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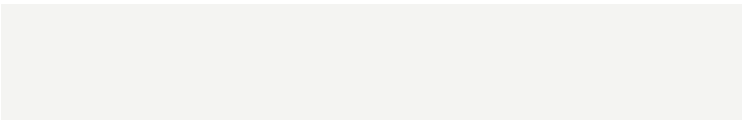
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EFFECT OF PAKEM (PARTICIPATORY, ACTIVE, CREATIVE, EFFECTIVE, AND FUN) METHOD ON SMOKING HABIT OF VOCATIONAL SCHOOL STUDENTS OF MAKASSAR INDONESIA

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ABSTRACT

The aim of the study is to determine the effect of PAKEM (Participatory, Active, Creative, Effective, and Fun) method on smoking habits of students in vocational school of Makassar. The study employed a quasi-experimental design with randomized pre-test post-test control group. Samples were 70 students of grade XI of Vocational School Students of Makassar are Kartika Wirabuana Makassar (intervention group) and Industrial technology vocational school (Control Group). Samples were withdrawn with systematic random sampling. Data were collected with questionnaires and were analyzed with paired t-test, Wilcoxon test, unpaired t-test, and Mann-Whitney test. The result of the research indicated that there are significant PAKEM on smoking habit, namely knowledge, attitudes, and practice ($p=0,000$, $p=0,000$, $p=0,000$, and $p<0, 05$), in Makassar Industrial Vocational School. The conclusion of this study is there was effect of PAKEM method to knowledge, attitudes, and practice. Recommended that health education about smoking using PAKEM method can reduce on smoking habit.

Keywords: PAKEM, Knowledge, Attitudes, Practice, Adolescents.

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Keywords : PAKEM, Knowledge , Attitudes , Practice , Adolescents .

Background

Smoking is a public health problem in the world (Karekla, 2009). Consumption cigarette increasing globally . About one person dies every six seconds from smoking, accounting for one in 10 deaths in adults. If not treated immediately , then the death rate annual can achieve more of eight million by 2030 (WHO, 2013).

Indonesia is the third largest consumer of cigarettes in the world and has increased significantly in the last two decades. In Indonesia , 67.4 % of men and 4.5 % of women consist of 36.1 % of the population (61.4 million people) currently smoke (WHO, 2011). Monitoring results from the Indonesian Child Protection Commission (KPAI) show that active smoking habits in children tend to increase and start at younger ages, namely at the end of school age or adolescence (KPAI, 2013). Teenagers have a high curiosity and often imitating behavior performed by adults including smoking and smoking has become a lifestyle among adolescents (Maseda et al., 2013).

Data from the 2013 Basic Health Research (Riskesdas) show that the average proportion of current smokers in Indonesia is 29.3%. The proportion of active daily smokers aged 30-34 years was 33.4 percent, aged 35-39 years (32.2%), 25-29 years (29.8%), 20-24 years (27.2%) , 15-19 years (11.2%), and 10-14 years (0.5%). Meanwhile, the proportion of daily smokers for men is 47.5%, more than female smokers, which is 1.1%. The average number of cigarettes smoked per day by people aged ≥ 10 years is 12.3 cigarettes (equivalent to one pack). The current number of smokers in South Sulawesi is 27%. As many as 22.8% smoke every day and 4.2% occasionally. The average number of cigarettes smoked by people aged ≥ 10 years in South Sulawesi is 14.6% (Ministry of Health, 2013). The number of smokers in Makassar City is 22.1% or approximately 287,300 with an average consumption of 10.6 cigarettes per day or around 3 million cigarettes per day. Of the number of smokers, there were 2.2% aged 10-14 years with an average cigarette consumption of 5.2 cigarettes per day. As many as 0.8% start smoking every day at the age of 5-9 years and 7.7% at the age of 10-14 years (Maidin, 2011).

