

LEVEL OF KNOWLEDGE OF ELEMENTARY SCHOOL CHILDREN ABOUT THE DANGERS OF SMOKING AT SD NEGERI 9 RAPE RAPE

Audry Azila Jasmine¹, Shulhana Mokhtar², Sidrah Darma³, Dwi Anggita⁴, Santriani Hadi⁵

¹Medical Education Study Program, Faculty of Medicine, Indonesian Muslim University, Makassar, South Sulawesi

²Department of Biochemistry, Faculty of Medicine, Indonesian Muslim University, Makassar, South Sulawesi

³Department of Pediatrics, Faculty of Medicine, University of Muslim Indonesia, Makassar, South Sulawesi

⁴Department of Pulmonary Medicine, Faculty of Medicine, University of Muslim Indonesia, Makassar, South Sulawesi

⁵Department of Parasitology, Faculty of Medicine, University of Muslim Indonesia, Makassar, South Sulawesi

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Corresponding author:

Shulhana Mokhtar
Department of Biochemistry,
Faculty of Medicine,
Indonesian Muslim
University, Makassar, South
Sulawesi

Email:

shulhana.mokhtar@umi.ac.id

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ABSTRAK

Merokok merupakan kebiasaan yang berdampak buruk bagi kesehatan, namun kini banyak anak yang mulai merokok sejak usia dini. Anak sekolah dasar berusia 6–12 tahun berada pada masa pembentukan pengetahuan dasar, termasuk pemahaman tentang bahaya merokok. Penelitian ini bertujuan menilai tingkat pengetahuan siswa SD NEGERI 9 RAPE-RAPE tentang bahaya merokok. Penelitian deskriptif dengan desain cross sectional ini melibatkan 83 responden yang dipilih secara total sampling menggunakan kuesioner yang telah diuji validitas dan reliabilitasnya. Analisis data dilakukan secara deskriptif menggunakan distribusi frekuensi uji ANOVA. Hasil menunjukkan pengetahuan rendah tentang merokok sebesar 84,3% dan bahaya merokok sebesar 57,8%, dengan perbedaan signifikan antar kelas ($p < 0,05$). Temuan ini menunjukkan perlunya peningkatan edukasi kesehatan dan integrasi materi bahaya merokok dalam pembelajaran sekolah dasar.

ABSTRACT

Level of Knowledge of Elementary School Children About The Dangers of Smoking At Sd Negeri 9 Rape Rape. Smoking is a habit that has a negative impact on health, but now many children are starting to smoke from an early age. Elementary school children aged 6–12 years are in the process of forming basic knowledge, including an understanding of the dangers of smoking. This study aims to assess the level of knowledge of students at SD NEGERI 9 RAPE-RAPE about the dangers of smoking. This descriptive study with a cross-sectional design involved 83 respondents selected using total sampling and a questionnaire that had been tested for validity and reliability. Data analysis was performed descriptively using frequency distribution and ANOVA tests. The results showed low knowledge about smoking (84.3%) and the dangers of smoking (57.8%), with significant differences between classes ($p < 0.05$). These findings indicate the need to improve health education and integrate material on the dangers of smoking into elementary school learning.

INTRODUCTION

A cigarette is a small stick of tobacco about the size of a finger, wrapped in palm leaves or paper. A cigarette can be lit at one end, left to burn, and smoked from the mouth. Smoking is a habit that is bad for health, but nowadays many children smoke. Generally, elementary school children are aged 6-12 years old, and this is the time to learn the basics of knowledge in order to adapt to

adult life. Factors that influence smoking habits in children include peer pressure, friendships with smokers, parents and siblings who smoke, and school.¹⁻²

Based on data from the WHO, it is estimated that by 2020, around 991 million adults worldwide will be smokers. Based on data from UNICEF and the WHO in 2014-2019, the prevalence of children smoking has increased from 33.8% to 35.5%.³

Starting smoking at an early age can lead to various negative health effects, including a higher risk of nicotine addiction. School-age children represent the final stage of middle childhood before entering adolescence, during which rapid physical and psychological development occurs, including reproductive function changes.⁴⁻⁵

This study was conducted at an elementary school located in a rural area of Luwu Regency, where the community's socioeconomic background varies, with most residents working as fishermen and farmers. These conditions may influence children's knowledge and habits, particularly due to limited access to health information and exposure to adult smoking behaviors within families and communities. Therefore, this school is considered representative for assessing the level of children's knowledge about the dangers of smoking in communities where smoking culture remains prevalent.

