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## Prevalence Of Smoking Among School Going Adolescent Boys Of Belgaum City

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### ABSTRACT

*Tobacco use is a major cause of many of the world's top killer diseases and smoking is the major single known cause of non communicable diseases. Teenage smoking has become a major health problem throughout the world. While the serious complications of smoking usually occur later in life, even at a young age there are numerous adverse health conditions. To assess the prevalence of smoking & factors influencing it. This cross-sectional study was conducted in selected schools of Belgaum city, Karnataka, during January 2013 to September 2013. Total 227 students between the age group of 13-15 years were enrolled in the study. Data analysis was done using SPSS version 20 and chi square was used to find out the association. Out 227 students 6.6% were smokers; the most preferred being cigarette smoking. Despite of average knowledge about the hazards of smoking, about 6.6% of the high school students are smokers in this study. Regular Information, Education and Communication activity should be carried out with the help of media as well as celebrities for high lighting the ill effects of smoking. Behavioural modification of adolescents should be carried out by intervention programs on a large scale.*

**Key words:** Smoking, Tobacco, School going Adolescent boys, prevalence, Belgaum,

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### INTRODUCTION

Adolescents and the young adults are the future of all generations. It is a time when many physical, psychological and behavioral transformations happen and when adolescents develop a lot of the habits, behavioral patterns and relationships, which will carry into their adulthood. They are the next pillars of the civilization of a country, hence must be handled with care (Biswas and Sarkar, 2010).

Tobacco epidemic is one of the biggest public health threats the world has ever faced, killing nearly 6 million people in a year. More than 5 million of those deaths are the result of direct tobacco use while more than 6,00,000 are the result of non-smokers being exposed to passive smoking (WHO, 2013). Globally everyday about 80,000-1,00,000 youth initiate smoking (Shashidhar *et al* 2013).. It is estimated that 250 million children and adolescents who are alive today, would die prematurely because of tobacco use and majority of them reside in the developing countries.<sup>4</sup> Nearly 80% of the smokers worldwide live in low- and middle-income countries, where the burden of tobacco-related illness and death is highest (WHO, 2013). About 1/5<sup>th</sup> of all worldwide deaths attributed to tobacco occur in India. The most susceptible time for initiation of tobacco use in India, is during the age 15-24 years. Today among 1000 teenagers who smoke, approximately 500 will eventually die of tobacco related diseases. Tobacco use in adolescents has been called a "pediatric epidemic" because of increasing level of its use and catastrophic public health implications (Shashidhar *et al* 2013). Hence this study was undertaken to assess the prevalence of tobacco smoking among school going adolescent boys.

### MATERIALS AND METHODS

This cross-sectional study was conducted in selected schools of Belgaum city, district of Karnataka state, India. The Urban Health Centre was chosen randomly by lottery method and all the schools residing in their area were taken, during the period of January 2013 to September 2013. Birth certificates were utilized to ascertain the age of students. Total 227 school going adolescent boys of 4 schools studying in

8<sup>th</sup> to 10<sup>th</sup> standard, with age group of 13 to 15 years and willing to participate in the study were enrolled in the study.

A questionnaire method was applied to assess the knowledge, attitude and practice regarding smoking hazards. The questionnaire contained following topics: socio-demographic factors, knowledge, attitude and practice regarding smoking and its hazards.

After explaining the purpose of the study, instructions were given on how to fill the questionnaire. The confidentiality was maintained by coding the questionnaires. The author of this study remained present throughout the study to respond to any doubts/queries of the students.

#### Ethical Clearance

Ethical clearance was obtained from the Institutional Ethics Committee of the JNMC, KLE University Belgaum. Prior to data collection permission and inform consent was obtained from the teachers/parents and assent was obtained from the participants.

#### Statistical-Analysis

Data obtained was entered into SPSS (version 20) and percentages were calculated for all variable. Chi-square test was used to find out the association.

## RESULTS

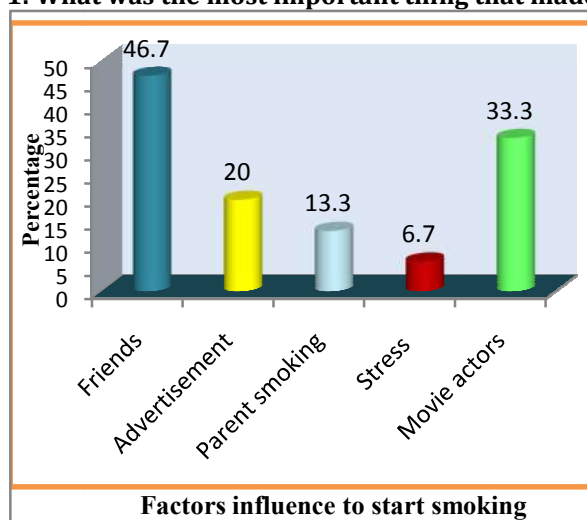
In this present study among 227 school going adolescent boys 51.5% were in the age group of 15 year, 32.2% were age group of 14 year and 16.3% were in the age group of 13 year.

**Table No 5: Distribution of participants according to type of smoking & place of smoking**

Type of smoking	No of participants	Percentage
Cigarette	10	66.7
Bidi	5	33.33
Place of smoking		
Hotel	5	33.3
Outside	10	66.7
<b>Total</b>	<b>15</b>	<b>100</b>

Out 227 students 6.6% were smokers and remaining are non smokers. All smokers were occasional smokers. In this present study regarding the types of smoking 66.7% smoked cigarette and 33.3% smoked bidi. Our study also showed that majority of smokers about 66.6% smoked outside while 33.3% smokers smoked at home.

