

INTISARI

PERBANDINGAN PENGARUH PENYULUHAN TERHADAP PENGETAHUAN BAHAYA ROKOK PADA SISWA SMAN 8 YOGYAKARTA DAN SMAN 1 WONOSARI TAHUN 2016

Danniswari Fathoya¹, Wikan Basworo², Hendro Widagdo³

¹Fakultas Kedokteran Universitas Gadjah Mada

²Bagian Forensik Fakultas Kedokteran Universitas Gadjah Mada

³Bagian Forensik Fakultas Kedokteran Universitas Gadjah Mada

Latar Belakang: Remaja usia 15-24 tahun yang merokok setiap hari sudah mencapai 18,6 persen. Prevalensi perokok di pedesaan lebih tinggi dibandingkan di perkotaan. Penyuluhan bahaya rokok sangat penting untuk menambah pengetahuan dan menimbulkan kesadaran pada remaja.

Tujuan Penelitian: Mengetahui perbandingan pengaruh penyuluhan terhadap tingkat pengetahuan tentang bahaya rokok pada siswa SMA Kota dan siswa SMA Kabupaten di Provinsi Daerah Istimewa Yogyakarta.

Metode Penelitian: Jenis penelitian quasi eksperimental dengan rancang penelitian *pretest and posttest two group*. Eksperimen dilakukan dengan memberi penyuluhan mengenai bahaya rokok. Sampel berjumlah 167 siswa, 86 siswa SMAN 8 Yogyakarta dan 81 siswa SMAN 1 Wonosari.

Hasil: Sebagian besar responden berusia 16 tahun (80,8%), berjenis kelamin perempuan (64%), terakhir kali mendapatkan informasi mengenai rokok dalam satu tahun yang lalu (53,2%). Uji *Mann Whitney* menunjukkan hasil *p-value* 0,043 pada perbedaan rata-rata nilai *pretest*, *p-value* 0,429 pada perbedaan rata-rata nilai *posttest*, dan *p-value* 0,056 pada perbedaan peningkatan nilai responden sebelum dan sesudah penyuluhan di SMAN 8 Yogyakarta dan SMAN 1 Wonosari. Penyuluhan memiliki kekuatan sebesar dalam meningkatkan pengetahuan siswa, sebesar 1,9 di SMAN 8 Yogyakarta, sementara di SMAN 1 Wonosari sebesar 1,5.

Kesimpulan : Terdapat perbedaan yang bermakna pada nilai *pretest* responden di SMA Kota dan SMA Kabupaten. Tidak terdapat perbedaan yang bermakna pada nilai *posttest* dan peningkatan nilai responden sebelum dan sesudah penyuluhan responden di SMA Kota dan SMA Kabupaten. Penyuluhan di SMA Kota memiliki pengaruh yang lebih besar dibandingkan dengan di SMA Kabupaten.

Kata Kunci : Pengetahuan, rokok, penyuluhan, kota, desa

ABSTRACT

COMPARISON OF THE EFFECT OF HEALTH EDUCATION ON KNOWLEDGE ABOUT DANGER OF SMOKING FOR STUDENT AT SMAN 8 YOGYAKARTA AND SMAN 1 WONOSARI IN 2016

Danniswari Fathoya¹, Wikan Basworo², Hendro Widagdo³

¹Medical Faculty, Universitas Gadjah Mada

²Forensic Departement, Medical Faculty, Universitas Gadjah Mada

³Forensic Departement, Medical Faculty, Universitas Gadjah Mada

Background : Adolescents aged 15-24 years who smoke every day has reached 18.6 percent. The prevalence of smokers in rural areas is higher than in urban areas. Health education about smoking is very important to increase knowledge and raises awareness in adolescents.

Objective : To know the comparison of the influence of health education on the level of knowledge about the dangers of smoking for high school students in City and high school students in the District of Yogyakarta Special Region.

Method : Type of research used in this study is a quasi experimental with pretest and posttest study design two groups. Experiments done is to educate about the dangers of smoking. Samples consist of 167 students, 86 students of SMAN 8 Yogyakarta and 81 students of SMAN 1 Wonosari.

Result : Majority of respondents was 16 years old, female, the last time to get information about smoking within one year ago. Mann Whitney test showed the results of the p-score is 0.043 for the difference in the average score of pretest, 0.429 for the difference in the average score posttest, 0.056 for the difference in the increase of score before and after health education in SMAN 8 Yogyakarta and SMAN 1 Wonosari. Health education in SMAN 8 Yogyakarta had a strength of 1.9 in improving student's knowledge, while health education at SMAN 1 Wonosari had a strength of 1.5.

Conclusion : There were significant differences in the pretest score of respondents in High school of city and High school of district. There were no significant differences in posttest score and alteration of the score before and after health education given in respondents of High school of city and High school of district. Health education in High School of City has a greater influence than the health education in High School of district.

Keyword : Knowledge, smoking, health education, city, district