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**HEALTH PROMOTION SPECIALIZATION**  
**2022**

**DINDA MANDA EPRILLIA**

***Overview of Smoking Quitting Behavior in Patients Referrals to a Smoking Quitting Clinic (KBM) at Balai Besar Kesehatan Paru Masyarakat Bandung in 2022***

**ABSTRACT**

***Introduction:*** Changes in smoking cessation behavior (maintenance or relapse stage) are influenced by several factors including biological/physiological factors, psychological factors, social environmental factors, and smoking cessation strategies used. ***Objective:*** To describe the change in smoking cessation behavior in patients referred to the Smoking Cessation Clinic (KBM) at Balai Besar Kesehatan Paru Masyarakat Bandung in 2022. ***Methods:*** This study uses a descriptive qualitative research. The research was conducted using an in-depth interview method with a phenomenological type of research. The informants of this study, the researchers took samples using a purposive sampling technique, as many as 7 informants including 2 key informants of the Quitting Smoking Clinic counselor, 4 main informants of the Smoking Cessation Clinic patients consisting of 2 main informants with a first visit of 6-12 months and 2 main informants with first visit 12 months, and 1 nurse support informant ASPO polyclinic. ***Results:*** The current smoking cessation behavior is recycling/relapse and returning to the action stage, the relapse is caused by physiological/biological factors and social environmental factors. In addition, in the smoking cessation strategy, patients choose smoking cessation methods by reducing, starting to stop smoking when diagnosed with illness and not yet fully implementing coping mechanisms to control smoking triggers. ***Conclusion:*** Currently, all patients have not completely stopped smoking and have returned to the action stage after at least the last 6 months of counseling at the Smoking Cessation Clinic, Bandung Community Lung Health Center. ***Suggestion:*** Maximize the implementation of coping mechanisms to overcome all obstacles in an effort to stop smoking.

***Literature*** : 2011-2022

***Keywords*** : Quitting Smoking, Quitting Smoking Clinic