

Impact of Smoking Behavior on Learning Achievement : A Case Study at PGRI Bandongan Junior High School Students

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ABSTRACT

Academic restoration is the result of student learning obtained from learning activities in schools or colleges that look at cognitive aspects, and academic achievement is generally determined through measurement and assessment. Learning achievement is influenced by several factors, one of which is smoking behavior. The impact of cigarette smoke itself triggers the brain, which makes a person weak in thinking power. Early adolescent smoking will have a significant impact on teaching and learning activities if allowed to continue.

This study aims to determine the impact of smoking behavior on student learning achievement. This research design uses quantitative research types with correlational designs, questionnaires, and report card values or cumulative achievement indices as data collection tools. Research variables include smoking behavior as a free variable and learning achievement as a bound variable.

From the results of the study, it showed that there was no significant influence of smoking behavior on student learning achievement at SMP PGRI Bandongan. After achieving an R-squared value of 0.227, the researcher Therefore, the influence of smoking on student learning achievement at SMP PGRI Bandongan is 22.7%. In the simple linear regression test, it is known that F count = 49.560 with a significance rate of $0.224 > 0.05$, therefore there is no influence of the smoking behavior variable X on the learning achievement variable Y.

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INTRODUCTION

Education is an indispensable part of human life. The educational development of a nation is the main key to the growth and development of that nation. The phenomenon of education in Indonesia is currently still in a developing stage, so there is a need to improve the quality of education so that the Indonesian nation can develop more in a better direction. Improving the quality of education is an effort to improve the quality of learning at a certain level of education. Learning activities are the most basic. Academic restoration is the result of student learning obtained from learning activities in schools or colleges that look at cognitive aspects, and academic achievement is generally determined through measurement and assessment. This cognitive aspect is most often assessed and measured by teachers in schools because it relates to the ability and capability of students to master the content of the teaching materials that have been studied before.

In this case, it means that the success or failure of the achievement of educational goals depends a lot on how the teaching and learning process is experienced by students as students. Psychologically, learning is one of the processes of change, namely, changes in behavior because of interaction with their environment in meeting their life needs. These changes will be evident in all aspects of behavior. Education is also expected to give birth to the next generation, in which there is a combination of various values, including intellectual values, religious values, social ethical values, and national personality values.

One of the things that affects the progress of learning achievement is the existence of obstacles to self-development in a person, such as counting, seeing, hearing, and nerves. The quality of human resources can be improved by improving the quality of national education in general, especially the academic achievement of students. The cigarette problem is still a global problem today, and adolescents are the main targets of tobacco products. Juvenile smokers are potential regulars of the cigarette industry, but they have a disastrous effect on the quality of the country's ancestry because if smoking starts at the age of 11 or younger, they are more likely to be heavy smokers than smokers who start smoking after adolescence. Young people who are classified as "dynamic smokers" have a driving force in certain circumstances that, in some cases, is difficult to control. Young people who depend on smoking are effectively opposed to the urge to smoke and are sensitive to the effects of nicotine. The impact of cigarette smoke itself triggers the brain, which makes a person weak in thinking power. This smoking behavior, if allowed to be carried out by early adolescents, will have a considerable effect on teaching and learning activities, not only because of the weakening of one's thinking power and calmness but also because of the nicotine substance that makes it addictive to smoke

continuously. If this happens to students who are still in school, then they will always want to engage in this behavior during school hours. And this act is what disturbs students in the teaching and learning process so that they do not focus on participating in learning activities.

There are many things related to the physical condition of the individual that will have an impact on achieving the desired learning outcomes, one of which is smoking behavior. Adolescents begin smoking because of a psychosocial crisis experienced during their development, specifically the time when they are searching for their identity. The cigarette problem is still a global problem today, and adolescents are the main targets of tobacco products. Young people who are classified as "dynamic smokers" have power under certain circumstances, which in some cases are difficult to control. Students who are accustomed to smoking behavior are not ashamed and even fearful of smoking in today's schools, in contrast to ancient times when students were afraid and embarrassed to smoke during school hours. But, unlike students today, most of them smoke during recess, and they often skip class to smoke.

Based on perceptions in the research environment, smokers among students in junior high schools are often found smoking in open places and even public places. Young people who are still in junior high school do not feel afraid or embarrassed to smoke while still wearing school epaulettes. In fact, they often fight with other schools. This is what underlies researchers' wanting to get more detailed data on the influence of adolescents who are struggling with learning achievement in schools.

