



The role of educators and parents in preventing smoking behavior of male adolescents at SMA Negeri 19 Palu Indonesia

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Abstract

That The smoking problem is a global problem that is still a concern to this day, almost 8 million deaths per year are caused by smoking, of which 7 million are active smokers and 1.2 million are passive smokers and teenagers are the main targets of tobacco products. This research aims to determine the role of educators and parents in preventing the smoking behavior of male adolescents at SMPN 19 Palu, Palu City, Central Sulawesi. Qualitative research with a case study approach. There were 15 informants in this study, data collection was done through source triangulation and triangulation techniques, namely in-depth interviews and documentation using interview guidelines. This research reveals that the role of educators in preventing students' smoking behavior is by making written regulations in the form of regulations prohibiting smoking and bringing cigarettes into the school environment, routinely entering class every morning to carry out control and carrying out raids or bag checks, to prevent students from bringing cigarettes to school. If cases of students smoking continue to occur, educators will write to the students' parents. The role of parents in preventing students' smoking behavior is by advising students not to smoke, limiting students' pocket money, exercising control, instilling religious values and scolding and hitting students so they don't smoke. Of all the roles of educators and parents, they do have a significant impact in preventing students' smoking behavior, as evidenced by the rare number of students caught smoking.

Keywords: Role of Educators, Role of Parents, Smoking Behavior, Adolescent Boys .

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1. Introduction

Smoking is a global problem that is still a concern today, and teenagers are the main targets of tobacco products [1]. Teenage smokers are potential regular customers of the tobacco industry but are a disaster for the quality of the nation's next generation, because if the age for starting smoking starts at the age of 11 years or younger, they are more likely to become heavy smokers than smokers who started smoking at an older age [2]. According to the World Health Organization (WHO, 2020) [3]. Nearly 8 million deaths per year are caused by smoking, of which 7 million are active smokers and 1.2 million are passive smokers. This figure is expected to increase to more than 8 million deaths by 2030. Indonesia is ranked 3rd in the world for highest cigarette consumption with 65.2 million active smokers. Consisting of 52.9% men, and 12.3% women. The number of

smokers in Indonesia increased by 34.7% in 2010 compared to a survey conducted in 1995 of 20% (WHO, 2018). Cigarettes have a big impact on health. Smoking behavior is mostly carried out by people in their teens [4]. The average age of a smoker who starts as a teenager will lose 22 years from normal life expectancy, meaning that someone who starts smoking as a teenager will die before the age of 70 (WHO, 2013). Smoking behavior is seen from a very detrimental perspective. From a health perspective, the influence of chemicals contained in cigarettes such as nicotine, CO (carbon monoxide) and tar will stimulate the work of the central nervous system and sympathetic nervous system, which will result in increased blood pressure and a rapid heart rate, if this condition is not treated immediately, resulting in hypertension and coronary heart disease which can lead to death. [5]. Cigarette smoke can also cause

emphysema, lung cancer, laryngeal cancer, mouth cancer, pharynx cancer, chronic bronchitis and narrowing of the arteries [4]. Based on data from the Indonesian Ministry of Health (2021), [6]. The Global Adult Tobacco Survey (GATS) which was carried out in 2011 and repeated in 2021 involved 9,156 respondents. From the survey results, within ten years there was a significant increase in the number of active teenage smokers by 8.8 million people. The number of active smokers based on the previous survey (Global Adult Tobacco Survey-GATS) in 2011 was 60.3 million people and in 2021 it will increase to 69.1 million smokers. Based on data from Central Bureau of Statistics (BPS), (2022), [7]. Central Sulawesi experienced an increase in the number of smokers, aged ≥ 15 years previously in 2018 it was 26.1% and will increase to 29.4% in 2022. Data regarding the age at which people start smoking every day for ages 10-15 years, Palu City ranks second largest in Central Sulawesi at 91.01% after Sigi Regency (94.33%). Data on smokers in Palu city continues to increase. Data on smokers aged ≥ 15 years have increased, namely in 2020 as much as 20.26% (745 children smoking) and 2,602 children not smoking, in 2021 as much as 23.56% (830 children smoking) and 3,110 children not smoking, and in 2022 as much as 24.79% (1,034 children smoking) and 3,136 not smoking (Palu City Health Office, 2022). One of the roles of the Indonesian government in reducing cigarette consumption in Indonesia is stated in the Decree of the President of the Republic of Indonesia Number 25 of 2022 concerning the Program for Preparing Government Regulations for 2023 which was stipulated on December 23 2022. It contains regulations, one of which is a ban on the sale of stick cigarettes. Because most teenagers get cigarettes by buying sticks. The prohibition on selling cigarettes is also in line with Law Number 39 of 2007 concerning Excise. The Excise Law states that goods that cause addiction and have a negative impact on users and the environment must be restricted in their circulation.

