

ARTICLE INFORMATION

Received: July, 24, 2026

Revised: October, 08, 2026

Available online: October, 09, 2026

at: <https://e-jurnal.ipphorr.com/index.php/mhc>

The relationship between self-concept and smoking behavior among junior high school adolescents

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Abstract

Background: Adolescent smoking is a public health concern in Indonesia. Adolescence is a developmental period characterized by increased susceptibility to environmental and social influences, which may contribute to smoking behavior. Self-concept is one psychological factor that may be associated with smoking behavior among adolescents.

Purpose: To determine the relationship between self-concept and smoking behavior among adolescents.

Method: This quantitative study used a descriptive-correlational design with a cross-sectional approach. The participants were 57 ninth-grade male students at Junior High School 1 Kartasura selected using proportionate stratified random sampling. Data were collected using a self-concept questionnaire and a smoking behavior instrument. Data were analyzed using Kendall's Tau test.

Results: Most respondents had a negative self-concept (39; 68.4%) and light smoking behavior (40; 70.2%). Kendall's Tau analysis showed a significant association between self-concept and smoking behavior ($p = 0.011$; $r = 0.329$).

Conclusion: There is a significant association between self-concept and smoking behavior among adolescents.

Keywords: Adolescents; Self-concept; Smoking Behavior.

INTRODUCTION

Adolescence is a transitional developmental period characterized by substantial physical, psychological, emotional, and social changes. During this period, adolescents begin to develop their identity, understand social roles, establish relationships with others, and recognize their strengths and limitations (Amira, Hendrawati, Sriati, Sumarni, & Rosidin, 2023). These developmental changes may influence adolescents' emotional responses, self-perception, interpersonal relationships, and behavioural choices. Therefore, adolescence represents an important period for the development of healthy psychological and behavioural patterns. Unhealthy behaviours that emerge during this period may persist into adulthood and adversely affect individual well-being (Suharti & Marliyana, 2025). Smoking is one of the health-risk

behaviours that may emerge during adolescence. According to the World Health Organization (WHO), approximately 1.3 billion people worldwide are adolescents aged 10–19 years. In Indonesia, the number of adolescents aged 15–19 years reached approximately 22.2 million in 2021. In Central Java, the population aged 10–19 years reached approximately 5.54 million in 2023. Adolescents are particularly vulnerable to engaging in risk behaviours, including smoking (Manoppo, 2023). Data from the 2023 Indonesian Health Survey (IHS) indicated that adolescents aged 15–19 years represented the largest proportion of smokers, at 56.5%, followed by those aged 10–14 years at 18.4%. The high prevalence of smoking among adolescents indicates that smoking remains an important public health concern, particularly among school-aged populations.

Smoking behaviour may negatively affect both individual and community health. Adolescents are susceptible to environmental influences, including peer invitations, family smoking habits, and access to cigarettes, which may contribute to the initiation and continuation of smoking behaviour (Desy & Dhian, 2024). Some adolescents may perceive smoking as a symbol of maturity, strength, leadership, or social acceptance, while others may associate smoking with relaxation and improved concentration. However, smoking is associated with various adverse health outcomes, including cardiovascular disease, cancer, and respiratory disorders. Smoking behaviour among students may also interfere with healthy development and academic functioning. Preventive efforts, therefore, require health education, supportive school environments, and the implementation of smoke-free school policies (Yunarman, Gilang, Nurhidayati, & Praditya, 2025). The persistence of smoking behaviour among adolescents also makes it an important behavioural health issue because smoking may be difficult to discontinue once established and may produce long-term negative consequences (Kristiani & Ricky, 2023).

In addition to environmental and social influences, psychological factors may contribute to adolescents' smoking behaviour. One psychological factor that warrants attention is self-concept. Self-concept is an important component of personality that influences how individuals perceive themselves, respond to life situations, and interact with others (Rahmawati, Mudhar, & Setiawati, 2025). It refers to an individual's perception of their abilities, characteristics, behaviour, experiences, aspirations, and relationships with the surrounding environment (Azhar & Handayani, 2021). A positive self-concept may support adaptive decision-making and healthy interpersonal relationships, whereas a negative self-concept may be associated with vulnerability to maladaptive behaviors. Previous research has demonstrated a relationship between self-concept and smoking behavior among adolescents, with poorer self-concept being associated with a greater tendency toward smoking behavior (Miranda, Usraleli, Masnun, Delvira, & Rusherina, 2020).

