

**PERSONALITY TYPE RELATIONSHIP WITH SMOKING BEHAVIOR IN
ADOLESCENT IN MTsN PADEMAWU, PAMEKASAN
MADURA.**

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Abstract

One aspect that is important in the psychosocial development of adolescents is the personality of adolescents themselves. Environment are intimately affects adolescents. Cigarette advertisements provide a strong influence. Entry limits tightened smokers, which is higher than 18 years. Indonesia experienced a population growth of 1.49 percent annually and 28 percent of them are active smokers, not only among adults, but also children and adolescents. In this study an analytical study design *Correlational* research with cross sectional approach, samples are used as the subject of this research consisted of 68 respondents to the determination of the number of samples using *proportional random sampling* technique, this study uses two variabel, the independent variable is the type of personality, as well as variable dependentnya is smoking behavior. To determine whether there is a relationship that is then used *Chi square* if ordinal scale data, with a nominal 95% confidence interval or the value of $\alpha = 0.05$. statistical test results obtained using *Chi Square* value Sig (2-Tailed) = 0.000. Means There is a relationship between personality type with smoking behavior. The results of the study into consideration, especially educational institutions to junior level students understand the dangers of smoking.

Key words: Personality type, smoking behavior, adolescents

INTRODUCTION

Every teenager will experience a phase of crisis in the process of seeking his identity due to physical and psychosocial changes. One of the psychosocial aspects that play a role in adolescent development is the personality of a ramaj itself. Today, the environment is very closely adolescent. Cigarette advertisements give great suggestions and descriptions of the character of smokers (Helmi & Komalasari, 2006). Chairman of the National Commission on Tobacco Control (Komnas PT, 2013), Prijo Sidipratomo, expects the enforcement of the limit of smokers tightened, which is higher than the maximum age of children is 18 tahun. Based on statistical data, Indonesia has increased the population of 1.49 Percent

each year and 28 percent of them are active smokers. Ironically, smokers in Indonesia not only from adults, but also children and adolescents. (Syarifah Kusumadewi, 2013), Percentage of smokers per day in East Java province by 24.3% (Ministry of Health, 2012). In MTSN1 Pademawu in 2007 there were 35% of students doing juvenile delinquency, in 2011 there were 54%, and In 2013 there were 52% of students doing juvenile delinquency smoking.

Entering adolescence, adolescents tend to like to gather with peers. Teens often share ideas in their daily relationships, one of them smoking. In filtering the behavior of smoking itself, adolescent *keperibadian* greatly affect the

smoking habit brought by friends perkumpulannya. (Purwanto, 2006).

Smoking behavior that occurs today is viewed from various angles are very detrimental to both yourself and those around him. The danger caused by smoking is quite serious, including coronary heart disease, lung cancer, chronic bronchitis, emphysema, mental health disorders and reproductive health disorders (Blumenthal, 2003). Current smoking habits will cause some 500 million people who are still alive Will eventually die by 2020, because of cigarette disease and more than half of them are children and adolescents (World Bank 2009, quoted from Beta Nuclisa Intan Prima Budi, 2010).

People with introverted personality types have traits such as orientation toward themselves. Adaptation to the world is less well, his soul is closed, difficult to get along, difficult to connect with others, less to attract the hearts of others, his behavior is slow and hesitant, and his inward adaptability is good. The inner life is rich and well-educated. People with introverted personality types act cautiously and calculatedly. The disadvantage is that the distance with the objective world is too far apart from the objective world.

Orang dengan tipe kepribadian ekstrovert memiliki beberapa ciri antara lain mereka mengungkapkan perasaan-perasaannya, ideal-idealnya;perasaannya dapat berubah dari satu situasi ke situasi lain dan dari satu orang ke orang lain, serta berbuat sedikit sekali untuk dirinya. Kelemahan orang-orang dengan tipe kepribadian ekstrovert adalah perhatian terhadap dunia luar terlalu kuat yang akan membuatnya tenggelam dalam dunia objektifnya, sehinggakan mengalami kehilangan dirinya atau asing terhadap dunia subjektifnya. Di samping itu, mereka cenderung cepat melakukan tindakan tanpa pertimbangan yang matang. (Sunaryo, 2008). Orang dengan tipe kepribadian ekstrovert lebih efektif belajar melalui pengalaman yang konkret, kontak dengan dunia luar dan berhubungan dengan orang lain. Mereka tergantung pada stimulasi dari

luar dan interaksi dengan orang lain. Faktor inilah yang memiliki pengaruh besar dalam menentukan seseorang untuk mencoba dan mengkonsumsi rokok. (Gunadi, 2007).

