

Prevalence of Smoking among the Preparatory School Students in AL-Hamdaniya District / Nineveh Governorate

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ABSTRACT

Background: smoking is the most common problem that invasion the schools and affect the students. Depending on the several studies and reports, there is a high prevalence smoking between school students.

Aims of this study: to estimate the prevalence of smoker students in preparatory schools in AL- Hamdaniya district with some variables.

Patients and Methods: A descriptive study was applied to estimate the prevalence of smoker students in preparatory schools in AL- Hamdaniya and find the effect of smoking by other variable. The study starts from 10st of March 2012 up to the 25 May 2012. Four preparatory schools in AL- Hamdaniya district, the tools consist variably of age, gender, marital status, residence of smoking and type of style. Descriptive statistical analysis is used of frequency.

Results: The study indicate that there increase in number of student that use mixed type of smoking cigarettes and Hubble babble and students who smoke less than 10 cigarettes are more than other quantity.

Recommendation: The study emphasis on the teacher role in health education especially on identifying the risk of cigarette smoking and relating to the disease, Issuing poster related to the dangerous of tobacco and demonstration of disease related on.

Key words: Prevalence, Smoking, Preparatory School.

INTRODUCTION

Smoking is the inhalation of smoke of burning tobacco encased in cigarettes, pipe and cigars. Caused smoking is the act of smoking only occasionally, usually in social situation or to relieve stress. Smoking habit is a physical addiction to tobacco product. Many health experts now regard habitual smoking as a psychological addiction too, and one with serious health consequences ⁽¹⁾. Each day, More than 3900 young people across the United States try their first cigarette. Most start this deadly habit not fully understanding that nicotine in tobacco is as addictive as heroin, cocaine, or alcohol. Most also underestimated the health consequences even through tobacco use is the leading cause of preventable death in the United States. School programs to prevent tobacco use among young people can make a major contribution to the health of the nation, particularly when these programs are combined with community efforts ⁽²⁾. Schools are a uniquely powerful position to play a major role in reducing the serious problem of smoking and other tobacco use by kids. Children and younger's spend almost a third of their waiting time in school or about 100 hours per month and much of the peer pressure kids feel regarding

whether or not to smoke occurs in school, For schools to effectively prevent and reduce youth smoking among their students, they must create an environment that encourages anti-smoking beliefs and behaviors ⁽³⁾. The public health service strategy reflects the view that smoking is not only medical problem but also a major social, economic, and psychological, Phenomenon that has profound health implications. The major prevention technique is education of the public. Emphasis is placed on personal responsibility for health and on the adoption of a health-promoting live style. The critical level for the onset of habitual smoking appears to be high school ⁽⁴⁾. CDC analyzed 2000-2009 data from the National Youth Tobacco Survey(NYTS) a school-based survey that collected information on tobacco use related behaviors and attitudes from middle schools (grades 6-8) students and high school (9-12) students. This analysis indicated that in 2009 8.2% of middle school students and 23.9% of high school students reported current use at any tobacco product, NYTS includes measures on prevalence of youth tobacco use, smoking cessation, tobacco-related knowledge and attitudes, access to tobacco, media

and advertising. The CDC developed recommendations for schools to prevent tobacco use and addiction. Only a few schools have fully implemented these programs even though there is strong evidence to support schools based tobacco prevention ⁽⁵⁾. Smoking is recognized as the leading preventable cause death, causing or contributing to death of approximately 430.700 American each year. Anyone with smoking habit has an increased chance of lung, cervical, and other types of cancer, respiratory disease

such as emphysema, asthma and chronic bronchitis and cardiovascular disease such as heart attack, high blood pressure and stroke atherosclerosis (Narrowing and hardening of the arteries). Smoking can damage fertility, making it harder to conceive, and it can interfere with the growth of the fetus during pregnancy. It accounts for an estimated 14% of premature birth and 10% of infant deaths; there is some evidence that smoking may cause importance in some men ⁽⁶⁾.

MATERIALS AND METHOD

A descriptive design was applied in the present study. Purposive sample consist of (400) students, 100 students selected from each school, and 33 students are selected from each class. The student were permanence their teaching in

the preparatory school. Data were collected for the period from the 10st March 2012 till the 25th May 2012. The student were interviewed by using assessment tool. A descriptive and inferential statistical data analysis approach were used.

