ABSTRAK


Kata Kunci: Berhenti Merokok, Terapi, Rokok.

ABSTRACT

Background: Smoking is one of the most major health problems leading to the emergence of cardiovascular disease, lung disease, and cancer in the world. Smoking cessation experiences from various backgrounds of therapy types can be input to develop successful smoking cessation strategies. Objective: This literature review is to provide comprehensive information regarding types of therapies and how support and needs are encountered to successfully quit smoking. Method: This study uses the Literature review method using PRISMA Checklist guidelines and takes electronic database data sources, namely Science direct, Google Scholiar, PubMed and Perpusnas with articles published from 2013 to 2022 with the keyword smoking cessation therapy. After selection and identification according to the inclusion criteria, there were 15 articles reviewed. Results: Based on the results of an analysis of 15 research articles reviewed. There are 7 types of smoking cessation therapy including Spiritual Emotional Freedom Technique (SEFT), Cognitive Restructuring, N-Acetylcystein Mucolytic Therapy, Nicotine Replacement Therapy (NRT), Varenicline Therapy, Self-Control Therapy and Hypnoterapy. Conclusion: Smoking cessation therapy is divided into 2 parts, namely Pharmacotherapy (N-Acetylcystein Mucolytic Therapy, Nicotine Replacement Therapy (NRT), Varenicline Therapy) and Non Pharmacotherapy (Spiritual Emotional Freedom Technique (SEFT), Cognitive Restructuring, Self-Control Therapy and Hypnoterapy)

Keywords: quit smoking, therapy, smoking.
INTRODUCTION

Cigarettes are still a source of health problems faced by the world community, including Indonesia. More than 1.3 billion smokers worldwide and about 80% live in developing countries that have high rates of death due to smoking (WHO, 2020). Smoking causes various diseases, disabilities and endangers almost every organ of the human body (Jha et al., 2013).

The main ingredient of cigarettes is tobacco which is a major problem in the world of health. According to a 2021 World Health Organization (WHO) report, 20% of deaths worldwide are caused by tobacco. According to data from the Ministry of Health in 2021, more than six million active smokers died and 890,000 were passive smokers (Seatca, 2021).

Tobacco use can lead to a risk of death caused by diseases such as stroke, cancer, chronic obstructive pulmonary disease (COPD), ischemic heart and emphysema. The dangers of cigarette use can also exacerbate non-communicable diseases, psychiatric disorders, and substance abuse problems. Smokers have a risk of experiencing Pulmonary TB 2 times greater than nonsmokers. The development of smoking is associated with a 4.7-fold risk of COVID and 2.8-fold mortality in COVID-19 patients (Katiandagho, et al. 2018; Listyoko et al., 2020).

The desire to quit smoking has been expressed a lot. Data from the CDC (Centers for Disease Control and Prevention) (CDC, 2020) shows that in 2015 seven out of ten smokers (68%) wanted to quit smoking. In 2018, more than half (55.1%) of adult smokers had attempted to quit in the past year. In 2018, more than 7 out of every 100 (7.5%) people who tried to quit smoking could succeed. Efforts to quit smoking can not just happen, only 4% of smokers can quit without help from other parties (WHO, 2020).

Smokers need maximum therapy and help to be able to stop smoking. This motivation can be one of the supporting factors for the success of smoking cessation programs. There are various kinds of smoking cessation therapies such as support groups, individual counseling, educational sessions/training, pharmacotherapy and cigarette consumption monitoring diaries (Minian et al., 2016). Even so, it does not necessarily make smokers can immediately succeed in the first trial of their smoking cessation program. There are many factors that influence the success of a smoking cessation program.

This study explores a range of comprehensive information on the types of therapy and how the support and needs faced to successfully quit smoking more effectively.

MATERIALS AND METHODS

Studi ini merupakan Literatur Review, dan disusun menggunakan pedoman PRISMA Checklist (Moher, Liberati, Tetzlaff, & Altman, 2009).

Electronic Database

The articles used in this literature review are compiled through searching for published research articles. Data obtained from electronic databases, namely: Goggle Scholar, PubMed, Perpusnas between 2013-2022.

Keywords

The article search keyword in this researcher is: "Stop Smoking, Therapy, Smoking ".