Research on the efficacy of smoking has been done in both adolescents and adolescents and the results are fairly consonant: smokers tend to obtain higher scores on estrovert scale than introverts (Smith, quoted from Ellen Loeksono, 2008).

School as one place of adolescent development. Schools are a good place to transfer the behavior of each member of the community. The role of parents in preventing or avoiding young men for not smoking is enormous, as evidenced by parents or teachers in schools always provide an effective way to avoid smoking behavior, such as limiting smoking opportunities in schools, public places, public transport, workplaces, And especially at home because the most time a child spends is at home. (Gunarsa, 2004). Based on the above, it encourages researchers to conduct research on the relationship of stress level to the behavior of juvenile delinquency (smoking) in MTSN1 Pademawu.

RESEARCH METHODOLOGY

The research design is a research strategy in identifying problems before the final planning of data collection (Nursalam, 2003). This research is a correlational analytical study design with Cross Sectional approach, because this research explains a relationship, estimates, tests based on existing theory. And aims to reveal correlative relationships between variables. and only observations, measurements, to variables and indicators with one-time observation approach.

Sampling is a process in selecting portions of the population to be representative of the population (Nursalam, 2008). In this study using the technique of proportional random sampling is on a particular consideration made by the researchers themselves (Notoatmojo,

2010). From the specified sample then shaken to determine the sample.

The independent variable is a variable whose value determines another variable. Independent or independent variables are usually manipulated, observed, and measured for known relationships or their effects on other variables (Nursalam, 2008). In this study the independent variable is the personality type..

The dependent variable is a variable whose value is determined by another variable. The dependent variable is the factor observed and measured to determine whether there is a relationship or influence by other variables (Nursalam, 2008). In this study the dependent variable is smoking behavior.

After getting permission from Muhammadiyah University Surabaya then got permission from the Principal of MTSN Pademawu, the researcher approached the elderly and his family to get approval as the researcher respondents.

Data collection in this study through questionnaires for variables, then the results tabulated, tested statistically and interpreted. So that can be found whether or not the relationship between the two variables.

RESEARCH RESULT AND DISCUSSION

Discussion

1. Personality type

Tabel 4.3 Ide Identify personality type in adolescent at MTSN 1 Pademawu, Pamekasan, Madura Year 2016.

| Personality type | frekuensi | persentase |
|------------------|-----------|------------|
| Introvert | 28 | 41% |
| Ektrovert | 40 | 59% |
| Jumlah | 68 | 100% |

Data Source: Primary Field Data, 2016

Based on table 4.5 above can be seen that the type of personality in adolescents in MTSN 1 Pademawu, Pamekasan, Madura Year 2014 in most know that 59 (59%) of

respondents have the type keperibadian ekstrovert and almost half that is as many as 28 (41%) have type Introverted personality.

2. Smoking behavior

Tabel 4.4 Identifikasi perilaku merokok pada remaja di MTSN 1 Pademawu, Pamekasan, Madura Tahun 2016.

| Smoking behavior | frekuensi | persentase |
|------------------|-----------|------------|
| do not smoke | 30 | 44% |
| smoke | 38 | 56% |
| amount | 68 | 100% |

Data Source: Primary Field Data, 2016

Based on table 4.6 above can be seen that the behavior of smoking in adolescents in MTSN 1 Pademawu, Pamekasan, Madura Year 2014 most of which is as much as 38 (56%) smoking and almost half that is as many as 30 (44%) not smoking.

