

# AWARENESS ON HARMFUL EFFECTS OF SMOKING AMONG HIGH SCHOOL STUDENTS

**Type of study:** Original Research

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## Abstract:

Smoking is a major public health problem in the world. Tobacco use is the single most preventable cause of disease, disability, and death worldwide. Tobacco kills 15 times as many people as suicides, murder or manslaughter. Tobacco, alcohol and betel use are the main major factors for causing oral cancer. The purpose of this study was to assess the knowledge and awareness on harmful effects of smoking among high school students. This was a questionnaire based cross sectional type of study comprising 100 high school students from the pupil school, Chennai. A self-designed questionnaire contains 10 questions based on the knowledge, awareness on harmful effects of smoking among high school students. Questionnaires were circulated through an online website survey planet. After the responses were received from 100 participants, data was collected and analysed. 92% of students are not smokers and 8% smoke to get pleasure. 94% of students are aware that smoking causes cancer and it is injurious to health. 54 % of students are aware that smoking causes lung cancer such as COPD (Chronic obstructive pulmonary disease). 73% of students are aware that it can be cured by counselling, by anti-nicotine medication and by doing proper exercise. According to the above survey we conclude that, the students have adequate knowledge and are aware of harmful effects of smoking. However, more intensive awareness programs should be initiated to eradicate the harmful effects of smoking among school students.

**Keywords:** Awareness, smoking, students

## I. INTRODUCTION:

Smoking is the major public health problem in the world. Tobacco use is the single most preventable cause of disease, disability, and death worldwide. Tobacco kills one human being every six seconds.

Tobacco kills 15 times as many people as suicides, murder or manslaughter. Tobacco, alcohol and betel use are the main major factors for causing oral cancer.

According to the World Health Organization (WHO), 5.4 billion people die every year from using

tobacco (World Health Organization, 2008). In India tobacco use is estimated to cause 800,000 deaths annually. The World Health Organization predicts that tobacco deaths in India may exceed 1.5 million annually by 2020. India is the second largest consumer of tobacco in the world, after China. For preventing non communicable diseases, prevention of tobacco use is only the opportunity in the world today. After cervical and breast cancer amongst women oral cancer with primary etiological factors of smoking and tobacco chewing, is the third most common cancer in India. The Global Youth Tobacco Survey reported that no difference was observed in cigarette smoking prevalence between boys and girls in 58% of the countries. Numerous anti-smoking programs have been implemented in junior and senior high schools in attempts to reduce the rate of smoking.(Murray et al., 1996)

Despite widespread knowledge of the harmful effects of tobacco use, adolescents continue to adopt smoking habits. This can have a severe health impact on the adolescents and can jeopardize the quality of life.(Evans, 1976)The purpose of this study was to assess the knowledge and awareness on harmful effects of smoking among high school students.

## II. MATERIALS AND METHOD:

This was a questionnaire based cross sectional type of study comprising 100 high school students from the pupil school, Chennai. A self-designed questionnaire contains 10 questions based on the knowledge, awareness on harmful effects of smoking among high school students. Questionnaires were circulated through an online website survey planet.After the responses were received from 100 participants, data was collected and analysed.

## III. RESULTS:

A total of 100 responses are received and the results are analysed and described according to the

answers of the students using the pie chart.

92% of students are not smokers and 8% smoke to get pleasure (Fig.1). 94% of students are aware that smoking causes cancer and it is injurious to health (Fig.2). 76% of students were aware that women get a risk of cervical cancer if they smoke (Fig.3). 76% of students say that COPD gets aggravated by smoking (Fig.4). 54 % of students are aware that smoking causes lung cancer such as COPD (Chronic obstructive pulmonary disease) (Fig.5). 73% of students are aware that it can be cured by counselling, by anti-nicotine medication and by doing proper exercise (Fig.6).

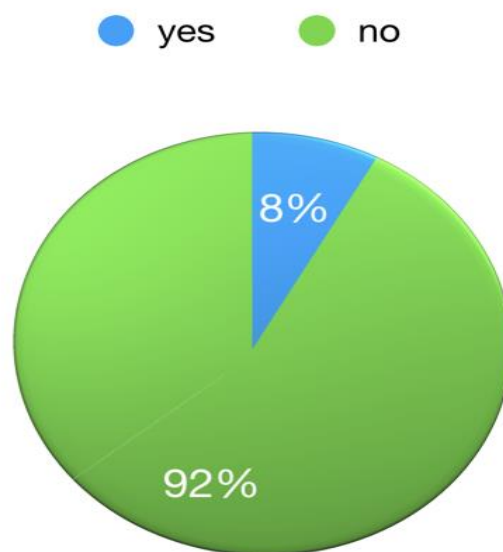
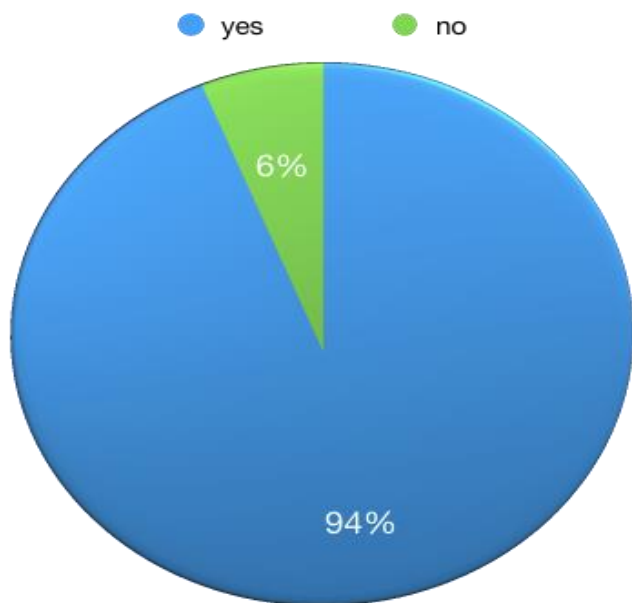
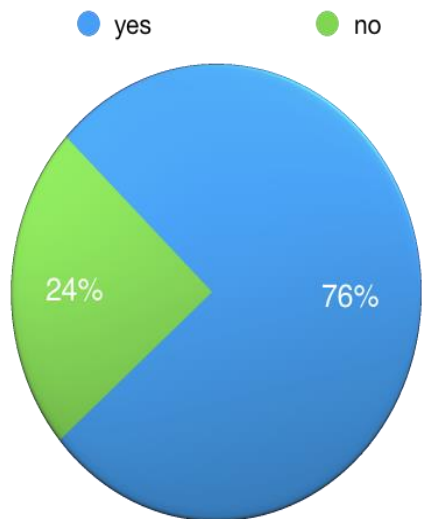


