

A Study to Assess Knowledge Regarding Adverse Effects of Tobacco Consumption on Health and Environment – It's Prevention and Quitting Among Youth Residing in, Durg (C.G.)

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Abstract: Background of the Study: The world 'tobacco' is derived from a Spanish word 'tobacco' which is a 'Y' shaped instrument used by early American Indian to inhale snuff of various type into nostrils. Early Americans Indians used tobacco to get relief from toothache and also as a tooth whitening agent. It was used to treat skin wound and insect bites. **Objectives:** 1. To assess socio-demographic variables of youth residing in, Durg (C.G.), 2. To assess knowledge regarding adverse effects of tobacco consumption on health and environment among youth residing in, Durg (C.G.), 3. To assess knowledge regarding prevention and quitting of tobacco among youth residing in, Durg (C.G.), 4. To prepare and find the opinion of information booklet regarding adverse effects of tobacco consumption on health and environment, it's prevention and quitting among youth residing in, Durg (C.G.). **Setting and Design:** An evaluative research approach and non- experimental descriptive survey research design was used for the study. **Material and Methods:** A non-probability purposive sampling was used to select 60 among youth who were rural and urban area residing in Durg (C.G), for main study. The data collected was analyzed using descriptive and inferential statistics. **Assumption:** The youths may have inadequate knowledge regarding adverse effects of tobacco consumption on health and environment, it's prevention and quitting.

Keywords: knowledge, adverse effects tobacco consumption on health and environment, it's prevention and quitting, among youths.

1. Introduction

The world 'tobacco' is derived from a Spanish word 'tobacco' which is a 'Y' shaped instrument used by early American Indian to inhale snuff of various type into nostrils. Early Americans Indians used tobacco to get relief from toothache and also as a tooth whitening agent. It was used to treat skin wound and insect bites.

2. Material and Methods

An evaluative research approach and non- experimental descriptive survey research design was used for the study. Samples were selected with the following predetermined set

criteria's. Inclusion criteria among youth who were available during the time of data collection. Among youth who were not willing to participate in the study. Among youth who were not available during the time of data collection were excluded. Individual who gave informed consent were included. After reviewing the research and non- research material, and seeking the opinion of experts, a preliminary list of 24 questions were prepared. The tool consists of five parts. The validation of tool was done by five experts. The reliability of the tool was established by Karl Pearson coefficient of correlation. A non-probability purposive sampling was used to select 60 among youth who were residing in Durg, (C.G), for main study. The data collected was analyzed using descriptive and inferential statistics.

3. Results and Discussion

A. Distribution of subjects according to the socio-demographic variables

- The findings regarding age (in years) depicts that 26 (43.33%), 12 (20%), 12 (20%), 10 (16.67%), subjects were of the age group, 21-23 year, 18-20 years, 15-17 years 24-26 year respectively.
- As per level of education reveals that 26 (43.33%), 12 (20%) and 12 (20%), subjects had higher secondary, primary and middle education respectively whereas only 10 (16.67%) were graduates and above.
- With respect occupational status the majority of subjects i.e., 28 (46.67%) were unemployed, 13 (21.67%) were daily wage labors, and 11 (18.33%) were private employee, and only 8 (13.33) were government employee.
- The findings regarding marital status indicates that majority of the subjects i.e., 42 (70%) were single, 16 (26.67%) were married, 1 (1.67%) were divorced, and 1(1.67%) were widow.

- Distribution of subjects according to habits of watching television related to tobacco consumption depicts that 38 (63.33%), 11 (18.33%), 9 (15%) and 2 (3.33%) were watching television related to tobacco consumption almost every day, at least once a week, once in a day and not at all respectively.
- Distribution of subjects according to listening radio related to tobacco consumption depicts that 22 (36.67%), 15 (25%), 14 (23.33%) and 9 (15%) were listening radio related to tobacco consumption, at least once a week, not at all, once in a day and almost every day respectively.
- The findings regarding habits related to tobacco consumption depicts that majority of subjects i.e., 28 (46.67%) were smoking tobacco, 13 (21.67%) having both, 11 (18.33%) none and only, 8 (13.33%) were using tobacco product.

B. Analysis of knowledge scores regarding adverse effects of tobacco consumption on health and environment, it's prevention and quitting among youth residing in, Durg (C.G.).

PART-I: Item wise analysis of knowledge scores regarding adverse effects of tobacco consumption on health among youth residing in, Durg (C.G.).

