

The Impact of Smoking Behavior on Students' Health and Morals from the Perspective of Islamic Religious Education at State Senior High School 1 North Tinangkung

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ARTICLE INFO

Keywords: Smoking Behavior, Student Health, Morals, Islamic Religious Education, High School Teenagers

Received : 5 January

Revised : 23 February

Accepted: 23 March

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ABSTRACT

This study aims to examine in depth the influence of smoking habits on the physical condition and moral development of students from the perspective of Islamic Religious Education at SMA Negeri 1 Tinangkung Utara. The method applied is a descriptive qualitative approach reinforced by simple quantitative data through interviews, questionnaires, and document reviews. The research findings reveal that smoking habits in students are triggered by the influence of peer groups, curiosity, the desire to demonstrate self-maturity, and family background. From a health perspective, students who smoke experience disorders such as coughing, shortness of breath, and decreased immunity, while students who do not smoke remain at risk of being affected by exposure to cigarette smoke. Viewed from Islamic teachings, this behavior is not in line with the principle of maintaining oneself and health as a form of accountability for the blessings given by Allah SWT. Thus, continuous collaboration is needed between schools, educators, and parents in fostering and preventing efforts to create a healthy and moral learning environment

INTRODUCTION

Smoking among adolescents remains a significant issue in education and public health. Adolescents are at a developmental stage fraught with physical, emotional, and social changes, making them susceptible to environmental influences. The desire to be accepted within social groups, the urge to try new things, and the desire to demonstrate maturity are often the driving forces behind smoking. This situation raises concerns because the impacts extend beyond health to the development of students' character and attitudes. The school environment should be a safe space and support optimal student development. However, smoking is still found among students, including at SMA Negeri 1 Tinangkung Utara. This situation demonstrates the need for increased guidance and supervision. Smoking is not simply a violation of school rules but also reflects the challenge of fostering students' sense of discipline and responsibility for themselves and their surroundings.

From a health perspective, cigarettes contain various hazardous chemicals that have the potential to damage organs, particularly the respiratory system. These effects can include impaired lung function, decreased fitness, and the risk of long-term disease. Furthermore, secondhand smoke also harms those around them. A 2024 report from the World Health Organization confirms that exposure to secondhand smoke has serious consequences for both active and passive smokers, including adolescents. This fact reinforces the urgency of preventing smoking in schools. From the perspective of Islamic Religious Education, maintaining health is a mandate that must be upheld by every Muslim. Islamic teachings emphasize the importance of avoiding actions that pose a danger to oneself or others. Therefore, smoking can be viewed as inconsistent with commendable moral values, such as responsibility, discipline, and adherence to rules. Religious education plays a strategic role in instilling moral and spiritual awareness so that students can control themselves from harmful habits.

LITERATURE REVIEW

Various recent studies also reinforce the importance of this study. (Wahyuni, 2025) suggests that peer and family influences significantly contribute to the emergence of smoking habits in adolescents. (Rahayu et al., 2022) found a link between smoking behavior and low levels of student discipline at school. Sobandi & Agista (2025) demonstrated that strengthening Islamic Religious Education values plays a role in suppressing deviant behavior in adolescents, including smoking. Meanwhile, Sugiarto et al. (2023) concluded that school-based health education and coaching programs are effective in reducing smoking tendencies among high school students. Furthermore, a report by the Indonesian Ministry of Health (2023) states that the age at which smoking begins in Indonesia is decreasing, making preventive approaches in educational settings increasingly urgent.

Based on these various phenomena and the results of previous studies, this study was conducted to comprehensively analyze the impact of smoking behavior on health and the formation of student morals from the perspective of Islamic Religious Education at SMA Negeri 1 Tinangkung Utara. This research is

expected to contribute to the formulation of effective coaching steps to create a healthy, orderly school environment based on Islamic values.

METHODOLOGY

This study employed a qualitative descriptive approach combined with simple quantitative data support. The qualitative approach was utilized to gather in-depth information about students' smoking habits and their implications for health and moral development through interviews. Meanwhile, quantitative elements were used to strengthen the field findings by processing questionnaire data in percentage form. This study is classified as field research because all data collection was conducted directly at the research location, namely SMA Negeri 1 Tinangkung Utara.

Participants in this study included Islamic Education teachers, Guidance and Counseling teachers, and students, both smokers and non-smokers. The study focused on students' smoking behavior and its impact on physical health and moral development within the framework of Islamic Religious Education. Data collection techniques included in-depth interviews with teachers, distribution of two questionnaires to students (a smoking behavior questionnaire and a smoking impact questionnaire), and collection of supporting documents such as school regulations and other administrative data.

