

# Effectiveness of Short Movie and Mind Mapping Towards Fear and Awareness Active Smokers for Stop Smoking to Members of M.P.A Mauna Kea University of Kadiri

*by* IJMR IIKNU

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**Effectiveness of Short Movie and Mind Mapping Towards Fear  
and Awareness Active Smokers for Stop Smoking to Members of  
M.P.A Mauna Kea University of Kediri**

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#### ABSTRACT

**Background:** Smoking is a health problem most problems around us, especially in adolescents. One of the efforts of health workers to prevent an increase in the number of smokers through health promotion by using media that is by the times, is interesting and easily accessible by all groups. By using the media short movie and mind mapping in the delivery of a message in the health promotion involves the sense of sight and hearing. This study aims to determine the effectiveness of short movie and mind mapping in active smokers of members of the M.P.A UKM Mauna Kea University of Kediri, Kediri City.

**Methods:** This study uses an experimental Quasi design with the Post Test Only Control Group Design approach. The population in this study 140 people. Sampling was done through a random sampling method with the final number of 40 people. Research data collected by Google form. Data analysis with independent sample T-test and ANOVA test.

**Results:** After the intervention was given the short movie with a mean value of 14.85, while a mind mapping of 12.60,  $p=0.116$  which means  $> 0.05$ . While the awareness variable was obtained from the short movie with a value of 14.50, while mind mapping 12.70,  $p=105$  which means  $> 0.05$ . Because values above  $> 0.05$ , statistically there is no difference between short movie and mind mapping. This means the two groups are identical on average (the average results from providing health education using short movie and mind mapping are the same).

**Conclusion:** So that both media are equally effective in delivering educational messages to increase the fear and awareness of active smokers to stop smoking.

**Keywords:** Short movie, mind mapping, fear, awareness

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#### BACKGROUND

Researchers from America Cancer Society found this after analyzing the health records of 346,000 adults aged 35 years and over who died of all 12 cancers in 2011. The result, 168,000 deaths could be attributed to smoking. In proportion, smoking most often causes death from lung cancer (80.2 percent) followed by laryngeal cancer (76.6 percent). However, half the deaths from throat, esophageal, and bladder cancers are also caused by smoking. According to Yudhe, 2013 some chronic diseases caused by smokers among other things are cancer of the throat, digestive cancer, kidney cancer, throat cancer, mouth cancer, heart disease, atherosclerosis, obstructive pulmonary, hypertension, impotence, fertility disorders not only that which is a chronic disease that due to smoking but breast cancer,

cervical cancer experienced by women can also be triggered by smoking besides smoking also causes disturbances in the five senses such as cataracts and greater risk of loss of vision and more often experience disorders of the mouth area such as toothaches, gums and canker sores.

The number of smokers in the world is very high with the WHO World Health Organization has a campaign of the dangers of smoking and consuming tobacco which is commemorated every May 31 per year as World No Guessing Day (HTTS). Tobacco and Heart Disease became a highlight of the HTTS celebration last year 2018. Given the mutually sustainable relationship between tobacco and cigarette consumption with the side effects of heart disease. And if the two become one it will cause chronic illness and risk of death which is the reward. Along with the 2018 HTTS celebration, the WHO World Health Organization said the number of smokers in the world reached one billion smokers in the world or about one-seventh of the global population, nearly 11 million cigarettes smoked in the world, and every minute 10 people die because of it. The largest percentage of smokers occupied by the People's Republic of China or China with several smokers as many as 315 million smokers with a population of 1.3 billion, with 315 million smokers in the RTT of the People's Republic of China or China is 1/7 the total human population throughout the world (World Health Organization, 2018).

According to Riskesdas, 2018 the percentage of active smokers in Indonesia was 62.9% of them, there were 33.8% active smokers aged over 15 years, 24.3% active smokers aged less than 15 years and the remaining 4.8% were smokers of different types of female genitalia (Riskesdas, 2018). While the active smokers in East Java the percentage is 28.11% over the age of 10 years, for ages 10-18 years the percentage is 23.9% for smokers with a frequency every day and for the percentage of smokers with a frequency of sometimes 4.2 %.