Few studies have evaluated elementary school children's understanding of the dangers of smoking, particularly in rural areas with limited access to health information and literacy. Hence, this research aims to describe the level of knowledge among elementary school students regarding the dangers of smoking at SD NEGERI 9 RAPE RAPE, Larompong District, Luwu Regency.

Based on this background, the researchers conducted a study entitled "The Level of Knowledge of Elementary School Children About the Dangers of Smoking at SD NEGERI 9 RAPE RAPE."

METHOD

This type of research is descriptive observational research with a cross-sectional design. It aims to provide an objective description of the variables studied, namely the general objective of obtaining an overview of the level of knowledge of elementary school children about the dangers of smoking at SD NEGERI 9 RAPE RAPE, and the specific objective of determining the level of knowledge of elementary school children about smoking, the dangers of smoking, and comparing knowledge between classes. The research was conducted at SD NEGERI 9 RAPE RAPE, Larompong District, Luwu Regency on July 26, 2025. The population used in this study were fourth, fifth, and sixth grade students at SD NEGERI 9 RAPE RAPE.

Data collection was conducted using primary data, namely data obtained directly from respondents through questionnaires. There were 30 questions in the questionnaire, 15 questions on smoking knowledge and 15 questions on the dangers of smoking. The questionnaire has undergone validity and reliability testing. Validity testing was conducted using item-total correlation ($r > 0.3$), and reliability was tested using Cronbach's Alpha method with a result of 0.84, indicating high reliability.

Knowledge assessment criteria are divided into three categories based on the percentage score of correct answers:

- Good: $\geq 76\%$
- Fair: 56–75%
- Poor: $\leq 56\%$.

The questionnaire was filled out directly by respondents with questions about smoking and the dangers of smoking, which were later analyzed using descriptive statistical techniques and presented in the form of percentages, with the highest score being 100% and the lowest being 0%. Data from respondents were entered into a computer program, specifically Statistical Package for the Social Sciences (SPSS), with the data presented in the form of frequency distributions and percentages. For bivariate analysis, the data were analyzed using the ANOVA test, followed by the LSD (Least Significant Difference) test to compare the knowledge between classes.

This study has obtained ethical approval from the Research Ethics Committee of the Faculty of Medicine, University of Muslim Indonesia, as well as permission from the school and parents of students. Participation is voluntary, and the confidentiality of respondents' identities is fully maintained.

RESULTS

The number of respondents involved in this study was 83 samples. The frequency of males was 40, with a percentage of 48.2%, while the frequency of females was 43, with a percentage of 51.8%.

I. Respondent Characteristics Based on Age, Gender, and Class

Table 1. Frequency Distribution of Respondents Based on Age, Gender, and Grade Level Among Children at SD NEGERI 9 RAPE RAPE (n=83)

Characteristics	Category	Frequency (f)	Percentage (%)
Usia(tahun)	9	10	12
	10	39	47
	11	25	30,1
	12	9	10,9
Gender	Male	40	48,2
	Female	43	51,8
Class	IV	29	34,9
	V	30	36,1
	VI	24	29

Table 1 shows that the highest frequency of respondents was 10 years old, with 39 respondents (47%), and most were female, with 43 respondents (51.8%). The highest number of respondents was from grade 5, with 30 respondents (36.1%).

