

A LITERATURE REVIEW: THE EFFECT OF AUDIO-VISUAL AND LEAFLET COUNSELLING ON SMOKING CESSATION KNOWLEDGE AND ATTITUDE IN YOUTH COMMUNITIES

Ardiansyah J Nasir^{1*}, Sitti Nur Djannah², and Lina Handayani²

1. Master of Public Health, University of Ahmad Dahlan, Yogyakarta, Indonesia, Faculty of Public Health,
2. University of Ahmad Dahlan, Yogyakarta, Indonesia, Faculty of Public Health, University of Ahmad Dahlan, Yogyakarta, Indonesia. Jl. Prof. Dr. Soepomo, S.H. Janturan, Yogyakarta 55164, (0274) 563515, 511830, 379418, 371120 Ext. Faximille : 0274-56460

*corresponding author: ardiansyahjnasir@gmail.com

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ABSTRACT

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Background: Indonesia faces a serious threat due to the increasing number of smokers. Based on data BPS for 2020-2022, the percentage of people who smoke in Yogyakarta City is 23.97%, an increase from 24.54% in 2021. However, the proportion of children and adolescents aged 12 to 21 years who smoke is increasing in Sleman Regency. Furthermore, this increase represents a 16.1% increase in the approximately 200,000 youth living in Sleman District. **Methods:** The purpose of this study was to determine the effect of audiovisual counseling and leaflets on adolescents' knowledge and attitudes toward smoking cessation decisions in Candibinangun Pakem Village. Using Systematic Literature Review (SLR) research design. National and international literature indexes "Pubmed", "Google Scholar", "JAMA Network" and public health databases were used as samples. In data collection, extraction and analysis will be carried out using the PRISMA method. **Results:** The researchers identified 917 articles, including 199 from PubMed, 705 from Google Scholar, and 13 from JAMA Network, which were screened using the PRISMA method. The screening resulted in 8 articles, excluding 2 from the total of 6 articles, based on the identified keywords. **Conclusion:** The systematic review reveals that audiovisual media and leaflets significantly influence knowledge and attitudes, impacting implementation, acceptance, and outcomes. However, some behaviors are challenging to change due to environmental factors or lack of need. Therefore, community encouragement is needed to enhance knowledge and attitudes, particularly in reducing smoking prevalence.



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Introduction

Ensuring healthy lives and promoting well-being for all people of all ages is a Sustainable Development Goals (SDGs). The goal is to improve the implementation of the World Health Organisation (WHO) Convention on Tobacco Control in all countries through the implementation of relevant targets and indicators. Tobacco use, both smoking and smokeless tobacco, is currently responsible for the deaths of approximately 6 million people worldwide each year, and many of these

deaths occur prematurely. Smoking is a factor in both morbidity and mortality of a disease (1). It is also often associated with poor health, disability, and death from chronic non-communicable diseases, but is often also associated with communicable diseases (2). Smoking causes more than 8 million deaths each year worldwide, of which 7 million are directly attributable to tobacco use and 1.2 million to second-hand smoke. 75.5% of deaths in Indonesia are attributable to smoking risk (3).

Thus, ASEAN countries are 10% of the world's smokers as well as a common cause of 20% of tobacco deaths. As a result, Indonesia is facing a serious threat due to the increasing number of smokers. Data from Badan Pusat Statistik (BPS) from 2020-2022 shows that the percentage of the population who smoke is 23.97% in Yogyakarta, down from 24.54% in 2021. However, the percentage of child and adolescent smokers aged 12-21 years increased in Sleman Regency. Moreover, this increase represents a 16.1% increase of the approximately 200,000 youth living in Sleman District. Although, most smokers admit that they do not enjoy it, they still smoke. The reason is that the nicotine contained in cigarettes creates a strong desire to smoke.

As a result, various efforts are made to reduce the number of individuals who smoke (4). In a study conducted by Tomi et al, in 2020 (5), the intervention group had a better average knowledge score. A person who has a lot of knowledge will receive information that can change or improve their knowledge, and take attitudes according to their psychological characteristics. So that to reduce tobacco addiction in the community, researchers will try to educate by conducting counseling through Audio Visual, and Leaflets to increase awareness about prevention and even the desire to quit smoking. The knowledge and attitudes obtained by children after receiving counseling are expected to be applied, and transmitted at home to influence positive family behavior in tobacco prevention.

