

A STUDY TO ASSESS THE KNOWLEDGE ON ILL EFFECTS OF TOBACCO CONSUMPTION AND ITS PREVENTION AMONG ADOLESCENTS IN SELECTED INTER COLLEGES AT MANDHANA, KANPUR

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Abstract: Tobacco is a product from agriculture, which is commonly consumed as a recreational drug. Tobacco consumption is a worldwide problem among the adolescents. In India the annual incidence of oral cancer among men is estimated to be 10 per 10000 population. In India tobacco consumption is responsible for half of all the cancers in men and a quarter of all cancers in women, in addition to being a risk factor for cardiovascular disease and chronic obstructive pulmonary diseases. The present study aim to assess the knowledge on ill effects of tobacco consumption and its prevention among adolescents in selected inter colleges at Mandhana, Kanpur Cross sectional survey approach with simple descriptive research design was used in the study. The sample of the study consisted of male and female adolescents of selected inter colleges at Mandhana, Kanpur, those who fulfilled the sampling criteria. The sample size comprised of 100 male and female adolescents who fulfilled inclusion criteria. The samples were selected through non probability purposive sampling technique. The findings of the study showed that less number adolescents 9% was having adequate knowledge level regarding ill effects of tobacco consumption. Overall mean knowledge percentage 40% which was inadequate.

Key words: Tobacco, Adolescent, cardio vascular diseases

INTRODUCTION

Tobacco is an agricultural product, which is commonly consumed as a recreational as well as stimulant drug. Consuming tobacco is prevalent all over the world and it is considered as a global problem among the adolescents. It is one of the chief preventable causes of death in the world. Tobacco is consumed, especially in India and south East Asian countries, through chewing. Chewing tobacco is a major risk factor for oral cancer. The annual incidence of oral cancer in men in India is estimated to be 10 per 10000 population. Tobacco consumption is often found to be higher among lower socioeconomic groups. The tobacco consumption has direct and indirect effect on health¹.

Tobacco consumption leads most commonly to diseases which affect the heart and lungs. Smoking remains a major risk factor of heart attack, strokes, COPD and cancer (particularly lung cancer, cancer of larynx, mouth and pancreatic cancer). It also causes peripheral vascular diseases and hypertension.²

As per World health organization prediction tobacco death in India may exceed 1.5 million annually by 2020.

The estimated prevalence of tobacco consumption of all forms is 65% and 33% respectively among men and women.³

In India tobacco consumption is responsible for half of all the cancers in men and a quarter of all cancers in women, in addition to being a risk factor for cardiovascular disease and chronic obstructive pulmonary diseases. In India highest rates of oral cancer was found comparing to other parts of the world, which partly attributed to high prevalence of tobacco chewing.⁴

The prevalence of smoking among secondary school children continues to remain unchanged over the last 3 decades even though awareness regarding the health effects of smoking is increasing⁵.

STATEMENT OF THE PROBLEM

A study to assess the knowledge on ill effects of tobacco consumption and its prevention among adolescents in selected inter colleges at Mandhana, Kanpur.

OBJECTIVES FOR THE STUDY-

1. To assess the knowledge on ill effects of tobacco consumption and its prevention among adolescents.
2. To associate knowledge with their selected demographic variables.

HYPOTHESIS

H₁-There is a significant association between knowledge on ill effects of tobacco consumption among adolescents with the selected demographic variables.

METHODOLOGY

Cross sectional survey approach with simple descriptive research design was used in the study. The study setting was selected inter colleges at Mandhana, Kanpur. The sample of the study consisted of male and female adolescents of selected inter colleges at Mandhana, Kanpur, those who fulfilled the sampling criteria. The sample size comprised of 100 male and female adolescents who fulfilled inclusion criteria. The samples were selected through non probability purposive sampling technique.

SAMPLING CRITERIA

Inclusion criteria

1. Adolescents age group between 15- 18 years in selected inter colleges at Mandhana, Kanpur.
2. Those students who know Hindi and English.
3. Those students who are willing to participate.
4. Adolescents who are studying in 12th standard.

Exclusion criteria

1. Those who are not available during data collection.
2. Students who are in leave during data collection

DEVELOPMENT OF TOOL

The research tool consists of two sections-

Section -A

It deals with demographic data such as age, gender, religion, place of residence, type of family, occupation, family income and family history of tobacco consumption,

mother's education, father's education and adolescent's history of tobacco consumption.

