ISSE
International Journal of Service Science, Management, Engineering, and Technology
pISSN 2964-7118, eISSN 2830-604X

PUBLIC HEALTH POLICY AND ADOLESCENT SMOKING CONSUMPTION IN SOCIAL AND REGULATORY DIMENSIONS

Fayola Issalillah, Rafadi Khan Khayru

Universitas Sunan Giri Surabaya

correspondence: fayola.issalillah@gmail.com

Abstract - *Public health policies have been developed globally to reduce smoking rates, including among adolescents who are vulnerable to social influences and tobacco industry promotions. This study aims to systematically review various scientific literature discussing the relationship between tobacco control policies and smoking behavior patterns among adolescents. The approach used is a literature review with thematic analysis of scientific publications from the year 2000 to 2012. The analysis results show that the success of the policy is greatly influenced by the policy design itself, the implementation mechanism, and the extent to which the policy is accepted by teenagers as the target subjects. The increase in cigarette prices, the ban on advertisements, graphic warnings, and restrictions on smoking places have varying impacts depending on individual risk perception, social pressure, and health literacy. Moreover, policy communication that aligns with the demographic characteristics of adolescents has a more significant impact compared to normative approaches. This study provides a foundation for the development of sharper policies targeting adolescent smoking behavior and emphasizes the importance of integrating regulatory instruments and social approaches in preventing smoking behavior at a young age.*

Keywords: public policy, tobacco consumption, adolescents, health literacy, tobacco advertising, graphic warnings, social influence

INTRODUCTION

Changes in the public health landscape over the past two decades have positioned public policy as an important tool in regulating population behavior. One of the main focuses of these policies is the control of tobacco consumption, especially among young people. Teenagers become a group that is very vulnerable to the influence of the tobacco industry because they are in a phase of identity searching and tend to experiment (Baig et al., 2017). When exposure to cigarette promotions is not strictly limited, public policy loses its long-term effectiveness in shaping healthy behaviors (Mermelstein, 2014).

Various countries have developed public health policies that include advertising bans, tax increases, graphic warnings on packaging, and smoke-free zones as preventive measures (Pichon-Riviere et al., 2024). However, the impact on smoking habits among adolescents shows a complex variation. Social, cultural, economic, and familial factors also influence the effectiveness of the policy (Ranabhat et al., 2019). Therefore, understanding the relationship between policies and adolescent smoking behavior requires a systematic literature review to more sharply depict these dynamics.

Previous studies indicate that adolescents do not always respond to public policies as expected. Some of them still view cigarettes as a symbol of maturity, rebellion, or a form of self-expression (Dacosta, 2018; Lin et al., 2023). Thus, the structural interventions carried out by the state need to be considered in terms of adolescents' psychological perceptions of authority, social norms, and peer pressure (Rojak, 2022). When policies rely solely on sanctions or prohibitions, their potential for success becomes limited if not balanced by an approach based on social understanding (Giumelli, 2015).

The study of public health policies in relation to adolescent smoking habits is very important to identify gaps in regulatory formulation (Kujipers et al., 2019). Research that combines perspectives from health, sociology, and public policy can provide a more comprehensive view of the effectiveness of the policies that have been implemented. The literature approach allows us to examine the results of relevant previous research, evaluate the strengths and limitations of the policies, and formulate recommendations that are more in line with the dynamics of adolescents as the subjects of the policies.

The main issue that arises in this matter is the persistence of teenage smoking habits despite the widespread implementation of policy interventions (Schreuders et al., 2017). A study by Chaloupka & Grossman (1996) shows that increasing cigarette prices through taxes does reduce consumption levels, but the impact among teenagers is weaker compared to adults due to alternative sources or per-stick purchases. This shows that teenagers are more flexible in responding to policies, so a linear approach is not sufficient.

Research by Wakefield et al. (2002) and Ramadhan (2021)found that health warnings on cigarette packaging have a psychological impact, but are not always effective in changing the behavior of teenagers who already have a positive perception of cigarettes before being exposed to the warnings. When health messages are not internalized, visual policies do not function as intended. That means there is a gap between policy design and behavioral response (Nan et al., 2022).

