

## **“A study to assess the level of attitude regarding cigarette smoking among young adolescent boys residing in selected community area at puducherry”**

Mrs. R Arthirathnamala <sup>1</sup>, Mr. R. Prabhakaran <sup>2</sup>, Mrs. G. Muthamilselvi <sup>3</sup>

<sup>1</sup>UG student, Sri Manakula Vinayagar Nursing College,, Puducherry – 605107

<sup>2</sup> Assistant professor, Department of Community Health Nursing , SMVNC, Puducherry – 605107

<sup>3</sup>Principal, Sri Manakula Vinayagar Nursing College, Puducherry – 605107

Corresponding author, Mr. R. Prabhakaran,

### **ABSTRACT:**

Cigarette smoking is harmful to every organ of the body. It is a practice of burning Tobacco products and ingesting the resulting smoke. Approximately 90% of the people who smoke for the first time are adolescents younger than 18, and the rate of smoking in adolescents is rising steadily. The study was conducted to assess the level of attitude regarding cigarette smoking among young adolescent boys residing in selected community area at Puducherry. A total of 50 young adolescent boys were selected by qualitative sampling technique and the study was carried out in selected community area kalitheerthalkuppam at Puducherry. The data was collected by using the attitude type of questionnaire consist of 20 questions on cigarette smoking. The study results shows that the frequency and percentage for level of attitude regarding cigarette smoking among young adolescent boys whose were 29 (58%) having positive level of attitude rest of them 21 (42%) were having negative level of attitude. The study depicts that the level of attitude among mean and standard deviation values were  $13.80 \pm 3.350$ . Then their significant value is  $p < 0.05$  is significant. The young adolescent boys needs our Government support and to provide awareness program regarding cigarette smoking in early age at community level. So the adolescent boys have to control activity regarding cigarette smoking.

### **I. INTRODUCTION:**

**“Cigarettes are the creator of the voids, they do not fill the voids in your lives”**

-Atul.k.kannon-2007

Cigarette smoking is harmful to every organ of the body. It is a practice of burning Tobacco products and ingesting the resulting smoke. The smoke is act of inhaling and exhaling the fumes of burning the plant products. About 80- 90 % of people who smoke regularly are addicted to nicotine. Nicotine reaches your brain within 10 seconds of when it's enters in the body. It may cause the brain to release adrenaline, and creates a buzz of pleasure and energy.

Approximately 90% of the people who smoke for the first time are adolescents younger than 18, and the rate of smoking in adolescents is rising steadily. In The attitudes of parents toward smoking, their perception of smoking, and affection between parents and their children are all crucial factors that affect adolescent smoking. Frequent disagreements with parents, divorce between parents, abuse by family members, incest, immature parents, and poor intrafamilial linkage all contribute to the risk of adolescent smoking. Adolescents sometimes start smoking as a way to emulate television or mass media celebrities and sports stars. Many adolescents start smoking at an early age out of curiosity and venture someness, and earlier start of smoking makes it more difficult to quit smoking.

Adolescents' habitual smoking not only becomes a gateway to all kinds of substance abuse but also causes various health problems including upper respiratory infection, immature lung development, reduced maximum vital capacity, and lung cancer. In the year of 2022 Puducherry, Cigarette and betel quid with tobacco are the two most commonly used tobacco products – 5.2% of adults smoke cigarettes, while 3.4% used betel quid with tobacco. The second survey revealed that 14.7% of men, 0.1% of women and 7.2% of all adults currently smoke cigarettes, while 4.5% of men, 4.5% of women and 4.7% of all adults currently use smokeless cigarettes. The exposure of adults to second-hand smoke at any public place has decreased from 27.1% to 16.1%, at home from 10.1% to 5.1% and at the workplace from 27.9% to 25.3% during the period.

### **II. REVIEW OF LITERATURE:**

**GIUSEPPINA CAMPISI et al 2023 January :** This exploratory study aimed to investigate the knowledge of sex and gender in clinical medicine among Sicilian physicians. Data collection was based on an online survey sent to the members of the Medical Councils of Sicily (Italy). The questionnaire included nine

specific items about awareness and attitudes regarding gender medicine and its importance in clinical practice. 8023 Sicilian physicians received the solicitation e-mail and only 496 responded. Personalized medicine is a new paradigm in health care, and the concept of socio-cultural gender, as opposed to biological sex, emerged in several medical approaches. Regarding the knowledge of gender medicine, 71.1% of participants stated that they know it, while 88.5% believe that gender medicine should be included in training programs. A high percentage (77.6%) would like to keep up to date on this topic. Physicians sampled seem to understand the importance of gender medicine principles, although their experience of some gender issues (i.e., sex disparities in acute cardiovascular care and smoking cessation strategies) is low (55.44% and 21.57%, respectively). The study should encourage facing the gender medicine gap in the current curricula of health professionals and should implement the transitional value of sex and gender principles in the clinical setting.

**STATEMENT OF THE PROBLEM:**

A study to assess the level of attitude regarding cigarette smoking among young adolescent boys residing in selected community area at Puducherry.

