

## Relationship Religious Coping with Smoking Behavior of Adolescent Students Islamic Boarding School Al Amin Paciran Lamongan

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### ABSTRACT

Smoking behavior in adolescents is caused by a lack of self-control, stress and imitating their peers. Religious coping is expected to reduce maladaptive behavior in adolescents. This study aims to determine the Relationship of Religiosity Coping with Smoking Behavior of Adolescent Students Islamic Boarding School Al Amin Paciran Lamongan. Research method uses correlational quantitative with a cross-sectional approach. Sampling used a total sampling method, the total sample was 32 respondents. The results of this study were 17 respondents had positive religiosity coping, 15 respondents had negative religiosity coping. Regarding smoking behavior, there were 16 respondents who did not smoke, 7 respondents adolescents had light smoking behavior, 4 respondents adolescents had moderate smoking behavior and 5 respondents had heavy smoking behavior. The results of the variable correlation test using the Kendal tau test obtained the Asymp.Sig (2-tailed) value of <0,001. The correlation coefficient value is 0.654. Conclusion that there is a relationship between coping religiosity with smoking behavior of adolescent students islamic boarding school Al Amin Paciran Lamongan. Hopefully the results can be used to reduce smoking behavior in adolescents

**Keywords:** coping religiosity, adolescent students islamic coping mechanisms, smoking behavior

### INTRODUCTION

Adolescents are residents of a country with an age range of 10 years to 18 years (Kemenkes RI, 2013). The adolescent phase is a transitional phase from children to the adult phase, in this phase adolescents will go through stages of development both physically, emotionally, socially, sexually and in the formation of self-identity (WHO, 2015). In its development, adolescents will always be faced with external and internal demands (Wijaya, 2014). External demands come from a lack of family attention, education, low economy and low religiosity, while internal factors come from poor self-control and identity crisis experienced by adolescents (Sumara, et al. 2017). Failure to meet developmental demands will make adolescents deviant behavior (Sutijato, 2015).

Deviant behavior that is usually done by teenagers such as drug use, drinking alcohol, crime and smoking. (Sifaunnush, 2017). Indonesia is in the third position in the world after China and India as the most smokers. Cigarette consumption in Indonesia reaches 260 billion cigarettes per year (Asiking, 2016). The phenomenon of smoking in Indonesian teenagers is not a rare thing. Smoking among teenagers is considered normal and natural, this happens because of the teenagers' curiosity about cigarettes which they finally try and sometimes because of the stress and boredom experienced by teenagers (Ferinadia et al., 2019). This is supported by Komalsari's research in (2012). Smoking behavior in adolescents is mostly caused by stress and pressure received by these adolescents. In addition, teenagers also want to be considered as real men and have grown up (Director General of PTPM, 2017). Adolescents who are already addicted to cigarettes will experience maladaptive coping, in a study conducted by Syarif (2019), from 24 samples of adolescent smokers, as many as 16 teenagers (67%) had maladaptive coping and 8 teenagers (33%) had low maladaptive coping. (Sharif, 2019). Adolescents with deviant behavior will spend more time smoking and sleeping, so that coping plays an important role in adolescent deviant behavior,

Coping religiosity tends to be done by adolescents when adolescents do not have the strength to face reality (Paragment, 2011). Instilling religious knowledge from an early age makes coping with religiosity more often done by adolescents, praying, surrendering and praying are religiosity coping methods that tend to be used by adolescents (Utami, 2012). Coping that uses elements of divinity, religion or coping with religiosity can

provide good moral construction so that adolescents can control their emotions (Prayogo, 2018). Adolescents who have good coping with religiosity will support the teenager to increase self-control in behavior so as not to harm others (Aviyah, 2014). So that it is clear the direction to go in dealing with religiosity is to increase moral, spiritual, ethical and adolescent behavior (Hadi, 2017). This study aims to determine the Relationship of Religiosity Coping with Smoking Behavior of Adolescent Students Islamic Boarding School Al Amin Paciran Lamongan.

