

# An Ethical and Legal Approach to Student Smoking Behavior in the Context of Education and Family Responsibility

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## Abstract

This research examines the ethical and legal framework for addressing student smoking in Indonesia, highlighting the roles of education and family. Influencing factors include internal aspects like curiosity and peer pressure, as well as external elements such as easy cigarette access and aggressive marketing. Using a qualitative descriptive approach and literature study, data were analyzed through content analysis to explore themes of smoking behavior, educational ethics, family responsibility, and tobacco regulation. The research draws on moral education theory and legal perspectives on tobacco control. Findings indicate that integrating moral education into school curricula increases student awareness of smoking risks. Likewise, positive parental role modeling and communication influence children's attitudes toward smoking. Legally, strict enforcement of sales bans to minors and regulation of tobacco advertising are vital. The study concludes that combating student smoking requires collaboration among government, schools, and families. A holistic approach combining ethical education with legal enforcement is key to cultivating a smoke-free younger generation.

**Keywords:** Educational ethics, family responsibility, student smoking behavior, tobacco regulation.



## INTRODUCTION

Smoking has become a common habit among teenagers and is frequently observed in various social settings (Kumboyono et al., 2018). Many students perceive smoking as a means to boost self-confidence and enhance concentration when solving problems, contributing to the continuous rise in the number of young smokers (Sulastri et al., 2018). As a country with a large population and high cigarette consumption rates, Indonesia ranks fifth in global tobacco use, following China, the United States, Russia, and Japan. In 2005 alone, cigarette consumption in Indonesia was estimated at 220 billion sticks, underscoring the severity of the smoking issue and its significant impact on both public health and the economy (Sarah & Devi Angeliana, 2024).

Indonesia ranked third in the world for the highest number of smokers in 2020, with a steadily increasing prevalence, particularly among children and adolescents. Tobacco smoking significantly raises the risk of severe diseases, including lung cancer, chronic obstructive pulmonary disease, heart disease, and diabetes. According to the Ministry of Health, the prevalence of smokers aged 10-18 increased from 7.2% in 2013 to 9.1% in 2018. Similarly, the 2019 Global Youth Tobacco Survey recorded a rise in smokers aged 13-15, from 18% to 19% (Sari, 2023). Despite the association of smoking with over 25 deadly diseases, including cancer and coronary heart disease, the number of young smokers continues to grow. Psychological factors, such as the influence of environment, peers, and family, play a significant role in smoking behavior among teenagers. The main reasons adolescents start smoking include curiosity, seeking comfort, and creating an adult image. Among early teens, curiosity is the dominant factor, while peer influence becomes more significant in middle adolescence. This data underscores the importance of educational efforts, regulations, and family involvement in preventing smoking behavior among teenagers (Sari, 2023).

Recent data from the Ministry of Health of the Republic of Indonesia (Kemenkes RI) shows that the number of active smokers in Indonesia has reached 70 million people, with children and adolescents aged 10 to 18 forming a significant portion of this total. According to the 2023 Indonesian Health Survey (SKI), the smoking prevalence in this age group has reached 7.4 percent, indicating alarming levels. The 2021 Global Adult Tobacco Survey (GATS) also revealed that the majority of Indonesia's 63.4 million smokers face difficulty quitting, even though many express a strong desire to do so. This data highlights the seriousness of smoking issues, particularly among children and adolescents, as well as the significant challenges in efforts to quit smoking (Salsabilla, 2024).

Various factors contribute to the high rate of teenage smokers (Ashari et al., 2020). Internal factors, such as peer influence, the search for identity, and curiosity, drive smoking behavior (Humaidi et al., 2021). On the other hand, external factors like easy access to tobacco products, aggressive cigarette promotion, and a lack of supervision from the surrounding environment exacerbate the situation. In this context, the role of education and family becomes crucial in shaping children's behavior and character, enabling them to avoid smoking and maintain their health.

The ethical and legal approaches are two essential foundations that can be employed to comprehensively address smoking behavior among students. The ethical approach emphasizes

the importance of instilling moral values, raising awareness about the dangers of smoking, and fostering a sense of responsibility toward oneself and others. Meanwhile, the legal approach focuses more on the strict enforcement of regulations, such as prohibiting the sale of cigarettes to minors, banning smoking in school areas, and restricting tobacco advertising that targets young people.

However, studies that combine ethical, legal, educational, and familial approaches remain limited. For instance, the research by Wirawan (2016) focused solely on the effectiveness of smoking hazard education in schools without considering the ethical dimensions in the behavior formation process. On the other hand, the research by Umniyatun & Nurmansyah (2020) regarding the enforcement of laws related to smoking does not adequately consider how these regulations are implemented within educational and family environments. This gap in research underscores the importance of more comprehensive studies to address the issue of smoking among students.

