

# Faktor-faktor yang mempengaruhi perilaku merokok pada pekerja perusahaan konstruksi : Sebuah studi kualitatif dengan pendekatan fenomenologi = A qualitative study with phenomenology approach in factors that affecting smoking behaviour among workers in construction company

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## Abstrak

### [<b>ABSTRAK</b><br>

Penelitian ini bertujuan untuk mendapatkan informasi dari fenomena perilaku merokok pada pekerja konstruksi di kantor pusat Jakarta dan dermaga pelabuhan Tanjung Priok menggunakan teori Health Belief Model. Informan di pilih yang merokok, pernah mencoba berhenti merokok dan mantan perokok. Saturasi data dicapai pada pertemuan manajemen 2 kali dan buruh 4 kali melalui diskusi kelompok terfokus dan wawancara mendalam pada 33 orang. Data direkam dan dianalisa secara induktif serta validitas menggunakan metode triangulasi. Enam tema sentral meliputi faktor modifikasi, persepsi kerentanan dan keparahan sakit akibat rokok, persepsi hambatan, persepsi manfaat dan self efficacy. Mantan perokok pada manajemen mampu menolak rokok disebabkan (1) kuatnya dukungan keluarga; (2) merasakan sendiri ancaman sakit akibat rokok; (3) tingginya self efficacy. Informan buruh yang merokok tidak pernah berpikir menolak rokok karena (1) rendahnya persepsi ancaman sakit akibat rokok karena baru saja merasakan nikmatnya rokok; (2) rendahnya pengawasan perusahaan. Perokok yang pernah mencoba berhenti merokok dan akhirnya gagal disebabkan tingginya persepsi hambatan. Role model akan berpengaruh pada suatu kelompok jika memiliki kesamaan kelas sosial. Penerapan reward lebih bermanfaat dibandingkan punishment. Institusi pendidikan dapat berperan pada faktor modifikasi melalui promosi kesehatan dan preventif.

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### <b>ABSTRACT</b><br>

This study was aimed to obtain information from phenomenon smoking behavior of construction workers in central office at Jakarta and Tanjung Priok harbor using Health Belief Model theory. Informants selected were current smokers, smokers who have tried quitting, and former smokers. Data saturation was obtained on two-times management meeting and four-times labor focus group discussions and in-depth interviews in 33 people. Data were recorded and analyzed inductively and validated using triangulation method. Six central themes including modification factors, perceptions of vulnerability and severity of illness because of smoking, perceived barriers, perceived benefits and self efficacy. Former smokers from the management group was able to refuse due to (1) good family support; (2) self perceiveness of illness due to tobacco menace; (3) high self-efficacy. Labor who smoke never thought of quitting because (1) low perception of illness due to tobacco because of 'feel good' sensation; (2) lack of company supervision. Smokers who had tried to quit smoking and ultimately were usually failed because of high perceived barriers. Role model will have an effect with similar social classes. Implementation of reward was more helpful than punishment. Educational institutions can play role in the modification factor through health promotions and preventives. ;This study was aimed to obtain information from phenomenon smoking behavior of construction workers in

central office at Jakarta and Tanjung Priok harbor using Health Belief Model theory. Informants selected were current smokers, smokers who have tried quitting, and former smokers. Data saturation was obtained on two-times management meeting and four-times labor focus group discussions and in-depth interviews in 33 people. Data were recorded and analyzed inductively and validated using triangulation method. Six central themes including modification factors, perceptions of vulnerability and severity of illness because of smoking, perceived barriers, perceived benefits and self efficacy. Former smokers from the management group was able to refuse due to (1) good family support; (2) self perceiveness of illness due to tobacco menace; (3) high self-efficacy. Labor who smoke never thought of quitting because (1) low perception of illness due to tobacco because of "feel good" sensation; (2) lack of company supervision. Smokers who had tried to quit smoking and ultimately were usually failed because of high perceived barriers. Role model will have an effect with similar social classes. Implementation of reward was more helpful than punishment. Educational institutions can play role in the modification factor through health promotions and preventives. , This study was aimed to obtain information from phenomenon smoking behavior of construction workers in central office at Jakarta and Tanjung Priok harbor using Health Belief Model theory. Informants selected were current smokers, smokers who have tried quitting, and former smokers. Data saturation was obtained on two-times management meeting and four-times labor focus group discussions and in-depth interviews in 33 people. Data were recorded and analyzed inductively and validated using triangulation method. Six central themes including modification factors, perceptions of vulnerability and severity of illness because of smoking, perceived barriers, perceived benefits and self efficacy. Former smokers from the management group was able to refuse due to (1) good family support; (2) self perceiveness of illness due to tobacco menace; (3) high self-efficacy. Labor who smoke never thought of quitting because (1) low perception of illness due to tobacco because of "feel good" sensation; (2) lack of company supervision. Smokers who had tried to quit smoking and ultimately were usually failed because of high perceived barriers. Role model will have an effect with similar social classes. Implementation of reward was more helpful than punishment. Educational institutions can play role in the modification factor through health promotions and preventives. ]