



AWARENESS ON ILL EFFECTS OF TOBACCO USE AMONG COLLEGE STUDENTS: A REVIEW BASED ON AVAILABLE LITERATURE

Nursing

**Mr. Mayank
Kumar**

M.sc.Nsg. 2nd year student, Teerthanker Mahaveer College of Nursing, TMU, Moradabad, U.P.

Dr. Nageshwar V*

Assistant Professor, Department Of Mental Health Nursing, Teerthanker Mahaveer College Of Nursing, T.m.u. Moradabad. *corresponding Author

ABSTRACT

INTRODUCTION: Tobacco use is a major health and social problem worldwide. Among the ill effects of tobacco use, the proportion of cancer in Male and female is 56.4% and 44.9%. Given the current pattern of tobacco use globally it is estimated 250 million who are alive today, would die prematurely because of tobacco and mostly in developing countries, India ranks 4th in the total tobacco consumption in the world but India's cigarette consumption ranks 11th in the world. The perception of the community about health programs and their involvement in organizing for health awareness, affect their level of low perception about the long term risks related to smoking were 3.64 times more likely to smoke compared with those who had high perception of smoking related risks.

METHOD: A comprehensive systematic search of published literature and journal articles from Pub-Med database was done that are focusing from 2010 to 2017. Search strategy specific to each databases was used.

RESULT: Out of six articles, five research studies revealed that the majority of respondents were aware about ill effects of tobacco use and one research study found that majority of respondents were not aware about ill effects of tobacco use.

CONCLUSION: The study concluded that there is a strong need to create awareness of smoking effects on oral health. Educating students about the complications of smoking on oral health should be the part of smoking cessation programs and policies

KEYWORDS

Awareness, Ill Effects, Tobacco And College Students.

INTRODUCTION:

According to the WHO, 6 million people die because of tobacco smoking and an estimated 600,000 individuals lose their lives due to second hand smoke globally each year. A recent study found that smoking is related to about 20% adult mortality around the world. It is projected that smoking will cause the death of 8 million people every year by 2030 and 80% of these deaths will occur in low and middle income countries. Smoking is associated with increased risk of cardiovascular and chronic respiratory diseases, stroke, and cancers of many organs of the body such as mouth, larynx, lungs, kidneys, cervix, and pancreas. (Bartwal, Awasthi and rawat 2014)

India ranks 4th in the total tobacco consumption in the world but India's cigarette consumption ranks 11th in the world. Out of the total production, only 19% of the total consumption of Tobacco is in the form of cigarette whereas 81% is in other forms like, chewing, Bidi (Tobacco rolled in Tendu leaf), Snuff, Gutkha paste (Tobacco paste), Jarda, Hookah paste etc. (Yadav, Ahir and Arya 2015)

Among the ill effects of tobacco use, the proportion of cancer in male and female is 56.4% and 44.9% respectively. Youth in general and adolescents in particular fall prey to this deadly habit with severe physical, psychological, and economic implications. Among the youth, students are particularly involved due to increasing academic pressures and life related stress. (Chitalkar, Taran and single 2016)

NEED FOR THE STUDY:

In most developing countries such as India, tobacco use continues to be the leading global cause of preventable death. It kills nearly 6 million people and causes hundreds of billions of dollars of economic damage worldwide each year.

The highest incidence of oral cancers in the world is reported from India due to high prevalence of consumption of tobacco in chewable forms. Considering the social and the economic impact of tobacco consumption, the cessation interventions are among the most cost effective of all medical interventions.

- Hence, it was found necessary to design a narrative review to find the available literature for identifying the awareness on tobacco use.

AIM:

The aim of this review is to identify the awareness regarding ill effects of tobacco use among college students.

OBJECTIVES:

To determine the awareness on ill effects of tobacco use among college students.

METHODOLOGY:

Search Strategy:

An electronic search of articles published in various journals till 2017 (September) was conducted. Search was restricted to only English language. The database search done was Pub-Med. Articles containing following key search terms were retrieve.

awareness"[MeSH Terms] OR awareness[Text Word]ill[All Fields] AND effects[All Fields]"tobacco"[MeSH Terms] OR "tobacco products"[MeSH Terms] OR tobacco[Text Word]college[All Fields] AND ("students"[MeSH Terms] OR student[Text Word])

Types of study:

Community based cross-sectional, comparative, survey and descriptive study.

