

## ABSTRACT

**Virda Ismi Aulia, TEENANGERS SMOKING BAHAVIOUR CHANGES. Skripsi. Jakarta: Majoring Social Education, Faculty of Social, University of Jakarta, 2016.**

This study attempts to assess extracurricular activities futsal smoking behavior in order to change its members. The research was conducted in 18 Junior High School Tangerang for four months from february until may 2016. Research methodology used qualitative, using technique data collection through observation, interview, field notes, documentation, and the literature study. Methods used in analysis data is reduction data, presentation of data, the withdrawal of conclusion. The subject of this research, such as a people Vice Principal , a people Teachers , a people Futsal Coach , and 10 members futsal extracurricular. The focus of this research includes: the process of changing smoking behavior that happens in extracurricular futsal.

The research results show: (1) the process of changing behavior smoked in extracurricular futsal done by the provision of a stimulus and supported with the environment, (2) communication between coaches with players and with other players help behavior changes smoking, (3) strategy the behavioral changes smoking good affect on the behavior smoking that occurred in extracurricular futsal, that strategy increase in the number of oxygen in the body ( $VO_2$ Max) performed with circuit training method and mental training method.

*Keywords: Behavior Changes Smoking, Extracurricular, Teenagers, Futsal*