

THE RELATIONSHIP OF SELF-ESTEEM AND WOMEN'S SMOKING BEHAVIOR

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ABSTRACT

Smoking in women in Indonesia is still taboo and gets negative responses from the community, but in reality every year women smokers have increased. One of the causes of the increase in smokers is due to self-esteem. This study aims to determine the relationship of self-esteem with women's smoking behavior. The population in this study are female smokers with a vulnerable age of 18-40 years. The sample in this study amounted to 244 people with a sampling technique that is accidental sampling. The reliability test in this study used the Cronbach alpha test. The results of the reliability test of self-esteem measuring instrument are 0.814 and for the smoking behavior measuring instrument is 0.892. The results of the normality test for self-esteem data were 0.236 and the results of the normality test for smoking behavior data were 0.369. The results of data analysis showed that there was a significant negative relationship between self-esteem and smoking behavior of women ($r_{xy} = -0,200$) ($p = 0.002$) ($p < 0.05$). This means that the higher the self-esteem, the lower the smoking behavior, conversely the lower the self-esteem, the higher the smoking behavior.

Keywords: Self Esteem, Smoking Behavior, Women.