



## FACTORS CAUSING SMOKING HABITS IN FOOTBALL ATHLETES

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### Abstract

This study aims to determine what factors cause the habit of smoking in soccer athletes. The research method used is a qualitative method. This research method is used because this study is qualitative and the data collection tool uses an open questionnaire. The instrument used is Descriptive Qualitative using an open-ended instrument. The population of this study was 30 SSB soccer athletes. And for the sample were 20 SSB soccer athletes. The sampling technique used in this study was purposive sampling. The results of the study of the factors causing the habit of smoking in SSB Putra Tunggal Kansar soccer athletes are influenced by several factors such as habits, self-confidence, experimenting and peers. The description of this conclusion is as follows: Habits, self-confidence, experimenting and peers influence the smoking behavior of SSB Putra Tunggal Kansar students.

**Keywords:** Smoking, Football

### INTRODUCTION

Smoking is a habit that has become a global health problem, including among athletes. In Indonesia, in particular, the smoking habit among football athletes is quite worrying. Although the sport of football demands excellent physical condition, some athletes still choose to smoke before competing. This raises questions about the factors that drive the habit. In the world of professional football, an athlete's performance is not only determined by his technical and tactical abilities, but also influenced by various psychological factors and habits carried out before the match. These habits, although seemingly trivial, can have a significant impact on a player's level of confidence, focus, and mental readiness in the face of the pressure of the match.

This phenomenon is interesting to study more deeply, considering that football is a very complex sport and demands an optimal combination of physical, mental, and emotional abilities. The background of this research is based on the observation that many football athletes have special rituals or habits that they believe can improve their performance on the field.

These habits can be listening to certain music, doing special stretches, visualizing matches, or even following a certain diet. Although the effectiveness of these habits is still a matter of debate among sports scientists, it is undeniable that they have an important role

in mentally preparing an athlete before a match. A deep understanding of the factors underlying these habits, as well as their impact on athletes' performance, can make a significant contribution to the development of more comprehensive and effective training programs. Smoking is a habit that has become a global health problem, including among athletes. In Indonesia, in particular, the smoking habit among football athletes is quite worrying. Although the sport of football demands excellent physical condition, some athletes still choose to smoke before competing. This raises questions about the factors that drive the habit.

First, there are environmental factors that affect athletes' smoking behavior. Social environments, such as peers and coaches, can have a significant influence. If in such an environment smoking is considered common or even as a status symbol, athletes are more likely to follow this habit. Second, psychological factors also play an important role. In the pressure of competition, some athletes look for ways to cope with stress and anxiety. Smoking is often chosen as a coping mechanism that is thought to provide temporary relaxation. Third, a lack of knowledge about the negative impact of smoking on sports performance is also a factor. Many athletes are unaware that smoking can reduce lung capacity, stamina, and endurance, all of which are very important in soccer.

Based on the results that I have researched, it can be found that smoking habits can be found among football athletes, including in the football school environment (SSB). This habit is a concern because it has a negative impact on the physical performance and health of players, especially before matches. The habit of smoking in football athletes before a match can be influenced by various factors, including social, psychological and environmental factors have a big role in shaping smoking habits.

Smoking is also varied, among adolescents and adult men is a factor of prestige and to be called a hero. Meanwhile, among the elderly, stress and addiction are factors that cause the desire to smoke. For children whose parents smoke, it is more likely that their children will also smoke. In the end, the child is at risk of smoking like his parents. The lack of understanding of the members of the ssb football team about the dangers of smoking to health makes members not pay attention to a healthy lifestyle, this is what affects the members of the ssb football team who smoke outside the home. Smoking was a habit of adults in the past, but now elementary school children have started to smoke a lot. Smoking is very harmful to health, because it contains very harmful substances, such as nicotine, cyanide, cadmium, methanol, ammonia, carbon dioxide, and others. Many members of the

football team do not know the harmful chemical content of cigarettes, the impact of the dangers of smoking on the lungs and the impact of the dangers of smoking on the human heart. Many factors affect this, including understanding and education, parents' smoking habits, unhealthy lifestyles, and environment, these factors affect their physical condition as football players. In the world of sports, the habit of smoking before a match is a frequent occurrence, including in football. Knocking before a match can have a negative impact on athletes' performance, both physically and mentally. Therefore, it is important to understand the factors that cause smoking habits in football athletes in order to provide the right solutions to improve athletes' performance.

