



CENDEKIAWAN:
JURNAL PENDIDIKAN DAN STUDI KEISLAMAN

Volume 3 Nomor 3 Tahun 2024 Page 518-529

<https://zia-research.com/index.php/cendekiawan>



The Smoking Phenomenon in Gen Z: A Review of Health Analyses, Social Influences, and Educational Prevention Strategies

A. Muh. Fathul Rahman¹, St. Nurhayati²

^{1,2}Institut Agama Islam Negeri Parepare, Indonesia

Email: fatul7441@gmail.com¹; nurhayatimahsyar@gmail.com²

Abstract

Smoking has become a phenomenon that is seen as common by the general public. This is further reinforced by the provision of smoking areas in some public buildings. In fact, medically it has been clearly written that smoking has a negative impact on health. In addition, smoking among students is also categorised as a prohibited act by the school, parents and the community. This study aims to analyse the health impacts, social influences, and prevention strategies of the smoking phenomenon in gen Z. The method used in this research is a qualitative approach with a literature study method. The results of this study reveal that although awareness of the dangers of smoking has been widespread in society including Gen-Z, many of them continue to smoke for various reasons, including increased focus, stress relief, and even social acceptance among students. As a solution, collaboration from various parties, including the government, educational institutions, families, and health organisations, is needed to create an environment that supports a healthy lifestyle among Gen-Z. The government and health institutions are advised to expand anti-smoking campaigns to include positive alternatives for managing stress, such as exercise, yoga and counselling. In addition, schools and colleges are expected to conduct educational programmes on stress management and smoking risks through seminars, workshops or digital platforms that appeal to Gen Z. The role of the family is also important to provide supervision and support with open communication about the dangers of smoking. A comprehensive approach, including social support, education, and health campaigns, is expected to increase young people's awareness of the risks of smoking and encourage them to choose a healthy lifestyle without dependence on cigarettes.

Keywords: Dangers of Cigarettes, Impact of Smoking, Generation Z.

PRELIMINARY

Generation Z, also known as Gen Z, is a generation born around 2000 and grew up amidst the rapid development of digital technology and the internet (Hastini, *et.al.*, 2020; Yusuf, 2016; Ardhana, *et.al.*, 2023; Lukum, 2019). Gen Z is considered a generation that is smart in technology and information, but cigarette addiction among them is a big problem in Indonesia (Aziz, *et.al.*, 2020; Zailani, *et.al.*, 2024). However, warnings and images of the health effects, such as the risk of cancer, heart disease and respiratory problems, are displayed on every pack of cigarettes. The youth smoking rate in Indonesia, however, is still high. Data from the 2023 Indonesian Health Survey (IHS) shows that cigarettes are still attractive to most adolescents aged 10 to 18 years; approximately 7.4% of them are active smokers (Maseda, *et.al.*, 2013; Kasman, *et.al.*, 2017; Tantri, *et.al.*, 2018).

Gen Z often sees smoking as a way to cope with stress or simply keep up with trends in social environments, such as social media. Gen Z often sees smoking as a way to socialise, boost confidence, or even improve focus, given the many platforms that make accessing information easy (Rastati, 2018; Adityara & Rakhman, 2019; Zis, *et.al.*, 2021; Arribathi, *et.al.*, 2021; Putri, *et.al.*, 2024). This habit eventually forms a pattern of dependence that is difficult to break, which is not surprising. Nonetheless, smoking poses enormous and long-term health risks, including lung cancer, impaired brain function, and throat infections (Ramadhani, *et.al.*, 2024; Almaidah, *et.al.*, 2021; Iriyanti & Mandagi, 2022). To understand why so many Gen Zs are caught up in smoking, it is important to consider factors such as media influence, the influence of social and family environments, and low awareness of the health hazards posed by smoking

(Jariyah & Mustakim, 2022; Hidayati, *et.al.*, 2020). Instead, the example of Indonesian villages that have implemented smoke-free policies can be a source of inspiration, such as Bone-Bone Village in South Sulawesi, which has enacted a strict smoking ban for the health of its residents (Hadilinatih, 2020; Pewara, 2018; Filial & Rais, 2021; Sari, *et.al.*, 2023).

Cigarettes, in their various forms, including conventional cigarettes (hand-rolled clove cigarettes) and e-cigarettes (vapes), are appealing to Generation Z. Smoking is considered a lifestyle symbol that can give some young people the impression of being cool, mature or daring. It is more than just an activity. Unfortunately, many people are unaware of the health risks caused by exposure to harmful cigarette chemicals such as carbon monoxide, tar and nicotine. Apart from damaging the lungs, these substances affect brain function and increase the risk of various other long-term diseases (Setiawan & Sunaringtyas, 2023; Agina, *et.al.*, 2019; Wardhana, *et.al.*, 2024). Gen Z faces a serious problem with nicotine addiction caused by cigarettes. Nicotine can cause physical and psychological dependence due to its addictive effects. This makes it difficult for many smokers, including children, to quit, even though they understand the dangers. It also increases the risk of heart disease, stroke and respiratory problems. These health impacts are often invisible, so many people take them lightly or even ignore them.

Smoking affects Gen Z's mental and emotional health in addition to their physical health. Some people smoke to reduce stress or seek calm amidst social and life pressures. However, research shows that nicotine only causes a brief feeling of calm after smoking. The smoking habit increases anxiety and depression in the long run, leading to a cycle of addiction that is difficult to break. For this reason, Generation Z may need alternative methods to manage stress, such as counselling or healthier activities (Abdullah, *et.al.*, 2024; Zahratul, *et.al.*, 2021; Widyantari, 2023). The World Health Organisation (WHO) states that smoking is not only the leading cause of lung cancer but also the leading cause of many respiratory diseases, such as chronic bronchitis and chronic obstructive pulmonary disease (COPD) (WHO, 2021). Generation Z, for example, smoking from an early age increases the risk of cancer at a young age because their bodies are exposed to nicotine and carcinogenic substances for longer. According to another study conducted by the National Institute on Drug Abuse (NIDA), nicotine exposure from a young age can affect brain development, especially in terms of emotional control and decision-making (NIDA, 2020). This increases the risk of cognitive impairment such as concentration difficulties and memory loss in young people who smoke.

