

**SUBJECTIVE NORMS OF HEALTH STUDENTS RELATED TO PARENTS' SOCIAL CONTROL ON INTENTION TO STOP SMOKING****Ahsanu Bil Husna^{1*}, Ira Nurmala², Erdi Istiaji³, Erwin Nur Rif'ah⁴**^{1,2}Fakultas Kesehatan Masyarakat, Universitas Airlangga, Indonesia^{4,5}Fakultas Kesehatan Masyarakat, Universitas Jember, Indonesia* Correspondence Author: ahsanu.bil.husna-2023@fkm.unair.ac.id**ARTICLE INFO****Article History:**

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DOI:[https://doi.org/10.26553/jikm.2024.15.1.116-](https://doi.org/10.26553/jikm.2024.15.1.116-131)[131](https://doi.org/10.26553/jikm.2024.15.1.116-131)**Available online at**<http://ejournal.fkm.unsri.ac.id/index.php/jikm>**ABSTRACT**

Smoking among students is a significant global issue. Health students, expected to be knowledgeable about smoking dangers and serve as role models, are found to engage in smoking behavior, which is concerning. This study aimed to analyze health students' perceptions regarding parental social control and their intention to quit smoking using the Theory of Planned Behaviour, specifically focusing on the role of subjective norms. The study used a descriptive qualitative approach with a phenomenological methodology involving in-depth interviews and observations. The research was conducted in Jember Regency with five primary informants, health students at the University of Jember, and key informants who were close friends and parents of primary informants. Data processing used the interactive data analysis model proposed by Miles and Huberman, involving three steps: data reduction, data presentation, and conclusion drawing. The study found that health students who smoke positively perceived their parents' opinions and social support regarding smoking cessation behavior. They viewed their parents' efforts to prevent them from smoking as beneficial and effective in influencing their behavior. Health students who smoke acknowledged that the social control exerted by their parents was crucial in helping them overcome their smoking habits. Most health students who smoke expressed a strong intention to quit smoking, indicating a willingness to change their behavior in response to the support they received from their parents. The study suggests that parents should set a good example and communicate effectively to influence adolescent smoking behavior. Health students and health offices can also support this effort through smoking cessation activities and education.

Keywords: adolescent, intention to stop smoking, parents' opinion, social control

Introduction

The phenomenon of smoking is still one of the problems in the world. According to Indonesian Association of Public Health Experts (*Ikatan Ahli Kesehatan Masyarakat Indonesia* or IAKMI), the highest number of deaths are caused by non-communicable diseases, including smoking.¹ The global number of smokers in 2019 was 1.14 billion, consuming 7.41 trillion cigarettes, causing 7.69 million deaths and causing 200 million disabilities.² Research shows that smoking behavior begins in adolescence, according to data from the Global Youth Tobacco Survey (GYTS).³ In 2019, it was found that adolescents started smoking at the age of 13-15 years old. Around 19.2% of students were smokers, 38.3% were male students, and 2.4% were female students.⁴ In addition, there are more than 50% of the population aged 10-24 who are active smokers with a prevalence of 54.9%.⁵ There were nine health students who were active smokers out of a total of 34 students. Students can be called adolescents because they belong to the age group of 10 to 24.⁶

Students have their own place in the community, but this does not mean separating themselves from society. Students are said to be agents of change. Students are a generation of hope that is expected to be able to control society and bring change to the country.⁷ The quality of human resources can be affected by the student's health status. If the student's health status is good and optimal, then there will be healthy adolescents, and vice versa. In fact, the phenomenon of smoking among students has been widely observed and has rarely become a trend in the student community. Based on research conducted by Puspitasari,⁸ Among the adolescents who were Jember University Health Students for the period 2016-2018, the results were obtained that there were 35 students who were active smokers with a prevalence of 15%.