METHODS

The analysis of this research is descriptive analysis with quantitative analytical descriptive techniques, where quantitative research methods are research that begins with collecting information to be formulated into a rationale. This study, by definition, is a descriptive analysis, in which the researcher will describe the findings of the impact of smoking behavior on the learning achievement of students at SMP PGRI Bandongan Magelang. The population of this study area is made up of students at SMP PGRI Bandongan, Magelang Regency. As for the population of the subject, namely students in grades 8 and 9, the total number of students totals 97. And here, researchers took 55 samples from students. To streamline the method of collecting and preparing information, researchers used a stratified random sampling strategy. The analysis used by the authors in this study used quantitative research. In quantitative research, the data analysis uses SPSS 22 statistics. The data collection techniques are as follows: The normality test, first and foremost, seeks to determine

whether the disruptive or residual variables in the regression model are normally distributed. In the normality test, you can use the graph method to perform the residual normality test, that is, using SPSS 22 to see the distribution of data on the diagonal source on the normal PP graph of the regression standard residual graph. If the point has spread around the line and along the diagonal, the residual value can be said to be normal. Secondly, in the linarites test, we will confirm whether the data is appropriate or not with linear lines or not. In this liturgies test, use the help of the SPSS 15 for Windows application. In the linearity test, it aims to find out whether the relationship between variables is linear or not, as well as the basis for making decisions, namely:

1. If the sign deviation linearity value is more than 0.005, the relationship between the free variable and the bound variable is linear.
2. If the significance deviation linearity value is less than 0.005, then there is no linear relationship between the independent and dependent variables.

Third Pearson Correlation Test: Pearson Correlation produces a correlation coefficient that serves to measure the strength of the linear relationship between two variables. If the relationship between two variables is not linear, then the Pearson correlation coefficient does not reflect the strength of the relationship between the two variables under study, although the two variables have a strong relationship. If the significance value is less than 0.05 and there is a correlation between the variables X and Y, there is no correlation; if the significance value is greater than 0.05, there is no correlation. The correlation test aims to determine the degree of closeness of the relationship between the declared variable and the correlation coefficient (r). As for the type of relationship between the variables X and Y, it can be both positive and negative.

Four simple linear regression tests were used to look at the functional relationship between one independent variable and another dependent variable. Using SPSS 22 to analyze simple linear regression equations and hypotheses testing, the basis for decision-making in simple linear regression testing can be determined by comparing a significance value with a probity value of 0.05. The variable X has an effect on the variable Y if the signification value is less than 0.05; if the signification value is greater than 0.05, the variable X has no effect on the variable Y.

RESULTS AND DISCUSSION

The purpose of this study was to determine the effect of smoking on student learning achievement at SMP PGRI Bandongan. Researchers formed a hypothesis

that suspected that the influence of smoking on learning achievement was significant. When the test was done, the results of the conjecture hypothesis did not match the results of the field research.

Learning achievement is a person's achievement in the activities of observing, understanding, and applying the material or knowledge obtained so that it becomes a provision for himself to be superior in his environment and able to play himself in a complex environment. Learning achievement is an achievement obtained by students in learning activities; this is obtained through studying, doing assignments, taking tests, or taking exams at a certain level of education. It is expressed in grades or numbers obtained from evaluations made by teachers.

Smoking is the activity of burning tobacco with or without the addition of various mixtures of ingredients, which are then smoked from the tobacco and excreted through the mouth or nose. Sucking in and exhaling burned tobacco smoke is what smoking entails. Smoking is one of the behaviors that is considered harmful to the good health of the perpetrator, and the people around the smoker are also affected.

Cigarettes are harmful due to the chemical substances they contain. The nicotine content in cigarettes is toxic, so it can interfere with a person's cognitive function. At the lowest doses, this substance can cause toxicity symptoms such as nausea, dizziness, an increased pulse, tremors, and even difficulty concentrating. Especially if the smoker has experienced dependence, when the smoker does not increase the dose of nicotine, what will appear are nicotine withdrawal symptoms such as mood disorders, frustration, anxiety, concentration disorders, and anxiety due to insufficient nicotine levels. Impaired concentration is one of the signs that a person's cognitive function is impaired. When cognitive function experiences problems, it will have an impact in various aspects, one of which is the ability of the learning process to be disturbed, which will affect academic performance in adolescents.