### METHOD

The type of research that will be conducted is correlational quantitative research using a cross-sectional approach. The population used in this study were male students who were staying at the Al Amin Islamic Boarding School Paciran Lamongan. Sampling used a non-probability sampling method with a total sampling type with a total of 34 teenagers. The research sample used all male students who were teenagers with an age range of 10 to 18 years. However, in the implementation of the study 2 male students were sick so they had to be excluded as respondents and the total sample of research respondents was 32 male students. Data retrieval using an adaptation questionnaire from the Brief-RCOPE questionnaire to determine the students' religiosity coping with a total of 10 question items with an  $r$  count >  $r$  table the results are 0.361 and the Cronbach alpha value is 0.617. While the GN-SBQ questionnaire to determine the smoking behavior of students, there are 11 question items with a value of  $r$  count >  $r$  table, the result is 0.4227 and after the questionnaire was translated by Purwandari (2016) Cronbach's alpha value was 0.923. So that both research instruments are valid and reliable. The study was conducted from May 5, 2021 to May 20, 2021. The data analysis used the Kendall tau b test and would state that there was a relationship if the bivariate analysis obtained  $p < 0.05$ . This research has been declared ethically worthy, by the ethical institute of the Faculty of Nursing, University of Jember with the ethical number 81/UN25.1.14/KEPK/2021.

### RESULT

The results of the research conducted by using as many as 32 male student respondents who should have used 34 female student respondents. This happened because 2 other students were sick so they had to be removed from the research respondents. In the research that has been carried out, univariate data, questionnaire results and bivariate test results are produced, which will be presented in the form of tables and narratives as follows.

Table 1. Distribution of characteristics of adolescent students at Al Amin Islamic Boarding School Paciran Lamongan, 2021 (n=32)

Characteristics	Frequency	Percentage
Education		
Junior High School	20	62.5
Senior High School	12	37.5
Parent's monthly income (regional minimum wage)		
≤ Rp 2.500.000	17	56.3
≥ Rp 2.500.000	15	43.75
Age		
11-13 years (early teens)	10	31.3
14-17 years (middle teens)	22	68.7
18-21 years (late teens)	-	-

Based on the distribution of the characteristics of the adolescent students of the Al Amin Paciran Islamic Boarding School, it was obtained: as many as 20 students (62.5%) were at the junior/high school education level, while 12 (37.5%) /high school. Regarding the monthly income of students' parents, as many as 17 parents (56.3%) earn below the regional minimum wage and 15 parents (43.7%) earn above the regional minimum wage. Most of the students are in the middle age range, namely the age of 14 to 17 years with a total of 22 students (68.7%), while the range of early adolescents with an age range of 11 to 13 years is 10 students (31.3%) and there are no students with late adolescence.

Table 2. Coping religiosity of adolescent students at Al Amin Islamic Boarding School Paciran Lamongan, 2021 (n=32)

Religious Coping	Frequency	Percentage
Religious Coping Positive	17	53.1
Religious Coping Negative	15	46.9
Total	32	100

Based on the results of the research on the distribution of the Brief-RCOPE adaptation of religious coping questionnaires to 32 students of the Al Amin Islamic Boarding School Paciran. A total of 17 adolescent students (53.1%) had positive religiosity coping. Meanwhile, 15 other students (46.9%), had negative religiosity coping. So it can be concluded that the average male student has a positive religiosity coping.

Table 3. Smoking behavior of adolescent students at Al Amin Islamic Boarding School Paciran Lamongan, 2021 (n=32)

Smoking Behavior	Frequency	Percentage
No Smoking	16	50
Light Smoking	7	21.9
Moderate Smoking	4	12.5
Heavy Smoking	5	15.6
Very Heavy Smoking	-	-
Total	32	100

Results Based on research on the distribution of the GN-SBQ smoking behavior questionnaire to 32 students of the Al Amin Islamic Boarding School Paciran. A total of 16 teenage students (50%), do not smoke. There are 7 adolescent students (21.9%) have light smoking behavior, as many as 4 adolescent students (12.5%) have moderate smoking behavior, and as many as 5 adolescent students (15.6%) have heavy smoking behavior, there are no student teenagers with very heavy smoking behavior.

