

**CIGARETTE ADDICTION AS THE GATEWAY TO DRUG ADDICTION****Ali Johardi Wirogioto**

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**Abstract**

Smoking is not a cultural heritage of the Indonesian nation. Smoking is a habit that begins in adolescence. WHO data confirms that adolescents have a high tendency to smoke. Initially, smokers were under the age of 18, around 7.2 percent in 2013 and increased to 9.1 percent in 2018. Teenage students are more likely to smoke than adults. It is believed that 1 in 4 drug addicts started as addicted to cigarettes. In contrast, 90 percent of them started being addicted to drugs when they were 18. Because the brain is still developing until the age of 25, if, at that time, the brain was familiar with nicotine, cigarettes would be a gateway to addiction to other compounds, especially alcohol and illegal drugs. This qualitative descriptive study aims to determine what causes cigarette addicts to become drug addicts. The study results show that many factors cause a common thread between cigarette addicts and drug addicts, starting with the desire to try, pressure from peer groups or peer groups, being trapped and eventually falling into drug abuse. The low price during the massive promotion of cigarettes by sponsoring various school activities is considered a supporting factor.

**Keywords:** Cigarette Addict; Drug Addict, Causal Factors; Classification of addicts

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**INTRODUCTION**

The Indonesian population is one of the largest cigarette consumers in the world. It has a cigarette production that is no less large. Smoking is not just a health problem but also involves political, business, social, psychological, and poverty aspects. Even though it is known that the risks of cigarettes are so significant, it is impossible to ban cigarette factories from operating. Moreover, in terms of male and female smoking prevalence, Indonesia ranks first and thirteenth, respectively (Hardesty et al., 2019).

The cigarette industry is a great place to make money in the form of jobs and the most significant tax contributor to the country. Some of the wealthiest people in the country come from the tobacco industry. Cigarettes have long been the main sponsor of various sports programs, especially football

which is very popular in the community. Moreover, according to tobacco industry records, using pack color to entice new customers and foster brand loyalty was deliberate (McKelvey, Baiocchi, Lazaro, Ramamurthi, & Halpern-Felsher, 2019). Cigarette advertisements always show a man who is masculine and adventurous so that he can win the hearts of teenagers who are indeed dreaming of becoming idols.

Along with the times, cigarette consumption as we know it today has become a commodity related to culture. In daily community activities, it is common to use cigarettes as one of the main dishes in addition to drinks and cakes for guests, especially in cooperation activities. In fact, in some areas, cigarettes are also part of the completeness of traditional ceremonies, such as in Bali. The word "cigarette" is also used

as gratitude to people who help with light daily activities (Thabrany, n.d.).

This is what makes cigarettes one of the legalized drugs. Even so far, when drug cases continue to fluctuate, cigarettes are always neglected as the root of the drug problem.

In general, addiction causes the user to completely lose self-control, making it difficult and unable to stop the behavior, despite all efforts made to stop it. This loss of control makes an addict do various things to complete the desire for his opium, regardless of the consequences and risks. It is believed that 1 in 4 drug addicts start with a smoking addiction. Starting from a cigarette addiction continues to become a drug addiction.

## METHOD

This research uses descriptive qualitative. This method aims to determine what causes cigarette addicts to become drug addicts. Qualitative methods are often called natural research methods because the research was conducted in natural conditions (natural setting) (Sugiyono, 2016). A qualitative research method in social sciences collects and analyzes data through words and human actions. Researchers do not attempt to calculate or quantify the qualitative data obtained and thus do not analyze the numbers.

## RESULTS AND DISCUSSION

### 1. Initially, as a Cigarette Addict, then Drug Addict

Based on Government Regulation no. 19 of 2003, it is known that cigarettes are processed tobacco products, including cigars or other forms produced from the *Nicotiana tabacum*, *Nicotiana rustica*, and other species or their synthesis containing nicotine and tar with or without additives.

Armstrong (1991) smoking behavior is defined as the activity of burning tobacco, which is then smoked, either directly using cigarettes or using a pipe (Sitepoe, 2000a). According to Armstrong

(1991), Smoking behavior is an activity of sucking tobacco smoke (Sitepoe, 2000b) that is burned into the body and exhaling it back out. The smoke inhaled through the mouth is called mainstream smoke, while the smoke formed at the end of the burning cigarette, and the smoke exhaled by the smoker is called sidestream smoke. Sidestream smoke causes someone to become a passive smoker.

