

Intrepretative Phenomenological Analysis: Perception of Health Risk of Smoking and Smoking Cessation Among Pharmacy Students

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Smokers can experience addiction that impedes their efforts to quit smoking. Smokers' perception and view of quitting smoking are worthy input for health practitioners to promote smoking cessation programs. The purpose of this study was to explore the perception of health risks of smoking and smoking cessation. The method was based on the phenomenological perspective using interpretative phenomenological analysis involving pharmacy students. The study was conducted over two years using snowball-purposive sampling. Participants were smokers who started smoking when they were 18 years old and had previously tried to quit smoking. Results showed that participants started smoking because of curiosity and influences from environments. All participants understood the risks of smoking, and had tried to quit smoking because smoking affected their health and economical status. Therefore, health programs need to focus on smokers' behavior and barriers to quitting smoking since those who have good knowledge on the risks of smoking can experience difficulty in quitting smoking.

Keywords: perception, smoking cessation, pharmacy students

Perokok dapat mengalami adiksi sehingga menyulitkan usaha berhenti merokok. Persepsi dan pandangan seorang perokok terhadap pengalaman berhenti merokok, menjadi masukan bagi tenaga kesehatan dalam meningkatkan program berhenti merokok. Tujuan penelitian adalah menggali persepsi kesadaran kesehatan dalam berhenti merokok. Metode penelitian ini berdasarkan perspektif fenomenologis dengan *interpretatif fenomenologis analisis* pada mahasiswa fakultas farmasi yang dilakukan selama dua tahun dengan menggunakan *snowball-purposive sampling*. Partisipan adalah perokok sejak berusia 18 tahun dan pernah mencoba berhenti merokok. Hasil penelitian menunjukkan bahwa awal mula partisipan merokok dipengaruhi rasa penasaran dan pengaruh lingkungan. Semua responden mengetahui bahaya akibat merokok, dan telah mencoba berhenti merokok karena rokok telah memengaruhi faktor kesehatan dan financial mereka. Oleh karena itu, program kesehatan perlu difokuskan terhadap perilaku dan hambatan seorang perokok, karena mereka yang memiliki pengetahuan yang baik terhadap bahaya rokok juga mengalami kesulitan berhenti merokok.

Kata kunci: persepsi, berhenti merokok, mahasiswa farmasi

Cigarettes are a serious threat to the health of people around the world that can lead to death. Indonesia is the fifth largest producer of tobacco as well as the largest producer and exporter of cigarettes in the world. Further, Indonesia is the third largest cigarette consumers in the world (GATS, 2012). Cigarettes and tobacco smoke contain dangerous chemical substances that are harmful to the body, causing the body susceptible to diseases that could risk the health of smo-

kers and other people (Fawzani & Triratnawati, 2005; Hutapea, 2013). The most effective or healthiest way is quitting smoking. However, the habit of smoking can create problems to those who are addicted to cigarettes (Neal & Benowitz, 2008).

Nicotine is the main substance in cigarettes that causes addiction. Nicotine stimulates acetylcholine receptors on neurons that contain dopamine. This stimulation causes an increase of dopamine in the central of brain reward system. The peak level of nicotine and activation of brain reward system are followed by a gradual decrease level of nicotine to the point of withdrawal that can only be removed by smo-

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