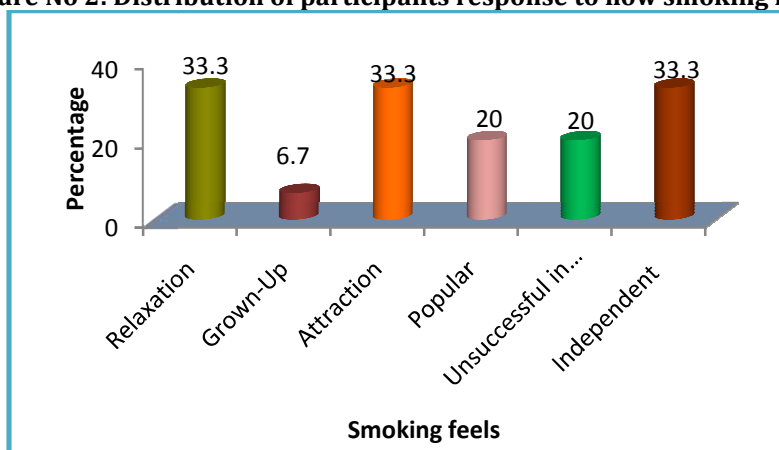
**Figure No 1: What was the most important thing that made you start?**



\*Some respondent gave multiple responses.

Out of 15 smokers, 46.7% reported as the most common initiating factor for smoking was friends, followed by 33.3% movie actors, followed by 20% advertisement, followed by 13.3% parent smoking and 6.7% reported stress made them to start smoking.

Figure No 2: Distribution of participants response to how smoking feels.



\*Some respondent gave multiple responses.

In our study 15 students had smoking habit among them 33.3% students felt smoking give relaxation, attraction and independent, 20% feels popular and unsuccessful in work and 6.7% students feels grown up.

Table No.6: Association between selected Socio demographic variables and Smoking habit, regarding smoking.

Fathers education	Smoking habit		$\chi^2 = 0.364$ ,df=3, p=0.948
	Yes	No	
Illiterate	24 (96%)	1 (4%)	$\chi^2 = 5.571$ ,df=3, p=0.134
Primary	72 (93.5%)	5 (6.5%)	
Secondary	62 (92.5%)	5 (7.5%)	
PUC& Above	54 (93.1%)	4 (6.9%)	
Mother's education			
Illiterate	53 (98.1%)	1 (1.9%)	$\chi^2 = 5.571$ ,df=3, p=0.134
Primary	80 (88.9%)	10 (11.1%)	
Secondary	49 (94.2%)	3 (5.8%)	
PUC& Above	30 (96.8%)	1 (3.2%)	
Socio-economic status			
class I & II	47 (88.7%)	6 (11.3%)	$\chi^2 = 2.533$ ,df=2, p=0.282
Class III	85 (94.4%)	5 (5.6%)	
Class IV & V	80 (95.2%)	4 (4.8%)	

There was no association found of smoking habit with fathers and mothers education and socio-economical status was not found to be statistically significant.

## DISCUSSION

In this present study the prevalence of smoking was 6.6%. A study conducted in Bangalore (Shashidhar et al 2013), (6.8%) and Tamil Nadu (Gajalakshmi et al.2004), (5.3%) showed similar results. Prevalence of smoking was much lower in our study as compared to the studies conducted in Chennai city (Biswas and Sarkar, 2010), Midnapur West Bengal (Kumar et al, 2006), but the studies conducted in Nagpur

(Gunjal *et al.*2012), West Bengal (Mukherjee *et al.* 2012), Ethiopia (Rudatsikira *et al.* 2007) showed lower prevalence than our study.

Our study revealed that 66.7% smoked cigarette and 33.3% smoked bidi. Study conducted in Gujarat showed (55%) smoked cigarette and 24% smoked bidi (Narain *et al.* 2011) and Wardha Maharashtra smoked cigarette (61%) and 42% smoked bidi (Kishore *et al.* 2007).

In our study out of 15 smokers, 46.7% reported peer pressure as the most common initiating factor for smoking followed by movie actors (33.3%), followed by advertisement (20%), followed by parental smoking (13.3) and 6.7% because of stress they started smoking. Similar results were observed in a study conducted in Bangalore (Shashidhar *et al.* 2013) were 61.8% smokers initiated smoking due to peer pressure, movie actors (26.5%), parental smoking (11.8%) and advertisement (2.9%), where study conducted in Tunisia (El Mhamdi *et al.* 2011) reported that 45.8% smokers initiated smoking by peer pressure. In our study participants cited as the most common initiating factors for smoking were friends, which is similar to these studies.

Our study revealed that 33.3% students believed smoking gives relaxation, attraction and sense of independence. A study conducted in West Bengal (Das *et al.* 2012) reported dissimilar findings that 10.8% smokers felt smoking gives sense of relaxation and 9% smokers felt smoking gives sense of attraction. Our study reported that 66.6% of the smokers smoked outside and 33.3% smokers smoked at home. A similar finding was reported in Jammu and Kashmir (Singh *et al.* 2008) were 32.1% smoked at home and 59.3% smoked outside.

## CONCLUSION

The present study showed, about 6.6% of the school going adolescent boys were smokers, the most preferred being cigarette smoking.

The main reported reasons for smoking were peer pressure, movie actors, advertisement, followed parents and stress, which should be addressed urgently by policymakers.

## RECOMMENDATIONS

Regular Information, Education and Communication activity should be carried out with the help of media as well as celebrities for high lighting the ill effects of smoking. Behavioural modification of adolescents should be carried out by intervention programs on a large scale.

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