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# Factors Related to the Implementation of Regional Regulation Number 3 of 2019 Concerning Non-Smoking Areas in the Capital of Konawe Islands Regency

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### ABSTRACT

**Introduction:** The implementation of Regional Regulation Number 3 of 2019 concerning Non-Smoking Areas in Konawe Islands Regency has not been maximized. There are still many people who smoke in areas that are included in non-smoking areas. The problems in this study are factors of knowledge, attitudes, facilities and infrastructure and the provision of sanctions related to the application of the Non-Smoking Areas Regional Regulation.

**Method:** This research is analytical research with a cross-sectional study approach. The sample of this study was 91 respondents obtained by the Lemeshow formula, data analysis with the Chi Square test, at a confidence level of 95% ( $\alpha = 0.05$ ).

**Result:** The results of this study concluded that there is a strong relationship between attitudes and the application of Non-Smoking Areas Bylaws ( $p = 0.409$ ), there is a very strong relationship between facilities and infrastructure and the application of Non-Smoking Areas Bylaws ( $p = 0.505$ ), there is a moderate relationship between sanctions and the application of the Non-Smoking Areas Bylaw ( $p = 0.279$ ).

**Conclusion:** More active efforts are needed to socialize, supervise and enforce the Non-Smoking Areas Bylaws so that the public can know about the implementation of the Non-Smoking Areas Bylaws and make a Regent's Regulation on the implementation of the Non-Smoking Areas Regional Regulation as a technical guide in the implementation of the Non-Smoking Areas Regional Regulation in Konawe Islands Regency.

### Introduction

One of the behaviors of Indonesian people that has a negative impact on the health of individuals and their environment is smoking.

Smoking behavior is still a health problem in society. Everyone understands that smoking is an activity that harms health, but in fact smoking behavior is still very difficult to control. Smoking habit is not only a problem in adults but also

rampant among children and adolescents. This is evidenced by the increasing prevalence of smoking in the population aged 10-18 years where from 28.8% in 2013 to 29.3% in 2018.<sup>[1]</sup>

Tobacco is also a major risk factor for non-communicable diseases such as cardiovascular disease, cancer, respiratory diseases and diabetes. In addition, people living with this condition are more vulnerable to being severely affected by Covid-19. Tobacco use is the second leading cause of death in the world (after hypertension) and is currently turning into the cause of death of 1 in 10 adults worldwide. Therefore, there needs to be greater vigilance for smokers to quit smoking and it is necessary to take precautions, especially for novice smokers. Cigarette smoke not only harms the smoker, but also others around the smoker (passive smoker).<sup>[2]</sup>

The Konawe Islands Regency Government has issued a policy through Regional Regulation Number 3 of 2019 concerning Non-Smoking Areas, where the implementation of the No Smoking Area is intended to provide guarantees for the acquisition of clean and healthy air space and environment for the community. So, it can be said that the intention of Non-Smoking Areas Regional Regulations is to keep the dangers of cigarette smoke away in the community. But in reality, there are still many people who smoke in areas that are included in the no-smoking area. In addition, diseases arising from cigarettes such as hypertension are still included in the top 10 diseases in health care facilities.<sup>[3]</sup>

According to Green's theory, health behavior is influenced by three factors, namely (1) predisposing factors (predisposing factors) which are the basis for behavioral motivation which includes knowledge, attitudes, belief values, or beliefs that form perceptions so as to motivate individuals to take action. These factors also include demographic factors such as socioeconomic status, age, gender and family size; (2) enabling factors that allow motivation to be carried out which include the availability of health facilities or facilities, ease of achieving services including costs, distance, availability of transportation, service time and skills of health workers; and (3) reinforcing factors (reinforcing factors), includes attitudes and behaviors of public figures, religious leaders, health workers. In behaving healthy, not only need knowledge and

positive attitudes but the community also needs examples of applications from community leaders, religious leaders and health workers, in addition to the existence of laws, regulations and so on. The existence of regulations and laws to strengthen the behavior of these people.<sup>[4]</sup>

This research aims to examine factors related to the implementation of Regional Regulation No. 3 of 2019 concerning Non-Smoking Areas in the Capital of Konawe Islands Regency.

