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Smoking Behavior on Fisheries in Kodingareng Island District Sangkarrang Island

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ABSTRACT

Cigarettes are objects that contain more than 4,000 toxic substances and are very healthful for those who consume them actively and those who are exposed to smoke generated from smoking activities. The highest prevalence of smokers every day released by Riskesdas in 2013 was found in workers as farmers/fishermen/laborers at 44.5%. This study aims to explore smoking behavior in fishermen in Kodingareng Island, Sangkarrang Islands District, Makassar City. The method used is qualitative Phenomenology approach to explore smoking behavior on fishermen on Kodingareng Island. Data is collected from August 2018 to February of 2019 in an independent interview. The selection of informants used a Purposive Sampling Technique consisting of 10 fishermen 3 smokers, 3 community leaders and 1 Puskesmas officer. Data analysis with Content Analysis.

The results of the study revealed that in general fishermen did not know the ingredients and content of cigarettes, they only felt pleasure from consuming cigarettes, but there were also those who knew that they were limited to the appearance of reading on cigarette packs. Fishermen think that smoking behavior is not a problem when smokers themselves are able to find good money, a work culture that conditions them to smoke even as a child makes their attitude of thinking that smoking is common on Kodingareng Island. Smoking habits of fishermen based on smoking time, smoking function and intensity of smoking. Conclusion The smoking behavior of fishermen is different from smoking behavior in the general population, so a special approach is needed to control smoking behavior.

Keywords: *Smoking Behavior, Fishermen, Kodingareng Island.*

Introduction

Cigarettes are one of the addictive substances that can be bad if consumed. The effects of tobacco use or consuming cigarettes, not only on health but also on the economy. Studies conducted in America found that a smoker will incur higher costs than non-smokers, in the form of health care costs and death costs from smoking¹.

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More than 80% of the 1.3 billion smokers worldwide live in low and middle income countries². Indonesia still ranks third which has the highest number of active smokers after China and India^{2,4}, and ranks first for most male smokers from 22 countries at 67%³. The highest prevalence of smokers every day released by Riskesdas was found in workers as farmers/fishermen/laborers at 44.5%⁴.

The initial survey conducted on Kodingareng Island showed there were 1179 people who were fishermen, 844 fishermen were smokers, namely 19.65% and 63% passive smokers, of which 36.98% were all male sex. The high rate of passive smoking in the Island causes high rates of hypertension and ARI each year⁵.

Smoking behavior is caused by several factors including; lack of knowledge, cigarette advertisements,

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the influence of parents who smoke, lack of parental control over children, the existence of norms or values in society and the influence of peers⁶⁻¹⁰. Whereas a research found that causes a person to be affected to become a smoker, namely occupation, marital status, education level, location of residence, condition of residence, age and level of income¹¹.

Based on the background above, the researchers were interested in exploring smoking behavior in fishermen on Kodingareng Island.

Material and Method

This study used a qualitative research method with a phenomenological approach to explore smoking behavior in fishermen on Kodingareng Island, Sangkarrang Islands District, Makassar City. Data is collected for 6 months, starting in August 2018 to February of 2019 in an Independent Interview. The taking of informants used the Purposive Sampling Technique which consisted of 10 fishermen 3 family smokers, 3 community leaders and 1 Puskesmas officer. Data analysis with Content Analysis and data validity using Triangulasi Source.

Findings

Knowledge: The results of in-depth interviews with fishermen regarding their knowledge of cigarettes, varied answers were obtained.

Knowledge of Materials and Substances in Cigarettes: Some informants did not know the ingredients and contents of cigarettes. The informant only consumes cigarettes because of the pleasure of taste and has become his habit.

“If that is not so learned that we feel just pleasure, this is just smoking habit”.

Apart from taste pleasure, informants felt negative effects on health (such as coughing) if they consumed cigarettes without being balanced with adequate drinking.

“That’s all if we don’t drink coughing.”

Informants know the ingredients and content of cigarettes (e.g. tar and nicotine) as limited as the appearance read on cigarette packs without knowing the effects.