In addition, a study published in the American Journal of Public Health states that smoking at a young age is often associated with other risky behaviours, such as drug abuse and alcohol consumption. Teens who smoke are more likely to try other harmful substances, which can adversely affect their overall health (Maulana & Ramlan, 2024; AJPH, 2019). Facts about cigarettes in South Sulawesi show some serious problems associated with smoking, such as the spread of illegal cigarettes and the socio-economic and health effects caused by high cigarette use among the community. The Directorate General of Customs (DGCE) of South Sulawesi has seized many illegal cigarettes in this area in recent years (Devin & Maburur, 2023; Musyarofah & Lestari, 2023; Ponimin & Simak, 2023; Junaidi & Said, 2024). For example, more than 5 million illegal cigarettes with a value of Rp5.1 billion were destroyed between 2022 and November 2024.

Gen Z's views and behaviour towards cigarettes are heavily influenced by social media. TikTok, Instagram and YouTube often feature content or trends that influence people's perception of cigarettes. Smoking can be indirectly promoted by influencers or public figures who smoke on social media. These individuals may perceive this habit as 'normal' or even 'attractive'. As the influence of social media is often greater than that of family or education, reducing the rate of youth smoking becomes more difficult (Prasetya, *et.al.*, 2019; Yusuf, *et.al.*, 2021; Utari, *et.al.*, 2020; Zahrani & Arcana, 2020).

Family, social environment and social media factors are also important. Perhaps friends or people around Gen Z encourage them to smoke. Smoking is still considered normal and even part of the social scene in some places. Conversely, one of the factors that encourage Gen Z to try cigarettes is the lack of family attention or supervision of children's behaviour. Many people feel free to experiment, including trying cigarettes from a young age, if they don't have enough support and supervision (Putri, *et.al.*, 2020; Ismayanti, *et.al.*, 2024; Yanti, *et.al.*, 2022; Ariasti & Ningsih, 2020).

Bone-Bone Village in South Sulawesi is an interesting example of an anti-smoking approach. The village has strict rules against smoking, and the people there strictly adhere to them. Bone-Bone is a

‘smoke-free village’ because it has successfully created a healthy environment for its residents. This effort shows that strict rules and a supportive environment can help reduce dependence on cigarettes. This method can be applied elsewhere to help reduce the rate of Gen Z smokers (Lestari, 2024; Tikirik & Swarjana, 2023; Pajariato, *et.al.*, 2023; Hasyim, *et.al.*, 2022). Education and counselling are essential to prevent young people from smoking. Through campaigns and education on the dangers of smoking, anti-smoking programmes can be introduced in schools. It is vital that children and adolescents are educated early on about the impact of smoking on their health, so that they understand the risks involved. In addition, technology can be used to expand anti-smoking campaigns; for example, social media content can be used to provide education to generation Z.

Reducing the number of Gen Z people who smoke can also be done by getting families more involved in children's daily lives. Spending time with family, talking, and paying attention to children's emotional needs can help them avoid smoking. Family involvement can make Generation Z feel valued and supported, which prevents them from seeking satisfaction or comfort from things that are harmful to their health. Gen Z who already smoke may have great difficulty quitting. Therefore, support from friends and family is essential (Ardiansyah & Fernando, 2023; Patimah & Herlambang, 2021; Lestari & Komalasari, 2024).

To quit smoking, you can join a smoking cessation programme, consult an expert, or use nicotine replacement therapy. Gen Z can lead a healthier lifestyle and reduce their dependence on cigarettes with sustained effort and enough support. Ultimately, preventing Gen Z from smoking is not an easy task. To create a healthier environment, a well-rounded strategy involving education, family, and government policies is required. Gen Z must be educated about the dangers of smoking and get support from various parties so that they know that health is the most important thing for them (Halim, 2024; Anwary & Dhewi, 2022). By knowing this, young people can avoid tobacco smoke and build a more productive and healthy future.

METHOD

The conceptual framework of this research is shown in the scheme below:

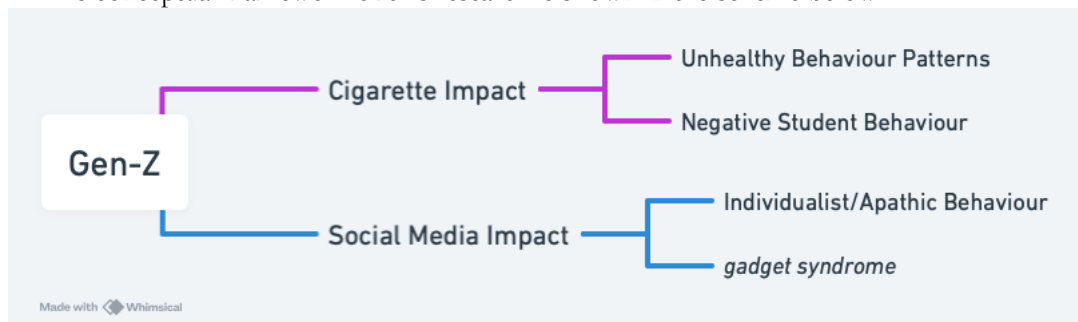


Figure 1. Framework (this study)

The qualitative research method used to understand the Gen Z smoking phenomenon aims to gain a deeper understanding of the causes, perceptions, and components that contribute to this generation's smoking behaviour. Qualitative research centres on contextual understanding and interpretation of experiences from an individual's perspective; in this case, the research subjects are Gen Z teenagers. Qualitative research is a relevant method to gain a deeper understanding of this topic as social, psychological, and environmental factors often influence smoking behaviour (Sebayang, *et.al.*, 2024). The data for this study was collected through in-depth interviews and participatory observation. In-depth interviews allow researchers to find out respondents' personal stories and experiences about smoking behaviour. By learning the reasons behind individuals' smoking habits, researchers can understand factors such as stress, the influence of friends, or even trends on social media. To allow respondents to express their opinions and feelings freely, the interview questions were designed in an open-ended manner.

To enrich the data, participatory observation can be conducted in addition to interviews. Researchers can directly observe smoking behaviour in certain places, such as schools or youth hangouts, through observation (Assingkily, 2021). Researchers will be able to understand how social interactions

influence Gen Z's smoking habits and how the social environment encourages them to smoke, either directly or indirectly. Researchers can gain a better understanding of the circumstances in the field by looking at the social context and the way people interact. In this qualitative research, the selection of informants was purposive, i.e. only those who fulfil certain criteria, such as age (10-24 years old) and smoking experience. To obtain relevant information, the focus of the research was on adolescents and young adults who had smoked or smoked frequently. Involving informants from different social backgrounds was also important to gain different perspectives. Therefore, the findings of this study will reflect the diverse experiences of Gen Z on the reasons for smoking, dependence, and environmental impacts.

