

## FATHERING INFLUENCES PREDICT TEENAGER SMOKING ADDICTION: A CROSS-SECTIONAL STUDY

### *Peran Ayah Dan Kecanduan Merokok Pada Remaja: Studi Cross-Sectional*

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#### ABSTRACT

**Background:** In Medan City, it was found that 12.42% of adolescents aged 15–24 years, or approximately 48,311 adolescents, are smokers. Adolescents without a father figure are more prone to psychological issues, which may eventually lead to negative behaviors such as smoking. **Purpose:** To analyze the level of adolescent smoking addiction and how the father's role influences it. **Methods:** A quantitative analytic survey with a cross-sectional design. The population consisted of high school students, with a sample of 1,221 adolescents, characterized by having lived in Medan for at least five years. Instruments used were the Glover–Nilsson Smoking Behavioral Questionnaire (GN-SBQ) and the Fatherhood Scale 64 (FS-64). Data was analyzed using ANOVA and Pearson Correlation. **Results:** Fatherless adolescents showed an increase of 2.95 points in smoking behavior compared to those with a father figure. There was a significant negative correlation of -0.121, indicating that the higher the father's role score, the lower the smoking addiction. **Conclusion:** The lack of a father's role in a child's life leads to smoking addiction. Therefore, fatherless adolescents greatly need the involvement of close relatives, such as uncles and grandfathers, to act as substitute father figures and engage in positive activities together.

**Keywords:** father's role, smoking addiction, adolescents

#### ABSTRAK

**Latar Belakang:** Di Kota Medan ditemukan sebesar 12,42% remaja usia (15-24 tahun) yang merokok atau sekitar 48.311 remaja di Kota Medan adalah seorang perokok. Remaja yang tanpa peran ayah sangat memicu peningkatan psikologis yang akhirnya akan menyebabkan remaja berperilaku negatif seperti merokok. **Tujuan:** Untuk menganalisis tingkat kecanduan rokok remaja serta bagaimana peran ayah mempengaruhinya. **Metode:** Survey analitik kuantitatif dengan desain cross sectional. Populasi adalah remaja yang sedang duduk di bangku SMA dengan sampel sebanyak 1221 remaja, dengan karakteristik remaja yang tinggal di Medan paling sedikit 5 tahun. Instrumen menggunakan Glover–Nilsson Smoking Behavioral Questionnaire (GN-SBQ) dan Fatherhood Scale 64 (FS-64). Menggunakan statistik Anova, dan Korelasi Pearson. **Hasil:** Fatherless akan meningkatkan 2.95 poin remaja berperilaku merokok dibandingkan dengan remaja yang tidak fatherless. Terdapat korelasi negatif signifikan sebesar -0.121 dimana semakin tinggi skor peran ayah semakin rendah kecanduan merokok. **Kesimpulan:** Kurangnya peran ayah dalam kehidupan anak menyebabkan anak kecanduan merokok. Oleh sebab itu, remaja yang fatherless sangat diperlukan peran orang terdekatnya yang melibatkan figur pengganti ayah seperti paman dan kakek untuk bersama-sama melakukan kegiatan positif.

**Kata Kunci:** peran ayah, kecanduan merokok, remaja

## INTRODUCTION

The family is the primary social environment that influences a child's psychological and behavioral development. Within the family structure, the father plays a crucial role in shaping a child's character, emotional control, and behavior, including decision-making and self-control. However, many fathers are still not actively involved in parenting. Based on research (KPAI, 2020) on the quality of childcare in Indonesia, using a scale of 1-5, only 2.61 prospective fathers had ever sought information about childcare. This clearly illustrates that prospective fathers have very limited knowledge about caring for and educating their children.

Poor paternal care results in the phenomenon of fatherlessness. Typically, fatherless adolescents experience feelings of envy, a desire to be loved and spend time with their father like other children, sadness due to not being close to their father, and fatigue with their father's treatment. These feelings are negative emotions that, if persistent, can lead to stress. Unmanaged stress can lead adolescents to engage in risky behaviors such as smoking (Hidayah *et al.*, 2020).

