

## ABSTRAK

### PERILAKU *SMOKING CESSATION* BERDASARKAN TEORI *TRANSTHEORETICAL MODEL* PADA MAHASISWA FAKULTAS KEDOKTERAN UNIVERSITAS LAMPUNG

Oleh

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**Latar Belakang:** Kebiasaan merokok dapat menurunkan status kesehatan individu dan *smoking cessation* bukanlah hal yang mudah ataupun singkat untuk dilakukan. Teori *Transtheoretical Model* menggambarkan bagaimana perubahan perilaku adiktif seperti merokok dapat terjadi. Seiring dengan bertambahnya jumlah perokok aktif pada kelompok usia muda, peneliti ingin mengetahui bagaimana perubahan perilaku *smoking cessation* berdasarkan teori *Transtheoretical Model* yang terjadi pada mahasiswa perokok aktif di Fakultas Kedokteran Universitas Lampung.

**Metode:** Penelitian ini merupakan penelitian kualitatif dan menggunakan pendekatan fenomenologi. Informan dalam penelitian adalah mahasiswa perokok aktif dan mantan perokok aktif di Fakultas Kedokteran Universitas Lampung. *Sampling* menggunakan metode *snowball sampling* dan proses pengambilan data dilakukan melalui wawancara mendalam (*in-depth interview*). *Sampling* dan pengambilan data dilakukan hingga didapatkan data jenuh. Analisis data penelitian dilakukan berdasarkan model analisis data *Miles* dan *Huberman*.

**Hasil:** Gambaran tahap perubahan perilaku *smoking cessation* berdasarkan teori *Transtheoretical Model* pada mahasiswa perokok aktif di Fakultas Kedokteran Universitas Lampung terdiri dari mahasiswa yang berada di tahap *contemplation*, *preparation*, dan *maintenance*. Faktor pendorong perilaku merokok dan hambatan dalam proses *smoking cessation* secara garis besar dibagi menjadi dua, yakni faktor eksternal dan internal. Sikap terhadap *smoking cessation* pada mahasiswa perokok aktif dibagi menjadi dua, yakni sikap yang menganggap *smoking cessation* adalah hal yang penting dan bukan hal yang penting.

**Kesimpulan:** Perilaku *smoking cessation* pada mahasiswa perokok aktif di Fakultas Kedokteran Universitas Lampung sesuai dengan teori *Transtheoretical Model* dan dapat diamati karakteristik khususnya pada masing-masing tahap.

**Kata Kunci:** *Smoking cessation*, *Transtheoretical Model*, mahasiswa perokok aktif

## ABSTRACT

### **SMOKING CESSATION BEHAVIOUR BASED ON THE TRANSTHEORETICAL MODEL THEORY IN STUDENTS AT THE FACULTY OF MEDICINE UNIVERSITY OF LAMPUNG**

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**Background:** The smoking habit can reduce an individual's health status and *smoking cessation* is not an easy or short thing to do. The *Transtheoretical Model* theory describes how changes in addictive behaviour such as smoking can occur. Along with the increasing number of active smokers in the young age group, researchers want to know how changes in *smoking cessation* behaviour based on the *Transtheoretical Model* theory occur in active smoking students at the Faculty of Medicine, University of Lampung.

**Method:** This research is qualitative research and uses a phenomenological approach. The informants in the research were students who were active smokers and former active smokers at the Faculty of Medicine, University of Lampung. *Sampling* used the *snowball sampling* method and the data collection process was carried out through *in-depth interviews*. *Sampling* and data collection were carried out until saturated data was obtained. Research data analysis was carried out based on the *Miles and Huberman* data analysis model.

**Results:** An overview of the stages of change in *smoking cessation* behaviour based on the *Transtheoretical Model* theory for active smoking students at the Faculty of Medicine, University of Lampung consisting of students who are in the *contemplation*, *preparation* and *maintenance* stages. Factors driving smoking behaviour and obstacles in the *smoking cessation* process are broadly divided into two, such as external and internal factors. Attitudes towards *smoking cessation* among active smoking students are divided into two, namely attitudes that consider *smoking cessation* to be important and not important.

**Conclusion:** *Smoking cessation* behaviour among active smoking students at the Faculty of Medicine, University of Lampung is in accordance with the *Transtheoretical Model* theory and special characteristics can be observed at each stage.

**Keywords:** *Smoking cessation*, *Transtheoretical Model*, active smoking students