This research uses triangulation techniques to ensure data validity. Data from observations, interviews, and relevant documentation were used to triangulate. Previous research reports, teenage smoking statistics, or information from social media showing Gen Z smoking trends can be sources of information. Researchers can ensure that the data they obtain is more accurate and not just based on one perspective by comparing data from various sources. In this qualitative research, data was analysed through thematic analysis techniques. The purpose of this analysis is to find the main themes contained in the data. 'Social media influence', 'peer influence', or 'smoking to relieve stress' are frequent patterns that will be analysed through observation and interview notes. Through this analysis, researchers can create specific categories that explain the reasons, perceptions, and elements that influence Gen Z's smoking behaviour.

To understand the results of the study, it is also important to consider the outcomes. Researchers should understand that Gen Z's smoking behaviour is influenced by many complex variables, such as social pressure, emotional state, and access to social media. By understanding this context, the research findings can provide a deeper understanding of the background of Gen Z's smoking habits and how the social environment and media influence such behaviour. This study involved adolescents and young adults, so ethical aspects are very important. Researchers must obtain informants' consent before collecting data. They must also obtain the consent of parents or guardians of informants under the age of 18. To make the informants feel comfortable giving honest answers, they should ensure that their identities are not known. To ensure that the research is conducted with respect for the privacy and rights of the informants is important.

During the data collection process, the researcher should remain neutral and not judge the informants' behaviour. Researchers who have an open and empathetic attitude will help create a comfortable environment for informants so that they can communicate openly and honestly. This concept is important to prevent bias in data collection, which occurs when researchers only listen or pay attention to elements that fit their initial assumptions. This research is expected to help Gen Z campaigns to prevent and counteract smoking. Findings about the social factors and motivations that drive adolescents to smoke can be used as a basis for creating more targeted and successful education programmes. This research can also help families, schools and policymakers support efforts to make Indonesia's youth live in a healthy environment. This qualitative research with in-depth methodology can provide a broader understanding of the phenomenon of smoking among Generation Z. The results are expected to raise awareness among the public and stakeholders. The results are expected to increase public and stakeholders' awareness about the dangers of smoking and the importance of creating an environment that supports a healthy lifestyle for young people.

FINDINGS AND DISCUSSION

This research shows that despite the widely recognised health hazards of smoking, many individuals, especially those from Gen Z, still choose to smoke. One of the key findings in this study is that the reasons they smoke are often related to perceived benefits, such as relaxation, stress relief, and the ability to focus better on tasks. These reasons appear to take precedence over long-term health risks, such as lung cancer, cardiovascular disorders and respiratory system damage (Peltier, *et.al.*, 2020; Prokhorov, *et.al.*, 2010; Sa, *et.al.*, 2013).

Based on the results of in-depth interviews, informant AK stated that:

“...smoking helps them in managing stress stemming from everyday life, such as academic or work demands, as well as personal problems. For many of them, cigarettes provide a quick sensation of relaxation, so smoking becomes a kind of practical solution to relieve tension”.

These findings are consistent with previous research showing that nicotine can provide a temporary calming effect for users (Minh, *et.al.*, 2010; Stojanovic-Tasic, *et.al.*, 2016; Okoli, *et.al.*, 2016). However, these effects are only temporary and often lead to increased dependence. In addition, most informants felt that smoking helped them focus better. This is especially true when they are faced with situations that require high concentration or when they have to work for a long time. Several studies support this finding by mentioning that nicotine does have short-term cognitive enhancement effects, such as increased focus and memory (Chirtkiatsakul, *et.al.*, 2024; Waters, *et.al.*, 2021; Heras, *et.al.*, 2008). However, the long-term effects of nicotine are harmful, as it can cause damage to brain function, especially in terms of cognition and memory, which ultimately reduces one's productivity.

The perception of smoking as a way to improve concentration is also commonly found among workers with busy schedules. In this study, some informants stated that smoking allows them to stay awake and productive while working overtime. However, if reviewed from other literature, reliance on nicotine to stay focused actually reduces one's natural ability to manage workload in a healthy manner (Kabbash, *et.al.*, 2024; Virtanen, *et.al.*, 2014; Terry & Terry, 2011). Nicotine only provides a temporary boost that will only trigger a greater need to keep consuming cigarettes in the future.

In addition to the above reasons, the social environment plays a big role in the smoking habit among Gen Z. Most informants mentioned that they first tried smoking due to peer influence. Most informants mentioned that they first tried smoking due to peer influence. Social pressure and encouragement from friends is one of the main drivers that cause someone to start smoking. This is in line with research showing that smoking behaviour is often driven by social factors, where individuals tend to follow what their group or community does to feel accepted (Abdulghani, *et.al.*, 2013; Jones, *et.al.*, 2019; Stanton, *et.al.*, 2006).

The social environment that supports smoking behaviour also includes exposure to social media. Gen Z, a generation that is very familiar with the internet and social media, is often exposed to content that presents smoking as cool or daring. Some of them admit that images and videos on social media influence their perception of smoking. This is in line with McKinsey & Company (2021) findings that around 70% of Gen Z is heavily influenced by social media, which makes them vulnerable to exposure to content that portrays smoking in a positive light.

The informants of this study also revealed that:

“...Knowledge of the negative effects of smoking was already known by almost all informants. However, many of them felt that the dangers of smoking were not relevant to their current situation, mainly because they felt healthy and had not experienced the direct effects of smoking. This finding is similar to other studies which show that many young people tend to underestimate the long-term risks of smoking because the effects are not immediately felt”.

However, some informants expressed a conflict between the desire to quit smoking and the need for the benefits they felt. For most, quitting smoking was not an easy option as they were used to the stress-relieving effects of cigarettes. Emotional dependence on cigarettes as a stress reliever and concentration enhancer makes it difficult for them to break away from this habit. This is in line with nicotine dependence theory which suggests that the longer a person smokes, the stronger the physical and psychological dependence on cigarettes.

In addition, the effects of cigarette addiction are also reinforced by environmental conditions that support smoking behaviour. One example is the lack of supervision from family or the surrounding community. Gen Z who smoke in an environment that is permissive or does not provide strict limits tend to find it more difficult to quit. Some of them also admitted that their families did not have enough awareness about the dangers of smoking, so their smoking behaviour was never seriously highlighted. The negative impact of this smoking behaviour is very evident in the health aspect, where informants experience disorders such as chronic cough, shortness of breath, and frequent fatigue. Although they are aware of these conditions, they tend to ignore them citing the perceived benefits of smoking. This study

shows that the perception of short-term benefits often trumps awareness of long-term harms, which are actually much more detrimental.

