

Women smokers in Yogyakarta: a pheno-menological study

Desliana Sande¹, Retna Siwi Padmawati¹, Yayi Suryo Prabandari¹

Abstract

Purpose: Indonesia became the country with the highest number of smokers in ASEAN, namely 65.19 million people with 62.9% male smokers and 4.8% women in 2018. The Special Region of Yogyakarta has 29.8% smokers in 2018. This study aims to find out the smoking behavior of women in Yogyakarta.

Method: This research was conducted qualitatively with a phenomenological approach. Data was collected through interviews with 14 people consisting of 9 female smokers and 5 parents using an interview guide and observation to 3 female smokers using an observation guide. The trustworthiness validity of the data using field notes, member checking, and triangulation of data sources. **Results:** Smoking behavior in women is caused by the influence of family members who smoke, imitate smoking friends, experience heartbreak, and feel cool. Despite knowing the dangers of smoking to women's health and experiencing pain due to smoking, women who smoke choose to continue smoking. The habit of hanging out in cafes and nightclubs and drinking alcohol makes women smoke more than usual. **Conclusion:** The social environment has a vital role in shaping smoking behavior in women. Therefore it is necessary to create a family strengthening program in preventing smoking behavior in children and a mentoring program for women smokers who intend to quit smoking and increase the provision of information about the impact of smoking on women's health.

Keywords: women smoker; social environment; lifestyle

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¹ Department of Health Behaviour, Environment, and Social Medicine, Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada

*Correspondence:

rspadmawati@ugm.ac.id

INTRODUCTION

Smoking is one of the health challenges faced by people in Indonesia today. According to the Southeast Asia Tobacco Control Alliance (SEATCA), 2018) report, Indonesia has the highest number of smokers in ASEAN, which is 65.19 million people. This figure is equal to 34% of the total population of Indonesia in 2016. The prevalence rate of adolescent smokers in Indonesia is already very worrying, as 38.3% of adolescent boys and 2.4% of teenage girls smoke cigarettes¹. Data from Kementerian Kesehatan RI Badan Penelitian dan Pengembangan Kesehatan (2018) shows the number of smokers in Indonesia as 62.9% of

men and 4.8% of women. The number of smokers in women increased because, in 2016, the number of smokers in women increased by 2.5%. Smokers over the age of 15 were 33.8%. In The Special Region of Yogyakarta, smokers in 2018 were 29.8%.

The tobacco industry has a long history of targeting women and continues to target women with cigarette advertising themes related to sex appeal, independence, and style. Companies are starting to take advantage of beauty and fashion trends to describe smoking as something more feminine². The most prominent are women-only cigarettes that look more feminine such as, longer, extra slim, low tar,

light-colored, and menthol³. Some women believe chewing tobacco can cure toothache or can be beneficial during childbirth. Those cigarettes can make them slim and in the marketing of the cigarette industry, women are a symbol of emancipation⁴. In Indonesia, the cigarette industry has featured more young women in cigarette advertisements and what is becoming a special note is the advertisement depicting young women in sleeveless tank tops in a country where many women dress modestly and wear headscarves. Tobacco companies also display cigarette packaging with feminine appeal and display it on billboards⁵.

Cigarettes have dangers for women, among others, increase the risk of developing breast cancer, disrupt the growth of the fetus in the womb, interfere with the smoothness of breast milk, miscarriage to death in the fetus⁶. The choice of being a woman smoker is influenced by the environment, such as family and peers. Having a family member who is a smoker and having female friends of smokers is a driver of smoking behavior in adolescent girls⁷. Women smokers consider smoking as one of the weight control strategies for fear of gaining weight if quitting smoking. In addition, smoking behavior is also used as one of the strategies to eliminate negative emotions and stress⁸. Women smokers interpret cigarettes as friends because cigarettes can dilute the atmosphere when doing social activities, smoking as a necessity that is difficult to abandon because it has become a habit and dependence, cigarettes as a lifestyle for those who live in urban areas so that smoking behavior done by women is not something taboo⁹. Lifestyle can be one reason that influences a person in conducting a behavior. According to Phetphum et al (2018), 32% of women in Thailand frequent smoking in nightlife venues, and 22% smoke in such a place because nightlife venues are fun places to smoke without fear of negative stigma. The purpose of this study was to explore women's smoking behavior in Yogyakarta.