Health students who are considered to know and understand the dangers associated with smoking behavior are expected to be a boon by giving a good example to the community, but the fact is that it is not so. Still, many health students are found to be active smokers. Some of them are health students at Jember University. The behavior of each individual is unique and varied. This prompted scientists to investigate human behavior; one of the theories related to behavior is the Theory of Planned Behaviour (TPB) by Ajzen. This theory assumes that individual behaviors can occur because there is an intensity to do it or not; the existence of individual intensity is influenced by three factors: behavioral beliefs, normative beliefs, and control beliefs.⁹ Subjective norms refer to individual perceptions of social pressure to perform or not perform a behavior.¹⁰

Adolescents in restricting behavior, one of which is smoking behavior, require social control, in addition to the environment, especially the parents. TPB relates to social control by recognizing that social pressures and norms significantly influence an individual's perception of behavior, including their attitudes, subjective norms, and perceived behavioral control. Social control, particularly exercised by parents and peers, plays a crucial role in shaping an adolescent's intention

to engage in smoking behavior.¹¹ Parents' treatment in limiting their child's behavior can be described as social control. Social control is a means of control that each individual or society has in behavior. Social control is also understood as a mechanism that is carried out to behave normally and not defiantly. The presence of social controls is expected to limit behavior according to applicable social norms¹². Parents have an important role in providing social control for their children. Parents are obliged to nurture and educate their children so that they can behave according to the norms and values in their social environment. One of the things that needs to be done to reduce the number of smokers and the consumption of cigarettes is that they quit their smoking behavior so that their quality of life increases.¹³

Research carried out by Atmojo¹⁴ stated that intention or intensity can increase the chances of successful smoking cessation. Research conducted by Rosita, Suswardany and Abidin (2012) states that the success of quitting smoking among students is influenced by the intention or intention to stop smoking. The presence of a strong intention to stop smoking completely makes smokers able to strengthen themselves in controlling their behavior when they want to do it. smoking activity under any circumstances.¹⁵ Based on TPB Theory (1991), adolescents' intentions to quit smoking can be influenced by adolescents' perceptions of interpreting the social control provided by their parents. Based on this statement, it can be said that it is important to know how teenagers perceive their parents' social control, but there has been no research that examines the perception of parental control of health students who smoke. This study aims to describe adolescents' perceptions of the sense of social control given by their parents. In this case, subjective norms based on the theory of TPB influenced by attitude toward behavior.

Methods

This research is a qualitative descriptive study with a phenomenological approach that analyzed health students' perceptions regarding parental social control on their intention to quit smoking using the Theory of Planned Behaviour (TPB). The study employed a descriptive qualitative approach with phenomenological methodology, involving in-depth interviews and observations¹³. The research was conducted in Jember Regency. According to Sandra, Jember Regency has a large contribution to tobacco supplied to several cigarette companies. This makes Jember Regency one of the largest regions producing tobacco in Indonesia.¹⁶ Smoking behavior in Jember Regency has become an inherent culture, starting from small children, teenagers to adults. Based on research conducted by Puspitasari on teenagers who were Health Students at Jember University class 2016-2018, the results showed that 15% of Health Students at Jember University were smokers.⁸ To make it easier for researchers to determine informants, researchers set criteria for primary informants, namely as follows: a) Student of the Health Sciences Cluster at the University of Jember, b) Smoking behavior, c) Aged 19 to 24 years. Sometimes, key informants

also provide information that is not obtained from key informants or primary informants.¹⁷ Key informants who were close friends and parents of the main primary informants. Data processing used the interactive data analysis model proposed by Miles and Huberman, involving three steps: data reduction, data presentation, and conclusion drawing.¹³

