

Preventing Smoking Behavior with Barcotidi

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Abstract: Smoking is a habit of consuming cigarettes that is carried out in daily life, and becomes an unavoidable need for cigarette addicts. Cigarettes have a very big danger to health. Many consequences of diseases that can be caused by smoking such as: lung disease, kidney, heart, hypertension, and even death. Currently, cigarettes are not only favored by adults but also children. Currently, not only senior or junior high school, but also elementary school children have smoked a lot. This habit would damage the growth and development of children at an early age which will result in the destruction of the younger generation. With Barcotidi, children will understand the dangers of smoking. Barcotidi is a 3D comic which includes a barcode. In the barcode, there is an audiovisual of the contents of the comic, which can be opened after scanning the code. With the Barcotidi, children can learn and know the dangers of smoking and the contents of cigarettes that will damage the health of the body. In addition, teachers can also use Barcotidi comics as a medium in conveying smoking material. This comic is also a medium for parents to teach children the dangers of smoking from an early age so that the death rate due to smoking can decrease.

Keywords: Barcode, Comic, 3D, Smoking

Introduction

Cigarettes are cylinders of paper measuring 70 mm to 20 mm long (varies) with a diameter of about 10 mm. In cigarettes, there are chopped tobacco leaves and to enjoy cigarettes, we can burn the ends of cigarettes containing tobacco, according to Andriyani (2010: 2). We already know that cigarettes can cause health problems caused by carbon monoxide, nicotine substances, tar, hydrogen cyanide, benzene formal dehidra, arsenic, cadmium and ammonia. These substances will have a long impact on the growth and development of children. Children will be protected from the dangers of smoking. This can prevent smoking behavior from an early age so that children are not dependent on smoking health. Then instill awareness in children about the dangers of smoking and can leave the smoking culture.

Smoking contains substances that are not good for the body, for example, tar and nicotine, which can lead to dependence and interference with children's health. So that the development of children can also be hampered. Disrupted child development will also have an impact on children's education.

There have been many children under the age who are familiar with smoking. As a result of smoking behavior, many children are found whose health is disturbed, such as coughing, lung disease, and respiratory problems, and can even cause deadly diseases. However, many children do not understand the consequences of smoking behavior.

Data from the Ministry of Health (Kemenkes) 2018 states that as many as 2-3 out of 10 children in Indonesia aged 15-26 years are active smokers. The number of smokers under the age of 18 also increased from 72% in 2017 to 8.8% in 2018. The fact that is also worrying is that 34.71% of children aged 5-17 years are known to smoke more than 70 cigarettes per week (Dian, 2018). There is also data from the national commission of children protection showing the number of smokers of children under the age of 10 in Indonesia has reached 23,900 people (Dian, 2018)

The aims of this scientific work are: (1) Describe the smoking prevention program for elementary school children (2) Describe how to make Barcotidi (3)

Describe the steps of the Barcotidi program (4) Describe the parties that support the Barcotidi program

The benefits of this scientific work are: (1) The existence of writing this scientific paper can make children avoid diseases caused by smoking (2) Can reduce the smoking population in elementary school children (3) By delivering this information, children can understand the dangers of smoking.

Method

The approach used in this paper is descriptive qualitative based on literature review and observation. Primary data includes observational data. Secondary data includes: (1) books relevant to the topic of writing, (2) scientific papers, (3) articles from the internet, and (4) research results. The data collection is secondary data in the form of relevant theories were obtained by the literature review method. The data obtained were analyzed descriptively qualitatively. The preparation of this paper has gone through systematic steps, so that the results of a complete and structured study are obtained. The steps taken in writing this paper are: (1) finding and formulating problems, (2) finding and selecting relevant literature sources, (3) analyzing data to answer problems, (4) formulating alternatives solving problems, (5) drawing conclusions and recommending suggestions, and (6) compiling written papers.

Result and Discussion

Urgency

Many elementary school children are familiar with cigarettes, so that it becomes a culture among elementary school children. Because many children are not afraid of the dangers of smoking and are influenced by an environment that likes to smoke. Like children imitating adults who smoke, receiving invitations from friends, smoking is considered an act that is considered cool among their friends. Though cigarettes can cause disease disorders in children and even addiction to smoking and children are often found affected by smoking.