Meanwhile, there were also informants who expressed an awareness of quitting, but their efforts often failed because they found it difficult to find alternatives that could replace cigarettes as a means of stress relief. Some of them tried using other nicotine products, such as vape, as an alternative to conventional smoking. However, this is really just shifting the dependency without addressing the root of the problem. When compared to other studies, this finding is in line with several studies that show that psychological factors, such as the need to cope with stress and anxiety, are often the main reasons for adolescents to smoke (Murphy & Flory, 2016; Yoo, 2015). A study conducted by Wati (2018) found that smoking is often seen as a way to increase self-confidence and strengthen social relationships. Similarly, in Mabodo Village, Muna Regency, smoking is part of social interaction, which is difficult to avoid without the influence of a supportive environment.

Various studies also state that nicotine dependence is often influenced by unstable psychological conditions, which ultimately leads to behavioral patterns that are difficult to change. Some literature states that people who experience chronic anxiety and stress tend to use cigarettes as a means of diversion. In this case, smoking becomes a form of escape that provides temporary comfort, even though it actually increases the burden of overall health. Ultimately, the findings in this study emphasize the importance of a more effective preventive approach, especially among Gen Z.

By understanding the underlying reasons and psychological factors underlying this smoking habit, prevention programs can be directed to provide healthy alternatives to dealing with stress and increasing focus. For example, health campaigns that teach stress management without smoking can help reduce Gen Z's dependence on cigarettes as a means of relieving tension (Fakili, *et.al.*, 2024; Ofori-Parku, 2020). In addition, education about the long-term impacts of smoking needs to be strengthened, especially in the context of social media. Educational content that attracts Gen Z's attention is expected to replace smoking content that often goes viral among young people. Thus, awareness of the dangers of smoking can be more easily accepted by Gen Z, who tend to be more responsive to information on digital platforms.

In a broader scope, family and school involvement is also important to prevent early smoking habits. Several informants stated that the role of the family in supervising their habits is very minimal, so that smoking behavior is considered normal. Therefore, it is important to involve families in education about the negative impacts of smoking and encourage them to play an active role in maintaining the health of the younger generation. Overall, the results of this study highlight the complexity of smoking behavior among Gen Z. In addition to psychological and social factors, the existence of social media as a medium for behavioral trends also influences their perceptions of smoking. This shows that a holistic approach involving education, family support, and supervision of the social environment is needed to reduce the prevalence of smoking among this generation.

CONCLUSION

The results of this study show that even though society is aware of the dangers of smoking, especially Gen Z and the younger generation, many people continue to smoke because they get short-term benefits such as reducing stress, increasing focus, and gaining social acceptance. Most members of this group continue to smoke for these reasons, even though they are aware of the long-term health risks such as lung cancer, cognitive impairment, and respiratory problems. In addition, factors such as the social environment, the influence of social media, and lack of family control reinforce this habit and make it more difficult to quit.

Next, it is important for the government, educational institutions, families, and health organizations to work together to create an environment that supports a healthy lifestyle for Gen Z. First, the government and health institutions should increase anti-smoking campaigns that focus on the dangers of smoking and offer positive ways to manage stress, such as exercising, yoga, or getting counseling. Second, universities and educational institutions are expected to provide training on stress management and the risks of smoking. This can be done through workshops, seminars, or special classes. For anti-smoking messages to be delivered more effectively, Gen Z can use popular platforms.

The role of the family is very important in stopping the younger generation from smoking. Parents and other family members are expected to communicate openly about the dangers of smoking and the importance of maintaining health, as well as provide supervision and support. With better support and education, the younger generation is expected to understand and consider the risks of smoking more seriously, so that they can reduce their dependence on nicotine and choose healthier ways to cope with stress. It is hoped that a comprehensive approach, which includes social support, education, and health campaigns, will make the younger generation more aware of the long-term effects of smoking and create an environment that is more supportive of them living a healthy lifestyle without dependence on cigarettes.

REFERENCES

- Abdulghani, H. M., Alrowais, N. A., Alhaqwi, A. I., Alrasheedi, A., Al-Zahir, M., Al-Madani, A., ... Ahmad, F. (2013). Cigarette smoking among female students in five medical and nonmedical colleges. *International Journal of General Medicine*, 6, 719–727. <https://doi.org/10.2147/IJGM.S48630>.
- Abdullah, D., Amelia, R. A. R., Kertati, I., Nova, R., & Chan, Z. (2024). Penyuluhan Bahaya Rokok Elektrik Pada Remaja: Mengapa Kita Harus Peduli. *Jurnal Pengabdian Kolaborasi dan Inovasi IPTEKS*, 2(5), 1428-1436. <https://journal.ppmi.web.id/index.php/JPKI2/article/view/1283>.
- Adityara, S., & Rakhman, R. T. (2019, September). Karakteristik generasi Z dalam perkembangan diri anak melalui visual. In *Seminar Nasional Seni dan Desain 2019* (pp. 401-406). State University of Surabaya. <https://www.neliti.com/publications/289429/karakteristik-generasi-z-dalam-perkembangan-diri-anak-melalui-visual>.
- Agina, D. T., Pertiwi, F. D., & Avianty, I. (2019). Faktor-Faktor Yang Berhubungan Dengan Perilaku Penggunaan Vapor di Kalangan Siswa Sekolah Menengah Kejuruan Bina Sejahtera 2 Kota Bogor. *Promotor*, 2(2), 101-111. <https://ejournal.uika-bogor.ac.id/index.php/PROMOTOR/article/view/1795>.
- Almaidah, F., Khairunnisa, S., Sari, I. P., Chrisna, C. D., Firdaus, A., Kamiliya, Z. H., ... & Puspitasari, H. P. (2021). Survei faktor penyebab perokok remaja mempertahankan perilaku merokok. *Jurnal Farmasi Komunitas*, 8(1), 20-26. <https://e-journal.unair.ac.id/JFK/article/download/21931/12026>.
- Andrianto, A. (2022). *Pengaruh Lingkungan dan Media Sosial terhadap Kebiasaan Merokok di Kalangan Remaja*. Jakarta: Pustaka Ilmu.
- Anwary, A. Z., & Dhewi, S. (2022). MENCIPTAKAN GENERASI MUDA YANG BEBAS DARI ROKOK MELALUI SOSIALISASI MENGENAI BAHAYA MEROKOK KEPADA SISWA KELAS VI SDN KEBUN BUNGA 6 KOTA BANJARMASIN. *Prosiding Pengabdian Kepada Masyarakat Dosen UNISKA MAB*, (1). <https://ojs.uniska-bjm.ac.id/index.php/PPKMDU/article/viewFile/8463/4443>.
- Ardhana, V. Y. P., Mulyodiputro, M. D., & Hidayati, L. (2023). Optimalisasi Digital Marketing Bagi Generasi Z Dalam Pengembangan Pemasaran Berbasis Teknologi. *Jurnal Pengabdian Literasi Digital Indonesia*, 2(2), 144-159. <https://jurnal.relawantik.or.id/abdimas/article/view/75>.
- Ardiansyah, M., & Fernando, W. (2023). Studi Eksplorasi Dan Analisis Pengaruh Digital Influencer Dalam Pemasaran: Studi Kasus Rokok Elektronik. *INTECOMS: Journal of Information Technology and Computer Science*, 6(1), 80-92. <https://journal.ipm2kpe.or.id/index.php/INTECOM/article/view/5626>.
- Ariasti, D., & Ningsih, E. D. (2020). Hubungan Tingkat Pengetahuan Dan Lingkungan Sosial Dengan Perilaku Merokok. *KOSALA: Jurnal Ilmu Kesehatan*, 8(1), 34-44. <https://www.ejurnal.stikespantikosala.ac.id/index.php/kjik/article/view/186>.
- Arribathi, A. H., Supriyanti, D., Astriyani, E., & Rizky, A. (2021). Peran Teknologi Informasi Dalam Pendidikan Agama Islam Untuk Menghadapi Tantangan di Era Global dan Generasi Z. *Alfabet Jurnal Wawasan Agama Risalah Islamiyah, Teknologi Dan Sosial*, 1(1), 55-64. <https://journal.pandawan.id/al-waarits/article/view/28>.
- Assingikily, M. S. (2021). *Metode Penelitian Pendidikan: Panduan Menulis Artikel Ilmiah dan Tugas Akhir*. Yogyakarta: K-Media.