“What we know is what we read in the packaging, nicotine with tar but we don’t know what is nicotine and tar”.

Knowledge about Hazard of Cigarette for Health:

Informants do not know the dangers of smoking, so it does not affect smoking behavior. Informants get information only through warning pictures of the dangers of smoking on cigarette packs, which cause fear. But that doesn’t have an effect, because there is no evidence or negative effect on the health it feels.

“Not afraid to see pictures of cigarette wrappers”.

“The warning is not obscure, it is horrifying but there is no proof”.

Informants know the dangers of cigarettes but do not affect smoking behavior. The dangers of smoking are known to include sore throats with coughing complications, leading to cancer.

“You know, smoking often hurts the throat, especially the usual coughing”.

“Bringing cancer”.

Informants know the dangers of smoking and influence smoking behavior. The impact of smoking affects the intensity of consuming cigarettes. The more symptoms that are felt (e.g. coughing), the lower the intensity of smoking.

“That was before I said, but I wasn’t too active if smoking didn’t have any impact, but sometimes there was also a cough when I coughed and stopped again”.

Attitude

Attitude of Seeing People Smoking Around Many People:

Not knowing and not aware of the dangers of cigarettes because there is no concrete evidence of smoking-related diseases witnessed directly by informants.

“It’s not normal, but I don’t know that because I haven’t seen it with my own eyes”.

Fully aware of the dangers of cigarettes that can interfere with the health of children for example resulting in coughing

“Danger, because cigarette smoke is very dangerous for small children”.

Attitude of Seeing Small Children Smoking:

Some informants do not allow children to smoke due to the dangers of smoking for health. The heart of a healthy

child must be protected from exposure to cigarettes, because young children are considered not yet able to regulate their breath properly, so that cigarette smoke can enter and blast the heart.

“Little children should never smoke, they are still small, their hearts are still healthy, this is still small, suction goes into the heart, you don’t know what to do”.

In addition, informants consider children and adults not a measure to limit smoking behavior, as long as they are able to make their own money to buy cigarettes.

“If money seekers are not papaji, if they don’t look for money, how about when they run out of cigarettes, don’t let them think about anything else.”

The informant considered the coastal communities primarily parents who work as fishermen to have a work culture that conditions them to smoke even as a child.

“Here, there are still small children who smoke teachings from the parents of fishermen if there are also small fishermen.”

Smoking Attitudes in the Home: Informants allow smoking in the house, because smoking is considered normal, and is not a cause of disease. For example the example of lung disease, where the disease is not only suffered by smokers, but also by non-smokers.

“If I don’t ji, I don’t get sick because there are also people who don’t smoke on X-rays because of lung disease, smoking is also there, that means cigarettes are just like that, don’t make people sick because I have experienced so much, no Broken smoking is also the same as the lungs are smoking “.

Smoking Habit: From the results of in-depth interviews, informants’ smoking habits can be grouped based on smoking time, cigarette function and the intensity of smoking. Based on smoking time, informants consume cigarettes after eating, drinking coffee, staying up late, playing cellphones and hanging out. Informants smoke at these times to increase the taste pleasure from previous activities.

“It depends on the smell, but if you eat less, if you don’t eat, you have to drink coffee, days”.

When feeling dizzy and a lot of thoughts. informants consume cigarettes to reduce negative feelings.

“After eating, I’m confused about smoking”.

Smoking habits based on cigarette function, informants consume cigarettes to relieve cold and refresh the body after diving.

“We will dive, if the sailor uses our lifeboat to dive, so if you dive in cold, that’s the advantage of smoking fresh when you finish diving, it doesn’t feel cold anymore”.

In addition to eliminating the cold when in the sea, cigarettes also function to relieve sleepiness while at sea.

“Get used to if you go 2 to 3 fishing nights a day so that I’m not sleepy if smoking”.

Smoking habits based on the intensity of smoking, more when in the sea, which is as much as two packs, compared to when on land informants only consume less than one packet.

“There are more in the sea because if I go, usually two packs I carry for one day, on one land do not run out”.

