

Knowledge, Attitude and Practices regarding Cigarette Smoking Hazards among Young Males in Rural area Lahore

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ABSTRACT:

INTRODUCTION: This Cross-sectional research conducted and assessed the knowledge attitude and practices regarding cigarette smoking hazards among young smokers in rural community of Lahore. Cigarette smoking is known as one of the commonest and avoidable cause of lung disease and at last death in developing countries. The increasing cigarette smoking is a sign of the current and incoming health of the world. Everyone who is using cigarette is on the risk to be an addict to. Many studies showed addicted behaviors such as the intake of alcohol and usage other drugs; smoking is most common to become a habit during young age. Therefore, the cigarette smokers were likely to become addicted in young age and suffered from health problems related to cigarette smoking in children is one of the main causes of disability and deaths in developing countries. This study was carried out to generate data that can help the young smokers understand the hazards of cigarette smoking

METHODOLOGY: This cross-sectional study was conducted at Hussain Abad community Lahore. Self-administered questions were filled from 120 participants through Non-probability convenience sampling technique. All those young smokers will be included in the study whose age 18 to 35 years. Data were analyzed using SPSS-21 to calculate relative frequencies and means

CONCLUSION:

This study conducted to examine young smoker's knowledge, attitudes and practices regarding cigarette smoking in rural area of community of Lahore. Findings of the study show that young smokers have no knowledge about cigarette smoking hazards but they are not practicing regarding quit smoking. Over result shows that the young smokers having unsatisfactory attitude and practices in that rural area.

1. INTRODUCTION

Cigarettes Smoking increasing the risk of heart disease, Risk related to the causes of cancer and deaths including use of tobacco (lung, stomach, liver cancer and many other cancers) A large portion of cancers cases and deaths can be prevented by only applying the effective preventions measures, such as control of tobacco usage. The lifestyle behaviors that are known to increasing cancer risks, such as cigarette smoking, poor diet, increase in physical activities, and child Bering related changes, have further increased the cancer burden in less developed countries many barriers to counseling in the dental hospitals and benign identified. Dental experts can help in tobacco cessation to the youth. Awareness intervention, self-help materials, and pharmacotherapy to establishment nicotine dependence form the mainstay of treatment. this paper identified the factor leads to tobacco initiation in adolescence and discussed the role of oral health professionals in future

dependence. (Encouragement from the parent to stop smoking is an effective method for minimizing young smokers smoking, by the decreasing use of cigarettes and increasing cessation. In the start parents can help to quit, cigarette smoking can be minimized and cessation can be sported. (Data, Sood, & Prasad, 2011).

Limited progression had made the good health of people and control cigarette smoking in South Asia. Internationally and regionally contributions are required for policies and study found that policies target cigarette smoking and policy target smoke free products affect smoke free use, but study is needed to assess the effective policies and their effects on the public between cigarette and smoke free use. (Jawad, McEwen, McNeill, and Shahab 2013)

The analytical study of the knowledge, attitudes, and behaviors of young male smokers in a rural community (The community of Husain Abad). The issue was identified during the community survey in which the families were assessed regarding community health nursing and community health management. The base of the identified problems are that most of the younger involving in smoking mostly cigarette identify as younger males of the society. The aim of this study is to promote cessations of cigarette smoking related knowledge, attitudes, and practices among young male smokers and for the intervention of smoking cessation. According to an analytic report of SPSS, the 45% of community involved in the habit of cigarette smoking and 23% was the only young smokers aged from 18 years to 35 years old. (Datta, Sood, & Prasad, 2011).

SIGNIFICANCE OF STUDY

The diseases related to cigarette smoking increased the risks of abdominal mental heart related disease many cancers including the lungs mouth throat cancers are also highlighted. Health and Services (2004). And the young smokers are at the top of the list which is highly need to control. So this study helped to encourage the young smokers to stop smoking cigarette.

AIMS OF THE STUDY

This study conducted to assess knowledge, attitude, and practice regarding cigarette smoking hazards in Hussain Abad Lahore.

II. LITERATURE REVIEW

A study reported to rate of 580/100,000 yearly in the 165 to 35 years group of age. In 2011, 22,562 diseases cases confirmed, with 473 were recorded deaths in the Pakistan. In the Sind only, 953 cases reported with diseases related to lungs, with 17 deaths, of which 755 cases, included 15 deaths with lung cancers, from the Karachi metropolis only. In 2016, 3,212 cases were detected in Karachi, with an incidence rate of 35.6 per 100,000 in the 9-million people, (Siddiqui et al., 2016).