The government has also issued a policy prohibiting smoking in public places, such as offices, hospitals and school environments, supported by Government Regulation Number 109 of 2012 concerning the Safety of Materials Containing Addictive Substances in the Form of Tobacco Products for Health. , one of its contents is the prohibition on selling cigarettes to people under 18 years of age. Even though these regulations already exist, teenage smoking behavior cannot be stopped. Cases of smoking in children under 18 years of age will have a fatal impact because considering the age of the child who is still in the process of growing. Apart from having an impact on health, it will also have an impact on the child's future, because children have a strategic position in social and national life. [6]. The content of cigarettes makes it difficult for someone to stop smoking because of the addictive factor of nicotine and psychological factors where a smoker will feel like he is missing a certain activity if he stops smoking [8]. Based on the data previously stated, in Palu City the highest number of smokers under the age of 18 (<18) in 2022 will be at the Talise Community Health Center at 82.83%. Talise Health Center is located in East Palu District. SMPN 19 Palu is one of the junior high schools located in East Palu District which is in the working area of the Talise Health Center which has a population of 7, 8 and 9 grade students of 378 people. This school was chosen after going through preliminary studies at the three schools. The junior high school in the Talise Health Center working

area, SMPN 19 Palu is a junior high school with high smoking data. Based on the data obtained, the number of smokers in grades 7, 8 and 9 at SMPN 19 Palu was 35 people. Due to the increasing number of teenage smokers, most of whom are still students, the role of schools is needed to overcome this problem. Schools have an important role because teenagers spend quite a lot of time at school. School seems to have become a second home for teenagers because of the long learning time spent at school. Analysis regarding the importance of the school's role in overcoming students' smoking behavior will be studied using Talcott Parsons' structural functional theory. Structural functional theory states that it views society as a system consisting of parts that are interconnected with each other. Actors in schools such as principals, deputy principals, teachers and students are the main components that have their own status and roles. The principal is the actor with the highest status, and students have the lowest status in the school system. If a discrepancy or deviation occurs by one component, the other components will try to control and correct it. The smoking behavior of students at school is a deviation in the school system. In order for the system to run in accordance with values and norms, the role of actor components in the school is needed [9]. Apart from schools, parents and families also have a big role in maintaining the health of all family members, including children who smoke. Supervision and prohibitions carried out by parents are one of the efforts to control adolescent smoking behavior [10]. According to research [11] entitled "The Role of the Family in Overcoming Juvenile Delinquency" it was found that many underage children are exposed to cigarettes, drugs, free sex, and are involved in many other criminal acts due to juvenile delinquency factors such as lack of parental love, lack of parental supervision in socializing with friends who are not the same age, the role of the development of science and technology which has a negative impact, the absence of personality guidance from school, the basics of religion are lacking. Based on [12]. also explained that parents play a very important role during adolescence, one of which is that parenting patterns will greatly influence adolescent behavior. Poor family parenting will give rise to bad child behavior such as smoking behavior. Based on the description presented above, it is necessary to study the role of educators and parents in tackling student smoking behavior at the junior high school (SMP) level. In this study, the students from SMP Negeri 19 Palu who were selected included smokers in the 13-18 year age group because of the increase in smoking in this age group in Indonesia and the Central Sulawesi region. This research was conducted to find out the role of educators and parents and the strategies used in dealing with students' smoking behavior so that smoking violations in schools can be resolved and it is hoped that the number of smoking students in schools will not continue to increase in particular. in the environment of SMP Negeri 19 Palu.