METHOD

Study design

This research was conducted qualitatively with a phenomenological approach because the researcher wanted to explore the life experiences of smoking behavior in women in Yogyakarta. The process of collecting data was done by interviewing and observing the key informants. Each interview process to research informants was carried out by Desliana Sande who is a

graduate student in the field of public health program majoring in behavior and health promotion at Universitas Gadjah Mada. The researcher has been involved with lecturers regarding a healthy campus program at the Faculty of Economics and Business, Universitas Gadjah Mada.

Study participants

In selecting research informants, researchers used purposive sampling because by using this technique, researchers could choose informants who could provide a deeper understanding of phenomena and problems related to smoking behavior in women.

The key informants are women aged 18-50 years who have lived in Yogyakarta and Sleman district for at least six months, are not sick or undergoing treatment, and are willing to become informants. Supporting informants are parents who live in Yogyakarta City and Sleman Regency, who have children the same age as the key informants. The number of informants in this study amounted to 14 people consisting of 9 key informants and five supporting informants. All research informants signed informed consent to participate in the study. During the data collection, the research has reached data saturation due to the absence of new information found by the researcher. The data collection process will be carried out in March 2021.

Data collection

Data collection in this study was conducted through interviews, observations, and documentation. The interviews were conducted using interview guidelines that have been compiled and tested by researchers to explore smoking behavior in women. In obtaining the research informant, the researcher was helped by a research friend who had a female friend who smoked. The research friend explained about the purpose of the researcher to meet to interview after the informant agreed then the researcher asked the informant's phone number to communicate via Whatsapp to cross-check the criteria that have been determined, after complying with the criteria of inclusion and exclusion, the researcher then explained about the research procedure ranging from the purpose of the research, rights, obligations, benefits, and losses that will be obtained if participating in the study, when the prospective informant agrees to participate then the researcher and informant arrange a place and time to conduct interviews.

Table 1. Results of the study

Category	Sub-Category	Quote
Women's smoking behavior		
Reasons for smoking behavior in women	<ul style="list-style-type: none"> - Impersonating a friend who smokes - Influence of family members who smoke - Heartbroken - Feeling cool 	<p>"Yes, it's out of curiosity to see my friends smoking, meaning curious people try to cough once and not tasty but why my friend is addicted then try again. Once try bitter long time oh tasty effect" (IT, 24 years old)</p> <p>"It just so happens that her high school friends are all girls, so when she was in high school it was like styles, girls all in it, girls all. Well, he's smoking it's rich what, wow like cool women smoke when in fact do not know what smoking is for, delicious where you do not know" (EV, 45 years old)</p>
	Smoking time	<ul style="list-style-type: none"> - When drinking coffee - When drinking alcohol and hanging out - After eating and during defecation - Hanging out with friends and times of stress - At any time there is a desire to smoke <p>"Yes if I finish eating, I smoke, I don't know if it's good after eating smoking is delicious, after eating smoking or if not when I'm smoking, "it's good" there is a sensation of its own"... "It's better (when defecating), maybe because I'm used to smoking, so it's weird if you just sit there and don't do anything" (IT, 24 years old)</p> <p>"Every time (laughs) if I want to smoke, I smoke unless I sleep (laughs)"... "When I want to take out my bicycle, I smoke one cigarette first, when I ride my bicycle I don't smoke. When I stop at the shop, I smoke one first, after eating I smoke again, I drink coffee and smoke too" (AR, 48 years old).</p>
Reinforcing smoking behavior according to smokers	<ul style="list-style-type: none"> - Calm and relax - More focused and productive - Giving inspiration - Relieve stress - Feeling healthy 	<p>"For myself, I'm calmer and more relaxed, if I don't smoke it doesn't feel good, it's uncomfortable" (AR, 48 years old)</p> <p>"The benefits of cigarettes that I feel, my feeling is better, if I'm stressed or more college assignments and smoking so more relaxed" (ER, 20 years old)</p>
Place to smoke	<ul style="list-style-type: none"> - Temporary housing (boarding house) and café - Workplace and angkringan 	<p>"If I smoke normally in the same boarding house, it's clear that when I'm in a cafe like this, I'm hanging out with my friends" (EG, 22 years old)</p> <p>"Here is also common (angkringan), on the street and at work too"... it's better to smoke it outside if there's my child at home too" (EV, 45 years old)</p>
	Society's stigma against women who smoke	<ul style="list-style-type: none"> - Naughty woman - Have no future - Spending husband's money <p>"I've been close to guys, but in the end, he said this, I don't like girls who drink and smoke"... "Then he saw a woman smoking like a really bad girl, even though I think it's normal. That's the most annoying thing like that" (EG, 22 years old)</p> <p>"There are many, some say, "cigarettes ask for money husband," I said no, I bought cigarettes using my own money" (AR, 48 years old)</p>
Place to buy cigarettes	<ul style="list-style-type: none"> - Stall - Minimarket 	<p>"In the stalls, if in Indomaret is more expensive for sure, very expensive if in Indomaret it. If I buy cigarettes never in Indomaret looking for a stall (laughs)" (IT, 24 years old)</p> <p>"Imported cigarettes (c*mel) is only in Indomaret if in the stalls are not there" (CT, 27 years old)</p>
	Barriers to quitting smoking	<ul style="list-style-type: none"> - Hanging out with smokers' friends - Experiencing stress <p>"Because I met my friend (laughs). I was playing at my friend's boarding house, then two male friends were drinking (alcohol), so they were offered again, 'You just smoke again,' now I'm even more active, I wasn't this active before" (LL, 27 years old)</p> <p>"Due to stress, I didn't smoke for 2 years from 2014 to 2016 I didn't smoke even though from 2014 there I was crazy about smoking, 2014 was told to stop immediately for 2 years, 2 years stopped and 2016 didn't become a relationship, I started smoking again" (IT, 24 years old)</p>
Knowledge of the impact of women's health cigarettes		
Substances contained in cigarettes	<ul style="list-style-type: none"> - Nicotine - Tar 	<p>"Yes nicotine is there, nicotine is what makes people dependent, the nicotine from tobacco is coupled with the smell of something like menthol-like that anyway, nicotine is certain" (EV, 45 years old)</p> <p>"Addictive substances, like nicotine and tar because that's all that's in the package" (EG, 22 years old)</p>

