

GAMBARAN PENGETAHUAN TENTANG DAMPAK MEROKOK TERHADAP KESEHATAN GIGI DAN MULUT DENGAN MOTIVASI BERHENTI MEROKOK PADA REMAJA KELAS 11 SMA NEGERI 2 SINGAPARNA

ABSTRAK

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Latar Belakang: Data Survei Kesehatan Indonesia (SKI) 2023 menunjukkan bahwa 18,4% remaja usia 10–14 tahun dan 56,5% usia 15–19 tahun adalah perokok. Di Kota Tasikmalaya, 36,64% penduduk usia 15 tahun ke atas dari kelompok pengeluaran menengah merokok rata-rata 63,97 batang per minggu. Merokok telah menjadi kebiasaan umum di masyarakat, termasuk di kalangan remaja. Perilaku ini sering terlihat di tempat umum maupun sekitar rumah. Remaja sangat mudah terpengaruh oleh lingkungan, dan salah satu faktor yang mendorong perilaku mereka adalah motivasi. Tanpa motivasi, seseorang cenderung pasif. Memahami motivasi remaja dalam merokok penting untuk upaya pencegahan. Tujuan: Mengetahui gambaran pengetahuan tentang dampak merokok terhadap kesehatan gigi dan mulut dengan motivasi berhenti merokok pada Remaja kelas 11 SMA Negeri 2 Singaparna. Metode: Survei dengan populasi siswa laki-laki kelas 11 SMA Negeri 2 Singaparna berjumlah 80. Teknik sampling menggunakan teknik purposive sampling sebanyak 32 orang. Instrumen penelitian berupa kuesioner pengetahuan dan motivasi berhenti merokok. Penelitian ini disajikan dalam bentuk tabel distribusi frekuensi. Hasil: Pengetahuan tentang dampak merokok terhadap Kesehatan gigi dan mulut kriteria baik yaitu 22 responden (69%) dan motivasi berhenti merokok kriteria baik yaitu 25 responden (78%). Kesimpulan: Pengetahuan tentang dampak merokok terhadap kesehatan gigi dan mulut hasil kriteria baik dan motivasi berhenti merokok hasil baik.

Kata Kunci : Pengetahuan, Merokok, Remaja, Motivasi Berhenti Merokok

Referensi : 55 (2014-2025)

**OVERVIEW OF KNOWLEDGE ABOUT THE IMPACT OF SMOKING ON
DENTAL AND ORAL HEALTH WITH MOTIVATION TO QUIT SMOKING
IN GRADE 11 ADOLESCENTS OF SMA NEGERI 2 SINGAPARNA**

ABSTRACT

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Background: The 2023 Indonesian Health Survey (SKI) data shows that 18.4% of teenagers aged 10-14 years and 56.5% aged 15-19 years are smokers. In the city of Tasikmalaya, 36.64% of the population aged 15 years and older from the middle-income group smoke an average of 63.97 cigarettes per week. Smoking has become a common habit in society, including among teenagers. This behavior is often seen in public places as well as around homes. Teenagers are highly influenced by their environment, and one factor that drives their behavior is motivation. Without motivation, a person tends to be passive. Understanding the motivation of teenagers to smoke is important for prevention efforts. Objective: To understand the knowledge about the impact of smoking on dental and oral health with the motivation to quit smoking among 11th grade students at SMA Negeri 2 Singaparna. Method: A survey was conducted with a population of male 11th-grade students at SMA Negeri 2 Singaparna totaling 80. The sampling technique used was purposive sampling, with a sample size of 32 individuals. The research instrument consisted of a questionnaire on knowledge and motivation to quit smoking. This research is presented in the form of a frequency distribution table. Results: Knowledge about the impact of smoking on oral health is classified as good with 22 respondents (69%) and motivation to quit smoking is classified as good with 25 respondents (78%). Conclusion: Knowledge about the impact of smoking on oral health is classified as good and motivation to quit smoking is classified as good.

Keywords : Knowledge, Smoking, Teenagers, Motivation to Stop Smoking

Reference : 55 (2014-2025)