

MOTIVATION OF CONVENTIONAL CIGARETTE AND ELECTRIC CIGARETTE USERS IN SOCIOLOGY STUDENTS OF UNM

Riri Amandaria, Mauliadi Ramli
Sosiologi/ Universitas Negeri Makassar
Email: ririamandaria@unm.ac.id

Abstract

Cigarettes are rolled tobacco rolled or wrapped in paper, leaves or corn husks, the size of a little finger with a length of 8-10 cm, usually smoked by someone after burning the tip. In Indonesia, a new trend is now emerging, namely the use of electric cigarettes or vaporizers. Vaporizer is a simple tool that can deliver nicotine through a battery working system into the human body. Nicotine in various doses is inhaled by the user through a tube. Most vaporizers consist of some contents: a rechargeable lithium battery, an atomizer (which heats the liquid to create vapor), and a tube. The standard liquid product contains nicotine, propylene glycol, flavors, and water. This study aims to determine the motivation behind the use of conventional cigarettes and e-cigarettes among Sociology students at UNM, and to determine the social and health impacts felt by users of conventional cigarettes and e-cigarettes for UNM Sociology students. The type of research used in this research is qualitative with a descriptive approach, and the data collection techniques used are observation, interviews, and documentation.

Keywords: *conventional cigarette, electric cigarette, social motivation*

Introduction

Nowadays smoking is not something that is considered taboo. Cigarettes are objects that are familiar to humans in general. Smoking has become a very common and widespread habit in society. In fact, the habit of smoking is hard to get rid of and people rarely recognize it as a bad habit. According to WHO, Indonesia is ranked third as the largest number of smokers in the world (Fikriyah & Febrijanto, 2012: 100), and now Indonesia has also set a new record, namely the highest number of teenage smokers in the world. It is recorded that 19.2% of students currently smoke cigarettes (Global Youth Tobacco Survey, 2019).

Many smokers feel the benefits or psychological effects of smoking. Smokers experience increased concentration, mood, learning ability, reduced stress and fatigue, and problemsolving skills when they smoke a cigarette. These positive feelings eventually make smokers continue to have the desire to smoke (Sukendro, 2007:88).

Cigarettes are rolled tobacco rolled/wrapped in paper, leaves or corn husks, the size of a little finger with a length of 8-10 cm, usually smoked by someone after burning the tip. Sunaryo in Fikriyah & Febrijanto (2012: 100) says that smoking is a behavior that is harmful to health, but there are still many people who do it, even people start smoking when they are teenagers. In fact, just by burning and smoking a cigarette, more than 4,000 types of chemicals can be produced. About 400 of them are toxic and 40 of them can accumulate in the body and can cause cancer. Cigarettes are also addictive substances because they can cause addiction (addiction) and dependency (dependence) for people who smoke them. In other words, cigarettes are classified as narcotics, psychotropic substances, alcohol and addictive substances (BPOM RI, 2015).

In Indonesia, a new trend is now emerging, namely the use of electric cigarettes or vaporizers. Vaporizer is a simple tool that can deliver nicotine through a battery working system into the human body. Nicotine in various doses is inhaled by the user through a tube. Most vaporizers consist of some contents: a rechargeable lithium battery, an atomizer (which heats the liquid to create vapor), and a tube. Standard liquid products contain nicotine, propylene glycol, flavours, and water (Salmon, 2009).

Park, et al., (2017: 658) said the main reasons young adults and students use vapor are trying to stop smoking (59%), reduce cigarette consumption (58%) and feel comfortable because it can be used indoors (47%) . Meanwhile, Lazuardi (2017: 8-9) found that the factors for students to become vapor users are being able to keep up with current lifestyle developments. The vapor that is produced is very large and can produce a unique shape that can eliminate addiction to conventional cigarettes and has a variety of flavors that can be adjusted to taste

Therefore, this study aims to determine the motivation behind the use of conventional cigarettes and e-cigarettes among Sociology students at UNM, and to find out the social and health impacts felt by users of conventional cigarettes and e-cigarettes for UNM Sociology students.

Methods

The type of research used in this study is descriptive qualitative with a descriptive approach. The approach used is a qualitative approach. A qualitative approach is an approach that aims to reveal symptoms contextually through data collection, where the researcher himself is the key instrument so that it further emphasizes the process and meaning. Descriptive approach describes an object, phenomenon, or social setting as well as events that are happening now. Descriptive research focuses on actual problems as they were at the time the research took place. The data collection techniques used are observation, interviews, and documentation. By using the snowball sampling technique, namely taking samples in a continuous chain of relationships.

Result and Discussion

Based on the results of the study, it was found that there were two types of cigarette users, namely electric cigarettes, and conventional cigarettes where there were several motivations that influenced students to use one of these types of cigarettes.

