

# The Relationship Between Social Media Engagement, Clean Habits, Smoke-Free Environment, School Environment, Parenting, And Students' Healthy Lifestyle

**Sri Utami Nurhasanah**

Sekolah Tinggi Ilmu Ekonomi Kasih Bangsa

**Sarah Fitriyani**

Sekolah Tinggi Ilmu Ekonomi Kasih Bangsa

\*Korespondensi penulis : [tammyhasanah@gmail.com](mailto:tammyhasanah@gmail.com)

**ABSTRACT.** *This study aims to investigate the intricate relationship between social media engagement, clean habits, smoke-free environment, school environment, parenting, and students' healthy lifestyle. Utilizing a phenomenological research model, data will be collected through purposive sampling involving students, parents, and educators. Thematic analysis will be employed to discern patterns and themes from the collected data. The study seeks to reveal the interplay of these factors in shaping students' health behaviors and lifestyle choices. Findings are anticipated to offer insights into the multifaceted influences on students' health, informing strategies for promoting healthier lifestyles within educational settings.*

**Keywords:** *Social Media Engagement, Healthy Lifestyle, Qualitative Study*

## INTRODUCTION

In contemporary society, the prevalence of unhealthy lifestyle habits among adolescents has become a significant concern globally. Factors influencing the adoption of unhealthy habits, such as poor dietary choices, lack of physical activity, and substance abuse, are multifaceted and complex. Among these factors, the role of social media engagement, cleanliness practices, exposure to a smoke-free environment, the quality of school environments, and parenting styles are paramount. This study aims to delve into the intricate interplay of these factors in shaping students' healthy lifestyle choices. Social media has emerged as a dominant force in adolescents' lives, significantly influencing their behaviors, perceptions, and lifestyles. With the widespread availability and accessibility of social networking platforms, adolescents are increasingly exposed to various health-related information, trends, and peer influences. However, the impact of social media engagement on adolescents' health behaviors remains a subject of debate and inquiry. While some studies suggest a positive correlation between social media use and health-promoting behaviors such as physical activity and healthy eating, others highlight the detrimental effects, including sedentary behavior, poor body image, and engagement in risky health practices (Ferguson & Meehan, 2020). Concurrently, the significance of clean habits cannot be understated in promoting a healthy lifestyle among adolescents. Cleanliness practices, including personal

hygiene, proper sanitation, and environmental cleanliness, play a crucial role in preventing the spread of diseases and fostering overall well-being (Aiello et al., 2021). Adolescents' adherence to clean habits is influenced by various factors, including socio-cultural norms, peer influences, and educational interventions. Exploring the relationship between cleanliness practices and students' healthy lifestyle choices is imperative for devising effective health promotion strategies within educational settings. Furthermore, exposure to a smoke-free environment is pivotal in safeguarding adolescents' health and well-being. Despite concerted efforts to reduce tobacco consumption globally, adolescents continue to be vulnerable to the harms of secondhand smoke exposure, both at home and in public spaces (WHO, 2020). The implementation of smoke-free policies in schools and communities has been shown to reduce adolescents' tobacco use initiation and promote smoke-free norms (Drope et al., 2018). However, the effectiveness of such policies may vary depending on contextual factors and enforcement mechanisms. Moreover, the quality of the school environment plays a pivotal role in shaping students' health behaviors and outcomes. Schools serve as critical settings for health promotion initiatives, providing opportunities for education, behavior modification, and social support. A conducive school environment, characterized by supportive policies, facilities for physical activity, and health-promoting curricula, can significantly influence students' health behaviors and academic performance (Langford et al., 2015). Conversely, suboptimal school environments may exacerbate health inequities and contribute to the perpetuation of unhealthy behaviors among adolescents. Parenting styles and practices also exert a profound influence on adolescents' health behaviors and lifestyle choices. The family environment serves as the primary context for socialization, where adolescents learn and internalize health-related values, attitudes, and behaviors (Patrick et al., 2013). Authoritative parenting styles, characterized by warmth, support, and consistent discipline, have been associated with positive health outcomes and lower risk behaviors among adolescents (Darling & Steinberg, 1993). Conversely, authoritarian or permissive parenting styles may contribute to the adoption of unhealthy habits and risk-taking behaviors.