Research (Zakiyah *et al.*, 2023) suggested that adolescents who experience a lack of father involvement are more susceptible to cigarette addiction. Adolescents who lack strong emotional control or feel psychologically depressed are more likely to use cigarettes as a means of coping, as the nicotine in cigarettes can provide a temporary calming effect. Stressed adolescents who lack a father's involvement are known to be 1.74 times more likely to become smokers (Altwick-Hátori *et al.*, 2024). Research (Farooqui *et al.*, 2023) explains that smoking addiction in adolescents is also associated with low self-esteem, rebelliousness, stress, and/or anxiety caused by fatherlessness. Fathers who are less active in fulfilling their role as fathers

will have various negative impacts on their children (Nurmalasari *et al.*, 2024).

Globally, the problem of smoking among adolescents is a serious concern. In 2019, approximately 1 billion people smoked worldwide, including 878 million men and 153 million women (World Health Organization, 2021). As many as 25 million of these smokers are teenagers (Tan & Dorotheo, 2021). In Indonesia, the prevalence of smoking among teenagers aged 13 to 18 is 38.3%. This percentage is much higher than neighboring countries such as Malaysia (20.6%), Thailand (17.2%), and Myanmar (17.2%). Based on the latest data from the Indonesian Health Survey (SKI) from the Indonesian Ministry of Health in 2023, the number of active smokers is estimated at 70 million, of which 56.5% are smokers in the 15-19 age group, followed by 18.4% in the 10-14 age group. In North Sumatra, 26.9% of the population smokes.

Given the high rate of adolescent smoking, particularly in Indonesia and North Sumatra, and the relationship between fathers' roles and adolescent smoking tendencies, this study is critical. The study aims to analyze the level of cigarette addiction in teenagers and how father involvement influences it. The resulting data can serve as a reference source for the Medan City Government, such as interventions for teenagers experiencing smoking addiction, particularly due to fatherlessness.

## METHOD

### Study Design

This study was a quantitative analytical survey with a cross-sectional design. The aim was to determine the number of respondents (surveys) for each variable and the relationship between fatherlessness and smoking addiction among adolescents. The study was conducted in September 2024 in Medan City.

Thirteen sub-districts were selected for this study, using a randomized cluster-based selection technique using the C-Survey application. Cluster random sampling was used in this study, randomly selecting sub-districts for sampling.

### **Population and Sample**

The population in this study was 81,038 high school students. A sample size of 1,221 was obtained. Data collection used an accidental sampling technique, where anyone who happened to meet the researcher and met the inclusion criteria was selected as the sample. The inclusion criteria were adolescents who had lived in Medan for at least 5 years.

### **Research Instrument**

This study used the Glover–Nilsson Smoking Behavioral Questionnaire (GN-SBQ). The GN-SBQ questionnaire consists of 11 questions that have been tested for validity with a Cronbach's alpha value of 0.82 using a Likert scale (Rath *et al.*, 2013). Respondents who do not smoke still answer the self-profile instrument on the first question regarding smoking status. If they do not smoke, they do not answer the GN-SBQ questionnaire and are given a score of (0). The GN-SBQ answer choices consist of the categories never, rarely, sometimes, often, and very often, with a scoring of 1 2 3 4 5. For categorization, it consists of no smoking (0), moderate (1-22), high ( $\geq 23$ ). Meanwhile, the Fathering variable uses the Fatherhood scale 64 (FS-64) instrument. A total of 64 questions consisting of 9 subscales that have been tested for validity with a Cronbach's alpha value of 0.98. Questions are in a positive-negative form with alternative answers being never, rarely, sometimes, often, and always. The assessment scores were categorized as Fatherless ( $>128$ ), moderate (128-256), and fathers have a positive role ( $>256$ ).

