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Self-efficacy could change the value of the intention to quit smoking

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Abstract

This study aims to determine the relationship between self-efficacy and the intention to quit smoking. The study was conducted on 225 young adults, namely those aged 18-25 years. The data collection was done by survey methods carried out with an online system. As a result, the score of the correlation coefficient between the two variables is 0.323 with a significance level of 0.000 which indicates that there is a positive relationship between self-efficacy and the intention to quit smoking in young adults. In conclusion, there is a relationship between self-efficacy and the intention to quit smoking in young adults.

Keywords: Young adults, Self-efficacy, Intention, Quit smoking.

La autoeficacia podría cambiar el valor de la intención de dejar de fumar

Resumen

Este estudio tiene como objetivo determinar la relación entre la autoeficacia y la intención de dejar de fumar. El estudio se realizó en 225 adultos jóvenes, es decir, los que tienen entre 18 y 25 años. La recopilación de datos se realizó mediante métodos de encuesta realizados con un sistema en línea. Como resultado, el puntaje del coeficiente de correlación entre las dos variables es 0.323 con un nivel de significancia de 0.000, lo que indica que existe una relación positiva entre la autoeficacia y la intención de dejar de fumar en adultos

jóvenes. En conclusión, existe una relación entre la autoeficacia y la intención de dejar de fumar en adultos jóvenes.

Palabras clave: Adultos jóvenes, Autoeficacia, Intención, Dejar de fumar.

1. INTRODUCTION

Smoking behavior can occur at various stages of development, including young adults. Young adult (18-25 years of age) is a stage where the prevalence of abuse of various types of substances is the highest (ARNETT, 2005). As one stage of development, young adult also has its characteristics. This development stage is a period in which individuals can fully explore themselves, namely by trying various things in their lives so that individuals can determine what they want in their lives. The young adult stage is a developmental stage that experiences change rapidly and unstably hence this stage will represent a transition that is full of explorations and changes. All these instabilities can increase substance use (AKHMETKARIMOV, 2019).

In their lifetime, humans must fulfill developmental tasks following the stages of their development, by which each stage has its own characteristics and risks. Self-exploration carried out by young adult individuals makes the individuals want to try various kinds of experiences before they finally have to take responsibility as an adult individual, including by trying certain substances. Disorders reflected in the instability of their lives might be a source of anxiety and sadness that can cause substance use as a method of self-medication, this is proven true for adolescents and there are some pieces of evidence that

this may apply to young adults as well (HARLOW, MITCHELL, FITTS & SAXON, 1999).

Transition in young adulthood is a critical period of development in which many health practices are adopted or discarded, which affect behavior and subsequent health such as consuming cigarettes and alcohol (DAW, MARGOLIS & WRIGHT, 2017). Common cigarette and vapor, both have the same hazard for human health because it contains nicotine and formaldehyde vapor concentration. In a study, the smoker can develop bronchial hyperresponsiveness (BHR) into Chronic Obstructive Pulmonary Disease (COPD) in high prevalence.

Smoking behavior is not an easy thing to quit. One of the ways that can be used to find out one's tendency to quit smoking is by measuring their intention to quit smoking. The intention is an estimation of how much someone will do a certain behavior. The intention is assumed to be a motivating factor that explains about the self of an individual and impacts on behavior. The greater the individual's desire for a behavior, the more likely the individual will perform the behavior. The intention to quit smoking is a predictor of efforts to stop and quit smoking in young adults.

In social cognitive theory, self-efficacy is an important predictor of behavior (LUSZCZYNSKA, SCHOLZ & SCHWARZER, 2005). Self-efficacy influences goals and expectations of results which are also predictors of behavior (BERG, SANDERSON, MAHNKEN,

GREINER & ELLERBECK, 2008). The purpose of this study is to determine the relationship between self-efficacy and the intention to quit smoking in young adults.