This study has several primary objectives: to analyze the factors influencing student smoking behavior from ethical and legal perspectives, and to evaluate the effectiveness of ethical and legal approaches within educational and family environments. The expected benefits of this study include the development of knowledge in the fields of ethics, health law, and education, as well as providing guidance for educational institutions in formulating more effective smoking prevention policies. Furthermore, this research aims to assist parents in enhancing their role in educating their children about the dangers of smoking, as well as offering insights for policymakers in creating stricter regulations and more comprehensive national programs. Through this study, it is hoped that a healthier, morally upright, and smoke-free generation can be cultivated.

## **METHOD**

This study employs a qualitative approach with a descriptive-analytical research design (Yuliani, 2018). This approach was chosen to explore and understand the phenomenon of student smoking behavior from ethical and legal perspectives, as well as its connections to education and family responsibility. Data was collected through a comprehensive literature review (Adlini et al., 2022), encompassing academic articles, legislative documents, ethical discussions, and relevant studies. The search strategy involved identifying peer-reviewed journal articles, books, and official reports using databases such as Google Scholar, PubMed, and national legal archives. Keywords included "student smoking behavior," "educational ethics," "family responsibility in smoking prevention," and "legal aspects of smoking and minors." Inclusion criteria focused on studies published within the last two decades, particularly those examining smoking behaviors among adolescents in Indonesia and globally.

The study employs content analysis to systematically identify, categorize, and interpret key themes emerging from the collected data (Jumal, 2018). A combination of inductive and deductive thematic analysis is used: the inductive approach allows themes to emerge naturally from the data, while the deductive approach applies predefined ethical and legal frameworks to structure the findings. The results are then elaborated within these theoretical frameworks to

produce comprehensive conclusions regarding ethical and legal approaches to student smoking behavior in the context of education and family responsibility.

## RESULTS AND DISCUSSION

There has been a trend of increasing number of teenage smokers in Indonesia in recent years (Manullang, 2022). This increase in teenage smoking is a serious concern, as smoking at a young age can have long-term impacts on physical and mental health (Trisnowati & Marlinawati, 2020). Factors that may contribute to the increase in teenage smoking include social habits and easy access to cigarettes (Yunas et al., 2021). The prevalence of smoking among 10-18 year olds in Indonesia increased from 7.2% in 2013 to a higher percentage in recent years (Dianita Sugiyo, 2021). Smoking among teenagers is part of a broader issue of risky lifestyle behaviors among youth, which also include other non-communicable disease risk factors. Addressing the rise in teenage smoking requires a multi-pronged approach, including interventions at home, school, and community levels to promote healthy behaviors (Ani Triana, 2022).

Adolescent smoking behavior in Indonesia is increasing every year (Ilmaskal et al., 2022). Socio-economic, demographic, and geographic factors are associated with cigarette smoking among Indonesian adolescents (Kusumawardani et al., 2018). Qualitative studies have explored the perspectives and determinants of smoking behavior among Indonesian adolescents, including social habits and easy access to cigarettes (Fithria et al., 2021). The prevalence of smoking is particularly high among young males in rural Indonesia. (Efendi et al., 2021) At the national level, Indonesia has a very high smoking prevalence among adult men (61.4%), with significant regional variations across the country (Hapsari et al., 2020). In summary, the available research highlights the increasing trend of smoking among Indonesian adolescents, driven by a complex interplay of socio-economic, demographic, and geographic factors, as well as social norms and easy access to cigarettes. Addressing this public health issue requires a comprehensive approach targeting the various determinants of adolescent smoking behavior in Indonesia.

Adolescent smoking behavior in Indonesia is increasing every year, and it is important to understand the factors that influence this behavior in order to design more targeted interventions (Ilmaskal et al., 2022). The factors that influence adolescent smoking behavior in Indonesia can be divided into two main categories: For early adolescents (10-13 years old), the dominant factors are curiosity and peer influence. For middle adolescents (14-18 years old), the factors are often related to identity formation and the search for social status (Ilmaskal et al., 2022). Other factors that have been identified as determinants of smoking behavior among Indonesian adolescents include: Low self-esteem and the belief that smoking is a way to gain social status (Smet et al., 1999). Risk factors such as family smoking, peer smoking, and low parental monitoring (Wibowo et al., 2019). The influence of tobacco advertising and anti-smoking messages (Megatsari et al., 2023). Socioeconomic, demographic, and geographic factors, such as gender, age, and place of residence (Kusumawardani et al., 2018). Understanding these different factors and how they influence smoking behavior at different stages of adolescence is crucial for designing more effective interventions to prevent and reduce smoking among Indonesian youth (Ilmaskal et al., 2022).