Data Analysis Methods

The data analysis used is descriptive analysis of data collected from various databases. Analysis of the article focuses on actions or interventions or interventions related to smoking cessation therapy efforts. Articles that have been found, identified and filtered by the team of authors are then assessed for the feasibility of the study and extracted the data into a table with a predetermined title. Articles obtained from a database of 245 Articles were identified through the Google Scholar database;186, Science Direct;137, PubMed; 67, Perpusna;18. All relevant studies are included and discussed in this review. Here are the stages of literature review in this researcher.
RESULTS

After selection based on inclusion criteria, 15 articles were selected for this review to be published between 2013-2023. The reviewed articles using quantitative and qualitative research were conducted in various countries. Each of the 15 articles is selected to be carefully read from the abstract, objectives, complete analysis data and examined by each journal to evaluate whether the problem discussed is in accordance with what is to be solved in a journal.
### Table 1.
Results of Literature Review Analysis

<table>
<thead>
<tr>
<th>No</th>
<th>Author</th>
<th>Heading</th>
<th>Method</th>
<th>Sample</th>
<th>Findings</th>
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<tbody>
<tr>
<td>1.</td>
<td>Purwandari, E., Pubianti, E., Sofiana, M., Nugroho, M. D., &amp; Freddy, F. (2020)</td>
<td>Smoking Cessation Therapy with Spiritual Emotional Freedom Technique (SEFT)</td>
<td>Quasy Experiment one group pre-test post-test design</td>
<td>The sample of this study was 3 high school students</td>
<td>Based on the results of SEFT therapy in this community service activity shows a decrease in the scale of pleasurable experienced by children as indicated by nausea, dizziness, bitterness, coughing and even vomiting. The provision of SEFT therapy can change the mindset of students to reduce their activity in smoking. So, SEFT can be an alternative therapy that can be used for smoking addiction that can be applied to school settings.</td>
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<tr>
<td>2.</td>
<td>Yugistowati, A., &amp; Rahmawati, R. (2018).</td>
<td>The effect of spiritual therapy emotional freedom technique (SEFT) on smoking cessation motivation in adolescents</td>
<td>Quasy Experiment one group pre-test post-test design</td>
<td>Sample of 23 Adolescents</td>
<td>Showing a significant effect of SEFT therapy on smoking cessation motivation in adolescents in Semampir Sedayu 2 Hamlet, Bantul, Yogyakarta obtained P value 0.005 (p&gt;0.05) with significant SEFT therapy can increase smoking cessation motivation in adolescents in Semampir Sedayu 2 Hamlet, Bantul, Yogyakarta.</td>
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<td>3.</td>
<td>Ejeb Ruhyat (2020)</td>
<td>Smokers' experiences in smoking cessation therapy with Spiritual method emotional freedom technique (SEFT)</td>
<td>Qualitative with phenomenological approach.</td>
<td>The informants in this study were smokers who had been carried out therapy is as many as 4 people.</td>
<td>The results showed Based on the response or reaction when smoking cessation therapy was found that there was almost the same reaction, Based on the desire to smoke after smoking cessation therapy that all were found to have decreased desire to smoke again, Based on the length of time not smoking after therapy varied, Based on the number of cigarettes smoked after smoking cessation therapy that found the number of cigarettes Daily smoking was different after therapy, but all said they had decreased in the number of cigarettes smoked</td>
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<td>4.</td>
<td>Nuranjumi, N., Sukohar, A., &amp; Graharti, R. (2019).</td>
<td>Smoking Cessation Therapy Methods with Mukolitik N-Acetylcystein</td>
<td>This research is Penelitian quasi experiment</td>
<td>A total of 31 subjects, of which 17 subjects were given NAC and 14 people were given a placebo</td>
<td>N-Asetilsistein (NAC) Proven safe and well tolerated in patients for Effort dependence on nicotine substances, marijuana or cocaine. N-Acetylcysteine found no significant side effects, only in the form of pruritus, headaches and high blood pressure, so NAC can be applied.</td>
</tr>
</tbody>
</table>
5. Arancini, L., Bortolasci, C. C., Dodd, S., Dean, O. M., & Berk, M. (2019). N-acetylcysteine for cessation of tobacco smoking: rationale and study protocol for a randomised controlled trial. This is a double-blind, randomised, placebo-controlled Trial. Participants were randomized to a 1:1 ratio to receive a 16-week treatment of 1.8 g/day of NAC. Participants attended visits at baseline, 8 and 16 weeks with post follow-up 42-week discontinuation. NAC can provide a safe, novel and effective treatment for smoking cessation, at low cost. The tolerability and safety of NAC and its efficacy in comorbid psychiatric symptoms may have advantages in special populations compared to other pharmacotherapies for smoking cessation. If positive, the use of NAC can be applied immediately and established as a new treatment for smoking cessation. NAC also has a potential mechanism of action that is clearly described in addiction. The planned trial, if positive, could result in substantial changes to smoking management with real public health implications.

