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Research Article

## The Relationship of Wife's Attitude and Family Support towards Smoking Husband's Behavior inside the House in Ulee Susu, Darul Imarah Sub-District Aceh Besar 20

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**ABSTRACT:** The society in Darul Kamal district in general and Ulee Susu settlements in particular work as farmers with low middle socioeconomic level. Data obtained from the Puskesmas Darul Imarah mentioned that respiratory tract diseases such as respiratory infection, Pneumonia, Bronchitis, TBC, etc always occupy as the highest percentage during the last three years. According to health officials, more than 60% of householders in the region are active smokers and some of them smoke Acehese traditional cigarettes. The research method is analytic research with cross-sectional study approach, the population is husband who do smoke (both inside and outside the house) 1972 people. The sample is 106 people. The data analysis used to test the hypothesis is *chi-square statistic test*. The result of the study found that the majority of respondents strongly support her husband not to smoke in the house, is 63 respondents (59,4%), the majority of respondents have positive attitude in order to make the husband not smoking inside the house, is 56 respondents (52,8%), that her husband smokes inside the house, is 58 respondents (54.7%). It can be concluded that there is no relationship of wife attitude toward husband behavior smoking in the house (*P.Value 0,95*) and there is no relation of family support to husband behavior smoking in the house (*P.Value 0,23*).

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**Key words:** Wife attitude, family support and smoking behavior in the house.

### INTRODUCTION

Smoking has become second nature for Indonesians. Cigarettes are sold cheaply and freely in stores to kiosks. Cigarette factories in Indonesia are increasingly widespread. Provocative cigarette advertisements distribute in print and electronic media, even in outdoor media, prompting teenagers and children to smoke<sup>1</sup>

The prevalence of smokers aged 15 years and over in Indonesia during 1995-2010 increased 7.7%. The prevalence of male smokers increased 13% and female smokers increased by 2.5%. The average individual smoker spent Rp 2.592.000,00 per year to buy tobacco. Based on the results of the National Socio-Economic Survey (SUSENAS) in 2007 showed the average expenditure of cigarettes reached 12.4% of total expenditure per population per month. Cigarette expenditure is three times greater than education and health expenditure. The highest cigarette consumption in Indonesia is among the poor of 60% or 84.4 million people. They are difficult to fulfill the needs of their life. In addition it reduced working days due to illness, reduced income and increased expenses for medical expenses<sup>2</sup>.

Adult smoking behavior can be a trigger for children to become active smokers. According to a review of KPAI (2008), the National Bureau of Statistics (BPS) shows an increase in the number of smokers who start smoking at the

age of 19, from 69% in 2001 to 78% in 2004. This survey also shows trends the age of initiation of smoking becomes premature, ie, age 5-9 years. Smokers who started smoking at 5-9 years experienced the most significant increase, from 0.4% in 2001 to 1.8% in 2004<sup>3</sup>

Children are at higher risk for prejudicial effects of cigarette smoke compared to adults. Children have become passive smokers and third-hand smokers because family members are active smokers and/or unhealthy home environments, ie many active smokers<sup>4</sup>.

Active smokers and passive smokers are equally at high risk for various diseases. The impact of cigarette smoke can be short and long-term<sup>5</sup>. According to<sup>6</sup>, home smoking is a factor of sudden infant death syndrome. The long-term effects of this tobacco smoke are more dangerous because the smoke of inhaled cigarettes will accumulate in the body and cause a person suffering from a very deadly disease.

Various efforts have been made by the government in order to reduce or overcome the behavior of smoking, especially the behavior of smoking in the home, one of them is through the implementation of the behavior of Living and Clean and Healthy (PHBS) Household Order is one of the programs that is not allowed to smoking in the house. However, the policy of tobacco control in Indonesia still creates a long debate<sup>7</sup>.

Social support plays an important role in determining and directing individual behavior. Social support can be obtained from various sources, one of them is through the family both wife and children. The form of support can be in the form of encouragement, trust, opportunity to tell stories, asking for consideration, help, and advice to overcome the problems encountered<sup>8</sup>.

In giving family support, it can not be separated from the wife attitude to undertake in order to make the husband stops from smoking. Attitude reflects what we think, feel, and do to some aspect of the environment<sup>8</sup>. Family members both children and wives will avoid if her husband smokes. The push and recommendation of family members can be a reason to quit smoking. Concerns about the wife behavior and child motivate smokers to bend over backward so that their life does not depend on cigarettes<sup>9</sup>.

According to<sup>10</sup> social support consists of verbal or nonverbal advice. Real help given due to familiarity with someone or acquired due to the presence of others can be emotionally rewarding or have behavioral effects on the recipient.

