



## Relationship Between Conformity, Parenting and Social Environment with Smoking Behavior of Adolescent Boys at High School X in Medan 2023

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<p><b>Track Record Article</b></p> <p>Accepted: 16 August 2024 Revised: 28 July 2024 Published: 01 November 2024</p> <p><b>How to cite :</b> Lubis, N. L., Hasnida, Lubis, R. D., Tumanggor, W. R. ., Simanjuntak, G. A., &amp; Zebua, Y. D. (2024). Relationship Between Conformity, Parenting and Social Environment with Smoking Behavior of Adolescent Boys at High School X in Medan 2023. <i>Contagion : Scientific Periodical of Public Health and Coastal Health</i>, 6(2), 1118-1128.</p>	<p style="text-align: center;"><b>Abstract</b></p> <p><i>In the period of adolescence individuals want to find their identity, and adolescents are easily influenced by peers. Teenagers will be positive when the individual is in a positive environment, and vice versa will be negative when in a negative environment. The family becomes the first social environment known to an individual before plunging into other larger social environments. In its development, adolescents become vulnerable to negative influences including smoking. Methods: This study is a quantitative descriptive study with analytical survey method using cross sectional design which aims to determine the relationship of conformity, parenting and social environment with smoking behavior in adolescent boys at SMA X in Medan in 2023, was conducted on 94 high school X students who were carried out by total sampling. Data were collected using questionnaires and analyzed by Chi-Square. Results: Adolescents are affected by conformity to smoking behavior by as many as 27 respondents (28.7%). Non-democratic parenting (authoritarian and permissive) as many as 62 respondents (66.0%). Poor social environment as many as 41 respondents (43.6%), Conclusion: There is a relationship between conformity, parenting, and social environment with smoking behavior Of adolescent boys. Recommendations from this study can be the basis or input for the development and application of counseling guidance services to discuss smoking behavior that is prone to occur in adolescents and become input for parents to pay more attention to their children's association so as not to be influenced by things and environments that are not good, and always provide examples of good attitudes and behavior to their children.</i></p> <p><b>Keywords : Adolescent Boys, Conformity, Parenting, Smoking Behavior, Social Environment</b></p>
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### INTRODUCTION

One of the periods in human development is adolescence. Adolescence is a stage that is not permanent. Achieving new, more mature relationships with peers, both male and female, as well as emotional independence from parents and other adults is one of its developmental tasks. At this time, adolescents usually want to find their true selves so that they are very easy to influence or in other words, adolescence is a period that is prone to negative influences such as smoking or even drugs, and alcoholic beverages (Muss in Sarwono, 2011).

According to the 2020 Southeast Asia Tobacco Control Alliance (SEATCA) Report, The Tobacco Control Atlas, Asean Region, Indonesia is the nation with the highest number of smokers in ASEAN, with 65,70 million people, and the country is seeing an annual growth of 16.8 million new smokers between the ages of 10 and 19. In fact, 63 percent of adult males and 38.3 percent of teenagers smoke in Indonesia, making it one of the countries with the highest smoking rates worldwide (Lian & Dorotheo, 2021). According to data released by the National Bureau of Statistics in 2024, the percentage of people over the age of 15 who smoke increased from 9.36% in 2022 to

9.62% in 2023 (Badan Pusat Statistik Nasional, 2024). At this time, In addition to being an issue for adults, smoking is becoming more and more common among kids and teenagers. The rising smoking prevalence among those between the ages of 10 and 18 which increased from 7.2% in 2013 to 9.1% in 2018. Based on Basic Health Research data, North Sumatra is ranked third as the most smoker area in Indonesia where Jakarta is ranked first and Bekasi is ranked second. North Sumatra is a province with 28.4% smokers. Among them 24.2% smoked every day and 4.2% smoked sometimes. Based on the average number of cigarettes smoked, 14.9%. In North Sumatra, the smoking prevalence among those who are 10 years of age or older is 29.3%; however, according to Riskesdas 2018, the smoking prevalence is 29% (Kementrian Kesehatan RI, 2019). Medan City itself has a smoking percentage in adolescents aged 15-24 of 11,63% (Badan Pusat Statistik Sumatera Utara, 2022)

In the development of adolescents who want to find their identity, adolescents are easily influenced by their peers. Conformity is a change in individual attitudes and behavior as a result of pressure formed by a group, where individuals try to conform to the norms that exist in the group (Papalia et al., 2008). According to Myers & G (2012) When someone changes their behavior or beliefs due to perceived or actual peer pressure to fit in, they are said to be conforming. Conformity can be positive when the individual is in a positive environment, and vice versa will be negative when in a negative environment.