Types of participant:

College students including medical college students and school children.

Settings:

College, institute and university.

Outcome:

Awareness of tobacco use and cancer risk among college students

Result:

The systematic search was conducted by framing the terms individually and in combination with all synonyms, also according to the database. In addition to this, a manual Pub-Med search was undertaken using the keywords and search synonyms from already found articles. Additions of six articles were found. Initial search retrieved 7709 articles over which 5160 articles were selected manually. Duplicates were removed and reviewed 206 articles for eligibility, 4954 articles were excluded because of duplications in two databases. 173 studies were excluded due to unavailability of full text. Hence six articles were screened which includes qualitative study.

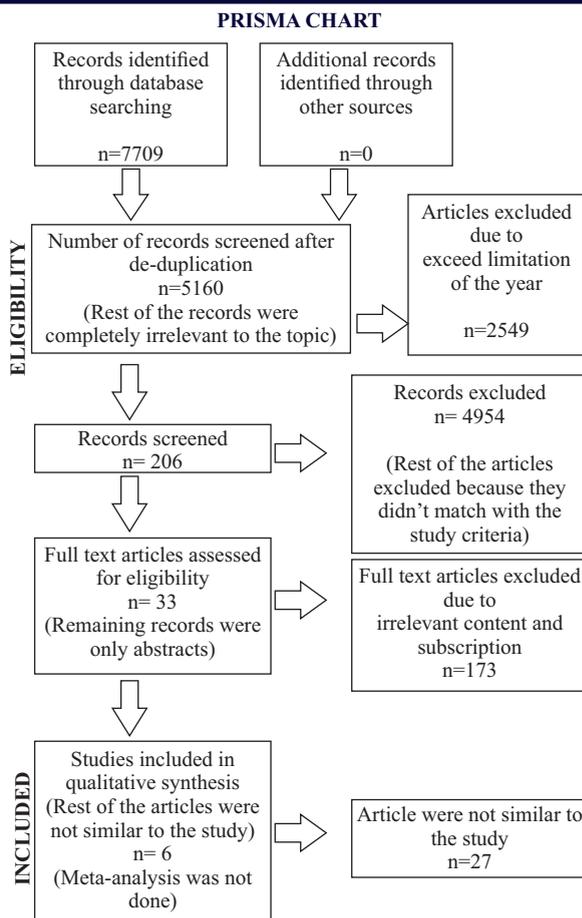


Figure 1: Flow chart showing study selection process.

DATA EXTRACTION TABLE:

S.NO./AUTHOR	TITLE	COUNTRY	VARIABLE	INSTRUMENT	SAMPLE/SAMPLING TECHNIQUES	DESIGN	FINDINGS	CONCLUSION
1.Kumar. R, S.Alka et al.(2010)	A study of tobacco consumption among college students university of Delhi, india	India India	Tobacco consumption among college students	Questionnaire	2599 college Students / Simple Random Technique	Survey	Awareness about health hazards among students was very high (97.4%) 95.4% of students were also aware the benefits quitting . Majority of the students were aware about deleterious effects of tobacco.195 (97.5%) students knows that tobacco can cause mouth cancer, 185 (92.5%) students knows that long standing use of tobacco in form of cigarette or bidi can cause lung cancer and 150 (75%) study population also have idea that using tobacco product have bad effect on chest and can cause various chest diseases.	The prevalence of smoking among students of University of Delhi is 23.57% in males and 3.9% in females. The results clearly indicate major lacunae not only in current educational system but also in parental upbringing not giving worthy importance to smoking and its health hazards. Knowledge of tobacco prevention legislation is still poor among law college students even since 2003.
2. Yadav A.A, Ahir.R et al. (2015)	A study on awareness of tobacco products use risk among Law College students of Mohan Lal Sukhadia University (MLSU), Udaipur (Rajasthan)		Awareness of tobacco products use risk	Interview	200 College Students, Simple random sampling technique	Cross-sectional Study		