RESULTS

Table (1): Socio – demographic characteristics of the subjects (N= 400)

Variable	No	%
(A) Age		
15 years	107	26.75%
16 years	87	21.75%
17 years	92	23%
18 years	18	4.5%
More than 18 years	96	24%
Total	400	100%
(B) Sex		
Male	378	94.5%
Female	22	5.5%
Total	400	100%
(C) Residence		
Urban	353	88.25%
Rural	47	11.75%
Total	400	100%
(D) Educational level		
4 th class	122	30.5%
5 th class	196	49%
6 th class	82	20.5%
Total	400	100%
(E) Smoker		
Smoker	198	49.5%
Non smoker	202	50.5%
Total	400	100%
(F) Smoker style		
Hubble bubble	98	49.49%
mixed Hubble bubble and Cigarette	56	28.22%
cigarette smoking	44	22.29
Total	198	100%

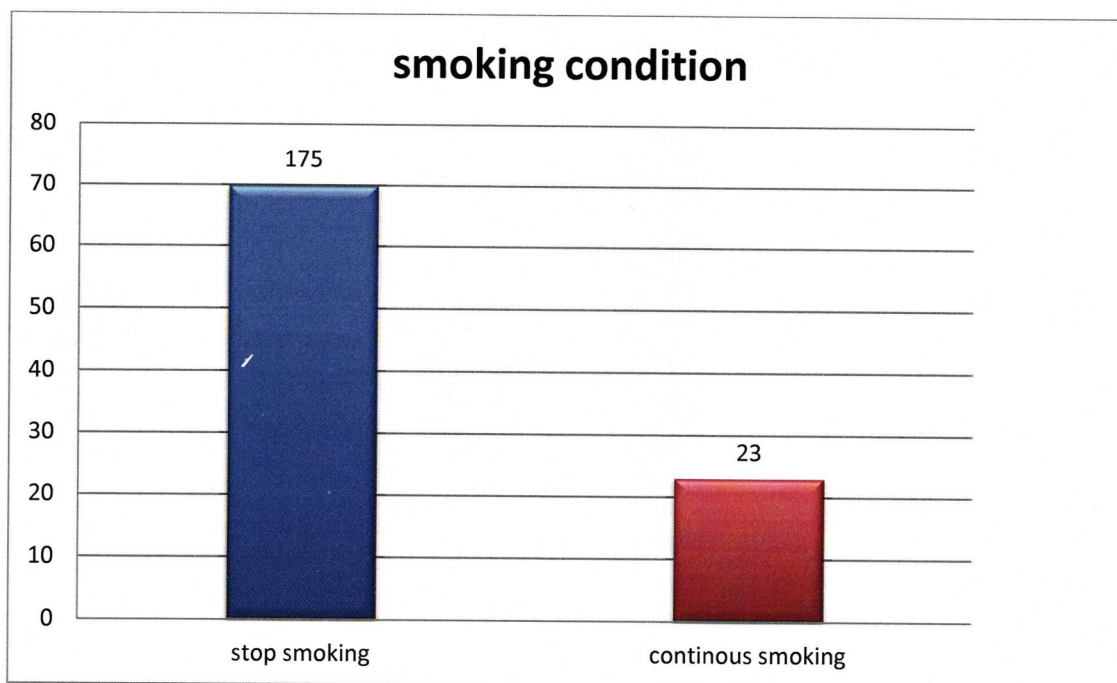


Figure (1): demonstrates smoking condition for Student which revel the stop smoking is about 23, and 175 are continue smoking.

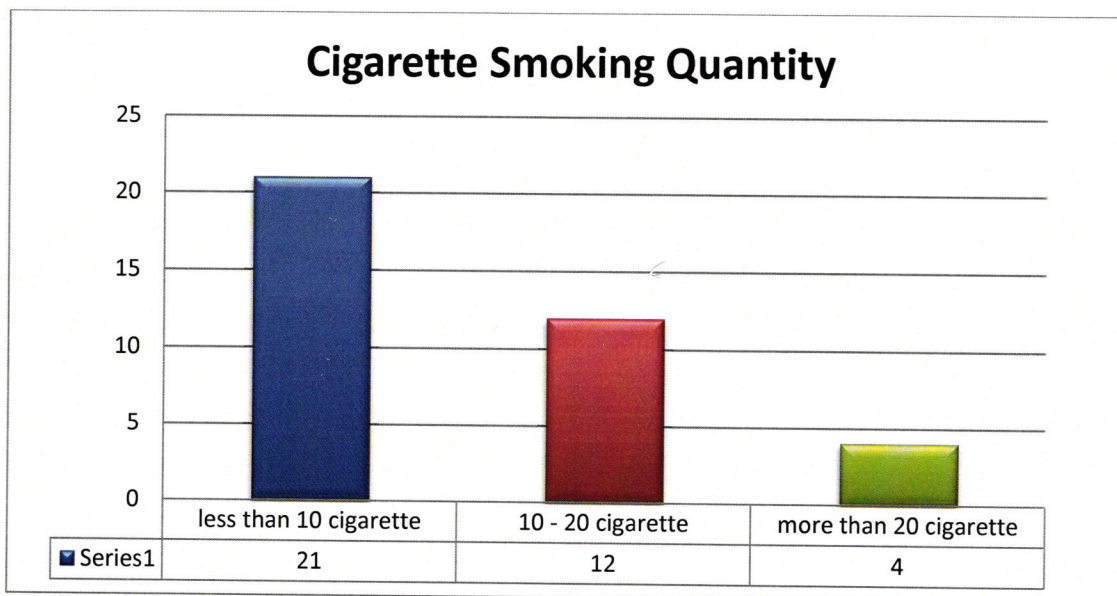


Figure (2): Cigarette Smoking Quantity show that high number 21 student are with less than 10 Cigarette while 12 student are smoke from 10–20 cigarette per day and the low number of 4 student are smoke more than 20 cigarette from total number of student.