**OBJECTIVES:**

1. To assess the level of attitude regarding cigarette smoking among young adolescent boys.
2. To find out the association attitude score regarding cigarette smoking among young adolescent boys with selected demographic variables.

**ASSUMPTION:**

1. There may be decreased attitude of cigarette smoking among young adolescent boys.
2. The tool prepared for the study will be sufficient for collecting information on cigarette smoking among young adolescent boys.

**III. MATERIALS AND METHODS:**

This chapter deals the research methodology was conducted to assess the level of attitude regarding cigarette smoking among young adolescent boys at selected community area, Puducherry. It includes description of research approach, research design, setting of the study, population, sampling technique, method of data collection, description of the tool.

**DESCRIPTION OF THE TOOL:**

**SECTION A:**

Demographic variables: Age, Education, Occupation, Diet pattern, Exercise, Type of family, Hobbies, Religion, Family history of cigarette smoking, Previous history of any illness.

**SECTION B:**

This session consists 20 Attitude type of questionnaire (nominal scale). Each questions having one mark, the positive response to given 1mark and the negative response to given 0 mark.so totally 20 marks allotted for this session.

**SCORING INTERPRETATION:**

S.NO	LEVEL OF ATTITUDE	SCORE
1.	Positive	11 - 20
2.	Negative	1 - 10

**RESEARCH APPROACH:**

For this present study the quantitative research approach was adopted.

**RESEARCH DESIGN:**

A descriptive research design was adopted for this study.

**POPULATION:**

The population for this present study includes the young adolescent boys in selected community area (kalitheerthalkuppam).

**SAMPLE:**

The young adolescent boys will be selected community area kalitheerthalkuppam at Puducherry.

**SAMPLE SIZE:**

The 50 young adolescent boy's individual who are living in selected community area at kalitheerthalkuppam.

**SAMPLE TECHNIQUES:**

In this study a qualitative sampling technique were used for selecting samples.

**SETTING OF THE STUDY:**

The study was conducted in selected community area at kalitheerthalkuppam village is located at Madagadipet taluk, district of Puducherry, India. It is located 26 km towards west from district headquarters Puducherry, pin code 605 107. The village has 666 houses and has population of 2731 of which 1320 are males while 1411 are females as per population census.

**SAMPLE SELECTION CRITERIA:**

**Inclusion criteria:**

- Young adolescent boys only
- Person who willing to participate in this study
- Person who are available during data collection

**Exclusion criteria:**

- Female participants are excluded in this study

**IV. RESULTS :**

The findings revealed that out of 50 samples whose were 29 (58%) having positive level of attitude rest of them 21 (42%) were having negative level of attitude. The findings reveals that Mean and Standard deviation values were  $13.80 \pm 3.350$ . Then their significant value is  $p < 0.05$  is significant. The findings shows their selected demographic variable is having some significant values those are diet pattern and exercise. Other than all demographic variables are non significant.

**Frequency and percentage wise distribution of the demographic variables among the adolescent boys.**

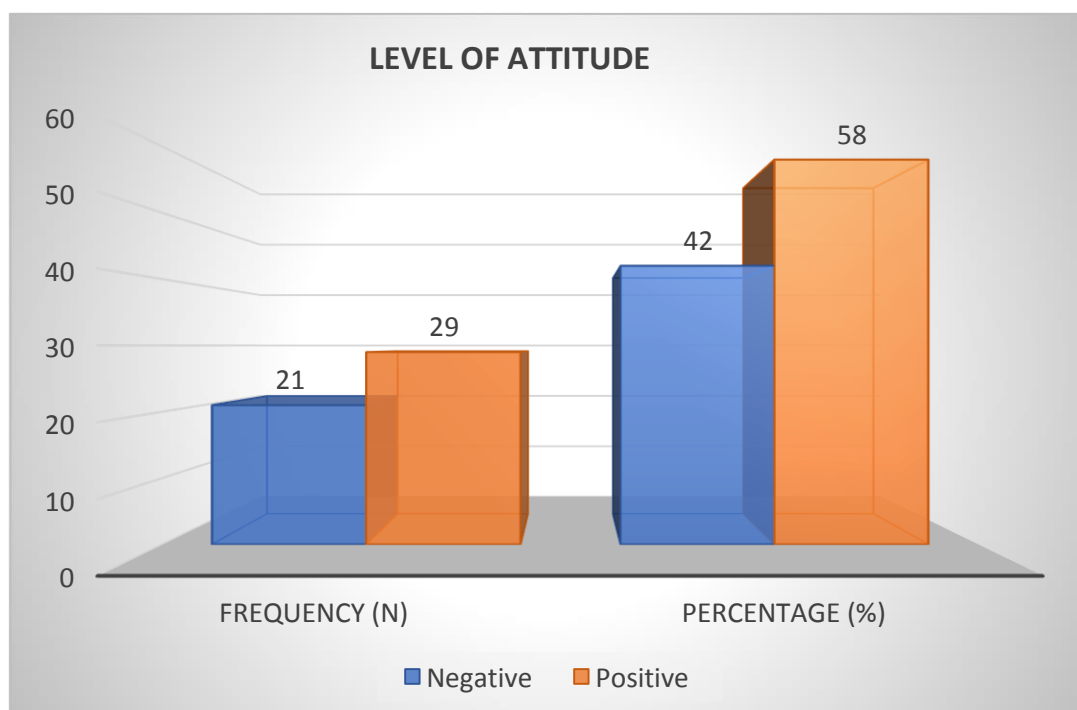
(N=50)