In 2015, one Central Statistics Agency in East Java conducted a census of how many cigarettes were smoked for 1 week in all districts of East Java and the number of cigarettes smoked for 1 week 1-36 cigarettes 22.39%, 37-60 cigarettes 23.64%, ≥60 cigarettes 53.97%. Statistics Of Pasuruan Municipality 2015, the number of cigarettes smoked per week in Kediri regency with 1-36 cigarettes totaling 55.87%, the number between 37-60 cigarettes totaling 11.95% while > 60 cigarettes totaling 32.18%. For the city of Kediri, the number of 1-36 cigarettes is 23.21%, between 37-60 cigarettes and 0.00, but in the number of 60 cigarettes, 76.79% is the highest percentage with the highest number of cigarettes smoked in a week. Kediri.

One of the efforts made by the government and community groups is to create a variety of public service announcements (PSAs) regarding the risks and dangers of smoking. Generation Z is one form of advancing technology in the field of information and communication is the mass media, which is the understanding of mass media according to (Bungin, 2016) is a media of communication and information that disseminates a mass of information and can be accessed by the general public. With the rapid development of technology, almost everyone accesses information using smartphones based on Android OS and iOS, by using short movie and mind mapping in digital form as a health promotion media that can be accessed by everyone with a smartphone anytime.

## METHODS

This study included some material related to the research including the concept of health promotion, the concept of the short movie, the concept of mind mapping, the concept of fear of the concept of awareness. The research method uses the Quasi Experiment approach. Quasi Experiments are also called experiments like pure or as if pure.



Experimental research uses a Post Test Only Control Group research design. This design is the simplest design of the actual experimental design because respondents are chosen randomly and given treatment and there is a control group (Sarwono, 2016). This method is Quasi-Experimental. This experiment was conducted to prove the effectiveness of the short movie and mind mapping method of the fear of active smokers and awareness to stop smoking in students of M.P.A UKM members of Mauna Kea, Kediri University. The Post Test Only Control Group Design can be described

Xa O2

Xb O2

Xc C

Explanation :

O1 : Pre Test

X : Intervention

O2 : Post Test

I : Intervention group

C : Control Group

This research had conducted an ethic test by the health research ethics committee institute of health science STRADA Indonesia and got a description of ethical approval with the number: 1634/KEPK/XI/2019

## RESULT

### Overview of Research Sites

The research "Effectiveness of Short Movie and Mind Mapping Against Fear and Awareness Active Smokers for Stop Smoking to members of the M.P.A Mauna Kea UKM University attended" was conducted on active smokers on the members of the M.P.A Mauna Kea UKM Kediri University located at Selomangleng Street 1 Pojok Mojoroto Kediri District, East Java. UKM M.P.A Mauna Kea is an organization at a university that is engaged in the field of natural love. This UKM was established on March 28, 2005. This UKM is engaged in socializing activities about the nature of the community, nursery, and planting and climbing mountains, rock climbing is used as an activity to increase the value of UKM members, besides that MPA Mauna Kea UKM is also actively participating in competitions in and out of town. Until now there are 140 members.

Table 1. Frequency distribution of respondent characteristics.

Intervention	Age	Total	%
Short movie	≤ 20 y.o	5	25%
	21-24 y.o	13	65%
	≥ 25 y.o	2	10%
Mind mapping	≤ 20 y.o	6	30%
	21-24 y.o	11	55%
	≥ 25 y.o	3	15%
Control group	≤ 20 y.o	13	65%
	21-24 y.o	7	35%
	≥ 25 y.o	0	0
Total		20	100%

Table 2. Frequency distribution of fears of active smokers to quit smoking after being given intervention.

Intervention	Category		Total	%
Short movie	Afraid	Unafraid	20	100%
	15	5		
Mind mapping	Aware	Unaware	20	100%
	16	4		
Control group	Afraid	Unafraid	20	100%
	12	8		
Control group	Aware	Unaware	20	100%
	11	9		
Control group	Afraid	Unafraid	20	100%
	3	17		
Control group	Aware	Unaware	20	100%
	4	16		

Table 3. Analysis of the effectiveness of a short movie with a control group on fears of active smokers to stop smoking

Variable	Category	N	Mean	Sig. (2tailed)
Fear	Intervention	20	14,85	0,000
	Control	20	7,20	

Based on the table shows that the results of statistical tests conducted by independent sample T-test to 20 respondents with the results of the mean value of the intervention group of 14.85 and control of 7.20. In this test using an error degree of 0.05 and the results obtained a p-value of .000. If the p-value < degree of error then the hypothesis is accepted. Which means that there is effectiveness in giving short movie to the fear of active smokers to stop smoking, compared to the control group.

