Original Research Paper

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Nursing

A STUDY TO ASSESS THE KNOWLEDGE REGARDING ILL-EFFECTS OF TOBACCO CONSUMPTION AMONG WORKERS IN SELECTED UNIVERSITY, PANIKHAITI, GUWAHATI, ASSAM.

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ABSTRACT **Background of the Study:** Tobacco is the product prepared from the leave of the tobacco plant. The plant is categorized within the genus Nicotiana of Solanacae family. While more than 70 species of tobacco are known, the chief commercial crop is Nicotiana Tobacium. Smoking hookah is one of the oldest and popular form of tobacco use from 11 BC. Tobacco contains the alkaloid nicotin a stimulant. Dried tobacco leave are mainly smoked in cigarette cigars pipe tobacco and flavoured shisha tobacco. Smoking in India has been known since at least 2000BC when cannabis was smoked and is mentioned in Atharva Veda. **Aim:** Aim of the study is to assess the knowledge regarding ill-effects of tobacco consumption among workers. **Method:** Descriptive Research Design and Non Experimental research approach was adapted for the current study. The tool consist of self structured knowledge questionnaire. The reliability coefficient was found 0.92 calculated by split half method. Purposive sampling technique was used to collect data from 50 workers in the university. **Result:** The findings of the study shows that 26(52%) workers are having adequate knowledge, 20(40%) workers are having moderate knowledge and 4(8%) workers are having inadequate level of knowledge regarding ill effects of tobacco consumption. There is significant association between the knowledge of the workers regarding ill effects of tobacco consumption and the demographic variables except the gender and family member using tobacco. **Conclusion:** The study confirms that most of the workers of the selected university are having adequate knowledge regarding the ill effects of tobacco consumption. Here is significant association between knowledge of the workers and the demographic variables except gender and family members using tobacco

KEYWORDS : Tobacco, Ill Effect. Knowledge, Workers.

INTRODUCTION

According to WHO India is home to 12% of the world's smokers. Approximately 900,000 people die every year in India due to smoking as of 2009. According to a 2001 estimate 30% of adult male in India smoke. Among adult females the figure is must lower than 3.5%.Tobacco contains the alkaloid nicotin which is stimulant high amount (50-100mg)of tobacco may cause cardio vascular disease, potential birth defect and poisoning.

The Objectives of the Study are:

I. To assess the knowledge regarding ill effects of tobacco consumption among the workers in the selected university Panikhaiti Guwahati Assam.
II. To find the association between knowledge regarding ill effects of tobacco consumption and demographic variables.

Review Of Literature

Section I: Studiesrelated to ILL Effects of Tobacco Use

A study titled effects of smoking on perinatal depression and anxiety in mothers and fathers:A prospective cohort study was conducted by Alibekova lausham, Huang Jian-Pai, Chen Yi-Hua in the year of 2016.Among 533 couples using (pregnant wonen and their husbands) and the results shows that furthers who smoked in mothers presence had higher depressive (95%) and anxiety symptoms(95%) during perinatal period compaired with non smoking fathers. Paternal smoking in the mother's presence also increased maternal disturbances specially for depression during pregnancy.

Section II: Studies Related to Knowledge Regarding ILL Effects

Awan KH, Hammam MK. Conducted a study related to knowledge and attitude of tobacco use and cessation among dental professionals in 2015 on 342 general dental practitioner in Saudi Arabia. A questionnaire based study state that a total of 342 participants with the mean age of 24 years participated in the study one-third (33.8% n=44) of GDPs and 30.2% (n=64) of dental students were smokers, small percentage GDPs 9.1% (n=4) dental students 7.8% (n=5) were heavy smokers.

Section III: Study Related Association Between Knowledge and Demographic Variables

A study to assess the knowledge and attitude of cigarette smoking use among students and to find out the association between knowledge and attitude and their association with demographic variable Conducted by kevien Silas Christian in the year 2014. Non-experimental descriptive design and Purposive sampling was used to select 100 samples. There is no association between knowledge and attitude regarding cigarette smoking. Association between knowledge regarding cigarette smoking with age and mother's education of the participants was found.

