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Implementation of a no Smoking Area at SMPN 12 Malang in the Janti Health Center Working Area

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ABSTRACT

Introduction: Smoking is harmful to our health and the health of those around us. Diseases caused by smoking can ultimately weaken the potential of human resources. In response to this, the government has established a program to deal with cigarette smoke, one of which is a smoke-free area, and there are seven places that must implement a smoke-free area, one of which is a place of teaching and learning.

Objective: The purpose of this study was to determine the implementation of a smoke-free area at SMPN 12 Malang in the working area of the Janti health center as a step towards realizing a smoke-free school environment.

Method: This research uses quantitative methods that are descriptive in nature. The population of this study is the whole of the research object. The sampling technique used was total sampling totaling 72 people. The sample in this study were all teachers, staff, security officers, janitors, and canteen guards at SMPN 12 Malang. Data collection techniques are questionnaires, observations, and interviews, the instruments used are questionnaire sheets, observation sheets, and interview guidelines.

Result: The results of research on the implementation of a smoke-free area at SMPN 12 Malang found that the policy pattern has a percentage of 83% so that it is in a good sense, because it already has a smoke-free area policy, human resources have a percentage of 52% so that it is sufficient, because no special officer has been formed to supervise the smoke-free area, which until now supervision is still carried out by the principal and sanctions have not been made for violators of the smoke-free area, and the non-smoking area sign has a percentage of 86% so that it is in a good sense, because the sign has been installed but the placement is still less strategic because it is installed in front of the class and covered by a lush tree, and only one is a statue of a non-smoking area sign or smoking ban.

Conclusion: The implementation of a smoke-free area at SMPN 12 Malang in the policy pattern is in the good category, human resources are sufficient, and the smoke-free area sign is good.

Keywords: Implementation; Smoke-Free Zone; School; Health Center

INTRODUCTION

Smoking is one of the behaviors that is detrimental to health in ourselves and to the people around us, in one cigarette contains 4,000 chemicals which are certainly harmful to health such as nicotine and tar which cause disease. (1). Diseases caused by smoking can ultimately weaken the potential of human resources, it is known that cigarette smoke can cause at least 25 types of diseases ranging from respiratory diseases, lung cancer, vascular disease, impotence, stroke, to bladder cancer and the most dangerous disease is lung cancer. (2).

The results of the 2018 Basic Health Research (Riskesdas) say that child smokers aged 10-18 years are 9.1% or around 3.2 million children. According to the Central Statistics Agency (BPS) in East Java province from 2021 to 2023 smoking behavior at the age of ≥ 15 years has increased, namely 28.53% in 2021, 28.51% in 2022, and 28.83% in 2023. (3). Malang City as a city of education in fact still has a high prevalence, which is around 6.08% at the age of 10-19 years with an average of 37.19% of cigarettes smoked. (4).

In response to this, the government has established a program for handling cigarette smoke in the Indonesian Constitution No. 36 of 2009. One of these programs is the smoke-free area, which is a room or area that is declared prohibited for smoking activities or the activities of producing, selling, advertising, and/or promoting tobacco products. There are seven smoke-free areas, namely health facilities, places of teaching and learning, children's playgrounds, places of worship, public transportation, workplaces and public places. (5, 2).

The place of teaching and learning or school has supported this policy with the establishment of the regulation of the minister of education and culture No.64 of 2015 concerning non-smoking areas in the school environment which has the purpose and objective of creating a school environment that is clean, healthy, and free from cigarette smoke. (6). Therefore, all responsible parties in the school must be committed to making the school environment cleaner, healthier, and smoke-free. Malang city has also established policies related to the implementation of smoke-free areas, namely in Malang City Regional Regulation No.2 of 2018 concerning smoke-free areas established in Malang city. (7).

Based on the results of preliminary studies at SMP Negeri 12 Malang regarding the implementation of a smoke-free area, it is said that the school has received socialization of a smoke-free area from the Janti Health Center, but no one has monitored its implementation for a long time and staff are still found smoking in the school environment, for this reason the researcher is interested in conducting further research with the aim of seeing whether or not the implementation of a smoke-free area at SMP Negeri 12 Malang is good.