The use of conventional cigarettes motivates users where smoking has become a basic need in their daily lives, such as one of our informants who said "my need to smoke is like my need to eat," according to a tough informant, according to him, "my motivation for smoking is to calm my mind, reduce stress, cause feelings of pleasure, and strengthen the association between friends and the negative impact that I feel as long as I smoke, it is wasteful and causes dependence.

"The family's social response when I smoked, he said smoking kills you in the sense, if I don't have a job yet, don't touch cigarettes yet. Don't let it happen that when you want to smoke, you don't have money, you're afraid of stealing. That was the response from the environment and my family. My response back is just silence, listen to what he has to say."

According to an inspired informant, he said that the reason I smoked was from the social system, and willingness and it could be considered cool that I smoked when I was in grade 2 of Vocational High School. My motivation for smoking is for fashion, association that just wants to try and minimize finances when we use e-cigarettes. and I don't know if this is a

suggestion or what, that when we smoke it opens our minds, that's what I also feel, but now there are many impacts or effects that I feel after I smoke electric

In my opinion, it's easier to breathe because there's a lot of vapor, because when compared to cigarettes, one stick has a lot of nicotine, while electric cigarettes don't contain much nicotine. But if in the environment of VEP cigarettes I can use it as a tool to establish communication with people like, if people who don't know what vape is, they will ask about it, that's where communication usually takes place

There are several factors that encourage smoking, such as:

1. The family is an indicator that is an example in acting and behaving in society in general. We smoke because there is encouragement from the behavior contained in the family when we see our own parents smoking, so we participate in smoking.
2. environmental factors or hanging out where when one of the teenagers doesn't smoke and when he is friends with someone who smokes, he will join in to try it because of an invitation from a friend, where not smoking is considered not cool

The motivation to use conventional cigarettes compared to electric cigarettes by conventional cigarette users is because nicotine tastes better than electric cigarettes. And the reason for smoking according to one of the informants is that one of them is to relieve stress, help think and be calmer. The beginning of smoking started because there was an assumption that smoking looked cool, especially in a hangout, and when trying to quit for several months. but there are influences from the environment again that influence smoking in terms of friendship and finally returning to being an active smoker.

According to informant Arman, he said that he started smoking when he was in grade 1 of high school, and the reason he smoked was due to his social system and his willingness to try smoking. My motivation is smoking I want tried cigarettes and it turned out that after I used cigarettes, I felt that smoking could reduce the stress I was experiencing and also I felt that when I first started using cigarettes it could strengthen my friendships. If I use cigarettes, the side effects that I feel are like coughing, dependence also makes me feel dizzy if I don't smoke. From smoking, there is social recognition for young people, so if we smoke, we are considered cool by the children, we are considered cool, that's what I felt when I was early on smoking.

The next informant named, Rei, said that "actually I was just experimenting with smoking, but it turned out that smoking made me addicted. If I don't smoke in one day, I feel like I have a headache. coughing gets tired fast, addicted to cigarettes, so you can't do it if you don't smoke in a day. During the confessions that I got from several people when I first started smoking, they were considered adults, whereas from my own parents' point of view they said bad kids smoked so they refused if I smoked.

The informant Arham said that he "started smoking when he was in high school, where at first, he smoked because his friends invited him and he was curious or just wanted to try it, but in fact I have continued to use cigarettes until now because I already feel addicted. I also know about the effects of smoking on health, but I feel that when I use cigarettes, it feels like the stress immediately disappears, so it seems like there is a distinct sense of pleasure when smoking, so it's hard to give up smoking. When people smoke, they think it's naughty, their parents also think that smoking is a bad person, but it's different from children, it's easy for them to smoke, they think people are cool. And also, as long as I smoke, all I feel is that it's just blackened lips and coughing, nothing else."

According to our informants who use conventional cigarettes, they admit that they use cigarettes because it is a basic need, such as eating, drinking, and sleeping. Smokers are actually aware of the health hazards caused by smoking. But awareness of the dangers of smoking does not necessarily make smokers decide to quit smoking. The nicotine addiction factor also influences the disruption of the rationality of smokers.

The social impact felt by conventional cigarette users is of course the brand of naughty and depraved because smoking is seen as dangerous and not good for health and the environment. The health impacts felt by our informants who use conventional cigarettes are fatigue, coughing, and shortness of breath.

Conclusion

The driving factor for smoking is the family which is an indicator that becomes an example in acting and behaving in society in general. We smoke because there is encouragement from the behavior in the family when we see our own parents smoking, so we participate in smoking. In addition, environmental factors or hanging out where when one of the teenagers doesn't smoke and when he is friends with someone who smokes, he will join in to try it because of an invitation from a friend, where not smoking is considered not cool. Furthermore, the motivation for using conventional cigarettes compared to electric cigarettes by conventional cigarette users is because nicotine is more tasteful than electric cigarettes. The social impact felt by conventional cigarette users is of course the brand of naughty and depraved because smoking is seen as dangerous and not good for health and the environment. The health impacts felt by our informants who use conventional cigarettes are fatigue, coughing, and shortness of breath.

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