6. Burhan, D. S., & Sunarti, S. (2019). Smoking cessation behavior with hypnotherapy method in college students. Qualitative research with case study design. A total of 3 students routinely participated in three hypnotherapy sessions. And 7 supporting informants consisting of students and therapists. The students' knowledge is very good, and they understand the dangers of smoking. An attitude of trust in the dangers of smoking and the support of the surrounding environment affect a person's attitude to quit smoking, as well as form motivation from within oneself to stop smoking. Based on the results of the study, in the third week of hypnotherapy therapy, there was a significant change in the frequency of smoking in informants to 2-3 cigarettes a day and the body felt healthier than before.

7. Purwanto, A., Taftazani, B. M., & Hidayat, E. N. (2021). Hypnotherapy methods for the treatment of clients with Habit merokok. Descriptive qualitative method with informan dua subjek klien who runs therapy and a hypnotherapis. Open interviews with 3 informants. This study dokumentasi diambil dari Publications or notes of informants as information Research Support. The results showed that the hypnotherapy method in clients with smoking habits was divided into smoking habits, namely pre-induction, induction, deepening, depth level test, suggestion therapy, hypnotherapeutic technique dan terminasi. adanya perbedaan goals dari kedua klien. This difference in goals has implications for differences in the provision of suggestions in the therapeutic process. However, there is a similarity in the purpose of the technique given by the therapist for both, which is that both seek to eliminate comfort from smoking activities.

8. Machado, R. C., Vargas, H. O., Baracat, M. M., Urbano, M. R., Verri Jr, W. A., Porcu, M., & Nunes, S. O. (2020). N-acetylcysteine as an additional treatment for Quit. This research is a quasi-experimental research. 34 Outpatients. These findings highlight the need to associate N-acetylcysteine with first-line treatment for smoking cessation, as combination treatment can affect inflammation and metabolic components.
9. Arancini, L., Bortolasci, C. C., Dodd, S., Dean, O. M., & Berk, M. (2019). N-acetylcysteine for cessation of tobacco smoking: rationale and study protocol for a randomised controlled trial. *This research is a quasi-experimental research. Participants were randomized at a 1:1 ratio*.

Smoking tobacco is a major preventable cause of morbidity and mortality. NAC can provide a safe, novel and effective treatment for smoking cessation, at low cost. The tolerability and safety of NAC and its efficacy in comorbid psychiatric symptoms may have advantages in special populations compared to other pharmacotherapies for smoking cessation. If positive, the use of NAC can be applied immediately and established as a new treatment for smoking cessation. NAC also has a potential mechanism of action that is clearly described in addiction. The planned trial, if positive, could result in substantial changes to smoking management with real public health implications.

10. Mirsyam Ratri Wiratmoko, Agus Dwi Susanto, Faisal Yunus, Tribowo Tuahta Ginting. (2017) Elikasi Varenicline, a4ß2 Reseptor Asetilkolin Nikotinin Partial Agonists, VS Placebo for Quit. A Study Design with a Randomized Controlled Trial randomized single blind clinical trial placebo controlled. 80 Male Smokers At week 1-) observations after 12 weeks of therapy showed 55% of participants in the varenicline group quit smoking compared to the placebo group of 27.5%. (prevalence ratio [PR] 2.0). At weeks 5-8, 52.5% of varenicline group participants still quit smoking compared to 20% in the placebo group (PR, 2.6). At weeks 9-12, 47.5% of varenicline participants still quit smoking compared to 17.5% in the placebo group (PR=2.7). Average free first day Smoking in the varenicline group was 40.63 days while the placebo group was 56.43 days.

11. Wiratmoko, M. R. (2017) Efficacy of Varenicline Use in Smoking Cessation Program. Single Disguised Randomized Placebo Control Trial Single obfuscated randomized test A total of 80 male smokers were willing to take part in the study divided into groups. Varenicline and placebo groups. Varenicline was titrated up to 2x1 mg (n=40) and placebo (n=40) plus weekly counseling. Varenicline has been shown to be efficacious, safe, and tolerated with smoking cessation pharmacotherapy. At week 1 observation after 12 weeks of therapy showed 55% of varenicline group participants quit smoking. At weeks 5-8, 52.5% of varenicline group participants still quit smoking compared to 20% in the placebo group (PR, 2.6). At weeks 9-12, 47.5% of varenicline group participants still quit smoking compared to 17.5% in the placebo group (PR=2.7). The average first day of smoke-free in the varenicline group was 40.63 days while the placebo group was 56.43 days. The most common side effect with varenicline use was nausea (22.5%).

