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**KNOWLEDGE AND ATTITUDE REGARDING EFFECTS OF
 SMOKING AMONG COLLEGE STUDENTS**

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Abstract

Tobacco use contributes significantly to the diseases burden in India. As tobacco use is a worldwide public health problem, it is vital that all healthcare professionals be able to provide tobacco interventions for their patients. The purpose of this study was to assess the knowledge, and attitude on effects of smoking. Knowledge and attitude were measured using an interview questionnaire and 3-point likert scale. Of respondents, 100%, male students, reported tobacco use, primarily in the form of cigarettes. Only 21% students had greater knowledge of tobacco harms and 63% expressed anti-tobacco attitudes.

Keywords: Smoking; Knowledge; Attitude; College Students.

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Introduction

Tobacco use is a major modifiable risk factor for health globally. In the South-East Asia Region (SEAR), smoking prevalence ranges from 29.8% to 63.1% among men and 0.4% to 15% among women. The practice of tobacco chewing also needs attention. Smokeless tobacco use ranges from 1.3% to 38% among men and 4.6% to 27.9% among women. India has a huge burden of tobacco-related morbidity, disability and mortality. 2-3 nearly one-third to more than half of those above 15 years use some form of tobacco. The Global Adult Tobacco Survey (GATS) in 2010 revealed that 47.9% of males and 20.3% of females, constituting 34.6% of the adult population, used tobacco in one or the other form in India.

Tobacco is the leading preventable cause of death and more than five million people die globally from the effects of tobacco every year. Every eight seconds someone, somewhere in the world, dies as

a result of tobacco use. It is reported that by the year 2030, the death toll is likely to exceed eight million people a year.

Tobacco smoking is one of the leading causes of disease burden around the globe. Based on current trends, it is estimated that tobacco smoking will account for 8.4 million premature deaths each year by 2020 (a 180% increase from 1999). Tobacco is the single most important cause of preventable deaths where smokers have two to three times higher death rates than non-smokers at all ages. Smoking is often initiated during adolescence and prone to continue into adulthood. Increasing the likelihood of long-term adverse health outcomes linked to cancer, heart and lung disease, and adverse effects on reproduction and the fetus.

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Tobacco smoking is a major risk factor for a range of diseases and disabling conditions. These include cardiovascular disease and stroke and many cancers, including cancers of the lung, throat, cervix, bladder and tongue. Smoking adversely affects male impotence, and women who smoke can suffer reduced fertility and/or menstrual problems. Smoking during pregnancy increases risks of miscarriage, premature labour, stillbirth, complications during labour and low-birth weight babies. Tobacco smoke also affects the health of non-smokers.

Statement of the problem

“A descriptive study to assess the knowledge and attitude regarding effects of smoking among college students at selected colleges in Khammam district, Telugana state, India”.

Objectives of study

1. To assess the knowledge and attitude regarding effects of smoking
2. To find out association between the knowledge score with their selected demographic variables.
3. To find out association between the attitude score with their selected demographic variables.

Research methodology

Research Design: A non-experimental descriptive research design was used in this study.

Settings: This study was conducted in selected colleges at Kammam District, Telugana State.

Samples: The samples are the students between the age groups of 17 to 20 years in selected colleges at Khammam District, who were fulfilling the inclusion criteria.

Sample Size: The sample size in this study was 100 male students.

Sample Technique: Non-probability convenient sampling technique was adopted for this study.

Description of Tools: The tool consisted of three sections

Section A: A questionnaire for collecting demographic data of the students age, sex, socio economic and educational status, religion, subject, family income, locality, frequency of smoking, duration of smoking, family history of smoking, etc.,

Section B: A structured knowledge questionnaires (30 items) to assess the knowledge on smoking

Section C: An attitude scale (3- point Likert scale) to assess the attitude on smoking