Table 4. Analysis of the effectiveness of a short movie with a control group on the awareness of active smokers

Variable	Category	N	Mean	Sig. (2tailed)
Awareness	Intervention	20	14,50	,000
	Control	20	10,05	

Based on the table shows that the results of statistical tests conducted by independent sample T-test to 20 respondents with the mean value of the intervention group of 14.50 and control of 10.05. In this test using an error degree of 0.05 and the results obtained a p-value of .000. If p movie value < degree of error then the hypothesis is accepted. Which means there is effectiveness in giving short movie to awareness of active smokers to stop smoking, compared to the control group.

Table 5. Analysis of the effectiveness of mind mapping with a control group on the fear of active smokers to stop smoking

Variable	Category	N	Mean	Sig. (2tailed)
Fear	Intervention	20	12,60	,000
	Control	20	7,20	

Based on table 5 shows that the results of statistical tests conducted by independent sample T-test test to 20 respondents with the results of the mean value of the intervention group of 12.60 and control of 7.20. In this test using an error degree of 0.05 and the results obtained p-value of .000. If p-value < degree of error then the hypothesis is accepted. This means that there is effectiveness in providing mind mapping to the fear of active smokers to stop smoking, compared to the control group.

Table 6. Analysis of the effectiveness of mind mapping with a control group on the awareness of active smokers to stop smoking

Variable	Category	N	Mean	Sig. (2tailed)
Awareness	Intervention	20	12,70	,015
	Control	20	10,05	

Based on table 6 shows that the results of statistical tests conducted by independent sample T test to 20 respondents with the mean value of the intervention group of 12.70 and control of 10.05. In this test using a degree of error of 0.05 and the results obtained p value of 015. If p value < degree of error then the hypothesis is accepted. This means that there is effectiveness in providing mind mapping to the awareness of active smokers to stop smoking, compared to the control group.

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 Table 7. Analysis of the effectiveness of short movie and mind mapping of the fears and awareness of active smokers to stop smoking

Variable	Media	N	Mean	Sig. (2tailed)
Fear	Short movie	20	14,85	0,116
	Mind mapping	20	12,60	
Awareness	Short movie	20	14,50	0,105
	Mind mapping	20	12,70	

Based on table 7 shows that the results of statistical tests conducted by independent sample T-tests to 40 respondents which are divided into 2 groups namely, short film and mind mapping. For the fear variable, the result of the short movie is obtained with a mean value of 14.85 while mind mapping is 12.60 with a p value, 116 which means > 0.05. While the awareness variable was obtained from the short movie with a value of 14.50 while mind mapping 12.70 with a p value, 105 which means > 0.05. Because values above > 0.05 are the specified degree of error, statistically there is no difference between short movie and mind mapping with values obtained p value for short movie, 116 and mind mapping, 105. This means the two groups are identical on average (the average result of health education using short movie and mind mapping is the same) or in other words, there is no difference between health education using short movie and mind mapping.

Table 8. Analysis of the Differences in the Effectiveness of Short Movie and Mind Mapping Against the Fear of Active Smokers to Stop Smoking.



	Variable	Sig
Homogeneity		,654
ANOVA	Fear	,000
Tukey HSD		,241

p value is obtained from homogeneity with sig value, 654 which means  $> 0.05$  so  $H_0$  is accepted and it can be concluded that the variation between groups spreads homogeneously, so it can be done to ANOVA test.

