



## Description Of Vaping Behavior on Stress Symptoms

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### ABSTRACT

Electronic cigarettes are a technology designed to help regular cigarette consumers quit. The development of electric cigarettes in Indonesia has formed a drug regulatory agency, conducting research related to electronic cigarettes. The purpose of this study was to describe the vaping behavior of young male students towards stress symptoms. This research is a quantitative research method. This data collection technique was carried out by direct observation and survey sampling techniques using random sampling techniques. The research instrument used a questionnaire with a population or subject of 35 male adolescents. It is known that of the 35 respondents who are still teenagers, there are 6 young respondents who smoke electric or vaping and are still smoking today. Smoking becomes a daily life and binds them every day, some of them also know worry and anxiety when they can't or find it difficult to refuse vaping.

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## 1. INTRODUCTION

Smoking is a well-known habit in society, starting from the ages of children, adolescents, adults to the elderly. According to the World Health Organization, Indonesia is the third country with the most smokers in the world. From a psychological standpoint, smoking can have a relaxing and comforting effect on its users. However, from a health standpoint, cigarettes made from tobacco leaves contain a number of chemical substances that can have a negative impact on the health of those who use them and those around them. The adverse effects referred to include: cancer, chronic lung disease, stroke and heart attack, cataracts, and cervical cancer and miscarriage for women. In fact, the health risks posed by smoking have become common knowledge, but it has no effect on the behavior orientation of smokers. This is indicated by the fact that there are still many people who smoke, and even many people who have smoked since their teens.

Judging from its history, the first smokers were Indians in Indonesia. In America, they consume cigarettes for ritual purposes such as worshipping God or a trusted spirit. In the 16th century, when Europeans discovered. In America, some European researchers also experimented with smoking and then they brought tobacco to Europeans. Then the smoking habit began to emerge among European nobility at that time. In contrast to the Indian nationality who smoked for ritual purposes, people in Europe only smoked with joy.

A new trend that has emerged in Indonesia is the use of electric cigarettes. Electronic cigarettes are used to reduce dependence on tobacco cigarettes in active smokers. The electric device cigarette has been invented a long time ago, but it has only been patented in recent years in countries including Indonesia. Since quitting smoking was not easy, this was the beginning of the personal vaporizer. An alternative method is to use a personal vaporizer to quit smoking. That's why vaping has become a lifestyle choice that is much healthier than smoking. Vaping can also be addicting due to the pleasurable effect of watching so much vapor being consumed. The increasing use of e-cigarettes means changing one's lifestyle or "vaping" is one of the best ways to quit smoking according to most doctors. Vaping has become a lifestyle lately among the people, there are even shops and communities in almost every city in Indonesia where vaporizers serve as meeting places. The purpose of forming this community is to learn how to make new windings, put cotton and burning liquid. In addition, take care of modifications, nebulizers and prepare liquids yourself.

Cigarettes commonly used by smokers are cigarettes that are inhaled and then inhaled to inhale the smoke or commonly referred to as ordinary cigarettes. However, over time, traditional cigarettes have competed with the rise of electric cigarettes (vapes). Vape is an electric cigarette that can change from liquid to vapor. Vape use is trending among college students among regular smokers before. This is an opinion that claims that the use of vape besides being able to eliminate addiction, the risk of smokers is still considered lower than the risk of traditional cigarette users. In addition, the use of vape among smokers shows that they are also renewed.

Electronic cigarettes are a technology designed to help regular cigarette consumers quit. The development of electric cigarettes in Indonesia has formed a drug regulatory agency, conducting research related to electronic cigarettes. According to BPOM, e-cigarettes contain nicotine which, if consumed too much, causes tremors and convulsions. So e-cigarettes also contain propylene glycol, what are the effects on asthma, chest tightness, decreased lung function, lung irritation and breathing. Vaping revolutionized tobacco. This is because they think that vaping is now more modern and popular among

the student community, vaping has become a common sight in hangout places and canteens are usually a gathering place for students.

