

ABSTRAK

Vania Ardelia, 111211132043, Intensi Berhenti Merokok pada Wanita *Emerging Adult* Ditinjau Dari Prediktor *Theory of Planned Behavior*, Skripsi, Fakultas Psikologi Universitas Airlangga, 2016 xviii + 98 halaman + 91 lampiran

Penelitian ini bertujuan untuk mengetahui apakah prediktor *Theory of Planned Behavior* (TPB) dapat digunakan untuk memprediksi intensi berhenti merokok wanita *emerging adult*. Penelitian ini dilakukan karena *emerging adult* merupakan tahap perkembangan dimana prevalensi penyalahgunaan berbagai macam zat paling tinggi. Tugas perkembangan yang harus dipenuhi pada *emerging adult* cenderung memunculkan stres dan wanita menjadikan rokok sebagai pelarian untuk mengatasi stres.

Penelitian ini dilakukan pada 211 orang wanita *emerging adult*, yaitu mereka yang berusia 18-25 tahun. Alat pengumpulan data berupa skala psikologis yang disusun sendiri oleh peneliti yaitu skala TPB pada perokok yang disusun berdasarkan dimensi *Theory of Planned Behavior* dari Ajzen (1991) dengan reliabilitas *alpha cronbach* pada tiap dimensi yaitu sikap terhadap perilaku (0,826), norma subjektif (0,751), dan *perceived behavioral control* (0,787). Kemudian skala intensi berhenti merokok yang disusun berdasarkan teori intensi perilaku dari Warshaw dan Davis (1985) dengan *alpha cronbach* 0,878. Analisis data yang digunakan adalah teknik regresi berganda.

Hasil penelitian menunjukkan bahwa prediktor sikap dan norma subjektif dalam *Theory of Planned Behavior* signifikan dalam memprediksi intensi berhenti merokok wanita *emerging adult*. Hasil regresi diperoleh nilai $R^2 = 0,325$, $F = 33,269$ ($p < 0,05$), dimana *theory of planned behavior* mampu memprediksi sebesar 32,5% terhadap intensi berhenti merokok pada wanita *emerging adult*.

Kata kunci: *Theory of Planned Behavior*; Intensi Berhenti Merokok; Wanita *Emerging Adult*

Daftar Pustaka, 84 (1975-2015)

ABSTRACT

Vania Ardelia, 111211132043, *Intentions to Quit Smoking among Emerging Adult Women Based on Theory of Planned Behavior Predictors, Undergraduate Thesis, Faculty of Psychology Airlangga University, 2016 xviii + 98 pages + 91 appendix*

The aim of this study was to determine whether the predictor of Theory of Planned Behavior (TPB) can predict the intention to quit smoking among emerging adult women. This research was conducted as emerging adult is the stage of development where the prevalence of various substances abuse highest. Development tasks that women have to accomplish in emerging adult tend to be stressful and they make smoking as cope with stress.

This study was conducted on 211 people emerging adult women, those aged 18-25 years. The instrument was psychological scale compiled by researcher, which was a TPB in smokers which based on the dimensions of the Theory of Planned Behavior by Ajzen (1991) with a Cronbach alpha reliability for each dimension attitude toward the behavior (0,826), subjective norm (0,751), and perceived behavioral control (0,787). Then scale intention to quit smoking which compiled based on behavioral intention by Warshaw and Davis (1985) with Cronbach alpha 0,878. The data analysis used is multiple regression techniques.

The results showed that predictors of attitudes and subjective norm in the Theory of Planned Behavior significant in predicting intention to quit smoking among women emerging adult. The regression results obtained $R^2 = 0.325$, $F = 33.269$ ($p < 0.05$), where the theory of planned behavior is able to predict 32.5% to the intention to quit smoking in women emerging adult.

Key words: Theory of Planned Behavior; Intention to Quit Smoking; Emerging Adult Women

References, 84 (1975-2015)