Original Research Paper

A Study To Find The Prevalence, Knowledge and Attitude on Non Smoking Tobacco Use in Adolescents of Selected Colleges at Dakshina Kannada District, Karnataka, India - A Pilot Study Report

Nursing

Seema S Chavan	HOD/ Assistant Professor, Father Muller College of Nursing, Kankanady, Mangalore
Charanraj K R	Ph.D Scholar, School of Social Work, Roshni Nilaya, Mangalore

ABSTRACT   *As adolescent tobacco use has been found to be a major predictor of future use, preventive efforts need to be focused. Tobacco consumption has been identified as the single most preventable cause of death and disease in India. 10 P.U colleges were selected randomly. Disproportionate Stratified random sampling was used to select sample size of 300 adolescents. Descriptive survey design and pretested and validated self-administered questionnaire was used. Only 6% of students were using Non smoking Tobacco. Knowledge on Practice of non smoking tobacco included Healthy (86%) Risky (13%) Unhealthy Practice (1%). Knowledge on Non smoking Tobacco use and its effects, 51% of students had Good, 44% had Satisfactory and 4.7% Poor knowledge After the study there was an urgent need felt for the health care providers to develop programmes for prevention and eradication of Non smoking Tobacco use.*

Introduction

Tobacco consumption has been identified as the single most preventable cause of ill health and death in India. Statistics indicate that majority of the cancers are linked to tobacco chewing and smoking, with oral, head and neck and lung cancer being strongly associated with it. Every year, tobacco consumption causes 3 million premature deaths. Worldwide, of 300 million young people who are smokers, 150 million will die of tobacco related causes later in life.

Use of tobacco usually begins in adolescence. The word 'adolescence' is derived from the Latin word Adolescere (to grow up). Adolescence is therefore literally the period of growing up and becoming an adult. In western society the term is now mainly used to describe the period from about 12 to about 18 or 19 years, or the period of development from childhood to young adulthood, this is the age of discovery, challenge and experimentation in one's life. Prevalence of non smoking tobacco is high among adolescents as they are keen to experiment the drugs to fulfil their curiosity.

Need for study

Use of non smoking tobacco is found in all age groups. But its prevalence is higher among adolescence and young adults, a large majority of them are students. They most widely use tobacco which often opens the gates to further heavier drugs. Their choice of tobacco is often related to fashion, which are lethal substances. The teens who tobacco are at higher risk of physical and mental health problems.

Review of Literature

A study was conducted by DN Sinha (2001) on gutkha advertisement and smokeless tobacco use by adolescents to know tobacco use prevalence among 13-15 years students in Sikkim. The study findings shows that there is a strong association between exposure to gutkha advertisement and current smokeless tobacco use among boys and girls. It also recommended for strong restriction by government.[1]

A comparative study was conducted by Sumanth S. Bhat KM, Bhat GS. On periodontal health status in pan chewers with or without use of tobacco with a purpose to evaluate and compare the periodontal effects of pan chewing with or without use of tobacco as an ingredient. The study finding shows that there is a higher incidents of periodontal diseases in pan chewers who use tobacco. This study also concludes that betel nut with tobacco leads to synergistic effects on periodontal tissue.[2]

A study was conducted by Ali NS., Khuwaja AK., Ali T., Hameed R, on smokeless tobacco use among adult patients who visited family practice clinics in Karachi, Pakistan. The objective of study was to estimate proportion of use and the knowledge about smokeless tobacco in relation to cancer. This study concludes that over half of the patients were using smokeless tobacco and had poor knowledge about its hazards and the study suggests that there is a need for socially and culturally acceptable educational and behavioral interventions for control of smokeless tobacco usage.[3]

Objectives:

1. To find the prevalence of non smoking tobacco use in adolescents

2. To assess the knowledge, Knowledge on practice & attitude on hazards of non smoking tobacco use in adolescents

3. To find the association between Knowledge & attitude of adolescent.

Methodology:

Type of study: Field based

Research approach – descriptive evaluative

Research design- One group descriptive survey design

Variables under study: Prevalence, Knowledge, knowledge on practice and Attitude on non smoking tobacco use in adolescents.

Sources of data - The data has been collected in the colleges of Dakshina Kannada district which are 150 in number. 10 colleges were selected randomly to meet the sample size.

For the present study 10 colleges were selected randomly. Disproportionate Stratified random sampling was done to select male and female adolescents to meet the required sample size of 300 adolescents

Population – In the present study it includes all the adolescents between 16-18 years studying in various colleges in Karnataka.

Sample – The sample consists of 300 adolescents between 16 – 18 years studying in various of Dakshina Kannada district.