Qualitative data analysis was conducted through the stages of information collection, data simplification, presentation of results, and drawing conclusions. The questionnaire data was processed descriptively by calculating the respondents' response tendencies in percentage form. To ensure the accuracy and credibility of the findings, the researchers applied source triangulation by comparing the results of interviews, questionnaires, and supporting documents.

This methodological model shares similarities with several previous studies. Research conducted by (Wahyuni, 2025) used a descriptive design with a combination of interviews and questionnaires to examine factors influencing adolescent smoking habits. A study by (Rahayu et al., 2022) also combined qualitative and quantitative approaches to examine the relationship between smoking habits and student discipline behavior. (Sobandi & Agista, 2025) emphasized the importance of in-depth interviews and documentation in analyzing the role of religious education on adolescent behavior. Furthermore, (Sugiarto et al., 2023) applied a similar method by combining questionnaires and interviews in a study of school interventions on student smoking habits. Students' behavior and morals depend on their families (Lamadang, 2019).

Therefore, the approach used in this study is relevant and aligned with methods used in various previous studies, making it appropriate for describing the phenomenon of student smoking behavior comprehensively and systematically.

RESULTS

This research was conducted at SMA Negeri 1 Tinangkung Utara, utilizing interviews and the distribution of two questionnaires: one on smoking habits and one on the impacts of smoking. Participants included Islamic Education (PAI)

teachers, Guidance and Counseling (BK) teachers, and a number of students, both smokers and non-smokers.

Interviews with the PAI teachers revealed that smoking among students is viewed as a serious problem because it occurs during the development of personality and character values. The PAI teachers emphasized that smoking not only impacts physical health but also affects students' attitudes, morality, and discipline. Furthermore, the BK teachers explained that this behavior is generally triggered by psychological and social factors, such as the desire for social recognition, peer pressure, and family and environmental factors.



Pic 1. Documentation of the Interview with the PAI Teacher

On the other hand, the guidance and counseling teacher explained that this behavior is generally triggered by psychological and social aspects, such as the urge to be recognized in social circles, pressure from peer groups, as well as family background and the surrounding environment.



Pic 2. Documentation of interview with Guidance Counselor

Data from the first questionnaire on smoking behavior showed that some students began smoking while still in high school, and some even did so daily. Several respondents reported attempting to quit but encountered obstacles due to the development of dependency. The most influential factors contributing to

the onset of smoking included peer influence, curiosity, and the desire to appear more mature. Furthermore, some acknowledged that smoking sometimes occurs on school grounds, which violates applicable regulations.

Regarding health, several students reported experiencing physical symptoms such as coughing, shortness of breath, and dizziness after smoking. Most respondents understood the negative impacts of smoking on their health and recognized that maintaining their health is an obligation in Islamic teachings. Some students also revealed that their religious understanding encouraged them to consider quitting and that they felt regret afterward.

Meanwhile, the results of the second questionnaire, which focused on the impacts of smoking and was completed by non-smokers, showed that the majority of respondents had never smoked and were committed to maintaining this behavior. They expressed pride in not smoking and tried to refuse offers of cigarettes from friends. However, some non-smoking students reported being frequently exposed to cigarette smoke, both at school and at home. Some felt uncomfortable inhaling cigarette smoke and had experienced coughing or shortness of breath as a result of this exposure. In general, respondents understood that smoking can damage the respiratory system, cause serious illnesses, and harm passive smokers. The majority also supported the implementation of stricter smoking bans in schools and desired a smoke-free educational environment.

DISCUSSION

Based on research findings conducted at SMA Negeri 1 Tinangkung Utara through interviews and questionnaires, it was discovered that students' smoking habits are influenced by various social and psychological factors. Peer influence emerged as the strongest factor in encouraging students to try and maintain the habit. These results align with research (Wahyuni, 2025), which explains that friendships and family environments significantly contribute to the emergence of smoking behavior in adolescents, given the strong social influence in shaping behavioral patterns at this age.

Furthermore, research (Sari et al., n.d.) revealed that students who smoke generally exhibit lower levels of discipline than non-smokers, particularly in adherence to school rules and norms. This finding aligns with the findings of this study, where some students admitted to having smoked on school grounds despite official prohibitions.