Section-B

Structured knowledge questionnaire regarding general information of tobacco consumption, knowledge on ill effects and knowledge on prevention. Items included were 25 multiple choice questions.

DATA COLLECTION PROCEDURE:

- Two inter colleges was selected with purpose.
- Formal consent was taken by the authorities.
- Obtained the list of students who were studying in 12th class.
- Gathered all the students in a classroom.
- Explained the purpose of study and assurance was given regarding the confidentiality of data.
- Formal information consent was obtained by the samples and clarifies their doubts.
- Tool was administered to the samples.
- Sufficient time (30 minute) was given to answer the entire questionnaire.
- Data was gathered from all the participants.
- Same procedure was followed in both settings.
- Approximately 50 samples data was collected each day and data was gathered for two days.

RESULT

Distribution of adolescents according to their demographic variables.

- In the study it was found that majority 54% of adolescents were aged 16 years and lowest 7% were 18 years.
- Distribution of adolescents according to their gender shows 41% were male and 59% female.
- It is observed that highest 92% of adolescents belong to Hindu religion and 6% belong to Muslim and only 2% Christian religion.
- Distribution of adolescents according to place of residence shows that higher 63% of adolescents were from rural compared to 37% from urban.
- Family history of tobacco consumption shows that 39% of adolescents had family history of consuming the tobacco and 61% of adolescent's family had no any history of consuming the tobacco.

- Majority 45% of family had monthly income of below Rs.5000/- and lowest 11% of adolescents monthly family income is more than Rs.15,001/-
- Adolescents father's occupation status shows that majority 71% were in private job, 13% government job, 2% as an entrepreneur and 4% had other job .
- Adolescents mother's education shows that majority 30% of mothers had completed intermediate, 25% formal school education, 17% illiterate, 7% had postgraduate and only 2% were graduate.
- It was observed majority 95% of adolescents were not consuming tobacco product and only 5% of adolescent were consuming tobacco.

To find out level of knowledge on ill effects of tobacco consumption

Table-1: Adolescents level of knowledge on ill effect of tobacco consumption

| Level of knowledge | Score | Frequency | Percentage |
|--------------------|-------|-----------|------------|
| Inadequate | 1-8 | 42 | 42% |
| Moderate | 9-16 | 49 | 49% |
| Adequate | 17-25 | 9 | 9% |

Adolescent's level of knowledge on ill effects of tobacco consumption reveals that majority 49 percentage of adolescents had moderate knowledge, whereas 42 percentage had inadequate knowledge and only 9 percentage had adequate knowledge.

Table-2: Overall Mean, Mean percentage, Median, Mode and Range

| Max. score | Mean | Mean % | Median | Mode | S.D | Range |
|------------|------|--------|--------|------|-----|-------|
| 25 | 10 | 40% | 9 | 8 | 5.1 | 3-20 |

From the above table it was found that adolescents had overall mean knowledge 10, mean percentage 40, median 9, mode 8, with SD 5.12 and range 3 -20. It shows that overall knowledge level of adolescents was

inadequate.

Table-3: Area wise mean knowledge percentage of adolescents on ill effects of tobacco consumption

| Sl.No | Areas | Mean | Mean % | S.D |
|-------|--------------------------|------|--------|-------|
| 1. | General information | 3.8 | 47.5% | 1.737 |
| 2. | Knowledge on ill effects | 2.54 | 31.75 | 1.681 |
| 3. | Knowledge on prevention | 3.75 | 41.66 | 1.705 |

Area wise mean knowledge shows that highest mean knowledge was found on general information 3.8 (47.5%) with SD 1.737 followed by knowledge on prevention 3.75 (41.66%) with SD 1.681 and knowledge on ill effects 2.54 (31.75%) with SD 1.705.

It was found that adolescents had more knowledge on general information.

Association of knowledge with their selected demographic variables

Significant association was found between the knowledge level of adolescents with selected demographic variable such as education of father and adolescents history of tobacco consumption at 0.05 level.

No significant association was found with adolescent's knowledge level and demographic variable such as age, gender, religion, place of residence, family history of tobacco consumption, family monthly income, occupation of father, education of mother at 0.05 level.

Hence research Hypothesis (H₁) was accepted for demographic variable such as education of father and adolescents history of tobacco consumption and rejected for other variables.

CONCLUSION

The study findings show that only 9% of adolescents had adequate knowledge with overall mean knowledge percentage 40% which was inadequate and it was felt that there is a need to create awareness among adolescents on ill effects of tobacco and its prevention through health education, role play, media etc.

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