In smokers, smoking has an effect on long-term memory, especially when attempting to quit, whereas smoking has a lower memory than not smoking. Nicotine accumulation can have negative health consequences ranging from decreased inspiration to decreased concentration and memory. The deterioration of cognitive work will have an impact on the learning process. Adolescents who begin smoking are associated with a crisis of psychosocial aspects during their development, specifically the time when they are searching for their identity. In adolescence, this is often described as a time of storms and typhoons due to the mismatch between mature physical development and not yet balanced psychic and social development. These factors include the psychological belief that smoking can

overcome negative emotions such as loneliness, sadness, anger, frustration, and so on. A person prone to being a smoker can be influenced by his admired parents or peers, and they will imitate him. Many factors influence adolescent smoking behavior, including demographic factors, social environmental factors, psychological factors, socio-cultural factors, and socio-political factors.

Factors: The factors that affect academic achievement are two, namely, internal factors—factors that originate from within the learner, including physiological and psychological factors. And external factors, namely factors that come from outside the learner, include the family environment, school, and community. Internal factors are those that are caused by the student himself and include physiological (body state and health), psychological (aptitude, interests, emotions, intelligence, fatigue, and learning methods), and environmental factors. External factors are factors that occur outside of the student and are caused by his family environment itself, the school environment, the natural environment, and the community environment. The first factor that influences the success of the teaching and learning process is the student aspect, which includes the background aspect consisting of gender, place of birth, student's place of residence, and socioeconomic level. The second factor is environmental factors, consisting of class organization factors and socio-psychological climate factors, and the last is environmental and family factors; parents attach more importance to their children learning other subjects.

The effect of smoking behavior triggers long-term memory in smokers, namely that the smoker's memory when tested while smoking is lower than the memory of not smoking. Smoking does not only affect physical health; the habit of smoking tobacco for many years also affects the health of the brain and psychic function. One of the contents of cigarettes, namely nicotine, has effects on the brain, including causing dependence and toxicity in cognitive function, which gives rise to symptoms of concentration difficulties. The effect of nicotine dependence, which results in continuous exposure to cigarettes in smokers, will later result in a decrease in cognitive function for students. Due to the nicotine in cigarettes, which can lower cognitive function, smoking can hurt how well you do in school.

Smoking behavior is very high at PGRI Bandongan Junior High School, with a smoking rate of more than 50%, implying that most of the students smoke. Their smoking is not only a social factor, but it is also one that is sanctioned by their parents. So, there is a need for education related to knowledge and the dangers of smoking. Learning success can be measured using indicators such as report card scores, study achievement indices, passing rates, success predictors, and so on. From this understanding, the term "achievement" can be interpreted as the result that has

been achieved from an effort that has been made by a person, which is judged by numbers. Learning achievement at SMP PGRI Bandongan is not classified as bad; many students have achieved good achievements, although there are also many students who get below-average scores. However, most of them are already sufficient in terms of academic achievement.

CONCLUSION

Based on how research problems, research results, and research hypotheses were put together, it can be said that:

1. The factors that affect student smoking are the following percentages:
 - a. Friend factor: 48.3%
 - b. Parental factor: 39.6%
 - c. Cigarette advertising factor: 1.7%
2. There is no significant influence between smoking behavior and student learning achievement at SMP PGRI Bandongan. Following the researcher's management of the R square value data of 227, therefore, the influence of smoking on student learning achievement at SMP PGRI Bandongan is 22.7%.
3. Looking at the results of the linearity test in table 4.4, the significance deviation linearity value is 874, which is greater than 0.05. So, there is a straight line between the variables of smoking behavior (free) and learning success at SMP PGRI Bandongan (bound) in this study.
4. The basis for decision-making in linear regression testing can be determined by comparing a significance value with a probity value of 0.05. The variable X influences the variable Y if the signification value is less than 0.05; if the signification value is greater than 0.05, the variable X has no effect on the variable Y. In the simple linear regression test, it is known that F count = 49.560 with a significance rate of $224 > 0.05$, therefore there is no influence of the smoking prevalence variable (X) on the learning outcome variable (Y).

For SMP PGRI Bandongan, the results of this study are useful for improving education on the impact of smoking, especially for students who often follow the example of people around them who smoke. And always provide knowledge about smoking so that smoking behavior among junior high school students can be resolved. The findings of this study can be used as a baseline for future research, which should be conducted using different methods and designs. for educators to better prevent students from smoking and always equip students with knowledge about the dangers of cigarettes.

Parents are the first educators and prime examples for their children. If the parents smoke, the child is likely to imitate smoking. Likewise, if you are friends with people who smoke, they will try to smoke and become smokers. So, it needs awareness from parents to be the best example for children and the best educators for their children to choose a good social environment.

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