**Application of Education Through Audio-Visual Media to Adolescent Knowledge about the Dangers of Cigarettes to Health at SMPN 10 Jambi City**

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ABSTRACT

**Background:** Adolescence is a time of change or transition from childhood to adulthood that includes biological, psychological, and social changes. Adolescence usually begins at the age of 10-14 years and ends at the age of 18-22 years. For adolescents who smoke, of course, it puts them at a very serious risk to their health, this is because adolescents are still at the age of growth both on a physical and emotional level. Experts reveal that adolescents who smoke are much more at risk of disease than adults who smoke. Young men began smoking in their youth in response to peer pressure. Health education efforts through audiovisual media (video) are given to increase the knowledge and attitude of adolescents about the dangers of smoking, so that in the future it can reduce the number of smokers in early adolescence and increase adolescent compliance not to smoke and stay away from cigarettes.

**Method:** This study uses a descriptive method through audiovisual media. The subjects in this study were 2 adolescents aged 12-14 years who had never received health education about the dangers of cigarettes to health, with questionnaire measuring tools in the form of pre-test and post-test.

**Results:** There was a change in knowledge before and after being provided with health education about the dangers of cigarettes to health through audiovisual media. The results in the knowledge category are good with a percentage of 80%.

**Conclusion:** The provision of health education through audio-visual media is effective in increasing adolescents' knowledge about the dangers of cigarettes to health.

**Suggestion:** It is hoped that this research can be used as a reference to increase knowledge and self-motivation to maintain health, and realize the importance of healthy living without smoking.

**References**: 3 books ( 2019-2023 ), 13 journals ( 2019-2024 )

**Keywords** : Dangers of cigarettes to health, Audiovisual Media ,Adolescents, Cigarettes