Research Methodology

Research Approach: Quantitative research
Research Design: Descriptive Research design.

Variables:

Research Variables- Tobacco consumption and knowledge
Demographic Variables- Age, Gender, Education, Family Income, Habit related to tobacco consumption, family members consuming tobacco.
Setting of the Study: The setting in the study is selected university panikhaiti, Guwahati, Assam.
Population-Workers
Targeted Population- Workers working in the selected university
Accessible Population-Workers working in the Assam Downtown University, Guwahati, Assam.

Samples and Sampling Technique-

Sample- Workers working in the Assam Downtown University, Guwahati, Assam and who fulfilled the inclusion criteria
Sample Size- 50
Sampling Technique- Purposive sampling technique

Inclusion Criteria- Workers who understand Assamese
Exclusion Criteria- Workers who are not willing to participate in the study

Tools

SECTION A- Questionnaire to collect demographic variables like age, sex, education, family income, habit related to tobacco consumption, family members consuming tobacco that contain 8 question.
SECTION B- structured interview schedule to assess the knowledge about ill effects of tobacco consumption
TECHNIQUES- Interview

Validity of the Tools

The prepared tool was sent to three experts for content validity.
One expert from Dpt. Of medical surgical nursing, one from Dpt.of psychiatric nursing and third expert was medicine specialist.

Translation of Tool

The tool was translated into Assamese by an expert in Assamese literature and then it was translated to an English by an expert in English literature.

Reliability of the Tools

The reliability was calculated by using Spearman Brown's Prophecy formula (Split half method) for knowledge questionnaire and reliability co-efficient was found '0.92'.The tool was found to be reliable for the study,

Pilot Study

A team of 5 workers from the selected university campus is taken for the pilot study. The structured knowledge questionnaire is introduced to the sample. The feasibility is detected through the responds of the participants.

Settings- Assam Downtown University, Guwahati, Assam.

Sample Size- 05

Sample- Workers working in the Assam Downtown University, Guwahati, Assam.

Main Study- 13th February 2016 to 20th June 2016.

RESULTS

Table 1: Frequency and percentage distribution of demographic variables according to age, gender, educational level, family income, habit, form of using tobacco, other information about ill effects, family members consuming tobacco.

SI. No.	Demographic Variables	Frequency	Percentage
1	Age in years		
	a) 15-20	1	2%
	b) 21-29	22	44%
	c) >30	27	54%
2	Gender		
	a) Male	40	80%
	b) Female	10	20%
3	Education		
	a) Illiterate	2	4%
	b) Primary	15	30%
	c) High school	27	54%
	d) Higher secondary	6	12%
4	Family Income		
	a) <2000	0	0%
	b) 2001-10,000	47	94%
	c) >10,000	3	6%
5	Habit		
	a) Smoking	12	24%
	b) Chewing tobacco	17	34%
	c) Both	11	22%
	d) Past user	2	4%
	e) Never user	8	16%
6	If you use tobacco what form do you use ?		
	A) Smoking (more than one option can be ticked)		
	• Cigarette	14	28%
	• Biri	0	0%
	• Both	8	16%
	• Past smoker	2	4%
	• Never user	26	52%
	B) Smokeless (more than one option can be ticked)		
	• Chewing tobacco	9	11%
	• Betel quid with tobacco	43	53%
	• Zarda	5	6%
	• Chillim	3	3%
	• Gutkha	13	16%
	• Never user	6	7%
	• Past user	0	0%
7	Do you have any idea about the risk associated with tobacco consumption?		
	a) Yes	47	94%
	b) No	3	6%
8	Any other family member using tobacco?		
	a) Yes	26	52%
	b) No	24	48%

Table 2- Frequency and percentage distribution of knowledge of workers ill effects of tobacco consumption.

