Prevalence of Tobacco Consumption in School Going Adolescent Boys in Urban Slum of Mumbai.

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ABSTRACT
Background:Tobacco abuse is one of the biggest curses that modern society has come across. It is not confined to any one country or region alone, but has widely afflicted the globe.
Objectives:1. To study the prevalence of tobacco consumption in school going adolescent boys in urban slum.2.To determine the epidemiological factors influencing tobacco consumption behavior in adolescent boys. 3. To find out pattern of tobacco consumption in adolescent boys of urban slum.
Setting & Design: Community based cross-sectional study.
Methods & Materials: Data was collected through pretested semi-structured self -administered questionnaire given to students by the investigators. Data collected were analyzed using statistical package for social sciences (SPSS) 17.0 software.
Results & Conclusions: The number of subjects was slightly higher in 14 -16 of the age-groups compared to other age group.Prevalence of use of smokeless form of tobacco was more (11.5%) as compared to smoke form of tobacco(6%). Prevalence of tobacco use was 16.9%

Introduction: Of the various drugs abused, the most widely distributed and commonly used drug in the world is 'Tobacco'. Many social, economic and political factors have contributed to the global spread of tobacco consumption. The fast changing social milieus, social sanctions and other factors are mainly contributing to this proliferation and has posed serious challenge to individuals, families, societies and nations. Tobacco use is a major worldwide public health problem.Tobacco use is one of the chief preventable causes of death & illness in the world. Tobacco is estimated to have killed 100 million people in the 20th century & continues to kill 5.4 million people every year and this figure is expected to rise to 8 million per year by 2030, 80% of which will occur in the developing country. It has been estimated that an average of 5.5 minutes of life is lost for each cigarette smoke.

Methods & Materials: It is a cross sectional study conducted onadolescents boys (*8th , 9th, and 10th standard students) of school in urban slum of Mumbai. Universal sampling technique was used & 183 students participated in the study.Data was collected by using an anonymous pretested semi-structured self-administered questionnaire.Informed verbal consent was taken from school authority. Data collected were analyzed using statistical package for social sciences (SPSS) 17.0 software.

Results: In the present study the mean age was as young as 15 year (S.D ± 1) and most of the study participants were in the age 14,15,16,17 years. In the present study it was observed that the fathers of the most of the students 90/183(49.2 %) were educated upto graduation level followed by post-graduation 46/183(25.1%). 45/183 (24.6%) were educated up to primary or secondary level. Only 2 (1.1%) fathers were illiterate. Most of the mothers 109/183 (59.6%) were educated up to primary or secondary level. 52/183(28.4%) of the mothers were graduate & 12/183 (6.6%) were postgraduate. Only 10/183 (5.5%) mothers were illiterate.

Table 1: Prevalence of Never use and Ever use of tobacco among students.

Tobacco Use	Number (%)
Ever Use	32 (17.5 %)
Never Use	151 (82.5 %)
Total	183 (100 %)

In present study the prevalence of ever use of tobacco was 17.5 percent.

Type Of Tobacco		Number(%)
Smoking	Cigarette	9 (4.9)
	Bidi	2 (1.1)
Smokeless	Khaini	7 (3.8)
	Gutkha,	12 (6.6)
	Other(Masheri)	2 (1.1)
No		151 (82.5)
Total		183 (100)

Table 2:Prevalence of Tobacco use among male students according toType of Tobacco.

Overall, smokeless tobacco use was(11.5%) was higher than smoking type (6%). Gutkha was most common smokeless form of tobacco use followed by Khaini(3.8%). Cigarette was most common smoke form of tobacco use (4.9%).

Frequency of Tobacco use	Number (%)
Regular	12 (6.6)
Occasional	11 (6.0)
Past	4 (2.2)
Experimental	5 (2.7)
Never user	151 (82.5)
Total	183 (100)

Table 3: Prevalence of tobacco use among male students according to frequency of tobacco Use.

In the present study it was observed that among users, 12 (6.6 %) were regular user followed by occasional user 11 (6.0%). Experimental users were 5(2.7%) & Past users were 4 (2.2%).

