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Research Article

Video-Based Learning Effect on Smoking Perception in Adolescent

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Abstract

Aims: To determine the effect of video showing the dangers of smoking on students' smoking perception.

Methods: This type of research is quasi-experimental with one group pretest-posttest design. A sample of 33 respondents is taken by simple random sampling based on inclusion criteria. Data analysis used a dependent t-test parametric test. The video showed the dangers of smoking for 15 minutes 6 times.

Result: The video-viewing intervention significantly affected students' smoking perceptions, as evidenced by a p-value of $0.018 < (0.05)$.

Discussion: Changes in students' perceptions are based on the experience and knowledge gained during the video viewing process. Video media involves the senses of hearing and sight to provide a more realistic picture and encourage changes in perception.

Conclusions: There is an effect of showing the dangers of smoking videos on students' smoking perceptions. Video media is recommended to be used in health education efforts.

Keywords:

Smoking, perception, video-based learning

INTRODUCTION

Smoking behavior is a very familiar sight in people's lives. Smoking habits are considered to provide benefits, according to smokers, but on the other hand, smoking is an activity at risk of causing various health problems. Smoking is an activity that is widely known to be harmful to health. Public knowledge about the dangers of smoking is relatively high, but people are still reluctant to leave this behavior (1).

Smoking habits occur in adults and spread to young people, in villages and cities, on the streets, and even in the school environment is currently infected with smoking behavior (2). We are used to seeing school students from junior high school to high school now smoking-free. This is certainly very worrying. Rachmat's research on junior high school teenagers' smoking behavior found

that 25.3% (119) of respondents were smokers from a sample of 471 people. Furthermore, research on 288 students at SMPN 3 Tangerang City showed that as many as 22.2% (64 students) were smokers. This phenomenon is undoubtedly very worrying, as seen from the developmental tasks that junior high school students must undertake. Junior high school students are in their early teens, namely 10-14 years (3).

For various reasons, smoking is a deviant behavior from health carried out by many people, including junior high school students. Research conducted by Wiryanatha and Ani (2014) on smoking behavior in male junior high school students found that the most common reasons students started smoking were curiosity and the desire to try. Another reason is the desire to show strength, efforts to familiarize themselves, domination in the association,

and as a form of expression of the thoughts they have grown up (4). The smoking behavior of each individual begins with the perception of students who support smoking.

Perception is the beginning of every individual to behave and behavior towards cigarettes. Changing and shaping perceptions is the first thing that must be done to reduce its prevalence. Nurses have a promotive and preventive role against behaviors at risk of causing the disease to individuals and others around them (5,6). Delivery of health promotions about the dangers of smoking must be made in an attractive form to influence respondents or audiences (7). Information that can influence the audience is informed that it contains audio and visual elements (8). Video is one media that can be used in health promotion efforts. As a medium that provides sound (audio) and images (visual), video can provide a stimulus to the senses, especially the eyes and ears that convey the stimulus to the brain and then organize it and interpret it into perception.

The dangers of smoking videos have content considered effective in providing a change of perception to individuals. After reaching the perception that smoking is a dangerous and harmful behavior, it is expected that research subjects will be able to change their smoking behavior. Based on the phenomena described previously, researchers are interested in implementing health promotion by showing the dangers of smoking videos to teenagers.

SUBJECT AND METHODS

This research is a quasy-experimental research with one group pretest-posttest research design. This study examines how effectively the video showed the dangers of smoking changes in smoking perception in junior high school students. The length of time carried out in this study is with a frequency of 6 meetings in 2 weeks with video viewing durations varying from 2-9

minutes/video. This study was conducted on 32 adolescents.

Researchers used the dangers of smoking video media to inform students about the dangers that can be caused if someone smokes. Video is expected to change perceptions, given that the factors that influence perceptions come from the individual (internal) and outside (external) in the form of information. In this case, the video becomes an external factor in influencing students' perceptions of smoking. Video media can convey information more effectively for respondents in understanding any information to be conveyed because it involves sight to visualize images in collaboration with sound.

The content contained in the video is as follows:

The first is a biographical video of a former smoker who had been smoking cigarettes for a long time, got throat cancer, and had to undergo a tracheostomy. The video was made by Roby Indra himself and has been featured in advertisements on television several times. The video's title is RIP Roby Indra Wahyuda, The True Story of the End of His Life Very Moving, with a duration of 2 minutes and 48 seconds. Video 2 is a health promotion video issued by the Health Office of Purwakarta Regency regarding the phenomena and dangers of smoking in Indonesia with the title Video Counseling on the Dangers of Smoking by Epic Creative House with a duration of 9 minutes and 8 seconds. Video 3, a biographical video of cancer survivors of former smokers issued by the Ministry of Health of the Republic of Indonesia, the title of the video when downloaded is Ministry of Health WLF- Due to Smoking by eBizzAsia with a duration of 2 minutes 30 seconds.