Adolescent smoking behavior in Indonesia is increasing, and various factors are related to this behavior, such as media and advertising influence, social pressure, and the need to adapt (Bigwanto et al., 2017). Determinants of smoking behavior among Indonesian adolescents include parental disapproval, affordability and availability of cigarettes, and the smoking behavior of peers and family members (Kusumawardani et al., 2018). Smoking behavior is a significant health risk issue among Indonesian adolescents, and there are differences in smoking behavior between urban and rural areas (Rahim et al., 2016). Targeted smoking prevention and reduction programs are needed to address the increasing prevalence of smoking among Indonesian adolescents (Herawati et al., 2017).

### **Factors Influencing Smoking Behavior**

Normative peer influence, or the perceived social norms and behaviors of one's peers, is strongly associated with adolescents' smoking initiation and continuation (Liu et al., 2017). Adolescents tend to select friends with similar smoking behaviors, and these friendships then reinforce and perpetuate smoking behaviors within the peer group (McMillan et al., 2018). Peer influence is a significant predictor of adolescent substance use, including smoking, though the specific mechanisms may differ from other behaviors (Henneberger et al., 2021). Reciprocal friendships, where both individuals mutually consider each other a friend, show a stronger correlation in smoking behaviors compared to non-reciprocal friendships (Montgomery et al., 2020). Adolescent smoking behavior is embedded in a broader social context, including friendship networks, family relations, and school environment (Kim & Chun, 2018). Peer influence dynamics play an important role in the development of adolescent antisocial behaviors, including smoking (Sijtsema & Lindenberg, 2018). The genetic propensity of an adolescent's peers can also predict their own smoking behavior, suggesting a complex interplay between social and biological factors (Sotoudeh et al., 2019).

Family smoking is strongly associated with adolescent smoking for several reasons. First, family members' smoking behavior can directly influence adolescents through modeling and exposure (Avenevoli & Merikangas, 2003). Adolescents with parents or siblings who smoke are more likely to take up smoking themselves. Parenting style and family relationships also play a role. Authoritative parenting, characterized by high warmth and high control, is associated with lower rates of adolescent smoking compared to other parenting styles (Koetting O'Byrne et al., 2002). Parental disapproval of smoking can also prevent adolescents from becoming established smokers (Sargent & Dalton, 2001). Peer influences become more important as adolescents age, but family influences remain significant throughout adolescence (Villanti et al., 2011). The initiation stage of smoking is particularly characterized by stronger peer influences than family influences (Mayhew et al., 2000).

Anxiety, depression, and other mental health issues have been associated with increased smoking among adolescents (Fluharty et al., 2017). Personality traits like novelty-seeking and psychological reactance have also been linked to higher smoking susceptibility and progression (Miller et al., 2006). Social-psychological factors like peer influence, advertising receptivity, and beliefs about smoking can indirectly impact smoking behavior through their influence on psychological factors (Ogden & Nicoll, 1997). Parental and family factors, as well as demographic

characteristics, can also contribute to adolescent smoking by shaping psychological determinants (Sunseri et al., 1983).

### **Health Impacts of Smoking**

Smoking intensity, duration, and cessation are all associated with the risk of various health conditions, including rheumatoid arthritis, coronary heart disease, smoking-related cancers, age at menopause, esophageal cancer, cardiovascular disease, and intracranial aneurysm rupture (Can et al., 2017). Longer duration of smoking, even at lower intensity, can be more deleterious than shorter duration of higher-intensity smoking (Lubin et al., 2016). This suggests that the cumulative exposure to smoking over time is an important factor in determining health risks. Smoking intensity, measured by the number of cigarettes per day, is also a significant risk factor, with higher intensity associated with increased risks of various health outcomes (Lubin et al., 2016). The timing of smoking cessation can also play a role, with quitting smoking leading to a reduction in health risks over time (Pandeya et al., 2008). Modeling the total exposure to smoking, incorporating both duration and intensity, can provide a more comprehensive understanding of the health risks associated with smoking (Lubin & Caporaso, 2006).

