



Attitude And Awareness On The Ill-effects Of Tobacco Consumption Among Adolescents-an Intervention Programme

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Abstract:

The present investigation was aimed to assess the attitude and awareness on the ill-effects of tobacco consumption among adolescents through an intervention programme. A random sample of 120 adolescent boys in the age group of 14-16 years was taken for the present study. Global Youth Tobacco Survey (GYTS) a questionnaire developed by World Health Organization was used for conducting the present study. The collected data was tabulated and subjected to statistical analysis using percentage analysis, Mann-Whitney test and Wilcoxon signed ranks test. The results of the present study showed that there is a significant difference in the attitude and knowledge on the ill effects of tobacco consumption among school going adolescents.

Intervention programme had a positive effect on the knowledge and attitude among school going adolescents. The results also showed that there was less prevalence of tobacco consumption among private school students where as the prevalence was found to be more among government school students. 100% of both government and private school going adolescents gained knowledge about how smoking is definitely harmful to health after the intervention programme on attitude and awareness on the ill health effect of tobacco consumption among adolescents.

INTRODUCTION

Cigarette smoking habit is largely an adolescent phenomenon. Most people who initiate the habit of smoking do so by the age of 18, but now, people do start at a much younger age.

Bhattacharya, (1999) opines that although there are almost certainly large number of personal reasons why certain individuals begin smoking and others do not, there are fairly consistently observed influences. Although the stronger influence of family smoking has been consistently noted, the exact nature of this influence is poorly defined. One of the most important influences on smoking in adolescent appears to be a peer pressure, curiosity, conformity and rebellion against authority. Stress relief, tranquilization, on attempts to curb nervousness also has been suggested as important motives for the initiation of smoking behavior. Young people are especially vulnerable to using tobacco. Of the 2.3 billion children and adolescent in the world approximately 30 to 40 percent will become smokers in early adult life. Young people tend to overlook the health effects of tobacco use, being swayed by marketing and the importance of

Please cite this Article as : C. Divyalakshi and Mahjabeen , Attitude And Awareness On The Ill-effects Of Tobacco Consumption Among Adolescents-an Intervention Programme : Golden Research Thoughts (July; 2012)



peer-group acceptance. Tobacco use is higher among less educated, illiterate, poor and marginalized group. Out of School adolescents are particularly vulnerable because; they are more likely to be exposed to parental smoking; smoking prevalence is higher in their communities and among their peers; tobacco advertising and promotion is often targeted at poor population; they have easy access to tobacco products; they are often involved in tobacco vending; they lack basic information on tobacco risks and prevention and cessation strategies and they have less access to health service.

Sinha, (2001) Tobacco use is influenced by a variety of factors, including, individual attitudes and beliefs, social norms and acceptability of use, availability, price and promotions. At the individual level this could be a perception that tobacco use helps concentration. At the community level and structural level tobacco may be an expected part of social events such as parties and weddings or employers may provide tobacco to young manual laborers' as an incentive for meeting quotas. Tobacco is heavily promoted by tobacco industry.

Mataraggo, (2004) noted that all forms of tobacco have powerful psychological and physiological effects. The relationship between the pharmacological effects and individuals perception of the effect, their subsequent behavior and the meaning they attach to the tobacco, is complex. The effects are a combination of the effect of the tobacco, the expectations associated with the use of tobacco and the context in which it is used. All form of tobacco and all levels of tobacco use are harmful. As daily intake of nicotine increases, people become physically dependent on it and experience withdrawal symptoms. Tobacco use becomes necessary to relieve the effects of nicotine withdrawal, symptoms of which include: restlessness, anxiety, irritability, hunger and lack of concentration and loss of energy.

METHODOLOGY

SAMPLE

The sample consisted of 120 adolescents boys in the age group of 14-16 years. Among the 120 boys, 60 were selected from government school and 60 from private schools. Out of the 60 students from each school, 30 were from 9th standard and 30 were from 11th standard respectively.

Tools used

The tool used for the data collection was Global Youth Tobacco Survey (GYTS)(2001): A questionnaire developed by World Health Organization.

Procedure

The questionnaire used for the data collection dealt with the following topics based in which questions were framed.

