

Smoking Among School Students – A Survey

Running title: Smoking among school students

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Abstract: -Adolescent tobacco smoking is a major health concern in India. Schools may be able to influence adolescent behaviour regarding smoking. Moreover, the prevalence of cigarette smoking varies between schools, and some of this variability may be explained by school factors. The World Health Organization (WHO) reported that mortality due to smoking-related diseases was higher than the combination of all infectious diseases worldwide. The aim of the study was to know the smoking habits among school students. Questions were prepared and administered to 120 participants through survey planet an online survey. The study population were school students of age group between 13 to 18 years. 26% of the respondents said they have the habit of smoking .64% of the smokers said they started smoking between 15-17 years, 31% said they started smoking between 17-18 years and 5% said they started smoking between 13-15 years .70% said they started smoking due to peer pressure, 15% because of parental influence and 15% due to stress .54% were willing to stop the smoking habit .The school students are exposed to smoking due to parental influence ,peer pressure and stress. There is also willingness to stop smoking among students. More awareness programs should be conducted to educate the students on harmful effects of smoking.

Keywords: -. influence, adolescents, movie advertising, world health organisation.

1. INTRODUCTION:

A repository for the collection, analysis, validation and dissemination of all smoking and health-related data was established by the World Health Organization (Saha et al., 2007) . Smoking prevalence in men and women averages 42% and 24%, respectively, for developed countries, and 48% and 7%, respectively, for less developed countries. In the United States , in comparison approximately 47 million people smoke cigarettes . Both active and passive smoking are implicated in this increase, and several studies of smoking behaviour and disease incidence in women suggest greater susceptibility of women to tobacco carcinogens (Henschke et al., 2006; Saha et al., 2007). Comparative toxicity studies have shown that , the new experimental cigarettes that in comparison with standard cigarettes heat tobacco have a relatively low toxicity (Foy et al., 2004) By measuring the intimal-medial thickness of the carotid artery in a large longitudinal atherosclerosis risk study of 10,914 individuals quantitative risk estimates were obtained. Increases of 50%, 25% and 20% were shown over nonsmokers in current, ex-and passive smokers, respectively, thus suggesting a role of all types of tobacco smoke exposure in the progression of atherosclerosis (Foy et al., 2004; Li et al., 2001) .Two polymorphic variants that interact with smoking to modify lung cancer risk have been identified (Hayashi et al., 1992) . Cigarette smoking is a major preventable cause of morbidity and mortality worldwide. Sometime before 18 years of age , most adult smokers

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start smoking regularly (Meijer et al., 1996). Mortality and morbidity due to smoking-related diseases are important public health issue globally. The World Health Organization (WHO) reported that mortality due to smoking-related diseases was higher than the combination of all infectious diseases worldwide. (Lim et al., 2017) Smoking now a days are most common among the school students. Hence this study was conducted to assess the smoking habits among the school students.

2. MATERIALS AND METHOD:

A Self administrated, pre tested questionnaire was designed to assesss the smoking habits among school children. The questionnaire was distributed through on online survey planet link. The study population included 100 school students belonging to 13 – 18 years of agegroup. The participants were explained about the purpose of study in detail. The responses were collected and analysed.

3. RESULTS:

26% of the respondents said they have the habit of smoking (Fig 1).64% of the smokers said they started smoking between 15-17 years, 31% said they started smoking between 17-18 years and 5% said they started smoking between 13-15 years (Fig 2).70% said they started smoking due to peer pressure,15% because of parental influence and 15% due to stress (Fig 3).54% were willing to stop the smoking habit (Fig 4).