People will find it simpler to develop a positive self-concept in an atmosphere that offers them positive support. On the other hand, a setting that fosters negativity will cause someone to develop a negative self-concept. Everyday actions are carried out in the social space. Each person's or a group's behavioral changes are influenced by their social surroundings. Every individual's behavior is shaped by their living environment, peers, and family. Because a person's conduct and personality are reflections of the social environment they live in, a good social environment will shape a good person (Suprpto et al., 2023).

Before entering other, more expansive social situations, a person learns to realize the importance of their family. Parents are the first environment that children meet at home in making a major contribution to shaping a child's personality (Samsudin, 2019). The most important task of parents is to help children become capable and responsible for the decisions they have made. Guidance from parents is needed by adolescents at this time because in society there are various values and norms that may conflict with each other with the values that apply to adolescents. At this time the parenting patterns given by parents will be very influential for their teenagers. Each family must have a way of parenting and methods in providing education to children (Ayun, 2017).

Based on preliminary interviews conducted with several teenagers at SMA X in Medan who said that they smoked because they saw a lot of people smoking, so curiosity arose to smoke and also one teenager said that he had smoked since he was in junior high school and smoked to be recognized in

his environment and considered cool by his peers and seniors. From this interview it can be seen that adolescents have a fragile self-concept and tend to be unstable in determining their attitude in the environment. Teenagers who are in the process of finding their identity and the process of acceptance in the environment prioritize the instant process so that they make the decision to join smoking and conform to the environment so that they are considered in harmony with others. So it shows that there is a relationship between conformity and smoking behavior in adolescent boys. This is because the environment in which they live and family are very important in the process of forming personality and self-concept. Given the aforesaid context, the researcher is interested in determining whether parental influence, social environment, and conformity have an impact on teenage boys' smoking behavior at SMA X in Medan in 2023.

## METHODS

This study is a quantitative descriptive study with analytical survey method using cross sectional design which aims to determine the relationship of conformity, parenting and social environment with smoking behavior in adolescent boys at SMA X in Medan in 2023. In this study, the population was all male students at SMA X in Medan, totaling 94 respondents. Sampling using Total Sampling, which is a sampling technique by making the entire population a sample. The data collection technique used a 20-item Conformity questionnaire, a 28-item Parenting Questionnaire, and a 10-item Social Environment questionnaire with the instrument used in this study, namely a standardized questionnaire to measure independent variables. Univariate analysis was conducted to see the frequency, distribution of respondent characteristics of each variable both Conformity, Parenting and Social Environment. Bivariate analysis was conducted to see the relationship between Conformity, Parenting, and Social Environment with adolescent male smoking behavior, using the chi square test with a meaning limit of  $\alpha = 95\%$  ( $\alpha = 0.05$ ).

## RESULTS

**Table 1 Characteristics of Respondents**

<b>Respondent Characteristics</b>	<b>Frequency</b>	<b>Percentage</b>
<b>Sex</b>		
Male	94	100
<b>Age</b>		
14	2	2,1
15	22	23,4
16	33	35,1
17	25	26,6
18	7	7,4
19	5	5,3
<b>An Active Smoker</b>		
No	13	13,8
Yes	81	86,2

The distribution of respondent characteristics is in the table above, the characteristics of respondents based on the most age are at the age of 16 years as many as 33 respondents (35.1%), and the least at the age of 14 years, namely 2 respondents (2.1%). The characteristics of respondents based on whether they were active smokers were respondents who were not active smokers as many as 13 respondents (13.8%) and those who were active smokers were 81 respondents (86.2%).