The hypothesis for the ANOVA test is as follows:

$H_0$ :  $H_0$  to the 3 groups have an average fear value same

$H_1$ :  $H_1$  has at least 1 group from the 3 groups have different fear values

The sig value obtained from the ANOVA test that has been done is equal to 0.000 which means  $< 0.05$  so that  $H_0$  is rejected. So it can be concluded that there is at least 1 group that has an average value of fear that is different from the 3 groups tested, so it can be done for the next test. The Tukey HSD test results show that:

- Giving short movie and mind mapping, sig value is 0.241, so  $H_0$  is rejected and can be summarized. There is no difference between giving a short movie and mind mapping.
- The provision of short movie and mind mapping compared to the control group obtained sig value of 0.000 so that  $H_0$  is accepted it can be concluded there is a difference between giving short movie, mind mapping and control.

Table 9. Homogeneous Subsets

Intervention	N	Subsets for alpha	
		1	2
Control	20	7,20	
Mind Mapping	20		12,60
Short Movie	20		14,85
Sig.		1,000	,241

At the Homogeneous Subsets stage, it can be seen from the 3 groups that initially it turned out that after statistical analysis using the ANOVA test it was divided into 2 groups:

- group 1 consisted of controls given interventions using PDF narratives
- group 2 consisted of providing interventions using short movie media and mind mapping

From the results of Homogeneous Subsets output, it can be seen that giving short movie is the most effective, it can be seen from the average value.

Table 10. Analysis of the Differences in the Effectiveness of Short Movie and Mind Mapping Against Awareness of Active Smokers to Stop Smoking

	Variable	Sig
Homogeneity		,231
ANOVA	Awareness	,000
Tukey HSD		,204

p value is obtained from homogeneity with sig value, 231 which means  $> 0.05$  so that  $H_0$  is accepted and it can be concluded that the variance between groups spreads homogeneously, it can be done to ANOVA test.

The hypothesis for the ANOVA test is as follows:

$H_0$ :  $H_0$  to the 3 groups has an average awareness value same

$H_1$ :  $H_1$  has at least 1 group from the 3 groups has a different awareness value

Table 11. Homogeneous Subsets

Intervention	N	Subsets for alpha	
		1	2
Control	20	10,05	
Mind Mapping	20		12,70
Short Movie	20		14,50
Sig.		1,000	204

At the Homogeneous Subsets stage, it can be seen from the 3 groups that initially it turned out that after statistical analysis using the ANOVA test it was divided into 2 groups:  
 a. group 1 consisted of controls given intervention using PDF narration  
 b. group 2 consisted of providing interventions using short movie media and mind mapping

From the results of Homogeneous Subsets output, it can be seen that giving short movie is the most effective, it can be seen from the average value.

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 Table 12. Crosstab Analysis of the Effectiveness of Short Movie and Mind Mapping Against the Fears and Awareness of Active Smokers to Stop Smoking

		Fear (short movie)		Total
		afraid	unafraid	
Age (Short Movie)	≤20 y.o	5	0	5
	21-24 y.o	10	3	13
	≥25 y.o	0	2	2
Total		15	5	20

Based on table shows that 20 respondents were crosstable after being intervened using short movie. Most of those who have fear are respondents aged between 21 years to 24 years with a total of 13 people 10 of whom have fear after being given an intervention.

Table 13. Crosstab Analysis of the Effectiveness of Short Movie on Awareness of Active Smokers To Stop Smoking

		Awareness (Short Movie)		Total
		aware	unaware	
Age (Short Movie)	≤20 y.o	5	0	5
	21-24 y.o	11	2	13
	≥25 y.o	1	1	2
Total		17	3	20

Based on the table shows that 20 respondents were crosstable after being intervened using short movie. Most of those who have awareness are respondents aged between 21 years and 24 years with a total of 13 people 11 of whom have awareness after being given an intervention.

Table 14. Crosstab Analysis of the Effectiveness of Mind Mapping Against the Fear of Active Smokers To Stop Smoking

		Fear (mind mapping)		Total
		Afraid	Afraid	
Age (Mind Mapping)	≤20 y.o	3	1	4
	21-24 y.o	9	4	13
	≥25 y.o	2	1	3
Total		14	6	20



Based on the table shows that 20 respondents were **crossstable** after being given an intervention using mind mapping. Most of those who have fear are respondents aged between 21 years to 24 years with a total of 13 people 9 of them have fear after being given an intervention.

