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Knowledge of Students Towards Smoking

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ABSTRACT

The effect of cigarette and other tobacco is harmful to our health and the human diseases have been connected with the social aspects of society because the disease and illness are also constructed by society. Those society which are highly affected by this types of addicted substance then people cannot live a healthy and wealthy life ever. This study is based on the knowledge based analysis of school children regarding cigarette. The study shows that most of the students know about the effects of smoking and they had a negative thought about the cigarette. But they don't know more about the withdrawal effects and passive effects about it. So this study focuses on the overall knowledge of the students towards smoking which support to explore their knowledge regarding this issue.

Keywords: Socialization, consumption, peer pressure, adolescent, dysfunction

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INTRODUCTION

Understanding regarding smoking is the present issue among youth from all over the world because, now teenagers engagement with bad practice such as alcoholism, smoking and other drug are the main problems. Eliminating smoking can do more to improve health and prolong life than any other measure in the field of preventive medicine. Today's medical students will play a prominent role in future efforts to prevent and control tobacco use (Barbara et al, 1994). Socialization may be the good theoretical linkage for the research. Social transformation studies can be understood as the analysis of transnational connection and the way this affects national, local communities and individuals. Sociologists are interested in social mobility for a number of reasons (Haralambos & Heald, 2008).

As Maralambos and Heald (2008) states about socialization “the process by which individuals learn the culture of their society is known as socialization. Primary socialization, probably the most important aspect of the socialization process, takes place during infancy, usually within the family.. In addition to the main effects of parents' history of regular smoking and parental warmth, logistic

regression analysis revealed that the interaction of these two variables was associated with adolescent self-reported cigarette use. Parental warmth was associated with a decreased likelihood of the adolescent ever having smoked a cigarette (Olson, 2007). A recently conducted a national survey on tobacco economics showed that smoking rate increases with age; among the 16-19 years old it was about 30% (Pandey and Pathak, 2001). However, this included the students using those products daily and occasionally as well as only during festivals. Tobacco use is one of the leading preventable causes of premature death, disease and disability around the world.

The government needs to build healthy public policy that would ensure development and implementation of laws prohibiting the sales and advertisements of cigarettes, as well as banning smoking in public places (Bashiru & do, 2014). The main health risks in tobacco pertain to diseases of the cardiovascular system, in particular smoking being a major risk factor for a myocardial infarction (heart attack), a disease of the respiratory tract such as Chronic Obstructive Pulmonary Disease (COPD) and emphysema, and cancer, particularly lung cancer and cancers of the larynx and mouth.

Those students who better know about the effects of smoking is also likely to consume it in their school life due to the peer pressure. Despite good knowledge about the hazards of tobacco consumption, about students continue to smoke in their school life. (Ali, HT and Ali, 2010). Smokers tend to downplay the adverse effects of smoking on health. This may be due to genuine ignorance of the dangers of smoking or cognitive dissonance at work, wherein the smoker realizes that smoking is harmful to health but to minimize psychological dissonance, downplays the risks through cognitive processes to that it is compatible with his smoking habit (Myers et al, 2009).

Median age at initiation of cigarette smoking and chewable tobacco was 16 and 15 years respectively. Correlates of tobacco use were: age, gender, household asset score and knowledge about health risks, family members, teachers and friends using tobacco products, and purchasing tobacco products for family members (Sreeramareddy, et. al 2008). A man is made neither for a trade, nor for a hospital, nor for a poorhouse: such a prospect is too terrible (Foucault, 1973). Most people are unaware that even the smallest level of smoke use is dangerous, in part because this is not the case with other behavioral health risk. "Health is Wealth" sounds good in proverb but how our new generations are corrupting their health are main concerns in present academic and non-academic discourse.

Healthy young generations are the indicators of the healthy future of the nation. Healthy people and quality of life of the people is the backbone of the society. Students are the future for any nation, but nowadays, students are facing lots of problems, among which smoking is one of the main. Students have to study/work hard to get good grades in examinations. Usually, students go for higher education but they have been addiction with smoking and drug abuse due to some adjustment problems with friends, break up with love one.

Modern capitalism has been victimizing people as commodity through smoking and alcoholic culture. Effects of globalization, mushrooming of different social media and new types of food

fashion have been bringing smoking as a fashion among students, especially among teenage students. So, many researchers have attempted to explore the overall situation of students in many educational organizations/institutions of the world. No research has been conducted about the teenage students of the study area. Thus the study has evaluated the attitudes of students towards smoking in school. The main objectives of the study is to study about students' knowledge of smoking and to analyze their perception regarding cigarette addiction and withdrawal effects.

METHODOLOGY

This study was based on the attitudes and perception of teenagers regarding cigarette. Methodology is not just a set of research techniques; rather, it is a set of principles that guides research. A descriptive design was adopted to access the knowledge about the consequences of cigarette smoking on health among the teenage students. Primary data was collected through field work, questionnaires to attain first hand data and information. In order to collect the data, purposive sampling method had been used for the study. Grade 11 and 12 students from Sai Global College and Sun Shine College were selected from Siddhartha Municipality-8 Rupandehi, Terai region of Nepal. 85 students were selected respondents for the study.

