

Intention Consistency and Smoking Cessation Behavior in Civil Servants

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This research was aimed to explore the consistency of intention to stop smoking in related to Smoking Attitude, Social Support and Self Efficacy of civil servants at 6 Central Java's regency. Regression analysis revealed that there was 37,1% common variance between Smoking Attitude, Social Support and Self Efficacy toward Smoking Cessation. From 266 research subjects there were 192 reported their intention to stop smoking, 41 intended to come to the smoking cessation training, however only 34 (12,79%) really participated in the smoking cessation training program.

Keywords: intention; stop smoking behavior; government workers

Tujuan utama penelitian ini adalah untuk mengetahui sejauh mana konsistensi niat untuk berhenti merokok dikaitkan dengan seberapa besar pengaruh Sikap terhadap Rokok, Dukungan Sosial, Kemampuan yang Dirasakan berpengaruh terhadap Niat untuk Berhenti Merokok, pada karyawan Sekretariat Daerah Kabupaten/Kota di Jawa Tengah. Melalui uji Analisis Regresi diperoleh hasil yang menunjukkan bahwa Sikap terhadap Rokok, Dukungan Sosial dan Kemampuan yang Dirasakan berpengaruh secara sangat signifikan terhadap Niat untuk Berhenti Merokok dengan sumbangan bersama ke tiga variabel sebesar 37,1%. Hasil lanjutan menunjukkan bahwa dari 266 subyek terdapat 192 yang berniat untuk berhenti merokok, dan dari 192 terdapat 41 yang tertarik untuk mengikuti pelatihan berhenti merokok, dan secara keseluruhan hanya 34 subyek (12,79%) yang hadir dalam pelatihan yang dilaksanakan di masing-masing Kabupaten/Kota.

Kata kunci: niat, perilaku berhenti merokok, karyawan pemerintah

Smoking is a harmful behavior, not only for those who smoke, but also for people surrounding. Smoking behavior shows variability of intra and inter individual (Gilbert, 1996; Loeksono & Wismanto, 1999). Cigarette smoke contains many toxic chemical substances that harm many people, so DKI Regional Government issues Legislation about Pollution Control No 75, 2005, ratified by DKI Legislators on February 5, 2005 (DPRD DKI, 2005) Regional Legislation was renewed with Smoking Prohibition in any building in DKI Jaya (Jakarta). Smokers are allowed to smoke outside the building (Peraturan Gubernur DKI, 2010). This regulation limits the freedom of smoking and need to be followed by other regional governments.

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Most of the society are aware of the danger elicited by smoking. In fact those who understand the danger of smoking, those who are highly educated, even health workers, doctors and nurses smoke too. Although the warning of the harmful effects of cigarettes are already written on the cigarette pack, it does not make smokers grow less.

Smoking behavior can cause work inefficiency because smokers need time to enjoy their cigarettes. Observation in Semarang Secretariat, public is served while public servants enjoy smoking, so the people served are passive smokers too. People who need to be served are disturbed by this reality. The issuance of DKI Jaya legislation on pollution control No 88, 2010 prohibits smoking inside the building and smokers should smoke outside the building.

The tendency of smoking varied around the world. In Europe, America and Canada, the trend is going down, whereas in Asia, North Africa and Latin America, the trend is going up along with lesser years of age to start smoking (WHO, 2003). According to Hanafiah (2010), Chairman of National Commission of Tobacco Control stated that Indonesia is the third in