The research process began on May 26, 2022, with a phase of conducting a research permission letter addressed to the Dean of the Faculty of Health at Jember University. The data collection process involved a total of 15 informants, consisting of 5 primary informants and ten key informants. The informants in this study consisted of 5 primary informants and 10 key informants. Researchers conducted in-depth interviews with the primary informant (IU) to obtain information regarding the primary informant's perceptions regarding parental social control on intentions to stop smoking. Apart from that, researchers also conducted interviews with key informants, namely close friends and parents of each primary informant, who were written with the code (IT). The primary informants were selected based on specific criteria and categories, including close friends and parents of the primary informants. The informant selection technique used in the study is a purposive sampling method. The researchers used a network of friends to identify potential informants and then contacted them to discuss the purpose and intention of the study. The primary informants were interviewed in-depth, and key informants were interviewed either in person or by telephone. To ensure credibility, researchers used triangulation techniques and reference materials. The triangulation techniques used in this research are source triangulation and methodological triangulation. Source triangulation was carried out with the parents and close friends of the primary informants as key informants by comparing or cross-checking the primary informants with key informants. Methodological triangulation was carried out using two data collection techniques, namely in-depth interviews and non-participant observation. In this study, the researcher used direct observation by observing how the informant behaved during the interview, the condition of the environment, the informant's smoking behavior and the informant's physical condition. Based on the instrumentation aspect, researchers used unstructured observation techniques. Sugiyono states that unstructured observation is observation carried out without systematic preparation regarding what will be observed.¹⁸ When observations were made, the researcher did not use standard observation instruments, only the researcher used observation signs. This process helps ensure objective analysis and prevents researcher bias in the research results. The ethical review number for this research is No. 189/KEPK/FKM-UNEJ/V/2022.

Results

The characteristics of the informant are presented in Table 1 and Table 2. Based on table 1, it can be seen that most of the main informants are 22 years old, there is 1 primary informant who is 20 years old. The educational status of the main informant is the health department at the

University of Jember, including the faculties of dentistry, dentistry, public health, pharmacy and general medicine. As for the domicile of the main informants, three informants come from Jember, while the rest, namely IU3 and IU5, come from Lamongan and Banyuwangi. All the main informants admitted that it was their friends who influenced them to smoke for the first time, but there was one main informant who also mentioned their parents as their influence on smoking. The main informant's smoking frequency varied from one to four stick of cigarettes, to one pack of cigarette a day.

Table 1. Characteristics of Primary Informants

Name	Gender	Age (Year)	Educational Status	Origin of Domicile	Who First Influenced Them to Smoke	Smoking Frequency per day	First Time Smoking
IU1	Man	22	UNEJ Faculty of Nursing Student	Jember	Friends	1-3 cigarettes	College
IU2	Man	20	UNEJ Faculty of Dentistry Student	Jember	Friends	1 pack of cigarettes	Junior High School
IU3	Man	22	UNEJ Faculty of Public Health Student	Lamongan	Parents and Friends	1 pack of cigarettes	Elementary School
IU4	Man	22	UNEJ Faculty of Pharmacy Student	Jember	Friends	4 cigarettes	Senior High School
IU5	Man	22	UNEJ Faculty of Medicine Student	Banyuwangi	Parents	1 pack of cigarettes	Junior High School

Table 2 displays the characteristics of the key informants in this study. Additional informants in this study consisted of two categories. The first category is code (a) who is a close friend of the main informant, the second category is code (b) who is the parent of the main informant. The characteristics of the key informants are listed in the following table.

Table 2. Characteristics of Key Informants

Name	Gender	Age (Year)	Educational Status	Origin of Domicile
IT1a	Man	22	College student	Jember
IT1b	Woman	56	Farmer	Jember
IT2a	Man	20	College student	Malang
IT2b	Woman	43	Housewife	Kaliwates
IT3a	Man	22	College student	Bekasi
IT3b	Woman	65	Housewife	Lamongan
IT4a	Man	22	College student	Jember
IT4b	Man	55	Government employees	Jember
IT5a	Man	22	College student	Tuban
IT5b	Man	68	Self-employed	Banyuwangi