The impact of cigarettes on women's health	<ul style="list-style-type: none"> - Cause miscarriage - Difficult to have offspring - Having menstrual disorders 	<p>"If a girl smokes can be difficult to get pregnant, if the girl smokes it will be infertile and then make her menstruation disturbed" (AT, 21 years old)</p> <p>"Having uterine disorders is obviously certainly if, for girls, the point is feared it is difficult to have children" (IT, 24 years old)</p>
Attitude towards the choice of being a women smoker		
Perceived impact	<ul style="list-style-type: none"> - Headache - short breath - Sore throat 	<p>"Yes ever, when I smoked a lot, it was like shortness of breath, I just felt like I was full but I didn't cough" (ER, 20 years old)</p> <p>"My head feels dizzy like it's been given a stone"..... "I feel dizzy because I smoke too much and the speed is like sucking. Then, if I smoke more than 10 cigarettes, the back of my head will definitely hurt" (IT, 24 years old)</p>
Responses to the choice of being a women smoker	<ul style="list-style-type: none"> - Common because it's in the environment of women smoking - Knows the choice consequences 	<p>"In my opinion, whether a woman or a man is the same, they have the same rights as what they do as long as they are ready to take responsibility for every risk, such as this smoking " (CT, 27 years old)</p> <p>"For me, it's normal because now there are many girls who smoke and in my environment, there are also many women who smoke" (IT, 24 years old)</p>
Responses to women who smoke	<ul style="list-style-type: none"> - Cool - Common because it always sees women family members and friends smoking 	<p>"In the past, I saw that smoking girls were cool, it just felt like they were different, just being different means that their thoughts are different from those of people who don't smoke, even though the impact of smoking is bad, that's bad, but the way she gets along with the way she communicates is different, it looks really different according me"... "after I smoked my response was still the same woman who smokes is cool" (ER, 20 years old)</p> <p>"It's normal because my mother was a smoker, the woman cousin of my mother smoked"... "My response remains the same to this day, women who smoke are commonplace" (EV, 45 years old)</p>
Influence of family members, peers and lifestyle on the choice of being a women smoker		
Responses to family members and peers who smoke	Want to try cigarettes	<p>"I often see my father, I try one cough and I'll try again tomorrow, try again and keep getting dizzy... Finally I looked for a white cigarette, I didn't get dizzy and coughed" (AR, 48 years old)</p> <p>When I saw my friend smoking, I wanted to try smoking, I wanted to try what it was like to smoke." (IT, 24 years old)</p>
Smoking activity together	<ul style="list-style-type: none"> - Smoking with brother and father at home - Smoking with friends when gathering 	<p>"Every family gathering, when my brother leaves the house, I come out to smoke with my brother and my family understands" (AT, 21 years old)</p> <p>"If I meet friends who smoke, I will definitely smoke with them, I usually share like if I run out, I use a friend's cigarette. If it's on the table it runs out quickly (laughs), that's sometimes what makes up to two packs a day" (ID, 22 years old)</p>
Family members and peers responses to women smoking	<ul style="list-style-type: none"> - Not getting banned - Grumpy - Ordinary because it has its own income and is in the environment of women smoking 	<p>"Oh yeah, it's okay because I've already worked, my mother used to smoke too" (EV, 45 years old)</p> <p>"My friend, I think as far as I can remember, it's just 'oh my gosh' like that, it's like geez, that's all, college friends, lots of friends who smoke, on average, my environment smokes" (ID, 22 years old)</p>
Hang out with friends in cafes and nightclubs	<ul style="list-style-type: none"> - Smoking more than usual - Smoking together while in cafes and nightclubs 	<p>"When I'm with friends, it runs out faster because hanging out is actually fun while smoking, especially since the majority of my friends are smokers, I actually rarely have friends who are not smokers" (AT, 21 years old)</p> <p>"Recently, in 2020, I just came back from Bali. Like most every day, I definitely go to K*bik (nightclubs) and definitely smoke with my friends"....." On average, if you go to a place like that, it's impossible not to smoke, because for example there is this person drinking coffee without cigarettes are empty, well, it's the same if clubbing people drink without cigarettes, so they drink cigarettes, drinking cigarettes is one thing" (LL, 27 years old)</p>
Habitual consumption of alcohol	<ul style="list-style-type: none"> - Eliminates the bad taste of alcohol - Smoking is a must when drinking alcohol 	<p>"If you've actually drunk alcohol it doesn't taste good when you don't smoke, because whether you really want it to be good or not, it doesn't feel good in the mouth, cigarettes make my mouth more comfortable than I just drink and don't smoke" (AT, 21 years old)</p> <p>"If you drink and don't smoke, it's like something's missing, like you just eat rice but you don't use side dishes, it's weird like you don't know what's lacking, for example, when the cigarettes run out, they all run out, so we go out to buy something if we don't smoke, it's weird, so it's better to stop drink" (IT, 24 years old)</p>

