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THE IMPACT OF UNINVOLVED PARENTING ON SMOKING BEHAVIOR IN 6-YEAR-OLDS

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Abstract

(1) Purpose: This study aims to analyze the implementation of uninvolved parenting and its impact on smoking behavior in a six-year-old child, as well as the social and cultural factors that strengthen the relationship between parenting patterns and early smoking behavior. (2) Design/methods/approach: This research used a descriptive qualitative approach with a case study method. Data were collected through interviews, observation, and documentation involving parents, family members, teachers, and the child. Data validity was ensured through source triangulation, technique triangulation, and member checking. Data analysis employed the Miles and Huberman model, including data reduction, data display, and conclusion drawing (3) Results: The findings show that uninvolved parenting is characterized by low parental attention, supervision, communication, and emotional involvement. Parents mainly focused on fulfilling children's physical needs, while behavioral guidance and emotional support were limited. As a result, the child spent more time outside the home and was easily influenced by the surrounding environment. Smoking behavior emerged through imitation of adults who smoked openly within the family and community environment. The study also found impacts on the child's concentration, learning process, self-regulation, and physical growth. In addition, social and cultural environments that normalized smoking behavior strengthened the child's perception that smoking was acceptable. (4) Conclusion: Uninvolved parenting contributes to the emergence of smoking behavior in early childhood due to limited supervision, weak communication, and strong environmental influences.

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Introduction

Smoking behavior is still one of the public health problems that has received serious attention in various countries, including Indonesia. Smoking not only increases the risk of various chronic diseases, such as respiratory disorders, heart disease, and cancer, but also impacts the quality of public health in general. In addition to endangering active smokers, exposure to cigarette smoke also has a negative impact on passive smokers, especially children who are in a family environment with smoking habits. Various tobacco control efforts have been carried out through government policies, health campaigns, cigarette advertising restrictions, and education about the dangers of smoking for health.

However, the number of early smokers still shows a worrying trend. Children can start to get to know cigarettes through the family environment and the surrounding social environment from a very young age. This condition shows that it is not enough to prevent smoking behavior only focusing on adolescents, but needs to start from childhood through strengthening family roles and implementing appropriate parenting patterns. Parents have an important role in providing supervision, building good communication, and creating a healthy home environment free from cigarette exposure. Thus, the family is the main factor in shaping children's healthy behavior while preventing the emergence of smoking behavior from an early age.

Early childhood is a very important stage of development in the formation of children's character, habits, and social behavior at the next stage of life. At about six years of age, children are in the developmental phase of imitation, which is the tendency to imitate various behaviors seen and experienced in their immediate environment. The family is the first environment that has a great influence on the social learning process of children because the interactions that take place every day shape the way of thinking, behaving, and behaving. In these conditions, behaviors carried out by parents and other family members will be easier to absorb and be considered part of normal habits by children.

In the context of smoking behavior, children who grow up in a family environment with smoking habits have the potential to experience continuous exposure to these activities. Smoking behavior that is done openly in front of children can form the perception that cigarettes are something normal and acceptable in daily life. In addition, the lack of explanation about the dangers of smoking and the lack of parental supervision can strengthen the process of normalizing this behavior in early childhood. Therefore, understanding the relationship between the family environment and children's smoking behavior is important to identify the factors that influence the emergence of risky behaviors from an early age as well as being the basis for prevention efforts through strengthening the role of family and a healthy environment.

The family has the main function as the first environment in the process of socializing children. Parents play a role in shaping values, habits, and behavior patterns through daily interactions. Parents' attitudes toward cigarettes, such as smoking habits at home, lack of supervision, and poor communication about the dangers of cigarettes, can increase the likelihood of children imitating these behaviors. In addition, the quality of the emotional relationship between parents and children also determines the child's ability to understand the boundaries of healthy behavior. Thus, parenting patterns are one of the important factors that need to be studied in the formation of smoking behavior in early childhood.

In the study of child development, Diana Baumrind (1967) explained that parental parenting can be differentiated based on the dimensions of responsiveness and demandingness. One form of parenting that is considered risky is uninvolved parenting, which is a condition when parents show low emotional attention and lack of supervision of children. Children who grow up in this parenting pattern tend to lack adequate direction, support, or behavioral control.

