



# Community Service Journal of Indonesia

Division of Research and Community Service  
Kerta Cendekia Nursing Academy

<https://ejournal-kertacendekia.id/index.php/csji/index>

Community Service Journal of Indonesia 2 (1) (2020): 4-6

Doi: <https://doi.org/10.36720/csji.v2i1.141>

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

Elok Triestuning<sup>1</sup>, Herlins Gretsia Oratmangun<sup>2</sup>, Amilia Mega Asma<sup>2</sup>, Cholilul Rochman<sup>2</sup>, Defi Silahturrohmi Nisaul Khoiro<sup>2</sup>, Khoirotun Niswah<sup>2</sup>, Ria Valy Oratmangun<sup>2</sup>

<sup>1</sup> Lecturer of Kerta Cendekia Nursing Academy, Sidoarjo

<sup>2</sup> Students of Kerta Cendekia Nursing Academy, Sidoarjo

### 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.

© 2020 The Authors. Community Service Journal of Indonesia Published by Community Service and Research of Kerta Cendekia Nursing Academy - Kerta Cendekia Nursing Academy  
This is an Open Access Article distributed under the terms of the [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/) which permits unrestricted non-commercial use, distribution, and reproduction in any medium, provided the original work is properly cited.

E-ISSN  
2684-7884

### 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 of 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**

- Armstrong, sue (1991). *Pengaruh Rokok Terhadap Kesehatan* . Jakarta: Arcan Mandagi.
- Jeanne. (1996). *Masalah Narkotika dan Zat Adiktif Lainnya serta penanggulanya*. Jakarta: Bima Darma Pemuda Printing.
- Smetzer, SC & Bare, BG. (2002). *Buku Ajar Keperawatan Medikal Bedah Brunner & Suddarth*, Edisi 8 Vol 2. Jakarta: EGC.
- Mansjoer, A. (2004). *Kapita Selekta Kedokteran*, Edisi Ketiga, Jilid Satu. Jakarta: Media Aeskulapius.