II. Respondents' Knowledge About Smoking

Table 2. Frequency Distribution of Respondents' Knowledge About Smoking at SD NEGERI 9 RAPE RAPE

Class	Good	Adequate	Poor	Total
IV	0	4	25	29
V	0	1	29	30
VI	2	6	16	24
Total	2 (2,4%)	11 (13,3%)	70 (84,3%)	83 (100%)

Table 2 shows that the knowledge of respondents in grades IV, V, and VI about smoking was mostly lacking, with a total of 70 respondents (84.3%).

Table 3. Frequency Distribution of Respondents' Knowledge Based on Age About Smoking at SD NEGERI 9 RAPE RAPE

Age	Good	Adequate	Poor	Total
9	0	0	10	10
10	0	2	36	38
11	0	6	19	25
12	2	3	5	10
Total	2 (2,4%)	11 (13,3%)	70 (84,3%)	83 (100%)

Table 3 shows that respondents' knowledge about smoking based on age was mostly lacking, with 70 respondents (84.3%) having insufficient knowledge.

III. Respondents' Knowledge About the Dangers of Smoking

Table 4. Frequency Distribution of Respondents' Knowledge About the Dangers of Smoking at SD NEGERI 9 RAPE RAPE

Class	Good	Adequate	Poor	Total
IV	10	5	14	29
V	2	3	25	30
VI	5	10	9	24
Total	17 (20,5%)	18 (21,7%)	48 (57,8%)	83 (100%)

Table 4 shows that respondents IV, V, and VI mostly had insufficient knowledge about the dangers of smoking, with a total of 48 respondents (57.8%).

Table 5. Frequency Distribution of Respondents' Knowledge Based on Age Regarding the Dangers of Smoking at SD NEGERI 9 RAPE RAPE

Age	Good	Adequate	Poor	Total
9	0	0	10	10
10	5	6	28	39
11	5	8	13	26
12	1	4	3	8
Total	11 (13,3%)	18 (21,7%)	54 (65%)	83 (100%)

Table 5 shows that respondents' knowledge about the dangers of smoking based on age is mostly lacking, with 54 respondents (65%) having insufficient knowledge.

IV. Bivariate Analysis of Smoking Knowledge

Table 6. ANOVA Test of Smoking Knowledge

Knowledge of Smoking	<i>P-value</i>	Description
	0.004	There is a significant difference

Table 6 shows that there is a significant difference in the average knowledge of smoking between the two groups of classes. Therefore, a multiple comparisons test using post hoc (LSD) was conducted to see which classes were different.

Table 7. Multiple Comparisons Test using LSD (Least Significant Difference)

Class	Class Comparator	<i>P-value</i>
4	5	0.326
	6	0.016
5	4	0.326
	6	0.001
6	4	0.016
	5	0.001

Table 7 shows that the results of the comparison between classes indicate a significant difference in the average knowledge of smoking between classes, especially between class 6 and class 4, and class 6 and class 5, while classes 4 and 5 are relatively the same.

VII. Bivariate Analysis of Knowledge of the Dangers of Smoking

Table 8. ANOVA Test of Knowledge of the Dangers of Smoking

Knowledge of the Dangers of Smoking	<i>P-value</i>	Description
	0.050	There is a significant difference

Table 10 shows that there is a significant difference in the average knowledge of the dangers of smoking between the two groups. Therefore, a multiple comparisons test using post hoc (LSD) was conducted to see which classes were different.

Table 9. Multiple Comparisons Test using LSD (Least Significant Difference)

Kelas	Pembanding Kelas	Nilai p
4	5	0.019
	6	0.575
5	4	0.019
	6	0.090
6	4	0.575
	5	0.090

Table 9 shows that the comparison of knowledge levels reveals a significant difference in the average knowledge of the dangers of smoking between grades 4 and 5, while grades 4 and 6 and grades 5 and 6 are relatively the same.