Lack of knowledge and attitudes about the dangers of smoking is one of the factors that can cause adolescents to smoke. Health education is an effective form of primordial prevention to avoid smoking in adolescents (Subramanian et al . , 2013). Education health has proven effective in upgrading knowledge teenager about danger smoke and also have changed adolescent attitudes towards cigarette because most teenagers want to stop smoking habits (Salaudeen et al., 2011) .

The PAKEM (Participatory , Active , Creative, Effective, and Fun) method is a participant-centered and interesting educational method that creates motivation to explore and

be creative (Rusman, 2012). Research on the PAKEM method was carried out by Ekalia (2013) , showing that the PAKEM intervention with the visual media of the teacher's limbs through singing and applause provided an improvement which could be seen from the better changes after *the pre-test and posttest were carried out* . Another study conducted by Kanicka et al (2013) , in the form of presentations with photographs, films about the dangers of smoking, *role playing methods* and discussions showed that anti-smoking health education programs had an effect on increasing knowledge and changing attitudes about smoking after smoking. get a combination of several methods of health education.

This study aims to determine the increase knowledge about cigarette with use PAKEM method for students S MK Industrial Technology Makassar City.

MATERIALS AND METHODS

Research sites

This research was conducted at Industrial Technology Vocational High School Makassar and SMK Kartika Wirabuana Makassar . The choice of this location was based on the highest number of male students at private vocational schools in Makassar City. The two schools are schools located in different sub-districts so that the interventions given can be controlled and reduce the educational effect bias.

Research Design and Variables

This type of research is *quasi experiment* (quasi experiment) with *randomized design pre-test post-test control group design* which aims to find out the improvement knowledge about cigarette with use PAKEM method for students S MK Industrial Technology Makassar City.

Population and Sample

The population in this study were all male students who were smokers who were obtained from the preliminary study and who were actively registered as Class XI students at SMK Kartika Wirabuana Makassar, totaling 115 people and SMK Industrial Technology Makassar, totaling 36 people, with a total population of 151. Based on the calculation of the sample size, the sample size for each group was obtained that is, in the intervention group there were 35 people and in the control group there were 35 people. So that the total sample is 70 people. Sampling was carried out by means of *systematic random sampling* .

Data collection

The primary data of the initial survey of smoking students was obtained from a preliminary study of smoking behavior at Kartika Wirabuana Vocational School and Makassar

Industrial Technology Vocational School. The primary research data were obtained directly from observations during the research process, where the intervention group was given the PAKEM method and the control group was only given counseling and observed and the researchers recorded their development and progress for 7 weeks . Collecting data with a questionnaire includes questions about the characteristics of the respondents and knowledge about cigarettes filled by the respondents themselves.

Data analysis

Univariate analysis was carried out to get an overview of the research problem by describing each variable used in this study, namely by looking at the description of the frequency distribution and a single percentage related to the research objectives.

RESULT

Analysis results univariate describe distribution respondent based on characteristics respondent (age , whether there are family members in the household who have smoked and there are family members in the household who still smoke) and a description variable knowledge respondent about cigarette . The highest number of respondents in the intervention group was 17 years old, 23 people (65.7%) and the least was 16 years old, 12 people (34.3%) , while for the control group, the most were 17 years old, 18 people (51.4%) and the least was 15 years old with 1 person (2.9%) (Table 1) .

Table 1 . Characteristics of respondents in the intervention group and the control group in Makassar City in 2014 4

Characteristics of Respondents	Intervention Group		Control Group	
	n	%	n	%
Age				
15 years	0	0.0	1	2.9
16 years	12	34.3	12	34.3
17 years	23	65.7	18	51.4
18 years	0	0.0	4	11.4
Has anyone in the household ever smoked				
Yes	30	85.7	26	74.3
Not	5	14.3	9	25.7
Are There Family Members in the House Who Still Smoke				
Yes	24	68.6	22	62.9
Not	11	31.4	13	37.1

Source: Primary Dat

Characteristics of respondents based on household members who had ever smoked were 30 people (85.7%) in the intervention group and 26 people (74.3%) in the control group. Characteristics of respondents based on household members who still smoke, namely in the intervention group there were 24 people (68.6%) whose family members in the house still smoked and 11 people who did not smoke (31.4%), while in the control group there were 22 people (62.9%) who family members at home still smoke and 11 people who do not smoke (31.4%) (Table 1).