Table 15. **Crosstab** Analysis of the Effectiveness of Mind Mapping Against Awareness of Active Smokers to Stop Smoking

		Awareness (Mind Mapping)		Total
		aware	unaware	
Age (Mind Mapping)	≤20 y.o	3	1	4
	21-24 y.o	10	3	13
	≥25 y.o	1	2	3
Total		14	6	20

Based on the table shows that 20 respondents were **crossstable after being intervened** using mind mapping. Most of those who have awareness are respondents aged between 21 years and 24 years with a total of 13 people 10 of whom have awareness after being given an intervention.

## DISCUSSION

### A. **An analysis of the effectiveness of short movies with a control group on fears of active smokers to stop smoking to members of the M.P.A UKM Mauna Kea at Kadiri University in January 2020.**

The results of the analysis that have been carried out are 20 respondents with a mean value of the intervention group of 14.85 and control of 7.20. In this test using a degree of error of 0.05 and the results obtained a value of .000. **If p value < degree of error then the hypothesis is accepted**. The results were obtained from 2 groups, namely the short movie **treatment** group and the control group given PDF narration. For the short movie group, the fear **variable** after being treated in the form of short movie, from 20 respondents the fear category is 15 people (75%) and the fear **category** is 5 people (25%). While the control group was afraid after being given a treatment in the form of PDF narratives from 20 respondents in the fear category totaling 3 people (15%) and the non-fear category totaling 17 people (85%). From the above explanation which means there is effectiveness in giving short movies to the fear of active smokers to stop smoking, compared to the control group. Fear according to Lucky Selvister, 2010 is a basic emotional condition in individuals when they begin to identify external dangers originating from other objects that can make a person feel his defenses are being attacked.

Another previous study in 2018 entitled Effective Persuasion Model Using the Fear Appeal Approach: Experimental Study by Eriyanto & Irwa R. Zarkasih from the Indonesian Communication Journal forum developed a strategy of a persuasive model using a fear approach (fear appeal) ) **An experimental study of the dangers of smoking**. This study examines the effect of a persuasive message form on audience motivation and whether there is an effect of the form of a persuasive message on audience motivation to follow this persuasive message. The meaning of persuasive messages is persuasion messages with various levels of threat and efficacy.

Considering that in every cigarette package there is also a message about the dangers of smoking, but it is felt to be less effective in suppressing the number of active smokers, researchers are developing health education methods to cause a fear of the dangers of smoking. It is expected that the development of innovations in providing health education about the dangers of smoking and its effects can cause fear and a sense of wanting to stop not consuming cigarettes. That way can reduce the number of existing smokers.

**B. An analysis of the effectiveness of short movies with a control group on the awareness of active smokers to stop smoking to members of M.P.A UKM Mauna Kea at Kadiri University in January 2020.**

Previous research entitled Effective Movie as a Media for Health Promotion for the Community by R Yudi Rachman Saleh from Padjadjaran University in 2016, this study aims to make smokers among adolescents able to complete, clear and true knowledge about the adverse effects of smoking on health so that they appear confidence to dare to refuse cigarettes. The existence of this research can refer to a health education method for researchers with a more concise innovation into a shorthand movie or a short movie/ video but can still package all themes about the dangers of smoking.

By making awareness or awareness as a variable in this study it is expected that active smokers can understand and understand the conditions if continuing to consume cigarettes means endangering their health with this time researchers make awareness or awareness as a variable in this study.

The results of the analysis that have been carried out are 20 respondents with the mean value of the intervention group of 14.50 and control of 10.05. In this test using a degree of error of 0.05 and the results obtained p value of .000. If p value < degree of error then the hypothesis is accepted. The results were obtained from 2 groups, namely the short movie treatment group and the control group given PDF narration. For the short movie group, the awareness variable after being treated in the form of a short movie, out of 20 respondents amounted to 16 people (80%) and the unconscious category numbered 4 people (20%). Whereas the control group of the awareness variable after being treated in the form of PDF narratives from 20 respondents in the conscious category was 4 people (20%) and the unconscious category was 16 people (80%). From the above explanation, it means that there is effectiveness in giving short movies to the awareness of active smokers to stop smoking, compared to the control group. Abraham Maslow in his humanistic theory argues about self-awareness is understanding and understanding who we are, how to be ourselves, know the potential we have, what style we have, what is rare that we will take, what we feel, believe what we have and what we believe in and know where we are going.

