

## 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.

### INTRODUCTION

According to the Southeast Asia Tobacco Control Alliance (SEATCA) report entitled The Tobacco Control Atlas Asean Region, Indonesia is the country with the largest number of smokers in ASEAN, amounting to 65.19 million (Widowati, 2019). Cigarette consumers come from various social classes and age groups, but cigarettes are more identified with men. Smoking can endanger the health of users, but there are still many people who do it, some people even start smoking when they are teenagers (Fikriyah and Febrijanto, 2012). In society, it is true that men are more accepting of smoking, but in reality the phenomenon of smoking in women can be found all around us, both female students and adult women.

Based on data from Basic Health Research, the Ministry of Health states that female smoking in Indonesia has experienced a significant increase and states that the number of female smokers reached 6.3 million in 2016 (Latief, 2017). It has been recorded that female smoking in 2016 increased to 6.2 million, this data shows that female smoking increased by 20% (Robbani, 2017). In Indonesia, female smoking has increased by 400% in the last five years (Mandiri, 2017). In an article written by Nissa and Anggraeni (2019) it is stated that women who smoke aged 18 to 49 years have a risk of heart attack 13 times higher than women who do not smoke.

According to Levy (Sinaga, 2016) smoking behavior is behavior carried out by a person in the form of burning, inhaling and exhaling smoke which can be inhaled by the surrounding environment. In general, smoking is an unhealthy behavior, but the number of smokers in the

world, especially in Indonesia, is increasing (Riztiardhana and Dewi, 2013). Smoking behavior is a phenomenal activity, meaning that although many people already know the negative effects of cigarettes, the number of smokers is actually increasing and the smoking age is getting younger (Komasari and Helmi, 2000).

Women who live in urban communities have a higher level of freedom than rural communities which are strong in social values and norms (Martiana, Wardhana, and Pratiwi, 2017). Even though smoking for women is the impact of modern lifestyles in urban areas, smoking among women has been around on the island of Java for quite a long time and in Indonesia there is a negative stigma in society about women smoking, but they make smoking behavior a normal thing in their lives (Martiana, et al, 2017). Women smoking is something that is not normal and is still taboo in Indonesia (Asmara, 2017). According to Rafsanjani (Riztiardhana and Dewi, 2013) in the modern era, which is accompanied by an increasingly increasing lifestyle, it makes a woman develop smoking behavior.

According to Andrews (2003), women tend to develop smoking behavior under emotional pressure, and use it as a coping mechanism when they are angry or frustrated. Smoking in women is a problem because smoking can cause many health problems, in women the health problems caused by smoking are health problems related to reproduction and fetal safety, and apart from that it can damage her health, a woman who smokes can also affect the health of her family members and future generations (Manaf and Shammsuddin, 2008). Based on observations made by researchers, many women now smoke in public places such as malls, eating places, entertainment venues, and so on. They don't really think about what other people say about the bad opinions of those around them (Kalemben, 2016).

Research on urban female smokers by Martiana, Wardhana, and Pratiwi (2017) shows that smoking is a symbol of communication that occurs in their social interactions. The meaning of this symbol is in the form of needs, habits, togetherness, relieving fatigue and respecting fellow smokers. Factors that influence smoking behavior among women in Malaysia are having friends who smoke, family factors, considering smoking in women as normal, and getting cigarettes for free (Manaf and Shammsuddin, 2008). WHO states that one of the causes of smoking, consuming alcohol and drugs is negative self-esteem or low self-esteem (Azkiyati, 2012). Apart from having a negative impact, smoking also has a positive impact on its users. The positive impacts of smoking behavior in life in society include reducing stress, feeling relaxed, feeling good, making social interactions easier, and feeling accepted by fellow smokers (Zulkifli, 2015). The feeling of being accepted by a group or environment makes a person's self-esteem high according to Coopersmith (Budianti, 2015).

Self Esteem or self-esteem is seen as an important aspect in shaping a person's personality (Srisayekti, Setiady, and Sanitioso, 2015). According to Rosenberg (Khalek, 2016) self-esteem refers to an overall positive or negative evaluation of oneself. Self-esteem does not refer to other people's feelings, but to feelings of worth about oneself. Rosenberg divides self-esteem into two, namely positive and negative. Positive self-esteem considers oneself to be better than others, while negative self-esteem feels useless, inadequate, and unworthy.