Smoking during pregnancy and lactation can have short-term and long-term negative health effects on the child, including increased risk of conception issues, fetal development problems, and chronic conditions later in life (Banderali et al., 2015). Adolescents and young adult cancer survivors who smoke have a higher risk of developing comorbidities and poorer general health, including increased risk of cardiovascular disease, respiratory issues, and lung disease (Kaul et al., 2016). Chronic conditions like type 1 diabetes mellitus (T1DM) that develop during adolescence are associated with poorer long-term metabolic control and health outcomes (Jin et al., 2017). Survivors of early-adolescent and young adult cancers have an increased risk of late mortality and chronic health conditions, including cardiovascular disease, respiratory issues, and second cancers (Suh et al., 2020). Cigarette smoking, both current and former, is associated with increased long-term risk of major atherosclerotic diseases like coronary heart disease, ischemic stroke, and peripheral artery disease (Ding et al., 2019). Waterpipe (hookah) smoking, which is increasingly prevalent among youth, is also associated with various negative health effects, including increased risk of lung disease, cardiovascular disease, and cancer (El-Zaatari et al., 2015). Adolescents perceive different health and social risks associated with various tobacco products, which may influence their use of these products (Roditis et al., 2016). Even long-term, low-intensity smoking is associated with increased all-cause and cause-specific mortality, highlighting the importance of smoking cessation at any level of consumption (Inoue-Choi et al., 2017). Smoking prevalence has been increasing among adolescents in China, which has implications for the future burden of chronic diseases in the country (Wang et al., 2019).

### **Ethical Approaches to Prevention**

Moral education about the dangers of smoking is crucial in shaping the attitudes and behavior of adolescents. Schools and families can work together to instill values of health and social responsibility through educational programs (Nurmalisa & Adha, 2016). Smoking is one of the common behavioral issues among adolescents, often influenced by their social environment and lack of proper parental guidance (Ali Rahman, 2016). Parental involvement and the role of social

institutions, such as schools and community organizations, are essential in addressing the moral development of adolescents and preventing risky behaviors like smoking (Hafidz & Auliya Putri, 2022). Implementing smoke-free zones in schools and promoting awareness campaigns can be effective strategies in preventing and reducing smoking among adolescents (Marchel, 2019).

Utilize social media and digital platforms to disseminate accurate and relevant information about the dangers of smoking (Tupas & Agreda, 2020). Engage teenagers through interactive communication and social media features to increase the effectiveness of the campaign (Namkoong et al., 2017). Leverage social norms and peer influence to encourage smoking cessation and healthy choices among teenagers (Dono et al., 2020). Tailor the campaign messages and content to the preferences and online activities of the target teenage audience (Pa, 2024). Implement a comprehensive campaign that combines various media channels, such as social media, digital platforms, and traditional media, to maximize the reach and impact (Siti Hayati Efi Friantin, 2024). Measure the effectiveness of the campaign and continuously adapt the strategies based on the observed impact on smoking behavior among teenagers (Sanders et al., 2018).

Instilling a sense of social responsibility among teenagers can create a healthy, anti-smoking environment through collaboration between schools, parents, and the community. Parental guidance and creating an anti-smoking culture are crucial in preventing smoking behavior among teenagers (Yuliana Riwu, 2024). Campaigns and educational programs on the dangers of smoking, combined with the promotion of healthy lifestyles, can help establish a supportive environment for teenagers to avoid smoking. Developing character and personality traits, such as resilience and health-consciousness, in young athletes can contribute to the creation of a healthy, anti-smoking environment. Providing information and resources through public service announcements and educational materials can raise awareness and promote responsible behavior among teenagers. Establishing smoke-free zones and implementing policies that restrict smoking can help create a supportive environment for teenagers to adopt healthy behaviors (Donie, 2017).

### **Legal Regulations and Law Enforcement**

The local government must strengthen the enforcement of regulations prohibiting the sale of cigarettes to minors by increasing public awareness and actively involving community participation. In Indonesia, there are already regulations in place that ban the sale of cigarettes to minors, both at the national and regional levels. The Health Law No. 36 of 2009, in Article 114, states that the government is responsible for protecting children, teenagers, and the public from the negative effects of smoking, including banning cigarette promotion and sales to them. Additionally, Government Regulation No. 109 of 2012 on the Control of Materials Containing Addictive Substances in the Form of Tobacco Products for Health, Article 25, explicitly prohibits the sale of cigarettes to children or those under 18 years old, and it also bans the sale of cigarettes in loose form. With these regulations in place, stronger enforcement, wider socialization, and community involvement are essential to prevent violations on the ground (Mahdi, 2021).

