

ABSTRAK

Latar Belakang: Konvensi kerangka kerja WHO dalam pengendalian tembakau (FCTC) adalah landasan bagi negara-negara untuk mengimplementasikan dan mengelola program pengendalian tembakau. Indonesia belum meratifikasi, tetapi beberapa kabupaten telah mengimplementasikan. Kabupaten Kulon Progo telah mengimplementasikan melalui peraturan daerah dan Kabupaten Sleman belum mengimplementasikan.

Tujuan: Penelitian ini bertujuan untuk mengetahui perbedaan perilaku mahasiswa terhadap kawasan tanpa rokok di Kabupaten Kulon Progo dan Kabupaten Sleman tahun 2017.

Metode: Penelitian ini merupakan penelitian kuantitatif dengan rancangan penelitian observasional disain *cross sectional*. Responden penelitian diambil dengan cara *cluster random sampling* dari 2 kampus, yakni kampus X (141 mahasiswa) dan kampus Y (104 mahasiswa). Pengambilan data menggunakan kuesioner terstruktur adopsi dari *Quit Tobacco Indonesia*. Analisis data dilakukan dengan cara univariabel, bivariabel (*t-test* dan *McNemar*), dan multivariabel (regresi logistik) dengan taraf signifikansi $p < 0,05$.

Hasil: Hasil penelitian menunjukkan bahwa mayoritas responden memiliki pengetahuan baik (kampus X 60,99% dan kampus Y 51,92%), sikap positif (kampus X 64,54% dan kampus Y 58,65%) dan perilaku kurang baik terhadap kawasan tanpa rokok (kampus X 50,35% dan kampus Y 70,19%). Hasil analisis bivariabel menunjukkan ada perbedaan perilaku mahasiswa terhadap kawasan tanpa rokok ($p = 0,027$). Hasil analisis multivariabel menunjukkan bahwa faktor yang paling dominan mempengaruhi perilaku mahasiswa kampus X dan mahasiswa kampus Y adalah gender dan sikap.

Kesimpulan: Sosialisasi kepada pihak kampus dan mahasiswa penting dilakukan agar peraturan kawasan tanpa rokok dapat berjalan efektif di kampus.

Kata kunci: rokok, pengetahuan, sikap, perilaku, kawasan tanpa rokok

ABSTRACT

Background: The WHO Framework Convention on Tobacco Control is the foundation for countries to implement and manage tobacco control programmes. Indonesia has not yet ratified, but several districts has been implemented. Kulon Progo District has been implemented through local regulations and Sleman District has not yet.

Objective: The research was aimed to determine student's behavior differences toward smoke free area in Kulon Progo District and Sleman District 2017.

Method: This was an observational research with cross sectional design that used quantitative method. The samples was chosen by cluster random sampling from two campuses that X campus (141 students) and Y campus (104 students). Data was collected by using structured questionnaire adopted from Quit Tobacco Indonesia. The data was analyzed by univariate, bivariate (t-test and McNemar) and multivariate (logistic regression) with a significance level of $p < 0,05$.

Result: The result of the research showed that the majority of respondent's knowledge was good (campus X 60,99% and campus Y 51,92%), attitude was positive (X campus 64,54% and Y campus 58,65%), and behavior was bad (X campus 50,35% and Y campus 70,19%). The result of bivariate analysis showed that there was significant differences of student's behaviour againts smoke free area ($p = 0,027$). Multivariate analysis result showed that the dominant factor affecting behavior of X campus students and Y campus students were gender and attitude.

Conclusion: Socialization to the campus and students is important so that smoke free area regulations can be effective on the campus.

Keywords: cigarette, knowledge, attitude, behavior, smoke free area