METHOD

This research uses quantitative research methods and is analytically descriptive. The population in this study were all teachers, staff, security officers, janitors, and canteen guards at SMP Negeri 12 Malang, totaling 72 people. The sampling technique used total sampling, so that the sample used in this study was the entire population, namely teachers, staff, security officers, janitors, and canteen guards. This research was conducted at SMP Negeri 12 Malang for one week in May 2024, the research variable in this study is the implementation of a smoke-free area. The primary data of this study were obtained from first sources or individuals through questionnaires, observations, and interviews conducted.

The data collection technique uses questionnaires, observations, and interviews so that the instruments used are questionnaire sheets where the form of questions on the questionnaire is *dichotomous choice* or the answers "Yes" and "No" are available, observation sheets containing an event that you want to examine or see in the study, and interview guidelines containing questions that are in accordance with the research and are used so that the interviews conducted do not deviate from the research objectives, get answers that are in accordance with the research, and to strengthen data from the results of questionnaires and observations. The instruments used have been tested for validity and reliability in different schools but with the same or homogeneous target criteria.

Data analysis in this study is only one, namely univariate analysis, because this study only uses one variable. Univariate data in this study was used to see the frequency and percentage of each variable studied.

RESULTS

Characteristics of Respondents Based on Age, Gender, and Position

From the questionnaires that have been distributed by researchers to respondents at SMP Negeri 12 Malang, the characteristics of the respondents are obtained, namely age, gender, and position. The following is a frequency distribution table of the respondent's characteristics.

Table 1. Respondent Characteristics

No.	Characteristics	F	%
1.	Age		
	21-26	7	13%

27-32	12	23%
33-38	6	12%
39-44	9	17%
45-50	7	13%
51-56	6	12%
57-62	5	10%
Total	52	100%
2. Gender		
Male	22	42%
Female	30	58%
Total	52	100%
3. Position		
Teacher	37	71%
Staff	4	8%
Security	3	6%
Hygiene	4	8%
Canteen Vendor	4	8%
Total	52	100%

Source: respondent identity for the Questionnaire Implementation of Smokefree Areas at SMPN 12 Malang, Year 2024

Table 1 shows that most respondents out of a total of 72 respondents have ages in the range of 27-32 years, namely 23% (52 respondents) and the smallest data is at the age of 57-62 years, namely 10% (52 respondents). In gender characteristics, most of the respondents out of a total of 72 respondents were female, namely 58% (52 respondents) and for male respondents 42% (52 respondents). And in the characteristics of the respondent's position, it was found that most of the respondents out of a total of 72 respondents had a position as a teacher, namely 71% (52 respondents) and for the lowest, namely as a security officer, only 6% (52 respondents).

Policy Patterns in the Implementation of the No Smoking Area Policy

Table 2. Policy Patterns in the Implementation of the No Smoking Area Policy At SMPN 12 Malang in 2024

Statement	Alternative Answer			
	Yes		No	
	F	%	F	%
No-smoking area policy in schools has been implemented	44	85%	8	15%
Implementation of the no smoking area is in accordance with the policy that has been made	39	75%	13	25%
The school has socialized the no smoking area policy	51	98%	1	2%
In the no-smoking area policy that has been made, there are sanctions for violators of the no-smoking area in the school environment.	41	79%	11	21%
All school members have understood the contents of the no-smoking area policy or regulation at school	42	81%	10	19%
Total		217		43
Average		43		9
Percentage		83%		-

Source: Questionnaire for the Implementation of Smokefree Areas at SMPN 12 Malang, Year 2024

From the percentage calculation, a value of 83% is obtained, which means that the results of the policy pattern in the implementation of non-smoking areas are in the good category. In accordance with the results of an interview with one of the informants "...if the implementation is not yet but the policy is good," (Student Affairs Teacher).

