

# Pengaruh edukasi interaktif positif terhadap persepsi dan sikap remaja tentang perilaku merokok di Depok = Effects of positive interactive education toward of perception and attitude of adolescents about smoking in Depok / Eka Wisanti

Eka Wisanti, author

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## Abstrak

### **ABSTRAK**

Pencegahan dan penanganan perokok pemula dengan mengedepankan efek negatif rokok dianggap kurang efektif. Tindakan keperawatan sebagai salah satu strategi pencegahan dengan memberikan edukasi interaktif yang memaparkan efek positif tidak merokok, diharapkan dapat merubah sikap dan persepsi remaja tentang perilaku merokok. Penelitian ini bertujuan mengidentifikasi pengaruh edukasi interaktif positif terhadap persepsi dan sikap remaja tentang perilaku merokok di Depok. Desain penelitian kuasi eksperimen dengan masing-masing kelompok terdiri atas 36 remaja. Teknik sampling menggunakan multistage random sampling. Hasil uji t independen menunjukkan ada peningkatan rerata persepsi dan sikap kelompok intervensi lebih tinggi dibandingkan dengan kelompok kontrol dengan nilai sebesar 0,001 dan 0,000. Edukasi interaktif positif dapat meningkatkan persepsi dan sikap secara signifikan tentang perilaku merokok. Disarankan agar edukasi interaktif positif diterapkan di sekolah yang terintegrasi dengan program kesehatan remaja.

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The prevention and treatment of novice smokers by prioritizing the negative effects of smoking are considered less effective. Nursing action was as one of prevention strategies by providing interactive education through exposing the positive effects of non-smoking, it was expected to change the attitude and perception of adolescents about smoking behavior. This study aimed to identify the influence of positive interactive education toward the perception and attitude of adolescent about smoking behavior in Depok. The quasi-experimental design with each group consisted of 36 adolescents. The sampling technique used multistage random sampling. Independent t-test result showed the increase of perception and attitudes rates of the intervention group, which was higher than the control group on value 0,001 and 0,000. Positive interactive education could significantly increase the perception and attitude about smoking behavior. It was recommended that the positive interactive education could be implemented in school that was integrated with adolescent health program.