The interview process was recorded using a voice recorder and researchers also made field notes during the study to ask for answers that needed affirmation. Interviews are conducted in cafes, *angkringan*, and informant workplaces. In conducting interviews, researchers are accompanied by friends who are also friends of the informant. The interview process is conducted for 30-75 minutes and when researchers want to dig again information that is felt less by researchers done through WhatsApp because of the busyness and the covid-19 pandemic, this is also a request from the research informant. 1 woman smoked the interview process was carried out twice because of the busyness of the informant. Women smokers were interviewed about the reasons for smoking and how to smoke, knowledge about the dangers of smoking to health, attitudes towards the choice to become a woman smoker, the influence of family members, peers, and lifestyle on smoking behavior. Parents were interviewed about their responses and attitudes about women smoking. The observation process was carried out by Desliana Sande to 3 female smokers, by participating in activities, such as eating at the informant's *angkringan*, hanging out at the cafe where the informant usually gathers with his friends to get a better picture of smoking behavior. The interview and observation process was documented to provide a broader picture of the phenomenon of smoking behavior in women.

Data analysis

The results of the interview data collected are then transcribed. Researchers conduct member checking validity in the study by giving transcript results to the research informant to cross-check the information provided, after the member checking process is completed then conduct analysis using Opencode 4.02 to determine several categories and then create a narrative of the results of the research that has been done by completing the quote or excerpt of the informant interview results. Data analysis through discussion and as a final stage is to make conclusions about the research that has been done.

