



A Study on the Prevalence, Practice and Knowledge Regarding the Adverse Effects of Tobacco Abuse Among Adolescent Students.

KEYWORDS

personality traits, Tobacco dependency, adverse effect, cancer.

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ABSTRACT This study aims to fill that knowledge gap by providing scientific information about the disease of addiction, including the many harmful consequences of tobacco abuse and the basic approaches that have been developed to prevent and treat the disease. And to assess the prevalence of tobacco consumption in a small town in Pathanamthitta District of Kerala state. The number of participants were 45 boys of 10th standard and 45 boys and 20 girls from 12th standard, a total of 110 respondents were answered a questionnaire. A homogeneous group of students from different religion caste and different socio economic level could be included in the study. The sample group was between 15 yrs – 17 yrs of age. They were having general information regarding the adverse effect of tobacco abuse because they could attend awareness programs from health personal as a part of the educational policy. Respondents' awareness was incomplete about the consequences and the diseases by the consumption of tobacco products. The questionnaire has 5 part to know the practice, then frequency of consumption, then triggering factors, then knowledge regarding the adverse effects and finally one question each for the social and legal aspects. Simple statistics measure was used in the study. From 10th standard 11.11% respondents were using Cigarettes and 6.66 % of respondents were using other tobacco products. 20% and 24.4% of participants from 12th standard were using cigarettes and other tobacco products respectively. To initiate smoking 13.33% of 12th standard participants were influenced by peer group. 100% respondents were aware that the act of smoking in the public place is punishable

Many people today do not understand why individuals become addicted to tobacco or how chemicals in tobacco change the brain to foster compulsive tobacco abuse. The research conducted at the National Institute on Drug Abuse (NIDA), points to the fact that increased understanding of the basics of addiction will empower people to make informed choices in their own lives, adopt science-based policies and programs that reduce tobacco abuse and addiction in their communities, and support scientific research that improves the Nation's well-being.

Need & Importance

Approximately 90 % of oral cancers in Asia are linked to tobacco chewing and tobacco smoking. Tobacco chewers ,smokers, people using other forms of tobacco such as betel quid, people who sleep with tobacco quid in their mouth .There is a positive relation between lungs ,mouth, neck cancer and these habits. So the responsibility of the community and government is to impart scientific information's regarding the adverse effects of the abuse of tobacco products. So it is highly necessary to get knowledge about the consequences by the consumption of tobacco products.

Objectives

1. The aim of the study was to asses prevalence and intensity of the tobacco abuse among adolescent school children.
2. To assess the knowledge of adolescents about the diseases caused by tobacco.

Method

Questionnaire administered among respondents and have collected for scoring, after then given a 2 hours study class to impart the information regarding the adverse effect of using tobacco products and intoxicants. A school was selected in a village from Pathanamthitta District of Kerala State . 45 boys of 10th standard and 45 boys and 20 girls

from 12th standard were selected. Total sample size was 110.

Tool

A questionnaire was prepared and standardized by the help of scientific facts. It has 5 part, included 19 questions to find out the practice, frequency of consumption, knowledge regarding the adverse effect caused, initiating factors and one question each for social and legal aspects.

Measure- Simple percentage was calculated.

Table.1 Respondents practice, frequency of consumption, initiating factors

ITEMS	10th standard boys	12th standard Boys	12th standard girls
Part-1. Practice. Consumption of any tobacco products or combinations			
Cigarette	05 (11.11%)	09 (20%)	0
Beedi	0	02 (4.44%)	0
Chewing tobacco products	03(6.66%)	11 (24.44%)	0
Betel quid	00	04 (8.88%)	0
Part 2. Frequency . consumption of tobacco products any			
Daily 2 -4 times	01	06 (13.33%)	0
Daily 5-7 times	0	02 (4.44%)	0

Part 3. Initiating factors.			
Peer group	04(8.88%)	06 (13.33%)	0
Friends older	0	12 (26%)	0
Family	0	01	0

Table 2. Respondents knowledge regarding the adverse effects

Part 4. knowledge regarding			
q1 Awareness on important chemicals in Tobacco	21(46.66%)	38(84.44%)	14(70%)
Q2 Awareness on chemicals in tobacco cause heart attack	0	08(17.77%)	03(15%)
Q3 Awareness on the Chemicals Caused for Cancer	45 (100%)	45(100%)	20(100%)
Q4 Awareness on tobacco related cancers	08(17.77%)	17(37.77%)	11(55%)
Q5 Tobacco cause cough, Asthma	0	0	0
Q6 Panmasala blended with sedatives and carcinogenic chemicals	5(11.11%)	14(31.11%)	07(35%)
Q7 Awareness on harmful effects of passive smoking	9(20%)	24(53.33%)	14(70%)
Q8 will father's smoking will be affected mother and child	27(60%)	39(86.66%)	17(85%)
Q9 Cigarette smoking in public place is punishable	45 (100%)	45(199%)	20(100%)

The first part of the questionnaire was set for finding out whether the respondents were in the habit of using tobacco products of any kind. From 10th standard 11.11% respondents were using Cigarettes and 6.66 % of respondents were using other tobacco products.