- Aziz, A. A., Hidayatullah, A. S., Budiyantri, N., & Ruswandi, U. (2020). Pembelajaran Pendidikan Agama Islam (PAI) di Sekolah Dasar. *Taklim: Jurnal Pendidikan Agama Islam*, 18(2), 131-146. <https://ejournal.upi.edu/index.php/taklim/article/view/32806>.
- Badan Pusat Statistik Sulawesi Selatan. (2021). *Statistik Provinsi Sulawesi Selatan Tahun 2021*. BPS Sulawesi Selatan.
- Bea Cukai Sulawesi Bagian Selatan. (2021). *Pemusnahan Barang Ilegal di Sulawesi Selatan Tahun 2020–2021*. [Online] Tersedia di: [Antara News](#) [Diakses pada November 2023].
- Chirtkiatsakul, B., Jani, R., Hairi, F. M., & Talib, M. A. (2023). Attitudes and practices related to smoking among university students in Thailand. *Journal of American College Health*, 72(9), 3429–3438. <https://doi.org/10.1080/07448481.2022.2163853>.
- Devin, F., & Maburur, M. F. (2023). Pengaruh Vape Terhadap Kesehatan Pada Gen Z. *Jurnal Ilmiah Psikologi dan Kesehatan Masyarakat*, 1(1), 20-25. <http://jipkm.com/index.php/jipkm/article/view/5>.
- Dinas Kesehatan Provinsi Sulawesi Selatan. (2023). *Laporan Tahunan Tentang Prevalensi Perokok di Sulawesi Selatan Tahun 2022*. Makassar: Dinas Kesehatan Sulawesi Selatan.
- Fakili, F., Taylan, M., Dogru, S., & Al-Haithamy, S. (2023). Prevalence of smoking among medical students and associated factors in Turkey. *Journal of Substance Use*, 29(3), 382–388. <https://doi.org/10.1080/14659891.2023.2167746>.
- Filial, A. S., & Rais, M. A. (2021). Analisis Evaluasi Kebijakan Peraturan Desa: Studi Kasus Perdes Bebas Asap Rokok di Desa Bonebone, Kab. Enrekang. *Development Policy and Management Review (DPMR)*, 32-50. <http://journal.unhas.ac.id/index.php/DPMR/article/view/11913>.
- Hadilinatih, B. (2020). Evaluasi Kebijakan Kawasan Bebas Asap Rokok Di Desa Bone-Bone Kecamatan Baraka Kabupaten Endrekang. *Jurnal Enersia Publika: Energi, Sosial, Dan Administrasi Publik*, 4(2), 248-260. https://ejournal.up45.ac.id/index.php/Jurnal_Enersia_Publika/article/view/793.
- Halim, A. (2024). Studi tentang Perilaku Konsumen Generasi Z dan Pengaruhnya terhadap Pasar. *Circle Archive*, 1(5). <https://circle-archive.com/index.php/carc/article/view/244>.
- Hastini, L. Y., Fahmi, R., & Lukito, H. (2020). Apakah Pembelajaran Menggunakan Teknologi dapat Meningkatkan Literasi Manusia pada Generasi Z di Indonesia?. *Jurnal Manajemen Informatika (JAMIK4)*, 10(1), 12-28. <http://ojs.unikom.ac.id/index.php/jamika/article/view/2678>.
- Hasyim, F. A., Pajarianto, H., Ramli, S. A., Umrah, A. S., & Amri, S. R. (2022). Hubungan Perilaku Lifestyle Without Tobacco dengan Pertumbuhan Anak Usia Dini. *Jurnal Obsesi: Jurnal Pendidikan Anak Usia Dini*, 6(4), 3314-3325. <https://www.academia.edu/download/85950351/pdf.pdf>.
- Heras, P., Kritikos, K., Hatzopoulos, A., Kritikos, N., & Mitsibounas, D. (2008). Smoking Among High School Students. *The American Journal of Drug and Alcohol Abuse*, 34(2), 219–224. <https://doi.org/10.1080/00952990701877151>.
- Herlina, D. R., & Purnamasari, A. (2020). "Dampak Merokok pada Kesehatan Generasi Muda: Studi Kasus di Kota Surabaya." *Jurnal Kesehatan Masyarakat*, 15(2), 123–135.
- Hidayati, I. R., Pujiana, D., & Fadillah, M. (2020). Pengaruh pendidikan kesehatan terhadap pengetahuan dan sikap siswa tentang bahaya merokok kelas XI SMA Yayasan Wanita Kereta Api Palembang Tahun 2019. *Jurnal Kesehatan*, 12(2), 125-135. <https://journals.ums.ac.id/index.php/jk/article/view/9769>.
- Iriyanti, Y. N., & Mandagi, A. M. (2022). Pengetahuan Mengenai Bahaya Merokok dengan Keinginan Berhenti Merokok Masyarakat Desa Pakel. *Preventif: Jurnal Kesehatan Masyarakat*, 13(1), 15-24. <https://jurnal.fkm.untad.ac.id/index.php/preventif/article/view/227>.
- Ismayanti, S. A., Khabibah, S. A., Haq, T. A., Salsabilla, S., Rahman, R. A., Hartono, T. V., ... & Yuda, A. (2024). Perilaku dan Pengetahuan Remaja Indonesia tentang Merokok. *Jurnal Farmasi Komunitas*, 11(1). <https://search.ebscohost.com/login.aspx?direct=true&profile=ehost&scope=site&authtype=crawler&jrnl=23555912&AN=178822812&h=7sBORRo%2B3onxBL0%2BX0f3liTEP80l20PnFjVDAeGFZni2mcu3h91KrmAO3Dcyxnkqczci4TuszDP5IVJ6t9wZZA%3D%3D&crl=c>.
- Jariyah, I., & Mustakim, M. (2022). Pengetahuan Bahaya Merokok Bagi Kesehatan Pada Remaja Usia 15-20 Tahun Di Tangerang Selatan. *Journal of Public Health Innovation*, 2(02), 159-167. <https://ejournal.stikku.ac.id/index.php/jphi/article/view/436>.