Smoking is a dangerous daily activity but many people do it in almost every area or place we will definitely find someone smoking, even though the dangers of smoking are very bad for the health of the body. The dangers of smoking not only have an impact on the smoker but can also attack those who do not smoke in the environment. Maybe it is no longer common if we hear that cigarettes are very dangerous for human health, because there have actually been many warnings and messages that we often hear from various media about the dangers of cigarettes and even there have actually been warnings about the dangers of cigarettes on the cigarette packaging itself. But strangely, there are still many people who smoke, either just because they want to be considered as a slang child or maybe it has become a necessity for them. What is clear is that whatever the reason, we must avoid cigarettes from an early age, because the effects of cigarette smoke can cause various health problems ranging from mild to severe that can lead us to death. It's not too much of an exaggeration. If I say that, but that's what the negative effects of smoking are. Maybe we won't feel the effects directly, but the effects will be felt over a long period of time.

The habit of smoking begins with the first cigarette. Generally, the first cigarette starts in adolescence. A number of studies have found that the first cigarette smoking begins at the age of 11-13 years. Studies have found that smoking behavior is preceded by curiosity and peer influence. That starting to smoke occurs due to the influence of the social environment. Modelling (imitating the behavior of others) is one of the determinants in starting smoking behavior.[1]

Smoking is a habit that is difficult to stop, and has a bad impact on the smoker and the people around him. At first, people smoked tobacco using pipes. In the 1840s, cigarettes were known, but they had no impact on tobacco marketing. In 1881 there was a large-scale production of cigarettes with the help of machines.

Through cigarette billboards, it became famous and by 1920 it had spread all over the world. In the decades before the 1960s, there was strong evidence that tobacco use was linked to several diseases, with Indonesia ranking fifth in the world with the highest number of smokers in 2009 after Russia, Japan, Turkey and China with 61 million smokers (43% of the population). There are several reasons why Indonesia is in fifth place, including cheap cigarette taxes and excise in Indonesia compared to other countries, very few smoke-free areas, no rules for putting pictorial prints on cigarette packs, and sellers everywhere.[2]

In Indonesia, smoking behavior continued to increase from 2007 to 2013, from 34.2% in 2007 to 36.3% in 2013. In 2013, 1.9% of women and 56.7% of men still smoked cigarettes. It was found that smokers aged 10-14 years were 1.4%, and smokers aged 15-19 years were 18.3 years. Based on the data above, it can be concluded that the smoking problem at this time is very concerning so it needs to be dealt with immediately.[3]

The negative impact of smoking habits, especially on football athletes, is important to prevent appropriately and effectively. The design of efforts to prevent smoking habits requires knowledge of the characteristics of the smoking habit itself. There are so many negative impacts produced by a smoker, both active smokers and passive smokers. When viewed from a health aspect, cigarettes will have an impact on blood circulation, heart, stomach, skin, bones, brain, lungs, mouth and throat, reproduction and fertility, including can increase the risk of tuberculosis infection. 45% of smokers in Indonesia have a stroke, 81% have a heart attack, and 85% have lung cancer. In addition, smoking can also cause a person to become dependent which means that they cannot quit smoking and always need cigarettes under any circumstances.[4]

Although smoking behavior has many negative impacts, smoking behavior is relatively unfamiliar in Indonesia. The Ministry of Health of the Republic of Indonesia in Basic Health Research (Rikesdas) in 2018 said that 33.8% of the Indonesian population aged 15 years and above is categorized as current smokers. Among adolescents aged 13-15 years, there are 20% of smokers. Some even start smoking at a very early age, namely 5-9 years old.

