

ABSTRAK

Latar belakang: Rumah adalah tempat paling berisiko terhadap terjadinya paparan asap rokok. Indonesia tercatat 85% rumah tangga terpapar asap rokok di dalam rumah. *Smoke-free homes* (SFH) bertujuan meningkatkan kesadaran akan bahaya kesehatan bagi *second hand smoke* (SHS) dan kemampuan diri dalam membatasi konsumsi rokok di dalam rumah. Keberhasilan dan keefektifan penerapan *smoke-free homes* tidak terlepas dari adanya modifikasi perilaku. *Social cognitive theory* diharapkan mampu meningkatkan *self efficacy* seseorang sehingga semakin intens mereka tidak merokok di dalam rumah. Penelitian ini bertujuan untuk mengetahui pengaruh edukasi dan kontrak kegiatan rumah bebas asap rokok terhadap penurunan intensitas merokok suami di dalam rumah di Kabupaten Lombok Utara, NTB.

Metode: Merupakan penelitian kohort retrospektif, *pre* dan *post* intervensi menggunakan data sekunder *Peer Health SHS-LBW Study Intervention*, *baseline* dan bulan ke 6. Responden pada penelitian ini berjumlah 544 suami perokok aktif yang tinggal serumah dengan ibu hamil usia kurang dari 4 bulan saat menjadi responden dalam penelitian. Data dianalisis menggunakan *chi-square* dan regresi logistik.

Hasil penelitian: Hasil analisis antara edukasi dan kontrak rumah bebas asap rokok terhadap perubahan intensitas merokok suami di dalam rumah memiliki nilai $p = 0,01$, yang artinya terdapat hubungan yang signifikan. Ada perubahan intensitas merokok di dalam rumah sebanyak 192 responden mengalami penurunan. Hasil menunjukkan perubahan dari yang awalnya > 20 batang seminggu setelah intervensi menjadi ≤ 20 batang seminggu.

Kesimpulan: Edukasi dan kontrak kegiatan rumah bebas asap rokok berpengaruh terhadap perubahan intensitas merokok suami di dalam rumah.

Kata kunci: *smoke-free homes* (SFH), *social cognitive theory* (SCT), intensitas merokok.

ABSTRACT

Background: Home is the place most at risk of exposure to cigarette smoke. In Indonesia, 85% of households are exposed to cigarette smoke at the home. Smoke-free homes (SFH) aim to increase awareness of the health hazards of second-hand smoke (SHS) and one's ability to limit cigarette consumption in the home. The success and effectiveness of implementing smoke-free homes cannot be separated from the modification of the behavior of each individual. Social cognitive theory is expected to be able to increase a person's self-efficacy so that the more intense they do not smoke in the house. This study aims to determine the effect of education and contract smoke-free home activities on reducing the smoking intensity of husbands in the home in North Lombok Regency, NTB.

Methods: This was retrospective, pre and post-intervention cohort study using secondary data from the Peer Health SHS-LBW Intervention Study, used data from baseline, and 6 months. Respondents in this study were 544 husbands who were active smokers who lived with pregnant women aged less than 4 months when they were respondents in the study. Data were analyzed using chi-square and logistic regression.

Results: The results of the analysis between education and smoke-free home contracts on changes in the smoking intensity of husbands in the home have a value of $p = 0.01$, which means that there is a significant relationship. There was a change in the intensity of smoking in the home as many as 192 respondents experienced a decrease. Results showed a change from initially > 20 culms a week after intervention to ≤ 20 culms a week.

Conclusion: Education and smoke-free home activity contracts affect changes in the husband's smoking intensity in the home.

Keywords: Smoke-free homes (SFH), social cognitive theory (SCT), smoking intensity.