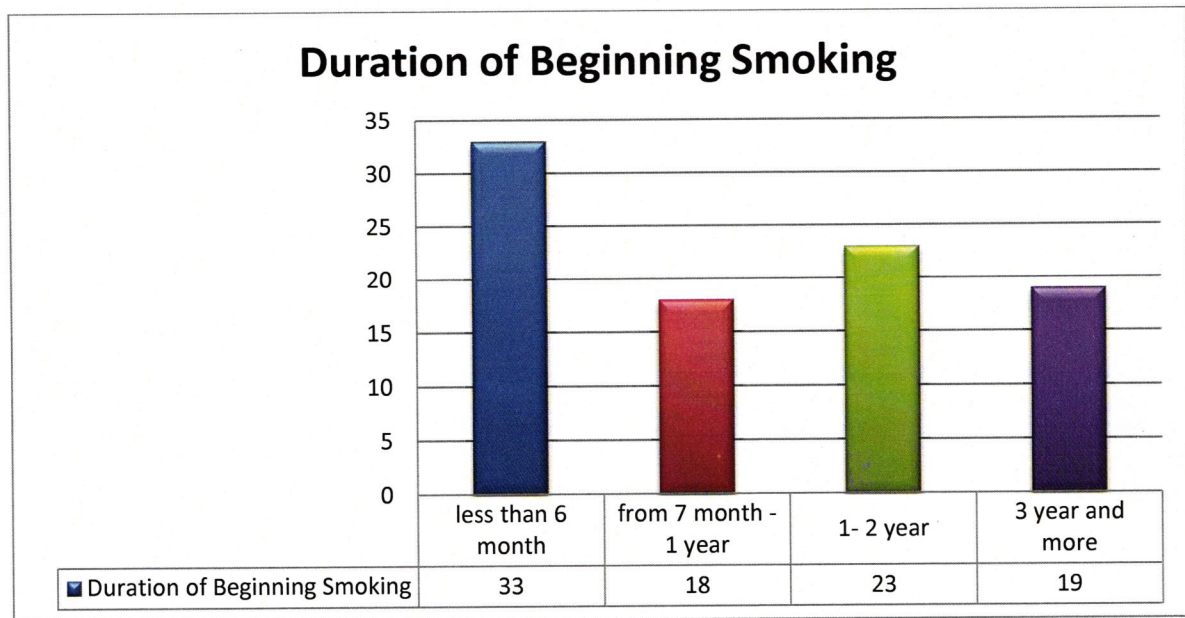


Figure (3): Duration of Beginning Smoking reveal that most of students are new in the start of smoking 33, 18 are smoke from 7 month – 1 year , 23 are smoke from period of 1-2 year and 19 student are smoker for longer than 3 year in the total number of Schools in Al - Hamdaniya District.

DISCUSSION

The table (1) demonstrate that the majority of age group were in 15 years old which is the very critic level of human being from adolescent to adult hood 26%, also it appear that there high percentage 30.5% in 4th class which reveal that most of them are in low level of knowledge and deficit of risk related to tobacco smoking, it appear that high percentage of student are smoker 49.5% while in the style of smoking Hubble bubble comes in the first rank of smoking which are most dangers and fetal and this finding are agreed with study of Wolds. Degg N. ⁽⁴⁾ who found 439 student from 1089 are

smoking Hubble bubble in oriental schools.

Figure (2) reveals that there are huge number of smoker between the student 88.38 % which mean that the smoke is in increasing number between the student and that are agree with the study of falo2008 which indicate that most teenagers in high schools are learn smoking a kind of smoking such as cigarette or other hashish or drug in these age group. Figure (3) Cigarette Smoking Quantity show that high number 21 student are with less than 10 Cigarette while 12 student are smoke from 10–20 cigarette per day and the low number of 4 student are smoke

more than 20 cigarette from total number of student. Figure (4) Duration of Beginning Smoking reveal that most of students are new in the start of smoking 33, 18 are smoke from 7 month – 1 year , 23 are smoke from period of 1-2 year and 19 student are smoker for longer than 3 year in the total number of Schools in Al - Hamdaniya District.

CONCLUSIONS

The study concluded that there are increase in number of students smokers especially those use mixed type Hubble babble and cigarette, male students more than female students and in students especially scientific branch more than propriety. There are huge numbers of students that smoking than who are stop smoking. In cigarette smoking

quantity students who smoke less than 10 cigarettes more than other quantities. Duration of beginning smoking shows high number of new smoker students less than 6 months than other period.

RECOMMENDATIONS

Depending on the findings and conclusions of the study, the researcher recommended the following emphasis the teacher role in health education especially on identifying the risk of cigarette smoking and relating to the disease. Issuing poster related to the dangerous of tobacco and demonstration of disease related on. Focus on male students as target population social and behavior characteristics that affect by smoking.

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