Another issue is the weak evaluation of anti-smoking policies in measuring their impact specifically on the younger age group. Most statistical reports cover the general population without age segmentation, even though the behavioral dynamics of adolescents are very different (Caswell et al., 2018). This was highlighted by Kenkel (1991) and Charlesworth et al. (2016), who stated that public health policies need to consider target differentiation so that the results can be measured more accurately. Thus, there is an urgent need to examine how adolescents respond to the policy instruments that have been implemented.

Attention to smoking patterns among teenagers is important because the impact does not stop at short-term habits, but continues to the risk of chronic diseases in adulthood. When adolescence is made the starting point of smoking habits, the probability of quitting in the future becomes very small (Reitsma et al., 2021). Moreover, the social and economic costs resulting from young smokers become a burden on the national healthcare system (Goodchild et al., 2018). Therefore, analyzing this pattern through a literature review will open up an understanding of the weak points in the policies that have been implemented so far.

This study is important because adolescence is a crucial period in the formation of long-term preferences. Interventions that fail to reduce smoking consumption during this phase can lead to the perpetuation of habits that are difficult to break. The observation of the effectiveness of policies aimed at adolescents needs to be conducted seriously, not only from the perspective of regulation formulation but also from how the policy is perceived, responded to, and reacted to by the subjects.

This study aims to systematically review various literature that discusses the relationship between public health policies and smoking patterns among adolescents. This review focuses on efforts to evaluate the effectiveness of policy interventions such as visual warnings, price increases, and advertising restrictions on changes in adolescent behavior. The results of this research are expected to provide a scientific basis for formulating more accurate and relevant policies to reduce the number of young smokers.

RESEARCH METHODS

This research is structured using a descriptive-qualitative literature review approach aimed at summarizing, examining, and evaluating various scientific publications related to public health policies and their impact on smoking behavior among adolescents. The literature review was chosen because it allows for the systematic exploration of the diversity of existing research findings. As stated by Hart (1998), this approach provides a framework for understanding how scientific knowledge has developed regarding an issue, as well as assisting in constructing evidence-based arguments that have been previously examined. Source tracing was conducted through academic journals, health research institution reports, and government publications relevant to the policy period and social responses being studied.

The data collection procedure was carried out by identifying articles and documents that discuss the topics of tobacco control, adolescent behavior, and the effectiveness of public policy in public health. The analysis was conducted thematically, by organizing categories based on recurring variables, such as types of policies, implementation channels, and patterns of behavior being studied. According to the guidelines from Machi & McEvoy (2009), thematic synthesis allows researchers to build a coherent narrative structure to explain the patterns of relationships between sources. Additionally, this method takes into account the credibility of the sources, the authors' methodological background, and the validity of the findings to ensure that the study results have high conceptual strength.

RESULTS AND DISCUSSIONS

Adolescents are a group that is very vulnerable to various forms of influence from the social environment, including product promotions that form unhealthy habits. One of the most prominent is cigarette consumption, which has been a serious challenge for public health for years (O'Brien et al., 2021). In the process of forming their identity, teenagers often seek external symbols that are considered to represent maturity or bravery, and cigarettes are frequently used for this purpose. This situation is exacerbated by visual exposure and subliminal messages that infiltrate through various media, making tobacco products appear normal, even appealing, in their eyes (Hertel & Mermelstein, 2016).

Efforts to address this issue have prompted governments in many countries to design stricter policies to limit teenagers' access to and exposure to tobacco products (Bhatnagar et al., 2019). These measures include various regulatory approaches designed to make smoking behavior increasingly difficult to access and socially unacceptable. Minimum age restrictions for purchase, bans on advertising in public spaces, and distribution regulations are some forms of policies that have been implemented to limit the spread of tobacco products, particularly among the younger generation (Prado et al., 2020).

