



A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE OF HIGHER SECONDARY STUDENTS FROM SELECTED COLLEGE REGARDING HEALTH HAZARDS OF TOBACCO USE.

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ABSTRACT: Objectives: To study the knowledge of higher secondary students from selected college regarding health hazards of tobacco use, to associate the knowledge of higher secondary students about health hazards of tobacco use with their demographic variables. **Material and Methods:** Non-Probability convenient sampling technique was used to select the sample. Descriptive research survey approach with non-experimental research design was used. The data collected during the month of February, 2021 among college students, using socio demographic data sheet, Questionnaire to Assess Total 130 samples were selected by using sample calculation formula with the help of prevalence rate. The Existing knowledge regarding health hazards of tobacco use. **Results:** In this study, out of 130 subjects majority of the subjects 51 (39.2%) belonged to age group 17 years, majority of the subjects were male 80 (61.5%), majority of income of subjects were above Rs, 30000 58 (44.6%), majority of use of tobacco by family member of the subjects belonged to 82 (63.1%), majority of habit of tobacco use of the subject belonged to 100 (76.9%), majority of use of tobacco of the subject belonged to 129 (99.2%) and majority of influenced of social media for tobacco use of the subject belonged to 96 (73.8%). Assessment of level of knowledge score shows that, out of 130 subject majority 50 (38.46%) of subjects had average level of knowledge score, 40 (30.76%) had good level of knowledge score, 20 (15.39%) had very good level of knowledge score and 20 (15.39%) had poor level of knowledge score. Finding of the study revealed that knowledge of subjects regarding tobacco use is associated with gender and family income, whereas age, use of tobacco by family member, habit of tobacco used by friends, use of tobacco and influence of social media for tobacco use are not associated with the knowledge of subjects regarding tobacco use.

Conclusions: The investigator concludes that, according to the findings should be used to design awareness strategies for primary prevention of health hazards of tobacco use, thereby decreasing the burden of hazards of tobacco use.

KEYWORDS: Health Hazards, Tobacco, Higher Secondary, Student, College.

INTRODUCTION:

Adolescents ought to gain social approval from peers will cause smoking, as will their want to look like adults. Family influences additionally play role adolescents whose folks or siblings smoke area unit a lot of seemingly to use tobacco. Once adolescents have experimented with smoking, more or less five hundredth still smokes and become addicted. The number of adolescents continued to smoke remains a serious public ill health in Asian nation. With the overwhelming proof of tobacco-related health issues in Asian nation and therefore the world, there's a desire to try and do all that {we can, we will, we able to} to stem the tide of onset throughout adolescence and develop effective treatment programs for those adolescents and young adults United Nations agency are habituated to smoking.¹

These users accounted for nearly 60% of all smokeless tobacco users aged 13–15 years in the world. Study re-ports that SEAR had 250 million smokers and nearly same number of smokeless forms of tobacco users. Tobacco consumption in South East Asia region, attribute 1.3 million (10%) of all deaths which accounts 14% among men and 5% in women. Globally India has third position in tobacco production while tobacco consumers are second largest in numbers. Mortality in India due to Tobacco use is 1.3 million. Out of which 1.0 million dues to smoking and remaining from smokeless form of tobacco use. Tobacco control in India-2004 reported all proportionate deaths attributed to tobacco use is expected to rise from 1.4% in 1990 to 13.3% in 2020. Global report of WHO (2012) states that 7% of all deaths for ages 30 years and above in India are attributable due to use of tobacco.³

Geographical region Maharashtra especially wardha district shows a prevalence of tobacco use among rural adolescents was terribly high (20.82%) as compared to national prevalence of fourteen.6% in keeping with the world youth tobacco survey in India 2009. There's a necessity of early intervention for tobacco halt as overall mean age of first skilled to tobacco consumption was 12.02 years and in male and female users it had been 12.25 years and 10.88 years severally.⁵

Background of the study

Adolescent tobacco used and therefore the subsequent health issues area unit a serious concern nowadays. Tobacco consumption has been known because the single most preventable reason behind death and unwellness in Asian nation. Just about ninetieth of the Oral Cancers in South East Asia Region area unit joined to tobacco change of state and tobacco smoking. The World Health Organization (WHO) attributes over four million deaths a year to tobacco, and it's expected that this figure can rise to ten million deaths a year by 2020. Moreover, it's currently a growing public pathological state within the developing world.¹

Tobacco consumption epidemic is one in all the most important public health threats that the globe is facing and attracts researchers to spot the cause for a similar in specific teams. Medical students act as mentors to fight against tobacco use, however many reports recommend that medical undergraduates themselves hooked in to tobacco use. Thus, the target of the study was to see the prevalence of tobacco consumption and its association with numerous factors among medical students' college.²

National Family Health Survey conducted in year 2016-17 according tobacco consumption prevalence thirty-eight.9% in geographic region and forty eighth in geographical region of India, 20.82% prevalence in geographic area particularly in wardha. Population prevalence of tobacco smoking particularly with respect to elaborated habits like the quantity smoke-cured, the smoking forms, quit-rates and relationship with demographic variables were studied at four totally different centers in India in conjunction with the study on medicine of bronchial asthma, respiratory, illness, respiratory disorder and chronic obstructive respiratory disease.⁴

Need for the study

Virtually six million die from tobacco use every year, each from direct tobacco use and second-hand smoke. By 2020, this range can increase to seven.5 million, accounting for 100% of all deaths. Smoking is calculable to cause regarding seventy percent one of carcinoma, forty second percent of chronic respiratory disorder and nearly 100% of cardiovascular disease. The very best incidence of smoking among men is in lower-middle-income countries.⁴