Various studies show that uninvolved parenting is related to an increased risk of deviant behavior in children and adolescents. Lack of parental involvement can cause children to be more easily affected by the social environment around them, including in imitating negative behaviors such as smoking, substance abuse, and low self-control skills. This condition shows the importance of the role of parents in providing attention, supervision, and assistance to children's development from an early age.

Less involved parenting can create conditions that make children more easily affected by the social environment around them. When parents lack attention, supervision, and warm communication, children tend to seek learning experiences from outside the family, especially through social environments and habits that are often seen in daily life. The lack of emotional involvement of parents also causes children to not get enough direction regarding good and risky behavior. In these conditions, children become more susceptible to imitating behaviors that are considered normal by the surrounding environment. Early childhood is basically in the developmental stage of imitation, so behaviors that are often seen from adults and peers will be easier to imitate without considering the negative impacts.

In the context of smoking behavior, the lack of parental supervision allows children to gain easier access to cigarettes as well as direct exposure from family members who have smoking habits. The presence of cigarettes in the home environment, smoking activities that are carried out openly, and the absence of strict rules regarding the prohibition of smoking in front of children can form the perception that this behavior is something natural. A number of previous studies have also shown that children who grow up in a family environment with smoking habits are more likely to try cigarettes from an early age than children who live in a smoke-free environment. In addition, weak communication in the family makes children not gain an adequate understanding of the dangers of smoking for health. This condition shows that uninvolved parenting not only has an impact on the emotional relationship between parents and children, but can also increase the risk of deviant behaviors, including smoking behavior in early childhood.

Various previous studies have discussed the relationship between parenting and smoking behavior in children and adolescents. Research by Garima Malik (2005) shows that adolescents from families with disengaged parenting patterns have a higher risk of starting smoking habits than other parenting styles. Baumrind's study of parenting styles also confirms that uninvolved parenting has a negative influence on children's social development and behavior. Meanwhile, research in Indonesia shows that less than optimal parenting is related to the increase in smoking behavior in adolescents. However, most of the research still focuses on adolescence and uses a quantitative approach, so in-depth studies of early childhood in the context of rural families are still relatively limited.

The limitations of previous research open up space for more contextual research on how uninvolved parenting influences smoking behavior in early childhood. Rural environments have social, cultural, and economic characteristics that are different from urban areas, including in terms of smoking habits. In some rural communities, smoking is often considered part of a common social habit so that children are more susceptible to the behavior. Therefore, research with a case study approach is important to understand family dynamics, social interactions, and cultural values that influence the formation of children's behavior more deeply.

This research has several novelties that distinguish it from previous research. First, this study focuses on early childhood, namely the six-year-old age group, which is a critical developmental stage in the formation of behavior through the process of imitation. Most previous studies have tended to focus on adolescence, so studies on early childhood are still relatively limited. Second, this research was conducted in the context of rural families that have social, cultural, and economic characteristics that are different from urban areas. Rural environments often have a more permissive view of smoking as part of daily social life.

This research is studied through several research questions that are asked to achieve the goals that have been set. The first question is what is the form of implementing uninvolved parenting in the families that are the subject of this research? The second question is how does the lack of parental involvement impact smoking behavior on six-year-olds? The third question is what social and cultural factors strengthen the relationship between uninvolved parenting and early childhood smoking behavior in rural contexts? These questions were answered by collecting primary data in the form of in-depth interviews with parents and other family members, observations of daily interactions in family life, and documentation of the conditions of the home environment and activities that took place. The data were then analyzed reductively to identify the main themes that emerged and their relationship to the theoretical framework used.

This research was conducted on Mr. Supardi's family in Banaran Hamlet, Garung District, Wonosobo Regency who faced the phenomenon of smoking behavior in six-year-old children. The qualitative approach with the case study method was chosen because it was able to describe the family's subjective experiences, daily communication patterns, and forms of parenting applied in domestic life. Through in-depth interviews, observations, and documentation, this study seeks to identify how a lack of parental involvement can affect exposure, behavioral imitation, and the formation of children's perceptions of cigarettes from an early age.