### **Data Collection Techniques**

The data source was primary data. Data collection was conducted through interviews or self-completed questionnaires. This data collection option was tailored to the students' comfort and preferences. Prior to data recording, respondents were asked for their consent. If they agreed to participate, they completed an informed consent form. After the respondents completed the questionnaire, the enumerator checked the completeness of the questionnaire to ensure no missing answers. The enumerators in this study were students from the Faculty of Public Health at the State Islamic University of North Sumatra. They underwent rigorous training prior to data collection.

### **Data Analysis**

Data analysis was conducted using univariate and bivariate methods. The univariate analysis presented the results of proportion and central tendency tests. The bivariate analysis used one-way ANOVA and correlation. This analysis was conducted to determine differences in smoking addiction levels based on paternal status. Non-smokers were included in this statistical analysis because smoking data was analyzed in scoring, and non-smoking respondents received a score of 0.

### **Ethical Clearance**

This research was conducted in accordance with ethical principles in research and obtained ethical clearance from the Faculty of Public Health, Airlangga University, No. 46/EA/KEPK/2025. Prior to data collection, the researcher obtained approval to conduct this research as part of one of the research requirements. The collected respondent data will be kept confidential and will only be used for academic purposes.

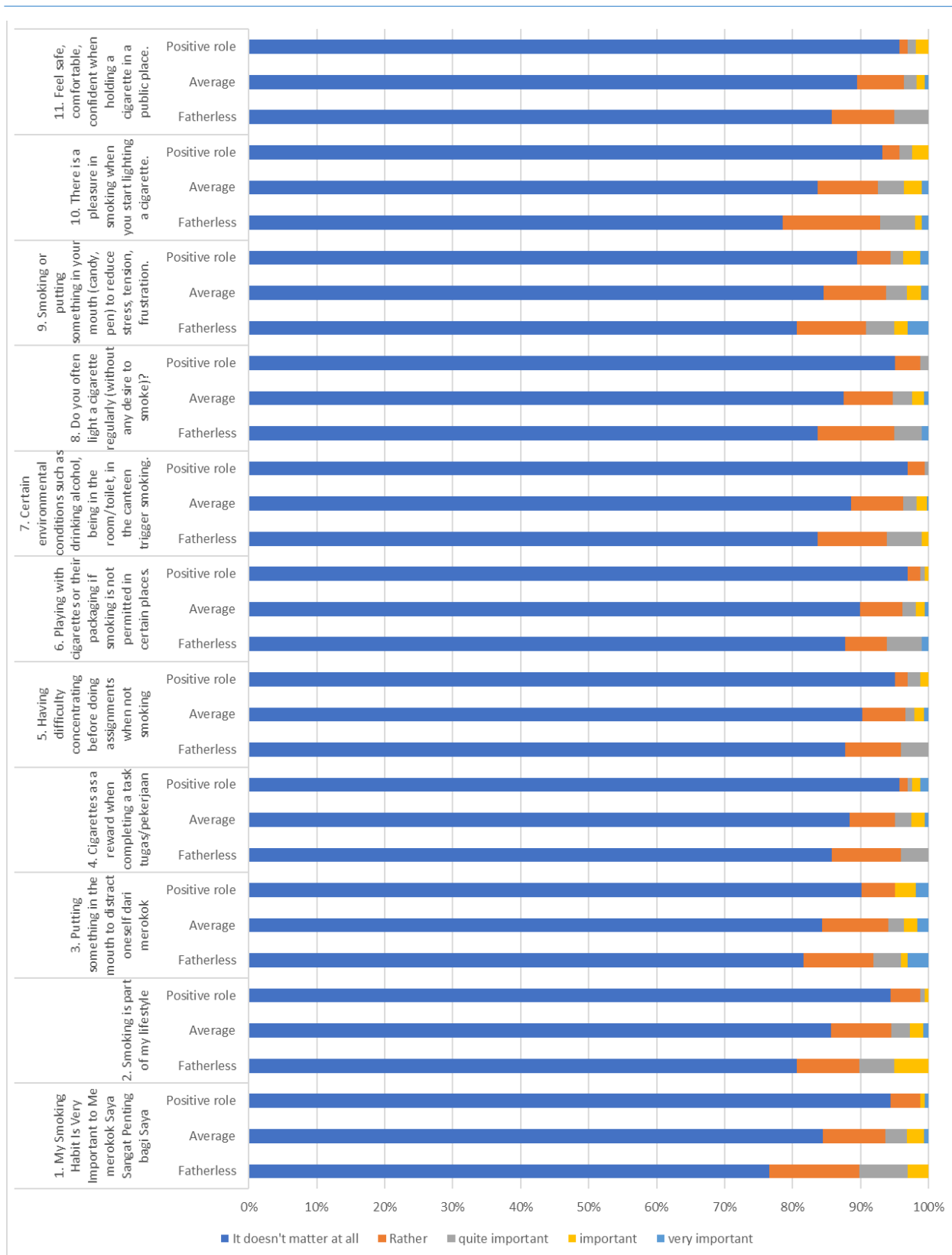
## RESULT

**Table 1.** Respondent Characteristics based on Smoking Addiction Group

Characteristics	Smoking Addiction Group			
	No Smoking	Light	Heavy	Total
<b>Gender</b>				
Male (n/%)	330/35.4%	195/72.8%	16/80.0%	541/44.3%
Female (n/%)	603/64.6%	4/22.2%	4/20.0%	680/55.7%
<b>Residential Status</b>				
Lives with both parents (n/%)	761/81.6%	215/80.2%	973/81.3%	996/81.6%
Lives with mother only (n/%)	93/10.0%	25/9.3%	0/0.0%	118/9.7%
Lives with father only (n/%)	25/2.7%	9/3.4%	0/0.0%	34/2.8%
Neither (n/%)	54/5.8%	19/7.1%	0/0.0%	34/6.0%
<b>Grade</b>				
Grade 10 (n/%)	336/36.0%	90/33.6%	6/30.0%	432/35.4%
Grade 11 (n/%)	337/36.1%	89/33.2%	6/30.0%	432/35.4%
Grade 12 (n/%)	260/27.9%	89/33.2%	8/40.0%	357/29.2%
<b>Residence (Sub-district)</b>				
Medan Selayang (n/%)	1/1,7%	35/5,6%	1/5,0%	74/6,1%
Medan Belawan (n/%)	5/6,8%	25/9,3%	1/5,0%	89/7,3%
Medan West (n/%)	65/6,8%	20/7,5%	4/20,0%	89/7,3%
Medan Amplas (n/%)	52/5,6%	18/6,7%	3/15,0%	73/6,0%
Medan Polonia (n/%)	60/6,4%	12/4,5%	2/10,0%	74/6,1%
Medan East (n/%)	71/7,6%	22/8,2%	0/0,0%	93/7,6%
Medan Johor (n/%)	75/8,0%	20/7,5%	1/5,0%	96/7,9%
Medan Sunggal (n/%)	110/11,8%	28/10,4%	0/0,0%	138/11,3%
Medan Deli (n/%)	69/7,4%	38/14,2%	4/20,0%	111/9,1%
Medan Tembung (n/%)	84/9,0%	20/7,5%	1/5,0%	105/8,6%
Medan Kota (n/%)	74/7,9%	11/4,1%	1/5,0%	86/7,0%
Medan Labuhan (n/%)	70/7,5%	21/7,8%	1/5,0%	92/7,5%
Medan Tuntungan (n/%)	83/8,9%	17/6,3%	1/5,0%	101/8,3%
<b>Age in years (n/mean±SD)</b>	933/15.9±0.9	268/16.1±0.96	20/16.2±0.91	1221/15.9±0.98
<b>Length of Residence in Medan in years (n/mean±SD)</b>	933/14.5±3.3	268/14.9±3.5	20/13.6±4.0	1220/14.6±3.3