2. Materials and methods

This research uses a qualitative method with a case study approach carried out at SMP Negeri 19 Palu for three months from September to December 2023. The first step taken in the data collection process was observation to find out the situation and a clear picture of school conditions, the role of educators in preventing students' smoking behavior, whether there were opportunities for students to carry out

smoking activities, and the role of parents in preventing students' smoking behavior. The second step, researchers conducted documentation studies such as student violation books and school regulations to obtain data on cases of student smoking violations and the regulations that apply at school. Third, data collection was carried out using in-depth interview techniques to obtain more detailed data. In the interview technique, data collection was carried out using purposive sampling technique. Interviews were conducted with 5 educators consisting of the principal, deputy principal for student affairs, guidance and counseling teacher and homeroom teacher. 4 parents, and 6 students divided into 4 students who are smokers and 2 students who are non-smokers. Informants were selected based on considerations that had been determined by the researcher in order to answer the research questions. The collected data is then analyzed using Taxonomic analysis which is presented in the form of a box diagram or box diagram.

3. Results

The role of educators in preventing students' smoking behavior. Educators make written regulations in the form of regulations prohibiting smoking and bringing cigarettes into the school environment, carry out raids every morning at the front entrance with the aim of preventing students from bringing cigarettes into the school environment and always give advice to students during morning assembly, and in class about the dangers and impacts of smoking and then collaborating with parents by contacting parents if students engage in smoking behavior at school. The school, in order to prevent students smoking at school, the school makes good regulations in the form of school regulations so that one of the items in these regulations is that students are prohibited from bringing or smoking at school so that later, if for example there are students who violate these regulations then of course I'll just do the panismon. The first thing is that every morning I raid Gurbang, every morning I raid, sometimes twice a week, sometimes once. I usually find macis and cigarettes brought by students. So we, the homeroom teacher, only have the students' parents tell us what they want to tell, so usually if someone gets caught, for example if they are caught smoking, we call the parents and write to them. The obstacles experienced by educators are because parents sometimes do not come to school when their children violate school regulations and parents give excessive pocket money to students so that students can easily get cigarettes and the lack of responsibility of picket teachers who are tasked with supervising students when they are there. school. picket schedule so that students are free to allow and carry cigarettes in the school environment and there are no school guards/security. When we give confirmation to the parents of students who break the rules regarding smoking or bringing cigarettes to school, sometimes the parents are uncooperative and don't want to cooperate if invited to attend. The school gives the impression that parents are doing their best, this is a big obstacle. Parents actually have to really educate their children, don't just give money because money is what makes people naughty, money is what makes people naughty, yes because with money we can do anything, invite friends to come with us to bring lots of money. ko. The role of parents in preventing students' smoking behavior Providing advice to their children not to engage in smoking behavior, limiting students' pocket money so that there is no

possibility of buying cigarettes and scolding and hitting students so they do not engage in smoking behavior. By limiting your money, you want to buy cigarettes, you choose whether to buy yellow rice or buy cigarettes, if cigarettes don't fill you up, if you buy yellow rice you can be full until three in the afternoon. As a parent, I give you pocket money that is not excessive. Scolded and beaten to stop smoking. The obstacles experienced by parents in preventing students' smoking behavior are due to the problem of parents' lack of time with their children due to busy work and also due to students not listening to their parents' instructions. The only problem is time, we are all busy, you are worried at home because there are no women, you take care of the house and then work again. Depe didn't hear it, it was his behavior that I couldn't bear. Parents also exercise control over students by limiting children's time out at night, not allowing children to come home later than ten in the evening. I told him, I taught him not to hit him, but at night he must be home at 10 o'clock. Parents also instill religious values in their children by inviting them to pray and recite the Koran. At home, farel is usually asked to pray, I usually ask farel to pray, he usually prays, he usually recites the Koran.