**Table 2. Characteristics of Motivation and Performance**

Variable Characteristics	Frequency	%
<b>Conformity</b>		
Very	27	28,7
Enough	53	56,4
Less	14	14,9
<b>Parenting</b>		
Democracy	32	34,0
Non-Democratic (Authoritarian and Permissive)	62	66,0
<b>Sosial Environment</b>		
Bad	41	43,6
Enough	27	28,7
Good	26	27,7

Based on the table above, it shows that those who are strongly influenced by conformity to smoking behavior are 27 respondents (28.7%), quite affected by conformity to smoking behavior as many as 53 respondents (56.4%), and those less affected by respondents as many as 14 respondents (14.9%). Democratic parenting patterns were 32 respondents (34.0%), and non-democratic parenting patterns (authoritarian and permissive) were 62 respondents (66.0%) and the poor social environment is 41 respondents (43.6%), a fairly poor social environment is 27 respondents (28.7%), and a good social environment is 26 respondents (27.7%).

**Table 3. The Relationship between Conformity and Smoking Behavior of Adolescent Boys at SMA X in Medan**

Conformity	An Active Smoker				Total		P-value
	Yes		No		N	%	
	n	%	n	%			
Highly Conforming	27	28,7	0	0,0	27	100	0,000
Conformity Enough	53	56,4	0	0,0	53	100	
Lack Conformity	1	1,1	13	13,8	14	100	

According to the above data, there are 94 students who are extremely conformed and smokers; of these, 27 respondents (28.7%) are smokers, and 53 respondents (56.4%) are quite conformed. The Chi-Square test findings show that  $H_0$  is rejected while  $H_a$  is accepted with a p value of  $0.000 < (\alpha = 0.05)$ . Thus, it can be said that in SMA X in Medan, there is a connection between teenage male smoking behavior and conformity.

**Table 4. The Relationship between Parenting Patterns and Smoking Behavior of Adolescent Boys at SMA X in Medan**

Parenting	An Active Smoker				Total		P-value
	Yes		No		N	%	
	n	%	n	%			
Democracy	19	20,2	12	12,8	31	100	0,000
Non-Democratics (Authoritarian and Permissive)	62	66,0	1	1,1	63	100	

Based on the table above, out of 94 students who had Non-Democratic parenting (Authoritarian and Permissive) and were smokers, there were 62 respondents (66.0%), who had Non-Democratic parenting (Authoritarian and Permissive) and were not smokers there were 1 respondent (1.1%), who had Democratic parenting and were smokers there were 19 respondents (20.2%) and who had Democratic parenting and were not smokers there were 12 respondents (12.8%). The Chi-Square test findings show that  $H_0$  is rejected while  $H_a$  is accepted with a p value of  $0.000 < (\alpha = 0.05)$ . Thus, it can be said that, at SMA X in Medan, there is a connection between parenting styles and teenage male smoking behavior.

**Table 5. The Relationship between Social Environment and Smoking Behavior of Adolescent Boys at SMA X Medan**

Social Environment	An Active Smoker				Total		P-value
	Yes		No		N	%	
	n	%	n	%			
Bad	41	43,6	0	0,0	41	100	0,000
Enough	22	23,4	5	5,3	27	100	
Good	18	19,1	8	8,5	26	100	

Based on the table above of 94 students who have a bad social environment and are smokers there are 41 respondents (43.6%), who have a fairly bad social environment and a smoker there are 22 respondents (23.4%), and who do not smoke there are 5 respondents (5.3%), who have a good social environment and are smokers there are 18 respondents (19.1%), and who do not smoke there are 8 respondents (8.5%). Based on the results of the Chi-Square test, the  $p$  value =  $0.000 < (\alpha = 0.05)$  which means  $H_0$  is rejected and  $H_a$  is accepted. Thus it can be concluded that there is a relationship between the Social Environment and adolescent male smoking behavior at SMA X in Medan.

