

A STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE OF TOBACCO USE AMONG COLLEGE STUDENTS AT SELECTED SETTING AT LUCKNOW

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ABSTRACT: *The present study attempted to assess the knowledge and attitude of tobacco use among college students at Lucknow. Objectives inciude 1. Assess the knowledge and attitude of students regarding tobacco use.2. Find out relationship between knowledge and attitude of the students regarding tobacco use.3. Find out the association between the knowledge and selected socio-demographic variables.4. Find out the association between the attitude and selected socio-demographic variables. Material And MethodsThe design selected was non-experimental descriptive research design. The study was conducted on 120 students of govt polytechnic college at Lucknow. Systematic random sampling technique was used to select the sample. The tool included baseline proforma and knowledge, attitude, questionnaire about use of tobacco, ill effects and de-addiction. The data was analyzed by descriptive and inferential statistics. Major findings revealed that 57% of students had knowledge regarding tobacco where as only 40% had the knowledge of ill effects of tobacco on human being, 45.5% had the knowledge about the de-addiction of tobacco use. Calculated χ^2 shows there is highly significant association between knowledge and attitude of student towards tobacco use. Regarding attitude towards tobacco use the 77% had healthy positive attitude and only 16.5% had negative attitude towards it. The χ^2 test showed that there was statistically significant relationship ($p<.001$)between knowledge and attitude of student towards tobacco use. Calculated χ^2 test showed that there was significant relationship $P<.001$ between knowledge and tobacco use. Hence there is an urgent need for the health care providers for developing programs for prevention and eradication of tobacco use from the students.*

INTRODUCTION

Tobacco use in adolescent is reaching pandemic levels. The World Bank has reported that nearly 82,000 to 99,000 children and adolescence all over the world begin smoking every day. Tobacco use usually begins in early adolescence, typically by age 16

Tobacco use in India is more varied than in most of other countries. Only 20% of total tobacco consumption is in the form of cigarettes. In India an estimated 65% of all men and 33% of all women use some form of tobacco, snuff (inhaled powdered tobacco), khini (mixture of tobacco and slaked lime) and creamy snuff and mishri (burnt tobacco for cleaning teeth).

The prevention of tobacco use in young people appears to be the single greatest opportunity for preventing non-communicable diseases in the world today. If current trends continue tobacco will kill nearly 250 million of today's children. There are 25 tobacco related diseases known today. These include cancers of the lung, oral cavity, pharynx, oesophagus, pancreas, bladder, cervix and leukemia. Nicotine increases blood pressure, exacerbates asthma, causes impotence, infertility, heart attack and stroke.

As health care providers in primarycare, schools based clinics and diverse care environments; the discipline of nursing has the professional and ethical obligation to play pivotal role in tobacco use interventions.

The alarming statistics and the prediction of death and disability so investigator felt to carry out a baseline survey study on tobacco use, understanding the initiating factors, knowledge of adverse effects and attitude towards tobacco use amongst college students, which will help to plan and arrange various methods of awareness programs in the colleges to save the young boys from the clutches of this evil addiction.

OBJECTIVES OF THE STUDY

1. To assess the knowledge and attitude of tobacco use among students
2. To find out relationship between knowledge and attitude of the students regarding tobacco use.
3. To find out the association between the knowledge and selected socio-demographic variables.
4. To find out the association between the attitude and selected socio-demographic variables.

HYPOTHESIS

H1 - There is a significant association between knowledge and attitude of college students towards tobacco use.

MATERIAL AND METHODS

Research approach The research approach is a descriptive survey approach

Research design Non-experimental descriptive design

VARIABLES

Independent Variable knowledge and attitude of students.

Dependent variable The dependent variable in this study is regarding tobacco use.⁶

Research Setting The settings for the study was Govt Polytechnic college in Lucknow.

Population: The target population for the study were students of polytechnic college at lucknow

Sample and Sampling Technique:

Systematic random sampling from Govt polytechnic college at Lucknow. The sample for present study consisted of 120 polytechnic college students both male and female students.

