

self efficacy siswa SDN 6 Raja di Pangkalan Bun Kalimantan Tengah terhadap perilaku berhenti merokok tahun 2013

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ABSTRAK

Self efficacy adalah belief atau keyakinan seseorang bahwa ia dapat menguasai situasi dan menghasilkan hasil (outcomes) yang positif. Beberapa faktor yang mempengaruhi self efficacy yaitu: Pengalaman keberhasilan (mastery experiences), pengalaman orang lain (vicarious experiences), persuasi sosial (social persuasion), keadaan fisiologis dan emosional (physiological and emotional states). Penelitian ini bertujuan untuk menggambarkan self efficacy siswa SDN 6 Raja Pangkalan Bun Kalimantan Tengah terhadap perilaku berhenti merokok.

Jenis penelitian yang digunakan adalah penelitian kualitatif dengan tehnik pengumpulan data Focus Group Discussion (FGD) terhadap 8 orang siswa sekolah dasar kelas 6 keabsahan data dilakukan melalui triangulasi sumber kepada guru, teman sebaya dan orang tua subjek penelitian. Analisis data menggunakan content analysis.

Hasil penelitian menunjukkan bahwa sebagian besar subyek penelitian berumur 10 tahun, uang saku Rp 5.000 per hari dan disisihkan sebagian untuk membeli rokok. Sebagian kecil pernah mencoba berhenti merokok dan hanya satu subjek penelitian saja yang berhasil berhenti merokok (pengalaman keberhasilan/Mastery experiences). Tidak ada pengalaman orang lain yang berhenti merokok (pengalaman orang lain/Vicarious experiences). Teman sebaya menasehati untuk berhenti merokok namun tidak dihiraukan (sosial persuasi/Social persuasion). Satu orang merasa pernafasan lebih ringan ketika berhenti merokok, tetapi kebanyakan ketika berhenti merokok akan membuat perasaan gelisah sehingga membuatnya kembali untuk merokok (keadaan fisik dan emosional / Physiological and emotional states).

Hendaknya pihak sekolah memfasilitasi siswa yang ingin berhenti merokok, orang tua memberikan contoh yang baik dengan tidak merokok didepan anak, bisa mengecek kesehatan subjek penelitian ketika merokok dan ketika berhenti merokok.

Kata Kunci : Self efficacy, siswa sekolah dasar, perilaku berhenti merokok

**self efficacy student SDN 6 Raja in Pangkalan Bun Central Borneo
for stop smoking behavior of the year 2013**

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ABSTRACT

Self efficacy is one's belief or confidence that he can master a situation and produce results (outcomes) are positive. Several factors influence the self-efficacy: mastery experiences, vicarious experiences, social persuasion, physiological and emotional state. This study aims to describe students' self-efficacy of SDN 6 Raja Pangkalan Bun student research in Central Borneo to quit smoking.

This is qualitative research with Focus Group Discussion (FGD) for collecting data on 8 grade 6 elementary school students. Triangulation of data sources was done for ensure the data validity. They were teachers, peers and parents. Content analysis was used for analyzing data.

The results showed that the majority of the study subjects was 10 years, their allowance was Rp 5,000 per day, and the part of it was used to buy cigarettes. Less of them have tried to quit smoking and only one could quit smoking successfully (success experience/ Mastery experiences). No other people experience who quit smoking (other people's experiences / Vicarious experiences). Peers advised to stop smoking, but they did not care (social persuasion / Social persuasion). One subject felt good breath when quit smoking, but others felt anxious, so they relaps (physical and emotional state / Physiological and emotional states).

The school should facilitate students who want to quit smoking. The parents has to be a good model by not smoking in front of children. The school can check the health of student when smoking and when to quit.

Keyword : Self-efficacy, stop smoking behavior, elementary school students