



## RESEARCH ARTICLE

### A STUDY TO ASSESS THE PREVALENCE AND AWARENESS REGARDING EFFECTS OF SMOKING ON HEALTH AMONG THE UNDERGRADUATE AND POSTGRADUATE MALE STUDENTS IN SELECTED AREA OF LUCKNOW

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#### ABSTRACT

**Background:** Tobacco is the most important preventable cause of death among adults. The world health organization estimates that world wide 5 million deaths are caused prematurely by smoking every year. The number is expected to increase to 10 million by 2010. A total of 100 million lives were lost due to smoking in the 20<sup>th</sup> century and if the current trend continues about a billion deaths would occur due to smoking in 21<sup>st</sup> century

**Aim:** To assess the prevalence of smoking habit among the undergraduate and post graduate male students in selected area of Lucknow.

**Objective:** To assess the level of awareness regarding the effects of smoking among the undergraduate and postgraduate male students of selected area of Lucknow and to assess the factors contributing to prevalence of smoking among the undergraduate and post graduate male students of selected area of Lucknow.

**Methodology:** A descriptive research design with cross sectional survey approach was used to assess the prevalence of smoking and the awareness level regarding the effects of smoking on health among the undergraduate and post graduate male students of selected area of Lucknow.

**Result:** Findings revealed that the prevalence of smoking was about 83.33% among the undergraduate male medical students and the awareness regarding the effects of smoking was found to be about 58.33%. the overall mean score of the awareness level was 3.5±1.08

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## INTRODUCTION

According to regional institute for treatment and research, New Delhi, Dr. Borooah it has been estimated that average of 14 minutes of life is lost because of cigarette smoking and tobacco effects. In India 1 person die every 40 sec because of tobacco related problems. 1/3<sup>rd</sup> of all cancers in India are tobacco related as 90% of oral cancer, 50% of cancer in men, 25% cancer in women, 90% lung cancer.

### Background of the study

Tobacco smoking has been in vague for hundreds of years. With the spread of tobacco to the parts of world from the sixteenth century. Tobacco smoking soon gained popularity In India. Tobacco can be smoked in wide variety of ways-Bidi, Chuttas, Dhumti, Cigarettes, Cigars, Pipes, Hooklis, Chillum, Hookah

### Aim and Objectives

- To assess the prevalence of smoking habit among the undergraduate and postgraduate male students of selected area of Lucknow.
- To assess the level of awareness regarding the effects of smoking among the undergraduate senior male medical students of selected area of Lucknow.
- Also to assess the factors contributing to prevalence of smoking among the undergraduate senior male medical students of selected area of Lucknow.

## MATERIALS AND METHODS

The population of the present study was the undergraduate and postgraduate students of Sarswati Apartment (SARWA) in Gomati Nagar Extension of Lucknow. The total students were 30. Convenient sampling technique was used for male undergraduate and postgraduate students to select the sample for present study.

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**Tool**

A structured questionnaire consisting of 30 items was used to collect the data which consists of 5 sections as follows- smoking habit, reasons responsible for smoking habit, reasons responsible for smoking habit, awareness level of the students regarding the effects of smoking on health, efforts taken by the students to stop the smoking habit among the students.

**Data Collection**

Prior to data collection written permission was obtained from the Secretary of the SARWA. Informed consent was obtained from all individual participants included in the study. The purpose of data collection was explained to the students. All the information about the students were kept confidential. Ethical clearance was taken by society members of SARWA.

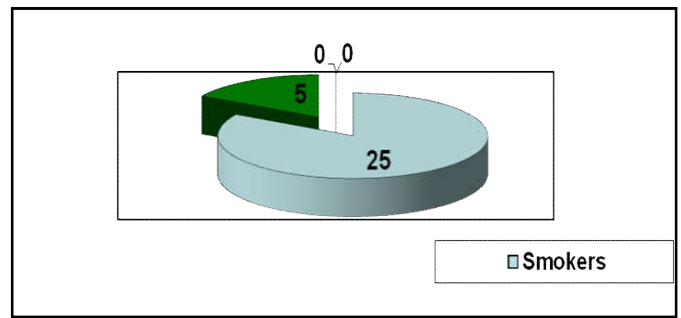
**RESULTS**

**Assessment of smoking habit among the students**

Smoking habit			
S.No.	Statements	No.of Students	Percentage
1.	Smoking habit	25	83.33%
2.	Chain smoker	9	36%
3.	Started smoking in school life	5	20%
4.	Started smoking in college life	20	80%
5.	Addicted to smoking	12	48%
6.	Smoking is really addictive	21	84%
7.	Smoking in work area	23	92%
8.	Follow rules and regulations and refrain from smoking in prohibited area	24	96%
9.	Feel panicky on not getting a cigarette	13	52%
10.	Feel uncomfortable of being a smoker	11	44%

Distribution of students according to the smoking shows that majorities (83.33%) of them were smokers and the rest of them (16.67 %) were found to be non-smokers. It seems that more than half of the students had the habit of smoking. Out of the 25 smokers 9 (36%) were chain smokers and the remaining 16(64%) smoked occasionally. It seems that among the smokers less than half were chain smokers. Among the 25 smokers 5 (20%) of students had started smoking in the school life whereas 20 (80%) had started smoking in their college life. It seems that among the smokers majority of the students had started smoking in their college life.