- Jones, E., S., King, B. A., & Leroy, Z. (2019). Trends in the use of cigarettes, cigars, and marijuana among students with and without asthma, 2003–2017. *Journal of Asthma*, 57(4), 391–397. <https://doi.org/10.1080/02770903.2019.1573254>.
- Junaidi, J., & Said, R. (2024). Pemberdayaan Kesehatan Anak Usia Sekolah: Edukasi Bahaya Rokok Elektrik di Sekolah Indonesia Kuala Lumpur Malaysia. *PaKMas: Jurnal Pengabdian Kepada Masyarakat*, 4(2), 322–330. <http://www.jurnal.yp3a.org/index.php/pakmas/article/view/3022>.
- Kabbash, I. A., Awad, A. E., Farghly, A. A., Naeem, E. M., & Saied, S. M. (2022). The era of electronic smoking: perceptions and use of E-Cigarettes among university students, Egypt. *International Journal of Health Promotion and Education*, 62(2), 114–126. <https://doi.org/10.1080/14635240.2022.2052146>.
- Kasman, K., Noorhidayah, N., & Persada, K. B. (2017). Studi Eksperimen Penggunaan Media Leaflet Dan Video Bahaya Merokok Pada Remaja. *Jurnal Publikasi Kesehatan Masyarakat Indonesia*, 4(2). <https://ppjp.ulm.ac.id/journal/index.php/JPKMI/article/view/3842>.
- Kementerian Kesehatan Republik Indonesia. (2022). *Laporan Nasional Survei Kesehatan Indonesia Tahun 2022*. Jakarta: Kementerian Kesehatan.
- Kementerian Kesehatan Republik Indonesia. (2023). *Laporan Hasil Survei Kesehatan Indonesia*. Jakarta: Kementerian Kesehatan RI.
- Lestari, A., & Komalasari, S. (2024). Faktor Yang Mempengaruhi Kenakalan Pada Generasi Z Yang Berkuliah Di Semester 3. *Character Jurnal Penelitian Psikologi*, 11(2), 1235–1247. <https://ejournal.unesa.ac.id/index.php/character/article/view/57231>.
- Lestari, Y. D. (2024). Analisis Maqashid Al-Syari'ah terhadap Putusan Perdes No 1 Tahun 2009 tentang Kawasan Bebas Asap Rokok di Bone-Bone Kabupaten Enrekang. *Jurnal Pustaka Cendekia Hukum dan Ilmu Sosial*, 2(1), 94–104. <http://pchukumsosial.org/index.php/pchs/article/view/55>.
- Lianzi, I. (2022). *Hubungan Pengetahuan tentang Rokok dan Perilaku Merokok pada Staf Administrasi*. Jakarta: Universitas Esa Unggul.
- Lukum, A. (2019, December). Pendidikan 4.0 di era generasi Z: Tantangan dan solusinya. In *Prosiding Seminar Nasional Kimia Dan Pendidikan Kimia* (Vol. 2, No. Back Issue, pp. 1–3). <http://jurnal.fkip.unmul.ac.id/index.php/kpk/article/view/329>.
- Maseda, D. R., Suba, B., & Wongkar, D. (2013). Hubungan pengetahuan dan sikap tentang bahaya merokok dengan perilaku merokok pada remaja putra di SMA Negeri I Tompasobaru. *Jurnal Keperawatan*, 1(1). <https://ejournal.unsrat.ac.id/index.php/jkp/article/view/2176>.
- Maulana, M. A., & Ramlan, R. (2024). Perancangan Kampanye Untuk Meningkatkan Kesadaran Bahaya Rokok Elektrik Pada Perokok Elektrik Wanita. *FAD*, 3(02). <https://eproceeding.itenas.ac.id/index.php/fad/article/view/2889>.
- McKinsey & Company. (2021). "Influences on Gen Z's Behavior and Health Choices." *Global Youth Survey*. Diakses dari <https://www.mckinsey.com>.
- Minh, v. H., Hai, P. T., Giang, K. B., Nga, P. Q., Khanh, P. H., Lam, N. T., & Kinh, L. N. (2010). Effects of individual characteristics and school environment on cigarette smoking among students ages 13–15: A multilevel analysis of the 2007 Global Youth Tobacco Survey (GYTS) data from Vietnam. *Global Public Health*, 6(3), 307–319. <https://doi.org/10.1080/17441692.2010.517779>.
- Murphy, K. G., & Flory, K. (2016). Motives underlying smoking in college students with ADHD. *The American Journal of Drug and Alcohol Abuse*, 43(3), 350–359. <https://doi.org/10.1080/00952990.2016.1203434>.
- Musyarofah, A., & Lestari, S. (2023). Peningkatan Pemahaman Terhadap Bahaya Rokok Elektrik Dan Vaping Pada Siswa Smp Al Falah Banyuwangi. *Dedikasi Nusantara: Jurnal Pengabdian Masyarakat Pendidikan Dasar*, 3(1), 38–43. <https://ojs.unpkediri.ac.id/index.php/dedikasi/article/view/20499>.
- Nurdin, M., & Wahyuni, S. (2019). *Faktor-faktor yang Mempengaruhi Perilaku Merokok pada Remaja*. Yogyakarta: Gadjah Mada University Press.
- Ofori-Parku, S. S. (2020). Fifty years after surgeon general's report: cultural cognition, biased assimilation, and cigarette smoking risk perceptions among college students. *Health, Risk & Society*, 22(2), 156–176. <https://doi.org/10.1080/13698575.2020.1769566>.
- Okoli, C. T. C., Rayens, M. K., Wiggins, A. T., Ickes, M. J., Butler, K. M., & Hahn, E. J. (2016). Secondhand tobacco smoke exposure and susceptibility to smoking, perceived addiction, and