RESULTS

The research informant was selected using the purposive sampling technique, which is the selection of informants based on inclusion and exclusion criteria that have been determined by researchers. The age range for primary informants ranges from the age of 20 years to the age of 48 years, as a large have a high school education and bachelors. The key informant jobs range

from students, private employees to the self-employed. Supporting informants consist of parents who have children the same age as the key informants domiciled in Yogyakarta and Sleman districts with a diverse education ranging from private employees, self-employed, architects to civil servants while for high school and undergraduate education levels.

Most of the key informants start smoking habits at the age of 10-20 years with less than 10 years of smoking, while supporting informants at the age of 21-30 years with a smoking duration of more than 10 years. Three respondents started smoking in junior high school, 4 informants who started to try cigarettes during high school, and 2 informants who started trying cigarettes in college. For the amount smoked a day most of the key informants spend an average of one pack a day but this number can increase when the informant is doing activities such as gathering with friends, stress, and drinking alcohol. The average key informant chooses menthol cigarettes as smoked cigarettes because menthol cigarettes have a better and lighter taste, the key informant believes menthol cigarettes have lower nicotine levels compared to regular cigarettes, there are some informants who also smoke rolled cigarettes and e-cigarettes as one way to overcome the boredom of menthol cigarettes and to limit the number of cigarettes smoked in a day. Informants have also stopped smoking then smoked again, there are 4 people who have stopped smoking for less than 2 years and 2 people who have stopped smoking for approximately 2 years. Three informants have never quit smoking. In this study, four main things were found in smoking behavior, namely smoking behavior in women, knowledge of the impact of cigarettes on women's health, attitude towards the choice of being a women smoker and the influence and influence of family members, peers and lifestyle on the choice of being a women smoker.

Smoking behavior in women

Smoking behavior in women begins because of the influence of family members who smoke, imitate friends who smoke, experience heartbreak and feel cool. Female smokers usually smoke after eating, during defecation, while drinking coffee, when drinking alcohol and hanging out, when hanging out with friends, when experiencing stress due to college assignments, and anytime female smokers want to smoke. More productive and focused, feeling more calm and relaxed, diversion to relieve stress, and feeling healthy are factors that reinforce smoking behavior in women. Cafes, temporary residences (boarding houses), workplaces and "the *angkringan*" are places for women who smoke to smoke. Being considered a naughty

woman, spending her husband's money to buy cigarettes, and having no future is a stigma that women smokers get. Having a low and easily accessible price makes women who smoke usually buy cigarettes in stalls. Smoking cessation was once done by women who smoke, but when they meet and gather with fellow smokers and experience stress, they decide to return to smoking.

Cigarette impact knowledge on women's health

Women smokers know the impact of cigarettes on women's health, causing miscarriages, difficulty having offspring, and menstrual disorders. Women smokers have also felt the effects of smoking, such as dizziness, shortness of breath, and sore throat. Although knowing the impact of cigarettes on women's health and feeling the impact of cigarettes on their health directly, it does not make them quit smoking and considers the pain felt only a moment when smoking more than usual. Tar and nicotine are the most widely known substances contained in cigarettes.

Attitude towards women's smoking choice

Women smokers consider the choice of being a smoker something common because it is in an environment that has women's family members and friends who smoke. Women who choose to be smokers are aware of every consequence of their choice. For women smokers, smoking behavior done by women is something cool. In addition to being cool, women smokers also consider that women who smoke are common because they get used to seeing their mothers, aunts, and women friends smoking.

Who influence the women smoking choice

Family members, peers, and lifestyles influence smoking behavior in smoking women, accustomed to seeing parents and peers smoking provide a stimulus to them to try cigarettes. Smoking activities with family members are commonly done by women smokers when at home, while smoking with peers is also commonly done by women smokers when gathering together in cafes. Getting the usual response from family members and peers makes women smokers think their smoking behavior is commonplace. The habit of hanging out with friends in cafes and nightclubs makes women smoke cigarettes in such places and can even smoke more than usual. The habit of drinking alcohol also makes women smokers always smoke to eliminate the unpleasantness and smell of alcohol, this makes women smokers always smoke more cigarettes than usual, when their cigarettes have run out than women smokers choose to stop drinking alcohol.