4. Discussion

4.1. The role of educators in preventing student smoking behavior the role of the school principal

As an actor in a school with the highest social status, the principal has a greater role in making policies related to overcoming the problem of student smoking behavior. The school principal makes regulations regarding school rules, one of the main of which is that it is prohibited to smoke, bring cigarettes, bring tools or similar materials, not only cigarettes but also illegal drugs and the like to school. If a student is found to have committed a violation, the teaching staff will carry out panism or punishment against the student. Based on the regulations made by the principal, the principal socializes this prohibition at every new student admission. The obstacles experienced by school principals in preventing students' smoking behavior are due to the lack of participation and cooperation between the school and parents, parents sometimes do not come to school when their children violate school rules so that there is no follow-up role for parents. to students to prevent student smoking behavior at home. In line with research [13] who stated that the obstacles experienced by teachers in preventing students' smoking behavior were communication between teachers and parents/guardians of students not running smoothly, and the difficulty of parents' cooperation. The solution taken by the school principal to prevent students' smoking behavior is by intensifying the role of picket teachers in supervising students at school, collaborating with parents in supervising students, and frequently socializing the dangers of smoking to students who do MDKN or KKN at SMPN 19 Palu in the area. in the form of providing education to students about the dangers of smoking and also drugs, which aims to ensure that students who smoke stop and those who do not smoke do not try to smoke. Smoking has become a habit that has a bad impact on health. Cigarette smoke causes various diseases in active smokers and passive smokers. Various kinds of diseases that can arise due to smoking include cardiovascular disease, lung cancer, the risk of neoplasms of the larynx and esophagus. However, dependence on cigarettes is still difficult to eliminate [1]. The school principal also instructed to put up

writing such as "No Smoking" or "No Smoking Area" in strategic places in the school environment aimed at all school residents not to smoke in the school environment at SMP Negeri 19 Palu. His writings have been displayed in several places, such as the front window of the counseling room, the Deputy Chair's room, the TU room, the computer laboratory, and several classrooms.

4.2. The role of the deputy principal for student affairs

The role of the Deputy Principal for Student Affairs (Wakasek kesiswaan) in preventing student smoking behavior, the Wakasek for students carries out a process for students who are caught smoking at school. In the process the Wakasek for students involves parents by writing to parents if students are caught smoking at school. Schools so that parents know about student behavior and carry out further intervention with students. The deputy principal also involves the guidance and counseling teacher and the principal to discuss the punishment that will be given to the student because the ultimate decision rests with the principal. and also advised parents not to give excessive pocket money to students because one of the reasons why SMPN 19 Palu students smoke is because the pocket money given by parents is excessive, up to thirty thousand a day, which allows students to buy food and cigarettes. This is in line with research [14] Money management for cigarette consumption, most subjects admitted to buying cigarettes every day which they took from their pocket money, However, in carrying out the role of preventing student smoking behavior, the Deputy Chair for Student Affairs admitted that there were also obstacles. The obstacles experienced are due to a lack of awareness of parents who give excessive pocket money to students so that students easily get cigarettes and easily invite their friends to smoke. The Deputy Head of Student Affairs advised all teachers to give the best advice to their students, touch students with the best advice, if you have excess money or goods, give it to students so that students remember the kindness given by teachers and feel that they are also looked after, and work together. with parents to provide advice to parents to instill religious values in their children at home. In essence, the family is the first and main place for children to receive mental and behavioral guidance as a provision for forming the child's personality. Likewise with religious values that parents must carry out by getting used to the morals and behavior taught by religion.

4.3. The role of the counseling guidance teacher

As one of the school actors who handles student problems, the guidance and counseling teacher carries out his role in dealing with students' smoking behavior by carrying out order operations at school every morning. When a control operation finds a student carrying or smoking, the guidance and counseling teacher will also provide guidance to the student. The guidance often carried out by guidance and counseling teachers is limited to providing advice so that students do not smoke for health reasons and cannot earn their own money. In line with statement [5] Smoking behavior is seen from a very detrimental perspective. From a health perspective, the influence of chemicals contained in cigarettes such as nicotine, CO (carbon monoxide) and tar will stimulate the work of the central nervous system and sympathetic nervous system, which will result in increased blood pressure and a rapid heart rate, if this condition is not

treated immediately. , resulting in hypertension and coronary heart disease which can lead to death. Cigarette smoke can also cause emphysema, lung cancer, laryngeal cancer, mouth cancer, pharynx cancer, chronic bronchitis and narrowing of the arteries [4] . However, in carrying out the role of preventing student smoking behavior, guidance and counseling teachers experience problems. The obstacles experienced were caused by the lack of responsibility of the picket teacher who was tasked with supervising students during the picket schedule so that students were free to allow and carry cigarettes in the school environment and the absence of school guards/security guards so there was no one. controlling students inside and outside the school environment. In line with research [15] . Factors Inhibiting Student Discipline During free time, children feel free if they are not supervised and do whatever they want without anyone guiding them. The picket teacher who replaces a vacant teacher is not optimal in supervising students. According to the Guidance Counseling Teacher, the solution that must be taken to prevent student smoking behavior is to first improve the teaching staff so that they can provide a good example to students, and work together in solving problems experienced by students, because in the view of the Guidance Counseling Teacher, SMPN 19 teachers Palu has a nature of being indifferent to the problems experienced by students, they only burden all the students' problems on the Guidance Counseling Teacher.