The motivation of adolescents to smoke is generally due to psychosocial factors, including following along, following the example of parents and siblings, following the example of peers, wanting to be called an adult, trial and error, and others. For teenagers, cigarettes are a passport to gain a popular identity, follow trends/fashion and a "difficult" identity In the early 20th century, before a teenage boy was

considered an adult he was required to smoke, since then smoking has finally become a path that must be passed before a young man is accepted as an adult. In everyday life, this kind of culture comes into the form of mentioning "sissy" for teenage boys who don't smoke. This clearly suppresses adolescents who do not smoke psychologically, eventually they become depressed and smoke. Meanwhile, in adolescent women, one of the reasons for smoking is to maintain an ideal weight. Teenagers usually form groups or ganks, without realizing that a norm is formed to be accepted as a member of the group, then the teenager must smoke. In addition, family environments such as family structure and parenting can also be reasons for adolescents to smoke, the results of a Sussex study showing that there is a significant relationship between parents and siblings who smoke with the emergence of smoking behavior in adolescents.[2] Adolescents reach a fairly high rate as the age at which a person starts smoking, The adolescent period is one of the important developmental stages in the health span. According to Hall, adolescence is a period of human life that is overwhelmed by storms and stress and burdened by conflicts and emotional turmoil. Adolescence has its own characteristics that distinguish it from other developmental periods, including adolescence is a transition period from childhood to adulthood, adolescence is a period of many changes, namely biological changes, cognitive changes and changes in social status.[5]

The habit of smoking should be avoided with early prevention considering that the dangers posed by cigarettes are not simple for the survival of humans, especially women. In Indonesia, the problem of women who behave smoking is still considered taboo by the people of this country, there are 3 factors that cause a person to have a smoking habit, namely: (1) pharmacological factors, one of the substances in cigarettes that cause addiction, (2) social factors, the environment where smoking and (3) psychological factors, smoking can be considered to increase concentration or just to enjoy cigarette smoke. Smoking can cause various diseases that are harmful to health, including cancer of the mouth, esophagus, pharynx, larynx, lung, pancreas, bladder, and blood vessel diseases.[6]

There are many reasons behind the behavior of smoking in adolescents. In general, according to Kurt Lewin, smoking behavior is a function of the environment and individuals. This means that smoking behavior is not only caused by factors from within, but also environmental factors.[7]

Based on the results of previous research conducted by "Ani Dri Asmara with the title Factors Causing Smoking Behavior of Students of the Faculty of Education, State University of Yogyakarta, "Therefore, the current research by means of direct observation in the field, it was found that there are still many players who smoke as a habit.

## **METHODS**

This study uses a qualitative descriptive approach. Provide an overview, detail, and analyze data on current problems. This study involved 20 members of the SSB Putra Tunggal Kansar football team. The instrument used is Qualitative Descriptive using an open questionnaire instrument

**Table 1. Open Questionnaire Table Grid**

Variable Type	Variable Name	Indicator	Sub Indicator	Explanation
Variable X	Factors Affecting Smoking Habits	Early History of Smoking	Age and reasons for starting smoking	Describe when and why athletes start smoking
		Subjective Impact	Feelings after smoking	Physical and emotional effects after smoking
		Social Influence	Friends, family, sports personalities	Environments that influence smoking habits
		Impact Perception	Performance assessment	How athletes view the impact of smoking on physical condition
	Normalization of Smoking	General view among athletes		Is smoking considered common in the athlete's environment
		Education on the Dangers of Smoking	Sources and responses	Is there any information received and how is the response
		Situational Triggers	Stress, boredom, exercise	Conditions that usually encourage the desire to smoke
	Motivation to Stay Smoking	The reason for continuing despite being aware of the risks		Why keep smoking even though you know the impact
		Stop Barriers	Ever tried to stop, obstacles	Efforts made and challenges in quitting
		Role of Club/Coach	Forms of support or expectation	What to expect from a sports environment to help
Variabel Y	Smoking Habits in Football Athletes	Smoking Frequency	Number of cigarettes per	Indicates the intensity of

Smoking Time	day/week	smoking that the athlete does
When to usually smoke	The specific time the athlete has a smoking habit, such as before or after training	
Habit Duration	Have been smoking for a long time	Since when did you start smoking and how long have you been smoking
Addiction	Difficulty quitting	Do athletes feel dependent on cigarettes

The data analysis process in this study contains three main components, namely, Data Reduction, Data Presentation/Display, Data Verification (Conclusions drawing/verifying).