## DISCUSSION

### **The relationship between conformity and smoking behavior in SMA X students in Medan**

Based on table 3, it is known that out of 27 students who are very conformist there are 27 students (100%) who are smokers and out of 53 students who are quite conformist there are 53 students (100%) who are smokers. The results of this study using statistical tests with a value of  $p = 0.000 < (\alpha = 0.05)$ , it can be concluded that there is a relationship between conformity and adolescent male smoking behavior at SMA X in Medan. This study is consistent with one by Astuti (2018), which involved 80 respondents and was conducted at SMP Negeri 22 Samarinda. The findings of the product moment correlation analysis test indicated a significant correlation between smoking behavior and peer conformity among SMP Negeri 22 Samarinda students and this research conducted by Rozi (2022) conducted at SMAN 12 Bandar Lampung on 140 respondents found that from the results of the product moment correlation analysis test obtained a correlation coefficient of  $r = -.0.503$  with a significance of 0.000 where  $p < 0.01$ . These findings suggest a favorable and statistically significant link between teenage smoking activity and peer compliance. This research is also supported by research conducted by Solehah et al. (2019) at SMK Negeri 1 Sumbawa Besar to 60 respondents found that from the results of quantitative analysis that has been done, the table results with a significant value of  $P$  value  $0.004 < \alpha (0.05)$ .

A person who conforms to social norms alters their views and behaviors. This is known as conformity (Baron & Byrne, 2004). Myers & G (2012) implies that a change in conduct brought on by peer pressure can be understood as conformity. According to Myers, conformity involves both acting in a way that is similar to others and being impacted by their behavior. Conformity can be categorized into two forms, Acceptance, which is a form of conformity that individuals do because they believe that the group's opinion or behavior is correct, and also

*Compliance*, which is a form of conformity that individuals do to equalize behavior with the aim of being accepted or to avoid rejection. This form of conformity is also done in the hope of getting praise or reward from the group and avoiding punishment. Research found by Afriansyah (2019) found that the higher the conformity carried out, the higher the smoking behavior of adolescents, conversely the lower the level of conformity carried out by adolescents, the lower the smoking behavior.

Based on research conducted by researchers at SMA X in Medan, Conformity that occurs which greatly influences students at SMA X in Medan on individual respondents to smoke to conform to peer group behavior. 66 respondents (70.2%) started smoking because they saw their environment mostly smokers and 60 respondents (63.9%) smoked because they believed they would have many friends when smoking. Respondents who started smoking because they were offered by friends and the environment were 74 respondents (78.8%) and respondents who smoked especially when a friend invited them to smoke were 66 respondents (70.2%) with 64 respondents (68.1%) smoking because they were reluctant to refuse a friend's offer to smoke. Based on this, conformity that occurs at SMA X in Medan greatly influences student smoking behavior.

### **The relationship between parenting patterns and smoking behavior in SMA X students in Medan**

Based on table 4, it is known that of the 63 respondents who had non-democratic parenting (Authoritarian and Permissive), 62 respondents (98.4%) were smokers and 1 respondent (1.6%) did not smoke. According to the Chi-Square test results,  $H_0$  is rejected while  $H_a$  is approved with a p value of  $0.000 < (\alpha = 0.05)$ . Thus, it can be said that in SMA X in Medan, there is a connection between parental styles and teenage male smoking behavior. This study is in line with the research of Kusuma (2021) They discovered that there is a 0.000 p-value correlation between parental styles and teenage smoking behavior at SMP Negeri 1 Cukuh Balak. The findings of this investigation align with those of Pasaribu & Oktaviana (2021) study, which demonstrated a significant correlation between smoking behavior in adolescent boys in Rw 016 Pamulang Timur Village and parental parenting, with the Chi-Square test yielding a value of  $p0.000 < (\alpha = 0.05)$ . The results of this study are also supported by previous research conducted by Setiawati et al. (2019) at SMK Nusa Dua, with a sample size of 60 adolescent boys with a p value of  $0.000 < (\alpha = 0.05)$ , which means that there is a significant relationship between parenting patterns and adolescent male smoking behavior at SMK Nusa Dua.

According to Komasari & Helmi (2008) peer pressure, psychological satisfaction, and parents' acceptance of teenage smoking are the three main causes of smoking behavior in teenagers. Teenagers that smoke typically come from dysfunctional homes with unfulfilled parental roles. This suggests that improper or ineffective parenting practices may have an impact on teenagers' propensity to smoke. The aforementioned study's findings indicate that parents' parenting styles have a significant impact on their teenagers.