This study aims to describe the form of implementation of uninvolved parenting in families, analyze its impact on smoking behavior of six-year-olds, and identify the social and cultural factors that strengthen these relationships. The focus of the research is directed at the low attention, supervision, communication, and emotional involvement of parents which causes children to be more vulnerable to the influence of the surrounding environment. In addition, this study also highlights how the social and cultural environment that is permissive towards smoking behavior can reinforce the process of imitation in early childhood.

The results of the study are expected to make a theoretical contribution to the development of studies on parenting and risky behaviors in early childhood. In addition, this research is expected to be the basis for the development of strategies to prevent smoking behavior in children through strengthening family roles, improving communication and parental supervision, and forming a social environment that supports healthy living behaviors. Thus, this study has scientific and practical relevance in supporting efforts to control smoking behavior from an early age.

Research Methods

This study uses a descriptive qualitative approach with a single case study type to understand in depth the impact of uninvolved parenting on smoking behavior in children aged 6 years. This approach was chosen because it is able to describe phenomena naturally through the study of meaning, processes, and social interactions that occur in the family environment. This research was carried out in Banaran Hamlet, Garung, Wonosobo with the research subjects consisting of one early childhood who has been exposed to smoking behavior since the age of six, while the supporting informants included parents and educators who were considered to understand the conditions of parenting and the development of children's behavior.

Research is carried out through several stages, namely pre-research, data collection, data analysis, and the preparation of research reports. Data collection techniques were carried out through open interviews, direct observation, and documentation to obtain comprehensive data on parenting patterns, family interactions, and smoking habits in daily life. The researcher acts as the main research instrument supported by interview guidelines, observation sheets, and documentation as supporting instruments to maintain the regularity and consistency of data.

The validity of the data is maintained through source triangulation, technical triangulation, and member checks so that the data obtained is more credible and accountable. The collected data were analyzed using the Miles and Huberman model through the stages of data reduction, data presentation, and conclusion drawing and verification so that a deep understanding of the relationship between uninvolved parenting and smoking behavior in early childhood was obtained.

Results

Based on the results of interviews and observations, it was found that the parenting style applied in the family shows the characteristics of uninvolved *parenting*. Parents focus more attention on meeting their children's basic needs, such as food, shelter, and education, but pay less attention to supervision, communication, and emotional assistance. This can be seen from the statement of parents who said that: "*Yes, taking care of children, from feeding, housing and going to school is the essence of supporting children.*" The statement shows that parenting is more understood as the fulfillment of children's physical needs, while children's psychological and social needs have not been met optimally.

The results of observations showed that children often spent time playing outside the home without direct supervision from parents. Parents do not know in detail the child's activities or their daily social environment. This condition was strengthened through the results of interviews with family members who stated: *"Children are left by their mother and father to the garden from morning to evening, so they often play alone after school."* This situation shows the low involvement of parents in the child's daily life because most of the time is spent at work so that interaction in the family becomes limited.

Lack of parental involvement has an impact on the emergence of smoking behaviors in early childhood. This shows that smoking behavior in children is not only influenced by family environmental factors, but can also be influenced by the friendly environment and accessibility of tobacco. Based on the results of the interview, children began to get to know smoking behavior through the family environment and the adults around them. Research also shows that this modeling behavior needs to be further examined, whether it is carried out continuously or only sporadic. Children have been seen several times imitating smoking activities carried out by family members. This was reinforced by the statement of one of the family members who said: *"Anak ngudud niku imu bapak kalih simbah kakung."* In addition, after tracing the family's response when they saw the child trying to smoke, there were no prevention efforts and no specific reactions. In addition, children also admitted that they were interested in trying smoking because they often saw these activities at home. And he said, *"Look at the Squirrels, and see what it looks like."* The findings show that smoking behavior arises through the process of imitation of the child's immediate environment.