Human Resources in the Implementation of the No Smoking Area Policy

Table 3. Human Resources in the Implementation of the No Smoking Area Policy At SMPN 12 Malang in 2024

Statement	Alternative Answer			
	Yes		No	
	F	%	F	%
Has an arrangement of duties and responsibilities in the implementation of non-smoking areas.	41	79%	11	21%
Supervision is carried out to reach all parts of the school environment	35	67%	17	33%
Smokefree area supervisors have conducted routine supervision	34	65%	18	35%
Officers conduct monitoring and evaluation of the implementation of non-smoking areas at least once every 4-6 months.	34	65%	18	35%
Supervisory officers impose sanctions on violators of the non-smoking areas policy	39	75%	13	25%
Total	183		77	
Average	27		15	
Percentage	52%		-	

Source: Questionnaire on the Implementation of Smokefree Areas at SMPN 12 Malang, Year 2024

From the percentage calculation, a value of 52% is obtained, which means that the results of the policy pattern in the implementation of non-smoking areas fall into the sufficient category. These results are also in accordance with the results of interviews from several informants

"... there is no special officer, supervision is carried out by the principal..." (Counseling teacher)

"...while only a warning and no sanctions yet..." (Student Affairs Teacher)

Smokefree Area Signs in the Implementation of the Smokefree Area Policy

Table 4. Signs of Smokefree Areas in the Implementation of Smokefree Areas At SMPN 12 Malang in 2024

Statement	Alternative Answer			
	Yes		No	
	F	%	F	%
Are there health promotion media on the dangers of smoking (posters/banners/videos)?	49	94%	3	6%
Has a no smoking area sign been installed (banner/smoking area sign)?	48	92%	4	8%
Do you think the location of the no smoking area sign is strategic?	46	88%	6	12%
Are the information media on the dangers of smoking, smoking bans, and no-smoking area signs attractive, clear, and easy to read?	49	95%	3	5%
Does the school use other media (electronic) in informing the smoking ban?	34	65%	18	35%
Total	226		34	
Average	45		7	
Percentage	86%		-	

Source: Questionnaire for the Implementation of the Smokefree Area of SMPN 12 Malang, Year 2024

From the percentage calculation, a value of 86% is obtained, which means that the results of the policy pattern in the implementation of smoke-free areas are in the good category.

DISCUSSION

Policy Patterns in the Implementation of the No Smoking Area Policy

Based on the results of research through questionnaires distributed, it can be seen that the policy pattern in the implementation of the smoke-free area policy at SMP Negeri 12 Malang is good, this can be seen by having made a smoke-free area policy at school such as not accepting sponsorship from cigarette products and prohibiting the sale of cigarettes in the school environment in accordance with the indicators of the implementation of smoke-free areas in the guidelines for smoke-free areas by the Ministry of Health in 2011 which are based on rules or policies made by the government in Law No.36 of 2009 concerning Health. The policies that have been made have been socialized to all school community members, especially teachers, through official meetings held once a month and for students delivered every ceremony. This is in accordance with what was revealed by the following informant:

"...the policy regarding non-smoking areas already exists because the center has also made it mandatory for all schools to implement non-smoking areas and has been socialized to the school community and even then it has been conveyed at every official meeting which is held once a month..." (Student Affairs Teacher)

"...we do socialization to teachers every meeting, if for socialization to children it is always conveyed during the ceremony, by conveying the prohibition of carrying cigarettes or the like..." (Counseling teacher)

In policy implementation, socialization is the first step that must be taken because it can convey information about policy content, policy benefits, and policy objectives. Socialization itself can be done both verbally and non-verbally, namely by using creative and innovative health promotion media.

In addition to the questionnaire, researchers also conducted research through simple observations and interviews with several teachers at school, for the implementation of the smoke-free area policy at school so far has not been implemented properly because there are still indicators of the implementation of smoke-free areas that are violated, namely the output indicator, this is evidenced by the results of observations made by researchers, namely that cigarette butts and cigarette packs are still found around the hall, security officer posts, and janitors' rooms, teachers and janitors are found smoking, and places or rooms for smoking are still provided at school, namely around the hall and security officer posts. This is as expressed by the following informant:

"...the implementation is not yet but the policy is good. However, because there are teachers and staff who cannot be separated from smoking, the principal provides a special place for smoking away from students..." (Student Affairs Teacher)

This is also in line with previous research conducted by Dami Yanthi, et al at SMP Negeri 07 Pekanbaru in 2020 which said that the implementation of the policy has been running but not optimal, because there are still students or staff who smoke in the school environment even though sanctions have been applied if they violate the policy, the non-optimal smoking area policy due to lack of awareness from each student or staff (8).