**C. Analysis of the effectiveness of mind mapping with a control group on the fear of active smokers to stop smoking to members of the M.P.A UKM Mauna Kea at Kadiri University in January 2020.**

The results of the analysis that have been carried out are 20 respondents with the mean value of the intervention group of 12.60 and control of 7.20. In this test using a degree of error of 0.05 and the results obtained p value of .000. If p value < degree of error then the hypothesis is accepted. The results were obtained from 2 groups, namely the mind mapping treatment group and the control group that was given a PDF narrative. For the mind mapping group, the fear variable after being treated in the form of mind mapping, from 20 respondents the fear category is 12 people (60%) and the fearless category is 8



people (40%). While the control group was afraid after being given a treatment in the form of PDF narratives from 20 respondents in the fear category totaling 3 people (15%) and the non-fear category totaling 17 people (85%). From the above explanation, it means that there is effectiveness in giving mind mapping to the fear of active smokers to stop smoking, compared to the control group. Seligman (1975) and Schwartz (1989) (Gleitman, 1991) say that fear is an emotional originating from a specific object and fear of a basic emotion that exists in every human being.

Previous research entitled The Effect of Health Education Mind Mapping Method on School-Age Ability in Caring for Dental and Mouth Health by Putri Nurvita Dwi Farma from the University of Jember. This study uses the mind mapping method to determine the ability of school-age children to care for their teeth. That way the researchers made this previous research as a reference in developing health education methods, in this study mind mapping is used as a medium for the fears of active smokers to stop smoking. One of the efforts to minimize chronic diseases by preventive in the form of education or health promotion. One of the causes and things that aggravate chronic diseases is smoking with preventive efforts using a mind mapping approach containing the theme of the dangers and effects of smoking.

**D. Analisis efektivitas mind mapping dengan kelompok control terhadap awareness perokok aktif instuk berhenti merokok kepada anggota UKM M.P.A Mauna Kea di Universitas Kadiri pada bulan Januari 2020.**

From the research which is still the same as the title, The Effect of Health Education Mind Mapping Method on School-Age Ability in Caring for Dental and Mouth Health. This study is a reference for researchers to be used as a medium in research, in order to know the awareness of active smokers to stop smoking. Using mind mapping of both brains can work synergistically because notes that are creative, effective, can map our minds then add color and other things that can strengthen emotions. That way researchers can find out the effectiveness of mind mapping on the awareness of active smokers to stop smoking.

The results of the analysis that have been carried out are 20 respondents with the mean value of the intervention group of 12.70 and control of 10.05. In this test using a degree of error of 0.05 and the results obtained p value of 0.15. If p value < degree of error then the hypothesis is accepted. The results were obtained from 2 groups namely the mind mapping treatment group and the control group that was given a PDF narrative. For the mind mapping group, the awareness variable after being treated in the form of mind mapping, of the 20 respondents in the conscious category were 11 people (55%) and the unconscious category was 9 people (45%). Whereas the control group of the awareness variable after being treated in the form of PDF narratives from 20 respondents in the conscious category was 4 people (20%) and the unconscious category was 16 people (80%). From the above explanation, it means that there is effectiveness in providing mind mapping to awareness of active smokers to stop smoking, compared to the control group. Self-awareness is a condition where someone can understand themselves very precisely. Called having self-awareness if someone can understand emotions and moods that are being felt, critical of all information about the real self (Achmanto Mendatu, 2010).

**E. Analisis of the effectiveness of short movie and mind mapping of the fears and awareness of active smokers to stop smoking to members of the M.P.A UKM Mauna Kea at Kadiri University in January 2020.**



The results of statistical tests conducted by the independent sample T test for 40 respondents were divided into 2 groups namely, short movie and mind mapping. For the fear variable, the result of the short movie is obtained with a mean value of 14.85 while mind mapping is 12.60 with a p value, 116 which means  $> 0.05$ . While the awareness variable was obtained from the short movie with a value of 14.50 while mind mapping 12.70 with a p value, 105 which means  $> 0.05$ . Because values above  $> 0.05$  are the specified degree of error, statistically there is no difference between short movie and mind mapping with values obtained p value for short movie, 116 and mind mapping, 105. This means the two groups are identical on average (the average result of health education using short movie and mind mapping is the same) or in other words, there is no difference between health education using short movie and mind mapping. From the results of previous studies contained in the discussion of sub-chapters A, B, C and E both of these methods are very effective in delivering information no exception in the delivery of health information. Concerning previous studies, researchers developed and combined these two media in this study to contribute to increasing the number of active smokers.

