

SMOKING, ALCOHOL AND DRUGS AT GIRL ADOLESCENTS : ARE THEY FORGOTTEN IN DEVELOPING COUNTRIES ?

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ABSTRACT

Background: Indonesia is one of developing country having high cigarette consumption and production level. Although a lot of researches showed smoking has health effect, the smoker is increasing every year, especially girl adolescent smoker. Smoking is the symbols of modern, sexy, glamour, mature and independent women. They are potential target of tobacco industry.

Objective: This study aims to analyze smoking behaviour can formed alcohol and drugs consumption at girl adolescent.

Methods: It was a qualitative exploration involved informants aged 17-23 at girl adolescent, active smoker at least in six monts in Jember city. Data was collected by in-depth interview and they're analyzed by thematic content analysis.

Results: The result of this study showed that all informants have been active smoker and drunk alcohol. Average of them are drugs user both injection and oral. They said that smoking was one packet with drinking alcohol and consuming drugs. A few of informan consumn the cheap one (Dextro) to the expensive one (Diazepam, Rhextopiramidin). They use Dextro in 20 tablets, but if diazepam, they just need 10 tablets make it more comfortable feeling when they drinking it with beer (alcohol). Even the informants used alcohol to consume drugs orally in order to speed up the drug.

Conclusion: Smoking on girl adolescent is enter point to another risk behaviour to health. Because smoking formed them to be alcohol consumer and drug user. Intensive health promotion about the danger of smoking is needed focused to girl adolescent.

Keywords : girl adolescent, smoking, alcohol, drugs

PENDAHULUAN

Badan Kesehatan Dunia (WHO) mengatakan bahwa perilaku merokok telah menjadi masalah kesehatan masyarakat yang sangat penting di seluruh dunia sejak satu dekade terakhir (Suhardi, 1995). Indonesia merupakan salah satu negara berkembang yang memiliki tingkat konsumsi rokok dan produksi rokok yang tinggi. Data yang dilaporkan oleh WHO (2008) dengan statistik jumlah perokok 1,35 miliar orang, menyebutkan bahwa konsumsi rokok