Low self-esteem is considered a source of social ills (Sarwono and Meinarno, 2009). People who have depression, decreased school performance, commit violence, and abuse drugs are people who have low self-esteem (Baron, Byrne, and Branscombe, 2006). In 2014, the Ministry of Health of the Republic of Indonesia stated that the number of people suffering from mental

disorders due to low self-esteem reached 2.5 million patients, it is estimated that around 60% in Indonesia suffer from low self-esteem (Wijaya, 2017).

Research conducted by Young-Ho Kim (Azkiyati, 2012) states that self-esteem is an important factor that influences smoking behavior. Saari, Kentala, and Mattila (2015) stated that those who had weak self-esteem during adolescence tended to smoke regularly in adulthood. Smokers often have weak self-esteem and those with weak self-esteem are more likely to smoke. Other research conducted by Amalia, Khan, and Sim (2016) states that teenagers who smoke tend to have low self-esteem, low hopes for the future, and low achievement. A study conducted in Iran by Khosravi, Mohammadpoorasl, Holakouie-Naieni, Mahmoodi, Pouyan and Mansournia (2016) stated that from 4,853 students aged 14 to 18 years about the effects of smoking on self-esteem, it showed that low self-esteem was a factor. risk for the development of teenagers who smoke. Smoking can affect adolescent development and can result in low self-esteem.

Based on the above phenomenon, smoking behavior among women is still taboo and considered negative in Indonesia. Research on the relationship between self-esteem and women's smoking behavior is still limited. Therefore, researchers are interested in examining "The Relationship between Self-Esteem and Women's Smoking Behavior".

This study aims to examine the relationship between self-esteem and women's smoking behavior. The hypothesis in this study is that there is a relationship between self-esteem and women's smoking behavior.

## RESEARCH METHODS

In this research, researchers used quantitative methods. The research uses a correlational type because the research that will be carried out aims to see and determine the level of relationship between self-esteem variables and smoking behavior variables.

The population in this study were women aged 18-40 years who smoked in Jakarta. The sample in this study amounted to 244 respondents. The sampling technique in this research uses accidental sampling which is referred to as a non-probability sampling technique.

The tool for measuring self-esteem in this study uses a measuring tool created by T Tafarodi and Swann (2001) and for measuring smoking behavior uses a measuring tool proposed by Santoso (2015).

## RESULTS

### 1. Characteristics Based on Age:

Age	Frequency	Percentage
18	10	4.1%
19	14	5.7%
20	27	11.1%
21	32	13.1%
22	42	17.2%
23	35	14.3%
24	24	9.8%
25	20	8.2%
26	13	5.3%
27	9	3.7%
28	8	3.3%
29	4	1.6%

30	3	1.2%
33	1	.4%
35	1	.4%
40	1	.4%
<b>Total</b>	<b>244</b>	<b>100%</b>

The highest number of respondents based on age were respondents aged 22 years at 17.2% or 42 respondents and the respondents with the least number were aged 33, 35 and 40 at 0.4% or 1 respondent.

## 2. Characteristics based on starting age of smoking:

Early Age	Frequency	Percentage
11	1	.4%
12	2	.8%
13	4	1.6%
14	12	4.9%
15	20	8.2%
16	22	9%
17	26	10.7%
18	42	17.2%
19	38	15.6%
20	50	20.5%
21	12	4.9%
22	9	3.7%
23	3	1.2%
25	2	.8%
26	1	.4%
<b>Total</b>	<b>244</b>	<b>100%</b>

The highest number of respondents based on starting smoking age was 20 years old at 20.5% or 50 respondents and the lowest number of respondents with starting smoking age was 11 and 26 years old at 0.4% or 1 respondent.

## 3. Characteristics based on length of smoking:

Long Smoking	Frequency	Percentage
3 months	1	.4%
6 months	1	.4%
7 months	2	.8%
8 months	1	.4%
1 year	23	9.4%
2 years	42	17.2%
3 years	32	13.1%
4 years	29	11.9%
5 years	34	13.9%
6 years	22	9%
7 years	20	8.2%
8 years	14	5.7%
9 years	4	1.6%
10 years	5	2%
11 years	4	1.6%
12 years	8	3.3%
14 years	1	.4%
20 years	1	.4%
<b>Total</b>	<b>244</b>	<b>100%</b>

The number of respondents based on length of smoking with the highest being 2 years at 17.2% or 42 respondents and the respondents with the least number being 3 months, 6 months, 8 months, 14 years and 20 years at 0.4% or 1 respondent.