In addition to having an impact on behavior, the results of interviews with teachers show that children experience obstacles in the learning process at school. Research also shows that children who are exposed to smoking behavior tend to experience a significant decrease in learning outcomes. Children look easily distracted, lack focus when receiving explanations from teachers, and have difficulty following learning instructions. The teacher said that: *"The child's concentration is weak, he does not grasp instructions from the teacher like others during the learning process."* The results of the observation also showed that children often played alone rather than paying attention to learning activities in the classroom. This condition indicates that the lack of parental attention and assistance also affects children's academic development.

In terms of physical health, the results of the interviews showed that children had difficulty gaining weight and had a less regular diet. The parents said that: *"Now we observe that our child's body is less and his weight gain is difficult."* The observation results also showed that children appeared thinner than children of their age and more often consumed snacks without proper dietary supervision. In addition, exposure to cigarette smoke in the home environment has the potential to affect the health condition and physical growth of children.

The results of the study also show that the social and cultural environment of the community also strengthens the emergence of smoking behavior in children. Smoking activities are carried out openly by adults in the neighborhood and are considered a normal habit in daily life. Children grow up in an environment that shows cigarettes as part of social activities in the community. Based on the results of the interview, it is known that cigarette materials such as tobacco are easily accessible to children at home. In addition, the child's friendship environment also supports the process of imitating smoking behavior because children play with peers who are used to seeing this behavior in their environment.

Discussion

1.1 Analysis of the Form of Implementation of Uninvolved Parenting for Children Aged 6 Years

The family is the first environment that plays an important role in shaping children's social, emotional, and behavioral development. Through interactions in the family, children learn about values, discipline, responsibility, and how to relate to others. However, based on the results of interviews and observations, parental involvement in children's lives is still relatively low. Parents' attention is more directed to meeting physical needs such as eating, shelter, and formal education, while the emotional aspect has not received adequate attention. This situation shows the characteristics of uninvolved parenting which is characterized by a lack of attention and assistance for child development.

This condition can be seen from the way parents interpret parenting which is still limited to meeting basic needs. Parenting is not understood as a process of guiding, providing affection, instilling values, and supporting the development of children's personalities. In fact, at an early age, children need warm emotional connections and intensive interactions to help form healthy behaviors. When these needs are not met, children tend to seek attention and social experiences from the environment outside the home.

The results of this study show similarities with previous findings that show that uninvolved parenting globally is characterized by low parental control (Maccoby & Martin, 1983). In the parenting typology developed by Baumrind (1966, 1971), parenting styles are classified into two main dimensions, namely responsiveness (sensitivity/warmth) and demandingness (demand/control). This two-dimensional combination results in four types of parenting: authoritative (high responsiveness and control), authoritarian (high control but low responsiveness), permissive – indulgent (high responsiveness but low control), and negligent/disengaged (low in both dimensions). In this case, the findings of this study confirm that the parenting style applied in the sample family meets the criteria of uninvolved parenting according to the theoretical framework.

This lack of involvement has an impact on the weak supervision of children's daily activities. The results of the study showed that children often play outside the home without sufficient assistance. Parents do not know clearly the activities carried out or the environment in which the child interacts. This situation makes children more susceptible to various negative influences from the environment, including smoking habits carried out by adults or peers.

Weak supervision is also related to the absence of strict rules in the family. Children do not have clear boundaries regarding permissible and prohibited behaviors. Parents tend to let various activities take place without consistent direction. This situation shows a lack of control in parenting patterns so that children grow up without a strong understanding of discipline and responsibility.

Previous research has also found that the incompatibility between the discipline patterns applied by parents and the moral development of children can lead to confusion and difficulty in understanding the boundaries of socially acceptable behavior (Hoffman, 1970). Thus, these findings in the field strengthen the evidence that the absence of consistent rules contributes to children's difficulties in establishing internalization of social values and norms.

In addition, relationships in the family are also characterized by limited communication. Interaction between parents and children generally only lasts for a short

time and is related to daily needs. Conversations about the experiences, feelings, or problems faced by children are rare. As a result, emotional closeness in the family becomes less formed and children are more comfortable looking for social environments outside the home as a place to get attention and support.