20% of 12th standard participants were using cigarettes and 24.44% respondents from 12th standard were using some tobacco products. In a previous study done on 1300 students (54.3% girls), began using tobacco products at 14 years of age. Raimondo Maria Pavarin and Dario Consonni(2012)..8.88% male respondents of 12th standard were in the habit of chewing panmasala. 13.33% of 12th standard participants were using 2-4 times daily and 4.44% were using 5-7 times daily. Respondents have disclosed peer group pressure, friends older than respondents and the family environment be the reason to start tobacco use. A considerable body of research indicates that tobacco use is associated with several related personality traits including extraversion, impulsivity, risk taking, sensation seeking, novelty seeking and antisocial personality features.(DinnWM,AycicegiA,Harris CL 2004)

26% of 12th standard participants were persuaded by

friends older than them. Family environment be caused to trigger only 2.22% respondents. Socialization are among the most consistent and important factors associated with adolescent smoking (Kobus2003). Selection ,on the other hand, is the tendency to affiliate and develop friendships with those who have similar attitudes and common interests (Simons-Morton2007)

The fourth part of the questionnaire was made to assess the knowledge regarding the adverse effect by the consumption of tobacco products. The first question was regarding the chemical content in the tobacco 46.66% 10th standard,84.4% male and 70% female respondent of 12th standard have answered correctly. The answer of the second question that was which chemical caused heart attack, 17.77% male and 15% female respondents of 12th standard were also given correct answer. For the third question which chemical caused for cancer 68.88% 10th standard participants, 80% male and 85% female participants of 12th standard were also answered correctly. The answer for the fourth question about tobacco related cancers 17.77% of 10th standard participants, 37.77% male and 55%female participants of 12th standard were also correct. The next question was whether these products be caused Asthma and cough33.33% 10th standard respondents, 62.22% male and 65% female respondents of 12th standard have given correct answer. And the information regarding whether panmasala is blended with sedatives and carcinogenic chemical only11.11%participants of 10th standard given correct answer. 31.11% male and 35% female participants of 12th standard were also answered correctly. 20% 10th standard,53.33% male and 70%female respondents also given correct answer for passive smoking is harmful or not.60% 10th standard , 86.66% male and 85% female respondents have also given correct answer for the question whether father's smoking will be affected mother and child Finally to find out whether respondents were aware or not that smoking In the public place is punishable or not 100% Of respondents were aware that the act is punishable.

According to Global Adult Tobacco Survey-the Ministry of Health and Family welfare,Government of India Current tobacco use in any form 34.6% adults, current tobacco smokers 14.0% of adults, Current Bidi smokers 9.2% of adults.Among minors 16-18 years of old 9.6% consumed tobacco in some form

A study published earlier in the British Medical Journal and which was earlier carried by the prevalence of smoking and cigarette consumption in 187 countries between 1980 and 2012 and found that while cigarette smoking among Indian men has fallen from 33.8 per cent in 1980 to 23 per cent in 2012, it has risen from three per cent to 3.2 per cent among Indian women within the same time frame.

Findings

1.10th standard 11.11% respondents were using Cigarettes and 6,66 % of respondents were using other tobacco products.

2.8.88% of 10th standard and13.33% respondents of 12th standard participants were also influenced by peer group.

3.From 12th standard 20% participants using cigarettes and 24.44% were using some tobacco products.

4. Female respondents in this study never consumed to-

bacco products of any kind

5. 26% of 12th standard participants were persuaded by friends older than them.

6. Family environment be favored to trigger only 2.22% respondents.

Conclusion

Information dissemination through printed materials awareness programs and adult behavior models in the society is the only way out for the behavior modification of adolescents who are all in the risk behavior. Higher tobacco prices, laws and policies Mass media campaigns, school programs, and reinforced community-wide efforts can curtail smoking habits of adolescents.

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