Vape is a new innovation in the form of traditional cigarettes into modern and sophisticated cigarettes. Vape was first developed in In 2003, SBT Co Ltd., a company founded in 2003 Beijing, China is controlled by Golden Dragon Group Ltd. since 2004. Ruyan then took over the project to develop the technology can be seen Later Ruyan SBT Co. Ltd. and their name changed to SBT RUYAN Technology and DevelopNent Co. Oy Vape necessary Cigarettes are healthier and more environmentally friendly than traditional and unscented cigarettes. Apart from that, vapes can also be called modern cigarettes which are more economical than traditional cigarettes because they can be vaporized and refilled.

The content in vape is different from the content in ordinary cigarettes. If traditional cigarettes contain nicotine, tar,<sup>1</sup> carbon monoxide (CO),<sup>2</sup> and ammonia<sup>3</sup>, so the vapor does not contain CO because the mechanism for its use is not burned but contains volatile organic compounds (VOC)<sup>4</sup> which simply evaporate as a result of electric heating liquids using batteries. . The vapor produced when using vaping is very high, the shape is unique, there are various flavors to suit your taste. The use of vaping is considered to be able to eliminate addiction. The existence of vaping has generated a lot of curiosity and curiosity, so many people who want to try it then switch from ordinary cigarettes to vaping.

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In Indonesia itself, vaping continues to be debated. There are three groups related to this conversation, namely: a group of regular smokers, a group of vapers and a group that opposes both types of cigarettes. Their traditional smoking group generally doesn't know conversation. In terms of growth, they are more tax sensitive to influence cigarette prices. The second group (steam inhalation) stands out from the first group (smokers) by claiming to smoke. Cigarettes are more harmful to health than vapor. While the third group assumes that traditional cigarettes and vaping are both dangerous because they both contain nicotine and are addictive. The symbol is simply an alternative way of delivering nicotine into the body. <sup>7</sup> BPOM itself does not issue vape distribution licenses except for nicotine control and TAR is included in it.

Vaping is mostly used to reduce people or even quit smoking, and some vaping users are active smokers who use tobacco. The availability of this vape box makes it easier for users not to return to tobacco cigarettes. Till now vape is much in demand compared to traditional cigarettes because of this there are different flavors found in liquid vape which give pleasure to the users such as liquid flavors like fruit, chocolate, candy, milk, spices etc. vape use in student crowds can be associated with stress experienced by students. Factor: that's why they're trying to use vaping as a stress reliever. People have different stress levels, students who then try vape, which means mild stress, moderate to severe stress.

Stress is common during puberty because of all the changes going on in the body.

Teenagers are especially vulnerable to stress during this time because of the increased chances they experience it as a result of the many changes they are going through. Teenagers are free to make their own decisions, but that's what they do. They have rights,

responsibilities and expectations that must be met. Teenagers can be anxious because they feel pressured to live up to other people's expectations. Stress can happen to anyone, especially for those who experience great pressure on students, for example in the last grade there is a lot of homework, final semester exams, school exams, assignment deadlines, anxiety and inner confusion in determining the direction of career choices, hobbies, social life, then there are rules that they must obey and limit themselves. The role of parents in this case can include certain parenting styles. Parenting is a behavior designed for children and reinforced over time.

The positive and negative impacts of this parenting style can be felt by children. Parents with this style not only teach good values to their children, but also to guide and help them reach maturity that conforms to social expectations. However, some parents do put too much pressure on their children, for example comparing them to children from other families. Young people who do not get adequate treatment when problems develop are at developmental risk for developing mental health problems. Especially the individual dynamics between children and their parents can present these challenges depression, anxiety and criminal behavior are just a few consequences of these adolescent mental health problems. Teenagers crave freedom and independence because their parents' annoying parenting styles and attitudes prevent them from engaging in direct, open dialogue with them. However, teenagers experience stress because of pressure from their parents. According to researchers, 5-10% of young people experience stress symptoms due to various causes of family, individual and environmental factors including but not limited to relationship conflicts between family members (especially parents), children, parents and friends, financial difficulties and health problems. physique.

According to the World Health Organization, 20 percent of mothers and 12 percent of fathers suffer from stress due to their approach to their children's education. It is estimated that more than 12 million young people between the ages of 15 and 19 suffer from stress, and millions of young people experience emotional mental health problems. Basic health research 2018 offers details. Parent-child relationship affects more than just a child's physical growth, as shown by the results of other studies. The relationship between parents and young people has a big impact opportunity for success in the next generation.