DISCUSSION

Smoking behavior in women is caused by the influence of family members who smoke, imitate friends who smoke, experience heartbreak, and feel cool. Having a smoking family member and women friends of smokers is a driver of the emergence of smoking behavior in adolescent girls¹⁰. The desire to smoke comes from yourself because it has a lot to think about, so smoking is one way to relieve stress and calm the soul¹¹. Smoking after eating, when drinking coffee, when defecating, drinking alcohol, when stressed, and hanging out with friends become the time for women smokers to smoke. Women smokers living in urban areas do smoking activities while drinking alcoholic beverages. This is considered as a compliment when drinking alcoholic beverages and smoking activity is always done¹³. Smoking after eating or drinking coffee will taste bad or bitter in the mouth when not done¹⁴.

Experiencing stress while pursuing the task becomes a smoking time commonly done by women smokers. Stress causes a person to increase smoking activity because cigarettes are considered the practical and easiest way to relieve stress¹⁵. Cigarettes provide satisfaction to women smokers, by smoking the mind becomes calmer and women smokers also think cigarettes can be a solution to alleviate all life problems faced⁸. Women's smoking behavior makes them get negative stigma from society because they are considered naughty women, have no future, and spend their husband's money. The behavior of women who smoke is considered inappropriate to do. Women who smoke are synonymous with skimpy clothes and naughty women¹⁶

For women smokers, gathering together with smokers' friends and experiencing stress make women smokers return to smoking. The smoker's environment plays an important role in the resumption of one's smoking habits. It is important whether the person who spends time with smokers at home, work, or outside is a smoker. If the smoker is with others who smoke, this could result in a return to the habit of smoking again¹⁷. Smokers who experience psychological distress have difficulty quitting smoking despite having the intention to smoke. A person with psychological distress has a higher prevalence of smoking and consumes more cigarettes than someone who does not experience psychological distress¹⁸. Although knowing the impact of cigarettes on women's health, such as uterine disorders that cause difficulty having offspring, miscarriages, and disorders of menstruation and experiencing from smoking such as dizziness, shortness of breath, and sore throat, women smokers consider the pain caused when they smoke more so they choose to limit the amount

they suck. Women smokers in China know about the dangers of smoking for women, such as higher infertility rates, ectopic pregnancy, premature labor, dysmenorrhoea, low birth weight in infants, early menopause, osteoporosis, and even cervical cancer. Despite knowing the impact of smoking on women's health, women smokers in China find it difficult to quit smoking because they consider smoking behavior a habit that is difficult to eliminate and stop¹⁹.

Women smokers interfere with smoking behavior that they do something common to do as long as they know the place and they know the impact. For women smokers in Indonesia, cigarettes are considered as a symbol of women's freedom that equals men²⁰. The social environment, in this case, has family members and peers who smoke to have enough impact for women to decide to try cigarettes. Smoking behavior conducted by family members and peers provides stimulus for women smokers to try cigarettes because constantly seeing smoking behaviors performed by family members and peers makes them learn to smoke because it is recorded in their minds²¹. The social environment has a strong influence because, in everyday life, someone always interacts and gathers together with family members and peers to smoke together²¹.

The habit of hanging out in cafes and nightclubs as well as drinking alcohol habits makes women smokers smoke more than usual. Women smokers who gather together with their fellow smokers, such as meeting in cafes and nightclubs, will smoke more and more cigarettes²². Cigarettes and alcohol are the most widely used psychoactive substances and are often consumed simultaneously. Women smokers in Nepal consume cigarettes and alcohol simultaneously. Smoking and drinking alcohol is complementary behavior and related to each other²³. The limitations in this study are because this study was conducted at the time of the pandemic, so that the process of data retrieval is less than the maximum, especially data retrieval to make observations to women smokers.

CONCLUSION

The social environment has an essential role in the formation of smoking behavior in women, accustomed to seeing family members and peers smoking provides a stimulus for them to try cigarettes. It also makes women smokers learn how to smoke cigarettes. Gathering with friends of smokers makes it difficult for women smokers to quit smoking. Therefore, it is necessary to create a program about strengthening families in preventing smoking behavior in children and creating a special program for women smokers who intend to quit smoking and improve information about the impact of

cigarettes on women's health.

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