The affective function of the family is related to the internal function of a family that includes the protection and psychosocial support for its members. Attention, compassion, and feeling of security will help the individual to deal with a particular problem by paying attention to his emotional balance. The role of family members is crucial in creating the affective function of family members<sup>11</sup>

The society in Darul Kamal district in general and Ulee Susu settlements in particular work as farmers (paddy fields and gardens) with middle and lower of socioeconomic level. Data obtained from the Puskesmas Darul Imarah mentioned that respiratory disease diseases such as ISPA, Pneumonia, Bronchitis, TBC and so on always occupy the disease with the highest percentage over the last three years. According to health center staff, more than 60% of Householders in the region are active smokers and some of them smoke traditional Acehese cigarettes (bakong Aceh).

Based on that, the authors are interested to examine " The Relationship of Wife's Attitude and Family Support towards Smoking Husband's Behavior inside The House in Ulee Susu, Darul Imarah Sub-district Aceh Besar 2017".

**Body OF Text**

The type of this research is analytic research with cross-sectional study approach<sup>13</sup>. Variables in this research are wife attitude, family support and husband behavior of smoking inside the house. The sample in this study numbered to 106 people. Sampling is done through proportional random sampling. Data collection has been conducted in 8 villages within Ulee Susu Sub-district of Darul Imarah Aceh Besar from 20 to 30 September 2017.

**Result And Discussion**

**A. Age of Respondents**

Table 4.1 Age of respondents

No	Age	Total	%
1.	24 – 30	27	25,47
2.	31 – 40	45	42,45
3.	41 – 50	26	24,53
4.	51 - 60	8	7,55
	Total	106	100

Based on table 4.1 above we can know that the majority of respondents aged 31- 40 years is 45 people (42.45%)

**B. Number of Family Members**

Table 4.2 Number of Family Members

No.	Number of Family Members	Total	%
1.	2 – 3	11	19,8
2.	4 – 5	60	56,7
3.	6 – 7	18	16,9
4.	8 – 9	7	6,6
	Total	106	100

Based on table 4.2 above we can know that the majority of respondents have family members amounting to 4-5 people that is 60 respondents (56.7%).

**C. Families with Toddlers**

Table 4.3 Families with Toddlers

N	Families with Toddlers	Total	%
1.	Families with Toddlers	69	65,10
2.	Families with NO Toddlers	37	34,90
	Total	106	100

Based on table 4.3 above we can know that the majority of respondents have children under five that is 69 people (65.10%).

**A. Families have Toddlers and Husbands Smoking In The House**

Table 4.4 : Family who has a toddler and husband Smoking in the house

No	Families have toddlers	Total	%
1.	Smoking	36	52,17
2.	Non-Smoking	33	47,83
	Total	69	100

Based on table 4.4 above we can know that the majority of respondents who have a toddler was smoking in the house that is 36 respondents (52.17%).

**B. Family Support**

Table 4.5 Family Support

No	Family Support	Total	%
1.	Less Support	43	40,6
2.	Very Support	63	59,4
	Total	106	100

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Based on the above table 4.5 we can know that the majority of respondents strongly support her husband to not smoke in the home that is 63 respondents (59.4%).

**C. Wife's Attitude**

Table 4.6 Wife's Attitude

No	Wife's Attitude	Total	%
1.	Negative	50	47,2
2.	Positive	56	52,8
	Total	106	100

Based on table 4.6 above we can know that the majority of respondents have a positive attitude for husbands do not smoke in the house, is 56 respondents (52.8%).

**D. Smoking Behavior Inside House**

Table 4.7 Smoking Behavior Inside House

No	Smoking Behavior Inside House	Total	%
1.	Smoking	58	54,7
2.	Non- smoking	48	45,3
	Total	106	100

Based on 4.7 above table we can know that the majority of respondents stated that her husband smoked in the house, ie 58 respondents (54.7%)

**E. Relationship of Wife Attitudes towards Smoking Behavior inside The House**

Table 4.8 Relationship of Wife Attitudes towards Smoking Behavior inside The House

Wife's Attitude	Smoking Behaviour in the house				Value
	Smoking		Non Smoking		
	Total	%	Total	%	
Negative					0,95
Positive	30	53,6	26	46,4	
	58		48		

Based on table 4.8 above we can see that the husband behavior of smoking in the house more commonly found in respondents who have a negative attitude that is 56% compared with respondents who are positive only 53.6%. The result of statistic test is P.Value 0,95 therefore, the hypothesis of this research is not accepted, so it can be concluded that there is no relationship of wife attitude towards husband behavior of smoking inside the house in Ulee Susu Subdistrict, Darul Imarah Subdistrict 2017.