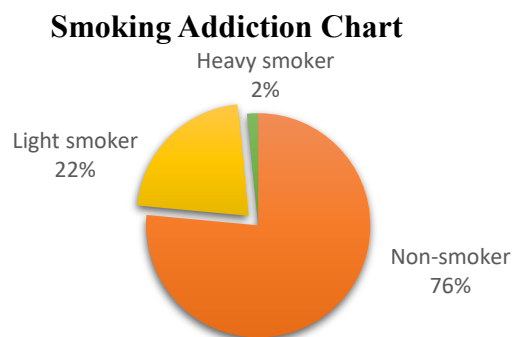
Based on Table 1 above, it was found that the sub-districts with the highest number of teenagers with heavy smoking addictions were West Medan and Medan Deli, while the sub-districts without heavy smoking addictions were East Medan and Medan Sunggal. Medan Kota was the sub-district with the lowest number of moderate smoking addictions among the other sub-districts. Based on field findings, the high number of adolescents addicted to heavy smoking in the

districts of West Medan and Medan Deli is caused by adolescents who live in dysfunctional families, have fathers who are alcoholics and often beat their children and wives, and have parents who frequently fight, the main cause of which is economic problems. Adolescents who are not close to their fathers feel lonely and stressed, so they resort to smoking as a coping strategy until they become addicted.



**Figure 1.** Distribution of Answers on Cigarette Addiction Based on Fathering Among Smoker Respondents (n=288)

From Figure 1 above, all groups of fatherless adolescent smokers most often answered that it was very important to “smoke or put something in your mouth (candy, pen) to reduce stress, tension, frustration” and “put something (gum, pen, or other object) in your mouth to distract yourself from smoking.” It was also found that adolescents in the fatherless group were the least likely to answer “not important at all” on every aspect of smoking addiction.



**Figure 2.** Smoking Addiction Chart

As shown in Figure 2, 2% of respondents were found to be heavily addicted to smoking.

**Table 2.** ANOVA Test and Pearson Correlation. Analysis of the Influence of Fathering on Differences in Smoking Scores (n=1221)

Variable Score	Mean Skor of <i>Fathering Level</i>				Posthoc Test (P-Value between groups)		
	Fatherless(F)	Moderate (S)	Positive Role (P)	P-Value	F vs S	F vs P	S vs P
Smoking Addiction Score	2.95	2.37	1.17	0.019*	0.331	0.013*	0.012*

Skor <i>Fathering</i>			
Variable	n	P-Value	r
Smoking Addiction Score	1221	0.000*	-0.121

Based on Table 2, ANOVA and Pearson's correlation analysis have been performed, which have been previously analyzed for normality. It can be concluded that: The average smoking addiction score of fatherless adolescents is 1.78 points higher than the smoking addiction score of adolescents with positive father roles. The average smoking addiction score of adolescents with a neutral father figure is 0.53 points higher than the smoking addiction score of adolescents with a positive father figure. There is a significant negative correlation where the higher the fathering score, the lower the smoking addiction among adolescents.

## DISCUSSION

As indicated by the findings presented in Table 2, a thorough investigation

was undertaken on the adolescent sample, revealing a substantial negative correlation between paternal and smoking scores. Consequently, a negative correlation has been observed between paternal involvement and the prevalence of adolescent smoking. These results also demonstrate that the absence of paternal influence in a child's life can lead to a heightened propensity for smoking, manifesting in both severe and mild categories. This finding aligns with the conclusions of previous studies, which indicated that the absence of paternal presence and the lack of engagement from fathers can result in adverse behavioral outcomes, including juvenile delinquency. Such outcomes may manifest in various forms, such as smoking, truancy, academic neglect, alcohol consumption, and internet or gaming addiction (Hidayah *et al.*, 2020;

Wibiharto *et al.*, 2021; Zulkarnaini & Nio, 2023).