2. LITERATURE REVIEW

2.1. Self-Efficacy

The definition of self-efficacy is a person's belief in their ability to perform and maintain certain behaviors in certain situations. As a person's perception of the consequences of a behavior, this perception of self-efficacy is related to the control of one's behavior or an agency. There are four types of self-efficacy (DIJKSTRA & VRIES, 2000). Meanwhile, factors that can influence the emergence of self-efficacy.

The intensity of quitting smoking

The definition of intention is an estimation of how much a person will do certain behaviors consciously in the future (Fishbein and Ajzen, 1977; Warshaw and Davis, 1985). The intention to quit smoking is a strong desire from within a person to stop smoking and quit consciously. The intention to quit smoking is one of the important predictors for quitting smoking. Individuals who decide to quit smoking tend to live longer than those who do not quit smoking (CONTROL, 1990).

Young Adult

The definition of a young adult is individuals aged 18 to 25 years. Individuals who are at this stage have a different pattern of thinking than the previous stage, by which they are more critical in thinking and addressing a problem. There are five characteristics possessed by a young adult individual. Individuals are faced with many choices concerning such things which will lead them to the process of forming the direction of their lives (HENRY, FEEHAN, MCGEE, STANTON, MOFFITT, SILVA, 1993).

Based on the theories described above, the hypotheses proposed are as follows:

Ho: There is no relationship between self-efficacy and the intention to quit smoking in young adults.

Ha: There is a relationship between self-efficacy and the intention to quit smoking in young adults.

3. METHODOLOGY

This study uses a quantitative approach with an explanatory research type. The subjects in this study are Indonesian citizens who are active smokers and classified as light to heavy smokers aged 18-25. The method for collecting data was by conducting a survey. The

data collection was conducted online by making a questionnaire form according to the measuring instrument. In this study, there are 225 respondents.

In the quitting smoking intention questionnaire, the scaling method used was a Likert scaling method. The scale of intention to quit smoking was measured using a scale compiled about the behavioral intention theory (GWALTNEY, METRIK, KAHLER, & SHIFFMAN, 2009). The self-efficacy questionnaire also used the Likert scaling method. The self-efficacy scale used was adapted from the measurement tool Smoking Abstinence Self Efficacy Questionnaire. This study uses content validity with the help of several professional judgments from several lecturers at the Faculty of Psychology, Airlangga University.

Reliability was done using Cronbach's alpha by running the IBM SPSS program. The reliability coefficient of each dimension of the instrument for self-efficacy and the intention to quit smoking is above 0.7, which are 0.775 and 0.894 respectively. The data analysis technique used in this study is a correlation technique to test the relationship of self-efficacy (X) to quit smoking (Y).

4. RESULTS

In this research obtained 225 respondents who are active smokers aged 18 to 25. Subjects were then classified based on age,

gender, occupation, location of residence, and the category of the number of cigarettes consumed per day. The demographic description of the subjects can be seen in Table 1 below.

Table 1: Demographic description of the subjects

Characteristics	Characteristics	Total	Percentage
Age	18 years old	12	5,33 %
	19 years old	15	6,67 %
	20 years old	11	4,89%
	21 years old	20	8,89 %
	22 years old	32	14,22 %
	23 years old	67	29,78 %
	24 years old	34	15,11 %
	25 years old	34	15,11 %
Total		225	100%
Gender	Male	170	75,56 %
	Female	55	24,44 %
Total		225	100%
Occupation	Student	131	58,22 %
	Worker	94	41,78%
Total		225	100%
Domicile	East Java	139	61,78 %
	West Java	2	0,89 %
	Central Java	4	1,78 %
	DKI Jakarta	15	6,67 %
	DI Yogyakarta	12	5,33 %
	Banten	7	3,11 %
	Bali	4	1,78 %
	North Sumatra	2	0,89 %
	Aceh	1	0,44 %
	Bengkulu	2	0,89 %
	Lampung	3	1,33 %
	South Kalimantan	17	7,56 %
	South Sulawesi	6	2,67 %
	NTT	2	0,89 %
	Maluku	8	3,56 %
	Papua	1	0,44 %
Total		225	100%