Old ideas implemented; First, many children like comics because children really like illustrated stories with story characters and fun plots for children so that children will enjoy reading about the dangers of smoking (Salawati & Indrawati, 2016). Second, individual counseling on smoking behavior is very important for students because teachers can give explanations about the dangers of smoking, and teachers can provide solutions or responses to children about smoking. Third, video leaflets and infographics among children are very popular with children in the form of animation and can be enjoyed by all ages, from children to adults (Ambarwati, 2014). Fourth, reduce smoking habits using the Counseling approach behavior strategy self-control (Ratna, 2012). Fifth, the application of cognitive-behavioral group counseling to reduce smoking behavior. Sixth, the application of counseling with symbolic modeling techniques to reduce the level of smoking habits in students. Seventh, by using the adolescent guidance method in the prevention of smoking behavior (Anwar, 2018). Eighth, by using the RIAS Program (Anti Cigarette Youth Community): Preventing and overcoming smoking addiction in adolescents (Rahayuwati, 2014), Ninth, the existence of smoking addiction therapy using the Spiritual Emotional Freedom Technique or SEFT (Nurjanah, 2019). Tenth, self-management training on smoking behavior in adolescents (Puspitasari, 2017). Eleventh, with Smoking Quitting Rehabilitation Applications (Mawan & Fuadi, 2014).

In this application it has a weakness that is like reading comics, but not necessarily children will read it because children prefer to see pictures than reading. At school teachers also do not monitor children at home or in the community because teachers only see children at school at home, children can

pay attention to videos, but videos about dangers of smoking is rarely accessed by children, even though the videos are funny because children prefer animated video cards that are more interesting and liked by children. The existence of several methods in counseling also has several weaknesses, namely the absence of open acknowledgment by students when interviewed, unable to fully monitor children's development after counseling, the results of counseling have not sufficiently influenced students to stop smoking.

Barcotidi

Barcotidi (Barcode of 3D Comic) is one of the innovations in learning material about smoking in the form of a comic book and equipped with audio-visual and barcode-based technology. Barcotidi basically a comic book with pictures and barcodes in it, the barcode will be directly connected to audio-visual based. Audiovisual contains material about smoking that has been designed in the form of sound, images, and comic books. Material in audio-visual based and barcodes has been adapted to the smoking structure material in schools. Barcotidi made to make it easier for teachers and children to convey and understand learning materials about smoking.

The method used to realize Barcotidi as follows: Inviting IT experts, comic experts, and teachers to work together in making Barcotidi designs in order to get results that are in accordance with what is expected.

The following is a description of the steps that must be taken to make Barcotidi:

- a. Analysis: At this stage, the team analyzed existing comic books and created a comic book about smoking equipped with a barcode called Barcotidi (3D Comic Barcode). After that, start by planning the design form of the which will be made in accordance with the material to be taken.
- b. Design: In the design stage (design), the team creates and designs program architecture specifications, comic book designs, barcode designs, and audiovisual designs as well as any materials needed for the application.
- c. Development: At this stage, the team collects materials according to manufacturing needs. On manufacture, Barcotidi comic books are made which are equipped with images that have been given a barcode, the barcode can be scanned and will be directly connected to the audiovisual. This audiovisual contains learning materials about smoking.

After the child introduces Barcotidi, it can increase the awareness of elementary school children about the dangers of smoking. After children understand the dangers of smoking, it is hoped that it can reduce children's curiosity about cigarettes. Moreover, it can make children afraid of smoking because of the consequences of smoking.

Barcode requires parties who can help implement it as follows: [1] IT experts help apply the design of audiovisual, comic and barcode scanning. [2] Comic experts help in creating comic books that contain barcodes [3] The teacher is the giver of the material that will be presented in the audiovisual.

How to play the Barkotidi application are: [1] Students must have a cellphone and then install the Barkotidi application [2] Then students open a comic application that provides information services about smoking [3] In the application, students will be provided with pictures about the dangers of smoking [4] Then students are invited to read comics that contain the effects experienced when smoking so that students will understand.

Conclusion

Barcotidi is one of the innovations in learning material about smoking in the form of a comic book and equipped with audio-visual and barcode-based technology. Barcotidi basically a comic book with pictures and barcodes in it, the

barcode will be directly connected to audio-visual based. Audiovisual contains material about smoking that has been designed in the form of sound, images, and comic books. Material in audio-visual based and barcodes has been adapted to the smoking structure material in schools. Barcotidi made to make it easier for teachers and children to convey and understand learning materials about smoking.

Identify manufacturing procedures Barcotidi interesting and can be a learning medium for children in smoking learning materials. And with socialize the use of Barcotidi to the related parties. Implementation of Health learning about the material smoke by using Barcotidi.

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Appendix



Figure 1: The Front Cover



Figure 2: The front



Figure 3: The bad kids