4. Characteristics Based on Number of Cigarettes in a Day:

Cigarette Rod	Frequency	Percentage
1 - 4 stems	106	43.4%
5 - 14 stems	103	42.2%
More than 15 stems	35	14.3%
<b>Total</b>	<b>244</b>	<b>100%</b>

The highest number of respondents was based on the number of cigarettes in a day, namely 1-4 cigarettes, 43.4% or 106 respondents, and respondents with a small number, namely more than 15 cigarettes, were 14.3% or 35 respondents.

5. Characteristics Based on Jakarta Domicile:

Domicile Jakarta	Frequency	Percentage
North	24	9.8%
West	39	16%
Center	47	19.3%
South	73	29.9%
East	61	25%
<b>Total</b>	<b>244</b>	<b>100.0%</b>

The largest number of respondents based on Jakarta domicile was South Jakarta at 29.9% or 73 respondents and the smallest number of respondents were in North Jakarta at 9.8% or 24 respondents.

6. Characteristics Based on Job:

Work	Frequency	Percentage
Student	115	47.1%
Work	129	52.9%
<b>Total</b>	<b>244</b>	<b>100%</b>

The largest number of respondents based on employment status were working women at 52.9% or 129 respondents and the smallest number of respondents were female students at 47.1% or 115 respondents.

## PRIDE

Researchers categorized participants into certain groups consisting of low and high based on the theory put forward by Rosenberg. The results of participant scores obtained from the self-esteem variable will be classified into two types, namely low and high. The following is the categorization used in the research.

Self-Esteem Scale	Frequency	Percentage
Low	23	9.4%
Hight	221	90.6%
	244	100%

Based on the table above, it is known that there are 23 (9.4%) respondents who have a low level of self-esteem and there are 221 (90.6%) respondents who have a high level of self-esteem.

### SMOKING BEHAVIOR

Researchers categorized participants into certain groups consisting of low, medium and high. The results of participant scores obtained from the smoking behavior variable will be classified into three types, namely low, medium and high. The following is the categorization used in the research.

Smoking Behavior Scale	Frequency	Percentage
Low	7	2.9%
Currently	173	70.9%
Hight	64	26.2%
	244	100%

Based on the table above, it is known that there are 7 (2.9%) respondents who have a low level of smoking behavior, there are 173 (70.9%) respondents who have a medium level of smoking behavior, and there are 64 (26.2%) respondents who have a high level of smoking behavior.

### The Relationship Between Self-Esteem and Smoking Behavior

The following is data on the correlation and significance of the relationship between self-esteem and women's smoking behavior in Jakarta.

	Sig.	Correlation
<i>Asymp. Sig. (2-tailed)</i>	.002	-.200

Based on the results from the table above, the correlation value between the variables in this study is  $-0.200^{**}$  with a sig.  $0.002 < 0.05$ . So it can be concluded that there is a negative and significant relationship between self-esteem and smoking behavior, meaning that the higher self-esteem, the lower smoking behavior, and vice versa, the lower self-esteem, the higher smoking behavior.

### Additional Analysis

Variable	Number of Stems	Sig
Pride	1-4 Cigarettes a Day	0.379
	5-14 Cigarettes a Day	
	More than 15 Cigarettes a Day	
Behavior	1-4 Cigarettes a Day	0.000
	5-14 Cigarettes a Day	
	More than 15 Cigarettes a Day	

Based on the results of different tests based on the number of cigarettes in a day, it was found that there was no significant difference in the self-esteem variable  $p = 0.379$  ( $p > 0.05$ ), while in the smoking behavior variable  $p = 0.000$  ( $p < 0.05$ ) the results showed a significant difference in each number of cigarettes in a day.

This is because smoking intensity is based on the number of cigarettes consumed in a day. According to Smet (Santoso, 2015) group smokers based on the number of cigarettes smoked

in a day, namely light smokers who consume 1-4 cigarettes a day, moderate smokers who consume 5-14 cigarettes a day, and heavy smokers who consume more than 15 cigarettes a day.

Variable	Domicile	Sig
Pride	North	0.918
	West	
	Center	
	South	
	East	
Smoking Behavior	North	0.227
	West	
	Center	
	South	
	East	

Based on the results of different tests based on domicile in Jakarta, it was found that there were no significant differences in the variable self-esteem  $p = 0.918$  ( $p > 0.05$ ) or smoking behavior  $p = 0.227$  ( $p > 0.05$ ) in each of the five domiciles in Jakarta.