Description of the tool

Structured questionnaire was prepared after an extensive review of literature, observation in the field, discussion with the experts such as Nurse educators, experts from the preventive and the social medicine department. The final tool was organized in three following sections,

Section I - Socio-demographic variables.

Section II - It has been divided into three subsections

- a) The knowledge of students regarding tobacco.
- b) The knowledge regarding ill effects of tobacco use.
- c) The knowledge regarding de-addiction of tobacco use.

This section had 15 items of multiple-choice questions.

Section III - It was developed to find out the attitude of students towards tobacco use, there were 15 items in this section, which were arranged in three point Likert scale such as Agreed, uncertain and disagreed.

Knowledge score

The knowledge was categorized and arranged using the formula, mean \pm standard deviation

Score < 5	= Poor
Score between 5 to 9	= Average
Score > 10	= Good.

Attitude score

Score <23	= Negative attitude.
Score between 23 to 36	= Uncertain.
Score more than 36	= Positive Attitude

Content validity The tool and blue print were sent to 6 experts for content validity of which who were community health nurse educators, in community medicine doctors.

Reliability The split half technique was used in the test for internal consistency. Spearman's co-efficient of correlation and Braun's proficiency formulae for reliability was used. The reliability of the tool was (r=0.99).

PROCEDURE FOR DATA COLLECTION

After obtaining formal permission from college Principal, the subjects were explained about the purpose of the study. Written consent was obtained from each student after giving assurance of confidentiality. Tool was administered to subjects and 30-45 min to complete it and the data were collected. The data obtained was analyzed by using descriptive and inferential statistics.

FINDINGS AND DISCUSSION

The study was undertaken to find out the knowledge and attitude of students towards tobacco use, and the findings indicate that 57% of students had knowledge regarding tobacco. Whereas only 40% had knowledge of ill effects of tobacco use. 45.5% had knowledge about the de-addiction of tobacco use. Hence H_1 is accepted since calculated χ^2 value shows that there is significant association between knowledge and attitude of students towards tobacco use at $P < .001$.

Regarding attitude towards tobacco use; 77% of students had health positive attitude and only 16.5% had negative attitude towards it. The χ^2 test (19.60) showed that there was statistically significant relationship ($p < .001$) between knowledge and attitude of students regarding tobacco use. Calculated χ^2 (17.83) showed that there is statistical significant relationship ($p < .001$) level between knowledge and tobacco use.

Findings related to the knowledge about tobacco, its ill-effects and de-addiction indicates that most of subjects 57% had knowledge about tobacco. Regarding ill-effects and de-addiction knowledge was below average. 35% knew the type of cancer caused by tobacco chewing and only 42% said passive smoking is harmful and 14% availed help for de-addiction. However the result showed the youngsters are unaware about consequences of tobacco addiction.

Majority 77.3% subjects had positive attitude towards tobacco use. 82% of subjects admitted that they need more detail information about ill-effects and 71.7% accepts that mass media plays an important role in habit formation among youngsters.

There was statistically significant association between knowledge and attitude at $p < .001$. 23.5% of subjects having poor knowledge had positive attitude compared to 6.9% of subjects having good knowledge. 35.4% subjects having average knowledge exhibits negative attitude as against 3.4% subjects with good knowledge.

There is relationship between knowledge and habit formation. 94.1% subjects with poor knowledge were tobacco users as against 65.5% of subjects with good knowledge and 42.4% with average knowledge. There was highly significant calculated $p < .001$ at level of significance.

CONCLUSION The study showed that After assessing knowledge and attitude of college students regarding tobacco use there is an urgent need for the health care providers for developing programs for prevention and eradication of tobacco use from the students.

RECOMMENDATIONS

1. A similar study may be conducted in large scale in order to draw generalization.
2. A comparative study can be done between Urban colleges and Rural colleges.
4. A similar study can be conducted between life science colleges and medical colleges.

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