It cannot be denied that the cause of the non-implementation of the smoking area policy at SMP Negeri 12 Malang is due to smoking habits, lack of awareness of each individual in responding to the policy and the lack of strong policies implemented. Strengthening the policy is needed, of course, with a strategy, namely by tightening the rules and making policies in writing.

Human Resources in the Implementation of the No Smoking Area Policy

Resources play an important role in implementing a policy, for clarity and consistency in carrying it out, policy implementation will not run well if it is not supported by adequate resources. Resources are very important for successful policy implementation because the availability of sufficient resources will facilitate the achievement of policy objectives (9).

One of these resources is human resources in this study, human resources are needed as special officers to supervise the implementation of smoke-free areas. In this case, students can also be involved as supervisors because involving students can increase knowledge or information on the importance of implementing a smoke-free area at school both for health and a comfortable learning environment without cigarette smoke.

Based on the results of research through questionnaires and observations as well as additional simple interviews, it is found that human resources in the implementation of the smoke-free area policy are in the sufficient category, because no special officer has been formed to supervise the smoke-free area at school, so far the one who supervises is the principal himself through the installed CCTV monitor so that it does not reach all parts of the school environment, this is in accordance with what was revealed by the following informants:

"...the supervisor is directly from the principal so there is no special team, and supervision is only through cctv..." (Student Affairs Teacher)

Supervision and evaluation are not carried out regularly only when the principal is at school, this is in accordance with what the following informants said:

"...routine supervision is limited to the principal going around the school every day or so to check and evaluate the condition of the school..." (Counseling teacher)

"...at certain times, not every day, for example 2-3 times a week..." (Sports Teacher)

Supervision should be carried out regularly. In addition, monitoring and evaluation is also carried out periodically every 6 months or 1 year as stated in the guidelines for the development of smoke-free areas by the Ministry of Health in 2011. Monitoring and evaluation itself aim to identify problems and progress in the management and implementation of the smoke-free area program.

The results of this study are in line with research conducted by Khairatunnisa at SMA Negeri 17 Medan in 2021, where the implementation of a smoke-free area has not gone well, with one of the influencing factors being the absence of a working group or special team in supervising the implementation of a smoke-free area (10).

Sanctions for non-smoking area violators also still do not exist. Sanctions given to non-smoking area violators are only in the form of reprimands for special sanctions that do not yet exist. This is as expressed by the following informant:

"...for teachers, written warnings and sanctions are given and for students, points are given..."
(counseling teacher)

"...while only a warning and no sanctions yet..." (Student Affairs Teacher)

According to the Ministry of Health in 2011, the regulation of duties and responsibilities in the implementation of smoke-free areas and the existence of sanctions for violating smoke-free areas are part of the process indicators and output indicators in the implementation of smoke-free areas (2).

Smokefree Area Signs in the Implementation of the Smokefree Area Policy

No-smoking area signs or media are efforts made to convey or provide information to the general public, especially school residents, that schools are no-smoking areas, no-smoking area signs are an infrastructure step in the development of no-smoking areas. The use of innovative health promotion media can also help inform that schools have implemented a smoke-free area policy.

In the indicators of non-smoking areas in schools according to the Ministry of Health in 2011 in the guidelines for the development of non-smoking areas, non-smoking area signs are part of the process indicator which reads "The installation of non-smoking area policy announcements through posters, smoking ban signs, making, circulars, and loudspeakers."(2). The no-smoking area sign itself is part of health promotion media. Health promotion media itself is a tool to convey information and facilitate the delivery ban signs, making, circulars, and loudspeakers."(2). The no-smoking area sign itself is part of health promotion media. Health promotion media itself is a tool to convey information and facilitate the delivery of messages. Media can be in the form of print media (posters, banners, banners), or electronic media (audio, audiovisual) (11).