According to the World Health Organization (WHO) in 2019, nearly 264 million people worldwide experience stress. Then there is 6.1% butter in Indonesia around 10 million people aged over 15 years who experience stress. Information and knowledge center. The Indonesian Ministry of Health in 2019 stated that 30.62% or around 2.58 million people experienced stress in Lampung province. Based on data from the US Dept. of Health Care and Human Resources, very strict disease health in 4 communities in the world. the data obtained from the main stress events occurred in women (54.62%) compared to men (45.38%). 30 percent of teens said their stress level had increased over the past year and 34% of teens thought their stress level had increased year over year another 10,224 cases in 2020 10,622 cases, 2021 14,806 cases where it shows growth for each patient with diabetes in Physical activity is any activity that uses the body and covers a broad range of different activities such as work, household chores, games, sports or exercise in connection with the operations of daily life, family and society. Physical activity is the most important factor in children, adolescents and

adults sometimes there is a connection between physical activity and mental health, absence, physical activity can cause a person to experience mental disorders, depression. Although there is research on this that shows that physical activity is better some then the

effect is lower levels of anxiety and depression. Continuous improvement of physical activity tracking helps guide the development of policies and programs to increase performance and reduce the burden of non-communicable diseases. Specifically, only 38% of university students attended regular active activities and only 20% participated in regular moderate activities. On the other hand, 65% of school children

average reported active performance regularly and 26% reported being regular. In addition, research shows that nearly half of all students reported decreased physical activity after graduation. These data point to the need for studies on motivation and physical behavior measures so that scientists can develop programs and interventions that better increase students' physical activity.

An earlier study reported the overall prevalence of depression in 439 young people in India was 16%, it was also associated with previous infection with COVID-19 anxiety, experienced by up to 20% of young people. The problem of differences in mental health also occurs in various countries, including children in Spain and other countries, Italy have higher depression and anxiety scores than other countries. A previous study reported on 34 provinces in 2018. In Indonesia, more than half of young people experience anxiety during a pandemic which is accompanied by risk factors for lack of confidence, frequent fights with their parents, anxiety, chronic illness and mental illness.

## 2. RESEARCH METHODE

This research is a quantitative research method of research conducted to get an idea of something, explain the situation and describe it based on the facts that happened in the study area. This data collection technique was carried out by direct observation and survey sampling techniques using random sampling techniques. The research instrument used a questionnaire with a population or subject of 35 male adolescents. The analysis used in this study is the frequency distribution. This survey was conducted in June 2023. The aim of this study was to find out and analyze the description of vaping behavior with symptoms of stress.

## 3. RESULT AND ANALYSIS

The results of the study explain the univariate analysis including gender, age and level of knowledge. The characteristics of the respondents in this survey are for the youth of the age of the participants in this study is 20-22 years.

**Table 1. Data on Respondents' Gender and Age**

Variable	N	%
<b>Gender</b>		
<b>Man</b>	35	100%
<b>Amount</b>	<b>35</b>	<b>100%</b>
<b>Age</b>		
<b>20 Year</b>	21	60%
<b>21 Year</b>	7	20%
<b>22 Year</b>	7	20%
<b>Amount</b>	<b>35</b>	<b>100%</b>

Based on Table 1. Shows that the gender distribution of the total respondents shows the male sex by 100%. The age distribution shows 60% in the 20 year category, 20% in the 21 year age category, and as much as 20% in the 22 year age category.