Smoking Category	Light Smoker	92	40,89 %
	Moderate Smoker	93	41,33 %
	Heavy Smoker	40	17,78 %
Total		225	100%

Based on the age of the subject, the demographic description in Table 1 shows that the majority of subjects obtained are 23 years old as many as 67 people with a percentage of 29.78%. It is followed by 24 and 25 years of age with the number of subjects as many as 34 people each age group with the same percentage of 15.11%, then 22 and 21 years of age as many as 32 people and 20 people respectively with the percentage of 14.22% and 8.89%. Furthermore, the age of 19 years as many as 15 people with a percentage of 6.67%, 18 years as many as 12 people with a percentage of 5.53%, and the rests that are aged 20 years old as many as 11 people with the percentage of 4.89%.

Meanwhile, in the description of subjects based on gender, it can be seen that the majority of the research subjects are men as many as 170 people with a percentage of 75.56%. The rests are female subjects as many as 55 people with a percentage of 24.44%. Subsequently, in the description of subjects based on their occupation in Table 1, it can be seen that the subjects that are students are 131 people with a percentage of 58.22%. The rests are subjects who are already working as many as 94 people with a percentage of 41.78%.

In Table 1, subjects are also classified according to their domicile by province. Based on the results of the study, the subjects

belong to 17 provinces. The majority of subjects residing in the province of East Java with a percentage of 61.78% from the subjects in total. It is then followed by South Kalimantan with a percentage of 7.56%, DKI Jakarta with a percentage of 6.67%, and DI Yogyakarta with a percentage of 5.33%. While other provinces namely Maluku have a percentage of 3.56%, Banten with a percentage of 3.11%, and South Sulawesi with a percentage of 2.67%. The provinces of Central Java and Bali have the same percentage of 1.78% and Lampung province has a percentage of 1.33%. As for other provinces namely West Java, North Sumatra, Bengkulu, and East Nusa Tenggara, they share the same percentage of 0.89%. The rests are Aceh and Papua province which has the same percentage of 0.44%.

The table shows that there are 92 subjects classified as light smokers with a percentage of 40.89%. Subjects that belong to moderate smokers as many as 93 people with a percentage of 41.33% and the rests are heavy smokers as many as 40 people with a percentage of 17.78%. Descriptive statistical analysis includes average values, standard deviations, range of scores, kurtosis, and skewness in each variable. Analysis of descriptive statistical data from research data can be seen in Table 2.

Table 2: Descriptive statistical data analysis

Category	N	Min.	Max.	Mean	SD	Skewness	Kurtosis
Self-efficacy	225	6	42	19,59	8,734	0,640	0,704
Quitting smoking intention	225	12	60	40,93	8,609	-0,006	0,622
Valid N	225						

Based on Table 2, it can be inferred that the number of subjects is 225 people. The instrument of the intention to quit smoking consists of 12 items. The average value of quitting smoking intention is 40.93, while the standard deviation is 8.609 by which it shows that the majority of the sample subjects have the intention to quit smoking with a fairly wide distance with the average. Subsequently, the minimum and maximum values of the intention to quit smoking are 12 and 60 respectively. The skewness value indicates a negative value that is -0.006, which indicates that the distribution of the data tends to lead to higher scores. While the kurtosis value shows a positive value that is 0.622.

The self-efficacy instrument has as many as 12 items in total. The average value of self-efficacy is 19.59, while the standard deviation is 8.734 by which it shows that the distribution of self-efficacy data has a fairly wide distance with the average. The minimum and maximum values are 6 and 42 respectively. The skewness value indicates a positive value, namely 0.640 which shows that the distribution of the data is more likely to lead to lower scores. Meanwhile, the value of kurtosis shows a positive value that is 0.704.