RESULT AND DISCUSSION

Data was analyzed using simple and appropriate statistical technique. Appropriate descriptive and inferential methods were used. Frequency and percentage were used for analyzing demographic variables and the response given to the research questionnaires and level of knowledge regarding consequences of cigarette smoking

Students' Knowledge Regarding the Effects of Smoking

Table 1 shows the distribution of the respondents according to knowledge on the effects of smoking. Majority of the (72.94%) respondents thought that smokers have shorter life span than non-smokers. Whereas only few (8.23%) of respondents had a different views which was non-smokers around smokers are not at risk of harmful effects of smoking.

Table 1: Students' Knowledge Regarding the Effects of Smoking

True Effect of Smoking is:	Frequency	Percentage
Smoking in lesser frequency reduces its harmful effects	8	9.41
Non-smokers around smokers are not at risk of harmful effects of smoking	7	8.23
Smokers have shorter life span than non-smokers	62	72.94

Other healthy habits can reduce the hazard of smoking	8	9.41
Total	85	100

Source: Field Survey 2019.

Students' Perceptions on Causes and Addictions of Smoking

Objective answers were about the Causes of smoking Addiction and Dependency. Most (96.47%) of the respondents agreed that smoking causes addiction and dependence to it and only 3.52% did not agree with this cause.

Table 2: Smoking Causes Addiction and Dependence

Descriptions	Frequency	Percentage
No	3	3.52
Yes	82	96.47
Total	85	100

Source: Field Survey, 2019.

Students' Knowledge on Withdrawal Symptoms of Smoking

Smoking is harmful to smokers and also the people near the smoker. In Nepal, smoking is also a part of open culture- any person can smoke openly, due to the lack of implementation of rules. Table 3 highlights the knowledge of respondent regarding the withdrawal smoking. Majority of the respondents (34.11 %) answered that attention difficulty is the withdrawal symptoms of smoking while only 14 respondents (16.47%) answered sleep disturbance.

Table 3: Students' Knowledge on Withdrawal Symptoms of Smoking

Descriptions	Frequency	Percentage
Irritable	18	21.17
Attention difficulty	29	34.11
Sleepy	24	28.23
Sleep disturbance	14	16.47
Total	85	100

Source: Field Survey, 2019.

Students' Attitude on Source of Information for the Health Effects of Smoking

This is the time of globalization and the concept of the world as one village due to the webs of information technology. Different sources are playing an informative role to spread the cause and

consequences of smoking. T.V, Radios, Magazines are the major factors. Table 12 has been clearly show different sources of information. Table 4 shows the distribution of respondents according to their source of information regarding the health effects of smoking. Majority of the respondents (41.17%) said that TV/radios are their source of information, about 22.35% reported magazine/newspaper, and 16.47% reported health bulletins while rest of the respondents (20%) reported that other source of information such as books, street drama, smokers and friends.

Table 4: Students' Source of Information for the Health Effects of Smoking

Sources of Information	Frequency	Percentage
TV/Radio	35	41.17
Magazines/Newspaper	19	22.35
Health bulletins	14	16.47
Others*	17	20
Total	85	100.0

Source: Field Survey, 2019.

Students' Knowledge regarding Second hand or Passive Smoking

Passive smokers are known as the secondary and indirect smokers. Closeness to smoker and short distance to smokers while they are smoking are the determinants of secondary smoker. It reveals that majority of the respondents (50.8%) answered that those people who are sitting nearby smoking person are passive smoker. Similarly, 38.5% answered cigarette given by smoker person, 6.2% answered smoking cigarette passively and only 4.6% answered none of them.

Table 5 : Students' Knowledge regarding Second hand Smoking

Knowledge Regarding Passive Smoking	Frequency	Percentage
Sitting nearby smoking person	38	50.8
Smoking cigarette passively	9	6.2
Smoking cigarette given by another person	30	38.5
None of them	8	4.6
Total	85	100

Source: Field Survey, 2019.

In our society, more people are unknown about the second hand smoking so they are more likely to get different health related problems. Due to lack of health education and awareness, people are

more suffering from smoking causing health problem. Especially, despite of known about the consequences caused by smoking, they consume smoking to make a strong relationship with friends and imitation of others.

CONCLUSION/ IMPLICAITON

To analyze student's level of knowledge, attitude & perception regarding cigarette addiction the study has been carried out. From the study, majority of students were percepts smoking from bad perspective. Majority of the respondents conclude that teenagers have a knowledge regarding smoking and its relation with health. It shows that majority of the respondents were aware of smoking which is harmful to health while less respondents thought that it is not. Most of the respondents considered that smokers have shorter life span than non-smokers. More students who were able to analyze negative aspects of smoking, knowledge regarding addictive and withdrawal effects of smoking are still lacking.

The perception and the behavior of the students have been influenced by the social factors. In the socialization process, the affecting variables of community greatly influence the socialization process of the children. In children life, the peer groups, family, friends, media are the factors of making socialized person. The knowledge of students relating smoking is also reflect their social factors of knowledge which are the determinants of socialization.

Based on the above findings, it can be concluded that even though majority of the students were aware that smoking is harmful to health, they are not well aware about the disease associated with it and the effects of passive smoking. This study will help to find out the knowledge regarding the effects of smoking is lacking among the students which may directly or indirectly influence their smoking habit. This study will also help to all the people who are interested to obtain the basic information about the different information regarding consequences of smoking on health.

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