It is important to note that these policies are not only aimed at statistically reducing consumption rates but also at changing the perception attached to cigarettes themselves. When tobacco products are positioned as items with limited access, the accompanying social meaning also changes (Hoek et al., 2022). In this process, legal instruments that are visual and symbolic, such as graphic warnings, play an important role in building a new narrative about the risks and consequences of smoking from an early age (Peters et al., 2016).

The graphic warnings displayed prominently on cigarette packs are intended to raise awareness and provide a strong psychological effect. When these messages are packaged with clear and emotive illustrations, teenagers will find it easier to respond because they touch on the visual aspects they directly perceive (Cameron et al., 2015; Fajar et al., 2021). The effectiveness of such messages has been studied in various research, which shows that conveying risks graphically is more effective in forming initial awareness than technical or scientific verbal information (Dimbleby & Burton, 2020).

Moreover, banning cigarette advertisements is a strategic step in reducing the appeal created through promotional aesthetics. Before the ban was widely implemented, teenagers often became hidden targets in tobacco campaigns that were subtly packaged through entertainment events, sponsorship of activities, and the use of admired figures. When access to those messages is restricted, the space for internalizing smoking as part of a lifestyle also diminishes. Advertising regulations serve as an initial filter to prevent the formation of positive associations with tobacco products (Bhatnagar et al., 2019).

Considering the complexity of social and psychological factors that shape smoking habits in adolescents, public policy must be designed in a multidimensional and adaptive manner. Repressive legal instruments need to be combined with educational approaches that touch on their daily realities. Through exposure restrictions and the reinforcement of health messages, efforts to control smoking consumption at a young age will have a stronger and more sustainable foundation (Vallone et al., 2017).

Public health policies aimed at reducing cigarette consumption among teenagers have become the main focus of various government interventions. In much of the literature, these efforts involve regulatory instruments such as advertising bans, graphic warnings, age restrictions, and tax increases (Radoš Krnel et al., 2023). A study by Lovato et al. (2003) suggested that strict advertising regulations can reduce the likelihood of teenagers being exposed to tobacco product promotions, which is one of the early driving factors in the initiation of smoking. This intervention has the potential to hinder the process of internalizing cigarettes as a symbol of social status among adolescents.

The price of cigarettes is a very sensitive factor in influencing consumption decisions among young age groups. Chaloupka & Wechsler (2000) emphasize that the increase in tobacco prices through tax mechanisms shows a direct effect on the reduction of cigarette consumption among students, who are close in age to late adolescents. Limited purchasing power makes teenagers a group that is very responsive to price changes, although some shift their consumption to other forms such as illegal cigarettes or sharing in small groups (Bhatnagar et al., 2019).

In addition to fiscal approaches, restrictions on smoking areas also influence social perceptions of smoking behavior. Farkas et al. (2000) in their research showed that teenagers living in areas with strict no-smoking regulations are less likely to become active smokers. This is due to the decreased exposure to smoking behavior as an acceptable action in public spaces. The formation of social norms that reject smoking habits has become an indirect effect of the implementation of this policy (Hoek et al., 2022).

Visual warnings on cigarette packaging become part of the risk communication strategy used to convey health messages (Cunningham, 2022). Hammond et al. (2007) in their study found that emotionally strong pictorial warnings tend to be more effective in raising awareness about health risks, especially among teenagers who are just starting to try smoking. However, the level of success varies depending on the extent to which the message is understood and cognitively accepted by young subjects who often reactively respond to external control.

The influence of peers remains a dominant variable that interacts with public policy. According to Ennett et al. (2008), the influence of social groups often weakens the impact of structural policies, because adolescents trust the judgments and behaviors of their peers more than formal instructions from institutions. Therefore, policies that are not supported by a community approach tend to have limitations in reaching the relational dimensions that shape smoking decisions in young people (Zinn, 2019).

Digital media reinforce or weaken policy interventions depending on the content and format of the messages disseminated. In the report by Siegel and Biener (2000), it was found that public service advertisements that touch on emotions and do not preach are more likely to be accepted by teenagers. Meanwhile, campaigns that are narrative in nature and feature personal stories are preferred over messages that use statistical data or harsh prohibitions (Baldwin-Philippi, 2019). This shows that the success of communication policies depends on the delivery format that aligns with the characteristics of the younger generation (Gani, 2022).