In addition to strong motivation within oneself, knowledge and attitudes also have an important role in changing behavior for the better, quit-smoker-based interventions are easier to carry out and more successful (6). The purpose of this study is to find out how a person's knowledge and attitude can influence their decision to quit smoking. Furthermore, this article will be investigated, analyzed, and compared with several other articles that discuss the influence of a person's knowledge and attitude about smoking cessation, as well as the factors that hinder and support smoking cessation success. The novelty in this research can then be applied to the implementation of smoking cessation in community groups, encouraging the making of anti-smoking youth declarations as a joint commitment, and the establishment of smoke-free areas with health promotion media signage in community areas.

Materials and Method

This research is a literature review study, which will be conducted using the Systematic Literature Review (SLR) method which aims to determine the relationship between knowledge and attitudes in adolescents to stop smoking. This research method summarises the results of primary research to present more comprehensive and balanced facts. This literature review is also assisted by using the PROSPERO protocol which was registered on 08 November 2023.

2.1. Search Strategy and Criteria

Search indexes for Health and Public Health Literature, PubMed, Google Scholar, JAMA Network, and International Public Health Databases, searched using the keywords "Smoking Cessation", "Smoking Cessation Knowledge, Attitudes", "Smoking Cessation Intention", "Tobacco Control", "Effect of Smoking Cessation Audio Visual", and "Effect of Smoking Cessation Leaflet", the search started in October 2023.

2.2. Data Synthesis and Quality Study

The articles retrieved from the search were reviewed, and categorized by group consensus. The methodological quality of the randomized controlled trial was then assessed using the PEDro scale. The methodological quality of the research before and after the search was assessed using a Non-randomised Study (MINORS) which included 11 criteria from the PEDro Scale (7).

2.3. Data Extraction and Analysis

Data were extracted from the search results of the included articles with results from relevant systematic protocols determined by the researcher for further analysis. Titles and abstracts were screened by the researcher to analyze and review accurate sub-sections of the articles. For convenience, the researcher used the GAP concept as part of the data analysis. The PRISMA 7 method in this research plays a very important role. So that data synthesis can be carried out systematically based on the grouping of articles that have been reviewed from the inclusion and exclusion criteria in this study.

Results and Discussion

Results

Table 1. Inclusion criteria and exclusion criteria in this study

Inclusion Criteria	Exclusion Criteria
Peer-reviewed research	Unsourced research, lacking validity/clarity
Intervention research	Phenomenological Research
Research targeting young-adults	Research that does not target young adults
Research on the effect of audiovisuals and leaflets on knowledge, attitudes towards smoking cessation	Research not related to audiovisuals and leaflets. Unrelated research on knowledge, smoking cessation attitudes
Research publications within the last 5 years	Publication < 2019
Articles, journals, qualitative papers, research with relevant data on smoking cessation in local and global languages	Reports, Thesis, Thesis not listed in the findings of this research

After applying the criteria to the research, data analysis and identification based on the registered database, PRISMA, was conducted. This study found 917 articles. Which consists of 199 articles from PubMed, 705 articles from Google Scholar, and 13 articles from JAMA Network. Then through the filtering process the discovery of the results that match the total article category. The whole article was obtained through the stages of the procedure based on PRISMA which is described in Figure 1 below:

