

USE OF POSTERS FOR THE HEALTH PROMOTION OF SMOKING HAZARDS FOR ADOLESCENTS

Lambang Abu Hammas, Wahyu Purwaningsih, Ika Silvitasari

espadaniel12@gmail.com

'Aisiyah Sirakarta University

SUMMARY/DIGEST

Background: Cigarettes are an object that is very detrimental to the human body. The content of cigarettes is toxic and has the potential to damage body cells. In addition, the compounds in cigarette smoke are also carcinogenic or trigger cancer. A cigarette contains 250 types of toxic substances and 70 types of substances that are known to be carcinogenic. Deaths from cigarette consumption also increase every year. Posters are a simple medium that can be used to promote health or convey other things because they directly contain the things that you want to appeal or convey clearly without any length. In delivering the poster so that the content or meaning can be received well, it is better if a poster must be easy to remember, easy to read and easy to paste anywhere. A well-made design can also attract the attention of the reader's eye and curiosity, by using bright colors and titles that invite the reader's curiosity. This poster can be used by students / the general public to increase knowledge about the dangers of smoking.

Purpose: to change the smoking behavior of the community, especially adolescents. **Method:** Poster with the title "Stop Smoking Now! Or You Are Transported" was chosen as a communication medium in providing information on health and the dangers of smoking to adolescents. **Conclusion:** Poster "Stop Smoking Now! Or You Are Transported" This contains the dangerous content in cigarettes, smoking-related diseases, the number of cases of smoking-related diseases and the benefits of quitting smoking which are expected to change smoking behavior.

Keywords: Cigarette posters, the dangers of smoking, adolescents, health promotion of the dangers of smoking.