**Table 2. Description of Vapin Behavior Against Stress Symptoms**

Variable	Yes		No	
	f	%	f	%
Do you use vapes?	6	17,15%	29	82,85%
Do you vape every day?	1	2,85%	34	97,15%
Do you think vaping is harmful to health?	29	82,85%	6	17,15%
Do you think vape contains harmful chemicals?	32	91,43%	3	8,57%
Did you know that there are regulations and restrictions on smoking/vape in certain places?	32	91,43%	3	8,57%
Are you going to vape when you have a lot of trouble?	29	82,85%	6	17,15%
Are you restless and anxious if you can't vape?	1	2,85%	34	97,15%
Does vape make you feel calmer?	1	2,85%	34	97,15%
Does vape make you more excited?	6	17,15%	29	82,85%
Is vape an activity that you must do?	2	5,72%	33	94,28%
Are you happy when you vape?	6	17,15%	29	82,85%
Do you feel worried about the risk of disease when vaping?	18	51,43%	17	48,57%
Do you have the desire to stop vaping?	11	31,43%	24	68,57%
Do you find it difficult to stop vaping?	1	2,85%	34	97,15%
Do you feel addicted to vape?	1	2,85%	34	97,15%
Do you feel that vape can take your mind off it?	30	85,72%	5	14,28%

Based on Table 2, the results are shown in the response distribution analysis. Description Knowledge and attitudes of the younger generation. Against vaping behavior to symptoms of stress is the response frequency as follows; as many as 6 respondents namely. 17.15% answered "yes" to the question."Do you use a vape?" this issue claims that of the 35 people out of that number, 6 respondents use vape and 29 other people do not use. Of the 6 respondents who vape, 1 person said "smokes every day" or up to 2.85%.

From the question "Do you think vape is harmful to health?" the number is 82.85%, namely 29 respondents answered "Yes" and only 6 respondents answered "No" means that 35 respondents 29 of them already know that vape is something that can be done dangerous health.

Through the question "Do you think there are harmful chemicals in vape?" and the question "Did you know that there are regulations and prohibitions on smoking/vape in certain places?" as many as 91.43% of respondents answered "yes", which is what all respondents have, they know that vape contains dangerous chemicals and they also vape when experiencing many problems.

To the question "Would you vape when you're having a lot of trouble?" as much as 82.85% or 29 respondents answered "Yes" and as many as 17.15% or 6 respondents answered "No" this means that out of 35 respondents, 6 of them were still able to refrain from using vape when there were many problems and they will still vape if there really is a problem they can't solve on their own.

For the question "Are you nervous and anxious if you can't vape?" up to 2.85% or 1 respondent answered "Yes" which means 1 out of 6 vape respondents, one of them said they felt restless and anxious when he couldn't vape. Of the 6 respondents who vape as much as 1 person or 2.85% stated that smoking makes their feelings calmer and as many as 6 of them or 17.15% stated that vape makes their feelings more excited.

From the question "Is vape an activity that you must do?" there were 2 respondents or 5.72% answered "Yes", that is 2 people vaping out of 6 some of them said that vape should be a hobby and must be done every day, you can't miss a single day not to do vape. Of the 6 vape

respondents, 6 of them or up to 17.15% stated that they knew like e-cigarettes question "Are you worried about the risk of disease when Vape?" answered with a full 51.43% "Yes" which means that 35 respondents to 18 respondents are worried about the risk of getting sick even if they use a vape.

For the question "Do you have a desire to stop vape?" up to 31.43%, namely 11 people answered "Yes" meaning that out of 35 respondents, 11 of them knew however, quitting vape is difficult, only 6 people are still smoking until now and the other 29 people don't use vapes, but 5 of them said he had a hard time with it stop using vapes.

For the question "Do you have difficulty stopping using vape?" to 2.85%, that is, 1 person answered "Yes" and more 14.28% or 5 people answered "No" meaning that there are still more respondents who don't have the desire to stop themselves. vape, even if they do so to know about the dangers and prohibitions of vaping.

And about the last question "Do you feel addicted to vape?" has a frequency of yes up to 2.85% or 1 respondent and there is another 97.15%, namely 34 respondents answered "no". That means out of 35 respondents totaling 6 people vaping, then 35 out of 29 respondents who didn't vaping said they felt like they were addicted to vaping.

About frequency table 2 describes vaping behavior towards these stress symptoms.

It is known that of the 35 respondents who are still teenagers, there are 6 young respondents who smoke electric or vaping and are still smoking today.

Smoking becomes daily and binds them every day, some of them also know worry and anxiety when they can't or it's hard to refuse vaping if they don't vaping and it's hard to stop even some of them know the dangers of smoking and want to stop but 1 of them reports what they already know vaping addiction.