(a) : close friends of primary informants
(b) : parents of primary informants

Subjective norms (subjective norms) based on the Theory of Planned Behavior are individual beliefs regarding social pressure that will influence decision making to behave. In this study, subjective norms are defined as students' perceptions of health regarding their parents' opinions in making the decision to stop smoking. According to Ajzen⁹ subjective norms refer to what individuals feel regarding social pressure to perform or not perform a behavior. According to Walgito perception is a process that starts from the sensing process and can be called a sensory process, namely the process when an individual receives a stimulus through the senses, then the process continues and enters the next process, namely the perception process.¹⁹ Based on this understanding, it can be said that perception is an individual's process of interpreting the stimulus he receives. The informants in the study generally have a positive perception of the social control exercised by their parents regarding smoking behavior. This is evident from the quotes provided, such as:

"...I think it's right, first of all... my father and mother were prohibiting, and not facilitating smoking..." (IU1, 22 years).

In fact, the quotes provided suggest that the informants' parents did play a significant role in controlling their smoking behaviour. For example, one informant mentioned that their parents were prohibiting or not facilitating smoking. The fact that the primary informant's parents had forbidden their children to smoke was also revealed by the key informant who was the primary informant's parent, as in the following quote:

"...yes, I'm angry, sis...that smoking is not good...it damages the body, let alone the lungs..the environment..the community..is advised that don't smoke, smoking is very dangerous..." (IT1b, 56 years).

Based on the results of in-depth interviews with all informants, it was found that most of the informants are well-considered in relation to parents' opinions about smoking cessation behavior. Moreover, all of them stated that parental social control over smoked cessations is essential in order to be able to stop smokers' behaviour. The fact that the main informant really smokes is supported by the results of research observations which show that when the researcher entered the front yard of IU2's house he saw a table on which there was a pack of Sampoerna brand cigarettes and a green cigarette lighter. In addition, All informants stated that social control of parents is important to stop adolescents from smoking behavior. Based on the results of the research, some social control techniques are obtained by parents to get their children to quit smoking, as revealed by the primary informant. The fact that most parents of the primary informant perform persuasive controls so that their children can quit smoking is also revealed by key informants who are the parents of the principal informant. This also supported by the expression of a key informant who is a close friend of IU3. The following are excerpts from the results of in-depth interviews with the primary

informants (IU2, IU3), and parents as key informants (IT3b), and close friends as key informants (IT3a).

“In my opinion, the efforts were enough; my pocket money had been reduced. Usually, I was allowed to go out at night, which was supposed to be today, but I wasn't allowed to go out, so I was scolded in front of my friends. Then, I had cigarettes that were thrown away by my mother. So, in my opinion, the efforts made by mom are enough; if someone makes you give up, then they will give up, but it will come back to me: I'm the one who doesn't understand; I'm the naughty one, so I think the effort is enough, in my opinion, she's angry, and she's nagging. Also, not just one or two days; it can go on and on. I don't say hello if I quarrel with my mother” (IU2, 20 years).

“umm... in my opinion, at this age, we are still under the responsibility of our parents, and the costs still come from the parents, which is very important because, after all, they have the right to regulate what they are given. For example, if the money is given to us, they have the right to have the same control over how their children use it, meaning that if they can, it can be used for better things.” (IU3, 22 years).

“...Is it true that you smoke, like that and Maringono (after that)? Since when do you keep smoking... I don't think there's any more... I mean, my mother doesn't... she's not too strict, she just gives advice; I'm also the one who's rude... hehe, I don't really listen, it's just that, yes, that's all she gives, just advice. Well, often, for example, when I just come home, the smell of cigarettes comes from outside, right? That's what my mother usually advises me about...” (IU3, 22 years).

“...hehe...Yeah, every time I call him, I remind him, if you want to take care of your health, don't always smoke, every time I call him, come on, stop smoking, stop smoking, but I don't know if he's far away hihihihihihhi yes he's almost an adult too, what else, that's all, the important thing is to keep being reminded...” (IT3b, 65 years).