The level of health literacy among adolescents also plays a crucial role in measuring the effectiveness of the policy (Okan et al., 2018). Rimal & Real (2003) emphasize that an individual's understanding of health risks does not automatically lead to behavior change if the individual does not have the capacity to interpret information correctly. Therefore, education-oriented policies need to be adjusted to the cognitive and social abilities of adolescents to avoid resistance or misinformation.

Longitudinal research shows that adolescents who are continuously exposed to policies have a greater chance of developing negative attitudes towards smoking (Schreuders et al., 2017). Wakefield et al. (2008) explain that the repetition of messages and the consistency of policy implementation create a social environment conducive to the formation of a healthy identity. This reinforces the idea that a single intervention is not enough to change behavior, but it needs to be built as a comprehensive and continuous policy system.

Compliance with policies by industry players greatly influences the success of interventions. In some countries, tobacco companies tend to exploit legal loopholes or engage in covert marketing tactics (Gannon et al., 2023). DiFranza et al. (2001) noted that although laws prohibit the sale of cigarettes to minors, many teenagers still manage to purchase cigarettes due to weak law enforcement at the local level. Therefore, the success of the policy cannot be separated from the rigor of its enforcement. Without consistent monitoring mechanisms, even the most well-designed regulations may fail to produce intended outcomes. Moreover, enforcement must be accompanied by adequate funding and trained personnel to conduct inspections and implement sanctions. Public awareness campaigns can complement enforcement by encouraging community participation in reporting violations. Additionally, transparency in enforcement practices fosters public trust and deters corporate manipulation. Finally, cross-sector collaboration—between governments, civil society, and health organizations—enhances accountability and ensures that compliance is maintained across the supply chain.

The issue of the availability and accessibility of cigarettes around residential and school environments also has a significant impact. Studier & Slater (2000) state that the more stores selling cigarettes around schools, the higher the prevalence of smokers among students. This geographical factor indicates that zoning policies and distribution control can be additional strategies to reduce the chances of adolescents obtaining tobacco products (Ackerman et al., 2017).

The importance of school involvement in the implementation of health policies becomes an integral part of a strategy that cannot be overlooked. Perry et al. (2003) emphasize that prevention programs integrated into the curriculum and extracurricular activities yield more stable results compared to one-time interventions. Schools serve as a meeting point between formal policies and the social processes that adolescents experience daily (Nieuwelink et al., 2015).

Differences in responses to policies are evident between male and female adolescents. Lawrence et al. (2002) revealed that women are more influenced by tobacco advertisements that highlight body image and independence, while men are more driven by aspects of bravery and masculinity. This means that message segmentation in communication policies needs to be designed according to the demographic and psychographic variables of the target audience (dos Reis et al., 2022; Sajjapong et al., 2022).

The experience of countries with long-term policy interventions shows that a decrease in smoking among adolescents occurs when policies are implemented in a coordinated manner across sectors. Analysis by Thomas et al. (2008) noted that collaboration between local governments, schools, families, and the media can create a cohesive and effective system of influence. Policy fragmentation actually weakens the impact because there is no continuity of narratives that teenagers consistently receive (Parker & Mayock, 2019).

The importance of age-segregated data-based evaluation has been emphasized in many studies. CDC (Centers for Disease Control and Prevention, 2012) states that without youth-specific indicators, policy effectiveness cannot be accurately measured. Aggregate data often hides variations in behavior and perceptions between generations. By disaggregating data, researchers can identify the unique needs of each age group, allowing for more targeted interventions to be designed. Additionally, this approach allows for more inclusive decision-making, by considering the perspectives of younger generations in the policy-making process.

Overall, the literature shows that the influence of public health policies on adolescent smoking patterns highly depends on the policy design, implementation, and the degree of its connection to the social realities of the target subjects. Teen responses are not determined solely by the content of the policy, but by how they relate the policy to their daily lives, group values, and the social structures in which they grow up.

