

ABSTRAK
HUBUNGAN DUKUNGAN ISTRI DENGAN INTENSI BERHENTI MEROKOK
PADA LAKI-LAKI DEWASA AWAL YANG SUDAH BERKELUARGA
DI KELURAHAN CILACAP

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Latar Belakang: Merokok merupakan perilaku berisiko yang berdampak serius bagi kesehatan. Meskipun banyak perokok memiliki niat untuk berhenti, keberhasilan upaya tersebut masih rendah dan dipengaruhi oleh intensi berhenti merokok. Berdasarkan *Theory of Planned Behavior*, intensi dipengaruhi oleh sikap, norma subjektif, dan kontrol perilaku. Dalam hal ini dukungan istri berperan penting sebagai bagian dari norma subjektif. Penelitian ini bertujuan untuk mengetahui hubungan antara dukungan istri dengan intensi berhenti merokok pada laki-laki dewasa awal yang telah berkeluarga.

Metode: Penelitian ini menggunakan metode kuantitatif dengan desain *cross-sectional*. Teknik pengambilan sampel menggunakan *cluster sampling* dengan responden sebanyak 108 orang. Pengambilan data dilaksanakan pada bulan November 2025. Intensi berhenti merokok diukur menggunakan kuesioner Perilaku Berhenti Merokok berbasis *Theory of Planned Behavior*, sedangkan dukungan istri diukur menggunakan kuesioner Dukungan Keluarga. Analisis hubungan antara dukungan istri dan intensi berhenti merokok dilakukan menggunakan uji korelasi Rank Spearman. Hasil analisis menunjukkan adanya hubungan yang signifikan dan kuat antara kedua variabel tersebut ($p < 0,001$; $r = 0,610$).

Hasil: Hasil penelitian menunjukkan bahwa mayoritas responden menerima dukungan istri yang baik dan memiliki intensi tinggi untuk berhenti merokok. Analisis korelasi menunjukkan adanya hubungan positif yang signifikan antara dukungan istri dan intensi berhenti merokok.

Kesimpulan: Dukungan istri yang baik memiliki hubungan yang signifikan dan kuat dengan intensi berhenti merokok.

Kata Kunci: Dukungan Istri, Intensi Berhenti Merokok, Laki-laki Dewasa Awal, Merokok, *Theory of Planned Behavior*

ABSTRACT
THE RELATIONSHIP OF FAMILY SUPPORT WITH INTENTIONS TO QUIT SMOKING
IN EARLY ADULT MEN WHO ALREADY HAVE FAMILIES
IN CILACAP DISTRICT

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Background: Smoking was a risky behavior that had serious impacts on health. Although many smokers had the intention to quit, the success of these efforts is still low and is influenced by the intention to quit smoking. Based on the Theory of Planned Behavior, intention was influenced by attitudes, subjective norms, and behavioral control. In this case, wives' support played an important role as part of subjective norms. This study aimed to examine the relationship between wives' support and the intention to quit smoking among adult married men.

Method: This study employed a quantitative method with a cross-sectional design. The sampling technique used was cluster sampling with a total of 108 respondents. Data collection was conducted out in November 2025. Intention to quit smoking was measured using the Theory of Planned Behavior-based Smoking Quit Behavior Questionnaire, while wives' support was measured using the Family Support Questionnaire. Analysis of the relationship between wives' support and intention to quit smoking was carried out using the Spearman Rank correlation test. The results of the analysis showed there is a significant and strong relationship between these two variables ($p < 0.001$; $r = 0.610$).

Results: The results of the study showed that the majority of respondents received good wives' support and had a high intention to quit smoking. Correlation analysis indicated a significant positive relationship between wives' support and intention to stop smoking.

Conclusion: Good wives' support had a significant and strong relationship with the intention to stop smoking.

Keywords: Early Adult Men, Wives' Support, Intention to Quit Smoking, Smoking, Theory of Planned Behavior.