSD students at UNP PSDKU Sawahlunto is a complex phenomenon influenced by the interaction of social, psychological, environmental, and physiological factors. The results indicate that smoking does not emerge suddenly but develops through a gradual process shaped by peer influence, stress management mechanisms, family socialization, and nicotine dependence. This pattern is in accordance with Lawrence Green's PRECEDE-PROCEED Model, which explains that health behavior is determined by the interaction between predisposing factors, enabling factors, and reinforcing factors. In this context, beliefs and perceptions regarding smoking, family exposure, and social support from peers collectively contribute to the maintenance of smoking behavior among university students.

One of the most dominant findings of this study concerns the influence of peer groups on smoking initiation and continuation. Most respondents admitted that they started smoking because they wanted to adapt to their social environment and avoid being isolated from their peers. Cigarettes became not only a means of personal satisfaction but also a symbol of social identity and acceptance. This finding reinforces Lawrence Green's concept of reinforcing factors, which emphasizes the role of social relationships in strengthening health-related behaviors. The tendency of individuals to conform to group norms can also be explained through Soekanto's theory of social interaction, which argues that people naturally adjust their behavior to the values and norms prevailing within their social groups. Similarly, Maslow's hierarchy of needs highlights the importance of belongingness and social acceptance as fundamental human needs. Students who seek friendship and recognition from their peers may adopt smoking as a way to maintain their membership within the group. These findings are consistent with the study conducted by Kobus (2003), which identified peer influence as one of the strongest predictors of smoking initiation among adolescents and young adults. Simons-Morton and Farhat (2010) also emphasized that social networks significantly affect smoking behavior because individuals tend to imitate behaviors practiced by their peers. More recent studies have similarly reported that social identity and the desire for peer acceptance remain significant determinants of smoking among university students. Therefore, the present findings suggest that smoking behavior among PGSD students is socially constructed and maintained through interactions with peers, indicating that smoking prevention programs should address group norms and social environments rather than focusing solely on individual behavior.

In addition to social influences, psychological factors emerged as important determinants of smoking behavior. Respondents reported that smoking helped them cope with academic stress, emotional pressure, and heavy workloads. Cigarettes were perceived as a means of relaxation and concentration enhancement. These findings support the predisposing factors proposed in the PRECEDE-PROCEED Model, which state that beliefs and perceptions influence health behavior. Students who believe that smoking provides emotional relief are more likely to continue smoking despite understanding its health consequences. The findings are also in line with Lazarus and Folkman's Stress and Coping Theory, which explains that individuals often employ coping strategies to deal with stressors. In this case, smoking represents an emotion-focused coping mechanism intended to reduce psychological discomfort rather than solving the source of stress itself. Sarwono (2002) similarly argued that adolescents and young adults frequently adopt maladaptive behaviors, including smoking, as a response to emotional challenges. However, the respondents' perception that smoking reduces stress appears to be only temporary. Parrott (1999) explained that smokers often misinterpret the effects of nicotine withdrawal relief as stress reduction. Likewise, Kassel et al. (2003) found that smoking merely alleviates withdrawal symptoms rather than eliminating stress itself. Consequently, smoking creates a cycle in which individuals become increasingly dependent on nicotine to maintain emotional stability. The findings of this study therefore suggest that smoking among university students functions as a maladaptive coping strategy, highlighting the need for stress management interventions and psychological support programs in higher education settings.

Another important finding concerns the role of family background in shaping smoking behavior. Respondents who grew up in households where parents or siblings smoked tended to perceive smoking as a normal and acceptable activity. Continuous exposure to smoking behavior since childhood reduced their awareness of its harmful effects and made them more susceptible to smoking initiation when influenced by peers. This finding strongly supports Bandura's Social Learning Theory, which emphasizes that individuals acquire behavior through observation and imitation of significant others. Parents and family members act as role models whose behaviors are unconsciously internalized by children and adolescents. In the context of Lawrence Green's framework, family exposure can also be classified as an enabling factor because it facilitates smoking behavior by creating an environment in which smoking is normalized. Previous studies have consistently demonstrated similar findings. Leonardi-Bee et al. (2011) concluded that parental smoking significantly increases the likelihood of smoking initiation among offspring. Gilman et al. (2009) also reported that children raised in smoking households are more likely to become smokers because smoking becomes embedded within everyday family life. Research conducted in Indonesia likewise found that permissive family environments and parental smoking habits contribute substantially to smoking behavior among adolescents. These findings indicate that smoking among university students is not merely a consequence of peer pressure but is rooted in long-term socialization processes occurring within the family environment. Consequently, smoking prevention efforts should involve family-based interventions aimed at creating smoke-free homes and strengthening health awareness among parents.