Table 4: Distributionof tobacco use habit of Parents of male students.

Father			Mother			Both Parents		
Yes	No	TO-TAL	Yes	No	Total	Yes	No	Total
110 (59.3)	73 (39.9)	183 (100)	36 (19.7)	147 (80.3)	183 (100)	27 (14.8)	156 (85.2)	183 (100)

In the present study it was observed that out of both the parents, prevalence of tobacco use was more common in father 110 (59.3%) as compared to mothers 36 (19.7%).

Discussion:

Through this study, an attempt has been made to look at some important Epidemiological aspects of tobacco use in the school going adolescent boys in rural and urban area.Tobacco use varies considerably from region to region within the country and there was lack of studies done exclusively to provide the prevalence & patterns of tobacco use in this region. The present study looked at the Prevalence of tobacco consumption in school going adolescent boys in urban slum.Because of existence of strong correlation of local socio-cultural characteristics with tobacco use, an attempt was made to study the role of various socio-demographic factors associated with tobacco use.

Study shows that the mean age was as young as 15 year (S.D ± 1) and most of the adolescent boys were in the age of 14,15,16,17 years36/183(19.7 %),72/183(39.3%),49/183(26.8%),1/183(6.0%) . Study conducted by **PreetiSoni,Raut DK,2013**,observed that the age of the respondents ranged from 14 to 18 years and Overall 71% male adolescents in that age group. **Vinita Singh, Hem Raj Pal, Manju Mehta1, S.N. Dwivedi and Umesh,2004**study shows that the mean age of the children was 14.2 year (S.D. ± 2.09) and the age range was 10-18 year (10-13 year – (37.6%), 14 -18year – (63%) which was almost similar to our study.

In the present study it was observed that more no of subjects belonged to nuclear family 113/183 (61.0%) than the joint family 70/183 (38.3%). Whereas the study conducted by**PreetiSoni,Raut DK2013**, shows three-fourths of the respondent belonged to a joint family and the remainingwere part of a nuclear family.

More prevalence of tobacco use found in those whose father had higher education. Most of the mothers of tobacco users were educated up to primary 32/183 (17.5 %) & secondary school 77/183 (42.1%).

In present study the prevalence of ever use of tobacco was 17.5 percent.).India **GYTS** conducted a school-based survey of students in grades 8, 9 and 10 in 2009& reported that 14.6% of students currently use any form of tobacco and the prevalence of tobacco use only in Boys was 19.0%.Finding of this study was similar to our study.

Overall, smokeless tobacco use was (11.5%) was higher than smoking type (6%). Gutkha was most common smokeless form of tobacco use followed by Khaini(3.8%).As per India **GYTS** was a school-based survey of studentsin 2009 shows 4.4% currently smoke cigarettes, only 5.8% boys used smoking type of tobacco. Over all 12.5% currently use other tobacco products (Boys = 16.2%,) finding was similar to present study.

In the present study it was observed that among tobacco users. 12(6.6%) were regular users and 11(6.0%) occasional users. 4(2.2%) were past user &5(2.7%) were experimental user. According to study carried out by **PreetiSoni,RautDK,2013**49% students wereregular user of tobacco in any form, 32% experimented tobacco onceor more in their lifetime but did not consume it regularly and only18% had never used tobacco in any form.Finding of this study was higher than present study.

Conclusion: A Cross sectional study - Prevalence of tobacco consumption was carried out in school going adolescent boys in urban slum of Metropolitan city.A total of 183 subjects were interviewed with the objectives of providing prevalence and patterns of tobacco use, to study the role of various epidemiological factors influencing tobacco consumption.The number of subjects was slightly higher in 14 -16 of the age-groups compared to other age group.There was a increase in prevalence of tobacco use with the increase in age up to 15 year then decrease because study participants above 15 year was less in study.Most of the study subjects buy tobacco himself i.e. 27(45.0%) followed by 21(35.0%) got tobacco from friends/someone else.12(20%) took tobacco from their parents or siblings.

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