This is also consistent with the view expressed by Mu'tadin (2002), who claims that parental figures can have an impact on adolescents' smoking habits. The rise in teenage smoking behavior can also be attributed to a number of other variables. The first reason that encourages adolescent smoking behavior is parenting. In the description of the research data, it is known that the most respondents have smoking behavior, namely respondents with undemocratic parenting (Authoritarian and Permissive). The second reason is influenced by peers. Various facts reveal that the more adolescents smoke, the more likely their friends are smokers too and vice versa. Adolescence is considered a period of searching for self-identity. In this period the association of peer groups has an important role for adolescents. The third reason is influenced by personality factors. People try smoking for reasons of curiosity or want to release themselves from the burden of self / stress (Komasari & Helmi, 2008).

Based on table 5, it is known that out of 41 students who have a bad social environment there are 41 students (100%) who are smokers. The results of this study using the statistical test  $p \text{ value} = 0.000 < (\alpha = 0.05)$ , it can be concluded that there is a relationship between the Social Environment and adolescent male smoking behavior at SMA X in Medan. The findings of this investigation are consistent with those of Windasari et al. (2017), who discovered a significant correlation between smoking behavior in teenage boys in T Village, Mojokerto Regency, and environmental factors based on the results of the Spearman rho test using SPSS, with a  $p \text{ value} = 0.005 < \alpha (0.05)$ . This research is also supported by research conducted by Maki et al. (2022) conducted in Karumengan Village, North Langowan District on 60 respondents showed that from the results of the Spearman Rank test there was a significant relationship between the social environment and smoking behavior in Karumenga Village, North Langowan District with a  $p \text{ value} = 0.012 < \alpha (0.05)$ .

Stroz (1987) defined the social environment as any external factors that influence an individual's behavior, such as life processes or growth and development. These factors can also be considered as laying the groundwork for future generations. The ability of an individual or group to take action and modify their behavior is influenced by their social surroundings. The familial environment, the peer environment—also referred to as the social environment—and



the surrounding environment comprise the social environment that we are familiar with. According to Amsyari (1986) the social environment is other humans who are around us, be it friends, neighbors, even people we don't know who are in our environment. The social environment can be in the form of individuals or in the form of groups, be it family groups, groups of friends or friends hanging out, neighbors, and other groups. The role of peers in adolescent relationships becomes very prominent in terms of growth and development or *life processes* that are closely related to the behavior of an individual. According to study, there is a relationship between teenage smoking behavior and the social environment (Wijaya et al., 2022). One of the things that influences teenage smoking behavior is their social environment. The home environment, the neighborhood setting, the peer environment, and the adolescent social environment are all included in the social environment under consideration.

Based on research conducted by researchers at SMA X in Medan, the social environment significantly influences smoking behavior in adolescent boys at SMA X in Medan. A total of 67 respondents (71.3%) said that they were in a family environment that smoked and openly smoked in front of respondents, and 90 respondents (95.7%) said that they were in a neighborhood where most were smokers. A total of 78 respondents (83.0%) were also in an environment of friends who were mostly smokers with 75 respondents (79.8%) saying that they were in an environment that considered that men who did not smoke were not "manly". Based on this, the social environment is very influential on the smoking behavior of male adolescents at SMA X in Medan.

## CONCLUSIONS

Based on the results of this study, it can be concluded that the characteristics of male adolescents at SMA X in Medan based on age, the largest proportion of respondents aged 16 years, namely 35.1%, based on smoking behavior, the largest proportion was active smokers at 86.2%. The description of the influence of conformity on adolescent boys at SMA X in Medan is in the moderately conforming category, namely 56.4%. The general description of the parenting pattern category in SMA X in Medan is dominated by permissive and authoritarian parenting, namely 66% and the description of the influence of the social environment in SMA X in Medan is in the bad category, 43.6%. Factors associated with smoking behavior in male adolescents at SMA X in Medan in 2023, including conformity (pvalue=0.001), parenting (pvalue=0.000), and social environment (pvalue=0.000).

Recommendations from this study can be the basis or input for the development and application of counseling guidance services to discuss smoking behavior that is prone to occur

in adolescents and become input for parents to pay more attention to their children's association so as not to be influenced by things and environments that are not good, and always provide examples of good attitudes and behavior to their children.

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