Table 4. Kendall Tau-B Test Results

		Religious Coping	Smoking Behavior
Religious Coping	Correlation Coefficient	1.000	0.654
	Sig. (2-tailed)	.	0.000
	N	32	32
Smoking Behavior	Correlation Coefficient	0.654	1.000
	Sig. (2-tailed)	0.000	.
	N	32	32

Kendall tau-b test interpretation, on the value of Sig. (2-tailed) the result is 0.000, the value is <0.005, then the relationship between the two variables is acceptable and there is a significant relationship between coping religiosity and smoking behavior of adolescent students at Al Amin Islamic Boarding School Paciran Lamongan. In the value of the correlation coefficient, the value of 0.654 is in the range of the coefficient value category of 0.51 - 0.75, meaning that there is a strong relationship between coping religiosity and smoking behavior of adolescent students at Al Amin Islamic Boarding School Paciran Lamongan. The direction of the relationship created between coping religiosity and smoking behavior of adolescent students at Pondok Pesantren Al Amin Paciran Lamongan is positive or unidirectional based on the correlation coefficient value of 0.654. The direction of a positive relationship means that the more positive the adolescent religiosity coping is, the smaller the smoking behavior of adolescents.

## DISCUSSION

The results showed that there were 10 students (31.3%) who were in the adolescent phase range, namely the age of 11-13 years and as many as 22 students (68.7%) were in the middle adolescence phase, namely the age of 14-17 years. In the early adolescent phase, adolescents will behave in a negative way, because in the range of relationships between adolescents and their parents will be slightly stretched and adolescents will change their behavior

and appearance according to their association (Carole, et al. 2016). This is supported by research by Rachmat (2013), adolescents will do anything to be accepted in their group, a teenager does not want to be considered a geeky child, so in this case adolescents will experience internal pressure to behave smoking, if the group behaves smoking (Rachmat, 2013). Kartono (2013) stated that the cause of behavioral deviations in adolescents was due to the lack of self-control in adolescents (Kartono, 2013). This is supported by Sriwahyuni's research (2018), where there is a negative relationship between self-control and juvenile delinquency, meaning that the lower self-control in adolescents, the higher juvenile delinquency (Sriwahyuni, 2017).

Middle adolescence phase with an age range of 14 to 17 years. In this age range there will be emotional imbalance, physical changes and the search for identity. Teenagers will change their appearance to imitate older people or figures they idolize (Diananda, 2018). Supeno (2015) in his research stated that emotional maturity in adolescents is not related to smoking behavior, but adolescents with mature emotions will make decisions not to smoke (Supeno, 2015). The opinion of the researcher regarding the phase of early adolescence and middle adolescence at Al Amin Islamic Boarding School Paciran Lamongan, their emotional development and self-confidence are starting to form and need to be guided, good emotional maturity will make them obey the ustad, do not smoke and do not violate applicable rules, Good self-confidence in boarding school teenagers will make them brave in developing mindsets and expressing opinions and will be more creative