4.4. Role of the classroom teacher

The role of the homeroom teacher in preventing students' smoking behavior is by regularly entering the classroom every morning to carry out control and carry out raids or bag checks, to prevent students from bringing cigarettes to school. Then work together with parents to contact parents if students engage in smoking behavior at school so that parents know what their children are doing at school and can intervene further and homeroom teachers also often advise students face to face. In line with research [16] . KS and AR's smoking behavior can be reduced after treatment in the form of warnings, advice and summoning of KS and AR's parents carried out by the school, namely the homeroom teacher, guidance counselor and Student Affairs. The obstacles experienced by the homeroom teacher in preventing students' smoking behavior are caused by the student's friend environment which influences students to smoke both inside the school environment and outside the school environment so that it is difficult for the homeroom teacher to supervise, if in the classroom the student's behavior can still be monitored. However, when students are outside the school environment and do negative things such as smoking, it is difficult to monitor them, and one of the reasons is because there are a lot of free hours for students in class, so students can engage in smoking behavior, because sometimes teachers do that. did not come to teach during class time. According to the homeroom teacher, the solution that must be taken to prevent students' smoking behavior is to have openness between teachers, parents and students, communicating with each other and working together to prevent students' smoking behavior.

4.5. The role of parents in preventing student smoking behavior

The role played by parents is by giving advice to their children not to engage in smoking behavior, limiting students' pocket money so that there is no possibility of buying cigarettes and scolding and hitting students so they do not engage in smoking behavior. As parents will always have a caring attitude towards their children, in dealing with this smoking behavior parents will feel concerned about their children's future so that parents will provide appropriate advice and strict rules that smoking is not good. The obstacles experienced by parents in preventing students' smoking behavior are due to the problem of parents' lack of time with their children due to busy work, parents have less time to interact with their children. The parenting style given by parents to children is an indifferent (negligent) parenting style. Parents here only fulfill basic physical needs such as food, drink, shelter and clothing. Children rarely get their psychological and emotional needs from their parents, because parents are busy working. The control carried out by parents is by limiting students' time out at night, not allowing students to go home later than ten o'clock in the evening. If after ten o'clock at night they will be punished in the form of not being allowed to enter the house and not being given pocket money to school. In line with research [17]. Parents' efforts to create a millennial generation with good citizenship. First, limit the time for going home at night to no later than 23.00 WIB, so that social interactions in a bad environment do not have an impact on children such as becoming teenagers who like to smoke. Parents also instill religious values in their children by telling them to pray and recite the Koran. The religious values instilled by parents that children acquire will persist and become guidelines for behavior in the future. and can be a means of controlling a person's behavior so that they do not do negative things such as smoking and so on.

5. Conclusion

5.1. Role of Educators

Make written regulations in the form of regulations prohibiting smoking and bringing cigarettes into the school environment, carry out raids every morning at the front entrance with the aim of preventing students from bringing cigarettes into the school environment and always give advice to students during morning attendance and when entering school. Class about the dangers and impacts of smoking and then collaborate with parents by contacting parents if students engage in smoking behavior at school. The obstacles experienced by educators are because parents sometimes do not come to school when their children violate school regulations and parents give excessive pocket money to students so that students can easily get cigarettes and the lack of responsibility of picket teachers who are tasked with supervising students when they are there school picket schedule so that students are free to allow and carry cigarettes in the school environment and there are no school guards/security.

5.2. The role of parents

Giving advice to their children not to engage in smoking behavior, limiting students' pocket money so that there is no possibility of buying cigarettes and taking action to scold and hit students so they do not engage in smoking behavior. The Dendang et al., 2024

obstacles experienced by parents in preventing students' smoking behavior are due to the problem of parents' lack of time with their children due to busy work and also due to students not listening to their parents' instructions. Parents also control students by limiting the time their children go out at night, they are not allowed to come home later than ten in the evening. Parents also instill religious values in their children by telling them to pray and recite the Koran.

6. Confession

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Conflict of interest

There are no conflicts of interest in this research.

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