Furthermore, the findings reveal that smoking behavior among respondents has developed beyond a simple habit and has progressed into nicotine dependence. All respondents reported withdrawal symptoms, including restlessness, irritability, emotional instability, and difficulty concentrating when they were unable to smoke. These symptoms indicate that smoking behavior has reached the stage of physiological addiction. This phenomenon can be explained through the physiological theory proposed by Guyton and Hall, which states that nicotine stimulates dopamine release within the brain's reward system, producing pleasurable sensations that reinforce repeated smoking behavior. Over

time, continuous nicotine exposure alters neurochemical processes and creates dependence, making smoking cessation increasingly difficult. This finding is also consistent with Skinner's Operant Conditioning Theory, which explains that behavior is maintained through positive reinforcement and negative reinforcement. Initially, smoking provides pleasurable feelings, while later smoking is maintained to avoid discomfort associated with withdrawal symptoms. Benowitz (2010) similarly argued that nicotine possesses highly addictive properties capable of producing both physical and psychological dependence. DiFranza et al. (2007) further demonstrated that symptoms of nicotine dependence can emerge rapidly even among young smokers. West (2017) also emphasized that addiction is sustained through the interaction of biological and psychological mechanisms, making smoking cessation a challenging process. The experiences reported by respondents in this study provide clear evidence that smoking behavior among PGSD students has evolved from socially motivated experimentation into physiological addiction, indicating that smoking should no longer be viewed solely as a lifestyle choice but rather as a health issue requiring professional intervention.

Overall, the findings of this study demonstrate that smoking behavior among PGSD students at UNP PSDKU Sawahlunto results from the interaction of multiple factors rather than a single determinant. Psychological stress, family socialization, peer influence, and nicotine dependence interact dynamically and reinforce one another. These findings confirm the relevance of Lawrence Green's PRECEDE-PROCEED Model in explaining smoking behavior among university students. Predisposing factors such as stress and perceptions regarding smoking, enabling factors represented by family exposure and accessibility to cigarettes, and reinforcing factors manifested through peer support collectively contribute to the persistence of smoking behavior. Furthermore, prolonged smoking leads to physiological dependence, making cessation increasingly difficult. Compared with previous studies that generally focus on a single aspect of smoking behavior, the present study provides a more comprehensive understanding by integrating social, psychological, environmental, and biological dimensions within a single analytical framework. The findings also contribute to the limited body of literature concerning smoking behavior among prospective elementary school teachers in regional campuses. Therefore, the results imply that smoking prevention strategies in higher education institutions should adopt a multidimensional approach involving stress management programs, peer-group interventions, family participation, and smoking cessation support to address the complexity of smoking behavior among university students.

Overall, the findings suggest that smoking behavior among PGSD students at UNP PSDKU Sawahlunto is multidimensional and results from interactions among psychological, social, environmental, and biological factors. Lawrence Green's PRECEDE-PROCEED Model provides a comprehensive framework for understanding these interactions.

- Predisposing factors include stress, beliefs about smoking, curiosity, and perceptions that cigarettes provide relaxation.
- Enabling factors involve family environments where smoking is normalized and easy access to cigarettes.
- Reinforcing factors arise from peer acceptance and social interactions that sustain smoking behavior.
- Over time, repeated smoking leads to nicotine addiction, transforming a socially motivated behavior into physiological dependence.

These findings indicate that smoking behavior among university students cannot be explained solely by individual factors. Rather, it is the product of complex interactions between social environments, psychological conditions, and biological mechanisms. Therefore, smoking prevention programs in higher education institutions should adopt a

comprehensive approach encompassing stress management, peer-group interventions, family involvement, and smoking cessation support programs.

Unlike previous studies that generally examine single determinants of smoking behavior, this study provides a more holistic explanation by integrating peer influence, psychological stress, family socialization, and nicotine dependence within the framework of the PRECEDE-PROCEED Model. Furthermore, this research focuses specifically on PGSD students at UNP PSDKU Sawahlunto, a population that has received limited scholarly attention. The findings reveal that smoking behavior among prospective elementary school teachers is not merely a lifestyle habit but a multidimensional phenomenon shaped by social, psychological, familial, and physiological factors. This perspective offers a broader understanding for designing comprehensive smoking prevention and cessation interventions within teacher education institutions.

CONCLUSION

This study concludes that smoking behavior among PGSD students at Universitas Negeri Padang PSDKU Sawahlunto is a multidimensional phenomenon influenced by the interaction of psychological, social, environmental, and physiological factors. Smoking initiation and continuation are not merely the result of individual preferences but are shaped by peer influence, stress-related coping mechanisms, family background, and nicotine dependence. Peer groups play a crucial role in reinforcing smoking behavior through social acceptance and conformity to group norms, while psychological pressures encourage students to perceive smoking as a means of relieving stress and maintaining emotional stability. In addition, exposure to smoking behavior within the family environment contributes to the normalization of smoking and facilitates its adoption among students. Furthermore, withdrawal symptoms experienced by respondents indicate that smoking behavior has progressed from a habitual activity to physiological dependence, making cessation increasingly difficult.

These findings confirm the relevance of Lawrence Green's PRECEDE-PROCEED Model in explaining smoking behavior among university students, where predisposing factors, enabling factors, and reinforcing factors interact dynamically to shape health-related behaviors. The study also demonstrates that smoking among prospective elementary school teachers should not be viewed solely as a lifestyle choice but rather as a complex public health issue requiring comprehensive intervention.

The novelty of this study lies in its integrated analysis of peer influence, psychological stress, family socialization, and nicotine addiction within a single conceptual framework. Unlike previous studies that primarily focused on isolated determinants, this research provides a holistic understanding of smoking behavior among students at a regional campus setting, particularly among prospective teachers who are expected to become role models for future generations.

Therefore, higher education institutions should develop comprehensive tobacco control strategies that not only emphasize smoking prohibition policies but also incorporate stress management programs, health education, peer-based interventions, family involvement, and smoking cessation services. Future research is recommended to involve larger samples and employ mixed-method or longitudinal approaches to further explore the dynamic process of smoking behavior and the effectiveness of smoking prevention programs among university students.

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