

ATTITUDES & PRACTICES OF SMOKING IN HIGH SCHOOL STUDENTS

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Abstract: Smoking is hateful to the nose, harmful to the brain & dangerous to the lungs. Smoking is one of the biggest public health threats the world has ever faced. Tobacco smoke contains different harmful chemicals which are injurious for health. Smoking causes different types of cancer like lung cancer, kidney cancer, breast cancer, bladder cancer. Every year millions of people around the world die from diseases caused by the tobacco. Male and female smokers lose an average of 13.1 and 14.4 years of life, respectively. Each cigarette that is smoked is estimated to short life by an average of 11 minutes. Most of younger (High School Students) may start smoking as a fashion. The main target of the study was to determine the attitudes & practices of smoking in highly school students, in Peshawar, KPK. This study was carried out in 5 high schools located in Peshawar; KPK. The sample was constituted by 112 students. The data of the study was obtained through well structured questionnaires. Students with male gender, those whose parents had a low educational level and a smoking mother, father or sibling, had a higher frequency of smoking. The result demonstrated that the majority of students said that the smoking is harmful for health. Some have the view that smoking relieves you from the stress and cause mental relaxation. About more than 61% of the students spend their full pocket money on smoking.

Keywords: Smoking, Higher school students, attitudes, Hazards.

I. INTRODUCTION

People should make use of what Almighty Allah in Quran, has made lawful for them and beware of what he has prohibited. He left nothing which is good without making it lawful out of this grace and nothing which is devil except that he prohibited it out of his mercy. So, as he conferred upon you the bounty of making the good lawful, He also conferred upon you the bounty of making the devil prohibited. Islam forbid Muslims to expose himself to destruction. Nowadays smoking has spread to every part of the society, even to younger in the markets and in their homes. No one can deny the harmful effects of smoking. Smoking incurs financial waste, mental loss and serious health problems.

The usage of tobacco is one of the biggest public health threats, the world has ever faced. Tragically, the epidemic is shifting towards the developing world, where 80% of tobacco related deaths will occur with in a few years. This shifting is caused by a global tobacco industry marketing strategy that targets younger and adult in developing countries (WHO, 2008). In most countries the majority of smokers begin to use tobacco before the age of 18 years (Nelson et al, 2008). Among those young peoples who smoke, nearly one quarter smoked their first cigarettes before they reached to the age of ten years (WHO, 2008). Most of the peoples are aware from the harmful effects of smoking.

We can say that the smokers are pushing themselves towards death. Tobacco is full of different harmful chemicals in which nicotine plays crucial roles. Nicotine is an addictive drug, which is injurious to health. Tobacco smoke is full of chemicals and poisons. Smoking cause various life threatening conditions such as mouth cancer, lungs cancer, breast cancer,

emphysema and cardio vascular diseases. Smoking is already banned in schools, colleges, universities, public sectors, public transportations. But we know that this is only an order through stroke of pen in the above places.

Objective of the study

- To investigate the effect of smoking on the health of student/smokers.
- To study the attitude & practices of smoking in high school students..

II. METHODOLOGY

Study population/Participants

Random samples of 112 participants were selected as study population from a public sector high schools located in Peshawar, KPK.

Data Instruments

The data of the study obtained by using the questionnaire, which is derived from “Smoking Assessment Questionnaire”, made by the investigators. Questionnaire, That is consisted of total 20 questions which is divided into three parts. First part is about personal information (age, gender & educational level). In the second part, there were questions to investigate the “smoking history” of the students. The last part of the questionnaire is related to “current plan to stop smoking”, in last part we used 5 scales (strongly, very, some, what, a little, not at all).

Statistical Analysis

The data was analyzed and the summary statistics were carried out by a package, SPSS version 14. The results for all continuous variables are given in the format of percentage (%).

III. RESULT

Random samples of 112 smokers (High School Students) were selected comprising 94 (83.9%) boys and 18 (16.1%) girls with a mean age of 16.01 years ranging 14-18 years.

Table 1. Distribution of smokers (Boys& Girls)