## RESULTS AND DISCUSSION

### Research Results

The research was conducted at SSB Putra Tunggal Kansar which is located in Kanangasari Village, Cikalangwetan District, West Bandung Regency. SSB Putra Tunggal Kansar has 20 members. The facilities and infrastructure owned by SSB Putra Tunggal Kansar are as follows: Maswati plantation football field, Kanangasari village, Cikalangwetan district. The number of coaches of SSB Putra Tunggal Kansar is 4 people. Meanwhile, the infrastructure owned by SSB Putra Tunggal Kansar includes: 5 balls, 10 cones, competition costumes and training.

From the data obtained, SSB Putra Tunggal Kansar is an SSB that requires special attention where many of its players have smoked. Of the 20 students, they are smokers with various reasons including psychological factors, environmental factors and habit factors.

#### 1. General Data on Respondents' Age

**Table 2. Distribution of Respondents by Age in SSB Putra Tunggal Kansar in 2025**

Age Group	Quantity	Prosentase
14-15	8	40,%
16-17	12	60%
Quantity	20	100%

Based on table 1 above, it is known that most of the respondents are in the age group between 16 to 17 years old as many as 12 students or 60%.

#### 2. Respondent Information Sources

**Table 3. Since when did you start smoking, and what motivated you to do it in the first place?**

They respond.	Answer

1	Since the age of 12, because I saw my friends smoking and was curious to try it turned out to be delicious and started to get addicted
2	Since Childhood, Because of Rage
3	Curious
4	Since grade VI of elementary school, because I am curious
5	Because of Curiosity
6	Curious
7	Since the eighth grade of junior high school, because of curiosity
8	Since the 3rd grade student of elementary school, because he was curious
9	Since the age of 11, seeing friends smoking, being curious and trying it turned out to be delicious and addictive
10	Since elementary school, initially because I wanted to try and
11	Since I was 15 years old I saw my friend's friend and I tried to get addicted to coa
12	Since entering Mts, I have been curious
13	Curious
14	Since entering Mts, I have been curious
15	Since the 2nd grade of junior high school, I am curious
16	At first, I tried it and it was a good idea.
17	Since junior high school
18	High School
19	"Because I see my friends
20	Since entering Mts, I have been curious

Based on table 2 above, it is known that most of the respondents have smoked since elementary school age and those who encourage them to smoke for the first time mostly answer because of environmental factors where they see their friends smoking, so that after a long time they start to be curious and want to try the taste of smoking and finally until they are addicted or addicted.

**Table 4. How do you feel after smoking? Is there a difference in mood, concentration, or stamina?**

They respond.	Answer
1	Fatigue easily, lack of concentration and stamina are decreasing
2	Ordinary
3	Easily tired
4	The heart becomes calm and the mind becomes peaceful
5	After smoking I feel dizzy
6	There
7	Stamina is reduced
8	Reduced concentration and stamina
9	Fatigue easily, lack of concentration and stamina are decreasing
10	Normal.
11	There are so many differences, you get tired quickly, and your stamina is decreasing
12	There is so easily tired
13	Tired easily
14	There is a difference in stamina
15	Calm down, so stamina is reduced.
16	Yes, but I'm still consistent.
17	Yes, reduce stamina during training and during matches
18	Decreased stamina
19	At first it was delicious, but over time it was crowded
20	Maybe it's not even better to be addicted because that's why I might feel good

Based on table 3 above, it is known that most of the respondents feel tired easily, concentration decreases, and stamina decreases after smoking and only a few respondents answered normally and instead felt delicious and calm after smoking.

**Table 5. Who are the people around you who influence your smoking habits the most? Explain how they affect you**

They respond.	Answer
1	Friend, because they smoke I became curious and addicted to smoking
2	No, I only tried once a little time because of my own desire and didn't become addicted
3	Friends
4	My friend, because my friend always made fun of the time when men didn't smoke
5	Friends, friends always offer so I start to trial and error
6	Friends
7	Friends, they offered me a good cigarette so it didn't make me cough the first time I smoked, so I started to get addicted
8	Brother, at first he was offered to be curious and started to like smoking
9	Friends, because of them I started to experiment and become addicted
10	Friends
11	The environment around me and I tried it turned out to be delicious and addictive
12	Friends
13	No, because I smoke out of curiosity.
14	Friends, always invite
15	My friends
16	My friends and the environment
17	Close friends
18	I don't think it's normal to think that it doesn't matter what the size of the body is.
19	Friends around me, influenced because they like to be teased with good things to be curious
20	Friends around me, at first I was tempted by good words

Based on table 4 above, it is known that most of the respondents answered that the people around them who most influenced their smoking habit were their friends, most of the respondents answered that their friends initially often offered cigarettes, some were ridiculous so that they were curious to try, and after trying they ended up addicted and addicted.

