

Abstrak

Perilaku merokok pada remaja merupakan permasalahan kesehatan yang dipengaruhi oleh faktor relasional, seperti *peer attachment* dan *parental attachment*. Penelitian ini bertujuan untuk mengetahui pengaruh keduanya terhadap perilaku merokok pada siswa SMA Guna Dharma. Penelitian ini menggunakan pendekatan kuantitatif dengan rancangan korelasional, melibatkan 72 siswa perokok yang dipilih melalui teknik total sampling. Instrumen yang digunakan adalah *Inventory of Parent and Peer Attachment Revised* (IPPA-R) untuk mengukur *peer attachment* dan *parental attachment*, serta skala perilaku merokok yang dikonstruksi oleh Hidayah (2019). Hasil uji regresi linier berganda menunjukkan bahwa *peer attachment* tidak berpengaruh signifikan terhadap perilaku merokok ($t = 0,231$; $p = 0,818$), sedangkan *parental attachment* berpengaruh negatif signifikan ($t = -3,138$; $p = 0,003$). Secara simultan, keduanya berpengaruh signifikan terhadap perilaku merokok ($F = 8,992$; $p = 0,000$) dengan kontribusi sebesar 20,7% ($R^2 = 0,207$). Hasil ini menegaskan pentingnya peran orang tua dalam upaya pencegahan perilaku merokok pada remaja.

Kata Kunci : *peer attachment, parental attachment, perilaku merokok, remaja*



Abstract

Smoking behavior among adolescents is a health issue influenced by relational factors, such as peer attachment and parental attachment. This study aims to determine the effects of both on smoking behavior among Guna Dharma high school students. This research employs a quantitative approach with a correlational design, involving 72 smoking students selected through total sampling technique. The instruments used include the Inventory of Parent and Peer Attachment Revised (IPPA-R) to measure peer attachment and parental attachment, as well as a smoking behavior scale constructed by Hidayah (2019). The results of multiple linear regression tests show that peer attachment does not significantly influence smoking behavior ($t = 0.231$; $p = 0.818$), while parental attachment has a significant negative influence ($t = -3.138$; $p = 0.003$). Simultaneously, both have a significant influence on smoking behavior ($F = 8.992$; $p = 0.000$) with a contribution of 20.7% ($R^2 = 0.207$). This result emphasizes the importance of parental involvement in efforts to prevent smoking behavior among adolescents.

Keywords: *peer attachment, parental attachment, smoking behavior, adolescents.*