The relationship between self-concept and smoking behavior is particularly relevant in the school environment because adolescence is a critical period for identity formation and the development of

behavioral patterns. Students who have difficulties in developing a positive perception of themselves may be more vulnerable to social influences and may use smoking as a means of gaining acceptance, expressing identity, or coping with personal and social pressures. Consequently, understanding the relationship between self-concept and smoking behavior may contribute to the development of more comprehensive mental health promotion and smoking prevention programs among adolescents. A preliminary study conducted on October 7, 2025, at Junior High School 1 Kartasura, Sukoharjo, found that smoking behavior was still present among students in the school environment. An interview with the school guidance and counseling teacher indicated that some students were known to smoke. Interviews with 10 students further indicated that two students reported smoking because of smoking habits observed among their parents at home, while five students reported consuming approximately one cigarette per day. Some students also expressed a desire to become better individuals and reported feeling less confident when smoking alone. These preliminary findings suggest that smoking behavior among students may involve both environmental influences and psychological aspects related to self-perception and confidence.

RESEARCH METHOD

This study employed a quantitative approach with a descriptive-correlational design and a cross-sectional approach. The study was conducted among male ninth-grade students at Junior High School 1 Kartasura, Sukoharjo, Indonesia. The cross-sectional design was used to examine the relationship between self-concept and smoking behaviour by measuring both variables during the same data-collection period. The study population consisted of 135 male ninth-grade students. A total of 57 respondents were selected using the Slovin formula and proportionate stratified random sampling. The number of respondents from each ninth-grade class was determined proportionally according to the number of students in each class. Respondents were selected based on predetermined inclusion criteria and participated voluntarily in the study. Data were collected using two structured questionnaires, namely a self-concept questionnaire and a smoking behaviour questionnaire. The self-concept questionnaire, with

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DOI: <https://doi.org/10.56922/mhc.v5i7.4077>

item validity coefficients ranging from 0.361 to 0.387 and a Cronbach's Alpha reliability coefficient of 0.846. The smoking behaviour questionnaire, with item validity coefficients ranging from 0.521 to 0.722 and a Cronbach's Alpha reliability coefficient of 0.760. The questionnaires were administered directly to the selected respondents during the data-collection period. Before completing the questionnaires, the researchers explained the study objectives, procedures, confidentiality of information, and respondents' rights. Participation was voluntary, and respondents were informed that they could decline participation or withdraw from the study without consequences. Completed questionnaires were checked for completeness before statistical analysis.

Data were analyzed using univariate and bivariate analyses. Univariate analysis was used to describe respondent characteristics and the distribution of self-concept and smoking behaviour using frequencies and percentages. Bivariate analysis was performed to examine the relationship between self-concept and smoking behaviour using Kendall's Tau correlation test. Statistical significance was determined at an alpha level of 0.05, with a p-value < 0.05 considered statistically significant. The study had received ethical clearance from the Ethics Committee of the Faculty of Medicine, Universitas Muhammadiyah Surakarta, under ethical clearance number 6172/B.1/KEPK-FKUMS/II/2026.

RESEARCH RESULTS

Table 1. Characteristics of Respondents (N = 57)

Variable	Results	P Value	τ
Age (n/%) (Mean$\pm$SD) (Range) (Year)	(14.40 $\pm$ 0.49) (14-15)		
14	34/59.6		
15	23/40.4		
Gender (n/%)			
Male	57/100.0		
Female	0/0.0		
Type of Cigarette (n/%)			
Non-Smoker	13/22.8		
Electronic Cigarette	12/21.1		
White Cigarette	32/56.1		
Number of Cigarettes Smoked per Day (n/%)			
Non-Smoker	13/22.8		
Electronic Cigarette	12/21.1		
1-10 Cigarette per Day	30/52.6		
11-20 Cigarette per Day	2/3.5		
Family Smoking History (n/%)			
No	24/42.1		
Yes	33/57.9		
Self-Concept (n/%)		0.011	0.329
Positive	18/31.6		
Negative	39/68.4		
Smoking Behaviour (n/%)			

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Non-Smoker	13/22.8
Light	27/47.4
Moderate	11/19.3
Heavy	5/8.8
Very Heavy	1/1.7

The respondents were predominantly aged 14 years (34; 59.6%), all male (57; 100.0%), and had a family history of smoking (33; 57.9%). White cigarettes were the most commonly reported type (32; 56.1%). Most respondents had a negative self-concept (39; 68.4%), while light smoking was the most prevalent smoking-behaviour category (27; 47.4%). Kendall's Tau analysis showed a significant positive association between self-concept and smoking behaviour ($\tau = 0.329$; $p = 0.011$).

