ABSTRACT

Remaja SADAR ASAP: Education on Early Smoking Prevention among Madrasah Tsanawiyah Students in Kutai Kartanegara

Fanny Chantika Nur Syabani, Dasyah Ramadani,
Dea Ananta Syamsuddin, Siti Afifah, Devi Safitri, Eka Putri Rahayu

Correspondence E-mail : ogbunoumo@gmail.com

Background :Adolescent smoking is a pressing public health problem. The 2023 Indonesian Health Survey (SKI) recorded the 15–19 and 10–14 age groups (56.5% and 18.4%, respectively) as the largest proportions of smokers. In Suka Maju Village, Kutai Kartanegara, root-cause analysis of the Smoke-Free Home program (SERUMA) found that smoking among adult men generally begins in adolescence, making early prevention a priority.

Objective : To improve students' knowledge of the dangers of smoking through the interactive education program "Remaja SADAR ASAP" (Youth Aware of Smoke).

Research Methods/ Implementation Methods : The activity was held on 20 July 2026 at MTs Al-Ikhsan, Tenggarong Seberang, with 52 students completing both the pre-test and post-test (130% of the minimum target of 40). Evaluation used a one-group pretest–posttest design with a 10-item true–false questionnaire, analyzed using the Wilcoxon Signed Rank test.

Results : The mean knowledge score increased from 87.50% to 90.19% (both in the good category). Sixteen students improved their scores, 36 remained unchanged, and none declined. The largest gain was in understanding the economic impact of smoking, which all students answered correctly in the post-test. The improvement was statistically significant ($p < 0.001$). However, misconceptions about the effectiveness of room ventilation and the dangers of secondhand smoke persisted.

Conclusion/Lesson Learned : Interactive school-based education effectively improved adolescents' knowledge and is a viable primary prevention strategy against smoking. Reinforcing secondhand smoke content in follow-up sessions and establishing a formal agreement with the school are needed to sustain the impact.

Keyword : education; adolescents;smoking behavior;knowledge;early prevention