“... his parents call him every day, and they give him advice about smoking, like cutting down on smoking; after that, they sometimes remind him that instead of smoking, it's better to buy food or something like that. Usually, it's like closing up after the phone call, like part of the advice, 'let's study smart, be persistent, be diligent, cut down on smoking' like that...” (IT3a, 22 years).

According to the research, the majority of informants, four out of five primary informants, have the intention to quit smoking. This is also supported by key informant statements. IT2b is a

parent from IU2. Based on quotations from the interview, the parent admitted that his child had an intention or intention to quit smoking, but it did not come true. It also supported a statement from a close friend. The following is an excerpt from the results of an in-depth interview with the primary informant (IU2), and parents as key informants (IT2b), and close friends as key informants (IT2a).

"Yes, semester 4 is over, which means maybe three. How many months are left? I am basically waiting for semester 4 to end. Because my plan is to pass the FKG and I want to register as a career officer, I will go to the police doctor later, using the career officer route, so I also have to think about my physical health, so I will stop smoking, God willing, it will be a change this semester. , if I'm not mistaken, another three or four months" (IU2, 20 years).

"yes, there is... yes, that was some time, maybe sometimes. The story is old, I've been smoking for a year. 'yoiyoyo akulo (yes, I do) I don't smoke often, sometimes' that's how it is, I say it like that but until now it's still like that" (IT2b, 43 years).

"Well, if that's the intention, maybe because I'm already active [smoking], maybe there's the intention, but it's difficult. At that time, I once told him that I wanted to stop [smoking], but it was so difficult. Yes...ee.. I want to stop, but how do I do it? I want to stop, but it's difficult because there are other factors like that... ahem...if it's from the intention, that's the factor, apart from the environment maybe, maybe just the environment... eh...I think it's the environment, my friends" (IT1a, 20 years).

A close friend of the first primary informant said that IU1 does have the intention to quit smoking, but it's hard to do it. The factor that influences the intention to quit smoking is the friendly environment. This statement is in line with the study that mentions that factors from friends and the environment are among the reasons why smokers who had stopped smoking relapse. In addition, expressions of intensity or intention to quit smoking were also expressed by a small fraction of the primary informants as the results of the following interviews:

"...For now, not yet, sis, just enjoy it ..." (IU4, 22 years)

"...for now, still not. Because there are many. What? The first is probably environmental factors that still don't support smoking cessation. Then, I was also working on my thesis. When I was working on my thesis, it was also a habit...I mean, in the past, Doing my usual tasks while smoking. Yes, in the future, maybe if I have children, if I have children, maybe... ee... I have plans to stop smoking... or maybe if my wife gets pregnant..." (IU3, 22 years)

Based on quotations from the interview, the informants stated that they have not yet had an intention to quit smoking because they still want to enjoy their youth. This is also proven based on

the results of observations by researchers who saw the behavior of the main informant after the interview. After the interview was finished, IU3 left the chair where he was interviewed, then went to the chair opposite the researcher's left where the chair was filled by IU3's friends. After the informant finished sitting in that place, the informant was seen being offered cigarettes by one of his friends, then the informant took one stick and burned it and smoked it casually. Intention to stop smoking was also revealed by the fifth main informant. The fifth main informant stated that he was still waiting for the right time to have the intention to quit smoking. Here are the results of his interview:

“...If I’m married, [I would have the intention to quit smoking] if I have a child ...”
(IU5, 22 years).

Discussion

The gender of all the informants in this study was male. According to research, all informants smoke because they're affected by a friendly environment. As for the gender of the group of friends who smoke, the majority are men. It can be said that men are susceptible to smoking behavior. Furthermore, based on the information obtained by the researchers, one of the informants considers that the man who smokes is a natural thing. The result of this study shows a correlation between patriarchal culture and social problems. The patriarchal culture is a system of men's culture. In this system, men have the power to determine everything.²⁰

Unconsciously, a patriarchal culture has been conceived in the minds of the people and provides a special position for men to act rudely and harshly in terms of smoking behaviour.²¹ Even the parents of the informants thought that the male kind of child tends to be stubborn and difficult to advise. The statement is in line with the research carried out by Sofiani²², which found that there was a difference between the opinions of parents about boys and girls, that girls were softer, gentler, friendly, rarely arguing, and ugly, while boys were more active, stronger, more self-confident, opposed, and selfish.

