

Relationship between Self-Concept and Coping Mechanism in Adolescent Smokers

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Abstract

This research was conducted at SMPN X Tapa. The purpose of this research was to determine the relationship between self-concept and coping mechanisms in adolescent smokers at SMPN X Tapa. The research method uses an analytical design with a cross sectional approach. Cross sectional survey is a study to study the dynamics of the correlation between risk factors and effects, by approach, observation or data collection all at once (point time approach). The sample of this research was 88 students and the sampling was done by using purposive sampling technique. Purposive sampling is a sampling technique with certain considerations. Where the probability value is in the range of 0.088 (> 0.05) and the correlation coefficient is -0.183. This research shows that the self-concept of adolescent smokers at SMPN X Tapa is mostly in the moderate category, namely 53 people, while the coping mechanisms of adolescent smokers at SMPN X Tapa are classified as maladaptive, namely 48 people. It can be concluded about the data analysis carried out between self-concept variables and coping mechanisms in adolescents at SMPN X Tapa, where the probability value is in the range of 0.088 which means > 0.05 and the correlation coefficient is -0.183. The results of the study, seen from the existence of a Spearman rank correlation hypothesis test, showed that there was no negative relationship between self-concept and coping mechanisms in adolescent smokers at SMPN X Tapa.

Keywords: Self-Concept, Coping Mechanisms, Adolescent Smokers

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Introduction

Hartini et al, (2014) explain that smoking is a problem that has not been resolved until now. Smoking has hit various circles, both children to the elderly as well as men and women. Cigarettes are dangerous psychoactive substances containing 4000 chemicals, and 20 of them are deadly poisons (Hartini et al, 2014; Damang et al., 2019). Cigarettes are also one of the world's biggest health concerns. This is because cigarettes can cause nearly 6 million people to die in a year (WHO, 2014, Harsanti & Wicaksono, 2017). In addition, cigarettes also cause a very heavy burden on economies around the world. It is estimated that health expenditure caused by smoking reached 5.7% of total world health expenditure in 2012. (Goodchild et al., 2017; Harsanti & Wicaksono, 2017)

According to WHO (2015) in 2015, in Indonesia alone it is estimated that 36% or around 60 million are active smokers. This is different from the number of cigarette consumption in other countries which can be expected to decrease, but in Indonesia it has even been estimated by WHO that in 2025 it will increase to 90% of the Indonesian population to become active smokers. If cigarette consumption every year cannot be minimized, the death rate due to smoking in Indonesia will also continue to increase (Erastus Mosha & Ruíz, 2015). So based on these data, people's habits related to smoking behavior can be found in almost every circle.

Therefore, cigarettes can be said to be increasing in Indonesia. This is shown by smoking again not only among men but also among women, young and old. No stranger to smoking in Indonesia itself, smoking behavior is easy to find such as at home, public places, public vehicles and even in educational environments such as schools and universities (Editor Plus, 2010). It is stated in the Asean Tobacco Data that Indonesia ranks first for teenagers who smoke with the age of 13-15 years which has an average of 35.3%. If this continues, it is certain that smoking can lead to an increase in the number of deaths caused by smoking (Tan et al., 2020; Azhar & Handayani, 2021).

This research is in accordance with other studies which explain that smoking behavior is mostly done to reduce, forget the problems faced (Adhirahmawati, 2019). According to Adhirahmawati (2019) smoking behavior is a negative coping mechanism in solving problems felt by adolescents. Therefore, a self-concept is needed for adolescents. Self-concept is what individuals think and feel about themselves. In 2020, the percentage of adolescent smokers will increase. This is assumed to be a lack of understanding of positive coping mechanisms and low self-concept (Databok. 2022). In Gorontalo Province, smoking behavior in adolescents has increased to 32.37% in 2021 from 30.50% in 2019. The increase can be said to be in accordance with the assumptions above. The increase in data is in accordance with the results of observations (Central Statistics Agency, 2022).