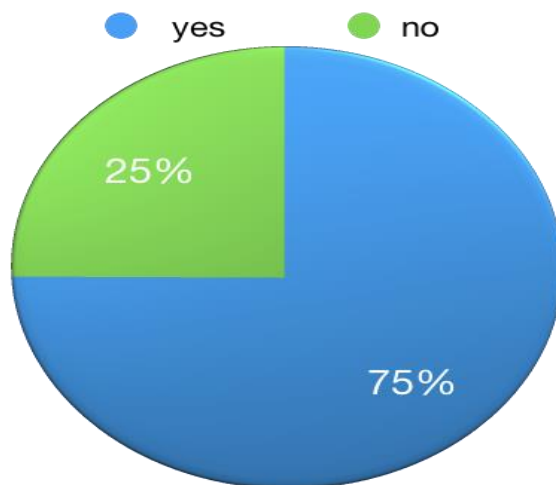
Figure 1: Are you a smoker?



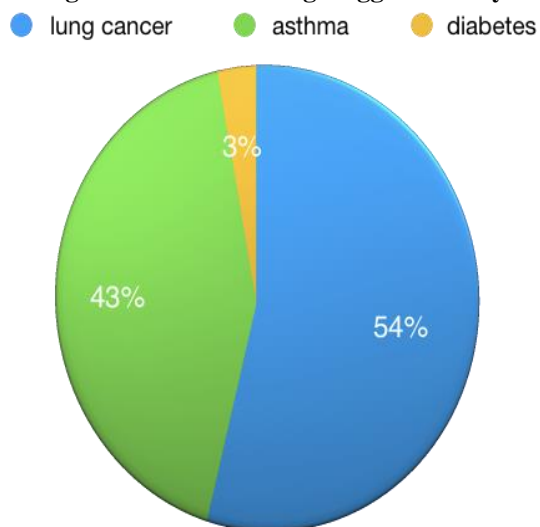
**Figure 2: Are you aware that smoking causes cancer?**



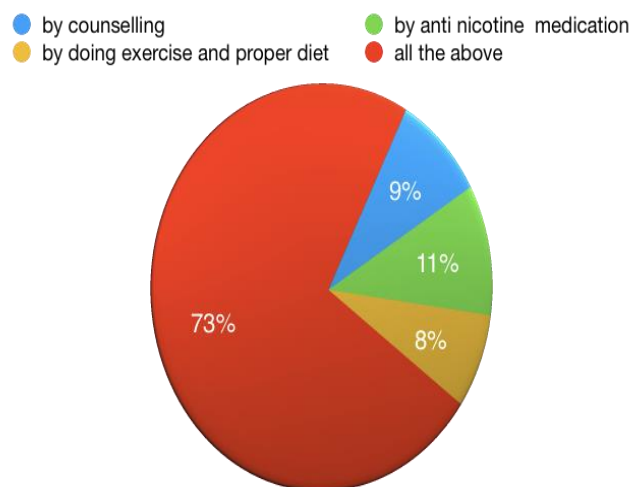
**Figure 3: Do you know the risk of cervical cancer doubles in women who smoke?**



**Figure 4 : Does COPD get aggravated by smoking?**



**Figure 5: What is the immediate effect of smoking?**



**Figure 6: How can you stop smoking?**

#### IV. DISCUSSION:

Tobacco is the second major explanation for death within the world today. After cervical and breast cancer amongst women oral cancer is the third most common cancer in India. Despite widespread knowledge of the harmful effects of tobacco use, adolescents continue to adopt smoking habits (Mpabulungi & Muula, 2004).

A majority of the smokers reported that they are trying to end the habit and most of the smokers expressed a desire to quit the habit. These views were also expressed in other studies, (Kasibante & Tumwine, 2018) which revealed that all users did not want to continue the habit and they held a positive attitude toward quitting. The day by day use of cigarette or tobacco are increasing. Most of the children were influenced by the smoking effects of their parents. Students are not exposed to school teachings, family discussions regarding smoking hazards, and anti-smoking media messages are smoking without a knowledge of its harmful effects. Smokers responded that they started smoking at the school with their friends and addicted to it (Franco et al., 2004; Rao et al., 2014).

Smoking prevention programs are given high priority in WHO policies. It's of great importance that universities implement these programs. Targeting parents/guardians is additionally suggested as an honest strategy for smoking prevention. Some have the desire to quit smoking. If they start to quit smoking, they can avoid future problems which affect their health. (Aslam et al., 2014; Muula et al., 2008)

#### V. CONCLUSION:

According to the above survey we conclude that, the students have adequate knowledge and are aware of harmful effects of smoking. However, more intensive awareness programs should be initiated to eradicate the harmful effects of smoking among

school students.

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