Bartwal Janki, Awasthi .S et al, (2014)	Awareness India and Pattern of Tobacco Use among the Medical Students of Government Medical College	India	Awareness and Pattern of Tobacco Use	semi-structured self administered anonymous questionnaire	303 medical students	Cross-sectional study	Awareness about harmful effects of tobacco abuse was very high (90.76%) and mainly they got knowledge from media.	We can conclude that though the awareness among medical students regarding harmful effects of tobacco use was very
4. Paul Yash, Soni Nitin et al, (2017)	Ill effects of smoking on general and oral health: Awareness among college going students	Ill effects of smoking on general and oral health		Self-administered questionnaire	500 college students,	Cross-sectional study	The study result found that only 4% of the students had good awareness about the effects of smoking on oral health, while 40% had moderate awareness, and 56% of the students had poor awareness and 4% of the students had prevalence of signs of oral cancer	There is a need for targeted and focused tobacco use prevention interventions by adopting a comprehensive approach. Enabling teachers to educate the students regularly regarding tobacco use. Nongovernmental organizations may be involved in increasing awareness and also in massive public health education campaign.
5. Chitalkar GP, Taran Rakesh et al. (2016)	A study on awareness of tobacco use and cancer risk among medical students	India	Awareness of tobacco use and cancer risk	Interview	300 Undergraduate medical students	Cross-sectional study	Awareness about ill effect of tobacco was high. About 90% students were aware of role of smoking in causing oral and lung cancer, whereas only 60% were aware of other cancers caused by smoking other than lung and oral. 80% students were aware of role of passive smoking in causing cancer. More than 69.9% (n = 277) of participants were aware of the adverse effects of consumption oral health which poor oral health and oral	The awareness among medical students regarding harmful effects of tobacco use was very high. Most common reason behind tobacco use among medical students is academic pressure followed by influence of movies. School children with increased awareness of smoking effects on oral health were less likely to smoke. Educating students about the complications of smoking on oral health should be the part of smoking cessation programs and policies.
6. Nazir M A, Almas khalid (2017)	Awareness Saudi about the Arabi effects of a tobacco consumption on oral health and the possibility of smoking behaviour among male Saudi school children	Awareness about the effects of tobacco consumption on oral health	pre-tested questionnaire	453 Students, Multistage random sampling technique	Cross sectional study		The odds smoking were 22%–47% lower among schoolchildren who were aware of the consequences of on oral health than those who were unaware of these complications.	

SUMMARY AND FINDINGS:

The available literature refined to get six quantitative studies.

Out of six articles, five research studies revealed that the majority of respondents were aware about ill effects of tobacco use and one research study found that majority of respondents were not aware about ill effects of tobacco use.

FUTURE SIGNIFICANCE:

The review helps to understand the awareness and tobacco use and cancer risk. There is a need for targeted and focused tobacco use prevention interventions by adopting a comprehensive approach. Enabling teachers to educate the students regularly regarding tobacco use should be a cornerstone activity. Non-governmental organizations may be involved in increasing awareness and also in massive public health education campaigns. Moreover, nationally representative data on the prevalence, risk factors and health consequences of tobacco use among adolescents are lacking, thus representing a future public health

research priority, prevention efforts in the community, so it is essential to introduce teaching on tobacco dependence and cessation early in the courses of the medical colleges, to discourage smoking among the medical students and to increase awareness regarding all aspects of tobacco use.

- Database search was limited
- Search strategy was refined to awareness and tobacco use and cancer risk.
- Area of the study is limited so it can not be the representative of the community.
- Only six articles were included.
- Was limited to only in students.

STRENGTH:

- Article search was carried out on a significant criteria.
- Review could find out the gap between awareness and tobacco use and cancer risk.

WEAKNESS:

- Articles mainly focus on only awareness.
- Only six quantitative articles were included for data synthesis due to limitations.

CONCLUSION:

In this study, an attempt was made to feel the pulse of the young generation on the issue of smoking. On one hand, the results regarding the awareness of different aspects of smoking and the presence of signs of cancer are alarming while, on the other hand, the majority of students is having good chances of quitting and should be aggressively targeted by disseminating knowledge about Nicotine replacement therapy.

The awareness among medical students regarding harmful effects of tobacco use was very high. Most common reason behind tobacco use among medical students is academic pressure followed by influence of movies.

Hence, the study concludes that, though the awareness among medical students regarding harmful effects of tobacco use was very high and the source of information mainly from the electronic media.

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