CONCLUSIONS

A literature review on the impact of public health policies on smoking patterns among adolescents shows that policies implemented comprehensively, consistently, and adaptively have great potential in reducing the rate of young smokers. Instruments such as price increases, graphic warnings, promotion restrictions, and bans on sales to minors show varied results depending on design, implementation, and field compliance levels. Psychosocial factors, including peer influence, risk perception, and policy communication patterns, significantly determine how adolescents respond to interventions implemented by the state.

The implications of these findings indicate that policy interventions need to be more contextually directed towards the behavioral and psychosocial characteristics of adolescents. When regulatory approaches synergize with emotional narratives and delivery formats that align with teenagers' communication habits, the chances of success increase. Weaknesses in implementation and message misalignment can cause resistance that actually reinforces the identity of teenagers as smokers. Therefore, policy design should not stop at prohibition, but rather be built within an educational and participatory framework.

The recommendations from this study emphasize the need for an in-depth evaluation of tobacco control policies targeting young age groups. The government and educational institutions need to develop collaborative programs that involve families, schools, and communities so that policies can be translated into behavior. In addition, strengthening age-based data and qualitative research that captures the subjective experiences of adolescents will enrich the design of more realistic, applicable, and effective policies in changing smoking patterns in the next generation.

REFERENCES

Ackerman, A., Etow, A., Bartel, S., & Ribisl, K. M. (2017). Reducing the density and number of tobacco retailers: policy solutions and legal issues. Nicotine & Tobacco Research, 19(2), 133-140.

Baig, S. A., Pepper, J. K., Morgan, J. C., & Brewer, N. T. (2017). Social identity and support for counteracting tobacco company marketing that targets vulnerable populations. Social Science & Medicine, 182, 136-141.

Baldwin-Philippi, J. (2019). Data campaigning: Between empirics and assumptions. Internet Policy Review, 8(4), 1-18.

Bhatnagar, A., Whitsel, L. P., Blaha, M. J., Huffman, M. D., Krishan-Sarin, S., Maa, J., Rigotti, N., Robertson, R. M., Warner, J. J., & American Heart Association. (2019). New and emerging tobacco products and the nicotine endgame: the role of robust regulation and comprehensive tobacco control and prevention: a presidential advisory from the American Heart Association. Circulation, 139(19), 937-958.

Cameron, L. D., Pepper, J. K., & Brewer, N. T. (2015). Responses of young adults to graphic warning labels for cigarette packages. Tobacco control, 24(1), 14-22.

Caswell, H., de Vries, C., Hartemink, N., Roth, G., & van Daalen, S. F. (2018). Age× stage-classified demographic analysis: A comprehensive approach. Ecological monographs, 88(4), 560-584.

Chaloupka, F. J., & Grossman, M. (1996). Price, tobacco control policies and youth smoking. National Bureau of Economic Research Working Paper No. 5740. Cambridge: National Bureau of Economic Research

Chaloupka, F. J., & Wechsler, H. (2000). Price, tobacco control policies and smoking among young adults. Journal of Health Economics, 16(3), 359–373.

Charlesworth A, Or Z, Spencelayh E. Efficiency measurement for policy formation and evaluation. In Health system efficiency: How to make measurement matter for policy and management. Denmark: European Observatory on Health Systems and Policies

Cunningham, R. (2022). Tobacco package health warnings: a global success story. Tobacco Control, 31(2), 272-283.

Dacosta, K. J. (2018). Behavioral communication of cigarette smoking women in Jakarta. International Journal of Science and Research, 8(8), 328-333.

DiFranza, J. R., Savageau, J. A., & Fletcher, K. (2001). Enforcement of underage sales laws as a predictor of daily smoking among adolescents. JAMA, 284(24), 3151–3157.

Dimbleby, R., & Burton, G. (2020). More than words: An introduction to communication. London: Routledge.

dos Reis, R. A., Grant-Muller, S., Lovelace, R., & Hodgson, F. (2022). Different people, different incentives? Examining the public acceptance of smartphone-based persuasive strategies for sustainable travel using psychographic segmentation. International Journal of Sustainable Transportation, 16(1), 1-21.