However, despite these regulations being clear, law enforcement in practice is often not optimal. Many schools still lack adequate monitoring mechanisms to enforce the smoking ban within school environments. Additionally, coordination between local governments and schools

in overseeing the implementation of these policies remains weak. One of the main challenges is the uneven dissemination of information and the lack of firm law enforcement, especially in areas with a strong smoking culture. Therefore, it is crucial to strengthen law enforcement through collaboration between the government, schools, and the community, as well as enhancing the capacity of law enforcement officers and the Civil Service Police Unit (Satpol PP) in monitoring smoke-free areas. Support from all parties is needed to ensure that the existing legal regulations are effectively implemented and have a direct impact on students' smoking behavior in Indonesia (Triyana & White, 2022).

Smoking bans have been implemented in schools, with one study finding that 88% of senior high schools complied with six criteria for smoke-free policies (Nasution et al., 2022). However, enforcement of these policies has been limited, with examples of local leaders not following the law and a lack of support for enforcement (Wahyuti et al., 2019). Factors that have hindered effective enforcement include social norms around smoking, lack of awareness of the policies, and limited resources for enforcement (Suarjana et al., 2020). Religious organizations have played a role in promoting compliance with smoke-free laws, though their influence has been limited (Byron et al., 2015). Schools have taken steps to shape student behavior, such as through the implementation of no-smoking area policies, but challenges remain in ensuring full compliance (Silaban, Carolus Tarman, Nurhadi Nurhadi, 2023). Overall, while smoking bans in schools have been implemented, more work is needed to ensure effective enforcement and compliance across Indonesia. Strengthening enforcement mechanisms, raising awareness, and addressing social norms around smoking are some of the key areas that require attention.

### **The Role of Family in Prevention**

Parental involvement in school-based smoking prevention programs can have a significant impact on children's decision-making and help them make better choices. This includes parental supervision, open discussions, and emotional support (Thomas et al., 2013). Exposure to smoking by family members, including parents and siblings, increases the risk of smoking uptake in children and adolescents. Addressing the normative pressures from peers, parents, and the media is important for smoking prevention efforts (Leonardi-Bee et al., 2011). Socioeconomic status is a factor that influences smoking behavior, and family interventions that involve family members in educational programs have been shown to improve smoking cessation rates (Hiscock et al., 2012).

Parental modeling of healthy behaviors, such as not smoking, can positively influence adolescent behavior and reduce the risk of substance use, including smoking (Ryan et al., 2010). Family engagement with schools is a shared responsibility, and effective prevention programs should involve both school staff and families to improve educational outcomes and healthy development for students (Lewallen et al., 2015). Effective family communication is crucial for smoking prevention and promoting health values in children and adolescents (Beatty et al., 2008). Parent training programs that focus on improving communication skills can be an important step in addressing this issue (Thomas et al., 2015). Parental monitoring and modeling of non-smoking behavior are also important factors in preventing smoking initiation among youth (Brown et al., 2015). Family-based smoking prevention interventions that involve both parents and children

have been shown to be effective (Curry et al., 2003). Trained counselors or facilitators can provide guidance and support to parents on effective communication strategies around smoking prevention and cessation (Guilamo-Ramos et al., 2010). Addressing family beliefs, values, and expectations around smoking can also be an important component of effective smoking prevention programs (Beatty et al., 2008).

The search results indicate that family support is crucial in preventing teenage smoking behavior. Several studies have found that teenagers with low family support are more likely to be heavy smokers, while those with stronger family support are less likely to smoke (Sholihah & Novita, 2021). The search results also suggest that family support can take various forms, including instrumental, informational, evaluative, and emotional support (Maulidah et al., 2022). Providing these types of support can help teenagers resist peer pressure and avoid starting to smoke (Kristiani & Ricky, 2023). Additionally, the search results highlight the importance of family members, especially parents, in modeling non-smoking behavior. Teenagers with non-smoking parents are less likely to become smokers themselves (Widiyaningsih & Setyowati, 2021).

## CONCLUSION

This research shows that smoking behavior among students in Indonesia continues to increase, influenced by various social, economic, and psychological factors. Factors such as peer influence, smoking behavior within the family, and accessibility to cigarettes play a significant role in increasing the risk of smoking among adolescents. Additionally, social pressure and the need to enhance social status also contribute to this behavior.

Ethical and legal approaches to smoking prevention have proven effective in the context of education and family. Moral education that emphasizes the dangers of smoking and the active role of parents in modeling healthy behavior is crucial in shaping children's attitudes and behaviors. Strengthening existing regulations, including law enforcement against the sale of cigarettes to minors, is also necessary to create a safer environment for the younger generation. Overall, addressing the issue of smoking among students requires collaboration between the government, schools, and families in implementing comprehensive policies. These collective efforts are expected to create a healthier generation of youth who are aware of the dangers of smoking and capable of avoiding smoking behaviors in the future.

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