## Method

This research was carried out in the capital area of Konawe Islands Regency in August 2022. This research is an analytical survey research with a "Cross Sectional Study" approach which aims to analyze the relationship between attitudes and facilities and infrastructure with the application of Non-Smoking Areas Bylaws. The sample of this study amounted to 91 respondents obtained with the Lemeshow formula, data analysis with the Chi Square test, at a confidence level of 95% ( $\alpha = 0.05$ ). The population is all smokers in the capital of Konawe Islands Regency and the sample is 91 people taken using the Lemeshow formula.

## Result

**Table 1** shows the attribution of the relationship between attitudes and the application of the Non-Smoking Areas Regional Regulation, it was found that of the 36 respondents who had a good attitude, there were 19 respondents (52.8%) who implemented the Non-Smoking Areas Regional Regulation and the remaining 17 respondents (47.2%) did not apply the Non-Smoking Areas Regional Regulation. Of the 55 respondents who had a lack of attitude, there were 8 respondents (14.5%) who implemented the Non-Smoking Areas Regional Regulation and 47 respondents (85.5%) did not apply the Non-Smoking Areas Regional Regulation. The results of the Chi Square statistic test at a confidence level of 95% ( $\alpha = 0.05$ ) obtained a value of  $X^2_{count} = 15.241 > X^2_{table} = 3.841$  which means there is a relationship between attitudes and the application

of Non-Smoking Areas Bylaws in the capital of Konawe Islands Regency. The results of the relationship closeness test with the Phi efficiency obtained a Phi value = 0.409 which means it has a strong relationship.

**Table 2** shows the attribution of the relationship between facilities and infrastructure with the application of the Non-Smoking Areas Regional Regulation, it was found that of the 28 respondents who stated that there were facilities and infrastructure, there were 18 respondents (64.3%) who applied the Non-Smoking Areas Regional Regulation and the remaining 10 respondents (35.7%) did not apply the Non-Smoking Areas Bylaw. Of the 63 respondents who stated that there were no facilities and infrastructure, there were 9

respondents (14.3%) who implemented the Non-Smoking Areas Regional Regulation and 54 respondents (85.7%) did not apply the Non-Smoking Areas Regional Regulation. The results of the Chi Square statistic test at a confidence level of 95% ( $\alpha = 0.05$ ) obtained a value of  $X^2_{\text{count}} = 23.224 > X^2_{\text{table}} = 3.841$  which means that there is a relationship between facilities and infrastructure with the application of the Non-Smoking Areas By law in the capital of Konawe Regency Islands. The results of the relationship closeness test with the Phi efficiency obtained a Phi value = 0.505 which means it has a very strong relationship.

**Table 1.**  
**Relationship Between Attitude Based on the Application of Non-Smoking Areas Bylaws in the Capital of Konawe Islands Regency**

Attitude	Application of Non-Smoking Areas By laws				Sum		Statistical Test
	Yes		Not		n	%	
	n	%	n	%			
Good	19	52,8	17	47,2	36	100	$X^2_{\text{table}} = 3,841$ $X^2_{\text{count}} = 15,241$ $\phi = 0,409$
Less	8	14,5	47	85,5	55	100	
Sum	27	29,7	64	70,3	91	100	

**Table 2.**  
**Relationship Between Facilities and Infrastructure Based on the Application of Non-Smoking Areas Bylaws in the Capital of Konawe Islands Regency**

Facilities and Infrastructure	Application of Non-Smoking Areas By laws				Sum		Statistical Test
	Yes		Not		n	%	
	n	%	n	%			
Exist	18	64,3	10	35,7	28	100	$X^2_{\text{table}} = 3,841$ $X^2_{\text{count}} = 23,224$ $\phi = 0,505$
None	9	14,3	54	85,7	63	100	
Sum	27	29,7	64	70,3	91	100	

