IMPROVEMENT OF KNOWLEDGE ABOUT CIGARETTE THROUGH HEALTH CARE ABOUT HEALTHY BEHAVIOR BY AVOIDING CIGARETTE

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ABSTRACT

Health promotion activities on Healthy Living Behavior by Avoiding Smoking in Al Islam Middle School, Sidoarjo is one form of community service in the form of counseling aimed at increasing children's knowledge about how to avoid smoking for both active smokers and passive smokers. The activity was carried out on November 29, 2019 at the Al Islam Middle School, Sidoarjo. The target is grade IX students of Al Islam Middle School, Sidoarjo. Before the activity is carried out, there is a process of compiling the activity for approximately 3 weeks before the activity is carried out, starting from determining the theme of counseling to submitting permits to the parties concerned. As a form of evaluation, the activity was attended by 30 students of class IX, participants took part in the activity happily and looked very enthusiastic, health promotion activities could run on time and smoothly.

Keywords: Knowledge, health care, health behavior, avoiding cigarette.

INTRODUCTION

Cigarettes are one of the additives which when used cause danger to themselves and the community, therefore we need various safety activities for the health of cigarettes. Cigarettes are packaged tobacco products including cigars or other forms that contain "nicotine and tar" with or without additional ingredients (Armstrong, Sue 1991).
OBJECTIVES

General Purpose

After counseling, all students of Class IX of Al Islam Middle School, Sidoarjo are expected to be able to understand more about healthy behavior by avoiding smoking.

Special Purpose

After counseling, all representatives of students of Class IX of the Al Islam Middle School, Sidoarjo are expected to be able to:
1. Understand about the understanding of active smokers and passive smokers.
2. Understanding the harmful content of cigarettes.
3. Understand the diseases caused by consuming cigarettes.
4. Understand how to avoid consuming cigarettes.
5. Understanding the health effects of active smokers and secondhand smoke.

PLAN OF ACTION

Strategy Plan

The strategy plan implemented, including:
1. Coordinate with the principal of the Al Islam Middle School, Sidoarjo to request permission to carry out health education as a nursing program and to help provide useful knowledge for students of Al Islam Middle School, Sidoarjo.
2. Establish a time contract with students of Al Islam Middle School, Sidoarjo.
3. Providing health education about healthy behavior by avoiding smoking in the Al-Islam Middle School, Sidoarjo.

Implementation

Actions taken in the implementation of these activities, including:

1. Contacting the principal of the Al Islam Middle School, Sidoarjo to ask permission to carry out these activities and gather the students of the Al Islam Middle School, Sidoarjo.
2. Prepared the place and media for health promotion.
3. Carried out the material of healthy behavior by avoiding cigarette to the all representatives of students of Class IX of the Al Islam Middle School, Sidoarjo.

Setting

This activity was carried out at the Al-Islam Middle School, Sidoarjo.

Target

Target in this activity is all of the students of Class IX of the Al Islam Middle School, Sidoarjo.

RESULTS AND DISCUSSION

The activity starts at 10:30 until 12.00 WIB. The activity was carried out at the Al Islam Middle School, Sidoarjo in accordance with the plan. The students who attended were 30 students. The participants seemed enthusiastic in the process of delivering the material.

Equipment used during the counseling process are laptops, powerpoints, videos, leaflets, LCDs, posters. Using simple language and sentences, students of the Al Islam Middle School, Sidoarjo responded with enthusiasm. The Al Islam Middle School, Sidoarjo teachers want to work together in implementing this health promotion activity.

Every question asked by participants can be answered by all team members. 85% of participants can explain the meaning of active smokers and passive smokers. 85% of participants can explain the dangers of
cigarette consumption. 85% of participants can understand the health effects of active smokers and passive smokers.

CONCLUSION
Improvement of knowledge about cigarette through health care about healthy behavior by avoiding cigarette at the Al Islam Middle School, Sidoarjo was considered quite successful because 85% of participants can explain the meaning of active smokers and passive smokers. 85% of participants can explain the dangers of cigarette consumption. 85% of participants can understand the health effects of active smokers and passive smokers.

REFERENCES