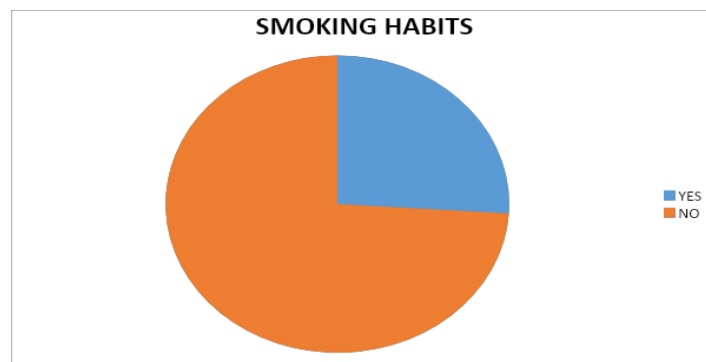


Fig 1: Smoking habits among students

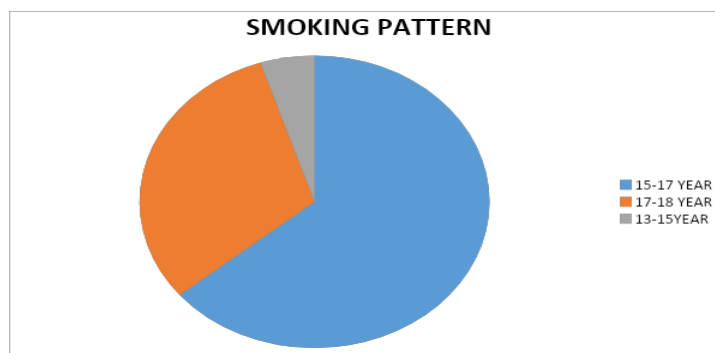


Fig 2: Smoking pattern among students

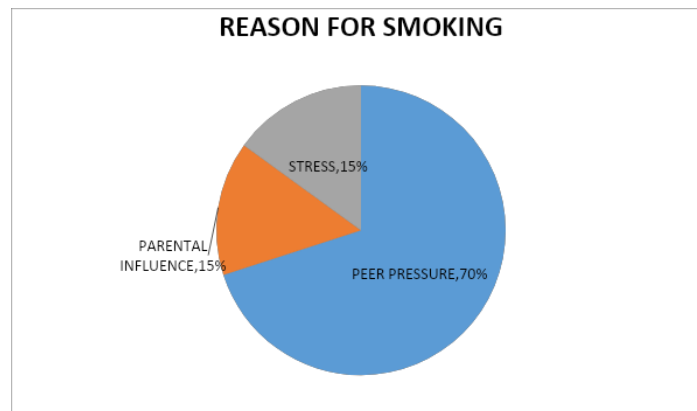


Fig 3: Reason of smoking

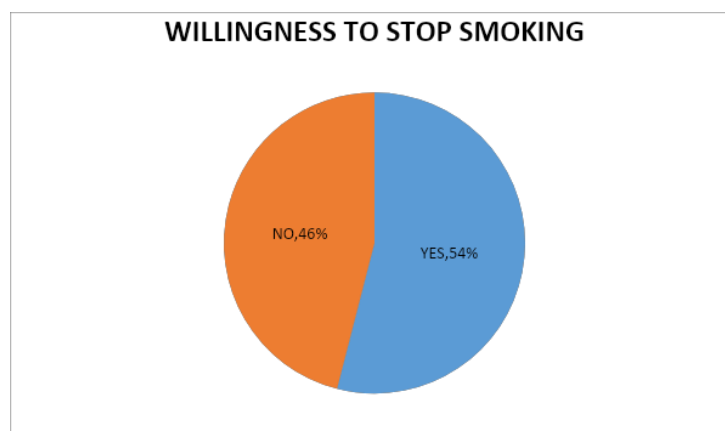


Fig 4: Willingness to stop smoking

4. DISCUSSION:

Preventing young people from starting to smoke is critical and a crucial step for cancer control. The Theory of Triadic Influence posits that factors from three different levels of context can influence youth smoking onset: characteristics in the immediate social environment surrounding youth (e.g., friends and family members), individual characteristics (e.g., age and gender), and characteristics in the broader social environment surrounding youth (e.g., school community). Students are at increased risk for smoking if they (a) often see students smoking near their school, (b) attend a school with a relatively high senior student smoking rate, and (c) report that students at their school smoke where they are not allowed (Flay et al., 1999). Much research has examined the influence of individual characteristics and characteristics in the immediate social environment (McMahon, 1999). Few studies have examined how school characteristics are related to youth smoking behavior. Considering that smoking rates vary across schools (Brook et al., 2010) and that the variation is not caused by differences in student characteristics, it is important to identify the influential school characteristics associated with that variability.

Different risks and protective factors related to smoking have been described among adolescents in the last decades (Chen, 1999). These factors manifest themselves at different levels (e.g., personal, familial, school level) introducing complexity when trying to understand the behaviour of adolescents. Several authors have found significant intra-school correlations in smoking onset, monthly smoking prevalence and the number of cigarettes smoked per day, which could be

related to the characteristics of the students within each school or other school contextual features (Mermelstein, 1999). Those studies exploring contextual effects using multilevel modelling have found that schools with a combination of higher performance and less truancy (Swan, 1999), schools receiving social assistance and mixed sex or vocational high schools had a higher risk for smoking (Stanton et al., 2004) ; (Henningfield&Fant, 1999).

5. CONCLUSION:

The school students are exposed to smoking due to parental influence, peer pressure and stress. There is also willingness to stop smoking among students. More awareness programs should be conducted to educate the students on harmful effects of smoking.

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