The results of the research on educational characteristics showed that 20 adolescent students (62.5%) were at the junior high school level and 12 students (37.5%) were at the high school level. Education and character building are very important things for adolescents, education and character must be emphasized in adolescents, because education and character are two things that teenagers must have from an early age in order to avoid juvenile delinquency (Kurnia, 2019). Education in adolescents is closely related to adolescent knowledge, adolescents with low knowledge tend to behave deviantly. Sari, (2019) in his research, adolescents with less knowledge tend to smoke, with the results of the study that 63 educated adolescents have less smoking behavior and 37 well-educated adolescents do not smoke (Sari, 2019). In addition, in Puspitasari's research (2013) on 77 adolescent respondents in the city of Semarang, there is a relationship between knowledge and physical changes in adolescents, meaning that adolescents with less knowledge tend to have low self-confidence compared to adolescents who have good knowledge who have more confidence. higher self (Puspitasari, 2013). The opinion of researchers regarding the education and knowledge of adolescent students, the cultivation of religious knowledge must be instilled early in Islamic boarding schools. So that teenagers often get education on behavior, morals, ethics and self-approach to God which can make the moral construction of teenagers better. In addition, young students are also expected to be able to develop the potentials that exist in themselves to the maximum, students are not only trained in intellectual knowledge but also must follow religious norms and social norms. The success of education in adolescent students will not be separated from the relationship created between students and Islamic boarding schools and schools

The results showed that 17 students' parents (56.3%) had incomes below the minimum wage and 15 students (43.7%) whose parents earned above the minimum wage. The socio-economic conditions of the family reflect the welfare of a family. The high and low socio-economic conditions of a family will affect various factors of adolescent development such as cognitive, mental and adolescent behavior (Zakki, 2016). One of the factors that cause deviant behavior in adolescents is low socioeconomic conditions, economic conditions affect attitudes, parenting and behavior of parents towards children, so teenagers with low economics will tend to behave deviantly because parents fail to protect, educate and prosper. their children (Permana, 2020). Adolescents who come from the lower middle class economy tend to experience emotional turmoil due to the non-fulfillment of facilities or privileges as children, so that adolescents will vent these emotional turmoil on behavioral deviations, namely smoking behavior (Cristedi, 2012). in Haryanti's research (2018), there is no relationship between family economy and adolescent smoking behavior, but greater parental income can be a factor causing adolescents to smoke (Haryanti, 2018).

Adolescents with a high economic background will also not be separated from the risk of behavioral deviations in adolescents. Teenagers with high socio-economic conditions will get used to having their privileges fulfilled so that they will be at risk of wasting money and greater behavioral deviations, namely smoking, alcohol and free sex. (Agus, 2012). In a study conducted by Qodri (2015) with 100 adolescents as respondents, there is a relationship between adolescent pocket money and smoking behavior (Qodri, 2015). This means that high economic conditions in adolescents will make their parents give more pocket money to teenagers, the more pocket money creates opportunities for teenagers to commit juvenile delinquency. During the study, researchers did not get a striking difference between adolescents with high economic conditions and low economic conditions. The researcher's opinion regarding the socio-economic conditions of the students' families, both high and low economic groups have the same risk of deviating adolescent behavior, especially smoking behavior. The role of parents and caregivers of Islamic boarding school will be very vital

because teenagers will really need direction and advice from parents and caregivers of Islamic boarding school so that they do not fall into negative behavior. The inculcation of religious values and the strengthening of religiosity coping can be emphasized to reduce deviations or behavioral problems in adolescents.

The results showed that 17 students (53.1%) had positive religiosity coping and 15 students (46.1%) had negative religiosity coping. Coping religiosity is useful in various ways, in Haryanto in Rusli (2017), religious coping therapy can be used in overcoming drug abuse at Pesantren Suryalaya (Rusli, 2017). Coping religiosity is related to many things, especially with addictive behavior, because coping religiosity is a complex system and consists of beliefs and beliefs, coping religiosity can bring adolescents closer to God, so as to reduce the risk of deviant behavior in adolescents such as smoking (Ramadhoni, 2017).

Positive religiosity coping in the research questionnaire which shows the highest score lies in questions number 1 and 3, where question item number 1 indicates an approach to God, while question item number 3 shows God's involvement in all things. These two items reflect that there is a strong *aqidah* instillation in students. Religious adolescents will believe in the existence of God and will have a positive relationship with God to gain prosperity in their lives (Angganantyo, 2014). Adolescents with strong religiosity will routinely carry out positive activities, even though these activities do not get material benefits in the world, but with good self-control in adolescents, they will realize that whatever is done with good intentions, will get a reward from God (Palupi, 2013).