This is one of the behaviors that this adolescent addiction depends on and is dependent on dangerous addictive substances such as e-cigarettes or vaping and it is difficult to stop these e-smoking and vaping behaviors.

#### 4. DISCUSSION

E-cigarettes are devices that heat a solution, also known as e-liquid, to form an aerosol that can be inhaled. Although the earliest e-cigarette devices resembled cigarettes, many newer types of cigarettes take different shapes, often resembling pens, technical devices, and other everyday objects. E-liquids, which usually (but not always) contain nicotine, often contain flavors and additives, usually dissolved in a solution of propylene glycol or glycerin. Therefore, e-cigarettes are not a homogeneous group of products, but rather a range of devices, e-liquids and product components which, taken together, are intended to be used in the same way as tobacco products. E-cigarettes are battery-powered devices generally designed to deliver nicotine and other additives to users as aerosols. In Indonesia, e-cigarettes are a product that is included in other processed tobacco products.

Many users often think that e-cigarettes are safer than traditional cigarettes, but the truth is that cigarettes are actually no safer than other tobacco products. According to research by the BPOM, e-cigarette smoke contains nicotine, water, glycerol, propylene glycol and fragrance. Therefore it can be seen that e-cigarettes still contain nicotine, except for nicotine-free e-cigarettes, nicotine is one of the causes that makes consumers feel addicted and difficult to quit like traditional cigarettes. The nicotine content of e-cigarettes on the market varies from 0 to 100 mg/ml. Apart from that, another component found in vape is TSNA. TSNA is a carcinogenic compound found in tobacco, formed after the nitrosation process, not found in green tobacco leaves.

Changing the motivation to smoke e-cigarettes also has a positive and significant effect on the amount of e-tobacco costs per month. As many as 108 respondents, namely 54 percent, used electric cigarettes to stop smoking, usually respondents with the right motivation can quit

traditional smoking higher monthly e-cigarette costs IDR 19,578 compared to other incentives. In a previous study in Barcelona, Spain in 2015 only 40.23% of respondents who used electric cigarettes stopped smoking traditional cigarettes, this led to the consumption of e-cigarettes again but knowledge about the dangers of smoking electricity has no role in reducing the consumption of e-cigarettes. Currently investigating drugs whose use carries risks e-cigarettes have been widely used.

Previous studies have shown that using e-cigarettes can cause inflammation, oxidative stress and hemodynamic imbalance causing an increased risk of cardiovascular system disease affecting cardiovascular system angiogenesis damage and skin capillary perfusion fatal as it causes direct injury to the blood vessel walls, increased thrombotic aggregation, microvascular thrombosis and inflammation of the use of e-cigarettes is also a consequence of increased delays in the recovery of respiratory tract infections. Little knowledge about the risks of e-cigarettes is also not related to the readiness of e-cigarette users for health inspections. In a study analyzing in England in 2016, 1,489 respondents reported that only 8.7% of respondents stopped using e-cigarettes and ultimately reduced costs because of information about the dangers of electronic cigarettes.

There are very few current e-cigarette inspection policies in Indonesia. Personalization related to electric cigarettes, there are still limited regulations regarding excise taxes on electric cigarettes, namely Regulation of the Minister of Finance (PMK) number 146/PMK.010/2017 and Regulation of the Minister of Finance no 152/PMK.010/2019 (Ministry of Finance 2017; Ministry of Finance 2019). The last PMK amended the previous regulation to increase e-cigarette taxes by 25 percent. Until 2020, the Ministry of Health and BPOM did not have regulations on this matter regarding the use of electronic cigarettes in Indonesia. There has been research on this issue with the dangers of electric cigarettes. The 2017 National Science Information shows that the opportunity for electric smokers is double smoking, which is 96.85%. This shows a loss. The resulting health and financial losses caused by smoking double even higher. The government must have rules on the use of e-cigarettes in Indonesia according to a law that strictly prohibits their use.

The government can also increase e-cigarette excise duty by hundreds of percent reduce consumption of Indonesian e-cigarettes. Currently, WHO has proposed a recommendation to stop the use of electronic cigarettes. WHO reports on this issue Finland has succeeded in reducing the number of smokers no nails with e-cigarettes in the presence of strong regulation. In 2016, the FDA did (Food and Drug Administration) United States began making strict rules against it regarding the use of e-cigarettes in the United States. America even has a Guild state that prohibits all tobacco use, including e-cigarettes.