In groups intervention s knowledge score about smoking the lowest at the time of the pre-test was 10 and the highest was 23 and at the time of the post-test the lowest knowledge score was 19 and the highest was 27 . Meanwhile in the group control s knowledge score the lowest at the pre-test was 11 and the highest was 18 and at the post-test 2 the lowest knowledge score was 12 and the highest was 23 (Table 2) .

Table 2 . Respondent characteristics based on smoking knowledge scores in the intervention group and control group during the pre-test and post-test in Makassar City in 2014

Statistical Value	Knowledge Score	
	Pre-Test	Post-Test
Intervention Group		
Minimum	10	19
Maximum	23	27
Control Group		
Minimum	11	12
Maximum	18	23

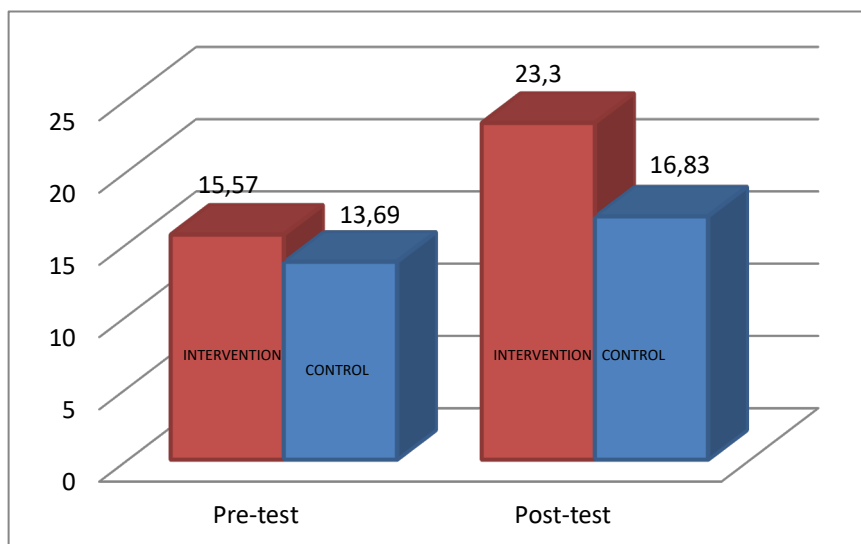
Source: Primary Data

The average score (mean) of respondents' knowledge about smoking in both study groups, namely in the intervention group during the pre-test was 15.57 with a standard deviation of 2.638 and during the post-test the mean value increased to 23.20 with a standard deviation of 2.180 . Whereas in the control group it was shown that the average score of respondents' knowledge about smoking during the pre-test was 13.69 with a standard deviation of 1.568 and during the post-test the mean value increased to 16.83 with a standard deviation of 2.065 (Table 3). The average score (mean) of respondents' knowledge during the pre-test was the highest in the intervention group and the lowest in the control group. At the time of the post-test there was an increase in the mean value of knowledge in the intervention group and the group control with the highest mean value is in the intervention group and lowest in the control group (Figure 1).

Table 3 . Respondents' knowledge scores in the intervention group and control group during the pre-test and post-test in Makassar City in 2014

Statistical Value	Knowledge Score	
	Pre-Test	Post-test 2
Intervention Group		
n	35	35
Means	15.57	23.20
SD	2,638	2,180
SE	0.446	0.369
Control Group		
n	35	35
Means	13.69	16.83
SD	1,568	2065
SE	0.265	0.349

Source: Prime Data r



Source: Primary Data

Figure 1 . Respondent characteristics based on knowledge scores in the intervention group and the control group during the pre-test and post-test in Makassar City in 2014

DISCUSSION

this research show that happen enhancement average score (mean) knowledge student about cigarette after being given PAKEM method and weekly control for 7 weeks ie at the time of the pre-test 15.57 to 23.20 at the time of the post-test . So it can be concluded that happened enhancement knowledge about cigarette with use PAKEM method for students of SMK Technology Makassar City Industry .