3. Cross tabulation The relationship between personality type and smoking behavior in adolescents in MTSN 1 Pademawu, Pamekasan, Madura Year 2016

between personality type and smoking behavior in adolescents in MTSN 1 Pademawu, Pamekasan, Madura Year 2016.

| | | Smoking Behavior | | | | Total | Persentase |
|---------------------|------------|------------------|------------|-------|------------|-------|------------|
| | | Do not smoke | Persentase | Smoke | Persentase | | |
| Student Personality | introvert | 22 | 32% | 6 | 9% | 28 | 41% |
| | ekstrovert | 8 | 12% | 32 | 47% | 40 | 59% |
| Total | | 30 | 44% | 38 | 56% | 68 | 100% |
| uji chi square | | P =0,000<0,005 | | | | | |

Data Source: Primary Field Data, 2016

Based on Table 4.5 above can be seen that from as many as 40 respondents with ekrevert personality type, as many as 32 people (47%) smoked. And of 23 respondents

with introvert personality type, as many as 6 people (9%) do not smoke.

From the results of statistical tests using Chi Square obtained value of Sig (2-Tailed) = 0.000. Because Sig (2-Tailed) = 0.000 < 0.05, then thank H_0 . Means there is a relationship between the type of personality with smoking behavior in adolescents in MTSN 1 Pademawu, Pamekasan, Madura Year 2014.

Discussion

Adolescents personality type

Based on Table 4.3 above can be seen that the type of personality in adolescents in MTSN 1 Pademawu, Pamekasan, Madura Year 2014 most of that is as much as 59 (59%) of respondents have ekrovert keperibadian type

According Sunaryo (2008) Each individual holds orientation to the surrounding world in a way that is different between individuals with one another. There are individuals who are influenced by the objective world (the outside world of themselves) that has an outward or extroverted orientation and will be called an extrovert-type individual when it becomes a habit. Individuals who have an inward orientation and are more influenced by the subjective world (the world within themselves) are called introverts. Referred to as an introvert type individual when it becomes a habit..

According Sunaryo (2008) people with extrovert personality types have characteristics such as orientation more directed outward (outward). The thoughts, feelings and actions of people with extroverted personality types are primarily determined by the social and non-social environment outside themselves. Its positive to society, quickly adapt to the environment, quick and decisive action, open heart, easy to get along and relations with others smoothly.

The weakness of people with extrovert personality types is the over-powerful attention to the outside world that will drown him in his objective world, thus

experiencing the loss of himself or stranger to his subjective world. In addition, they tend to act quickly without careful consideration.

People with extroverted personality types are more effective in learning through concrete experiences, contact with the outside world and connect with others. They will feel more enthusiastic about being with other people and interacting with them, and can often express their best ideas if they can express it to others. They depend on external stimulation and interaction with others (Beta NuclisaIntan Prima Budi, 2010).

Persons with introverted personality types have characteristics, among others, the orientation is fixed into him (inner). The thoughts, feelings and actions of people with introverted personality types are primarily determined by subjective factors. Adaptation to the world is less well, his soul is closed, difficult to get along, difficult to connect with others, less to attract the hearts of others, his behavior is slow and hesitant, and his inward adaptability is good. His inner life is rich and well-educated.

People with introverted personality types act cautiously and calculatedly. The disadvantage is that distance from the objective world is too far apart from the objective world, people with introverted personality types can think better by processing it using their own thoughts. They can learn more effectively individually and need more free situations. Their strength lies in their ability to concentrate on tasks. Sunaryo (2008).

Personality adolescent is determined and influenced by many factors one of which social factors that is environment. The influence of the family environment on the development of the child since childhood is very deep and determine the child's personal development next. This is because the influence is the first experience, the influence that the child receives is still limited in number and extent, the intensity of the effect is very high because it is continuous, and generally the influence is accepted in an

emotional atmosphere. Then the greater a child then the influence received from the social environment is increasingly large and widespread. This can mean that social factors have an influence on the development and formation of personality.

Smoking behavior in adolescents

Based on Table 4.4 above can be seen that the type of personality in adolescents in MTSN 1 Pademawu, Pamekasan, Madura Year 2014 most of which is as much as 38 (56%) smoking and almost half of that 30 (44%) not smoking.

Adolescence or adolescence is a dynamic phase of development in an individual's life. This is a period of transition from childhood to adulthood marked by the acceleration of Nancy Pardede's physical, mental, emotional and social development in (yusuf, 2002).