Discussion

Knowledge is the result of knowing someone through their senses through vision, hearing, smell and so on¹². In general, fishermen only know the ingredients and content of cigarettes according to what they feel and what they read in cigarette packs. On the cigarette pack is a warning about the dangers of cigarettes and their contents. However, there is no deeper explanation about the effects of substances on health.

Consuming cigarettes, giving pleasure to smokers^{13,14}. Nicotine is addictive which can make someone who consumes it addicted. When nicotine enters the body, smokers will feel pleasure. The result is smokers will feel calmer, more brilliant thinking power, and able to suppress hunger. Psychological satisfaction contributes very highly to smoking behavior, which is 40.9%. This illustrates that smoking behavior is considered to provide pleasure and pleasure. Cigarettes are believed to be able to bring effects on positive emotions that affect the psychology of smokers who feel pleasure due to smoking¹⁵.

Viewed from any angle, cigarettes still have a negative effect. Eating cigarettes has a negative effect on health. Nevertheless, fishermen still consume cigarettes, because

for them, nothing they see directly affects them so they don't smoke anymore. The negative effects that are felt in the form of coughing are a disease that is easily eliminated and is not considered dangerous so they continue to enjoy cigarettes. Knowledge of substances, cigarette ingredients and the danger of consuming cigarettes for health that is still minimal in fishermen causes them to maintain their smoking behavior. This study is in line with the results of a study said that a smoker who has a good knowledge of the health hazards of smoking has a positive attitude to refuse to become a smoker^{16,17}.

The attitude of fishermen in general considers smoking behavior is a natural thing, but smoking behavior to children for them is not a problem as long as the child is able to make their own money. Children who do not smoke are considered as lazy children because there is no reason to encourage them to work. Another case for children who smoke will try to work to find cigarette money. In addition, the work environment that makes children have to smoke causes them to assume that smoking is a natural thing, even though there are a small number of fishermen who consider smoking behavior in children inappropriate, because the child's heart and lungs are still considered too weak and dangerous for his health. The negative attitude shown by the fishermen is supported by the results of a research stating that there is a significant relationship between attitudes and smoking behavior¹⁸. In line with another research which states that there is a relationship between the attitude and smoking practices¹⁹.

Cigarette fishermen are friends when at sea. The smoking habit of fishermen is based on smoking time, cigarette function and smoking intensity, namely the number of cigarettes consumed per day. The smoking times of fishermen such as after eating, drinking coffee, staying up late, and fishing. Smoking habits based on the function of cigarettes are to reduce sleepiness, and cold when in the sea, and to eliminate dizziness or stress. Various psychological factors that influence a person to become a smoker are the presence of pleasure, relaxation and can reduce stress²⁰. Women in Hong Kong despite knowing the health hazards caused by smoking, they continue to consume it because smoking is used as a strategy to reduce stress and other negative emotions¹⁴.

Based on Management of Affect theory, smoking behavior can divide into four types: the type of smoker who is affected by positive feelings, where a smoker

consumes cigarettes to increase his positive feelings such as feeling happy and so on. Addictive smoking behavior. This type of smoker is caused by a heavy addiction so that smokers want to add to the dose of cigarettes every time the effect of the previous cigarette consumed starts to decrease. And smoking behavior that has become a habit. The purpose of smoking in this type is not to increase the dose, get positive feelings or eliminate negative feelings but smoke because it has become a habit²¹.

Conclusion

1. Knowledge of fishermen is minimal about the ingredients and content of cigarettes and the danger to the body, they only know the extent of the appearance of cigarette packaging and the experience they have felt.
2. The attitude of fishermen considers smoking behavior is a natural thing both for children and adults.
3. Smoking habits based on smoking times (after eating, drinking coffee, eating and fishing/fishing), based on the function of cigarettes (to relieve cold, eliminate drowsiness and stress), and based on the intensity of cigarettes.

Suggestion

An effort to control smoking behavior is needed in fishing communities by taking into account the characteristics of the region, their environmental conditions and culture.

Conflict of Interest: All authors declared no conflict of interest.

Ethical Clearance: This study was approved by Health Research Ethics Committee Faculty of Public Health, Hasanuddin University

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