**Table 6. What are your views on the impact of smoking on physical performance and endurance during training or matches?**

They respond.	Answer
1	The impact can damage the body's immunity and performance decreases
2	None
3	Bad because it affects stamina
4	Physical becomes less and the body gets tired quickly
5	Fatigue and shortness of breath
6	Bad because it affects the physical
7	So bad performance decreases
8	Physical and endurance are drastically reduced both when practicing and competing
9	It can damage the body's immunity and performance is declining
10	Easily cape and shortness of breath
11	The impact is that it can damage the performance of the decreasing and getting tired quickly
12	Adverse effects on the physical
13	Lemah, letih, lesu
14	Very bad physically, so it decreases during the match
15	Physical Swelling
16	Yes, it must be a cape.
17	Yes, reduce stamina during training and during matches
18	Quickly become a cape
19	Physical weakness
20	Yes, it must be a cape.
	I don't think it's normal to think that it doesn't matter what the size of the body is.
	It may not seem like a big deal to me, but for me, it's worth it.

Based on table 5 above, it is known that most of the respondents answered the impact of smoking on physical performance and endurance during training or matches, which can affect the physical condition of players such as damaging the body's immunity, immunity to get tired quickly, thus affecting stamina and performance to decrease both when practicing and when competing. Meanwhile, only one person answered that he did not extort anything.

**Table 7. Why do you think smoking is still common among athletes, even though they know the negative effects?**

They respond.	Answer
1	Because smoking can calm the heart
2	Because it is addicted
3	Because habits are difficult to stop
4	Due to the influence of the surrounding environment
5	Not answering
6	Because habits are difficult to stop
7	Because maybe for some people smoking is a calmness
8	It's just that their physical endurance is balanced.
9	Enjoyment
10	Because it is possible that smoking can calm the heart
11	Yes, because it may be stressful or it can calm the heart
12	Due to environmental factors and habits
13	Because of the habit
14	Because you are used to
15	Because for tranquility
16	Because of the nature of the GPU, it is
17	Yes because it may have become a habit
18	Because it's hard to quit
19	I don't think it's normal to think that it doesn't matter what the size of the body is. due to addiction
20	Because the addiction continues.

Based on table 6 above, it is known that most of the respondents answered the reason why smoking is still common among athletes, even though they know the negative effects are because they think or have suggestions that smoking can calm the heart, so that it is difficult for them to quit and become addicted even though they actually understand the impact of smoking habits on their physical health.

**Table 8. Have you ever received information or education from a coach, school, or club regarding the dangers of smoking? If so, how would you respond?**

They respond.	Answer
1	Yes, my response is that smoking is dangerous but I can't quit smoking because I'm used to it
2	Ordinary
3	Ever, it's good to remind too
4	Yes, my response is correct
5	Pernah
6	Ever, it can be detrimental as well
7	Yes
8	Pernah
9	Quit smoking
10	Yes, it is true that smoking is not good for health, but I can't stop because it has become a habit
11	Yes ever

12	Yes ever
13	Yes ever
14	Yes ever
15	Pernah
16	Pernah
17	Pernah
18	Yes ever
19	Ever, it's good to remind too
20	Yes ever

Based on table 7 above, it is known that most of the respondents answered the reason why smoking is still common among athletes, even though they know the negative effects are because they think or have suggestions that smoking can calm the heart, so that they find it difficult to quit and become addicted even though they actually understand the impact of smoking habits on their physical health.