Ennett, S. T., Bauman, K. E., Hussong, A., Faris, R., Foshee, V. A., & Cai, L. (2008). The peer context of adolescent substance use: Findings from social network analysis. Journal of Research on Adolescence, 18(2), 159–186.

Evendi, W., M. Mujito, & M. S. F. Yulianis. (2021). Peer Friendship and the Establishment of Children's Behavior in Family Life, Journal of Social Science Studies, 1(1), 141 – 146.

Fajar, A.S.M., M. Zakki, D. Darmawan, W. Evendi, & Mujito. (2021). A Socio-Psychological Analysis of Adolescents' Choice of Ideals in an Environment of Social Pressure, Journal of Social Science Studies, 1(1), 251 – 256.

Farkas, A. J., Gilpin, E. A., Distefan, J. M., & Pierce, J. P. (2000). The effects of household and workplace smoking restrictions on quitting behaviours. Tobacco Control, 8(3), 261–265.

Gani, A. (2022). Technology, Social Fragmentation and Polarization in Building Inclusive and Effective Social Networks in Communities, Journal of Social Science Studies, 2(2), 21 – 26.

Gannon, J., Bach, K., Cattaruzza, M. S., Bar-Zeev, Y., Forberger, S., Kilibarda, B., Azari, R., Okwor, U., Lamazzi, M., & Borisch, B. (2023). Big tobacco's dirty tricks: Seven key tactics of the tobacco industry. Tobacco Prevention & Cessation, 9, 39.

Giumelli, F. (2016). The success of sanctions: lessons learned from the EU experience. London: Routledge.

Goodchild, M., Nargis, N., & d'Espaignet, E. T. (2018). Global economic cost of smoking-attributable diseases. Tobacco control, 27(1), 58-64.

Hammond, D., Fong, G. T., McDonald, P. W., Cameron, R., & Brown, K. S. (2007). Graphic Canadian cigarette warning labels and adverse outcomes: Evidence from Canadian smokers. American Journal of Public Health, 94(8), 1442–1445.

Hardyansah, R., D. Darmawan, H. Udjari, & N. H. Pakpahan. (2022). Managing Prosperity through a Minimalist Lifestyle: Social and Economic Implications, Journal of Social Science Studies, 2(2), 163 – 168.

Hariani, M., M. E. Safira, & S. Wahyuni. (2021). Multidisciplinary Education and the Growth of Social Competence in Children, Journal of Social Science Studies, 1(2), 253 – 258.

Hart, C. (1998). Doing a Literature Review: Releasing the Social Science Research Imagination. Thousand Oaks, CA: Sage Publications.

Herisasono, A., R. Hardyansah, R. Nuraini, & Y. Vitrianingsih. (2021). Improving the Effectiveness of Legal Instruments in Addressing Environmental Pollution to Protect Public Health, Journal of Social Science Studies, 1(1), 245 – 250.

Hertel, A. W., & Mermelstein, R. J. (2016). Smoker identity development among adolescents who smoke. Psychology of Addictive Behaviors, 30(4), 1-33. https://doi.org/10.1037/ADB0000171

Hoek, J., Edwards, R., & Waa, A. (2022). From social accessory to societal disapproval: smoking, social norms and tobacco endgames. Tobacco Control, 31(2), 358-364.

Ismail, A. B. (2021). Self-care Practices and Their Implications for Individual Well-being, Journal of Social Science Studies, 1(2), 7 – 10.

Kenkel, D. S. (1991). Health behavior, health knowledge, and schooling. Journal of Political Economy, 99(2), 287–305.

Kuijpers, T. G., Kunst, A. E., & Willemsen, M. C. (2019). Policies that limit youth access and exposure to tobacco: a scientific neglect of the first stages of the policy process. BMC Public Health, 19(825) 1-8.

Lawrence, D., Fagan, P., Backinger, C. L., Gibson, J. T., & Hartman, A. (2002). Cigarette smoking patterns among young adults aged 18–24 years in the United States. Nicotine & Tobacco Research, 4(3), 319–327.