Based on preliminary data observations conducted by researchers, there were more than 10 students of SMPN X TAPA smoking around the school and still wearing school uniforms. They say that smoking can overcome anxiety and increase stamina. In addition, they said that smoking can make their condition relieved when they are stressed and tired when they have a lot of schoolwork. Several other teens said they only followed their peers. This condition is a phenomenon that occurs in adolescents, especially in Gorontalo. This is experienced by adolescents where smoking is considered to reduce or solve the problems they face. The coping mechanism taken by teenagers is usually smoking, as a result, self-concept in adolescents is also disturbed. There is an observation that there is a self-concept with poor coping mechanisms in adolescent smokers. Based on the data above, the researcher is interested in conducting research with the title "The Relationship Between Self-Concept and Coping Mechanisms in Adolescent Smokers at SMPN X TAPA".

Methods

This research will be conducted at SMPN X Tapa from March to May 2022. This research uses quantitative research methods. The design in this study uses an analytical design with a Cross Sectional approach. According to (Notoatmodjo, 2018), a cross sectional survey is a study to study the dynamics of the correlation between risk factors and effects, by approaching, observing or collecting data all at once (point time approach).

The instrument in this study used a self-concept measuring instrument and a coping mechanism measuring instrument. The population in this study were 7th and 8th graders of SMPN X TAPA, as many as 384 students. The samples taken in this study were 88 students who were active students in SMP X TAPA, grades 7 and 8. The technique used in this study was purposive sampling. Purposive sampling is a sampling technique with certain considerations (Sugiyono, 2018). In this study, in order to obtain data, the researcher used a data collection technique, namely a questionnaire. The method used in analyzing the data in this study is a data processing program or data software, namely SPSS in this study. This study uses Spearman Rank correlation as a tool to determine whether the independent variable is related or not related to the dependent variable.

Results and Discussion

Characteristics of Respondents

Age

Age distribution data shows that of the 88 respondents, most of them are 13 years old, which is 50 people (56.8%) and the least is 14 years old respondents, which is 3 people (3.4%).

Gender

Gender distribution data shows that of the 88 respondents, most of them are male, amounting to 85 people (96.6%). While the least are women, amounting to 3 people (3.4%).

Class

Based on class distribution data, it can be seen that the subjects in this study were class 7 totaling 35 people (39.8%), class 8 53 people (60.2%).

Validity and Reliability Test

Self-Concept Validity and Reliability Test Results

The results of the calculation of the validity of the self-concept scale obtained 19 items that were dropped, namely items that were under the general limit of differentiating power <0.2 out of a total of 44 items. So we get valid items with a total of 25 items. The validity of the measurement results of the self-concept variable obtained from this study shows that 25 items are said to be valid because they show an index of 0.202 - 0.554. Meanwhile, 19 other statement items that have a coefficient of <0.202 are declared invalid. In this study, the results of the reliability coefficient on the self-concept variable were 0.666, which means moderate reliability. This figure illustrates that the instrument used in this study is reliable.

Coping mechanism validity and reliability test results

The results of the calculation of the validity of the coping mechanism scale obtained 16 items out of a total of 54 items. So that the valid items are obtained with a total of 38 items. The validity of the measurement results of the coping mechanism variables obtained from this study showed 38 valid items because they showed an index of 0.215 - 0.656. While the other 16 statement items that have a coefficient of <0.215 are declared invalid. In the study, the results of the reliability coefficient on the coping mechanism variable of 0.884 were said to be high reliability. This figure illustrates that the instrument used in this study is reliable.

Univariate analysis

Self concept

The data shows that the self-concept of adolescent smokers at SMPN X Tapa are mostly in the medium category, which is 53 people (60.2%), then the low self-concept is 19 people (21.6%), while the high self-concept is numbered. 18 people (18.2%) This is univariate data on self-concept in adolescents at SMPN X Tapa.

