

**PENGARUH PENGARUH PENDIDIKAN KESEHATAN TENTANG
BAHAYA MEROKOK TERHADAP PENGETAHUAN DAN SIKAP
REMAJA DI SMP NEGERI 1 SIAU TIMUR**

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Abstrak

Latar Belakang: Merokok adalah salah satu permasalahan kesehatan masyarakat di Indonesia yang menjadi salah satu faktor resiko utama dari beberapa penyakit yang dapat mengakibatkan kematian. Banyak peneliti membuktikan bahwa kebiasaan merokok dapat menimbulkan dampak buruk bagi kesehatan, diantaranya dapat menyebabkan penyakit jantung, penyakit paru, kanker paru, diabetes, dan gangguan janin.

Tujuan: Untuk mengetahui pengaruh pendidikan kesehatan tentang bahaya merokok terhadap pengetahuan dan sikap remaja di SMP Negeri 1 Siau Timur.

Metode: Penelitian kuantitatif dengan metode eksperimen dan beserta sebuah desain pre eksperimen *one group pre test* dan *post test design*. Populasi dalam penelitian ini adalah 149 remaja berusia 13-15 tahun. Teknik pengambilan sampel menggunakan *total sampling* yang diambil berdasarkan jumlah remaja merokok yaitu 30 siswa kelas VIII yang berada di SMP Negeri 1 Siau Timur.

Hasil: Hasil analisis menggunakan uji *Wilcoxon* pada pengetahuan sebelum dan sesudah intervensi didapatkan *p value* 0,141 ($>0,05$), dan uji *paired Ttest* pada sikap sebelum dan sesudah intervensi didapatkan *p value* 0,957 ($>0,05$) yang artinya H_0 diterima dan H_a ditolak. Sehingga ditemukan keduanya tidak ada pengaruh yang signifikan sebelum dan sesudah diberikan pendidikan kesehatan tentang bahaya merokok terhadap pengetahuan dan sikap remaja.

Kesimpulan: Tidak ada pengaruh yang signifikan sebelum dan sesudah diberikan pendidikan kesehatan tentang bahaya merokok terhadap pengetahuan dan sikap remaja di SMP Negeri 1 Siau Timur.

Kata Kunci: Pendidikan Kesehatan, Bahaya Merokok, Pengetahuan dan Sikap Remaja

**EFFECTS OF HEALTH EDUCATION OF THE DANGERS OF SMOKING
ON ADOLESCENTS' KNOWLEDGE AND ATTITUDE AT PUBLIC
JUNIOR HIGHSCHOOL 1 EAST SIAU**

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Abstract

Background: Smoking is one of the public health problems in Indonesia which is one of the main risk factors for several diseases that can lead to death. Many researchers prove that smoking can have a negative impact on health, including causing heart disease, lung disease, lung cancer, diabetes, and fetal disorders.

Objectives: To determine the effects of health education of the dangers of smoking on adolescents' knowledge and attitude at Public Junior Highschool 1 East Siau.

Methods: Quantitative research with experimental methods and along with a pre-experimental design one group pre test and post test design. The population in this research were 149 adolescents aged 13-15 years old. The sampling technique used total sampling which was taken based on the number of adolescents smoking, namely 30 grade VIII students who were at Public Junior Highschool 1 East Siau. **Results:** The results of the analysis using Wilcoxon test on knowledge before and after the intervention obtained a p-value of 0.141 (>0.05), and the paired T test on attitudes before and after the intervention obtained a p value of 0.957 (>0.05) which meant H_0 was accepted and H_a was rejected. So, it was found that both there was no significant effect before and after being given health education of the dangers of smoking on the knowledge and attitudes of adolescents.

Conclusion: There was no significant effect before and after being given health education of the dangers of smoking on knowledge and attitude of adolescents at Public Junior Highschool 1 East Siau.

Keywords: Health Education, Dangers of Smoking, Adolescents'

Knowledge and Attitude

This translation has been checked and proven
accurate.

A handwritten signature in black ink, consisting of several fluid, connected strokes that are difficult to decipher as specific letters.

*Head of Language Development Office
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