Children who experience the absence of a father figure are likely to engage in various coping strategies. Coping strategies have been defined as efforts to manage stress when confronted with changes in conditions or stressful situations in one's life (Mulianingsih & Dewi, 2022; Stephenson & DeLongis, 2020). The utilization of these coping strategies is also attributable to the experience of loneliness, a condition that has the potential to result in a number of problematic outcomes, including, but not limited to, negative behavior, stress symptoms, depression symptoms, dependency, and even suicide (Cristy & Soetikno, 2023).

Individuals employ a variety of coping strategies, which can be categorized as positive or negative. This study, based on interviews, found that adolescents who experience fatherlessness and lack close relationships with their fathers often resort to smoking as a coping mechanism, leading to addiction in some cases. This finding aligns with the observations reported in the literature (Indriana, 2023; Rachmawati & Rahmasari, 2024). Specifically, research indicates that adolescents who are exposed to a fatherless environment are more likely to engage in smoking as a coping mechanism, finding solace and tranquility in the act. This is attributed to the calming effect attributed to smoking, which provides a sense of relaxation and calm. Concurrently, studies have demonstrated that individuals often utilize smoking as a coping mechanism to alleviate stress or to address their challenges.

The findings of the study indicate that the mean smoking addiction score of adolescents lacking a father figure is 1.78 points higher than the smoking addiction score of adolescents with a positive father figure. This suggests a negative correlation

between the presence of a positive father figure and the likelihood of smoking among adolescents. Consequently, the role of fathers in their children's lives is of paramount importance in the reduction of adolescent smoking. It is well-documented that smoking has a multitude of deleterious effects on children, both in terms of physiology and psychology. The impact of smoking on intelligence levels and health is well-documented. The combustion of tobacco in cigarettes has been shown to result in the accumulation of various substances, including carcinogens, that can lead to a decrease in physical stamina and motivation to engage in academic pursuits (Tauho & Gulo, 2023). Consequently, therapeutic interventions aimed at curbing smoking behavior are imperative. One such approach is the Spiritual Emotional Freedom Technique (SEFT). SEFT is a self-development technique that integrates the principles of acupuncture and psychology, augmented by a universal spiritual dimension. The SEFT technique was first initiated and developed by H. Ahmad Faiz Zainuddin, S.Psi., M.Sc., an Indonesian researcher. SEFT consists of three steps: Set up, tune in, and tapping.

The efficacy of this therapeutic approach in reducing smoking addiction rates and facilitating smoking cessation has been well-documented (Kristanto & Indriati, 2023; Nurjanah, 2019; Purwandari *et al.*, 2020). Research findings (Kristanto & Indriati, 2023) revealed that there was an average change in the number of cigarettes smoked per day from 6 to 3.6 (a 40% reduction) after therapy among adolescents in Surakarta City. The findings (Nurjanah, 2019) also demonstrated a successful cessation of smoking in adolescents who had developed an addiction to smoking, achieved through the application of SEFT. One of the adolescents who had been an active smoker since the third grade of elementary school,

consuming a pack of cigarettes daily, reported a change in the perception of the flavor of cigarettes. After undergoing therapeutic interventions, the adolescent noted a change in their physical state, characterized by a sense of numbness and dizziness when smoking.

Furthermore, in addressing the issue of children grappling with smoking addiction and the absence of a paternal figure, the role of the mother assumes significant importance. Children who experience the absence of a father yet maintain a maternal figure can often find solace and emotional support from their mother. Children who do not have a father figure may experience emotional emptiness and uncontrolled emotions, which can lead them to seek escape and release. Consequently, it is imperative for mothers to cultivate transparent and genuine communication with their children, thereby fostering a sense of value and providing a secure emotional support system. The absence of adequate supervision and the lack of structured routines have been identified as contributing factors to the development of addiction. Consequently, it is imperative for mothers to implement daily routines and engaging activities that encourage children to spend more time together engaged in constructive activities. Furthermore, it is recommended that individuals seeking assistance in addressing mental health challenges, including psychological counseling and family therapy, seek the guidance of trained professionals. These services can play a crucial role in addressing the mental conflicts experienced by both the child and the mother (Kuadio, 2021).

