

INTISARI

Latar belakang: Masalah merokok Indonesia menempati urutan peringkat ke-3 konsumsi rokok tertinggi di dunia. Rokok menyebabkan timbulnya berbagai macam masalah kesehatan. Kebijakan KTR diterapkan sebagai pengendalian dan dampak merokok.

Tujuan penelitian: Mengetahui hubungan antara sikap dengan ketaatan tidak merokok di Kawasan Tanpa Rokok (KTR) pada guru sekolah menengah swasta di Kabupaten Sleman.

Metode: Penelitian ini menggunakan metode deskriptif kuantitatif menggunakan rancangan cross-sectional. Jumlah sampel dalam penelitian ini sebanyak 26 responden. Responden penelitian adalah guru laki-laki sekolah menengah swasta di Kabupaten Sleman yang merupakan perokok dan setidaknya sudah bekerja selama min. 6 bulan. Penentuan sampel menggunakan teknik systematic random sampling. Teknik pengambilan data dilakukan dengan menggunakan metode kuesioner. Analisis bivariat menggunakan Spearman dengan $\alpha = 5\%$.

Hasil: Mayoritas responden berusia 20-29 tahun (42,3%) dengan lama merokok terbanyak kurang dari 5 tahun (38,5%) dan kebanyakan mengkonsumsi rokok kurang dari 50 batang per minggu (50%). Rata-rata dana yang dikeluarkan dalam seminggu untuk merokok adalah Rp 280.538. Sebanyak 22 responden (84,6%) dikategorikan memiliki sikap baik, 3 responden cukup (11,5%) dan 1 responden kurang (3,8%). Sebanyak 19 responden dikategorikan memiliki perilaku taat (73%) dan 9 responden tidak taat (23%). Terdapat hubungan/korelasi antara sikap tentang KTR dengan ketaatan tidak merokok di lingkungan KTR (Sig. = 0.002 > 0.05), korelasi kedua variable kuat (koefisien korelasi = 0.585 (korelasi kuat = 0,51-0,75), dan hubungan kedua variable bersifat searah (nilai koefisien korelasi = 0.585 yang bernilai positif)

Kesimpulan: Terdapat korelasi yang kuat antara Sikap terhadap KTR dengan Ketaatan Tidak Merokok Guru Sekolah Menengah Swasta di Kabupaten Sleman.

Kata kunci: sikap, ketaatan, KTR

ABSTRACT

Background: Indonesia's smoking problem ranks 3rd highest cigarette consumption in the world. Smoking causes various health problems. The KTR policy is implemented as a control and impact of smoking.

Objective: To determine the relationship between attitude and obedience to not smoking in the Non-Smoking Area (KTR) in private high school teachers in Sleman Regency.

Method: This study used a quantitative descriptive method using a cross-sectional design. The number of samples in this study were 26 respondents. The research respondents are male private high school teachers in Sleman Regency who are smokers and have at least worked for min. 6 months. Determination of the sample using systematic random sampling technique. The data collection technique was carried out using a questionnaire method. Bivariate analysis using Spearman Test with α 5%.

Result: The majority of respondents were aged 20-29 years (42.3%) with the longest smoking period of less than 5 years (38.5%) and most of them consumed less than 50 cigarettes per week (50%). The average amount spent on smoking in a week is IDR 280,538. 22 respondents (84.6%) were categorized as having a good attitude, 3 respondents were moderate (11.5%) and 1 respondent was less (3.8%). A total of 19 respondents were categorized as having obedient behavior (73%) and 9 respondents being disobedient (23%). There is a relationship/correlation between attitudes about KTR and obedience to not smoking in the KTR environment (Sig. = 0.002 > 0.05), the correlation between the two variables is strong (correlation coefficient = 0.585 (strong correlation = 0.51-0.75), and the relationship between the two variables is unidirectional (correlation coefficient value = 0.585 which is positive)

Conclusion: There is a strong correlation between Attitudes towards KTR and Non-Smoking Obedience for Private Middle School Teachers in Sleman Regency.

Keywords: attitude, obedience, KTR