(Sayavong, Chompikul, Wongsawass, & Rattanapan, 2015) researcher conducted a research in Vientiane. Aim of This research was to determine the knowledge, attitudes, and practices (KAP) regarding smoking cigarette in the community of Vientiane, which is the capital of the Lao PDR. Total respondents were actively participating in this descriptive study in 2011. This suggested that proactive health education through appropriated mass media and community cleaning campaigns should strengthen and encourage community participation, particularly in terms of addressing minimizing cigarette smoking, such as the participants' own homes, for example (Sayavong et al., 2015).

The incidence of oral cancers and the stock has increased significantly in Jeddah over the last few years and of the disease recently confirmed the cause is a rapid increase in cigarette smoking. Results of a recent Saudi Arabian Ministry of Health (MOH) study showed that during the period 2006–2007, 1551 notified cases were only the cigarette smokers. (Ibrahim et al., 2009).

According to one study of united state 480,000 premature deaths occurred 300 care expenditure noticed and that was a great productively loss 2020 persons reduce the percentage of adults in U.S. young smokers smokers of cigarettes to $\leq 12.0\%$, assessed by CDC the national estimating of smoking prevalence among adults aged ≥ 18 years using data from the 2014 National Health Interviews Surveys (NHIS). The percentage of U.S. resulted who smoking cigarettes from 20.9% in 2005 to 16.8% in 2014. Interventions on proved population, including cigarette price increases, comprehensive smokeless laws, high impact mass media the smokeless law established to minimize smoking and disease and death among U.S. adults. (Borland et al. 2012)

In 2011 and 2013, there was a great increased in the young smokers as 79,000 to more than 263,000. 43.9% was the intention of smoke control among each smoker 21.5% used. (Bunnell et al. 2015)

Among the new young smokers in 2005–2014, decreased day per day from 37.4 million (83.08% of all young smokers) to 30.7 million (76.8%), after that smokers increased from 8.7 million (19.2%) to 9.3 million (23.2%) ($p < 0.05$ for trends).

According to study data 216,917 smokers in the U.S health surveys of national (NHIS) between 1997 and 2004 the deaths was related smoking increase in death rate. The NHIS is a national surveys authority which analyzed the death rate increasing at national level. These serves used satisfied method to assess the deaths related to cigarette smoking samples from the house hold young smokers (≥ 18 years of age). The NHIS sample drawn from states and the District of Columbia. Each year, approximately 35,000 houses and 88,500 persons are carried in the survey. Hispanic peoples are seemed oversampled, but the sample weights ensured that the final totals conformed to national ethnic proportions. The NHIS sampling frame only about

8million adults (chiefly patients in long-term care facilities, prisoners, and active-duty military personnel) from study.

III. METHODOLOGY AND MATERIAL

STUDY DESIGN

Cross-sectional descriptive study design will used for study. This form of research is a one-time collection of data without a control group. Research will be conducted by one time data collection method without control group.

The data collected through convenient sampling techniques. Those who meet the inclusion criteria will be included in the study and those who don't meet the criteria will not be the part of the study.

SAMPLING

Study was conducted by convenient technique.

RESEARCH TOOL

A well-constructed close ended questionnaire will be distributed among people of Hussain Abad Community, Lahore. In this community base project tool will be questionnaire for collecting information.

TARGETED POPULATION

The targeted population of this Study the young smokers of Hussain Abad Community, Lahore.

DATA ANALYSIS

Statistical analysis carried out by the use of SPSS for Windows version 21. The data was summarized by descriptive statistics used the frequency, percentage and tables for categorical variables. The relationship between the variables scores and socio-demographic variables tested by using correlation and t-tests. The significance level for all statistical analyzed.

ETHICAL CONSIDERATIONS:

Before the research work, ethical approval will be obtained from the Institute of the review board, the University of Lahore, and from those people who participate in the research study. And it is assured to every participant. The data will confidential throughout the whole study. And will keep in key and lock before conducting the interview their willing shell be considered that every participant willing or not for participation in the research study.

An analytical quantitative knowledge attitude and practice regarding Cigarette Smoking cessation among young Males will be completed.

TIME FRAMEWORK

This study approximately will take in 4-5 months (Sep, 2017 to Jan, 2018).

IV. RESULTS:

Table 1. Demographic analysis

Variables	Number (n)	Percent
1. AGE		
18-23	82	23.9 %
24-30	35	32.1%
31-35	24	22%

2. Classification of

Income	34	31.2 %
5000-10000	46	42.2 %
11000-15000	29	26.6 %
16000-20000		
Other		

3. Education

Secondary or	39	32.5%
Higher	29	24.2%
Middle	25	22.9 %
Primary	22	20.2 %
Illiterate		

4. Marital status

Married	46	42.2 %
Un married	63	57.8 %

This table shows that Frequency and Percentage Of the Participant's Response on each Items.