DISCUSSION

The findings showed that most respondents were 14 years old, comprising 34 respondents (59.6%), while 23 respondents (40.4%) were 15 years old. All respondents were male, comprising 57 respondents (100%). The respondents were in early adolescence, a developmental period characterized by substantial physical, psychological, and social changes. During this period, adolescents begin to develop their identity and increasingly interact with social environments outside the family. Adolescence is also a period characterized by curiosity and a desire to explore new experiences, which may increase vulnerability to risk behaviors, including smoking (Miranda, Usraleli, Masnun, Delvira, & Rusherina, 2020). The predominance of male respondents is also relevant because smoking behavior is more frequently observed among male adolescents. Adolescents' smoking behavior may be influenced by social and environmental factors, including the desire to adapt to their surrounding environment (Ismawati, Hendriani, & Palin, 2025). Previous research has also indicated that smoking among adolescents in Indonesia is predominantly observed among males and may be related to social influences and adjustment within peer environments (Miranda, Usraleli, Masnun, Delvira, & Rusherina, 2020).

Regarding the type of cigarettes consumed, most respondents used white cigarettes, comprising 32 respondents (56.1%). Tobacco consumption in Indonesia involves various types of tobacco products, while electronic cigarettes have also become

increasingly familiar among adolescents (Salsabila, Indraswari, & Sujatmiko, 2022). The increasing popularity of electronic cigarettes may be related to perceptions that they are safer, the availability of various flavors, and the perception that they provide a smoking-like experience without conventional tobacco smoke (Listyorini, 2023). These findings indicate that adolescents may be exposed to various forms of smoking products, emphasizing the need for comprehensive smoking prevention programs in school settings.

In terms of daily cigarette consumption, 30 respondents (52.6%) reported smoking 1–10 cigarettes per day. Although this level was categorized as light based on the measurement used in this study, smoking during adolescence remains a health concern because early exposure to tobacco may contribute to continued smoking behavior and future health risks. Regarding the reason for first smoking, peer influence was the most frequently reported reason, identified by 27 respondents (47.4%). Peer groups may influence smoking initiation because adolescents may smoke to gain acceptance, maintain social relationships, or conform to behaviors within their peer groups. Family influence and exposure to cigarette advertising may also increase adolescents' interest in trying cigarettes (Nurjannah, Hidayati, & Shalahuddin, 2023).

A total of 33 respondents (57.9%) reported having family members who smoked. Family smoking behavior may provide an important behavioral model during adolescence. The presence of smoking family members, such as parents or siblings, may expose adolescents to smoking behavior and potentially encourage imitation (Musniati, Puspa Sari, & Hamdan, 2021). Exposure to smoking behavior within the home environment may also increase adolescents' familiarity with cigarettes and contribute to curiosity or experimentation (Damayanti, Achmad, & Bagustuta, 2023). Therefore, the smoking behavior observed in this study should be considered within a broader psychosocial context involving peer

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relationships, family influences, and the surrounding social environment.

The findings showed that 39 respondents (68.4%) had a negative self-concept, while 18 respondents (31.6%) had a positive self-concept. This finding indicates that most respondents tended to have less positive perceptions and evaluations of themselves. Self-concept refers to an individual's perceptions, beliefs, and evaluations of themselves, which develop through personal experiences and interactions with the social environment (Al Hakim & Za'im Muhibbulloh, 2024). During adolescence, self-concept continues to develop as individuals experience physical changes, establish peer relationships, and increasingly evaluate themselves in relation to others.

The relatively high proportion of respondents with negative self-concept may indicate psychological vulnerability during this developmental period. Previous research has reported that self-concept is associated with adolescent smoking behavior, suggesting that psychological perceptions of oneself may be relevant to health-related behavioral choices (Napitupulu, 2020). Adolescents with a more positive self-concept may be better able to make independent decisions and resist negative peer influence, whereas adolescents with a less positive self-concept may be more vulnerable to social pressure and may engage in certain behaviors to obtain social acceptance.

The analysis of the self-concept questionnaire showed several tendencies among respondents, including the desire to change certain aspects of their physical appearance, perceptions that other people were happier than themselves, frequent disappointment with themselves, sensitivity to criticism, attributing success to luck, and the absence of clear future plans. These responses may reflect difficulties in self-acceptance, self-evaluation, and future orientation. Such characteristics are relevant from a mental health perspective because self-concept influences how adolescents perceive their abilities, personal value, and position within their social environment (Al Hakim & Za'im Muhibbulloh, 2024).

The findings showed that 40 respondents (70.2%) had smoking behavior categorized as light. Although most respondents were classified as light smokers, smoking during adolescence remains an important behavioral health concern. Tobacco use is associated

with various adverse health consequences, including cardiovascular disease, respiratory disorders, and cancer. Early initiation of smoking may also increase the risk of continued tobacco use later in life (Ministry of Health of the Republic of Indonesia, 2023).

The predominance of light smoking behavior in this study may be related to the relatively young age of the respondents. Most respondents were 14–15 years old and may still be in the early stages of smoking experimentation. At this developmental stage, the frequency and quantity of cigarette consumption may not yet be high. In addition, parental supervision and school regulations may potentially limit opportunities for students to smoke. However, these factors were not directly measured in the present study and should therefore be considered as possible explanations rather than established determinants.