A paired t-test was used to assess mean differences before and after the intervention. This research has been done through ethical approval from the center of research and community services STIKep PPNI West Java.

RESULTS

The results showed an effect of showing the dangers of smoking videos on students' smoking perceptions, as evidenced by an increase in the average score between the pretest and posttest. The average value increased from 61.44 (at the pretest) to 64.84 (at the posttest). Furthermore, this research is proven by conducting parametric bivariate analysis with dependent t-test, obtained p-value = 0.018 < (0.05).

DISCUSSION

The video showed the dangers of smoking that influence students' smoking perceptions, marked by a decrease in the number of respondents who have a supportive perception when the posttest is carried out compared to the pretest results. Respondents with a supportive perception during the pretest were 53.3%, then decreased to 50% at the posttest. Although the decrease in the percentage of respondents who perceived support was not significant, when viewed from the distribution of the questionnaire scores for each respondent between the pretest and posttest, it can be seen that there was an increase in the number of questionnaire scores. However, the increase did not exceed the mean value, so it was still categorized as a supportive perception of the smoke. Respondents' perceptions can change at any time due to factors that can influence them. Factors that influence perception is including experience and knowledge, as external factors. This factor can be implemented into a treatment to show the dangers of smoking videos that will become experience and knowledge. Furthermore, increasing individual experience and knowledge about the dangers of smoking can affect the respondent's perception of smoking (9).

Video can provide a more authentic and clear picture of some of the consequences of smoking behavior. It involves the respondent's sense of hearing and sight in

receiving stimuli. Visual forms have advantages, including visuals that can stimulate interest and clarify the information presented. Images/visuals further enhance memory and significantly influence knowledge of an object (10). This video shows that each individual can receive messages faster with a visual form of the message. Visual forms in the form of still images and moving images become objects individuals capture as stimuli to create perceptions for the recipient (11).

Another factor that influences respondents' perceptions is the size and placement of the stimulus. Apparent objects or stimuli that can be seen with their eyes will quickly form perceptions. Video as a stimulus to change the perception of smoking is an object that respondents easily understand. This is because the elements in the video are visual. Visual is a form of object that involves sight (eyes) accepted by each respondent (12).

The video of the dangers of smoking showing the impact of smoking on health, namely biographies of people with throat cancer who had to undergo a tracheostomy, provides a clearer picture that smoking can cause harm to health. The next video is a health promotion video containing the phenomenon of smokers in Indonesia, a description of the dangers of smoking to health, and an invitation to quit smoking. The lousy impact is shown in the video triggers changes in respondents' perceptions of smoking. The sound element in the video involves the respondent's sense of hearing in receiving stimuli (13).

Visual stimulus is the most effective. Proving that visuals/moving images are more attractive for individuals because they contain moving images and sound. Visual explanations are more effective than without sound. Media like this can influence individual attention and enhance accuracy in recalling information received, and the sound element can attract attention. A motion will make individuals pay more attention to the given stimulus than a stationary object (11).

The results of this study showing that changes in perception are increasing because the advantages of video influence them as a medium capable of displaying audio-visual information. This shows that video viewing can be a stimulus for changing perceptions. A moving object attracts more attention than a stationary object. The video contains moving pictures, and respondents are interested in moving objects in the video. The pictures in the video are a stimulus that attracts attention so that respondents get the influence of video shows. The effect of video shows makes respondents change their views to reject the dangers of smoking (12).

The factors that influence individual perceptions come from internal and external factors. Interest factor influences individual perceptions that come from within the individual (internal factors) (14). It can be illustrated in the statements chosen by the respondents in the questionnaire. Aspects of perceived benefits (perception of benefits) from the theory of health belief model as outlined in the negative statement that smoking makes a person more mature than as many as five people, smoking makes many friends as many as four people. Smoking eliminates boredom for as many as eight people, and the statement smoking only endangers the health of the smoker only 14 people. Respondents chose to agree or strongly agree, which means they support smoking. Aspects of the perceived benefits of respondents describe how beneficial smoking is for individuals (14,15).

The individual's perception formation is also caused by the experience and knowledge he receives from the environment ((16)). The posttest, conducted after the video viewing intervention for six meetings for 15 minutes each, provided new knowledge regarding the dangers of smoking so that it is possible to change perceptions in individuals.

CONCLUSION

There is an effect of showing the dangers of smoking videos on students' smoking perceptions. Video media is recommended

to be used in health education efforts. Video-based learning's effect on smoking perception in an adolescent can be applied in the community.

CONFLICTS OF INTEREST

The authors have no conflicts of interest to declare.

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