## Discussion

### Attitude Based on the Application of Non-Smoking Areas Bylaws

Attitude is a reaction or response of a person who is still covered by a stimulus or object.<sup>[5]</sup> This research conducted at Syarif Hidayatullah Jakarta Islamic State University on Factors Related to the Application of Non-Smoking Areas (Non-Smoking Areas) at Syarif Hidayatullah Jakarta Islamic State University with knowledge and attitude research variables and the results were obtained that attitudes are variables that greatly

affect the application of Non-Smoking Areas in the campus environment. This research is also in line with Green's theory of behavior change where attitudes are one of the predisposing factors in changing behavior, in this case smoking behavior.<sup>[6]</sup>

Attitude is any deed and action based on the stand and belief held. An attitude is an evaluative statement towards everything whether an object, person or event including in this case the behavior of smoking. According to Allport, the attitude has three components, namely 1) Trust (belief), ideas and concepts towards an object; 2) Emotional life

or evaluation of an object; and 3) Tendency to act (trend to behave). Attitudes are also influenced by knowledge itself, with knowledge it will affect a person's attitude, including attitudes in the application of the Non-Smoking Areas Regional Regulation.

As well as knowledge, the relationship between attitudes and the application of the Non-Smoking Areas Bylaws in this study has a strong relationship. This is due to the fact that a person's attitude regarding a certain object in this case smoking behavior or the application of the Non-Smoking Areas Bylaw becomes a tendency for a person to realize the next behavior or action. Insufficient knowledge about the Non-Smoking Areas Regional Regulation causes a lack of attitude towards the application of the Non-Smoking Areas Regional Regulation, so that smoking behavior is still carried out in the area that is initiated in the Non-Smoking Areas Regional Regulation. This causes the implementation of the Non-Smoking Areas Bylaws to be not optimal. The lack of socialization related to the Non-Smoking Areas Bylaws is certainly the main cause of this condition. The majority of respondents did not know about the existence of the Non-Smoking Areas Bylaw in Konawe Islands Regency. This is certainly a challenge and also an obligation for related parties in an effort to socialize and introduce the Non-Smoking Areas Bylaws to the community. Providing frequent information to the public will certainly provide or change public knowledge about health problems so that it is hoped that it will realize the creation of a good attitude that supports the implementation of the Non-Smoking Areas Regional Regulation.

This is in accordance with the theory that knowledge and attitudes are indicators of a person in carrying out actions. If a person is based on good knowledge, it will also cause a good attitude towards health, then the person will understand the importance of maintaining health and motivating it to be applied in their lives. Knowledge of the health risks posed by smoking behavior will affect the consideration and attitude to smoke or the application of the Non-Smoking Areas Bylaw. In developed countries, good knowledge is proven to influence smoking attitudes and behaviors. However, this does not necessarily become a reference that good knowledge will automatically

cause an attitude that supports the implementation of the Non-Smoking Areas Regional Regulation. On the contrary, lack of knowledge will tend to give rise to less supportive attitudes as well. Attitude can be interpreted as an individual's view of an object before an action is performed. This attitude is formed after the individual has obtained information, seen or had experience of the behavior. This attitude is based on 3 things, namely knowledge, affective/feelings and actions.<sup>[7]</sup>

Based on the description above, it can be concluded that the lack of attitudes that support the Non-Smoking Areas Regional Regulation is caused by the lack of information about the Non-Smoking Areas Regional Regulation to the community so that more efforts are needed from the Konawe Islands Regency Government in this case it can be done by health workers (public health center) and related agencies (Sub-district, Legal Section and Civil service police Unit) to provide knowledge and understanding of the Non-Smoking Areas Regional Regulation so that it is expected to change the thinking patterns of individuals so that it can change their smoking behavior which in the end is support for the implementation of the Non-Smoking Areas Bylaw in the capital of Konawe Islands Regency.

