

HUBUNGAN KEHADIRAN AYAH SEBAGAI *ROLE MODEL* DAN *SELF-EFFICACY* MENOLAK ROKOK DENGAN PERILAKU MEROKOK PADA REMAJA DI SMAN 2 DEPOK

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Abstrak

Perilaku merokok pada remaja masih menjadi permasalahan kesehatan masyarakat yang terus meningkat dan dipengaruhi oleh berbagai faktor internal maupun eksternal. Faktor eksternal yang berperan penting adalah kehadiran ayah sebagai *role model*, sedangkan faktor internal meliputi *Self-efficacy* remaja dalam menolak rokok. Kehadiran ayah yang memberikan teladan positif serta tingkat *Self-efficacy* yang baik diharapkan mampu membantu remaja menghindari perilaku berisiko, khususnya perilaku merokok. Penelitian ini bertujuan untuk mengetahui hubungan kehadiran ayah sebagai *role model* dan *Self-efficacy* menolak rokok dengan perilaku merokok pada remaja di SMAN 2 Depok. Penelitian ini menggunakan desain analitik observasional dengan pendekatan cross-sectional. Teknik pengambilan sampel yang digunakan adalah stratified random sampling dengan jumlah responden sebanyak 273 siswa kelas X dan XI. Data dikumpulkan menggunakan kuesioner *Father Involvement Scale*, *Smoking Self-efficacy Questionnaire-12* (SEQ-12), dan *Global Tobacco Surveillance System* (GTSS), kemudian dianalisis secara univariat dan bivariat menggunakan uji *Chi-Square*. Hasil penelitian menunjukkan adanya hubungan yang signifikan antara kehadiran ayah sebagai *role model* dengan perilaku merokok remaja serta antara *Self-efficacy* menolak rokok dengan perilaku merokok remaja ($p < 0,05$). Penelitian ini menyimpulkan bahwa peran ayah dan penguatan *Self-efficacy* memiliki peranan penting dalam upaya pencegahan perilaku merokok pada remaja.

Kata kunci: remaja, perilaku merokok, kehadiran ayah, *role model*, *Self-efficacy*

**THE RELATIONSHIP BETWEEN FATHER'S PRESENCE AS A
ROLE MODEL AND SELF-EFFICACY TO REFUSE
CIGARETTES WITH SMOKING BEHAVIOR IN ADOLESCENT
AT SENIOR HIGH SCHOOL 2 DEPOK**

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Abstract

Adolescent smoking behavior remains a public health problem that continues to increase and is influenced by various internal and external factors. An important external factor is the presence of fathers as role models, while an internal factor includes adolescents' Self-efficacy in refusing cigarettes. Positive father role modeling and strong Self-efficacy are expected to help adolescents avoid risky behaviors, particularly smoking. This study aimed to examine the relationship between fathers' presence as role models and smoking refusal Self-efficacy with smoking behavior among adolescents at Senior High School 2 Depok. This study employed an observational analytic design with a cross-sectional approach. Stratified random sampling was used, involving 273 students from grades X and XI. Data were collected using the Father Involvement Scale, the Smoking Self-efficacy Questionnaire-12 (SEQ-12), and the Global Tobacco Surveillance System (GTSS), and were analyzed through univariate and bivariate analyses using the Chi-Square test. The results showed a significant relationship between fathers' presence as role models and adolescent smoking behavior, as well as between smoking refusal Self-efficacy and smoking behavior ($p < 0.05$). This study concludes that fathers' involvement and the strengthening of Self-efficacy play an important role in preventing smoking behavior among adolescents.

Keywords: *adolescents, smoking behavior, father presence, role model, Self-efficacy*