- psychobehavioral symptoms among college students. *Journal of American College Health*, 64(2), 96–103. <https://doi.org/10.1080/07448481.2015.1074240>.
- Pajariantio, H., Amri, S. R., & Umrah, A. S. (2023). PENGUATAN KAWASAN LIFE STYLE WITHOUT TOBACCO: EDUKASI MULTIDISIPLIN PENDIDIKAN, KESEHATAN, DAN HUKUM. *SELAPARANG: Jurnal Pengabdian Masyarakat Berkemajuan*, 7(1), 254-260. <https://journal.ummat.ac.id/index.php/jpmb/article/view/12597>.
- Patimah, L., & Herlambang, Y. T. (2021). Menanggulangi dekadensi moral generasi Z akibat media sosial melalui pendekatan Living Values Education (LVE). *PEMBELAJAR: Jurnal Ilmu Pendidikan, Keguruan, Dan Pembelajaran*, 5(2), 150-158. <https://pdfs.semanticscholar.org/074d/9884b24ba89a22bdeb327d0ba75bd3e23efa.pdf>.
- Peltier, M. R., Waters, A. F., Roys, M. R., Stewart, S. A., Waldo, K. M., & Copeland, A. L. (2019). Dual users of e-cigarettes and cigarettes have greater positive smoking expectancies than regular smokers: a study of smoking expectancies among college students. *Journal of American College Health*, 68(7), 782–787. <https://doi.org/10.1080/07448481.2019.1590373>.
- Pewara, A. N. (2018). *Efektivitas kebijakan kawasan bebas asap rokok di disa bone-bone kecamatan baraka kabupaten enrekang* (Doctoral dissertation, Universitas Negeri Makassar). <http://eprints.unm.ac.id/10750/>.
- Ponimin, L. G. I., & Simak, V. F. (2023). Hubungan Status Sosial Ekonomi Orang Tua dan Self Efficacy dengan Perilaku Merokok Elektrik (Vape) Pada Remaja di Beejie Cafe dan Andante Cafe. *Mapalus Nursing Science Journal*, 1(1), 87-93. <https://ejournal.unsrat.ac.id/index.php/caring/article/view/49002>.
- Prasetya, A. W., Rochadi, K., & Lumongga, N. (2019). Pengaruh media sosial dalam peningkatan pengetahuan dan sikap siswa perokok terhadap pencegahan stain gigi di SMA Negeri 1 Sei Lapan Kabupaten Langkat Tahun 2019. *Jurnal Kesmas Jambi*, 3(1), 31-40. <https://mail.online-journal.unja.ac.id/jkmj/article/view/7474>.
- Prokhorov, A. V., Kelder, S. H., Shegog, R., Conroy, J. L., Murray, N., Peters, R., ... Ford, K. H. (2010). Project ASPIRE: An Interactive, Multimedia Smoking Prevention and Cessation Curriculum for Culturally Diverse High School Students. *Substance Use & Misuse*, 45(6), 983–1006. <https://doi.org/10.3109/10826080903038050>.
- Purwanto, T. (2021). "Pengaruh Pendidikan Kesehatan terhadap Penurunan Prevalensi Merokok di Kalangan Pelajar SMA." *Jurnal Pendidikan dan Kesehatan*, 8(1), 88–95.
- Putri, R. A., Lestari, P., & Nilawati, I. (2020). Gerakan remaja sehat dan produktif (geratif) sebagai upaya preventif perilaku beresiko remaja. *Indonesian Journal of Community Empowerment (IJCE)*, 2(1). <https://jurnal.unw.ac.id/index.php/IJCE/article/view/519>.
- Putri, N. D., Putra, P., Asike, A., & Tijjani, B. (2024). Eksplorasi Konten Marketing, Endorsement, Dan Diskon Terhadap Keputusan Pembelian Konsumen Generasi Z Melalui Tiktok Shop Di Kota Parepare. *MANOR: JURNAL MANAJEMEN DAN ORGANISASI REVIEW*, 6(1), 54-62. <https://journal.unifa.ac.id/index.php/manor/article/view/764>.
- Rahmat, Y., & Dewi, S. (2020). "Manfaat Jangka Pendek dan Risiko Jangka Panjang Merokok: Perspektif Remaja." *Jurnal Psikologi Remaja*, 10(3), 233–248.
- Ramadhani, T., Aulia, U., & Putri, W. A. (2024). Bahaya Merokok Pada Remaja. *Jurnal Ilmiah Kedokteran dan Kesehatan*, 3(1), 185-195. <https://ejurnal.stie-trianandra.ac.id/index.php/klinik/article/view/2285>.
- Rastati, R. (2018). Media literasi bagi digital natives: perspektif generasi Z di Jakarta. *Kwangsan: Jurnal Teknologi Pendidikan*, 6(1), 60-73. <https://jurnalkwangsan.kemdikbud.go.id/index.php/jurnalkwangsan/article/view/72>.
- Sa, J., Seo, D. C., Nelson, T. F., & Lohrmann, D. K. (2013). Cigarette Smoking Among Korean International College Students in the United States. *Journal of American College Health*, 61(8), 454–467. <https://doi.org/10.1080/07448481.2013.832253>.
- Sari, I., Asrina, A., & Mahmud, N. U. (2023). Strategi Promosi Kesehatan Berdasarkan Ottawa Charter dalam mempertahankan Kawasan Tanpa Rokok Didesa Bone-bone Kecamatan Baraka Kabupaten Enrekang. *Journal of Muslim Community Health*, 4(2), 170-182. <http://pasca-umi.ac.id/index.php/jmch/article/view/1145>.