The negative religiosity coping on the research questionnaire showed the highest score was in question items number 6 and 10, where question item number 6 indicated a lack of individual devotion to God and question item number 10 questioned the power of God. The two negative religiosity coping items represent the feelings of teenagers who are abandoned by God and feel that God is unfair. So that these conditions can suppress teenagers or individuals with bad prejudice against God's favor. As a result, it can affect the physical, mental, social and spiritual state of individuals or adolescents (Anggraini, 2014). The opinion of researchers regarding the religiosity of students, adolescent students can use religiosity coping as an effort to prevent themselves from deviant behavior or deviations due to the phase of adolescent development that is not passed perfectly Coping with adolescent religiosity strengthens student self-control and encourages the formation of identity, so as to create meaningful life and reduce behavioral deviations (Hadi, 2017). Strengthening the values of religiosity and coping with religiosity can be done through education, such as inculcating religious knowledge from an early age. Besides that, it can also be obtained by students through book studies that are routinely carried out in Islamic boarding schools, besides the internalization of the values contained in the holy verses of the Koran can also be used as a reinforcement for the use of coping religiosity. At the Al Amin Islamic Boarding School itself, book studies are carried out every day in the morning, afternoon and evening, it is hoped that from this study, the young santri of the Islamic boarding school have strong religiosity and coping with religiosity.

The results showed 16 adolescents (50%) had smoking behavior which was divided into 7 adolescents with light smoking behavior, 4 adolescents with moderate smoking behavior and 5 adolescents with heavy smoking behavior. Smoking behavior in adolescents can be influenced by many things, one of which is stress and self-control (Romadhoni, 2017). In addition to stress and lack of self-control, the cause of smoking behavior in adolescent students can also be caused by imperfect socialization, wanting to imitate idol behavior and looking for identity, this is normal for teenagers because teenagers are unstable individuals and seek identity and want to be accepted. in his group. This is supported by Indra's research (2019) where adolescents with smoking friendship circles are five times more likely to smoke than adolescents with non-smoking friendships (Indra, 2019).

The question item on the questionnaire that has the highest range of values is in question item number 4 and number 9. Question item number 4 on the GN-SBQ questionnaire on adolescent smoking behavior after doing work and question item number 9, asking the use of certain objects that are assumed to be cigarettes for stress reliever. In question item number 4 interpreting smoking behavior in adolescents is used as an outlet after carrying out activities, meaning that the stress received by adolescents when carrying out a job will be vented in the form of smoking behavior to relax. This is supported by Andreani's research (2020), with 65 adolescents as respondents, where there is a relationship between stress levels in adolescents and smoking behavior carried out by adolescents (Andreani, 2020). Stress makes teenagers unable to control their behavior, thus making them vent the stress they experience with deviant actions, one of which is smoking (Putro, 2017). The interpretation of the GN-SBQ questionnaire number 9 has the highest score range. The search for identity in adolescents creates a crisis of confidence in determining the scope of association, to overcome this, adolescents will channel it into smoking behavior, because smoking can make adolescents feel comfortable and confident in associating with their peer groups (Ganley et al. 2013). Then the behavior of sucking stationery or toothpicks, is a symbol of smoking behavior in adolescents, adolescents think smoking can show their identity, increase their attractiveness to the opposite sex and overcome the stress they experience (Listiana, 2013). The researcher's opinion regarding the interpretation of the two questionnaire questions that have the highest range of

values, namely, it is necessary to increase self-control, inculcate religious values to help improve self-control, help self-discovery and cope with stress.