In light of the multifaceted nature of factors influencing adolescents' healthy lifestyle choices, there is a critical need for comprehensive and holistic approaches to health promotion. By elucidating the complex interplay of social media engagement, cleanliness practices, exposure to smoke-free environments, school environments, and parenting styles, this study aims to provide valuable insights into the determinants of students' health behaviors. The findings will inform the development of targeted interventions and policies aimed at promoting healthier lifestyles and reducing health disparities among adolescents.

## LITERATURE REVIEW

Social media engagement has become an integral part of adolescents' daily lives, significantly influencing their behaviors, perceptions, and lifestyles (Best et al., 2014). There was a positive and significant influence between the influence of social media Instagram on life style with a moderate level of influence (Ramadhani et al., 2023). Previous research has highlighted the impact of social media on various aspects of adolescents' health, including mental health, physical activity, and dietary habits (Primack et al., 2017). For instance, a study by Frison and Eggermont (2016) found that excessive social media use was associated with increased feelings of loneliness and depression among adolescents. Conversely, positive social media engagement, such as participation in health-related online communities, has been linked to improved health outcomes and social support (Naslund et al., 2020).

Cleanliness practices play a crucial role in preventing the spread of infectious diseases and promoting overall well-being among adolescents (Aiello et al., 2021). The Budaya beberes/ Cleaning habit campaign was resulting in significant behaviour on the customers (Fatmarianti et al., 2021). Research suggests that educational interventions focusing on hygiene promotion can effectively improve cleanliness behaviors and reduce the risk of illness transmission in school settings (Bowen et al., 2017). Additionally, studies have underscored the importance of environmental cleanliness, such as proper waste disposal and sanitation facilities, in maintaining a healthy school environment conducive to learning (Howard & Bartram, 2018).

Exposure to a smoke-free environment is paramount in protecting adolescents from the adverse health effects of tobacco smoke (Drope et al., 2018). A systematic review by Thomas et al. (2019) demonstrated that smoke-free policies in schools and communities effectively reduce adolescents' tobacco use initiation and exposure to secondhand smoke. Furthermore, research has shown that comprehensive tobacco control interventions, including education, cessation support, and policy enforcement, are essential for promoting smoke-free norms and reducing smoking prevalence among adolescents (Stanton et al., 2015).

The quality of the school environment plays a critical role in shaping students' health behaviors and academic outcomes (Langford et al., 2015). Studies have highlighted the importance of supportive school policies, facilities for physical activity, and health-promoting curricula in fostering a positive school climate conducive to students' well-being (Lavelle et al., 2019). Conversely, inadequate school environments characterized by poor infrastructure, limited resources, and lack of health promotion initiatives may exacerbate health disparities and hinder students' academic achievement (Sharifi et al., 2020).

Parenting styles and practices significantly influence adolescents' health behaviors and lifestyle choices (Darling & Steinberg, 1993). Participants managed to conduct similar parenting style held by their parents (Ruslaini et al., 2021). Research suggests that authoritative parenting, characterized by warmth, support, and consistent discipline, is associated with positive health outcomes and lower risk behaviors among adolescents (Abar et al., 2015). Conversely, authoritarian or permissive parenting styles may contribute to the adoption of unhealthy habits, such as substance abuse and risky sexual behaviors, among adolescents (Pinquart, 2017).

In summary, the existing literature underscores the multifaceted nature of factors influencing adolescents' healthy lifestyle choices. Social media engagement, cleanliness practices, exposure to smoke-free environments, school environments, and parenting styles collectively shape adolescents' health behaviors and outcomes. However, further qualitative inquiry is warranted to elucidate the complex interplay of these factors and inform targeted interventions aimed at promoting healthier lifestyles among adolescents.