12. Sari, S. N. (2014). Cognitive restructuring therapy for dealing with smoking behavior in adolescents Case Studies Male 17 years old From the results of the assessment as a whole, it can be concluded that the subjects have smoking behavior. Intervention in the form of cognitive restructuring, although not yet optimal, has shown positive changes in the behavior of subjects. The subject knows that his thinking and smoking behavior have been wrong, besides that the subject also has the desire to stop smoking behavior so far.

The research sample is students class XI science as many as 5 people and those indicated to have smoking behavior based on techniques non random sampling and recommendations from BK teachers. The results of research that have been known from the results of the Z test value (Wilcoxon) show the difference between the pretest value and posttest. From the calculation of the Wilcoxon test, a significance value of $\text{Sig p-value} = -2.032$ was obtained. Based on applicable provisions, it is known that the Wilcoxon $\text{Sig p-value}$ test result is $0.042 < \alpha (\alpha = 0.05)$ which means $H_a$ is accepted and $H_0$ is rejected. From the results of the Wilcoxon test calculations, it can be concluded that individual counseling using cognitive restructuring techniques can reduce students' smoking behavior.


As a result of therapy carried out for 6 sessions, the subject was able to stop smoking which was initially five cigarettes a day at the end of therapy the subject was able to control the desire to smoke. At the follow-up stage, the subject was able to control the desire to smoke.


The results of the study shown by the Chi-Square Tests table showed that the significant value $\rho$ value (0.001) $\leq \alpha (0.05)$, then $H_0$ was rejected and $H_1$ was accepted so that the conclusion was that there was an influence between self-control on smoking behavior in students. Individuals who can control their behavior well can regulate or divert the negativity that comes to them by diverting them to more positive activities. This is done so that individuals can reduce the number of cigarettes they smoke every day even to intend to stop smoking.
DISCUSSION

Based on the results of articles selected from the database, there are 15 Therapeutic Attempts to quit smoking articles related to the achievement of Efforts to quit smoking.

Smoking Cessation Therapy with Spiritual Emotional Freedom Technique (SEFT)

SEFT is a therapy with some simple movements and combined with a spiritual element in the form of prayer so call it the amplifying effect. There are 3 stages in SEFT therapy, namely the first The Set Up when doing psychological resistance, for example in the form of negative subconscious beliefs in a person for example "I can't escape cigarette addiction" in the set up we do prayers solemnly, sincerely and resignedly. Second, The Tun In in our tun in state directs the mind towards the perceived complaint and the third is The Tapping in the third step by tapping lightly with the fingertips at a certain point on the body accompanied by the tun in (Mustaqim &; Rahman, 2016).

Research by Purwandari, E., Pubianti, E., Sofiana, M., Nugroho, M. D., & Freddy, F. (2020) shows that SEFT therapy can change students' mindsets to reduce their activities in smoking. So, SEFT can be an alternative therapy that can be used for smoking addiction that can be applied to school settings.

Research Yugistyowati, A., & Rahmawati, R. (2018). showed a significant effect of SEFT therapy on smoking cessation motivation in adolescents obtained P value 0.005 (p > 0.05) While Ejeb Ruhyat (2020) The results showed that after smoking cessation therapy was carried out that all of them found to have a decrease in the desire to smoke again.

Smoking Cessation Therapy with Mucolytic N-Acetylcysteine

N-Acetylcysteine (NAC) is a widely available, tolerable, and affordable nutraceutical supplement with mechanisms of increasing intracellular glutathione levels, antioxidants, modulating oxidative pathways, immunoinflammatory (Morris G. 2014). Research by Nuranjumi, Sukohar & Graharti (2019) shows that N-Acetylcysteine (NAC) is proven safe and well tolerated in patients for dependence on nicotine, marijuana or cocaine, can reduce craving on cocaine, the amount of cigarette consumption and proven to be a therapy for smoking cessation efforts.

While Arancini, et. al (2019). NAC can provide a safe, novel and effective treatment for smoking cessation, at low cost. The tolerability and safety of NAC and its efficacy in comorbid psychiatric symptoms may have advantages in special populations compared to other pharmacotherapies for smoking cessation. If positive, the use of NAC can be applied immediately and established as a new treatment for smoking cessation.

Smoking Cessation Therapy with Hypnotherapy Method

The hypnotherapy method is one of the alternative methods used to help quit smoking. because it provides an opportunity for patients to change behavior using a psychological approach using directed relaxation, increased concentration and focused attention to the therapist to mengerjakan perintah tertentu sambil remove interference access simultaneously (Luciano D, 2016).