Results that have been obtained from the measurement scale can be interpreted in a comparison between each data. Comparisons are made with normalization in the form of categories for each variable. On the scale of self-efficacy, stanfive normalization was

used. Subject categorization based on the self-efficacy normalization can be seen in Table 3.

Table 3: Subject categorization based on self-efficacy norms

Category	Number of Subjects
Very High	18
High	27
Medium	95
Low	63
Very Low	12
Total	225

Based on Table 3, it can be seen that the majority of 225 research subjects obtained in total belong to the moderate self-efficacy category with 95 people, followed by 63 people classified as a low category, 27 people in the high category, 18 people in the very high category, and the remaining 12 people are in the very low category. On the scale of quitting smoking intention, the categorization uses stanfive. The categorization of subjects based on normalization of quitting smoking intention can be seen in Table 4 below.

Table 4: Subject categories based on norms of quitting smoking intention

Category	Number of Subjects
Very high	20
High	37
Medium	94
Low	56
Very low	18
Total	225

Based on Table 4, it can be seen that the majority of 225 research subjects obtained in total belong to the medium category of quitting smoking intention with 94 people, followed by 56 people classified into the low category, 37 people in the high category, 20 people in the very high category, and the remaining 18 people which are in the very low category. The percentage of categorization of each variable based on occupation and smoking category can be seen in Table 5 below.

Table 5: The percentage of self-efficacy categories

Occupation	Category					
	Very low	Low	Medium	High	Very high	Total
Student	4,00%	16,89%	23,11%	8,44%	5,78%	58,22%
Worker	1,33%	11,11%	18,67%	8,00%	2,22%	41,78%
Smoking category						
Light Smoker	1,33%	7,11%	17,33%	8,44%	6,22%	40,89%
Moderate Smoker	3,11%	15,11%	16,44%	6,67%	1,33%	41,33%
Heavy Smoker	0,89%	6,22%	8,44%	1,78%	0,44%	17,78%

Based on Table 5, it can be seen that the intention to quit smoking of the majority of students is in the medium category with the percentage of 23.56%, then 13.78% for the subjects in the low category, 12.44% in the high category, 4.89% in the very low category, and the remaining 3.56% of the subjects in the very high category. In subjects which are workers the intention to quit smoking is mostly in the medium category with the percentage of 18.67%, followed by 11.11% of the subjects in the low category, then 5.33% of

the subjects in the very high category, 4.00% of the subjects in the high category and the remaining 3.11% of the subjects in the very low category.

In the smoking category on Table 5, it can be seen that the majority of subjects which are light smokers have the intention to quit smoking in the medium category with the percentage of 16.00%, followed by 8.89% of the subjects in the high category, 7.56% in the low category, 6.67% of the subjects in the very high category, and the remaining 1.78% in the very low category. In moderate smokers the majority had the intensity of quitting smoking in the medium category with a percentage of 16.00%, then 13.33% of the subjects were in a low category, 5.78% were in the high category, 4.44% the subjects were in the very low category, and the remaining 1.78% in the very high category. In heavy smokers, the majority of the subjects have the intention of quitting smoking in the medium category with the percentage of 9.87%, followed by 4.00% of the subjects in the low category, 1.78% in the high and the low categories, and the remaining 0.44% in the very high category.

5. CONCLUSION

The results of the Spearman's rho correlation test on the strength of the relationship between the variables of self-efficacy and the intention to quit smoking were obtained at 0.323 with the significance level of 0.000. From these results, it can be said that there is a positive

relationship between self-efficacy and the intention to quit smoking. This can be interpreted as the higher self-efficacy, the intention to quit smoking will be higher as well and vice versa. It can be concluded from this research that self-efficacy has a positive relationship with the intention to quit smoking in young adults aged 18 to 25. This can be interpreted as the higher the self-efficacy, the intention to quit smoking will be higher and vice versa.

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