Peer influence was the most frequently reported reason for smoking initiation. This finding is consistent with previous research indicating that peer conformity and the desire to be accepted within a social group may contribute to smoking behavior among adolescent students (Rahim & Juliana, 2025). Therefore, even when smoking behavior is categorized as light, the social context surrounding smoking initiation remains important for adolescent smoking prevention.

The statistical analysis demonstrated a significant relationship between self-concept and smoking behavior among the respondents, with a p-value of 0.011 ($p < 0.05$) and a correlation coefficient of 0.329. This finding indicates that self-concept was significantly associated with smoking behavior in this study. The magnitude of the correlation indicates a moderate relationship based on the interpretation used in the study. Thus, self-concept may be one psychological factor associated with smoking behavior among junior high school adolescents.

The distribution of respondents showed that among adolescents with a negative self-concept, 23 respondents (40.4%) had light smoking behavior, 11 respondents (19.3%) had moderate smoking behavior, 4 respondents (7.0%) had heavy smoking behavior, and 1 respondent (1.8%) had very heavy smoking behavior. Among respondents with a positive self-concept, 17 respondents (29.8%) had light smoking behavior and 1 respondent (1.8%) had heavy smoking behavior, while no respondents had very

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heavy smoking behavior. These findings indicate that negative self-concept was present across different levels of smoking behavior, although light smoking behavior predominated in both self-concept groups.

The present finding is consistent with previous research by Miranda, Usraleli, Masnun, Delvira, and Rusherina (2020), which found a significant relationship between self-concept and smoking behavior among adolescents, with a significance value of 0.005 and a correlation coefficient of -0.372 . The negative correlation reported in that study indicates that a more positive self-concept was associated with lower smoking behavior. The difference between the correlation coefficient in that study and the present study may reflect differences in respondent characteristics, research settings, measurement instruments, or scoring procedures.

The relationship between psychological characteristics and health-related behavior may also be considered in the broader context of adolescent behavioral health. Previous research involving active smokers has examined interventions aimed at improving respiratory function, demonstrating that smoking-related behavior is also relevant to adolescents' physical health and health-related behavioral management (Mosa, Multazam, & Baruna, 2025). Although Mosa, Multazam, and Baruna (2025) focused on diaphragmatic breathing exercise and forced expiratory volume in one second (FEV1) rather than self-concept, their findings support the broader importance of addressing smoking-related health risks among young smokers. Therefore, psychological and behavioral approaches to smoking prevention may be considered alongside interventions addressing the physical consequences of smoking.

The findings also demonstrate that negative self-concept does not necessarily correspond to heavy smoking behavior. Most respondents with negative self-concept had light smoking behavior. This may be related to their relatively young age and the possibility that some respondents were still in the early stages of smoking experimentation. However, the present study cannot establish whether negative self-concept precedes smoking behavior or whether smoking experiences contribute to changes in self-concept because the cross-sectional design measures both variables at the same period.

The moderate correlation coefficient of 0.329 further indicates that self-concept does not fully

explain variations in smoking behavior. Smoking is a multidimensional behavior that may be associated with peer relationships, family smoking patterns, social environment, access to cigarettes, and other individual and contextual factors (Musniati, Puspa Sari, & Hamdan, 2021; Damayanti, Achmad, & Bagustuta, 2023). The finding that peer influence was the most frequently reported reason for smoking initiation further emphasizes the importance of considering social influences alongside psychological factors.

From a mental health perspective, the findings highlight the importance of strengthening positive self-concept as part of adolescent smoking prevention. School-based health promotion may therefore extend beyond information about the physical consequences of smoking and incorporate activities that support self-acceptance, self-confidence, adaptive coping, decision-making skills, and resistance to negative peer pressure. Such approaches may help adolescents develop healthier ways of responding to social influences and personal challenges.

Overall, this study demonstrated a significant relationship between self-concept and smoking behavior among male junior high school adolescents. However, the moderate strength of the association indicates that smoking behavior should not be attributed to self-concept alone. Comprehensive prevention strategies addressing psychological, family, peer, and school environmental factors are therefore important to support adolescent mental health and reduce smoking-related risk behavior.

CONCLUSION

The majority of respondents had a negative self-concept, comprising 39 respondents (68.4%), while most respondents demonstrated light smoking behavior, comprising 40 respondents (70.2%). The Kendall's Tau analysis showed a significant relationship between self-concept and smoking behavior among adolescents ($p = 0.011$; $p < 0.05$), with a correlation coefficient of 0.329 , indicating a moderate association. These findings highlight the importance of strengthening positive self-concept as part of adolescent mental health promotion and smoking prevention efforts in school settings.

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