Information about e-cigarette innovation is an important part of the smoking phase Electric electronic cigarettes are an innovation for ordinary cigarettes because electric cigarettes are said to be safer than regular cigarettes. Information about electric smoking is 95% safer than traditional cigarettes and uniform choices to stop using traditional cigarettes are scattered everywhere, starting from the internet, social media and others. This can be explained from the results of the study that the information classification of e-cigarettes is at a high level, 95% safer than traditional cigarettes. Theory

Cognitive response is the thought that is seen by the recipient of the message when reading, seeing and/or hearing the communication through the knowledge processing stage (perception), changes in attitude to the sign (attachment) and finally reaches the conclusion of the purchase (conation). Cognitive response theory is a schematic description of the process of cognition in a person's mind that ends

until the process of picking up a decision E-cigarettes quickly became popular. In Indonesia, because of this, social media and friendship are often discussed. In this theory, knowledge of warfare is important before using an electric cigarette.

Electronic cigarettes are popular among people today. Vapor (electric cigarette name) should be an alternative to cigarettes, vapor users believe that electric cigarettes can help them quit smoking. The use of electric cigarettes is also considered safer than traditional cigarettes. Cigarettes have long been used in various countries, but countries such as Australia, Brazil, China, Singapore, Thailand and Uruguay have banned the sale and marketing of electronic cigarettes<sup>1</sup>. Based on the results of collecting data on the characteristics of the respondents, it is known that the average user of e-cigarettes is a male aged 21-30 years with the last tertiary education. A person's age describes maturity in thinking and choosing, the higher the age, the more know how to consider a decision. 6 Respondents over 20 years generally want more experience, because e-cigarettes are developing, they try something new from traditional cigarettes before. In contrast to respondents who are  $\leq 20$  years, some of this group just wanted to try e-cigarettes and had never tasted traditional cigarettes. But few also use it because of lifestyle because their peers also use it.

This lifestyle and social phenomenon is also experienced by some female respondents who use e-cigarettes, 5 people use it to hang out with friends after work, while others use it because their boyfriends also use it. frequency of use every day, the term is often called drop. For the heavy category, where it drips  $> 12$  times a day and light  $\leq 12$  times a day, it is based on the average dripping of respondents. Most of the respondents belong to the heavy category (55.2%). Respondents from the BVC community not only visited shelters but also on campus and at work. In general, people in the heavy category come from students and work backgrounds, traditional cigarette users have started to think about quitting smoking, most people think smoking regularly is harmful to health. This perception emerged along with the development of e-cigarettes in society. Most of the respondents who use e-cigarettes as an alternative to cigarettes understand that traditional cigarettes are harmful to family, peers, and tobacco advertising information. Höyryt considers the development of e-cigarettes as an alternative to smoking cessation, but some respondents did not know the liquid content of e-cigarettes. Other than alternative reasons, 5% of users are just trying. They are also interested in the habits of their peers who use electric cigarettes, some want to try it because of information on social media. The reason for smoking is also because the sense of taste in e-cigarettes is different, vapor can choose liquids with different flavors so that if you get bored with one taste, the effect of smoking can also be different. Dawkins et al described in their research that there are many different motives behind e-cigarette use.

## 5. CONCLUSION

Youth is a period of transition from children to adults. Now young people experience growth and development which is marked by the presence of physical and behavioral changes as well as the emergence of emotional and sexual maturity. The youth season is also a period that is vulnerable to the negative effects of many cases of juvenile delinquency that have emerged, such as smoking behavior, sexuality, alcohol use, and drug addiction.

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An overview of the knowledge and attitudes of young people on addictive behavior (cigarettes and drugs). Based on the results on male adolescents through observation and questionnaire analysis of the frequency distribution, it is very pronounced that most adolescents already have good information and I got it to determine the correct behavior of smoking addiction, both regular cigarettes or e-cigarettes and drug abuse. But there are only a few of them that it is difficult for people who smoke to quit smoking and feel like they are addicted to smoking either tobacco cigarettes or e-cigarettes.

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