Lin, M., Chu, M., Li, X., Ma, H., Fang, Z., Mao, L., & Chiang, Y. C. (2023). Factors influencing adolescent experimental and current smoking behaviors based on social cognitive theory: A cross-sectional study in Xiamen. Frontiers in public health, 11, 1-14.

Lovato, C., Linn, G., Stead, L. F., & Best, A. (2003). Impact of tobacco advertising and promotion on increasing adolescent smoking behaviours. Cochrane Database of Systematic Reviews, (10).

Machi, L. A., & McEvoy, B. T. (2009). The Literature Review: Six Steps to Success. Thousand Oaks, CA: Corwin Press.

Masnawati, E. & Y. Kurnaiwan. (2022). Social Factors that Shape Reading Habits in Individuals, Journal of Social Science Studies, 2(1), 143 – 146.

Mermelstein, R. J. (2014). Adapting to a changing tobacco landscape: research implications for understanding and reducing youth tobacco use. American journal of preventive medicine, 47(2), 87-89. https://doi.org/10.1016/J.AMEPRE.2014.04.015

Nan, X., Iles, I. A., Yang, B., & Ma, Z. (2022). Public health messaging during the COVID-19 pandemic and beyond: Lessons from communication science. Health communication, 37(1), 1-19.

Nieuwelink, H., Dekker, P., Geijsel, F., & ten Dam, G. (2015). Adolescents' experiences with democracy and collective decision-making in everyday life. In Political Engagement of the Young in Europe (pp. 178-194). London: Routledge.

O'Brien, D., Long, J., Quigley, J., Lee, C., McCarthy, A., & Kavanagh, P. (2021). Association between electronic cigarette use and tobacco cigarette smoking initiation in adolescents: a systematic review and meta-analysis. BMC Public Health, 21(1), 1-10.

Okan, O., Lopes, E., Bollweg, T. M., Bröder, J., Messer, M., Bruland, D., Bond, E., Carvalho, G. S., Soerensen, K., Saboga-Nunes, L., Levin-Zamir, D., Sahrai, D., Bittlingmayer, U. H., Pelikan, J. M., Thomas, M., Bauer, U., & Pinheiro, P. (2018). Generic health literacy measurement instruments for children and adolescents: a systematic review of the literature. BMC public health, 18(166), 1-19.

Oluwatosin, A. & J. A. Rojak. (2023). The Role of Cultural Identity to build Social Cohesion: Challenges, Implications, and Integration Strategies in Multicultural Societies. Bulletin of Science, Technology and Society, 2(1), 56-62.

Özkaya, Z. N. (2022). Dynamics of Conformity in the Formation of Individual Attitudes and Behavior in Groups, Journal of Social Science Studies, 2(2), 27 – 30.

Parker, S., & Mayock, P. (2019). "They're always complicated but that's the meaning of family in my eyes": Homeless youth making sense of "family" and family relationships. Journal of Family Issues, 40(4), 540-570.

Perry, C. L., Williams, C. L., Veblen-Mortenson, S., Toomey, T. L., Komro, K. A., Anstine, P. S., McGovern, P. G., Finnegan, J. R., Forster, J. L., Wagenaar, A. C., & Wolfson, M. (2003). Project Northland: Outcomes of a communitywide alcohol use prevention program during early adolescence. American Journal of Public Health, 86(7), 956–965.

Peters, E., Evans, A. T., Hemmerich, N., & Berman, M. (2016). Emotion in the law and the lab: the case of graphic cigarette warnings. Tobacco regulatory science, 2(4), 404-413.

Pichon-Riviere, A., Bardach, A., Cairoli, F. R., Casarini, A., Espinola, N., Perelli, L., Reynales-Shigematsu, L. M., Llorente, B., Pinto, N., Loza, C., Castillo-Riquelme, M., Roberti, J., Augustovski, F., Alcaraz, A., & Palacios, A. (2024). Health, economic and social burden of tobacco in Latin America and the expected gains of fully implementing taxes, plain packaging, advertising bans and smoke-free environments control measures: a modelling study. Tobacco Control, 33(5), 611-621.

