

Abstrak

Perilaku merokok masih menjadi permasalahan serius di kalangan mahasiswa meskipun sebagian besar dari mereka menyadari dampak negatifnya. Penelitian ini bertujuan untuk mengetahui sejauh mana *self-control* dan *health belief model* (*perceived risk* dan *perceived benefits*) dapat memprediksi perilaku merokok pada mahasiswa Universitas Islam Negeri Sunan Gunung Djati Bandung. Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional prediktif. Sampel penelitian berjumlah 174 mahasiswa perokok aktif yang dipilih dengan teknik *convenience sampling*. Instrumen yang digunakan meliputi *Self-Control Scale (SCS)*, *Perceived Risks and Benefits of Smoking Questionnaire*, dan *Glover–Nilsson Smoking Behavioral Questionnaire (GN-SBQ)*. Analisis data dilakukan dengan regresi berganda menggunakan *software Statistical Package for the Social Sciences* for windows. Hasil penelitian menunjukkan bahwa *self-control* berpengaruh signifikan terhadap perilaku merokok, demikian pula *health belief model*. Secara simultan, kedua variabel tersebut terbukti menjadi prediktor yang signifikan terhadap perilaku merokok mahasiswa. Penelitian ini menegaskan pentingnya pengendalian diri dan keyakinan terhadap risiko serta manfaat kesehatan dalam upaya pencegahan perilaku merokok.

Kata Kunci : *self-control, health belief model, perilaku merokok, mahasiswa*



Abstract

Smoking behavior remains a serious problem among students even though most of them are aware of its negative effects. This study aims to determine the extent to which self-control and the health belief model (perceived risk and perceived benefits) can predict smoking behavior among students at Sunan Gunung Djati State Islamic University in Bandung. This study uses a quantitative approach with a predictive correlational design. The research sample consisted of 174 active smokers selected using convenience sampling. The instruments used included the Self-Control Scale (SCS), the Perceived Risks and Benefits of Smoking Questionnaire, and the Glover–Nilsson Smoking Behavioral Questionnaire (GN-SBQ). Data analysis was performed using multiple regression with the Statistical Package for the Social Sciences for Windows software. The results showed that self-control had a significant effect on smoking behavior, as did the health belief model. Simultaneously, both variables were proven to be significant predictors of student smoking behavior. This study emphasizes the importance of self-control and beliefs about health risks and benefits in efforts to prevent smoking behavior.

Keywords: *self-control, health belief model, smoking behavior, college students*