**Table 9**  
**Tell us about specific situations or conditions that usually make you want to smoke (e.g., stress, boredom, before/after exercise).**

They respond.	Answer
1	I smoke when I'm stressed in the world of romance
2	Not interested
3	Bored
4	When the condition is tired and there are many thoughts or confusion so that the outlet is smoking
5	Stress
6	Bored
7	Bored
8	When I went to a friend's house, my friend offered me a nice cigarette
9	Finish eating
10	Not interested anymore
11	Before and after training
12	When with friends
13	Heartache
14	This is usually due to the circumstances around us.
15	Many Thoughts
16	It's been a long time since I've started smoking
17	Stress because of something or before a game
18	After meals
19	Stress, cape, the same mist
20	Snoring, stress, dizziness

Based on table 8 above, it is known that most respondents answered certain situations or conditions that usually make them want to smoke, namely when they feel bored with their activities, then when they are stressed with the problems they are facing so that they smoke to relieve fatigue.

**Table 10.**  
**What is the reason you continue to smoke today, even though you know there are risks to your health and performance?**

They respond.	Answer
1	Because smoking may have become a habit
2	No longer smoking

3	Not answering
4	I don't smoke anymore
5	Because of addiction and pleasure
6	Not answering
7	Not answering
8	Getting used to it, despite shortness of breath
9	No more smoking
10	It's become a habit so it's hard to stop
11	Because I am addicted to cigarettes
12	Alhamdulillah, quit smoking
13	No smoking
14	Because I'm used to it, and addicted
15	I'm addicted to it.
16	Because of the habit of smoking, you don't want to smoke
17	Because of the habit and effects of nicotine
18	It's so hard to quit smoking.
19	Because the addiction continues.
20	Smoking in my opinion calms down

Based on table 9 above, it is known that some respondents answered that the reason for continuing to smoke is to this day, even though they know that there is a risk to health and performance, namely because it has become a habit and feels good so it is difficult to quit and it takes time to quit completely. However, most respondents have quit smoking, because they are aware that smoking can cause health and performance problems when training and competing.

**Table 11. Have you ever tried to quit smoking? If so, what are the obstacles or challenges you face?**

They respond.	Answer
1	Yes I have because I have been hospitalized for smoking too much
2	From the past
3	Pernah
4	There is no challenge to quit smoking, because I am just curious, not because I like to smoke
5	Susah
6	Ever, because the breath is short
7	Not answering
8	Have I ever had a challenge when after eating I like the habit of wanting to smoke
9	Ever, it felt like something was missing
10	There are no obstacles as long as we believe in ourselves to quit smoking
11	Have you ever had chest pain from smoking too much
12	Already
13	It is harmful to the health of the body
14	We have done it before, and if we can control ourselves, we will be able to control it.
15	Ever, because he didn't have money
16	Addiction has made it difficult to quit.
17	Yes, I have
18	It was because of the decline in stamina.
19	I have, but I can't.
20	I have, but I can't.

Based on table 10 above, it is known that some respondents answered that they had tried to quit smoking because it had felt a bad impact on their health, such as being hospitalized, shortness of breath. However, some respondents still find it difficult to quit

because they usually want to smoke when they have eaten, and feel that something is missing if they don't smoke for a day.

**Table 12. What do you think clubs or coaches can do to help reduce smoking among athletes?**

They respond.	Answer
1	Appealing to all athletes that smoking is very dangerous
2	Sanctioning
3	Always remind
4	Giving direction and telling the negative impact on the body
5	Advise
6	Always remind and prohibit
7	Not answering
8	Commemorating it
9	I don't know.
10	Punish him
11	Giving an appeal to all athletes, or sanctioning, because smoking is very dangerous
12	Remind continuously
13	Forbidden
14	Prohibiting and abiding by club rules
15	Ela always gives punishment if caught smoking
16	To make suggestions for using sweets, for example,
17	You have to pay attention to the athlete and there are sanctions that have been determined by the coach
18	Trus reminds
19	You have to increase your exercise portions often and the time used to exercise so that you forget to smoke
20	There are many positive activities plus the exercise program so that you forget to smoke

Based on table 11 above, it is known that some respondents answered that what clubs or coaches can do to help reduce smoking habits among athletes is by giving an appeal and reminding that cigarettes are dangerous and not good for health. Some respondents even suggested giving sanctions or bans if there are athletes caught smoking.

## Discussion

The purpose of this study is to find out the factors that cause the smoking habits of SSB Putra Tunggal Kansar football athletes. In this study, it was found that most of the habits affected the smoking behavior of the respondents. In fact, one of the respondents answered that smoking has become a habit since elementary school age which started with curiosity and wanting to try, then became a difficult habit to quit smoking.