**F. Family Support Relationship towards Smoking Behavior in The House**

Table 4.9 Family Support Relationship towards Smoking Behavior in The House

FamilySupport	Smoking behaviour in the House				Value
	Smoking		Non-smoking		
	Σ	%	Σ	%	
Less Support	27	62,8	16	37,2	0,23
Very Support	31	49,2	32	50,8	
	58		48		

Based on table 4.9 above we can see that the husband behavior of smoking in the house more often found in respondents who are less support to her husband that is 62.8% compared with respondents who strongly or very supports her husband not to smoke in the house only 49.2%. The result of statistic test obtained P.Value 0.23 therefore, the hypothesis of this research is rejected, so it can be concluded there is no relation of family support to husband behavior of smoking inside the house in Ulee Susu Subdistrict, Darul Imarah subdistrict 2017.

**1. Relationship of Wife Attitudes towards Smoking Behavior in the House**

Based on univariate analysis, it can be understood that the majority of respondents have a positive attitude hence her husband does not smoke in the house, that is 56 respondents (52.8%). The result of bivariate analysis found that husband behavior smoking in the house more often found in respondents who have a negative attitude that is 56% compared with respondents who are positive only 53.6%. The result of statistic test is *p.value* 0,95 so that the hypothesis in this research is rejected, thus it can be concluded that there is no relationship of wife attitude with husband behavior of smoking inside the house in Ulee Susu Subdistrict, Darul Imarah Subdistrict in 2017.

Attitude is a readiness to react to objects in a particular environment as an appreciation of the object<sup>10</sup>. Attitude is a collection of feelings, beliefs, and behavioral trends directed toward specific people, ideas, objects or groups<sup>25</sup>.

According to Allport (in<sup>10</sup>) explains that the attitude has 3 main components of the belief of an object, the evaluation of people against the object, and the tendency to act. A person's attitude toward an object is a feeling of support or neither support nor favor of an object<sup>14</sup>

In giving family support, it can not be separated from the wife attitude to make the husband stops from smoking. Attitude reflects what we think, feel, and do to some aspect of the environment<sup>15</sup>

Family members both children and wives will avoid if her husband smokes. The encouragement and recommendation of family members can be a reason to quit smoking. Concerns about the behavior of wife and child motivate smokers to bend over backward so that life does not depend on cigarettes<sup>9</sup>.

The policy of a smoke-free home has a significant impact on protecting young people from smokers. Staying home without a smoking ban may be a risk factor for smoking initiation especially for those whose parents smoke in the house<sup>16</sup>.

The results of this study are supported by the study<sup>17</sup>, which states there is no relationship of wife attitude towards the smoking behavior (intensity) of Householders in Labuhan Ratu Raya sub-district Labuhan Ratu Bandar Lampung in 2012 (*p.value* 0,779). In addition, the adoption of a smoke-free home behavior is associated with the success of smoking stoppage in the US<sup>18</sup>.

A review by Mill Al *et al*<sup>19</sup> found evidence that a strong and consistent population rate for non-smoking homes was associated with the increased smoking stoppage and reduced smoking consumption in adult smokers. Because they do not only reduce the exposure of cigarette smoke but also increase the level of smoking stoppage. The Promotion of non-smoking homes should be a key element in cigarette control programs.

According to the researcher, the absence of wife attitudes relationship towards husband behavior of smoking inside the house in Ulee Susu residence can be caused by several things, among others is the number of samples in this study which have permanent job only 10 people (9.4%) because it has become a tradition in society Aceh that the wife must be obedient to her husband and obliged to obey all husbands' orders and will consider as a sin if the wife denies him, so the unemployed wife (no income) will be silent and do not dare to reject directly if the husband smokes in the house, although there are 56 respondents (52.9%) have a positive attitude so that her husband does not smoke in the house.

Besides, there is no relationship of wife attitude towards husband behavior of smoking at home also brought 49.1% of respondents strongly disagree if the government increases the price of cigarette price. According to respondents, the increase in cigarette prices will lead to an increase in family burden, because the husband keeps smoking even though the price is raised.

In addition, 41.5% of respondents strongly disagree if smoke-free is a basic human right. In addition, 52.8% of respondents did not agree that family members would reprimand if their husbands or other family members were smoking in the home so that the husband could continue smoking at home.

## **2. Family Support Relationship with Smoking Behavior In House.**

Based on the univariate analysis, it can be understood that the majority of respondents strongly support for husbands do not smoke in the home, that is 63 respondents (59.4%). The result of bivariate analysis also found that the husband behavior of smoking in the house was more common in the respondents who did not give support to their husbands that is 62.8% compared with the respondents who strongly support that her husband did not smoke in the house only 49.2%. The result of statistic test obtained *p.value* 0.23 so that the hypothesis of this study is rejected, so it can be concluded there is no relation of family support to husband behavior of smoking inside the house in Ulee Susu Subdistrict, Darul Imarah subdistrict 2017.