#### **Facilities and Infrastructure Based on the Application of Non-Smoking Areas Bylaws**

Means are any kind of equipment, work equipment and facilities that serve as the main tool or auxiliary in the implementation of work, and also in the framework of interests that are in contact with the organization of work. While infrastructure is auxiliary equipment or also the main equipment, and both tools serve to realize a goal to be achieved.<sup>[8]</sup>

Facilities and infrastructure in the implementation of Non-Smoking Areas are all support either in the form of smoking prohibition signs or the preparation of special smoking rooms/areas provided in non-smoking areas. The function of facilities and infrastructure in facilitating processes or activities will certainly greatly affect the successful implementation of the Non-Smoking Areas Regional Regulation. The support of adequate facilities and infrastructure will also facilitate the implementation of the Non-Smoking Areas Regional Regulation.

The results of this study show that there is a very strong relationship between facilities and infrastructure and the application of the Non-Smoking Areas By law in the capital of Konawe Islands Regency. The results of this study are in line with research conducted by Yuliana Kusuma Dewi, which shows that there is an influence of signs of smoking bans, the application of sanctions and the support of superiors with compliance with non-smoking areas. This research is also in line with Green's theory of behavior change where facilities and infrastructure are one of the enabling factors in changing people's behavior, in this case smoking behavior.<sup>[9]</sup>

The very strong relationship between facilities and infrastructure and the application of the Non-Smoking Areas Regional Regulation in this study is due to the large role and function of the facilities and infrastructure itself in supporting or achieving the objectives of an activity, in this case the application of the Non-Smoking Areas Regional Regulation which is significant. Facilities and infrastructure will certainly be very supportive in the application of Non-Smoking Areas. The facilities and infrastructure in question are in the form of a special smoking area and the existence of a no-smoking sign either in the form of a notice board or stickers placed in a place that is easy for people to see and read. With the existence of a special smoking area, smokers can still smoke and will not disturb people who do not smoke. This will certainly avoid exposure to cigarette smoke in people who do not smoke so that it can prevent diseases caused by cigarettes or cigarette smoke. Likewise, the sign of smoking ban is one of the supporting factors in the implementation of Non-Smoking Areas. Although people do not know about the Non-Smoking Areas rules but usually people will understand that it is not allowed to smoke in places where there is a sign of smoking prohibition. Or even though there are people who continue to smoke in that place, the no-smoking sign will usually be an excuse for others to reprimand them not to smoke in that place.<sup>[10]</sup>

Based on the description above, it can be concluded that the lack of facilities and infrastructure supporting the Non-Smoking Areas Regional Regulation causes the implementation of the Non-Smoking Areas Regional Regulation to be not optimal. This is the duty and responsibility for the Regional Government of Konawe Islands

Regency to prepare facilities and infrastructure to support the Non-Smoking Areas Regional Regulation as stated in Regional Regulation Number 3 of 2019 concerning Non-Smoking Areas. Each Regional Apparatus Organization that has an area included in the Non-Smoking Areas Regional Regulation is required to prepare facilities and infrastructure to support the implementation of the Non-Smoking Areas Regional Regulation in the form of installing information on smoking prohibition signs in a place that is clearly visible and easy to read and if possible, provide a special smoking area / room according to the responsibility of their respective regions. With the support of adequate facilities and infrastructure, it is hoped that the implementation of the Non-Smoking Areas Regional Regulation in the capital of Konawe Islands Regency will be more optimal so that in the end it is expected to be a pioneer in changing smoking behavior in the community.<sup>[11]</sup>

## Conclusion

Based on the results of the study, it shows that knowledge, attitudes, facilities and infrastructure and sanctions are related to the implementation of the Non-Smoking Areas Regional Regulation in the capital of Konawe Islands Regency. The suggestion is the community should be able to increase knowledge about cigarettes and the application of the Non-Smoking Areas Regional Regulation in Konawe Islands Regency by participating in counseling either through the mass media or carried out by related parties so that it can change smoking behavior and support the implementation of the Non-Smoking Areas Regional Regulation.

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