As indicated by the data presented in Table 1, the subdistricts with the highest number of adolescents exhibiting a strong proclivity for smoking addiction are Medan Barat and Medan Deli, which are the subdistricts with the highest number of

adolescents exhibiting a strong proclivity for smoking addiction in Medan City. A review of field findings indicates that the high number of adolescents with a heavy smoking addiction in the Medan Barat and Medan Deli subdistricts is attributable to several factors. First, many adolescents reside in dysfunctional families or "broken homes." Second, some parents are alcoholics who frequently abuse their children and spouses. Third, parents often engage in frequent conflict, primarily due to economic hardship. Adolescents who do not have a close relationship with their fathers often experience feelings of loneliness and stress. These feelings can lead to the adoption of coping strategies, such as smoking, which can result in addiction. Research indicates that environmental influences, particularly the influence of peers, play a significant role in the development of smoking addiction among adolescents (Wirawati & Sudrajat, 2021). The present study posits that adolescents who are exposed to an environment characterized by permissiveness are more susceptible to engaging in smoking behaviors (Wijaya *et al.*, 2022).

This study boasts several merits, chief among them being its flexibility in terms of location. The measurement of variables independent of geographical constraints is a notable strength. The sample in this study is sufficiently large to ensure the representativeness of the respondents, thereby validating the findings and generalizability of the results. This study is unique in its focus on smoking addiction in adolescents in the context of fatherlessness in the city of Medan. To the best of our knowledge, it is the only study that has measured smoking addiction due to fatherlessness in this specific population.

Despite the study's merits, its limitations can be utilized for evaluative purposes. Specifically, the study's inability to

provide detailed insights into the West Medan and Medan Deli subdistricts stems from two factors. Firstly, the research team did not formulate specific inquiries concerning these subdistricts during the data collection process. Secondly, the team's efforts to locate pertinent literature were unsuccessful. Consequently, future researchers should also examine the socio-geographical aspects of the respondents. This would allow for the findings to explain the relationship between socio-geography and smoking addiction among adolescents.

## CONCLUSION AND SUGGESTION

The present study demonstrated that the absence of paternal influence in a child's life was associated with an increased likelihood of that child developing a smoking habit. A robust correlation has been demonstrated between the extent of paternal involvement in a child's life and the reduced propensity for smoking addiction in the child. This relationship is bidirectional, suggesting a reciprocal influence between paternal influence and child smoking addiction. Therefore, it is imperative for the child's closest relatives (e.g., the mother/other family members) to collaborate in engaging in positive activities and to involve substitute father figures such as uncles and grandfathers. The government has the capacity to expand the availability of free or affordable counseling services for children grappling with emotional turbulence due to the absence of a father figure. Additionally, the government can promote these programs more broadly, as the primary reason for nonparticipation is often a lack of awareness about the available resources.

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## AUTHOR CONTRIBUTION

Author Zata Ismah, who served as the study's primary investigator, contributed to the conception, initiation, and design of the research, as well as the analysis of the collected data. She also provided direction and divided tasks among the study's participants and was responsible for the drafting and revision of the article. Author Hazira Yulistia Tanjung was responsible for the cleaning of the respondent data, the compilation of the discussion, and the search for questionnaires to measure smoking addiction among adolescents. The discussion was advanced, and the quality of the writing was verified by Author Sarah Afifah.

## CONFLICT OF INTEREST

The researchers have no conflicts of interest in conducting this research or publishing this study.

## DECLARATION OF ARTIFICIAL INTELLIGENCE (AI)

It is imperative to acknowledge that all research activities and the publication of results thereof are the intellectual property of the authors. The present study did not employ artificial intelligence assistance in the setting, data collection, or writing and reporting of articles.

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