Statements related to smoking behaviour related to patriarchal culture were also found in a study conducted by Budiayati²³ There are various reasons why men tend to do smoking behaviour, one of which is because of the belief that men who smoke are a male figure. This is as found in the study with the majority of smokers are men revealed that the reason adolescent smoke because of cigarettes is a symbol of virility and adolescents smoke to look mature. Besides, teenage boys use cigarettes as a means of socializing with friends.

Subjective Norms based on the Theory of Planned Behaviour are individual beliefs regarding social pressure that will influence decision making to behave. In this research, subjective norms are defined as health student's perceptions regarding their parent's opinions in making the decision to stop smoking. According to Ajzen, subjective norms refer to what individuals feel regarding social

pressure to perform or not perform a behavior.⁹ According Swarjana²⁴ Perception is a process by which individuals select, organize, and then interpret their sensory impressions to give meaning to their environment.

Based on this understanding, it can be said that perception is an individual's process of interpreting the stimulus he receives. Based on the research results, it was found that most informants had a good perception regarding parent's opinions regarding smoking cessation behaviour. They perceive that their parents are happy if they can stop smoking, and their parents support them in quitting smoking, indicating a good parental involvement in their smoking habits.²⁵ Support from parents to stop smoking was also expressed by parents who stated that they hoped and fully supported their children to be able to stop smoking, this was because all parents also understood the impacts and dangers of smoking behaviour.

Parents who have sufficient knowledge regarding smoking will certainly not allow their children to smoke. This statement is in line with research conducted by Agustin²⁶ which states that the lack of parental awareness in advising adolescent who smoke is due to the parent's low level of education. The level of education is closely related to the level of knowledge; the knowledge a person obtains can indicate a person's tendency to behave. Parents who know the dangers of smoking from a health perspective will not allow adolescent to smoke. Social control efforts carried out by parents to get their children to stop smoking, namely giving advice without violence, this social control is included in the category of persuasive social control.²⁶ Besides that, the social environment, including friendships, can play a role in influencing smoking behavior. Still, it does not explicitly identify it as a main factor in preventing quitting.²⁷

Most informants had positive perceptions regarding their parent's social control. The informant admitted that there was nothing wrong or lacking with their parents' social control, the act of smoking cessation behaviour returned to everyone. The informant pleaded guilty to disobeying his parents' words. Therefore, most informants stated that they did not smoke in the family or home environment. However, one informant was found to state that social control from his parents was still lacking. The social control technique provided by the informant's parents is a persuasive social control technique, namely by giving verbal advice without violence or coercion. The informant admitted that social control from his parents was not acceptable to him.

Persuasive social control is more effectively used in peaceful conditions, because in peaceful conditions most of the rules and values have become institutionalized or even ingrained within the individual. However, this situation does not mean that coercion is completely unnecessary. Because even in a state of peace and tranquility, an individual or society will definitely find people who commit deviant acts.²⁸ Sometimes it is necessary to force them. All informants stated that parental social control over smoking cessation behaviour is very important to be able to stop smoking behaviour. Having control from parents will make informants think and be motivated to stop

smoking. The informant also admitted that he had the intention to stop smoking because of his parents.