Research conducted by (Sobandi & Agista, 2025) indicates that consistently instilling Islamic Religious Education values can be an effective means of suppressing deviant behavior in adolescents, including smoking. This reinforces the findings of this study, which found that students with a better understanding of religion tended to feel regret after smoking and a desire to quit the habit. This fact indicates that religious education has the potential to act as a moral bulwark in preventing smoking behavior.

Furthermore, (Sugiarto et al., 2023) concluded that intervention programs implemented in schools, such as health education and positive extracurricular activities, were effective in reducing the likelihood of smoking among high

school students. These results support the study's recommendations, which emphasize the importance of health education, counseling services, and collaboration between schools and parents as strategic steps in reducing the number of adolescent smokers.

Furthermore, a report from the Indonesian Ministry of Health (2023) stated that the age of first smoking in Indonesia tends to be increasingly early, necessitating a prevention strategy focused on the educational environment. These findings reinforce the aspirations of respondents in this study who called for stricter enforcement of smoking bans in schools.

Meanwhile, a recent report from the World Health Organization (2024) emphasized that the negative impacts of cigarette smoke are felt not only by active smokers but also by passive smokers, and emphasized the importance of school- and community-based interventions to reduce these risks. This condition aligns with the statements of non-smoking students in this study who felt disturbed by exposure to cigarette smoke in the school environment.

Considering the results of various previous studies, it can be concluded that the findings of this study align with previous studies on the relationship between smoking behavior, social environmental factors, health impacts, and the role of Islamic Religious Education in shaping students' attitudes and character. This indicates that smoking habits not only affect physical conditions but also impact psychological aspects, academic achievement, and the development of students' morals and discipline.

CONCLUSIONS AND RECOMMENDATIONS

Based on the research findings and discussion on the impact of smoking on the health and moral development of students at SMA Negeri 1 Tinangkung Utara, the following conclusions can be formulated.

First, smoking in students does not emerge suddenly, but is triggered by various social and psychological factors. Peer pressure and encouragement are the most powerful triggers. Furthermore, curiosity, the drive to appear more mature, and a family and social environment that lacks boundaries contribute to increasing the likelihood of students engaging in this behavior.

Second, smoking has real consequences for students' physical condition, including coughing, shortness of breath, and respiratory disorders. These impacts are felt not only by active smokers but also by other students who inhale cigarette smoke as passive smokers. Thus, the effects of smoking are not limited to specific individuals but affect the school environment as a whole.

Third, from the perspective of Islamic Religious Education, smoking contradicts the teachings to avoid all forms of harm and maintain health as a form of responsibility for the trust given by Allah SWT. This habit is also related to compliance with school regulations and the development of discipline. Even though some students have recognized the error of their behavior and expressed regret, ongoing coaching is still necessary to ensure consistent behavioral change.

Fourth, student approval of the stricter implementation of the smoking ban reflects a growing shared awareness of the need to create a clean, healthy, and smoke-free educational environment.

Based on the conclusions that have been outlined, there are a number of suggestions that can be considered as a follow-up to this research.

For Schools

Educational institutions need to optimize the implementation of smoke-free areas through continuous supervision and the implementation of educational, rather than purely punitive, sanctions. Furthermore, schools are encouraged to conduct regular health education and provide a variety of positive activities so that students have more beneficial alternatives and are less tempted to smoke.

For Islamic Religious Education (PAI) Teachers

PAI educators are expected to incorporate discussions on the importance of maintaining health, cultivating good morals, and being aware of being a Muslim into every learning process. Instilling religious teachings relevant to daily life can provide a strong moral foundation for students to avoid self-harming behavior.

For Guidance and Counseling (BK) Teachers

BK teachers should provide ongoing support, both through individual and group counseling, to students who are suspected of having a smoking habit. A communicative, empathetic, and problem-solving approach is expected to help students gradually reduce or even stop the habit.

For Parents

The family plays a crucial role in shaping adolescent behavior. Therefore, parents need to increase their attention and supervision of their children, along with modeling good behavior at home. Warm communication and emotional support will strengthen efforts to prevent and address smoking habits.

FURTHER STUDY

Further studies are recommended to involve a wider range of respondents and use more in-depth quantitative methods to produce more detailed and accurate data on the incidence and impact of smoking on adolescents.

Through synergy between schools, educators, families, and students, it is hoped that a healthy, orderly educational environment will be created, aligned with the principles of Islamic Religious Education, in developing a generation with character and noble morals. Teachers are expected to continue to create a variety of creative games that are both challenging and relevant to the learning theme. Furthermore, the use of open-ended questions can be an effective way to train children to think critically.

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