Sampling technique
Multistage cluster sampling technique have been used From selected P.U Colleges 30 students were selected randomly. From each colleges out of these 30, 50% were male (15 students) and 50% female (15 students) respectively.

Tools/data collection instruments
Questionnaire to assess the knowledge and knowledge on practice of smokeless tobacco use and its hazards which consist of 24 items. It is divided into areas like concept, types of tobacco, factors affecting tobacco use, hazards of tobacco

Likert type scale to assess their attitude on tobacco use and its hazards which is a 5 point scale consists of 30 items on attitude towards tobacco use and attitude towards healthy practices

Reliability of the tool was done using Test and retest method and the reliability value found was (r = 0.85)

Results
Figure 1: Prevalence of Smokeless Tobacco use in Adolescents
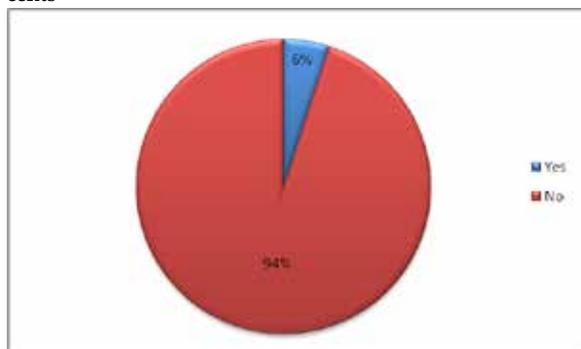
Data in figure 1 shows that only 6% of students using smokeless tobacco and majority of the students (94%) were not using smokeless tobacco

Table 1: Knowledge on Practice of Smokeless Tobacco
N= 300

| Grading	Scoring %	Range of Score	Frequency	Percentage
Healthy	0	0	248	86%
Risky	7% – 47%	1 - 7	39	13%
Unhealthy	53 – 100	8 – 15	3	1%

Maximum Score = 15   Minimum Score = 0

Data table 1 depicts the knowledge on Practice of Smokeless Tobacco of the students shows that 86% of students had Healthy practice, followed by 13% had Risky practice and 1% had unhealthy practice.

Table 2: Mean, Standard deviation, Mean % of Knowledge on Practice on Smokeless Tobacco
N=300

	Max Score	Range	Mean	SD	Mean %
Practice	15	0-9	.34	1.1	2.26

Data in table 2 depicts knowledge regarding practice of smokeless tobacco mean, SD and mean percentage was 0.24, 1.1 and 2.26 respectively

Figure 2: Knowledge on smokeless tobacco use and its effects
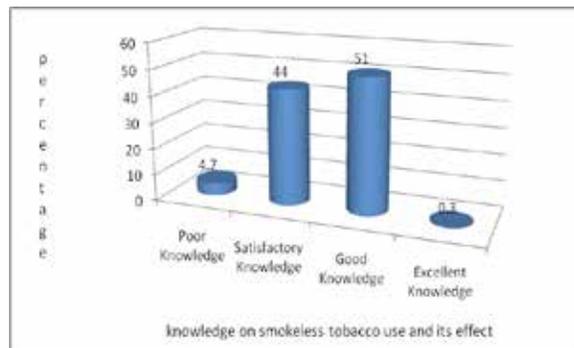
Data figure 2 depicts the knowledge on smokeless tobacco use and its effects of the students shows that 51% of students had Good knowledge, followed by 44% had Satisfactory Knowledge and 4.7% poor knowledge

**Table 3: Attitude on Smokeless Tobacco**
N = 300

Level of Attitude	Scoring %	Range of Score	Frequency	Percentage
Unfavorable attitude	< 50	<75	18	6 %
Favorable attitude	>50	>75	282	94 %

Maximum Score = 150   Minimum Score = 30

Data in table 3 depicts the Attitude on smokeless tobacco of the students shows that 94% of students had favorable attitude, followed by 6% had Unfavorable attitude.

