The Effectiveness of Health Education about the Danger of Smoking on Knowledge and Attitudes through Small Group Discussion Using Booklet in Grade VII of Junior High School 3 Batujajar, West Bandung Regency

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Abstract

Smoking behavior among students is nothing new now. According to 2022 basic health research, the number of teenage smokers at junior high school age in Indonesia is around 34%. One of the reasons for the increasing rate of smoking behavior among teenagers is a lack of knowledge about the dangers of smoking which influences attitudes among teenagers. One of the attempts to minimize smoking behavior in teenagers is by providing education using small group discussions (SGD) with booklets. This research aimed to determine the effectiveness of SGD education using booklets on knowledge and attitudes toward smoking in grade VII students at Junior High School 3 Batujajar. The method used in this research was quantitative, with a pre-experimental design and one group pre-test and post-test. The population in this study was 35 respondents chosen with probability sampling through cluster sampling technique. The data analysis using the marginal homogeneity test for the knowledge aspect showed a p-value of $0.000 < 0.05$, and the Wilcoxon test for the attitude aspect showed a p-value of $0.404 > 0.05$. From this analysis, it can be concluded that there is an effect of education with SGD using booklets on knowledge but there is no effect on attitudes aspect. Become reference material for health services, especially health education, using the SGD method through booklets to increase knowledge and attitudes on smoking in adolescents.

Keywords: smoking behavior, knowledge and attitudes, small group discussion, junior high school students