Out of the 25 students who smoked 12 (48%) students believed that they are addicted to the smoking habit and remaining 13 (52%) were not addicted to smoking. It seems that among the smokers around half of them believed that they are addicted to smoking. Out of the total surveyed sample 21 (84%) students believed that smoking habit is really addictive. It seems that majority of the students believed that smoking habit is really addictive. Out of the total 25 smokers, 23(92%) smoked in their work area. It seems that majority of the students smoked in their work place. Also, among the smokers 24 (96%). Followed rules and regulations and refrained from smoking in the prohibited area. It seems that majority of the students followed rules and regulations regarding prohibited areas for smoking. 13 (52%) students felt panicky on not getting a cigarette. It seems that almost half of the students felt panicky on not getting a cigarette. Among the smokers, 11 (44%) of the felt discomfort of being a smoker.



**Prevalence of smoking among the undergraduate male undergraduate students**

**Mean Standard Deviation And Mean Percentage Of Prevalence And Awareness Regarding Smoking Habit**

Area	Maximum score	Mean	Standard deviation	Mean Percentage
Prevalence	1	0.833	0.37	83.33%
Awareness	6	3.5	1.087	58.33%

The overall observation shows that the prevalence of smoking is high among the undergraduate and postgraduate male students and the level of awareness is less among the students.

**Area Wise Mean, Standard Deviation And Mean Percentage Of The Smoking Habit, Factors And Efforts To Stop**

Area	Maximum score	mean	Standard deviation	Mean percentage
Smoking habit	10	7.04	1.399	70.4%
Influenced by some factors	5	3.12	1.176	62.4%
Stress factor	3	2.52	0.899	84%
Efforts to stop	6	4.92	0.975	82%

The overall observation shows that most of the undergraduate and postgraduate students smoke due to the stress factors and majority of the students have tried to stop the smoking habit but have failed in their attempt to stop.

**DISCUSSION**

**SMOKING HABIT OF THE STUDENTS**

Among the 30 surveyed undergraduate and postgraduate male students 25(83.33 %) were smoking cigarette, and the remaining 5(16.66 %) were non smokers. Out of the 25 smokers 9 (36%) were chain smokers and the remaining 16(64%) smoked occasionally. Among the 25 smokers 18 (72 %) of the students had not started smoking in the school age and 5 (20%) of students had started smoking in the school life whereas 20 (80%) had started smoking in their college life. Out of the 25 students who smoked 12 (48%) students believed that they are addicted to the smoking habit and remaining 13 (52%) were not addicted to smoking. Out of the total surveyed sample 24 (80%) students believed that smoking habit is really addictive.

**Factors responsible for smoking habit**

The overall mean score of factors responsible for smoking was 4.7 (18.8%) of the total score it revealed that the smoking habit

among smokers was influenced by certain factors. Item wise analysis of factors responsible for smoking revealed that 15 (60%) of the students' smoking habit was influenced by some factors and others it was not influenced. Among the overall sample 10(33.3%) of the students' family members smoked and 26(86.6%) students' friends smoked. Among the smokers 13(52%) of the students smoking habit was influenced by the advertisements of cigarette.

### Awareness regarding effects of smoking

The overall mean of the awareness score was  $3.5 \pm 1.087$  which is 58.33%. It revealed that the students were aware of the health hazards of smoking. Item wise analysis of the awareness regarding hazards of smoking revealed that out of the total sample surveyed, 18(60%) of the students were aware of the toxic chemicals present in the cigarette and remaining 12(40%) students were not aware about the toxic chemicals in the cigarette. Out of the total students surveyed all (100%) students were aware of the health hazards of smoking and all (100%) of the students believed that the risk of cancer increases with smoking habit. Among the total sample surveyed 6(20%) of the students think that there is no difference between filters and non-filters cigarette smoking and the others 80% think that there is difference in filters and non-filters cigarette smoking. Among the total students surveyed 19(63.33) students believe that there is danger even if you smoke but don't inhale. And 23(76.67%) students believe that the menthol cigarettes are not safer than other brands.

### Summary

A descriptive research design with cross sectional survey approach was used to assess the prevalence of smoking and the level of awareness regarding the effects of smoking on health among the undergraduate male medical students of from 11-7-2016 to 10-9-2017, where data was collected from 30 students. The collected data was analyzed by using descriptive statistics. The findings are summarized as follows:- a. Majority of the students (83.33%) were smokers. b. The awareness level of the students was less (53.33%). c. More than half of the students (60%) had the habit of smoking due to some particular influence. d. Less than half of the students (33.33%) had smokers among their family members. e. Majority of the students (86.67%) had friends who smoked. f. Majority of the students (84%) smoked to reduce stress. g. Majority of the students (92%) smoked more due to increased tension of studies during examinations. h. Majority of the students (88%) tried to stop smoking before and they failed.

### Recommendation

Comprehensive antismoking campaigns were urgently needed to control cigarette smoking among University undergraduates. All possible efforts and strategies should be considered to control smoking among undergraduate students in India and elsewhere. To equip future health professionals with the knowledge and skills they need to intervene with smoking effectively medical and other health colleges should provide educational programs and teach specific courses on tobacco control.

### Conclusion

From the findings it can be concluded that the prevalence of smoking is high among the undergraduate and postgraduate

male students and the level of awareness was less among the students. The factors responsible for the students to smoke was found to be more due to peer influence and majority of the students smoked due to stress factors and the increased tension of studies during examinations and settlement of life and jobs.

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