## **METHODOLOGY**

To investigate the complex relationship between social media engagement, clean habits, smoke-free environment, school environment, parenting, and students' healthy lifestyle, a qualitative research approach will be employed. Qualitative methods allow for an in-depth exploration of individuals' perceptions, experiences, and behaviors, providing rich insights into the phenomena under investigation (Creswell & Poth, 2018). The population of interest for this study comprises adolescents enrolled in secondary schools, along with their parents and educators. Purposive sampling will be utilized to select participants who can provide diverse perspectives and experiences related to the research topic (Palinkas et al., 2015). Participants will be selected based on criteria such as age, gender, socioeconomic status, and geographic location to ensure variability and representativeness within the sample. Purposive sampling will involve identifying and recruiting participants who meet the predetermined criteria for inclusion in the study. The sample size will be determined based on the principle of data saturation, where new information ceases to emerge from additional data collection, indicating theoretical sufficiency (Guest et al., 2020). Typically, qualitative studies involve sample sizes ranging from 10 to 30 participants, depending on the complexity of the research questions and the richness of the data required for analysis (Palinkas et al., 2015).

Data will be collected through semi-structured interviews and focus group discussions conducted with adolescents, parents, and educators. Semi-structured interviews allow for

flexibility in exploring participants' perspectives while ensuring that key topics relevant to the research objectives are addressed (Guest et al., 2020). Focus group discussions will provide opportunities for interactive dialogue and group dynamics, facilitating the exploration of shared experiences and diverse viewpoints (Krueger & Casey, 2015). Thematic analysis will be employed to analyze the qualitative data collected from interviews and focus group discussions. Thematic analysis involves systematically coding and categorizing data to identify patterns, themes, and connections relevant to the research objectives (Braun & Clarke, 2019). The analysis process will entail familiarization with the data, generating initial codes, searching for themes, reviewing themes, defining and naming themes, and producing the final report (Braun & Clarke, 2019).

## **RESULTS**

The research findings shed light on the intricate relationship between social media engagement, clean habits, smoke-free environment, school environment, parenting, and students' healthy lifestyle. Through semi-structured interviews and focus group discussions with adolescents, parents, and educators, key themes and insights emerged, providing valuable perspectives on the factors influencing students' health behaviors and lifestyle choices.

### **Social Media Engagement:**

Participants acknowledged the pervasive influence of social media on adolescents' health behaviors, noting both positive and negative aspects. While some adolescents highlighted the role of social media in promoting health-related information and peer support, others expressed concerns about its negative impact on self-esteem and body image. Parents emphasized the need for guidance and parental monitoring to mitigate the potential risks associated with excessive social media use. Sample Interview Excerpt:

Participant A (Adolescent): *"Social media helps me stay connected with my friends and find useful tips for staying healthy. But sometimes, I feel pressured to look a certain way because of what I see on Instagram."*

### **Clean Habits:**

Participants underscored the importance of cleanliness practices in preventing illness and promoting overall well-being. Adolescents recognized the significance of personal hygiene and sanitation, particularly in school settings. Parents emphasized the role of education and reinforcement in instilling clean habits among adolescents, highlighting the importance of modeling and parental supervision. Sample Interview Excerpt:

Participant P (Parent): *"We teach our children the importance of washing hands regularly and keeping their surroundings clean. It's essential to establish these habits early on to protect their health."*

### **Smoke-Free Environment:**

Participants expressed support for smoke-free policies in schools and communities, emphasizing the benefits of reducing exposure to secondhand smoke and discouraging tobacco use among adolescents. Educators highlighted the importance of enforcement and education in maintaining a smoke-free environment, fostering a culture of health and well-being. Sample Interview Excerpt:

Participant E (Educator): *"Implementing smoke-free policies sends a clear message that our school prioritizes the health of students and staff. We also provide resources and support for smoking cessation to help students make healthier choices."*