A habit is something that is routinely done or patterned to respond to a particular situation that an individual learns and does repeatedly for the same thing. They use cigarettes not at all to control their feelings, but because it has become a habit of their routine. It can be said that in this type of person smoking is an automatic behavior, often without thinking and without realizing it. He lights his cigarette when the previous cigarette has been completely exhausted [8].

This habit can be influenced by several factors, one of which is environmental factors, because the environment concerns individuals, both physical, biological, and social. It turns out that the environment greatly affects individual behavior, and from environmental factors can cause a person to have a smoking habit [9]

Habits arise based on norms that exist in society. Social norms are habits that are commonly used by every group to behave. Health education does not guarantee a person not to smoke, as the habit is difficult to eliminate. There needs to be self-awareness from students to stop the habit of smoking.

In this study, it is known that most of the confidence influences smoking behavior. From this study, it was also found that most of the respondents were 14 to 17 years old. This can be influenced by perception factors. Perception is the choice of various objects in relation to the actions to be taken, is a process of stimulation from the five senses [10] The environment concerns the individual, both physical, biological, and social. It turns out that the environment greatly affects individual behavior, and from environmental factors can cause a person to have a smoking habit [11].

Based on facts and theories that the factor of self-confidence behavior arises due to a person's impulse or perception in seeing something. Confidence is everyone's right, but if that confidence arises, smoking is clearly contrary to healthy behavior or living.

In this study, it is known that most of the experiments influenced the smoking behavior of the respondents. From this study, it was also found that most of the respondents were 14 to 17 years old with. The older you are, the more mature and strong a person will be in thinking and working. In terms of public belief, a person who is more mature will be more trusted than a person who is not high enough in maturity and knowledge. This is a result of the experience and maturity of his soul. The older the age of experience and knowledge, the more [12] will be. Can be influenced by knowledge, knowledge is the result of knowing and this happens after people do sensing a certain object, trial and error is a person's decision to do something due to being attracted to a stimulus [13]

A person's high education contributes quite a lot in carrying out the behavior factor of trial and error because they have sufficient knowledge in this case it is necessary to have awareness and insight into healthy living not to smoke, because without awareness and insight into healthy living will not be able to stop the deviation of smoking health behavior.

In this study, it was found that most of the peers influenced the smoking behavior of the respondents. Age affects physical and intellectual development [14]. Teens who smoke if they hang out with friends who smoke are more likely to smoke as well, if teens who smoke without friends who smoke they are less likely to smoke. Smoking behavior is

an example of parents and oneself, meaning that the act of smoking is not only caused by factors from within oneself but also due to the influence of imitating parents, the influence of intrinsic and extrinsic factors, where extrinsic one of them is the influence of friends, but from the results of the study it was found that the intrinsic factor of influence from parents is much greater. Friends are friends, best friends, people who work together. Various facts reveal that the more teenagers smoke, the more likely their friends are smokers as well and vice versa. From this fact there are two possibilities that occur, first, the teenager is influenced by his friends or even the teenager's friends are influenced by the teenager who eventually all become smokers. Among adolescent smokers, about eighty-seven percent have at least one or more friends who are smokers, as well as non-smoking adolescents [15]. This can be influenced by environmental factors. The environment here concerns everything that exists around the individual, both physical, biological and social. It turns out that the environment greatly affects smoking behavior in each individual.

The influence of peers is very large in deviating from smoking behavior. Therefore, there needs to be awareness from within the individual himself to stop the deviation of smoking behavior.

## **CONCLUSION**

Based on the research conducted with reference to the research objectives, the following conclusions can be drawn:

1. Habits affect the smoking behavior of SSB Putra Tunggal Kansar students
2. Confidence influences the smoking behavior of SSB Putra Tunggal Kansar students
3. Trying to influence the smoking behavior of SSB Putra Tunggal Kansar students
4. Peers influence the smoking behavior of SSB Putra Tunggal Kansar students.

So the behavior of SSB Putra Tunggal Kansar students shows from several factors including, habits, confidence, trial and error and the influence of the environment and peers.

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