The results of research through questionnaires found that the non-smoking area sign is good, the non-smoking area sign installed is only one in the form of a statue and for the place of installation based on questionnaire data is good but based on researcher observations it is still less strategic because it is installed in front of a class that is covered by a lush tree, besides that the statue used is also considered less attractive.

The results of field observations by researchers also found that there were no other media other than statues such as printed media (posters, banners, stickers) or audiovisual media about the dangers and prohibitions of smoking or smoking-free area media in the school environment starting from the fence or entrance and also its surroundings.

From the results of additional interviews conducted by researchers, it is said that for now there is only one non-smoking area sign media and, in the future, there may be additions and development of non-smoking area signs and the dangers of smoking, this is in accordance with what was revealed by the informant:

"...we are working on the media and proposing it in the RAB, maybe next year for example making stickers for the ban on smoking..." (Counseling teacher)

The school will make efforts to add and develop a no-smoking area sign that is expected to help convey to the general public that the school has implemented a no-smoking area. This is also in accordance with the development and indicators of smoke-free areas by the Ministry of Health in 2011. No-smoking area media or signs are a means or facility that influences the implementation of no-smoking areas that will enable changes in the behavior, attitudes of individuals who see them.

The results of research on smoking free area signs are in line with research conducted by Desi Natalia at SMP "Y" Palembang City in 2024 that the lack of smoking prohibition signs in the school environment is one of the obstacles in the implementation of the smoke-free area policy at school (12).

Research Limitations

Based on the research that has been carried out, there are several limitations that can affect the results of the study, namely the number of respondents who filled out the questionnaire only 52 out of a total of 72 respondents who should have filled it out and the ability of respondents who did not understand the questions on the questionnaire and honesty in filling out the questionnaire because respondents tended to give good java because they felt they had to comply with social norms, so there was a possibility that the results were less accurate.

CONCLUSION

The policy pattern in the implementation of a smoke-free area at SMP Negeri 12 Malang is good because it already has a policy. However, in its implementation, there are still violations of the no-smoking area, namely teachers and staff who smoke at school, and special places for smoking in the school environment. For this reason, a special strategy is needed to improve the enforcement of the non-smoking area policy at SMP Negeri 12 Malang by further tightening the rules and making a written policy.

Human resources in the implementation of smoke-free areas in schools are sufficient, because there is no special officer for the supervision of smoke-free areas and sanctions for violators of smoke-free areas. In this case, students should also be involved in the supervision of smoke-free areas so that students can understand the importance of implementing smoke-free areas in schools.

No-smoking area signs in the implementation of a no-smoking area are good, meaning that they have been installed but the placement is still less strategic because they are installed in front of the class and covered by lush trees, and the media used is only one, namely a statue of a no-smoking area sign or smoking ban. The use of innovative health promotion media can help inform that the school has implemented a no-smoking area policy.

SUGGESTION

Suggestions that researchers can give in this study are for SMPN 12 Malang, it is hoped that it can form a commitment to the implementation of a non-smoking area and write a decree or information about a non-smoking area on an information board that can be seen by everyone, form a special officer to supervise a non-smoking area or a non-smoking area care group from teachers, staff and or in collaboration with students, make special sanctions for non-smoking area violators that are firmer such as written warnings to fines. As well as the placement of strategic non-smoking area signs, for example at the gate or entrance, canteen, classroom, teacher's room, school yard, toilet, parking lot, sports field, place of worship and developing non-smoking area signs or media or health promotion media such as print media (stickers, posters, banners) and audio-visual media.

For the Malang City Education and Culture Office, it is expected to conduct regular or scheduled monitoring and evaluation of schools that have implemented the implementation of smoke-free areas to realize smoke-free schools, because in reality in the field there are still schools that are still lacking in the implementation of smoke-free areas even though they already have a policy. And for future researchers, it is hoped that they can add techniques and data collection instruments such as observation and more in-depth interviews in their research.

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