NFHS (National family health survey-3) has additionally reported a comparatively higher prevalence of tobacco use in rural than in geographic region, however in social group space the prevalence of tobacco use remains terribly high compared to rural and concrete counterpart. However, most of those surveys, except international youth tobacco survey have reported prevalence of tobacco use in a very wide selection older cluster i.e. fifteen years and higher than.⁶

Amongst girls, smoking was additional common within the North eastern states, Jammu & Kashmir state whereas most different parts of India had prevalence rates of concerning four percent or less eight percent. In different reports, ever smoking among the school students of 13- 15 years of age, studied as an area of the worldwide Youth Tobacco Survey (GYTS) study was reported on a mean in up to concerning 10% people 9-12. These reports clearly indicate a greater prevalence of tobacco smoking in adult men. Elaborate data on the smoking forms, quit rates and relationship with totally different demographic variables is comparatively little.⁷

Tobacco use as well as each the smoking and therefore the nonsmoking forms of tobacco is common in India. The few reports of tobacco use in numerous population teams report its prevalence from 15% to over 50% among men -7. Variations in its prevalence are rather wide for the nonsmoking forms. Tobacco smoking in most part of India except geographic region Punjab, Maharashtra and geographical region Sikkim is according in regarding one fourth to 1/2 adult men of over fifteen years of age.⁸

Investigator observed that the adolescent students are chewing gutkha, tobacco and smoking frequently and regularly which in turn cause them various health problems leading to future health hazards like cancer and death. The investigator assumes that these students do not have adequate knowledge regarding health hazards of tobacco use thus, they may use tobacco.

Assessing their knowledge will help to understand knowledge level of students. Starting the habit at young age increases the risk of morbidity and mortality in later life. It also significantly increases the risk of cancer in the population. Majority of person started chewing and smoking between 16 and 18 above years. Thus, investigator took study to assess the knowledge of higher secondary students regarding

health hazards of tobacco use. In this way, investigator will be evaluating knowledge level of students regarding health hazards of tobacco use. This study will help for further researcher in preventing tobacco related hazards.

Objective of the study

- To study the knowledge of higher secondary students from selected college regarding health hazards of tobacco use.
- To associate the knowledge of higher secondary students about health hazards of tobacco use with their age.
- To associate the knowledge of higher secondary students about health hazards of tobacco use with their gender.
- To associate the knowledge of higher secondary students about health hazards of tobacco use with their family income per month.
- To associate the knowledge of higher secondary students about health hazards of tobacco use with use of tobacco by family members.
- To associate the knowledge of higher secondary students about health hazards of tobacco use with habit of tobacco use by friends.
- To associate the knowledge of higher secondary students about health hazards of tobacco use with use of tobacco.
- To associate the knowledge of higher secondary students about health hazards of tobacco use with influence of social media.

Operational definitions

Assess

In this study, it refers to determination of knowledge of higher secondary students of selected college regarding health hazards of tobacco use.

Knowledge

In this study, knowledge means correct responses of the higher secondary students regarding use and health hazards of tobacco elicited by self-administered knowledge questionnaire.

Tobacco

In this study, tobacco is referred as dried leaves of the tobacco plant that is used to make cigarettes, smoking in a pipe, or chewing.

Tobacco Use

In this study, tobacco use includes smoking, sucking, chewing or snuffing any tobacco product.

Health Hazards

In this study, Health problems which can results due to the use of tobacco or tobacco product.

Higher secondary students

In this study, students are those who undergo two years of academic program after completing 10 years of schooling in order to join the college program/degree.

Stream

In this study, students are those who studying in science stream from selected college.

College

In this study, it refers to the educational institution where the students are seeking their education after completing 10 years of schooling.

Selected Area

In this study, selected area means the place where the selected higher secondary schools are situated.

Scope of the study

This study would help to create awareness among higher secondary school students regarding health hazards of tobacco use, thus they may quit / avoid consumption of tobacco.

Assumption

1. The higher secondary school students have some knowledge regarding health hazards of tobacco use.
2. Knowledge can be assessed through the structured knowledge questionnaire

Hypothesis

The present study is a hypothesis generating study, hence no hypothesis stated in this study.

Ethical aspects

1. The study has approved by the institutional ethical committee.
2. Permission taken from concerned college authorities.
3. Written informed consent was obtained from the study subjects.
4. Confidentiality and anonymity about the obtained data was maintained by coding.

Sampling Criteria

Inclusive criteria

College students those who are

1. Higher secondary students who are present at time of data collection.
2. Higher secondary students who are willing to participate in the study.

Exclusive criteria:

College students those who are

1. Higher secondary students who have attended similar health education program.
2. Who are not interested to participate in the study.

METHODOLOGY:

Non-Probability convenient sampling technique was used to select the sample. Descriptive research survey approach with non-experimental research design was used. The data collected during the month of February, 2021 among college students, using socio demographic data sheet, Questionnaire to Assess Total 130 samples were selected by using sample calculation formula with the help of prevalence rate. The Existing knowledge regarding health hazards of tobacco use.

TOOLS:

Socio demographic data sheet: It consists of demographic characteristics i.e. age, gender, family income, use of tobacco by family members, habit of tobacco used by friends, use of tobacco and influence of social media for tobacco use.

Knowledge questions: The investigator constructed 20 multiple choice question to assess the knowledge regarding health hazards of tobacco use.

Scoring Technique

grading of knowledge score among subjects

level of knowledge score	percentage of marks	Score Range
poor	0-25%	0 – 5
average	25-50%	6 – 10
good	51-75%	11 – 15
Very good	76-100%	16 – 20

RESULTS:

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CONCLUSION:

The investigator concludes that, according to the findings should be used to design awareness strategies for primary prevention of health hazards of tobacco use, thereby decreasing the burden of hazards of tobacco use.

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