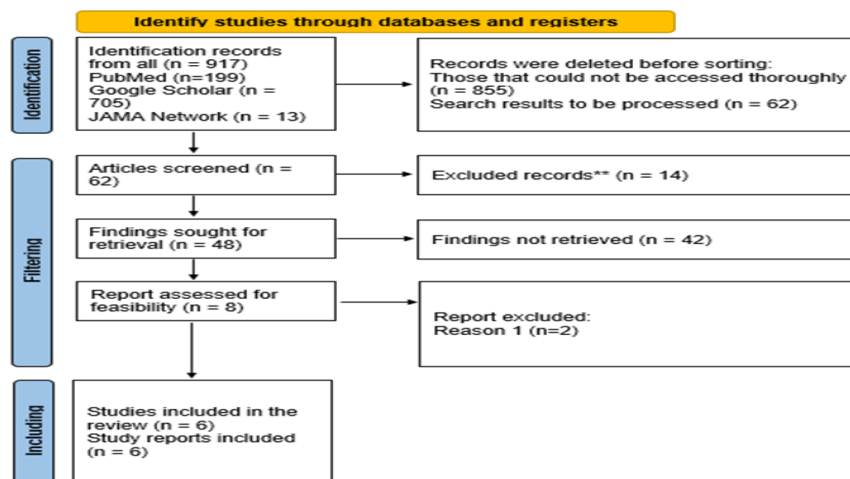


Figure 1. PRISMA analysis in this study

After searching PubMed, Google Scholar, and JAMA Network using the keywords available in the research method. Researchers found a total of 917 articles, PubMed 199, Google Scholar 705, and JAMA Network 13 were identified, then 62 articles that had relevance to this study. Then filtering again with the suitability of this researcher, the results obtained were 8 articles except 2 articles, so the total of the whole was 6 articles included in Table 2.

The results of the analysis of the audio-visual approach and leaflets can affect a person's knowledge and attitude in making their decision to quit smoking. However, most of the problems that exist are due to environmental influences and the intention to continue smoking. As well as the

importance of self-efficacy which also affects a person to be better, by reducing smoking rates, to the habit of not smoking.

Table 2. Identified Articles in the Review

No.	Year of Publication	Author	Title	Methods	Journal Publications	Journal Scope
1	2022 (8)	R.F. Alves, J. Precioso, E. Becofia	<i>Smoking behavior and secondhand smoke exposure among university students in northern Portugal: Relations with knowledge on tobacco use and attitudes toward smoking</i>	Cross-sectional study	Journal Pulmonology	International
2	2020 (9)	Athina A Samara, George Rachiotis, Sofia Pettemeridou, Konstantinos Papastamatiou, Konstantinos Turlakopoulos, Eythimia Chelioti, Antonis Katsioulis, Christos S Hadjichristodoulo	<i>Prevalence of tobacco use, exposure to secondhand smoke and knowledge on smoking cessation among students of health professions in Central Greece</i>	Cross-sectional study	British Medical Journal	International
3	2021 (10)	Shatha A. Alduraywish, Meaad F. Alnofaie, Balqes F. Alrajhi, Fatima A. Balsharaf, Sarah S. Alblaihed, Alaa A. Alsowigh, Wafa S. Alotaibi and Fahad M. Aldakheel	<i>Knowledge, attitude, and beliefs towards group behavior therapy programs among male adults attending smoking cessation clinics</i>	Cross-sectional study	BMC Public Health Journal	International
4	2022 (11)	Nia P, Eka Noviana Nasriyanto, and Lastri Mei Winarni	<i>The Relationship Between Level of Knowledge About the Impact of Smoking on Health with Motivation to Quit Smoking in</i>	Cross-sectional study	Nusantara Hasana Journal	National

		Junior High School SMPN 1 Sindangjaya				
5	2022 (12)	Kodir, Adi Yoga, and Prakastiasti Saputri	The Effect of Health Education with Audio Visual Media on Students' Motivation to Quit Smoking	Quasi Experimen tal	Sisthana Journal of Community Service	National
6	2019 (13)	Sarmaida Siregar, and Tri Widya Sandika	The Effect of Audio- Visual Media on Adolescents' Attitudes about the Dangers of Smoking	Quasi Experimen tal	AMIK Imelda Journal	National

The results obtained (Table 2) in this review were obtained from 6 international and national journals, 4 of which used cross-sectional studies and 2 of which used quasy-experimental studies. These findings had such a significant impact that several tests were conducted and results were obtained that showed improvements on existing findings. Namely the role of health promotion media, audiovisual media and leaflets as sources of information that may be well received in certain circumstances. The attitude of every adolescent, and every all adolescents depending on his desire (mood) to influence his behaviour.

The results further showed that regular and daily smokers consumed an average of >8 cigarettes per week and <8 cigarettes per day. The calculation per cigarette depends on the smoker's behaviour, they usually only engage in smoking activities at certain times, both indoors and outdoors, and most current smokers started smoking before the age of 17, and on average said that they never tried to quit. Therefore, tobacco use is positively correlated with smoking friends, i.e. socialising and hanging out with friends who smoke.