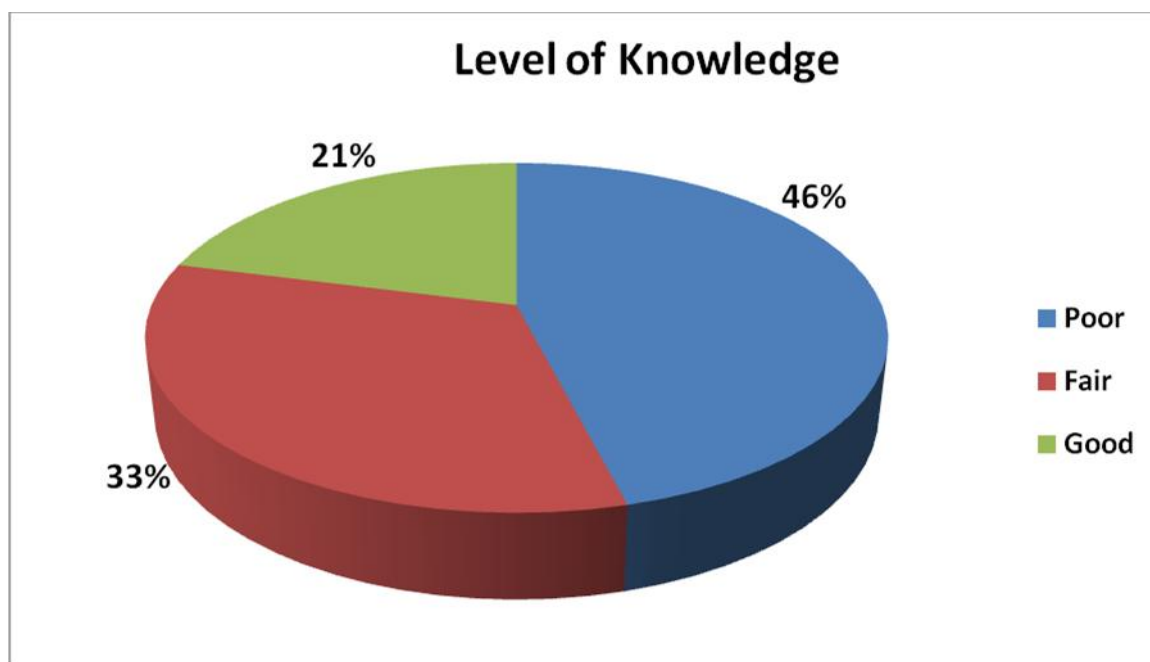
Result of the study

In this study, both descriptive and inferential statistics were used. Demographic variables represented with majority (36%) in age group of 19-20 years. Most of samples (66%) were belongs to Hindu religion and 62% of their friends have smoking habits. About 37% of them have smoking habit for past 1 year. 41% of the samples from urban area and 73% had family history of smoking. Regarding source of information, 44% of the samples had information about ill effects of smoking through mass media, 19% of them had from health personnel, 20% of them from friends or relatives and 17% of had no information from any source.

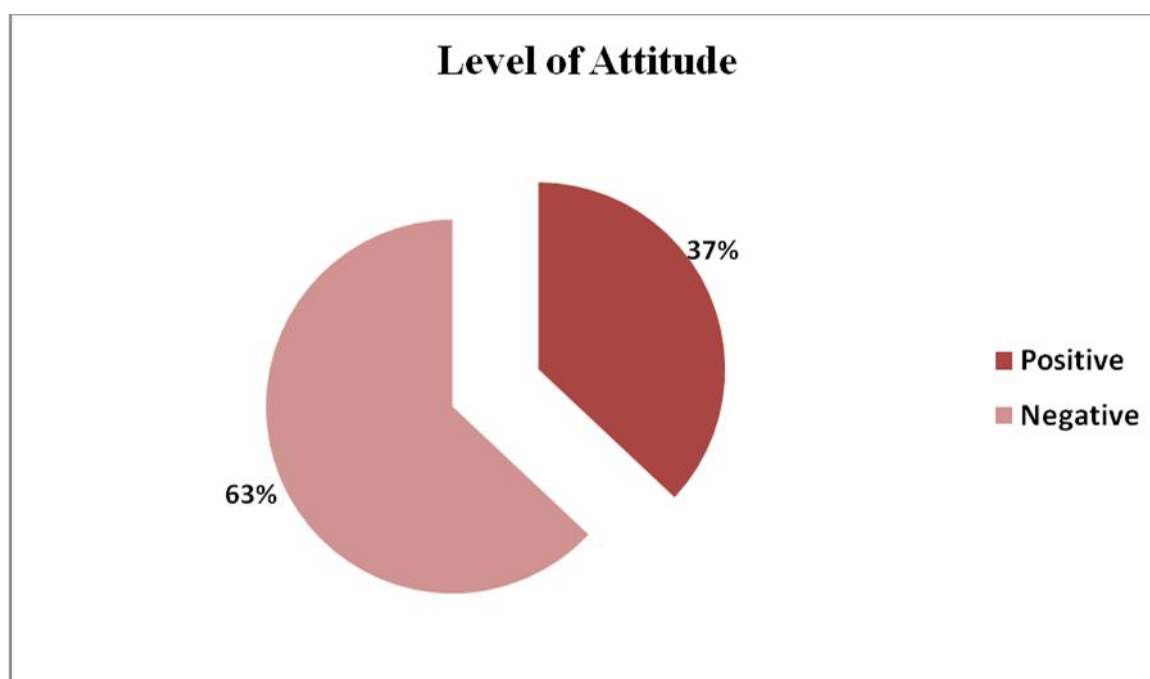
None of the demographic variables had significant association with the knowledge regarding effects of smoking among college students, whereas religion, smoking history among friends and family history of smoking had significant association with the attitude regarding smoking.