KNOWLEDGE SCORING	FREQUENCY	PERCENTAGE
0-8 (Inadequate Knowledge)	4	8%
9-16 (Moderate Knowledge)	20	40%
17-24 (Adequate Knowledge)	26	52%
Total	50	100%

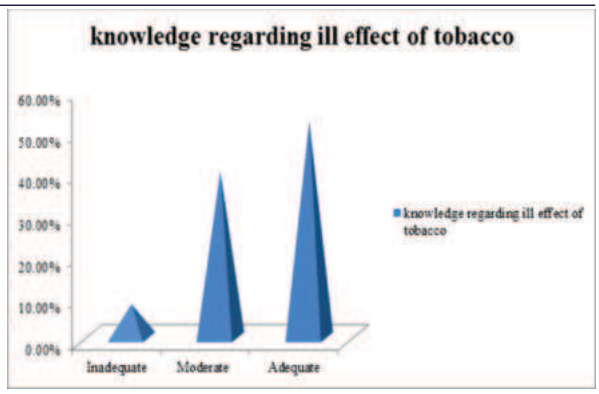

Fig: Cylindrical Diagrammatic representation of Knowledge regarding ill effect of tpbacco consumption of the sample

Table3: Association between knowledge and Demographic variables regarding ill effect of tobacco consumption-

Demographic variables	Inade-quate	Mode-rate	Ade-quate	CHI Square Value	df	Tabu-lated Value	Re-mark
1. Age in Years				8.5186	4	2.78	S
a. 15-20 years	0	1	0				
b. 21-29 years	4	11	7				
c. >30 years	1	7	19				
2. Gender				1.842	2	4.30	NS
a. Male	4	17	19				
b. Female	1	2	7				
3. Education				8.135	6	2.45	S
a. illiterate	1	1	0				
b. Primary	3	5	7				
c. High school	0	10	17				
d. Higher secondary	2	3	1				
4. Family income per month				8.2	4	2.70	S
a. <2000	0	0	0				
b. 2001-10000	4	19	24				
c. >10000	2	0	1				
5. Habit				8.24	8	2.31	S
a. smoking	0	6	6				
b. chewing tobacco	2	5	10				
c. both	2	4	5				
d. past user	1	1	0				
e. never user	0	3	5				
6. If you use tobacco what form you use				12.5	8	2.31	S
a. Smoking (more than one option can be ticked)							
• Cigarette	1	3	10				
• Biri	0	0	0				
• Both	1	6	1				
• Past user	1	1	0				
• Never user	2	9	15				
b. Smokeless(more than one option can be ticked)				4.0905	12	2.18	S
• Chewing Tobacco	0	5	4				
• Betel quid with tobacco	5	15	23				
• Zarda	0	3	2				
• Chillum	0	2	1				
• Ghutka	1	5	7				
• Never user	0	3	3				
• Past user	0	0	0				
7. Do you have any idea about the risks Associated with tobacco consumption?							
a. Yes	5	16	26	5.18	2	4.30	S
b. No	0	3	0				

8. Any other family member using tobacco?							
a. Yes	2	9	15	2.51	2	4.30	NS
b. No	3	0	11				

*NS - Non significant, * S – Significant

The table shows that there is significant and statistical association between the knowledge and demographic variables at $P < 0.05$ except gender and family members using tobacco.

DISCUSSION

The study intend to assess the knowledge regarding ill effect of tobacco consumption among the workers in the selected university and to find out the association between the knowledge regarding ill effect of tobacco consumption and demographic variables prior to the study. The questionnaire was developed send to various experts for opinion and suggestion. Suggestions of various experts have been incorporated and utilized to modify the questionnaire. Collected data is analyzed through descriptive and inferential statistics. The finding of the present study have been discussed in relation with the objectives and hypothesis of the study.

CONCLUSION

The study confirms that most of the workers of the selected university are having adequate knowledge regarding the ill effects of tobacco consumption. Here is significant association between knowledge of the workers and the demographic variables except gender and family members using tobacco.

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