Correlation between Knowledge and knowledge on Practice, Knowledge and attitude of adolescents on non smoking tobacco among adolescents
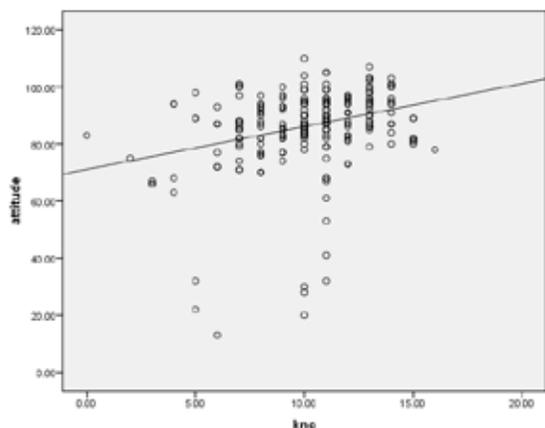
Figure 3: Correlation between Knowledge and Practice
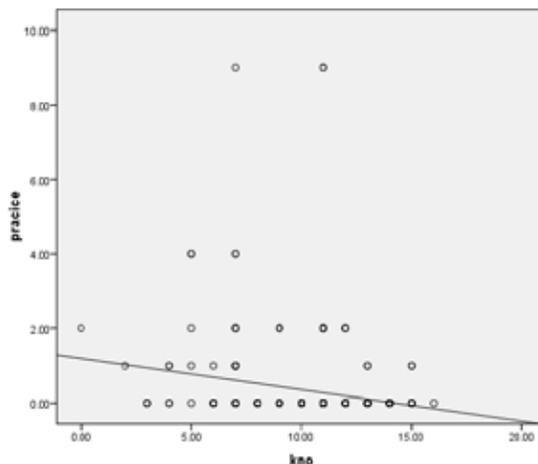
Knowledge

Scatter Diagram show there is weak negative relationship between Knowledge and knowledge on practice
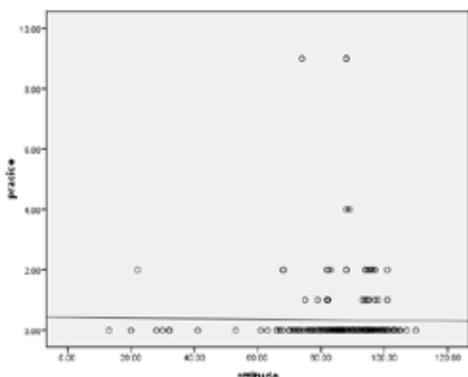
Figure 4

Knowledge

Scatter Diagram shows that there is moderate relationship between attitude and knowledge

Figure 5

Scatter Diagram shows that there is weak relationship between Practice and attitude

Table: 5 Association between Knowledge and selected demographic variables of adolescent on non smoking tobacco use.

Sl no	Demographic variable	p value
1.	Father's occupation	0.00*
2.	Type of family	0.001*
3	Habit of chewing tobacco	0.035*
4	Information on tobacco chewing & its effects	0.008*
5	Source of information	0.002*
6	Tobacco chewing habit of the family members	0.001*

* Significant association, p < 0.05

Data in table 5 found that there was significant association between Knowledge of adolescent on non smoking tobacco use and Father's occupation ,Type of family, Habit of chewing tobacco ,Information on tobacco chewing & its effects and Source of information

Table: 6 Association between knowledge on Practice and selected demographic variables of adolescent on non smoking tobacco use

Sl no	Demographic variable	p value
1	Age of the student	0.013*
2	Gender	0.004*
3	Place of residence	0.032*
4	Father's occupation	0.028*
5	Habit of chewing tobacco	0.030*
6	Source of information on non smoking tobacco	0.001*
7	Tobacco chewing habit of the family members	0.003*

* Significant association, p < 0.05

Data in table 6 found that there was significant association between Knowledge on Practice of adolescent on non smoking tobacco use and Age of the student, Gender, Place of residence , Father's occupation, Habit of chewing tobacco, Tobacco chewing habit of the family members

Table: 7 Association between Attitude and selected demographic variables of adolescent on non smoking tobacco use

Sl no	Demographic variable	p value
1	Father's occupation	0.005*
2	monthly family income in rupees	0.031*
3	Adolescent's Residence	0.033*
4	Habit of chewing tobacco	0.032*
5	Advertisements in the last month	0.004*

* Significant association, p < 0.05

Data in table 7 found that there was significant association between Attitude of adolescent on non smoking tobacco use and monthly family income in rupees ,Father's occupation, Adolescent's residence , Habit of chewing tobacco and Advertisements on Tobacco products

Conclusion:
After assessing the prevalence knowledge and attitude of the student regarding non smoking tobacco use there is an alarming (urgent) need for the health care providers to develop programmes for prevention and eradication of smokeless tobacco use from the students.

Reference:
1. DN Sinha. Gutkha advertisement and smokeless tobacco use by adolescents in Sikkim. India. Indian Journal of community medicine, vol. 30, No.1 2005-03.
2. Sumanth S, Bhat KM, Bhat GS. Periodontal health status in pan Chewers with or without the use of tobacco. Oral health Prev Dent. 2008:6(3) : 223-9.
3. Ali NS, Khuwaja AK, Ali T, Hameed R. Smokeless tobacco to use among adult patients who visited family practice clinics in Karachi, Pakisthan. Clin pharma Col Ther. 2009 Sep: 86 (3): 263-71.