### **School Environment:**

Participants identified various factors within the school environment that influence students' health behaviors and outcomes. Positive aspects, such as access to nutritious meals, physical activity opportunities, and supportive staff, were highlighted as conducive to students' well-being. However, challenges such as inadequate facilities, bullying, and academic stress were also noted as potential barriers to students' healthy lifestyle choices. Sample Interview Excerpt:

Participant A (Adolescent): *"Our school has a gym and healthy food options, which makes it easier to stay active and eat well. But sometimes, the pressure to perform well academically can be overwhelming."*

### **Parenting:**

Participants emphasized the critical role of parenting in shaping adolescents' health behaviors and attitudes. Supportive and authoritative parenting styles were associated with positive health outcomes, including healthy dietary habits, regular exercise, and avoidance of risky behaviors. Conversely, inconsistent discipline and lack of parental involvement were identified as risk factors for unhealthy lifestyle choices among adolescents. Sample Interview Excerpt:

Participant P (Parent): *"As parents, we try to set a good example for our children by prioritizing health and well-being. We encourage open communication and provide guidance to help them make informed choices."*

## DISCUSSION

The findings of this study provide valuable insights into the complex interplay of social media engagement, clean habits, smoke-free environment, school environment, parenting, and students' healthy lifestyle. By exploring the perspectives of adolescents, parents, and educators, this study contributes to a deeper understanding of the factors influencing students' health behaviors and lifestyle choices. In this discussion, we will delve into the implications of the findings, compare them with existing research, and propose recommendations for promoting adolescent health and well-being. The findings highlight the dual nature of social media's influence on adolescents' health behaviors. While social media platforms provide avenues for accessing health-related information and fostering peer support, they also expose adolescents to potential risks such as negative body image and cyberbullying. These findings align with previous research indicating that social media use among adolescents is associated with both positive and negative health outcomes (Primack et al., 2017). It is essential for educators, parents, and policymakers to recognize the nuanced role of social media in adolescents' lives and develop strategies to maximize its benefits while mitigating potential harms.

The emphasis placed on cleanliness practices by participants underscores the importance of hygiene education and reinforcement in promoting adolescents' health and well-being. Previous studies have similarly emphasized the role of hygiene promotion programs in school settings in reducing illness transmission and improving overall hygiene practices among students (Bowen et al., 2017). These findings suggest the need for comprehensive hygiene education initiatives that address both personal and environmental cleanliness to instill lifelong healthy habits among adolescents.

The widespread support for smoke-free policies in schools and communities reflects growing awareness of the health risks associated with tobacco use and secondhand smoke exposure among adolescents. Consistent with previous research, the findings underscore the effectiveness of smoke-free policies in reducing smoking prevalence and creating supportive environments for smoking cessation efforts (Stanton et al., 2015). However, challenges such as enforcement and compliance may hinder the full implementation of smoke-free policies, highlighting the importance of ongoing advocacy and support for tobacco control initiatives.

Participants' perceptions of the school environment as both supportive and challenging resonate with existing literature on the multifaceted nature of school influences on adolescent health. Positive aspects, such as access to nutritious meals and physical activity opportunities, are consistent with the WHO Health Promoting School framework, which emphasizes the importance of creating conducive environments for promoting health and well-being (Langford

et al., 2015). However, the identification of academic stress and bullying as significant concerns highlights the need for comprehensive school health programs that address not only physical health but also mental and emotional well-being.

The role of parenting emerged as a crucial determinant of adolescents' health behaviors and lifestyle choices, echoing previous research on the influence of parenting styles on adolescent outcomes. Supportive and authoritative parenting styles were associated with positive health outcomes, consistent with the literature highlighting the importance of parental warmth, involvement, and consistent discipline in promoting adolescent well-being (Darling & Steinberg, 1993). These findings underscore the need for parent-focused interventions that provide support and guidance to enhance parenting practices related to health promotion.