Table 2. Knowledge of participants%

KNOWLEDGE	Agree	Disagree	Total
It is important to know about cigarette smoking hazards	78.3 %	21.7%	100%
Seen or heard anti-smoking messages on television, magazines or movies	75.8%	24%	100%
Cigarette smoking cause lung diseases	24%	54.2%	100%
Cigarette smoking cause stroke	55.1%	44.9%	100%
Cigarette smoking cause lungs diseases	43.2%	56.8%	100%
Quitting cigarette smoking can help to increase life of smoker	58.5%	41.5%	100%

ATTITUDE

This table shows that Frequency and Percentage of the Participant's Response on each Items.

Table 3Attitude of participants

Cigarette smoking can effect on economic status	29	18	64	100%
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I use my cigarette smoking habit as fashion	98	16	00	100%
I use my cigarette smoking only when am alone	60	49	00	100%
My cigarette smoking will harm others	72	48	00	100%
My cigarette smoking will harm my self	55	29	36	100%
Seriously thought about quitting cigarette smoking	72	48	00	100%
My parents encouraged to quitting cigarette smoking	36	39	55	100%
I will try my best to quite cigarette smoking	62	36	22	100%
My cigarette smoking habit is very important to me	22	62	36	100%

Table 4 shows the frequency and percentage of Practices of participants

Table 4. Practices Of Participants				
I handle and manipulate my cigarette as part of the ritual of smoking	10	52	58	100%
People are around me believe that i should not smoke cigarette	32	26	62	100%
Quitting cigarette will improve my health	45	72	3	100%
Smoking should bans on public places	3	36	81	100%
I always avoid cigarette smoking near the children	32	00	88	100%
I always avoid cigarette smoking at home	36	84	00	100%
I always avoid cigarette smoking at my work place	55	26	39	100%

V. DISCUSSION:

The study about, responce about quitting the cigarette smoking liked for both low motivattion and high motivation about cigarette smoking in young smokers, This study sugessted that more athantic measuring levels of motivations to quit the smoking need to be develope in further research. The discreption between high motivated smokers' questionnaire base motivations level may be

explaine theoretically by explicit and implicit motivated , as research has showed that explicited and implicited attitudes are distinct concepts that may not be related. Hence, high motivated smokers may appeared to be motivation to quit, but their implicition attitudes reveale a lik for smok and a lower motivation to quit smoking. Moreover , this may suggested that the estimation figure of 70% of smoker who reported motivation to quit may be misleading, as many smokers may lacking the implicied motivations need to quitting, the first theme 'Planing to continued/quit smoking', according to PRIME theory a strong motivated as opposed to a rational thought ('ought') to quit is required to inhibit internal impulses to smoke. Smokers are thought to be in a state of motivational tension and if only a rational thought, but no strong motive to quit is present, the impulse to smoke triumphs. Previous research has also found that smokers feel they 'ought' to quit, rather than 'want' to quit. Generally, smokers' overall plans were to continue to smoke, with only some thoughts given to quitting in the future. This finding may have practical implications for treatment, as it may be effective for primary care providers to offer brief cessation advice to all patients who smoke during consultations. In this manner, moving away from the traditional Transtheoretical model providing support to smoker who were motivated to quit, it may be possible to trigger a quitting attempting and referral to through changed a smoker's overall Plan about smoking cigarette during a period of motivation ., However, young smokers did note that these policies may deter younger smokers and inhibit impulse purchases. This is consistent with research that has found that only some smokers view plain packaging as an effective strategy to support cessation and that point of sale displays do influence purchases in younger smokers and encourage more smoking in established smokers. Participants noted that any tobacco product price increases need to be substantial in order to have a real impact on motivations, despite research demonstrating the effectiveness of this policy as it currently stands. This finding is consistent with other qualitative research , although some research has shown that price increases may lead to an increase in contraband tobacco use in smokers who feel highly addicted, but high motivation smokers were more willing to do so, whereas low motivation smokers were more dismissive of this support.. Although many smokers stated that their prefe

VI. CONCLUSION

The purpose of this study is to examines the young smokers knowledge, attitudes and practices regarding cigarette smoking in rural area of community of Lahore . Findings of the study show that young smokers have no knowledge about cigarette smoking hazards but they are not practices regarding quit smoking .Over result shows that the young smokers having unsatisfactory attitude and practices in that rural area.

LIMITATION

Limitations of the study were following

- Lees sample size 200 due to which we cannot generalize this study on whole population.
- One of limitations of this study was lack of time
- Willingness of participants in study was also a big obstacle
- Convenient sampling technique was used which often suffer from biasness

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