This research is in line with the research conducted Ekalia (2013) , in grade 1 autistic students in Special Education regarding the mastery of limb material in the Natural Sciences subject showed that PAKEM interventions with visual media of the teacher's limbs through singing and clapping showed better changes after *the pre-test* and *post-test* . Prior to the intervention through the use of PAKEM, the learning outcomes for mastery of limb material in autistic children in class I of Seduri Mojosari State Special Education were very low between $\pm 40-50$ and after the intervention showed that there was a marked change with an increased value of $\pm 60-80$. The following is a synthesis table from the presentation of the various research results that have been described previously. Another study by Saptaningrum (2010) , shows that the application of the PAKEM method with a thematic approach is a strategy to activate and assist students in building their own knowledge by being involved in the learning process, so that students understand the subject matter better.

Another study was conducted by Wu et al (2013) , to show the effect of a school-based tobacco prevention program on the knowledge and attitudes of high school students in Taiwan. Tobacco prevention programs among high school students are carried out in the form of *role plays* and lectures. The *role play* that was carried out was a role play related to refusing offers of cigarettes from friends and about the dangers of smoking. The results showed that after the intervention , the mean total attitude score increased from 41.7 to 43.2 ($p = 0.001$), and the total knowledge score increased from 6.4 to 8.2 ($p < 0.001$). The mean score for action is 31.2 (maximum score = 50) and the results show that the score for action is associated with attitude rather than knowledge. The anti-smoking program conducted among high school students resulted in positive changes in both knowledge and attitudes and was effective in helping prevent smoking among adolescents.

There was an increase in the average score (mean) of knowledge about smoking due to the PAKEM intervention given. Providing smoking materials that combine several methods accompanied by the help of various tools and media makes the process of providing materials active, creative, effective and fun. This makes participants interested, more concentrated and easy to absorb the material provided.

Kanicka et al (2013) , conducted research on the effect of an anti-tobacco health education program on grade 8 junior high school students in Bialystok. Anti-tobacco health education provided in this study was in the form of presentations with photos, films about the dangers of smoking, *role playing* methods and discussions. The results showed that students' knowledge about the negative effects of smoking showed an increase in knowledge after receiving health education programs (photos, films, *role plays*, and discussions). In the

intervention group, students' knowledge increased by 21.7% with a $p < 0.001$, that is, for female students ($p < 0.001$) and male students ($p = 0.044$) which no found in the control group . This means that there is a significant effect of the anti-smoking health education program on changes in students' knowledge about smoking.

In the PAKEM method, various methods can be used, such as group study, group discussion, or *problem solving*, using media assistance, both self-made tools, media pictures, photos, videos, and so on so that participants are able to focus full attention on the material provided and then able to draw conclusions based on the opinions and understanding obtained and can be applied in everyday life. With a combination of these various methods, it can create creativity that affects the understanding of participants (Aqib, 2013).

CONCLUSIONS AND RECOMMENDATIONS

Based on research about enhancement knowledge about cigarette with use PAKEM method on 70 respondents , then the conclusion is obtained that is happen enhancement knowledge about cigarette with use method PAKEM for students Makassar Industrial Technology Vocational School, meaning that the PAKEM method is effective in increasing knowledge about smoking . Researchers suggest so that health education about smoking uses the PAKEM method can be used as an option as primary prevention for students at various levels of school, both public and private schools in Makassar City. Besides that should The PAKEM method has been introduced and used more in the health sector, especially in the provision of health education, although with different materials and objectives.

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