The risk is not only about smokers (active) but also people around smokers, people who do not smoke but have to inhale cigarette smoke, or people who are around smokers or, from now on, referred to as passive smokers. Passive smokers have indirectly introduced harmful substances into the body along with cigarette smoke that is accidentally inhaled. This condition is more dangerous because the body of passive smokers is not used to the smoke that is inhaled into their bodies (Sarafino & Smith, 2014).

Nicotine has an addictive effect because it can bind to the nicotinic acetylcholine receptors found on nerves in the brain. Activation of this nerve will result in the release of dopamine. Dopamine in the brain increases so that it strengthens brain stimulation and activates the rewards pathway, namely the regulation of feelings and behavior caused by specific mechanisms in the brain. This causes the desire to use nicotine again and triggers physical dependence on nicotine to occur quickly and intensely. In addition, dopamine is a chemical compound produced by the body responsible for feelings of pleasure, joy, motivation, and self-confidence in humans. This effect is desired by smokers who cause addiction. So that if a person consumes cigarettes continuously, it will increase dopamine levels in the body, which results in addiction. There are more than 3000 compounds in tobacco, but nicotine is the most addictive.

Nicotine, which is one component of cigarettes, is a psychotropic stimulant substance. Thus, cigarettes are drugs too. Therefore, cigarettes also have the main characteristics of other drugs: habituation, addiction, and tolerance. Habituation is a feeling of longing that constantly crosses the mind to use a substance so that a person will continue to want to use the substance when hanging out with fellow users. At the same time, addiction is a compulsive urge to use a substance accompanied by signs of dependence.

Dependence itself can be psychological dependence (psychological dependence) or physiological dependence (physiological dependence). Tolerance is an example of physiological dependence; whereas the time of use increases, the subsequent use of the substance requires a larger dose than before to achieve the same pleasing effect. This tolerance will make a smoker, and other drug users, continue to increase the number of cigarettes smoked from time to time. Cigarettes are the cheapest drugs and are sold freely.

A smoker experiences several stages of becoming stage-dependent (Surjaningrum, 2012). The first stage is experimental or trial and error. They start inhaling cigarettes to seek peace and more energy and escape everyday stress. At this stage, a smoker feels confident that he can control his smoking habit. In the next stage, namely regular use, smokers begin to be controlled by the terrible effects of nicotine. At this stage, denial plays an important role. Smokers will deny that they can no longer control their smoking habits, denying that their habit can cause various fatal diseases. The last stage is dependence, where cigarettes have always become a smoker's loyal friend. Without it, smokers will complain of misery from bitter mouth to fever.

Cigarettes are also addictive substances because they can cause

addiction (addiction) and dependence (dependence) for people who smoke. In other words, cigarettes belong to the class of drugs (narcotics, psychotropics, alcohol, and addictive substances). Cigarettes contain approximately 4,000 types of chemicals, of which 40 are carcinogenic (can cause cancer), and at least 200 are harmful to health (Crofton, Horne, & Miller, 2002). The main toxins in cigarettes are tar, nicotine, and carbon monoxide.

Crofton et al. (2002) divide smokers into three categories, namely: 1) Light smokers (1-10 cigarettes per day), also called Becoming a smoker, 2) Medium smokers (11-20 cigarettes per day), Maintenance of Smoking, where individuals begin to be influenced by physiological effects that smoking is a fun activity and smoking is one part of self-regulation efforts, 3) heavy (more than 20 cigarettes per day). At this stage, the smoker is already at the level of addiction, a form of dependence on cigarette consumption.

More and more people are starting to smoke at a young age. These habits generally start from trial and error or because of environmental influences. However, smoking habits that begin in adolescence need to be watched because being a smoker as a teenager can be a sign that in the future, the person will become a drug addict because the brain is still developing until the age of 25. If the brain were familiar with nicotine in cigarettes, it would be a gateway to addiction to other compounds, especially alcohol and illegal drugs. Most drug addicts start their careers by smoking in their early teens. The habit of smoking then continues to become a habit of drinking alcoholic beverages and then continues to consume devil pills.