Variable	Work	Sig
Pride	Student	0.742
	Work	
Smoking Behavior	Student	0.423
	Work	

Based on the results of different tests based on occupation, it was found that there were no significant differences in the variable self-esteem  $p = 0.742$  ( $p > 0.05$ ) or smoking behavior  $p = 0.423$  ( $p > 0.05$ ) in each respondent's employment status.

## DISCUSSION

Participants in this research were 244 respondents in Jakarta aged 18 to 40 years. The results of the normality test using the Kolmogorov-Smirnov test on the self-esteem variable obtained a value of 0.236, which means the data is normally distributed using the test criterion of  $p > 0.05$ . The smoking behavior variable obtained a value of 0.369, which means the data is normally distributed with the testing criteria of  $p > 0.05$ . The research results based on the correlation test using the Pearson Correlation technique obtained a result of -0.200 with a significant value of 0.002. Negative correlation means that if self-esteem is high then smoking behavior is low, conversely if self-esteem is low then smoking behavior is high. In the correlation coefficient interval value, the value -0.200 is included in the low level of relationship. The results of this study are the same as previous research, namely that they both have a correlation, but there are differences between this study and the previous one. What differentiates this research from previous research is that the respondents in this study were women, whereas in the previous study they were men.

This research is strengthened by previous research conducted by Fatmawati (2012) regarding "The Relationship between Self-Esteem and Smoking Intensity in Plaosan 1 Public High School Students" showing a correlation coefficient of -0.617 with a  $p$  value = 0.000, so it can be said that this research has a negative relationship. significant relationship between self-esteem and smoking intensity in Plaosan 1 Public High School students. This means that the

higher the self-esteem, the lower the smoking intensity, conversely the lower the self-esteem, the higher the smoking intensity. Other research states that those who have weak self-esteem in adolescence tend to smoke regularly in adulthood (Saari, et al, 2015). Smokers often have weak self-esteem and those with weak self-esteem are more likely to smoke.

The correlation result of this research is -0.200, indicating that the correlation value is in the low category. So these results show that there are other factors that influence women's smoking behavior. Research conducted by Asmara (2017) using qualitative methods regarding "Identification of Factors Causing Smoking Behavior of Female Students of the Faculty of Education" stated that one of the factors causing smoking behavior was that respondents preferred smoking to maintain their body shape rather than eating snacks that can make them fat. Another factor is social factors that come from their close friends or friends who smoke so they are easily influenced by their close friends or friends, and neighbors who smoke. Then the psychological factor is the desire to smoke when there are lots of problems, stress, and feeling relaxed when smoking. The meaning of smoking for women who smoke is to relieve the fatigue they feel, both from work burdens and personal problems (Martiana, et al, 2017). Another meaning for women of smoking is a form of appreciation and respect and also considering them as friends of fellow smokers.

The survey results in this study stated that respondents smoked when they were with friends or hanging out at a coffee shop. Smoking with friends or companions shows a sense of togetherness when they gather in one place. This happens because the influence of friends can influence the respondent's smoking behavior. According to Ni'mah (2011), female students who are far from their families use their peers as their role models, because friends have a smoking habit, this makes respondents encouraged to do the same. There are several other factors behind UHNNES female students smoking, namely work factors. The employment factor in question is the part-time work of some respondents which is related to entertainment or the world of entertainment which often encourages respondents to smoke. The symbol of smoking among women who smoke is a form of appreciation and respect as well as considering them as friends of fellow smokers (Martiana, et al, 2017).

Based on the previous research described above, apart from self-esteem, several other factors were found that could cause women's smoking behavior. As has been explained, these other factors are body image, social factors, psychological factors, peers, work factors, and many other factors.

## **CONCLUSION**

Based on the results of research regarding the relationship between self-esteem and women's smoking behavior, the correlation results were -0.200 with a significance value of 0.002. Based on these values, it can be said that the results of this study show a negative relationship between self-esteem and women's smoking behavior. A negative relationship can be interpreted as meaning that the higher self-esteem, the lower women's smoking behavior. Conversely, if the lower self-esteem, the higher the smoking behavior of women.

Based on the hypothesis in this study, there is a relationship between self-esteem and women's smoking behavior.



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