DISCUSSION

Based on the data, most respondents were aged 9-12 years old, with 10 respondents (12%) aged 9 years old, 39 respondents (47%) aged 10 years old, 25 respondents (30.1%) aged 11 years old, and 9 respondents (10.9%) aged 12 years old. These ages fall within the stage of concrete operational cognitive development according to Jean Piaget's theory, in which children begin to think logically about concrete objects but are not yet fully capable of abstract thinking. This finding aligns with the results of Mulyani and Riyanto who reported that children aged 9–12 years demonstrate a good ability to comprehend simple written instructions. They can provide consistent answers and show sufficient concentration in filling out questionnaires, especially when guided by teachers or researchers. In a study by Dewantari NA evaluating health literacy in elementary school students, it was found that the 10–11 age group demonstrated a higher level of understanding than the 8–9 age group, particularly in interpreting visual information and narrative instructions.¹⁷ Meanwhile, Indanah I (2019) emphasized that a child's age affects their emotional and social maturity. Younger children often struggle to express their feelings or opinions explicitly, whereas older children tend to be more open in expressing their views, including when completing questionnaires.¹⁸

The gender distribution was relatively balanced, with 40 male respondents (48.2%) and 43 female respondents (51.8%). Bastian A et al. (2018) in their study on the differences between male and female respondents in elementary school found that girls tend to be more obedient to instructions and more diligent in completing questionnaires, while boys often show disinterest when the topic is considered less interesting.¹⁹ Research by Maharani Swastika G, et al (2021) shows that gender differences also affect how children express their perceptions of an experience. Girls are more verbal in expressing their feelings and experiences, which can provide richer data in both quantitative and qualitative studies. Girls tend to have a more stable level of concentration when filling out questionnaires, while boys are more easily distracted, especially when the questionnaire takes a long time to complete. Therefore, the slightly larger proportion of female respondents may contribute to the accuracy of the data.²⁰

The respondents in this study were divided into three levels: grade IV, with 29 respondents (34.9%); grade V, with 30 respondents (36.1%); and grade VI, with 24 respondents (29%). Ismail and Harahap (2018) stated that students in higher grades tend to have more learning experiences, including filling out questionnaires or answering text-based questions. As students progress through the grades, their literacy and numeracy skills improve, which ultimately improves the quality of the data obtained. Similar results were also obtained in Handayani SL et al. (2020), which stated that sixth-grade students showed better analytical skills than fourth-grade students, especially in answering questions that required reasoning. They were also more courageous in expressing their opinions in writing, especially in open-ended questionnaires.²¹ According to research by Afifah and Kurniawan (2022), the higher the grade level of students, the greater the likelihood that they will be exposed to information from outside school (media, parent discussions, extracurricular activities), which has an impact on the diversity of perspectives in answering research instruments.

Based on the discussion of the respondents' characteristics, it can be concluded that age, gender, and social class play a significant role in understanding how data is collected and interpreted. The majority of respondents were aged 10–11 years old, with a slight predominance of female respondents, and a diverse range of socioeconomic backgrounds, providing an important context that must be considered when analyzing the main results of the study.

Based on the distribution results, the majority of respondents had a low level of knowledge about smoking, namely 70 respondents (84.3%), while 11 respondents (13.3%) had sufficient knowledge, and only 2 respondents (2.4%) had good knowledge. This indicates that the knowledge of elementary school children about smoking at SD NEGERI 9 RAPE RAPE, Larompong District, Luwu Regency, is still very low. The results of this study align with those of Fauziah, Wisanti, and Anggreny (2021), which indicate that students at SDN 37 in Pekanbaru City have limited knowledge about cigarettes. This is because in this study, school-age children lack knowledge about smoking; therefore, environmental factors greatly influence the smoking behavior of school-age children. The environment surrounding school-age children consists of smokers, as evidenced by data showing that 113 respondents (36.2%) have fathers or parents who are smokers. In addition, 61 respondents (19.6%) have peers who also smoke. ⁴ This condition may be caused by a lack of exposure to information about addictive substances and the health effects of smoking in school and family environments. Research by Nurhidayat et al. (2019) indicates that elementary school students who receive structured health education possess a higher level of knowledge compared to those who do not receive special education. This shows the importance of early health education interventions.

