ABSTRACT

Implementing the GEBRAK Program (Collective Movement for Smoke-Free Homes) to Promote Healthy Housing

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Smoking inside the home exposes family members, particularly children under five, to secondhand smoke. In Indonesia, 59.3% of adults are exposed at home. A survey in Kerta Buana Village found that 24.7% of household heads (25 of 101) smoked indoors, which a Focus Group Discussion confirmed as a priority health issue.

The GEBRAK (Joint Movement for Smoke-Free Homes) program aimed to improve knowledge and awareness of parents of children under five and build family commitment to smoke-free homes.

The program was conducted in July 2026 with 40 parents of children under five from four integrated health posts (Posyandu), with community health volunteers as partners. Activities included interactive health education, group discussion, leaflet distribution, and installation of “No Smoking Inside the House” stickers. Knowledge was measured using pre-tests and post-tests, and sticker installation was monitored through home visits and WhatsApp.

The mean knowledge score increased from 14.06 to 33.50 (a gain of 19.44 points, or 138.3%). The maximum score rose from 24 to 71, while the minimum score remained at 12. Home visits could not reach all participants because of absent residents, limited time, and long distances between houses. Follow-up monitoring through WhatsApp showed that all participants had installed the stickers as a commitment to supporting smoke-free homes.

The GEBRAK program improved parents’ knowledge and awareness and encouraged participation in creating smoke-free homes, as reflected by sticker installation. Periodic education involving village government, community health centers, and health volunteers is recommended, along with broader targets and long-term monitoring to evaluate behavior change.

Keyword : Secondhand Smoke; GEBRAK; Health Promotion; Smoke-Free Home