Table represents the item wise analysis of knowledge scores regarding adverse effects of tobacco consumption on health, in the area of "Organs affected by tobacco consumption" 45(75%), 42(70%), 47 (78.33%),36 (60%), 60 (100%), 46 (76.67%), 38 (63.33%), 31(51.67%), 9 (15%), 55 (91.67%) youth were aware that tobacco affects lung, heart, brain, skin, oral cavity, dental, hearing, vision, peripheral circulation, cancer respectively. However, 15 (25%), 18 (30%), 13 (21.66%), 24 (40%), 14 (23.33%), 22 (36.66%), 29 (48.33%), 51(85%), 5 (8.33%) were not aware regarding effects of tobacco on lung, heart, brain, skin, oral cavity, dental, hearing, vision, peripheral circulation and cancer, respectively.

PART-II: Item wise analysis of knowledge scores regarding adverse effects of tobacco consumption on environment among youth residing in, Durg (C.G.).

Table depicts knowledge regarding adverse effects of tobacco consumption on environment, in the area that is "tobacco farming" 56 (93.33%), 54 (90%), 54 (90%), 55 (91.67%), 56 (93.33%) subjects were aware and 4 (2.4%), 6 (3.6%), 6 (3.6%), 4 (2.4%), 4 (2.4%), were not aware that tobacco farming causes depletion of soil fertility, requires large quantity of insecticides , fumigants, growth inhibitors, absorb more nitrogen , phosphorus , potassium, lead to soil depletion and desertification, deforestation respectively.

PART-III: Item wise analysis of knowledge scores regarding prevention and quitting of tobacco among youth residing in, Durg (C.G.)

Table represents the item wise analysis of knowledge scores regarding prevention and quitting of tobacco among youth. In the area that is preventive measures for reducing tobacco consumption, 58 (96.67%), 56 (93.33%), 56 (93.33%), 44 (73.33%), 53 (88.33%), 54 (90%) youth were aware whereas 2 (1.2%), 4 (2.4%), 4 (2.4%), 16 (9.6%), 7 (4.2%), 6 (3.6%), 3

(1.8%), 2 (1.2%) were not aware regarding preventive steps that is increased taxation of tobacco product, stricter laws, monitor tobacco use and prevention polices, protect people from second hand tobacco smoke, offer help to quit tobacco use, warn about the danger of tobacco, enforce bans on tobacco advertising , promotion and sponsorship and raise taxes on tobacco respectively.

Part I – (a) Item wise analysis of the frequency and percentage distribution of subjects based on the opinionnaire using frequency and percentage for information booklet regarding adverse effects tobacco consumption on health and environment, it's prevention and quitting among youth.

Regarding "very good response" results reveal that maximum i.e., 58 (96%) responded that the booklet was interesting to read., Regarding "good response", 12 (20%) narrated that the content of the booklet was easy to understand.

Part I – (b) Over all opinion for information booklet regarding adverse effects of tobacco consumption on health and environment, it's prevention and quitting among youth.

Table and Figure depicts that 57 (95%) of youths had the opinion that the information booklet was very good and only 3 (5%) said that it was good.

Table 1
Opinion for information booklet regarding adverse effects of tobacco consumption on health and environment, it's prevention and quitting among youth

	f	%
Poor (0-4)	0	0
Good (5-8)	3	5
Very good (9-12)	57	95
Total	60	100

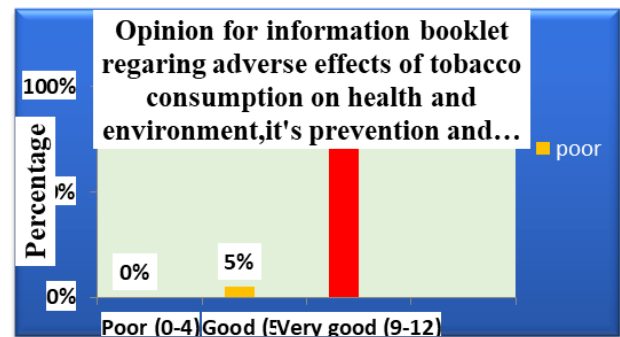


Fig. 1. Percentage distribution of subjects according to the opinion for information booklet regarding adverse effects of tobacco consumption on health and environment, it's prevention and quitting among youth

4. Conclusion

This paper presented a study to assess knowledge regarding adverse effects of tobacco consumption on health and environment.

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