- 1.Prevalence of cigarette smoking and other tobacco products,
- 2.Knowledge and attitude towards tobacco,
- 3.Exposure to second hand smoking,
- 4.Attitude towards stop smoking,
- 5.Knowledge of media messages about smoking,
- 6.Taught about smoking in school .

The collected data were tabulated and scored. Then they were subjected to statistical analysis using percentage analysis, Mann-Whitney test and Wilcoxon signed ranks test.

RESULTS AND DISCUSSION

The finding of the present study is to assess the attitude and awareness on the ill effect of tobacco consumption among school going adolescents through an intervention programme is here by presented and discussed under the following section:

- a.Effect of intervention programme on the attitude and knowledge of school going adolescents towards tobacco consumption.
- b.Comparison of government and private school going adolescents on the prevalence, knowledge and attitude towards tobacco products and its consumption.
- c.Percentage distribution of the prevalence, knowledge and attitude of tobacco products amount government and private school going adolescents.



The following table I represents the attitude of school going adolescents towards the use of tobacco before and after intervention.

TABLE – 1
THE ATTITUDE OF SCHOOL GOING ADOLESCENTS TOWARDS THE USE OF TOBACCO BEFORE AND AFTER INTERVENTION.

Sl .No	Attitude	Pretest		Posttest		Wilcoxon	Level of significance
1	Accept cigarette offered by best friend	Govt	Pvt.	Govt.	Pvt.	3.407	P <0.01
A	Definitely not	51	55	60	60		
B	Probably not	5	4	0	0		
C	Probably not	1	0	0	0		
D	Definitely yes	3	1	0	0		
	Total	60	60	60	60		

From table I, it is observed that there was a significant difference in the attitude and knowledge of school going adolescents towards the use of tobacco before and after the intervention programme. It is seen from the findings that intervention programme had a positive effect towards the ill-effects of tobacco consumption. The finding is authenticated which showed that intervention programme had a significant difference in the attitude of students in the intention to use tobacco Lytle, (2004).

The following table II represents the comparison of government and private school going adolescents on the prevalence of smoking.

TABLE-II
THE COMPARISON OF GOVERNMENT AND PRIVATE SCHOOL GOING ADOLESCENTS ON THE PREVALENCE OF SMOKING.

S.No	Prevalence	Government	Private	Mann-Whitney	Level of significance
1	Age when first tried cigarette			2.913	P <0.01
A	I have never smoked	52	60		
B	7 years old/younger	1	0		
C	8 or 9 years old	0	0		
D	10 or 11 years old	1	0		
E	12 or 13 years old	2	0		
F	14 or 15 years old	3	0		
G	16 years old/above	1	0		
	Total	60	60		



From table II, it is observed that there is a significant difference among government and private school going adolescents on a prevalence of smoking. The above study is in line with a study which showed that public school students were using more tobacco products when compared to private school students

The following table III represents the percentage distribution of government and private school going adolescents on the prevalence of tobacco use before and after intervention.

TABLE-III
PERCENTAGE DISTRIBUTION OF GOVERNMENT AND PRIVATE SCHOOL GOING ADOLESCENT ON THE PREVALENCE OF TOBACCO USE BEFORE AND AFTER INTERVENTION.

S NO	Prevalence	Pretest				Posttest			
1	Q.3 Ever used tobacco products	Govt		Pvt		Govt		Pvt	
		N	%	N	%	N	%	N	%
A	Yes	8	13.3	0	0	8	13.3	0	0
B	No	52	86.7	60	100	52	86.7	60	100
	Total	60	100	60	100	60	100	60	100

Table above table III shows the percentage distribution of government and private school students on their use of tobacco products before and after intervention. From the above results it can be inferred that 13.3% of the government school students had used tobacco products whereas 86.7% had never used tobacco products after intervention. The study also shows that 100% of the private school students had never used tobacco products.

CONCLUSION

The intervention programme had a significant impact on the attitude and knowledge on the school going adolescents on tobacco consumption as the students responded that they will definitely not accept cigarette if offered by their best friends. In the knowledge aspect students have gained knowledge on smoking and health and also the cessation of smoking. When a comparison was made between government and private school going adolescents, the prevalence of smoking was found more among the government school students. On the basis of percentage distribution of government and private school going adolescents, 100% of private school students had never used tobacco products when compared to government school students. The findings also showed that 100% of both government and private school students gained knowledge that cigarette smoking is definitely harmful to health after the intervention programme.

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