The results of the correlation test of the research variables used the Kendalls Tau B test. The results showed that there was a relationship between coping religiosity with smoking behavior of adolescent students at Al Amin Islamic Boarding School Paciran Lamongan. This relationship is based on the results of the correlation coefficient value of 0.654 and a significance value of 0.000 which is less than the p value  $< 0.005$ . So that the more positive the religiosity of adolescent students coping, the smaller the smoking behavior they will do. The higher the coping religiosity possessed by adolescents, the less deviations in adolescent behavior will be, so that adolescents can control impulsivity, control stimuli and emotions, to anticipate deviant behavior, one of which is smoking behavior (Aviyah, 2014).

Teenagers first tasted cigarettes at the age of 11 to 13 years and will start smoking at the age of less than 18 years (Juliyanasyah, 2018). The age of 11 to 13 years is the early adolescent phase, where adolescents will tend to behave negatively, while at the age of 14 to 17 years is the middle adolescence phase, where adolescents will seek their identity and experience emotional imbalances (Diananda, 2018). This is in accordance with the smoking behavior of adolescent students, there are as many as 6 adolescent students who behave smoking with an age range of 12 to 13 years, then there are 10 adolescent students who behave in a smoking behavior in the age range of 14 to 17 years. The opinion of researchers that adolescents will start tasting cigarettes at the age of less than 15 years and will get used to smoking at the age of 15 years, this is caused by environmental and developmental factors where adolescents will seek their identity and experience excessive emotions. turmoil that results in deviations in smoking behavior, so values need to be instilled. One way that can be done to control adolescents is through coping religiosity.

Coping religiosity can also be used as self-control in adolescents, because coping with religiosity will reflect the behavior they do everyday (Widayat, 2014). Coping religiosity associated with many things, especially addictive behavior, emotional turmoil and the search for identity, coping religiosity is a complex system and consists of beliefs and beliefs, coping religiosity can bring adolescents closer to God, so as to reduce deviations in adolescents. behavior (Ramadhoni, 2017). Muhtar's research (2014) resulted in a religiosity coping approach that was sourced from the Qur'an, sunnah and fatwas of the Tareqat Qodidriyah Wanaqsabandiyah cleric that could rehabilitate victims of drug abuse (Muhtar, 2014). Coping religiosity cultivation must be instilled early on, so that the values in religiosity coping can be internalized properly which can later make adolescent student self-control better. Al Amin Islamic Boarding School Paciran Lamongan, has tried to do this, one of which is through recitation of the yellow book which is carried out every day in the morning and evening, so it is hoped that students' coping with religiosity will be well formed, students can behave well and avoid bad smoking behavior.

Based on the results of the research above, it shows that coping religiosity can be used as a guide for adolescents to get welfare, where coping religiosity is related to smoking behavior of adolescent students at Al Amin Islamic Boarding School Paciran. Overcoming adolescent religiosity strengthens self-control in adolescents and encourages the formation of self-identity, so as to create a meaningful life in adolescents and reduce smoking behavior deviations. Based on the results of this study, it was also found that the relationship between coping religiosity and smoking behavior of adolescent students was significantly positive, meaning that students who had positive religiosity were very less likely to smoke. On the other hand, the more negative students' coping with religiosity, the more likely they are to deviate from smoking behavior.

## CONCLUSION

Concluded of this study, as many as 17 students have positive religiosity coping and 15 students have negative religiosity coping. as many as 16 young students do not smoke, as many as 7 students behave in light smoking, as many as 4 teenage students behave in moderate smoking and as many as 5 adolescent students smoke heavily. The results of the bivariate test showed that there was a relationship between coping religiosity and smoking behavior of adolescent students at Al Amin Islamic Boarding School Paciran Lamongan, namely strong, significant and unidirectional. The researchers hope that this research can be useful for nursing to provide nursing interventions to adolescents with similar problems that occur in hospitals or the field. Education related to the development of adolescent behavior and smoking behavior must also be intensified to avoid adolescent maladaptive behavior.

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