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Radhilla Paramitasari & Tham Nur Alfian

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Process of Stop Smoking Independently in The Former Cigarettes Addicts in Early Adolescent

Pada Mantan Pecandu Rokok Dalam Usia Dewasa Awal

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Abstract

This research aims to find out how the process of quitting smoking independently conducted by former cigarette addicts. The process referred in this research is the process of formation and or behavioral change is affected by several factors that come from within the individual itself as a learning process. Independently here means showing initiative and trying to catch up the achievements, demonstrated great confidence, relatively rarely sought refuge to others and have a prominence will. The behavior of quit smoking independently is an individual who stopped the habit of behavior with real way and does not rely on others and in this case are those who stop smoking habit without following any therapy.

This research was conducted with qualitative approach, with the intrinsic case study method of two participants, which both are former cigarette addicts who ever go through the process of stopped smoking habit independently. As for the criteria of the participants in this research is an ex-cigarette addicts who stopped the habit independently more than a year. Collecting data and information is done using interviews with the General guidelines, and data analysis is done using thematic analysis techniques.

The results showed that the process of discontinuing the habit of smoking in both participants is different, in the first participants was by reducing the number of cigarettes consumed, while the second participants was by stop smoking habits early on stop smoking program independently started. The main reason underlying the two participants to stop smoking habit is wants to live a healthy lifestyle. And the second reason participants choose to stop smoking habits independently was due to the cost factor. The most important factor in the process of discontinuing the habit of smoking at both participants is social support from family members.

Keyword : process, of, quitting, smoking, independently, former, addict, cigarette,

Daftar Pustaka :