



A Cross-Sectional Study on Socio-Demographic Profile of Adult Female Smokers in Rural Areas of Kutch District

KEYWORDS

Female smokers,rural,socio-demographic profile

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ABSTRACT

Introduction: Female smokers in India have gone up in the last 30 years but the number of men who puff daily dipped in the country . Smoking among Indian men fell from 33.8% to in 1980 to 23% in 2012. While women in 2012 a total of 12.1 million women smoked in India compared to 5.3 million female smokers in 1980. The prevalence of overall tobacco use among men as 47% and women 21% in the country .The present study was conducted to study the socio demographic profile of rural female smokers and to find out reasons for smoking among rural females. **Materials and methods:** The present community based cross sectional descriptive study was conducted in rural field practice area of dept of community medicine. Out of 10 villages,3 villages were picked up by simple random sample method. Among the three villages all female adult smokers were identified with the help of health workers, 130 adult female smokers were identified in 3 villages. But 117 study participants agreed to participate in the study. So sample size was 117 subjects. **Results:** 35.04% belongs to 51-60 years, followed by 28.21% above 60 years age group. 41.03 % were illiterates followed by 19.66% females were educated upto secondary class. Age of starting of smoking depicts that 55.56% of females started smoking at the age of <15 years. 69.23% females were smoking chutta followed by 29.06% females were beedi smokers. 35.04 % females were aware that smoking causes the mouth ulcer, 19.66% said lung cancer.32.48% smoke after taking meals. **Conclusion:** IEC activities must be strengthened. Smoking cessation programmes must be organized in rural communities. Health education campaigns among adolescents regarding smoking ill effects must be frequently organized through Anganwadi centers.

Introduction

Female smokers in India have gone up in the last 30 years but the number of men who puff daily dipped in the country 1. Smoking among Indian men fell from 33.8% to in 1980 to 23% in 2012 1. While women in 2012 a total of 12.1 million women smoked in India compared to 5.3 million female smokers in 1980.Smokers in India also consumed an average of 8.2 cigarettes per day. United States had 14.3% women smokers followed by Russia and Nepal (both 16.9%) Pakistan (5.4%), India (3.2%).India is currently in the phase 2 of tobacco epidemic, which follows a cyclical pattern 2. While there are male smokers, women smokers follow the trend in this phase, the prevalence of overall tobacco use among men as 47% and women 21% in the country 3.The present study was conducted to study the socio demographic profile of rural female smokers and to find out reasons for smoking among rural females.

Materials and methods

The present community based cross sectional descriptive study was conducted in rural field practice area of dept of community medicine. Out of 10 villages,3 villages were picked up by simple random sample method. Among the three villages all female adult smokers were identified with the help of health workers, 130 adult female smokers were identified in 3 villages.But 117 study participants agreed to participate in the study. So sample size was 117 subjects.All adult females who were smoking for at least one year were included in the study.

Less than one year smokers were excluded from study. Study period was from July 2014 to December 2014.A predesigned and pretested questionnaire was used to gather information

about socio demographic profile, personal habits, reasons for smoking and health status of the study population. After taking oral consent data was collected by interviewee method. The proposal was forwarded to and subsequently cleared by the institutional ethical committee. Data was entered and analyzed with Excel 2007.

Results

Table-1 shows socio-demographic characteristics of rural female population, 35.04% belongs to 51-60 years, followed by 28.21% above 60 years age group. 46.15% were in Class -IV followed by 32.48 % in Class - V as per B.G. Prasad Classification. 41.03 % were illiterates followed by 19.66% females were educated upto secondary class.

Table-2 shows characteristics of smoking habits of study subjects. Age of starting of smoking depicts that 55.56% of females started smoking at the age of <15 years. 69.23% females were smoking chutta followed by 29.06% females were beedi smokers. 35.04 % females were aware that smoking causes the mouth ulcer, 19.66% said lung cancer, 15.38% % said mouth cancer and 31.62% said that they were not aware of smoking ill effect.32.48% smoke after taking meals, followed by 14.53% to cheer up, 19.66% smoke to get relief from boredom, 15.38% when in home, 9.40% for relaxation and 10.26 % to get relief from stress.