## 2. Factors that cause Cigarette Addiction to Drug Addiction

Addiction is a condition for someone who does or uses something as a habit, necessity, or obligation because, if not done, it causes discomfort (Darmono, 2006). Thus, drug addiction is a condition for someone who works or uses drugs or narcotics as a necessity. If not used, the perpetrators of drug abuse will experience discomfort.

According to Rodiah (2019), several factors trigger a person to experience drug addiction, including:

### a) Self factor

Self factors include the desire to try out of curiosity and to be accepted in a particular group. Drugs can also be used by someone to vent problems; besides that, drug users usually feel that they are not being cared for by family, especially parents, or someone considered unique.

### b) Environmental factor

Environmental factors include a problematic family or a broken home, their family being drug users or drug dealers, social or community environment, having a lot of wasted free time, and a social environment full of competition and uncertainty.

### c) Narcotics Factor

Narcotics are increasingly easy to obtain, making someone get these illegal drugs quickly and easily. Drugs have many types, ways of use, and different forms of packaging. It is difficult to reveal the crime of the illicit narcotics trade business. Besides, narcotics is a profitable business because The profits generated from the drug business are huge.

Meanwhile, Jehani, (2006) describes several factors that trigger a person to experience drug addiction, including:

### a) Internal factors, namely factors that come from a person, consist of:

1) Personality If a person's personality is unstable, not good, and easily influenced by others, it is easier to fall into drug abuse.

2) Family If the relationship with the family is not harmonious (broken home), someone will easily despair and be frustrated.

3) Economy The difficulty of finding a job creates a desire to work as a drug dealer. Someone who is economically capable enough but lacks sufficient attention from family or enters the wrong environment is more likely to fall into a drug user.

### b) External factors, namely factors that come from outside a person's self that influence action. In this case, the external factors of drug abuse include:

1) Association. Peers have a strong enough influence on drug abuse, usually starting with friends, especially for teenagers with relatively weak mental and personalities.

2) Social/Society, A well-controlled and well-organized community environment will prevent drug abuse and vice versa. Suppose the social environment tends to be apathetic and does not care about the surrounding environment. In that case, it can lead to rampant drug abuse among teenagers.

## 3. Classification of Addicts

Drug abuse can be classified into five parts, and the following are the classifications (Zan & Bethsaida, 2011):

### a) Experiment user

In general, drug users use drugs without any particular motivation and are only driven by curiosity. There is no physical or psychological dependence. Drug users are only occasional, and the doses used are small. This group of users is extensive.

## b) Recreational users

Recreational users are a group that uses drugs more often. However, their use is still limited and only at certain times, such as parties or recreation. Usually, the user has a high attachment to the group, and in general, they do not lead to excessive use.

## c) Situational users

National users are groups of drug users who use drugs when faced with difficult situations because they think they cannot solve problems without the help of drugs. Drug users in this group form specific behavioral patterns that encourage them to repeat their actions or use drugs more often, so they have a greater risk of becoming addicts than in the above group.

## d) Intensified User

Intensified users have used it chronically, at least once a day. This group already feels the need for drugs as a form of pleasure and escape from psychological pressures or problems they are facing.

## e) Compulsive dependence user

With typical symptoms in the form of tolerance for withdrawal symptoms, users will always try to obtain drugs in various ways, such as lying, cheating, and stealing.

## CONCLUSION

On a stick, Cigarettes contain approximately 4,000 types of chemicals, 40 types of which are carcinogenic (can cause cancer), and at least 200 of them are harmful to health. The main toxins in cigarettes are tar, nicotine, and carbon monoxide. Cigarettes are also addictive substances because they can cause addiction (addiction) and dependence (dependence) for people who smoke. Based on the description above, it can be concluded that smokers at the level of addiction, which is a form of dependence on cigarette consumption when it is heavy to

smoke more than 20 cigarettes per day. Most drug addicts start their careers by smoking in their early teens. The factors that cause drug addiction include internal and external factors that influence either directly or indirectly against resistance from within. It is believed that 1 in 4 drug addicts start with a smoking addiction. Starting from addiction to cigarettes, continue to become addicted to drugs.

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