The lack of communication also affects the low response of parents to children's emotional needs. Based on the results of observations, children rarely get forms of attention such as praise, support, hugs, or assistance when facing difficulties. Parents' attitude that tends to be passive causes the child's affectionate needs to not be met optimally. This situation is one of the main characteristics of uninvolved parenting as described in Baumrind's theory.

The results of this study are in line with Steinberg (2001) who showed that the quality of communication between parents and children is a strong predictor of the outcome of children's social-emotional development. Children who grow up in environments with limited communication tend to have difficulty building secure attachments and have a higher risk of developing behavioral problems.

Because they do not get direction from their families, children end up learning more through the social environment around them. Playmates, community habits, and adult behavior are the main sources in the child's social learning process. This shows that the function of the family as the first place of socialization has not run optimally. Children are more likely to imitate what they see and experience outside the home than the values that should be instilled in the family.

This result is in line with the social learning theory from Bandura (1977) which emphasizes that behavioral learning occurs through the process of observation and imitation of the models available in the environment. In this context, when the family does not function as an effective model of positive behavior, the child will seek alternative models from the broader social environment, including peers and the surrounding community.

Low attention to children is also influenced by parents' busyness at work. Most of the time is spent on meeting economic needs so that opportunities to interact with children become limited. After work, parents tend to feel tired and do not have enough time to accompany their children's activities and development intensively. This condition causes family relationships to become increasingly tenuous.

The lack of interaction can be seen from the lack of joint activities between parents and children. Based on the results of observations, the family atmosphere seems to be less warm and activities that can strengthen emotional relationships are rare. Children grow up with low closeness to family and lack a sense of comfort and security at home. Situations like this make it easier for children to seek acceptance from the outside environment.

This situation then has an impact on the weak control of children's behavior. Children are given ample freedom without adequate supervision and direction. Parents also do not consistently provide an understanding of good and bad behavior. As a result, children are more likely to imitate habits observed from the surrounding environment without considering their impact.

From a child development perspective, uninvolved parenting includes a form of parenting that risks social and emotional development. Children who grow up without enough attention, closeness, and guidance tend to have difficulty building self-control and discipline. In addition, children become more susceptible to deviant behavior because they lack instilling value and supervision from the family.

1.2 Analysis of the Impact of Uninvolved Parenting on the Smoking Behavior of 6-Year-Old Children

Early childhood development is greatly influenced by the family environment because the family is the first place where children learn to recognize behaviors, habits, and social values in daily life. During this time, children have high curiosity and tend to imitate what is seen around them. Based on the results of the study, uninvolved parenting has a considerable impact on the emergence of smoking behavior in 6-year-old children. The lack of attention, supervision, and assistance from parents makes it easier for children to accept and imitate negative behavior from the surrounding environment.

The emergence of smoking behavior in early childhood began with the process of introducing cigarettes in the family environment. Children see the smoking activities carried out by adults in their daily lives, then try to imitate the behavior. At this stage of development, children are in the imitation phase so they tend to imitate behaviors that are often observed without understanding the impact caused. The habit of smoking that is done openly in front of children makes this behavior considered something ordinary and can be done by anyone.

These findings are consistent with the results of an ethnographic study conducted by Nichter, et al. (2004) which found that the introduction of smoking behavior in early childhood often occurs through observation of family members, especially fathers and grandparents who smoke at home. The study showed that social norms related to smoking in the family greatly affect how children interpret and accept this behavior as part of daily life.

The imitation process is getting stronger because of the low supervision from parents. Children do not receive clear prohibitions or directions about the dangers of smoking so that the behavior is not immediately prevented. Parents tend to let their children play and interact without adequate supervision. As a result, children have the freedom to try various behaviors seen from the surrounding environment, including smoking activities carried out by adults and peers.

The family environment is the first place where children receive continuous exposure to cigarettes. Smoking activities carried out in the house cause children to get used to seeing, smelling, and even being close to cigarette smoke from an early age. This situation forms the perception that smoking is part of daily life. The absence of strict rules or prohibitions from the family further strengthens the child's assumption that this behavior is something normal and socially acceptable.

