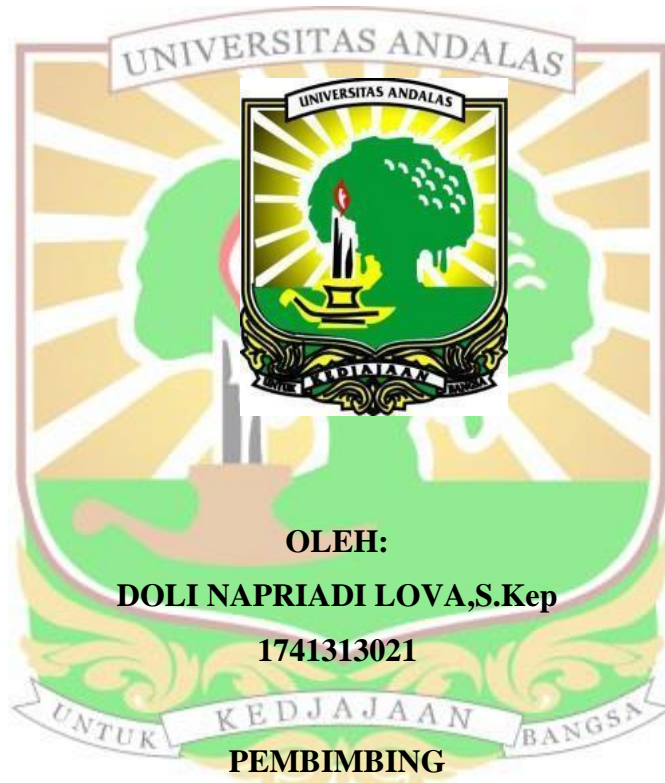


LAPORAN ILMIAH AKHIR

ASUHAN KEPERAWATAN KOMUNITAS DENGAN PENERAPAN
***PEER FOLLOWERSHIP* TERHADAP MOTIVASI BERHENTI**
MEROKOK PADA SISWA DI SMP 10 KOTA PADANG
TAHUN 2018

Peminatan Keperawatan Komunitas



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**Asuhan Keperawatan Komunitas Dengan Penerapan *Peer followership*
terhadap Motivasi Berhenti Merokok pada Siswa di SMP 10 Kota Padang
Tahun 2018**

ABSTRAK

Perilaku merokok merupakan ancaman kesehatan Global hingga saat ini. Banyak penyakit yang dapat ditimbulkan oleh rokok diantaranya kanker paru, PPOK, dan serangan jantung. Prevalensi merokok aktif remaja 12-18 tahun terus meningkat walau usaha pencegahan dan program berhenti merokok dari pemerintah telah dilakukan. Salah satu metode yang bisa diterapkan untuk menangani masalah perilaku merokok adalah dengan *peer followership*. Berdasarkan hasil kuesioner didapatkan siswa berpengetahuan rendah sebanyak 230 siswa SMP 10 Kota Padang. Tujuan dari penelitian ini adalah menggambarkan hasil pelaksanaan penerapan *peer followership* terhadap motivasi berhenti merokok pada siswa yang merokok di SMP 10 Kota Padang. Metode penelitian kualitatif deskriptif dengan case study dan dilakukan di SMP 10 Kota Padang dari tanggal 6 agustus hingga 1 september 2018. Populasi Penelitian adalah seluruh siswa SMP 10 Kota Padang. Sampel terdiri dari 230 siswa yang diambil dengan menggunakan teknik purposive sampling sesuai dengan kriteria inklusi. Analisa data dilakukan dengan reduksi data, penyajian data, dan penarikan kesimpulan. Hasil penelitian didapatkan, bahwa sebelum dilakukan *Peer followership* sebanyak 113 orang (48.8%) berpengetahuan rendah tentang bahaya merokok, 117 orang (51.2%) berpengetahuan baik tentang bahaya merokok, setelah dilakukan *Peer followership* sebanyak 132 orang (57%) berpengetahuan baik tentang bahaya merokok, 98 orang (43%) berpengetahuan rendah tentang bahaya merokok, 15 orang (9%) berpengetahuan rendah tentang bahaya merokok berhenti merokok. Perlu adanya program seperti *Peer followership* di kegiatan ekstrakurikuler sekolah sehingga dapat mengurangi perilaku merokok di usia remaja.

Kata kunci : pengetahuan, motivasi berhenti merokok, *peer followership*

Daftar pustaka : 76 (2000-2018)

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*Community Nursing Care with the Implementation of Peer
followership against Motivation to Stop Smoking Students of SMP 10 Kota
Padang in 2018*

ABSTRACT

Smoking behavior is a global health threat to date. Many diseases that can be caused by cigarettes include lung cancer, COPD, and heart attacks. Adolescent active smoking prevalence 12-18 years continues to increase even though prevention efforts and government smoking cessation programs have been carried out. One method that can be applied to deal with smoking behavior problems is with peer followership. Based on the results of the questionnaire, it was found that students with low knowledge were 230 students of SMP 10 Kota Padang. The purpose of this study was to describe the results of the implementation of peer followership on the motivation to stop smoking in students who smoke in Padang 10 Middle School. Qualitative descriptive research method with a case study and carried out in SMP 10 Padang City from August 6 to September 1 2018. The study population was all students of SMP 10 Padang City. The sample consisted of 230 students who were taken using purposive sampling technique according to the inclusion criteria. Data analysis is done by data reduction, data presentation, and conclusion drawing. The results showed that before the Peer followership was 113 people (48.8%) had low knowledge about the dangers of smoking, 117 people (51.2%) were well informed about the dangers of smoking, after 132 Peer followership (57%) were well informed about the dangers of smoking. , 98 people (43%) had low knowledge about the dangers of smoking, 15 people (9%) had low knowledge about the dangers of smoking to stop smoking. There needs to be a program like Peer followership in school extracurricular activities so that it can reduce smoking behavior in adolescence.

Keywords : *knowlege, motivation to stop smoking, peer followership*

Bibliography : 76 (2000-2018)