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**F. Analysis of the differences in effectiveness of short movie and mind mapping on the fears and awareness of active smokers to stop smoking to members of the M.P.A UKM Mauna Kea at Kediri University in January 2020.**

In previous studies, 2 studies were almost the same as my current research but the first, in 2012 entitled "The Effect of Health Education Mind Mapping Methods on School-Age Ability in Caring for Dental and Mouth Health in Sd Tepos Situbondo Regency" Differences in draft plans My proposal with this journal lies in the number of variables, respondents and the number of health promotion media. The conclusion of this research is the influence of Health Education with the Mind Mapping Method on the Ability of School Age Children in Caring for Dental and Mouth Health. The second study, in 2014 with the title Effective Movie As a Media for Health Promotion for the Community the difference between my draft proposal and this journal lies in the variable and number of health promotion media. Conclusion In this research, adolescents as a target audience can be interested and enthusiastic to see the movie and can obtain complete, clear and true knowledge, which leads to an increase in attitude and foster motivation.

While the results of my current research which is the p value obtained from homogeneity with sig value, 654 which means  $> 0.05$  so that  $H_0$  is accepted and it can be concluded that the variation between groups spread homogeneously, then it can be done to anova test. The sig value obtained from the ANOVA test that has been done is equal to 0.000 which means  $< 0.05$  so that  $H_0$  is rejected. From the Tukey HSD test results obtained by giving short movie and mind mapping obtained sig value of 0.241 so that  $H_0$  is rejected and can be summarized there is no difference between short movie and mind mapping. The difference between short movie and mind mapping from the results of subsets for alpha for the fear category is:

Mind mapping: 12,60

Short movie : 14,85

p value is obtained from homogeneity with sig value, 231 which means  $> 0.05$  so that  $H_0$  is accepted and it can be concluded that the variance between groups spreads homogeneously. The sig value obtained from the ANOVA test that has been done is equal to 0.000 which means  $< 0.05$  so that  $H_0$  is rejected. From the Tukey HSD test results obtained by giving short movie and mind

mapping obtained  $sig$  value of 0.204 so that  $H_0$  is rejected and can be summarized there is no difference between giving short movie and mind mapping. The difference between short movie and mind mapping from the results of subsets for alpha for the awareness category is:

Mind mapping: 12,70

Short movie : 14,50

From the results of the Homogeneous Subsets output from both variables, fear and awareness, it can be seen that giving short movie is the most effective. This can be seen from the average value. Both of these media are very effective in delivering a health education message, but there are differences between the two media. This difference does not differ much and does not indicate a gap between the two, so it is not like the difference with the media given to the control group which is a PDF narrative. Although short movie are more effective than mind mapping, the difference between the two media is not too prominent, but some people prefer the media to deliver briefly and can lead assumptions, as well as the results of the two studies before my research. Both of these media are very effective in delivering messages to all groups.

## CONCLUSION

1. Giving short movie effectively increases the fear of active smokers to quit smoking compared to the control group
2. Giving short movie effectively increases the awareness of active smokers to quit smoking compared to the control group
3. Provision of mind mapping effectively increases the fear of active smokers to quit smoking compared to the control group
4. Provision of mind mapping is effective in increasing awareness of active smokers to stop smoking, compared to the control group
5. Both media can increase fear and awareness with the average identical group (the average results from giving using short movie and mind mapping are the same) or in other words, there is no difference between health education using short movie and mind mapping
6. Both of these media, short movie and mind mapping have differences in the results of the p value, Tukey HSD, and homogeneous subsets.

## ACKNOWLEDGMENTS

The author is thankful to the respondents for their valuable information and their awareness to participate in this research.

## CONFLICTS OF INTEREST

The author declares that they have no conflict of interest

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