Discussion

Research findings reveal that behaviour plays an important role in a person's smoking activity. It is a personal decision whether to continue or stop. Behaviour is a series of activities or a person's activities that allow a reaction to something and become routine because of believed values. Although most people have knowledge and understanding about tobacco, conflicting attitudes are always the reason why they continue to smoke. A person's attitude is essentially an individual activity through individual interaction with the environment, both observable and not, which is carried out in a series of understandings, actions, and encouragements.

Alfianto et al, in 2020 (14) found that smokers in a city are mostly male smokers aged 18-25 years who have school diplomas and work. Most of them who live in urban areas are aware of the dangers of smoking. However, most of them have a neutral attitude, are light smokers, and try to quit within 30 days (14). This means that smoking behaviour is seen in all age groups, not just adults. This is consistent with research on youth smoking (15),(16),(17),(18). Consistent with findings (19), community interventions to reduce smoking prevalence demonstrate the effectiveness of community-based health promotion activities. The expected outcome is a significant change in smoking behaviour through decreased prevalence, decreased cigarette consumption per capita, or increased quit rates. Of these studies, 23 (62%) showed at least one positive outcome related to changes in smoking behaviour, while 14 (38%) showed no significant difference.

The influence of mass media (audiovisual programmes and leaflets) on health promotion plays an important role in any health campaign. The results of this systematic review include that the level of knowledge about tobacco is higher among ex-smokers with an average number of correct answers after the implementation of the intervention of 8. Of particular concern is the persistent smoking habit among adolescents (20),(21),(22),(23),(24),(25). Despite the validity of research recommending educational programmes that focus on preventing students from starting to smoke, it is clear that the messages delivered are not having the desired impact. In addition, there are concerns regarding

smoking rates among healthcare workers and medical students and how this may impact on their ability to persuade patients to quit smoking in the future. (26),(27),(28),(25).

The criteria for knowledge according to Notoatmodjo, a public health scientist, revealed that knowledge which includes cognitive dominance has six levels, namely knowing (know), understanding (comprehension), application (application), analysis (analysis), synthesis (synthetic) and evaluation (evaluation) (29)

Table 3. Knowledge Scale

No.	Status	Cumulative Value	Description
1	Good	76%-100%	Answered all questions correctly
2	Enough	56%-75%	Answered all questions correctly
3	Lacking	<56%	Answered all questions correctly

However, it is important to remember that knowledge does not necessarily equate to attitude. This trend gives a person full confidence whether to continue smoking or quit smoking. Quitting smoking requires the courage to take risks based on one's decision to quit. This decision-making relates to what coping strategies to apply, when to stop smoking, and various other decisions based on self-confidence (30).

Analysis of the study showed that there is a relationship between adolescents' attitudes towards smoking cessation (31),(32), indicates that attitudes play an important role in receiving positive or negative feedback. The level of trust is instrumental in attitude formation and influences one's behaviour. Paradigms that emerge in society are an inseparable part of attitudes. If they think smoking is good, then they will smoke. Meanwhile, smokers who want to quit smoking know less about group behaviour therapy programs than we think. The reason may be that group behavioural therapy programmes are not implemented as they are mostly based on pharmacological approaches and limited psychosocial interventions (10).

This means that the factors that inhibit and influence smoking cessation success may be related to socio-demographic characteristics. Some results suggest that it is also important to emphasise the socio-demographic variables of current residence and neighbourhood. This is because adolescents who leave home are more likely to smoke, some have less knowledge about the negative effects of smoking, and some show negative attitudes compared to adolescents who do not change their behaviour.

The weaknesses in this study are the lack of access and quality sources, plus insufficient time to complete the writing in a few months, as well as limitations in receiving information related to the relationship between smoking cessation behaviour, knowledge and attitudes due to the lack of popular research on the topic.

While the advantages in this study are that the criteria search process has been integrated, which means that data synthesis is completely digital, the research method is simple and simple, making it easier for researchers to understand knowledge so that it can provide new knowledge, and can easily find answers to each research question.

Conclusion

The results of this systematic review showed that the impact of audiovisuals and leaflets influenced knowledge and attitudes, both in terms of implementation, acceptance and outcomes. However, some behavioural changes were difficult to change due to environmental impacts or lack of need (effectiveness). Based on the results obtained, it is also important for stakeholders to create an environment that improves people's knowledge and attitudes, particularly towards reducing smoking prevalence and even smoking cessation. More systematic reviews should be conducted using better methods, such as approaches based on health professional supervision, clinical examination, and communicative care (self-medication).

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