Discussion

In the present study, the illiterates were 41.03% who were the majority smokers because of their ignorance. The present study correlates with the study conducted by Prasad SG et al 4 on illiteracy, ignorance and willingness to quit smoking among villagers in India concluded that majority of the female smokers were illiterates (63%). In present study regarding anti tobacco use warning 38.64% had warning from doctors,

18.18% known warning from television and 37.50% don't know about warning, these findings correlates with the study concluded by Kathirvel S et al **5** on women and tobacco: A cross sectional study from North India and they concluded that majority of the females know about anti tobacco warning from doctor, television, radio, advertisements and nurses. In present study regarding knowledge on ill effects of smoking 19.66% were aware that smoking causes lung cancer, 9.40% were aware that smoking causes COPD, 5.98% aware about HTN and 31.62% don't know about ill effects of smoking. This correlates with the study conducted by Rafiq YJ et al **6** on Tobacco smoking in adults: A cross sectional study from a rural area of Kashmir. Regarding reasons for smoking among females, 32.48% smokes after taking meals, 19.66% smokes to get relief from boredom, 15.38% smokes when they are at home, 14.53% smokes to get cheer up. These findings correlates with the study conducted by Kathirvel S et al **5** on women and tobacco: A cross sectional study from North India.

Conclusion

35.04 % female smokers were in 51-60 age group followed by 28.21% above 60 yrs.

41.03 % smokers were illiterates.53.97% were house wives and 30.68% were agricultural labourers. 55.56% started smoking at <15yrs age group. Reasons for smoking were,32.48% smokes after meals, 19.66% said when boredom,14.53% to cheer up.

Recommendations

IEC activities must be strengthened. Smoking cessation programmes must be organized in rural communities. Health education campaigns among adolescents regarding smoking ill effects must be frequently organized through Anganwadi centers.

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Conflict of Interest – Nil

Source of Funding – Nil

Table 1:Socio-demographic characteristics of study subjects

| Characteristics | No (%) |
|------------------------------|------------|
| Age | |
| 30-40 yrs | 15(12.82%) |
| 41-50 yrs | 28(23.93%) |
| 51-60 yrs | 41(35.04%) |
| 60 yrs | 33(28.21%) |
| Socio-economic status | 3(2.56%) |
| Class I | 8(6.84%) |
| Class II | 14(11.97%) |
| Class III | 54(46.15%) |
| Class IV | 38(32.48%) |
| Class V | |
| Education | 48(41.03%) |
| Illiterate | 21(17.95%) |
| Primary | 23(19.66%) |
| Secondary | 17(14.52%) |
| Intermediate | 8(6.84%) |
| Degree/professional | |

Table 2: Characteristics of smoking habit of study subjects

| Smoking habit | No(%) |
|--|------------|
| Age of starting of smoking habit | |
| < 15 yrs | 65(55.56%) |
| 15 yrs | 52(44.44%) |
| Type of smoking product used | |
| Beedi | 34(29.06%) |
| Cigarette | 2(1.71%) |
| Chutta | 81(69.23%) |
| Knowledge of ill effects of smoking | |
| COPD | 11(9.40%) |
| Mouth ulcer | 41(35.04%) |
| Lung cancer | 23(19.66%) |
| HTN | 7(5.98%) |
| Mouth cancer | 18(15.38%) |
| Don't know | 37(31.62%) |
| Reason for smoking | |
| Relives stress | 12(10.26%) |
| Cheer up | 17(14.53%) |
| Relives anxiety | 21(17.95%) |
| Relives boredom | 23(19.66%) |
| After meals | 38(32.48%) |
| When at home relaxing | 18(15.38%) |
| | 11(9.40%) |

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