According to Saurasan (in<sup>20</sup>) explaining family support is

existence, sadness, caring, from people who are reliable, appreciate and love us. By Gottlieb's definition (in<sup>20</sup>), family support can be either verbal or non-verbal information, suggestions, concrete help or behavior that can give an emotional benefit or affect the recipient behavior.

Social support plays an important role in determining and directing individual behavior. Social support can be obtained from various sources, one of them is through the family both wife and children. The form 4 support provided can be in the form of encouragement, trust, opportunity to tell stories, asking for consideration, help, and advice to overcome the problems faced<sup>8</sup>.

According to Gottlieb (in<sup>21</sup>), social support consists of verbal or non-verbal advice. Real help given due to familiarity with someone or acquired due to the presence of others can be emotionally rewarding or have behavioral effects on the recipient.

The affective function of the family is related to the internal function of a family that includes the protection and psychosocial support for its members. Attention, affection, and feelings of security will help the individual face a particular problem by paying attention to his emotional balance. The role of family members is crucial in creating the affective function of family members<sup>11</sup>.

Based on the results of the study<sup>8</sup> it is known that there is a significant relationship between social support and the intensity of smoking. The higher the social support the higher the intention to quit smoking.

There are several factors that affect the acceptance or not of social support by someone. These factors depend on the structure and structure of social networks, as well as how those individuals relate to family and society<sup>8</sup>. According to<sup>22</sup>, the definition of the affective function of the family is the internal function of the family for the fulfillment of psychosocial needs, mutual sharpening and giving love and mutual acceptance and support. This affective function is a source of happiness in the family. Families give love and security. Attention among family members, fostering the maturity of family members' personalities and providing family identity.

To encourage the stoppage or reduction of smoking to husbands, some wives intervene either directly or indirectly through their children, emphasizing the health consequences for smokers and their families. However, some wives do not prohibit smoking to husbands because they are worried about conflict or tolerance. Wives report that their husbands respond to anti-smoking messages from family members hence they promise to quit to smoke in the future<sup>23</sup>.

The results of this study are not supported by the study<sup>17</sup>, which states there is a relationship of family support to the householder behavior (intensity) of smoking in the village of Labuhan Ratu Raya Sub Labuhan Ratu Bandar Lampung in 2012 (*p.value* 0.027).

The smoking ban at home is not widely adopted by families whose children are hospitalized in Guangxi Province, China. To protect children's health, there is a need to develop interventions and promote smoking restrictions at home. Several factors identified as predictors of the smoking ban at home should be considered in the effort of a smoke-free home<sup>24</sup>.

According to the researchers, the absence of family support relationships with the behavior of husbands smoking in the home in Ulee Susu settlement can be caused by several things, among others, there are still 41.5% of respondents who empathize when the husband smokes in the house, 85.8% of respondents want to buy cigarettes instead the majority of respondents (81.15) are not upset when the husband smokes.

In addition, 87.7% did not (dare) to tell their husbands about the dangers of smoking and 88.7% of respondents did not tell their husbands about the dangers of smoking in the home, 90.6% of respondents did not encourage husbands to not smoke in the house and 50% of respondents do not want to watch for husbands not to smoke in the house and it turns out 68.9% of the respondents did not move even though the husband smoked beside them and 74.5% of the respondents did not come to guide the husband not to smoke inside the house. Although in general there are 63 respondents (59.4%) strongly support that her husband does not smoke inside the house.

## CONCLUSIONS AND RECOMMENDATIONS

There is no relationship between wife's attitude and husband's smoking behavior inside the house in Ulee Susu Subdistrict, Darul Imarah Sub District, 2017 with *P.Value 0.95*. and there is no relationship of family support towards the husband's smoking behavior within the home within the Ulee Susu Subdistrict of Darul Imarah District 2017 with *P.Value 0.23*.

To all wives, it is expected to be negative toward the behavior of husbands who smoke in the house as dare to rebuke (with polite) if the husband smokes, not to let the husband smoke in the house, although not in front of children and must dare to ban the husband to smoke. Not supporting husbands to smoke in the home such as they can move to another place if the husband smokes, does not allocate time when the husband smokes, does not provide facilities such as ashtrays, matches, money or buy cigarettes for husbands in addition for the leaders of Darul Imarah Puskesmas can improve the knowledge of the community (especially husbands) about the bad effects of smoking, especially smoking in the house.

## THE GRATITUDE EXPRESSION

The author would like to thank the Director of Poltekkes Kemenkes Aceh, Head of Nursing Department, Head of Nursing Studies Program B.Aceh, Head of Darul Imarah Community Health Center and the staff, Headman in Ulee Susu Sub-district and all parties who have helped the implementation of this research runs smoothly.

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