Intention is an individual's intention to do something for the future.²⁹ Intention is one of the elements forming The Theory of Planned Behaviour put forward by Ajzen.⁹ According to this theory, intentions are influenced by three independent variables, namely attitude, subjective norms, and Perceived Behavioural Control (PBC). Between the three, intention is the mediator with behaviour.³⁰ Intention can also be assumed to be a tool for capturing motivational factors that influence behaviour, intention is an indication of how hard people are willing to try, how much effort they plan to put in, to carry out a behaviour.⁹

Most of the informants admitted that they had an intention to stop smoking, one of the reasons that made them want to stop smoking was because of the informant's future career and thinking about the informant's health condition. This statement is in accordance with the results of research conducted by Kumalasari³¹ shows that the indicators that influence young men's intention to quit smoking are for health and economic reasons. Apart from that, several informants also stated that they had the intention to stop smoking but found it difficult to do so. The factors that influence the intention to stop smoking are the friendship environment. This is in line with research conducted by Rachman³² a friend who influences behaviour that can make a behaviour happen. This is because adolescents often spend time hanging out with friends. Adolescent generally hang out with other adolescent who have the same characteristics. Factors in the environment, including the role of friends, can also influence adolescents' perceptions of the benefits of quitting smoking behavior.

A minority of informants stated that they currently have no intention of quitting smoking because they still want to enjoy their youth. However, they do not deny that they will have the intention to stop smoking when they get married and have a family. This can happen because the informant has a good attitude towards smoking cessation behaviour (attitude toward behaviour). The informant also clearly understands and understands the dangers of smoking behaviour, as the informant's attitude states that smoking behaviour causes many negative and dangerous effects for oneself and others. This supports research conducted by Anderita³³ stating that perceptions together with attitudes and subjective norms have a significant influence on the intention to quit smoking in young men. This means that the more positive the perception of the dangers of smoking, the higher the intention to quit smoking, and vice versa. Informants' intentions regarding smoking cessation behaviour also arise due to adolescent' perceptions regarding their parents' social control (subjective norms), namely that most informants have positive perceptions regarding their parents' social control, so that the intention to quit smoking can be formed in most informants.

This statement supports research conducted by Hakim³⁴ stating that there is a significant relationship between subjective norm variables and the intention to quit smoking. The relationship

between the subjective norm variable and the intention to stop smoking shows a very strong relationship and has a positive pattern. It can be said that the better the subjective norm of the individual, the stronger the intention to stop smoking. This means that the individual's perception of social pressure to stop smoking and his motivation to comply with this social pressure determine the individual's intention to produce the behaviour in question and the individual perceives himself to have the resources and opportunities needed if he wants to stop smoking. This is also in line with research conducted Istifaizah³⁵ which states that subjective norms influence the intention to quit smoking in young men. There is a significant relationship between subjective norms and intention to stop smoking. Apart from that, adolescent' perceptions of smoking behaviour are also stated to have an influence on their intention to quit smoking, namely the belief that smoking cannot benefit themselves and others. The strengths of the research on health students' intentions to stop smoking based on parental social control include a positive perception of parental opinions and social support, a strong intention to quit smoking, and the significant role of subjective norms in shaping intentions. The study highlights the need for health students to serve as role models in smoking cessation. The weaknesses include limited sample size, a qualitative approach that may limit generalizability, reliance on self-reported data that can introduce bias, and potential cultural influence on findings.

Conclusion

Subjective norms in terms of informants' perceptions of parental social control regarding smoking cessation behaviour, that is, all informants have a good perception, namely agreeing with parents' opinions regarding smoking cessation behaviour. Most informants also have positive perceptions of the social control that people have carried out. parents in terms of smoking behaviour by stating that parental social control over smoking cessation behaviour is very important to be able to stop smoking behaviour. Parental social control makes the informant want to try to become a better person, one of which is by not quitting smoking. As for the informants' feelings after being given social control by their parents regarding their smoking cessation behaviour, namely realizing their mistakes and not feeling irritated, most of the informants had the motivation to comply with their parents' wishes in terms of quitting smoking. Most informants admitted that they had the intention or intention to stop smoking for reasons of the future and thinking about their health conditions.

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Conflict of Interest

The authors declare that they have no conflict of interest.

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