- Sebayang, S. K., Megatsari, H., Astutik, E., Dewi, D. M. S. K., Nadhiroh, S. R., Martini, S., ... & Rosemary, R. (2024). *IKLAN DAN PERDAGANGAN ROKOK-Metode Penelitian dan Evaluasi Penerapan Kebijakan*. Airlangga University Press.
- Setiawan, L., & Sunaringtyas, W. (2023). Hubungan tingkat pengetahuan remaja tentang bahaya rokok elektrik (vape) dan perilaku merokok elektrik remaja. *Jurnal Gawat Darurat*, 5(2), 165-174. <https://doi.org/10.32583/jgd.v5i2.2109>.
- Soewondo, P., & Widodo, N. (2022). *Rokok Ilegal dan Dampaknya Terhadap Ekonomi dan Kesehatan Masyarakat di Sulawesi Selatan*. *Jurnal Ekonomi Kesehatan Indonesia*, 9(2), 155-167.
- Stanton, W., Baade, P., & Moffatt, J. (2006). Predictors of Smoking Cessation Processes Among Secondary School Students. *Substance Use & Misuse*, 41(13), 1683-1694. <https://doi.org/10.1080/10826080601006284>.
- Stojanovic-Tasic, M., Grgurevic, A., Trajkovic, G., & Pekmezovic, T. (2016). Influence of Family Smoking Habits and Passive Smoking on Smoking Status Among Belgrade University Students. *Substance Use & Misuse*, 51(3), 310-317. <https://doi.org/10.3109/10826084.2015.1108340>.
- Tantri, A., Fajar, N. A., & Utama, F. (2018). Hubungan persepsi terhadap peringatan bahaya merokok pada kemasan rokok dengan perilaku merokok pada remaja laki-laki di Kota Palembang. *Jurnal Ilmu Kesehatan Masyarakat*, 9(1), 74-82. <https://ejournal.fkm.unsri.ac.id/index.php/jikm/article/view/248>.
- Terry, C. P., & Terry, D. L. (2011). Exaggeration of perceived smoking norms among college students: Does smoking status matter? *Addiction Research & Theory*, 20(4), 291-299. <https://doi.org/10.3109/16066359.2011.625133>.
- Tikirik, W. O., & Swarjana, I. K. D. (2023). Pengetahuan Masyarakat Tentang PHBS Di Lingkungan Rumah Tangga Dusun Bone-Bone Desa Bambu. *Journal Healthy Purpose*, 2(2), 92-99. <http://ejurnal.bangunharapanbangsa.com/index.php/jhp/article/view/264>.
- Utari, O. R. A., Kusumawati, A., & Husodo, B. T. (2020). Pengaruh Media Sosial terhadap Perilaku Merokok Siswa SMP Usia 12-14 Tahun di Kota Semarang. *Jurnal Kesehatan Masyarakat*, 8(2), 298-303. <https://ejournal3.undip.ac.id/index.php/jkm/article/view/26379>.
- Virtanen, J. I., Filppula, M., Maldupa, I., & Patja, K. (2014). Smoking and attitudes towards it and its cessation among dental students in Latvia. *Acta Odontologica Scandinavica*, 73(6), 421-426. <https://doi.org/10.3109/00016357.2014.976261>.
- Wardhana, I. K., Ariani, M., Nito, P. J. B., & Mahmudah, R. A. (2024). Identifikasi Hubungan Tingkat Pengetahuan terhadap Penggunaan Vape pada Siswa. *Jurnal Keperawatan Jiwa*, 12(2), 371-376. <https://jurnal.unimus.ac.id/index.php/JKJ/article/view/14570>.
- Waters, A. F., Peltier, M. R., Roys, M. R., Stewart, S. A., & Copeland, A. L. (2020). Smoking and suicidal ideation among college students: Smoking expectancies as potential moderators. *Journal of American College Health*, 69(8), 951-958. <https://doi.org/10.1080/07448481.2020.1719112>.
- Wati, S. H. (2018). *Dampak Merokok terhadap Kehidupan Sosial Remaja: Studi di Desa Mabodo, Kecamatan Kontunaga, Kabupaten Muna*. Makassar: Universitas Negeri Makassar.
- Widyantari, D. D. (2023). Dampak Penggunaan Rokok Elektrik (Vape) Terhadap Risiko Penyakit Paru. *Lombok Medical Journal*, 2(1), 34-38. <https://journal.unram.ac.id/index.php/LMJ/article/download/2477/1212>.
- World Health Organization. (2021). *Global Tobacco Epidemic Report: Youth and Tobacco Use*. Geneva: WHO.
- Yanti, Y. A. E. S., Safitri, A., Sari, A., Anggraini, D., Suryani, K., & Pranata, L. (2022). Persepsi Remaja Yang Berhenti Merokok Dengan Studi Deskriptif. *Jurnal Keperawatan Florence Nightingale*, 5(1), 26-30. <http://ejournal.stikstellamarismks.ac.id/index.php/JKFN/article/view/90>.
- Yoo, W. (2015). The influence of celebrity exemplars on college students' smoking. *Journal of American College Health*, 64(1), 48-60. <https://doi.org/10.1080/07448481.2015.1074238>.
- Yusuf, E. (2016). Pembelajaran berbasis teknologi untuk generasi z. *Widyakala Journal: Journal Of Pembangunan Jaya University*, 3, 44-48. http://ojs.upj.ac.id/index.php/journal_widya/article/view/23.
- Yusuf, Y., Agus, N. I., & Syafar, M. (2021). Pengaruh Intervensi Media Sosial (Whatsapp) dengan Flyer terhadap Perubahan Perilaku Merokok Remaja pada Masa Pandemi Covid-19 di Desa Tomado Kecamatan Lindu. *PREPOTIF: Jurnal Kesehatan Masyarakat*, 5(2). <https://www.academia.edu/download/96733940/pdf.pdf>.

- Zahrani, C. I., & Arcana, I. M. (2020). Determinan Perilaku Remaja Merokok Setiap Hari Di Indonesia. In *Seminar Nasional Official Statistics* (Vol. 2020, No. 1, pp. 519-528). <https://prosiding.stis.ac.id/index.php/semnasoffstat/article/view/412>.
- Zahratul, Z. A., Syukaisih, S., & Maharani, R. M. (2021). Analisis Perilaku Siswa Terhadap Penggunaan Rokok Elektrik (Vape) Di SMK Negeri 5 Pekanbaru Tahun 2020: Analysis of Student Behavior Against the Use of E-Cigarettes (Vape) at SMK Negeri 5 Pekanbaru in 2020. *Media Kesmas (Public Health Media)*, 1(3), 599-612. <https://jom.hip.ac.id/index.php/kesmas/article/view/16>.
- Zailani, M., Nasution, A. F., & Siregar, N. S. (2024). Problems in Organising Non-Formal Religious Education. *Cendekiawan: Jurnal Pendidikan dan Studi Keislaman*, 3(3), 486-498. <https://www.zia-research.com/index.php/cendekiawan/article/view/259>.
- Zis, S. F., Effendi, N., & Roem, E. R. (2021). Perubahan perilaku komunikasi generasi milenial dan generasi z di era digital. *Satwika: Kajian Ilmu Budaya dan Perubahan Sosial*, 5(1), 69-87. <https://ejournal.umm.ac.id/index.php/jicc/article/view/15550>.