Boys	94	83.9%
Girls	18	16.1%
Total	112	100%

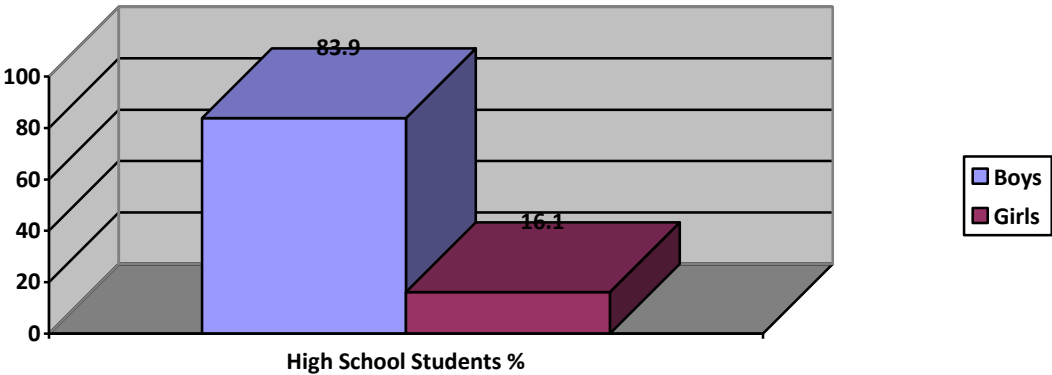


Table 2. Distribution of 9th & 10th Class Students

9 th Class Students	43	38.3%
10 th Class Student	69	61.6%
Total	112	100%

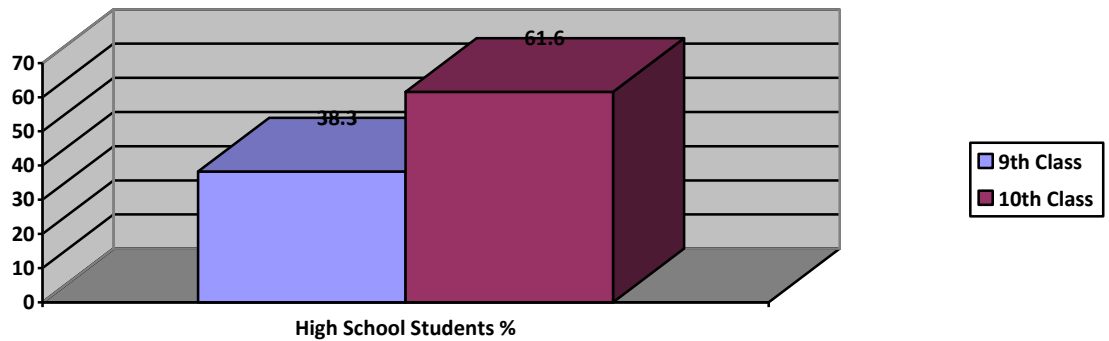


Table 3. Distribution of smokers occasionally & regular

Occasional smokers	39	34.8%
Regular smokers	73	65.2%
Total	112	100%

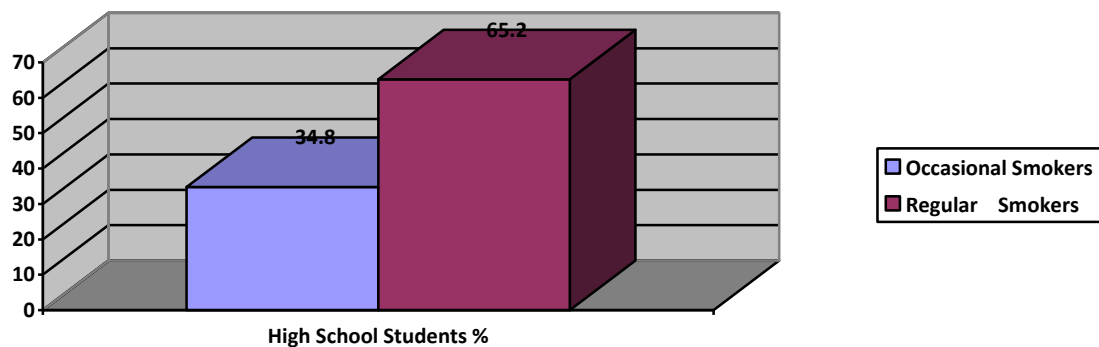


Table 4. Distribution of smokers according to reasons

Fashion	13	11.6%
Stress	10	8.9%
Study Tension	85	75.9%
Some other reasons	4	3.6%
Total	112	100%

IV. DISCUSSION

In our study, the rate of students who are regular or chain smokers was found to be 65.2% while the rate of occasionally smokers was found to be 34.8%. Electronic and print media such as television, radio, internet & newspapers plays an important role in communication irrespective of their positive and negative achievements. Most of the people trapped by these attractive advertisements irrespective of their financial, educational and religious status, (Hameed A et al, 2006). But the school students are major victims of these attractive and negative advertisements. In our study, the basic reasons for students to start smoking were emulation, curiosity, friendship effect, stress, proving themselves and the presence of a smoking family member. This was also consistent with literature (Hamzacebi 2008). In our study, it was found that the number of girls smoking is too less than the boys.

There are some countries in which tobacco advertisements are fully banned, in which Pakistan is also included. But practically there is no law to stop smoking in general places, hospitals, transportation and restaurants, in Asian countries. There are 47 countries, which have legislation or voluntary agreements imposing restrictions of some kind on advertising tobacco & its products, 15 countries of them, totally banned on tobacco advertising. WHO plays an important role to stop smoking in school students, through different awareness programmes?

V. RECOMMENDATIONS

- a) Complete ban on selling cigarettes or tobacco to individual before the age of 18 years.
- b) Complete ban should be imposed on cigarettes or tobacco products advertisement.
- c) School can provide an ideal venue not only to teach about the harmful effects of smoking but also to teach students refusal skills.
- d) Family can also play an important role to check their children's from the involvement of smoking.
- e) Complete ban should be imposed on smoking at public places, public transportation, work places and restaurants.

It is established by conclusive evidence that youths at younger ages have more opposite ideas to cigarette than youths at older ages, and because of this reason, interventions against a harmful habit like smoking among children and youths should be begun at school level. It has been emphasized that boys in particular, students with parents having low educational levels and those with a smoking family members are at risk for this injurious problem. Therefore, school based smoking awareness and prevention programs should be implemented in partnership with families.

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