Children's views of cigarettes that are considered normal then affect various other aspects of development, including learning ability in school. Based on the results of the interview, the child had difficulty concentrating during the learning process. Children are easily distracted, lack understanding of instructions from teachers, and are unable to participate in learning activities optimally. This condition shows that the lack of attention and assistance from the family not only has an impact on social behavior, but also affects children's readiness to follow the educational process.

The relationship between unengaged parenting and children's academic achievement has been previously studied and shows significant outcomes of children who get lower parental involvement, which can be explained through theories that suggest that parental involvement in learning activities at home has a direct impact on children's motivation and academic ability (Hill & Tyson, 2009).

These obstacles are increasingly visible in children's academic development. Lack of parental involvement causes children not to get enough learning stimulation at home.

Parents rarely accompany learning activities or provide motivation to children to understand the subject matter. As a result, children's ability to complete tasks and understand learning is lower than their peers who receive better assistance from their families.

In addition to affecting academic ability, uninvolved parenting also has an impact on children's low self-regulation ability. Children are not used to receiving direction, habituation of positive behavior, and control from parents. This situation makes it difficult for children to control behavior, obey rules, and understand boundaries in daily life. The low ability to self-regulate makes it easier for children to follow the influence of the environment without considering the impact of the behavior carried out.

Another impact found in the study was related to the physical health condition of children. Based on the results of observations, children experience growth disorders such as difficulty gaining weight and being thinner than children their age. This is related to the lack of attention to diet, nutritional needs, and general health of children. Low parental involvement causes the basic needs of children's development to not be met optimally.

In addition, children also experience continuous exposure to cigarette smoke from the surrounding environment. This exposure does not only come from active smoking behaviors imitated by children, but also from adult smoking habits in the home and social environment. Cigarette smoke can affect respiratory health, reduce appetite, and inhibit early childhood physical development. At a developmental age that is still very vulnerable, this condition can have a long-term impact on children's health.

The permissive social environment towards cigarettes also strengthens the formation of smoking behavior in children. Children not only get examples from family members, but also from the surrounding community who consider smoking as part of their daily activities. This habit is something that is often seen and considered normal by children. When families do not provide adequate supervision and explanation, the influence of the social environment becomes increasingly dominant in shaping children's behavior.

Overall, uninvolved parenting has a broad impact on early childhood development. This impact is not only seen in the emergence of smoking behavior, but also affects the social development, academic ability, physical health, and emotional state of children. Low attention, communication, and supervision from parents make children more vulnerable to negative influences from the surrounding environment. Thus, family involvement is an important factor in preventing the formation of deviant behavior in children from an early age, including smoking behavior.

Based on the findings of this study and the support of previous literature, the prevention of smoking behavior in early childhood requires a holistic approach that involves strengthening the role of the family as a key component. Parent education and empowerment programs on the importance of active involvement in parenting, appropriate supervision, and open communication about the dangers of smoking are recommended as effective strategic interventions to reduce the risk of smoking behavior in children.

Conclusion

Based on the results of the study, it can be concluded that uninvolved parenting is characterized by low attention, supervision, communication, and emotional involvement of parents in early childhood life. Parents are more focused on meeting physical and work needs so that interaction with children becomes limited. This condition causes children to play more often without supervision, rarely receive behavioral assistance, and receive less emotional support in the family. In addition, the absence of clear rules and boundaries makes children have wide freedom in activities without adequate control. This situation

causes the function of the family as the main place of behavior formation and value instilling has not run optimally so that children are more easily influenced by the surrounding social environment.

The lack of parental involvement has an impact on the emergence of smoking behavior in 6-year-old children through the process of imitation of adult behavior and the permissive environment towards cigarettes. Children consider smoking as a normal behavior because they often see these activities carried out openly at home and in the social environment. The impact is not only related to smoking behavior, but also affects the ability to concentrate on learning, academic development, self-control skills, and the physical health condition of children. Factors of the family, peers, and culture of the community that consider smoking as a common habit further strengthen the emergence of this behavior. Thus, parental involvement in the form of attention, communication, supervision, and mentoring is an important factor in supporting children's development and preventing the formation of deviant behavior from an early age.

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