The period of adolescence is said to be a transitional period in which the child's soul is still unstable. This is because the child has not found a firm grip. As a result of the volatility of the soul of the child, making them very sensitive to the influences from outside, both positive and negative (Kartono, 2003). Early adolescence has the characteristics of the development stage is the phase of identity search period. In this identity-seeking period, adolescents tend to mimic adult behavior that is considered to indicate maturity and reliability in terms of identity (Hurlock, 1993) so that the process of adolescent identification of adults causes them to adopt existing behaviors in adults, one of which is behavior smoke. Smoking becomes a common and legal negative behavior for teenagers.

Every teenager will experience a phase of crisis in the process of seeking his identity due to physical and psychosocial changes. Incompatibility between physical, psychological and social development causes adolescents to be under stress or stress. Juvenile delinquency activity (smoking) becomes an alternative they choose because it is considered to reduce tension and help relaxation against stress (Helmi & Komalasari, 2006).

Aktivitas Smoking activity when stress becomes compensatory effort from anxiety is diverted, which in the end smoking becomes activity which can give psychological satisfaction and not merely to realize the symbolization of masculinity or maturity so that in stress condition adolescent tend to repeat its behavior (A.F Muchtar 2005), And the more often teenagers are in stressful conditions the more often they smoke that ultimately impact on dependence.

Smoking activity when stress becomes compensatory effort from anxiety is diverted, which in the end smoking becomes activity that can give psychological satisfaction and not merely to realize the symbolization of masculinity or maturity so that in stress condition adolescent tend to repeat its behavior (AF Muchtar 2005), and increasingly Often adolescents are in a state of stress the more often they smoke that eventually impact on dependence.

The relationship between personality type and smoking behavior in adolescents in MTSN 1 Pademawu, Pamekasan, Madura Year 2016.

From the results of statistical tests using Chi Square obtained value of Sig (2-Tailed) = 0.000. Because Sig (2-Tailed) = 0.000 < 0.05, then thank H_0 . Means There is a relationship between the type of personality with smoking behavior in adolescents in MTSN 1 Pademawu, Pamekasan, Madura 2014. Based on Table 4.5 above it can be seen that almost half of respondents with the type ekr personality ekstrovert as many as 32 people (47%) smoking. And a small percentage of respondents with introvert personality type that is as much as 6 people (9%) do not smoke.

The introverted personality type has characteristics, among others, his orientation is fixed into himself. Adaptation to the outside world is not good, his soul is closed, difficult to get along, difficult to connect with others, less to attract others, his behavior is slow and hesitant, and his inward adaptability is

good. His inner life is rich and well-educated, cautious and calculating. The disadvantage is that the distance with the objective world is too far apart from the objective world.

Persons with extrovert personality types possess some characteristics, among others, expressing their feelings, their ideals; His feelings can change from one situation to another and from one person to another, and do very little for himself. The weakness of people with extroverted personality types is the attention to the outside world that will drown him in his objective world, so that he will lose himself or stranger to his subjective world. In addition, they tend to act quickly without careful consideration (Sunaryo, 2008). Persons with extrovert personality types are more effective in learning through concrete experience, contact with the outside world and connect with others. They depend on external stimulation and interaction with others. This factor has a great influence in determining someone to try and consume cigarettes. (Gunadi, 2007).

Smoking has been done in both adolescents and adolescents and the results are fairly consonant - smokers tend to obtain higher scores on estrovert scale than introverts (Smith, quoted by Ellen Loeksono, 2008). A descriptive study using cluser sampling showed 69.4% of adolescents smoked high knowledge of the dangers of smoking. Factors of parents, peers, keperibadian have a big role in the behavior of adolescent smoking (Maziyyatul fuadah, 2009).

Ectrovert personality is generally more inclined to less cautious behavior and calculations, including in smoking behavior more easily affected and carried away by his friends. This is evidenced by the suitability obtained by researchers in the field.

Conclusion

Based on the research result can be concluded as follows:

1. Most of the respondents in MTSN 1 Pademawu have an ektovert personality type
2. Most of respondents in MTSN 1 pademawuyaitu smoking
3. There is a relationship between type keperibadian with smoking behavior in adolescents in MTSN 1 Pademawu.

Suggestion

For student

As a reference for disciplinary enforcement for later students.

For school

As an illustration for the agency about smoking behavior that occurs in students

The next researcher

This research is expected to be a study material or preliminary data to conduct further research on smoking behavior problems in junior high school adolescents.

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