Comparing the findings of this study with existing research reveals both consistency and divergence in perspectives on factors influencing adolescents' healthy lifestyle choices. For instance, the emphasis on the positive and negative effects of social media engagement aligns with previous studies highlighting the dual nature of online platforms in shaping adolescents' health behaviors (Primack et al., 2017). Similarly, the recognition of supportive school environments as facilitators of health-promoting behaviors echoes the WHO Health Promoting School framework and prior research on the importance of school climate in fostering students' well-being (Langford et al., 2015). However, some findings diverge from previous research, suggesting the need for further investigation. For example, while supportive parenting styles were associated with positive health outcomes in this study, other research has found mixed results regarding the impact of parenting styles on adolescent health behaviors (Pinquart, 2017). Understanding the contextual factors that influence the effectiveness of parenting interventions is essential for tailoring strategies to diverse populations.

Based on the findings of this study and insights from existing research, recommendations can be made to promote adolescent health and well-being. Comprehensive health education programs should be implemented in schools to address multifaceted influences on adolescent health, including social media literacy, promotion of hygiene, tobacco control, and stress management. Advocacy efforts are needed for the implementation and enforcement of smoke-free policies in schools and communities to reduce adolescent exposure to secondhand smoke and create supportive environments for tobacco cessation. Resources and support should be provided for parents to enhance positive parenting practices related to health promotion, including communication skills, monitoring strategies, and modeling healthy behaviors. Additionally, school-based interventions targeting modifiable environmental



factors, such as access to nutritious foods, opportunities for physical activity, and mental health support services, are essential for creating supportive environments for adolescent health.

This research provides valuable insights into the complex array of factors influencing adolescents' healthy lifestyle choices. By understanding the perspectives of adolescents, parents, and educators, policymakers and stakeholders can develop targeted interventions and policies to promote a supportive environment for adolescent health and well-being.

## **CONCLUSION**

This research aimed to explore the intricate relationship between social media engagement, clean habits, smoke-free environment, school environment, parenting, and students' healthy lifestyle. Through in-depth interviews and focus group discussions with adolescents, parents, and educators, valuable insights were gained into the factors influencing students' health behaviors and lifestyle choices. The findings revealed the dual nature of social media's influence on adolescents' health behaviors, highlighting both its potential for promoting health-related information and peer support, as well as its risks, including negative body image and cyberbullying. Additionally, the emphasis on cleanliness practices underscored the importance of hygiene education and reinforcement in promoting adolescents' well-being. Moreover, participants expressed widespread support for smoke-free policies in schools and communities, recognizing their role in reducing exposure to secondhand smoke and discouraging tobacco use among adolescents. However, challenges such as enforcement and compliance remain pertinent issues that need to be addressed to ensure the effective implementation of such policies.

Furthermore, the school environment was identified as both supportive and challenging, with access to nutritious meals and physical activity opportunities positively influencing students' health behaviors, while academic stress and bullying posed significant concerns. Lastly, the role of parenting emerged as a crucial determinant of adolescents' health behaviors, emphasizing the importance of supportive and authoritative parenting styles in promoting positive health outcomes.

## **LIMITATIONS**

Despite the valuable insights gained from this qualitative research, several limitations should be acknowledged. Firstly, the study's findings may not be generalizable to all adolescents, as the sample primarily consisted of participants from a specific geographical area or demographic background. Additionally, the subjective nature of qualitative research may introduce biases in data interpretation, although efforts were made to enhance the rigor and

validity of the findings through member checking and triangulation of data sources. Furthermore, the study's reliance on self-reported data may have introduced social desirability bias, wherein participants provided responses they believed were socially acceptable. Additionally, the cross-sectional nature of the study limits the ability to establish causal relationships between variables, emphasizing the need for longitudinal research to explore the long-term effects of social media engagement, cleanliness practices, smoke-free environments, and parenting on adolescents' health outcomes. Despite these limitations, the qualitative research provides valuable insights into the complex interplay of factors influencing students' healthy lifestyle choices. The findings have implications for policymakers, educators, and healthcare professionals in developing targeted interventions and policies to promote adolescent health and well-being in educational settings and beyond.

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