Coping Mechanism

The data shows that the coping mechanisms in adolescent smokers are mostly in the maladaptive category, which is 48 people (54.5%), then adaptive, which is 40 people (45.5%). This is the univariate data on the coping mechanisms of adolescent smokers at SMPN X Tapa.

Bivariate analysis

Normality Test

The normality test is used to determine whether the distribution of the independent variable data and the dependent variable is normally distributed or not. The distribution of the data is said to be normal if the p value > 0.05 while if the p value < 0.05 then the distribution is said to be abnormal. The technique used for the normality test is the One sample-Kolmogorov Smirnov test technique on SPSS SPSS 21 for windows. The results of the normality test on two variables are:

The results of the normality test showed that the score of One sample-Kolmogorov Smirnov test which was carried out on the two variables showed a different distribution. Based on the results of data processing for the self-concept variable, $p = 0.257$, which is normally distributed, while for the coping mechanism variable, $p = 0.030$, which is not normally distributed. The results of the normality test of the two variables indicate that the data distribution is not normal.

Linearity Test

The linearity test was conducted to determine whether the two variables were linear or not. The relationship between the two variables can be said to be linear if the linearity value shows $p < 0.05$ and deviation from linearity $p > 0.05$ (Azwar, 2009). The following table of linearity test results:

From the data obtained, it can be seen that the linearity value obtained a significant value of $p = 0.061$ and the Deviation from linearity value obtained a significant value of $p = 0.715$. So it can be concluded that there is no linear relationship between self-concept and coping mechanisms.

Hypothesis testing

Hypothesis testing was conducted to prove whether there was a relationship between the self-concept variable and the coping mechanism variable. Proof of hypothesis testing is done by using the Spearman rank correlation technique. The basis for decision making if the significant value is < 0.05 then there is a correlation or there is a relationship, whereas if the significant value is > 0.05 then there is no correlation or there is no relationship.

Table1. Test the spearman rank correlation hypothesis

			Correlations	
			Self-concept	Coping mechanism
Spearman's rho	Self-concept	Correlation	1.000	-.183
		Coefficient		
		Sig. (2-tailed)	.	.088
	Coping mechanism	N	88	88
		Correlation	-.183	1.000
		Coefficient		
	Sig. (2-tailed)	.088	.	
	N	88	88	

Source: Processed Products SPSS 21, 2022

Based on the results of data analysis, the correlation coefficient value $r = -0.183$ with $p = 0.088$, meaning that the correlation coefficient value and significant value > 0.05 . These results indicate that there is no negative relationship between the self-concept variable and the coping

mechanism variable. The higher the self-concept of adolescent smokers, the lower the coping mechanisms used in adolescent smokers at SMPN X Tapa. On the other hand, the lower the self-concept of adolescent smokers, the higher the coping mechanisms used in adolescent smokers at SMPN X Tapa.

Based on the results of research on adolescent smokers at SMPN X Tapa, it can be seen that they have a positive level of self-concept. This is based on the percentage of a sample of 88 respondents having a moderate self-concept of 53 people with a percentage of 60.2%, then 19 people with a low self-concept with a percentage of 21.6%, while for a high self-concept 18 people with a percentage 18.2%. The difference in the level of self-concept is also influenced by several factors. Vanderber (1944), argues that the level of self-concept is influenced by several things such as self-appraisal - viewing self as an object (an assessment or impression of oneself) (Afif, 2016). Self-concept has an important role in determining individual behavior. Individuals view or judge themselves will be clear from all their behavior, in other words a person's behavior will be in accordance with the way the individual views and evaluates himself. If the individual sees himself as someone who has enough ability to carry out the task, then the individual will show successful behavior in carrying out his duties. Conversely, if the individual views himself as someone who lacks the ability to carry out tasks, then the individual will show an inability in his behavior. Based on the results of research conducted on adolescent smokers at SMPN X Tapa, from the research subjects totaling 88 respondents, 53 people were known to be in the category of moderate self-concept. That is, those who fall into this category are those with a fairly good psychological state as a reflection of their relationship with themselves. In this situation, a person will be more attentive and concerned with his own needs, care for others, try to give the best, both in terms of energy, thought, or time, and prioritize the achievement of goals that have been planned from the start.