Table No. 01: Association between knowledge and selected demographic variables

S.No.	Demographic Variables	L e v e l o f K n o w l e d g e (N = 1 0 0)						2
		P o o r		F a i r		A d e q u a t e		
		F	%	F	%	F	%	
1	. Age (i n y e a r s)							
	18-19	13	13	10	10	8	8	1.722 (5.99)
	19-20	16	16	14	14	6	6	P>0.05
	20-21	17	17	9	9	7	7	
2	. Educational Status							
	No Formal	6	6	7	7	5	5	2.696 (14.07)
	Primary	8	8	7	7	5	5	P>0.05
	Secondary	17	17	10	10	5	5	
	Higher Sec.	15	15	9	9	6	6	
3	. Family Income							
	<5000	6	6	6	6	5	5	2.225 (14.07)
	5000-10000	12	12	8	8	6	6	P>0.05
	1000-15000	15	15	9	9	5	5	
	>15000	13	13	10	10	5	5	
4	. Religion							
	Hindu	35	35	20	20	11	11	4.308 (9.49)
	Christian	6	6	7	7	5	5	P>0.05
	Muslim	5	5	6	6	5	5	
5	. Residence							
	Urban	15	15	17	17	9	9	5.554 (9.49)
	Suburban	13	13	18	18	7	7	P>0.05
	Rural	10	10	6	6	5	5	
6	. Family H/o Smoking							
	Yes							0.593 (5.99)
	No	35	35	23	23	15	15	P>0.05
		11	11	10	10	6	6	
7	. Duration of Smoking							
	1 year	20	20	11	11	6	6	2.050 (9.49)
	1 – 2 years	13	13	13	13	8	8	P>0.05
	2 – 3 years	13	13	9	9	7	7	
8	. Frequency							
	1 – 10 cigarettes	31	31	21	21	10	10	2.512 (9.49)
	11 – 20 cigarettes	8	8	7	7	6	6	P>0.05
	>20 cigarettes	7	7	5	5	5	5	
9	. Smoking History							
	None	5	5	6	6	5	5	4.095 (9.49)
	Some of them	8	8	8	8	6	6	P>0.05
	Most or all of them	33	33	19	19	10	10	
10	. Source of Information							
	Mass Media	28	28	11	11	5	5	11.647 (14.07)
	Health Professionals	6	6	8	8	5	5	P>0.05
	Friends/Relatives	5	5	9	9	6	6	
	No information	7	7	5	5	5	5	



Distribution of samples according to Knowledge score



Distribution of samples according to Knowledge score

Conclusions

Results show that only 21% students had good knowledge of tobacco harms and 63% expressed anti-tobacco attitudes. So it is suggested that tobacco dependence education and cessation training should be enhanced and tobacco use prevention communications should be done among college students, particularly for males. As members of an important health profession, nurses have a duty to promote healthy lifestyles among

their patients, by raising their awareness about the harmful effects of tobacco on health and guiding them in conquering tobacco addiction

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