Prado, M., Nazario, S., Sepulveda, M. M., Rezer, O. D., Bergamim, J. S. S. P., Lima, M. S., & Pletsch, A. H. M. (2020). Tobacco associated factors of adolescents. Journal of Health Sciences, 22(2), 196-202. https://doi.org/10.17921/2447-8938.2020V22N2P196-202

Radoš Krnel, S., Levičnik, G., van Dalen, W., Ferrarese, G., & Tricas-Sauras, S. (2023). Effectiveness of regulatory policies on online/digital/internet-mediated alcohol marketing: a systematic review. Journal of Epidemiology and Global Health, 13(1), 115-128.

Ramadhan, G. E. (2021). The Relationship of Illustrated Health Warnings on Cigarette Packaging to Quitting Intentions of Pamulang University Students. Medical Science Journal for Advance Research, 2(2), 51-63.

Ranabhat, C. L., Kim, C. B., Park, M. B., & Jakovljevic, M. (2019). Situation, impacts, and future challenges of tobacco control policies for youth: an explorative systematic policy review. Frontiers in pharmacology, 10,(981), 1-13. https://doi.org/10.3389/FPHAR.2019.00981

Reitsma, M. B., Flor, L. S., Mullany, E. C., Gupta, V., Hay, S. I., & Gakidou, E. (2021). Spatial, temporal, and demographic patterns in prevalence of smoking tobacco use and initiation among young people in 204 countries and territories, 1990–2019. The Lancet Public Health, 6(7), 472–481.

Rimal, R. N., & Real, K. (2003). Perceived risk and efficacy beliefs as motivators of change. Human Communication Research, 29(3), 370–399.

Rojak, J. A. (2022). Societal Perceptions of Smart City Initiatives and Urban Residents' Quality of Life, Journal of Social Science Studies, 2(2), 219 – 224.

Sajjapong, T., D. Darmawan, & A. P. Marsal. (2022). The Role of Social Stereotypes in Shaping Opportunities and Inequalities in Society: Their Impact on Education, Employment, and Intergroup Interactions. Bulletin of Science, Technology and Society, 1(1), 44-49.

Schreuders, M., Nuyts, P. A., van den Putte, B., & Kunst, A. E. (2017). Understanding the impact of school tobacco policies on adolescent smoking behaviour: a realist review. Social Science & Medicine, 183, 19-27.

Scott, L., & Slater, S. (2000). School-based tobacco use prevention programs: A comparison of program characteristics and effectiveness. Journal of School Health, 70(6), 234–241.

Siegel, M., & Biener, L. (2000). The impact of an antismoking media campaign on progression to established smoking: Results of a longitudinal youth study. American Journal of Public Health, 90(3), 380–386.

Thomas, R. E., McLellan, J., & Perera, R. (2013). School-based programmes for preventing smoking. Evidence-Based Child Health: A Cochrane Review Journal, 8(5), 1616-2040.

Vallone, D., Greenberg, M., Xiao, H., Bennett, M., Cantrell, J., Rath, J., & Hair, E. (2017). The effect of branding to promote healthy behavior: reducing tobacco use among youth and young adults. International journal of environmental research and public health, 14(12), 1-13.

Wakefield, M. A., Chaloupka, F. J., Kaufman, N. J., Orleans, C. T., Barker, D. C., & Ruel, E. E. (2008). Effect of restrictions on smoking at home, at school, and in public places on teenage smoking: Cross sectional study. BMJ, 321(7257), 333–337.

Wakefield, M., Morley, C., Horan, J. K., & Cummings, K. M. (2002). The cigarette pack as image: new evidence from tobacco industry documents. Tobacco Control, 11(1), 73–80.

Zahid, R. A. & D. Darmawan. (2022). Analyze the Effect of Social Stereotypes on Intergroup Relations in Society and Social Equality, Journal of Social Science Studies, 2(2), 195 – 200.

Zinn, J. O. (2019). The meaning of risk-taking–key concepts and dimensions. Journal of Risk Research, 22(1), 1-15.