Based on the results of Burhan's research, & Sunarti (2019). Student knowledge is very good, and understands about the dangers of smoking. An attitude of trust in the dangers of smoking and the support of the surrounding environment affect a person's attitude to quit smoking, as well as form motivation from within oneself to stop smoking. Based on the results of the study, in the third week of hypnotherapy therapy, there was a significant change in the frequency of smoking in informants to 2-3 cigarettes a day and the body felt healthier than before.

Meanwhile, Purwanto, Taftazani & Hidayat's (2021) research shows that hypnotherapy methods in clients with smoking habits are divided into seven stages, namely pre-induction, induction, deepening, depth level test, suggestion therapy, hypnotherapeutic technique and termination. There is a difference in the goals of the two clients. This difference in goals has implications for differences in the provision of suggestions in the therapeutic process. However, there is a similarity in the purpose of the technique given by the therapist for both, which is that both seek to eliminate comfort from smoking activities.

Smoking cessation therapy with varenicline

Varenicline is the latest discovery for pharmacological therapy smoking cessation programs. Varenicline is a partial agonist of nicotine receptors. These drugs, if used properly, will
increase the success rate of smoking cessation efforts. (Mills et al, 2009).

Research results of Wiratmoko, et al (2017). Varenicline has been shown to be efficacious, safe, and tolerated with smoking cessation pharmacotherapy. At week 1 observation after 12 weeks of therapy showed 55% of varenicline group participants quit smoking. At weeks 5-8, 52.5% of varenicline group participants still quit smoking compared to 20% in the placebo group (PR, 2.6). At weeks 9-12, 47.5% of varenicline group participants still quit smoking compared to 17.5% in the placebo group (PR=2.7).

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Self-Control Therapy

Self-control can increase or decrease targeted behavior. There are several techniques that can be used in carrying out self-control, including by changing or changing the environment that allows the emergence of target behavior, utilizing sik devices, or using unique / practical ways, to avoid the emergence of behaviors that want to be eliminated (Feist &; Feist, 2016).

Muslim Research (2014). The results of therapy carried out for 6 sessions, the subject was able to stop smoking which was initially five cigarettes a day at the end of therapy the subject was able to stop smoking but there was still a desire when he saw someone smoking. At the follow-up stage, the subject was able to control the desire to smoke. While Rukmy, Dwirahayu &; Andayani's research (2018). The results of the study shown by the Chi-Square Tests table showed that the significant value ρ value (0.001) ≤ α (0.05), then H0 was rejected and H1 was accepted so that the conclusion was that there was an influence between self-control on smoking behavior in students. Individuals who can control their behavior well can regulate or divert the negativity that comes to them by diverting them to more positive activities. This is done so that individuals can reduce the number of cigarettes they smoke every day even to intend to stop smoking.

CONCLUSION AND ADVICE

Conclusion

Based on the results of articles selected from the database, there are 7 Therapeutic Efforts to quit smoking articles related to the Smoking in the varenicline group was 40.63 days while the placebo group was 56.43 days.

Smoking cessation therapy with cognitive restructuring

The cognitive restructuring method is a method of cognitive therapy to help identify thinking pemikiran atau keyakinan-keyakinan-nan negatif dan menggantikannya pemikiran-pemikiran yang positif, serta untuk menolong orang-orang mengidenti kasikan ide-ide atau keyakinan yang irasional tersebut dan menggantinya dengan pernyataan-pernyataan yang lebih realitas (Suryaningrum, 2007).

Research results of Sari, S. N (2014). Intervention in the form of cognitive restructuring, although not yet optimal, has shown positive changes in the behavior of subjects. The subject knows that his thinking and smoking behavior have been wrong, besides that the subject also has the desire to stop smoking behavior so far. Meanwhile, research by Yusadri, Alfi, Intan (2020) shows that the

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achievement of smoking cessation efforts, namely:
1. Pharmacotherapy: N-Acetylcystein Mucolytic Therapy, Nicotine Replacement Therapy (NRT), Varenicline Therapy.

**Suggestion**

It is expected that health workers make education an important point to reduce the number of smokers as a whole, both to active smokers maupun kelompok rentan (calon perokok). Setiap elemen masyarakat memiliki peranan which can be used to synergize with each other in conducting education on quitting/not smoking. Education on the dangers of smoking also needs to be encouraged to form negative stigma and not misconceptions about cigarettes. And it is expected that health workers can improve competence about types of therapy, especially in the skills of educating, motivating and providing assistance for smokers who have the intention to quit smoking.

**Daftar Pustaka**


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WHO. (2020). Tobacco. Tobacco