After analyzing the coping mechanism testing on adolescent smokers at SMPN X Tapa as many as 88 respondents, it is known that 48 people or 54.5% of students are categorized as maladaptive. That is, when they find the pressure of the problem they tend to focus on the problem at hand. This is characterized by caution in making problem solving decisions or planning a strategy that will be carried out in solving the problem or also involving other people who are basically also involved in the emergence of these problems. It can be concluded that the tendency of choosing coping mechanisms in adolescent smokers at SMPN X Tapa is more maladaptive, this finding is corroborated by Parker's (1986) statement that the form of coping by withdrawing usually occurs in someone who comes from a family that is less supportive of each other or less harmonious (Afif, 2016). Meanwhile, as many as 40 people or 45.5%, categorized as adaptive. That is, when faced with problems, they tend to focus on the emotions they feel. For example, when there are problems between students, they choose not to participate in regular gatherings and choose to be alone or divert attention to other things outside the problem so that they feel entertained and get a better feeling. Descriptive analysis of self-concept in terms of low, medium, high self-concept categories and it can be seen that the average subject has a moderate self-concept with a percentage of 60.2%. It can be said that the subjects, which in this case are adolescent smokers at SMPN X Tapa, mostly have moderate self-concepts. In other words, they can show understanding and acceptance of themselves as they are. Meanwhile, the analysis on coping mechanisms is also reviewed from the maladaptive and adaptive categories. At this stage, the tendency of the subject to be categorized as maladaptive is 54.5%.

Based on the validity test, this study has an appropriate scale and significant data. However, based on the results of the correlation analysis, it is known that there is a less significant

correlation, the less significant correlation indicates that there is no significant relationship between the self-concept variable and the coping mechanism and vice versa. The results of the insignificant correlation between each variable in this study can be caused by the presence of other factors that can affect coping mechanisms and self-concept that are not known to the researcher. Based on data analysis conducted between self-concept variables and coping mechanisms, it can be seen that there is no significant relationship between the two. Where the probability value is in the range of 0.088 which means > 0.05 and the correlation coefficient is -0.183 . It should be noted that the prerequisite for the relationship between the two variables is to have a Sig value. 0.05. This refers to the opinion of Willian H. Fits (1971), which explains that self-concept is an important aspect in a person, because one's self-concept is a frame of reference in interacting with the environment (Zuama, 2017). This is associated with a person's behavior in overcoming problems or coping mechanisms in adolescents at SMPN X Tapa and it is assumed that there is a relationship between self-concept and how one's coping mechanisms deal with problems, so this is not supported in this study and there is no proven relationship. significant of both variables. The results of this study ensure that environmental factors, personal factors or individual differences, coping mechanism factors, subject selection factors and internal factors from researchers can affect the relationship between self-concept and coping mechanisms. So it is necessary to pay attention in conducting further research to see the influence of these factors on the same subject or different subjects.

Conclusion

The self-concept of adolescent smokers at SMPN X Tapa was mostly in the moderate category, namely 53 people. Coping mechanisms in adolescent smokers at SMPN X Tapa are classified as maladaptive, namely 48 people. Based on the exposure of the previous data in an effort to research hypotheses. So it can be concluded regarding the data analysis carried out between self-concept variables and coping mechanisms in adolescents at SMPN X Tapa. Where the probability value is in the range of 0.088 which means > 0.05 and the correlation coefficient is -0.183 . It should be noted that the prerequisite for the relationship between the two variables is to have a Sig value. 0.05. So it can be seen that between the two there is no significant negative relationship or the two variables do not have a negative relationship.

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