Research by Miftahul Jannah Q et al (2018) shows that a lack of education about smoking from an early age is one of the main factors contributing to primary school students' low level of knowledge about smoking. Children often obtain information only from their immediate environment, including their family or the media, which may not always convey accurate information. ²² The study by Brook U, Mendelberg A, Galili A, Priel I, and Bujanover Y states that the knowledge scores of children of smoking and non-smoking parents are almost the same (± 6.2 on a certain scale, not significant). Because students' knowledge about the consequences of smoking is lacking, we can add that the important topic of smoking and the damage it can cause should be taught in all schools from first grade and throughout all subsequent years of study. In terms of knowledge about the dangers of smoking, it was found that only 17 respondents (20.5%) had good knowledge, while only 18 respondents (21.7%) had sufficient knowledge, and the majority, namely 48 respondents (57.8%), still had insufficient knowledge. This shows that elementary school children's knowledge about the dangers of smoking at SD NEGERI 9 RAPE RAPE, Larompong District, Luwu Regency, is still very low.

Knowledge about the dangers of smoking is generally related to information about health effects such as lung cancer, heart disorders, and respiratory problems. The lack of understanding among elementary school children about this issue shows the need for educational programs that are age-appropriate. This study is in line with the research by Mahmudi A, Putro AAY, (2023), which states that the level of knowledge about the dangers of smoking among fifth-grade elementary school students in Kasihan Bantul District varies. The majority of students, namely 59 respondents (52.7%), have a low level of knowledge about the dangers of smoking. ¹ According to Abdussalam Alghifari (2017), the results of a study on the level of knowledge of fifth-grade students at Gugus Merbabu Elementary School in Ngadirejo District, Temanggung Regency, regarding the dangers of smoking showed that 3.82% were in the good category, 72.61% were in the fairly good category, 23.57% were in the poor category, and 0.00% were in the very poor category. ⁷ The results of this study are not in line with the study by Febriana I (2021), which states that 27 respondents (31.8%) of elementary school-aged children had good knowledge about the dangers of smoking. Many children are still unaware of the dangers of smoking, possibly because they only know that smoking is harmful to health, but do not know in detail what dangers smoking can cause. ¹³

According to the research results by Simanjuntak et al. (2021), the understanding of the dangers of smoking can increase significantly when provided through interactive educational media, such as animated videos and educational games. However, even though sixth-grade students have more knowledge than lower grades, the proportion of those with insufficient knowledge remains high. This reinforces the importance of integrating anti-smoking education more systematically at the elementary level, as recommended by the Ministry of Health (2020) in the national tobacco control strategy. The results of research by Shata, Z. N., Mohamed, N. S., & Moustafa, N. S. indicate that only 9.7% of children possessed good knowledge, while 37.7% demonstrated poor knowledge. Five knowledge items (e.g., nicotine, toxic substances such as arsenic, the dangers of shisha) had correct responses of <50%, but increased significantly after educational intervention ($p = 0.000$). The median knowledge score rose from 9 to 13 after teaching. Predictors of knowledge included: maternal education, information on cigarette packaging, friends who smoke, maternal employment status, gender, and child smoking status. The low incidence of smoking among children, combined with the demonstrated effectiveness of educational interventions in improving the knowledge of school children, especially at a young age, necessitates the integration of such education into the school curriculum. ²³

CONCLUSION

Based on the results of research on the level of knowledge of elementary school children about smoking, most were categorized as having insufficient knowledge, with a total of 70 respondents (84.3%), and the level of knowledge of elementary school children about the dangers of smoking was mostly categorized as insufficient knowledge, with a total of 48 respondents (57.8%). A comparison of the level of knowledge about smoking and the dangers of smoking between classes showed that ($p < 0.05$) the knowledge of grade 6 was higher than that of grades 4 and 5. These findings indicate the need to improve health education and integrate material on the dangers of smoking into elementary school learning, as well as involve teachers in providing interactive education such as posters, videos, and plays. It is also possible to hold regular counseling programs in elementary schools with attractive visual material about the dangers of smoking, as well as for parents to set an example by not smoking at home or in front of their children.

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