SL.NO	DEMOGRAPHIC VARIABLES	FREQUENCY (N)	PERCENTAGE (%)
1.	Age		
	a) 10- 13 years	4	8
	b) 14- 15 years	6	12
	c) 16- 17 years	18	36
	d) 18- 21 years	22	44
2.	Education		
	a) SSLC	5	10
	b) HSC	9	18
	c) Degree	21	42
	d) Illiterate	15	30
3.	Occupation		
	a) Self-employee	2	4
	b) Driver	1	2
	c) Labour	1	2
	d) Unemployee	46	92
4.	Diet pattern		
	a) Vegetarian	3	6
	b) Pure vegetarian	2	4
	c) Non vegetarian	20	40
	d) Both veg& non veg	25	50
5.	Exercise		
	a) Walking	9	18

	b) Gym	6	12
	c) Cycling& yoga	13	26
	d) Never done	22	44
6.	Type of family		
	a) Nuclear family	22	44
	b) Joint family	12	24
	c) Single parent family	8	16
	d) Extended family	8	16
7.	Hobbies		
	a) Watching TV& using Mobile	17	34
	b) Playing games	7	14
	c) Bike riding	9	18
	d) Others	17	34
8.	Religion		
	a) Hindu	29	58
	b) Muslim	7	14
	c) Christian	7	14
	d) Others	7	14
9.	Family history of cigarette smoking?		
	a) Father	12	24
	b) Grandfather	9	18
	c) Uncle	5	10
	d) None of the above	24	48
10.	Previous history of any illness?		
	a) Communicable diseases	4	8
	b) Non communicable diseases	5	10
	c) Psychiatric illness	4	8
	d) None of the above	37	74

**Assessment of the level of attitude regarding cigarette smoking among young adolescent boys at selected community area, Puducherry. (N=50)**

LEVEL OF ATTITUDE	Frequency (N)	Percentage (%)
<b>Negative</b>	21	42
<b>Positive</b>	29	58
<b>Total</b>	50	100



Represents the frequency and percentage wise distribution of level of attitude on adolescent boys

**Association between the level of attitude with selected demographic variables.**

(N=50)

SL.NO	DEMOGRAPHIC VARIABLES	NEGATIVE		POSTIVE		X2 P Value
		N	%	N	%	
1. Age						
	a) 10- 13 years	1	2	3	6	5.663 3 0.129 NS
	b) 14- 15 years	5	10	1	2	
	c) 16- 17 years	8	16	10	20	
	d) 18- 21 years	7	14	15	30	
2. Education						
	a) SSLC	2	4	3	6	1.469 3 0.690 NS
	b) HSC	5	10	4	8	
	c) Degree	7	14	14	28	
	d) Illiterate	7	14	8	16	
3. Occupation						
	a) Self-employee	0	0	2	4	3.595 3 0.309 NS
	b) Driver	0	0	1	2	
	c) Labour	1	2	0	0	
	d) Unemployee	20	40	26	52	
4. Diet pattern						
	a) Vegetarian	0	0	3	6	4.064 3 0.025* S
	b) Pure vegetarian	0	0	2	4	
	c) Non vegetarian	9	18	11	22	
	d) Both veg& non veg	12	24	13	26	
5. Exercise						
	a) Walking	3	6	6	12	3.409 3

	b) Gym	3	6	3	6	<b>0.03*</b> <b>S</b>
	c) Cycling& yoga	8	16	5	10	
	d) Never done	7	14	15	30	
6. Type of family						
	a) Nuclear family	10	20	12	24	0.754 3 0.860 NS
	b) Joint family	4	8	8	16	
	c) Single parent family	3	6	5	10	
	d) Extended family	4	8	4	8	
7. Hobbies						
	a) Watching TV	6	12	11	22	1.689 3 0.639 NS
	b) Playing games	2	4	5	10	
	c) Bike riding	4	8	5	10	
	d) Others	9	18	8	16	
8. Religion						
	a) Hindu	12	24	17	34	0.011 3 1.000 NS
	b) Muslim	3	6	4	8	
	c) Christian	3	6	4	8	
	d) Others	3	6	4	8	
9. Family history of cigarette smoking?						
	a) Father	3	6	9	18	3.727 3 0.293 NS
	b) Grandfather	5	10	4	8	
	c) Uncle	1	2	4	8	
	d) None of the above	12	24	12	24	
10. Previous history of any illness?						
	a) Communicable diseases	2	2	2	4	0.611 3 0.894 NS
	b) Non communicable diseases	2	4	3	6	
	c) Psychiatric illness	1	2	3	6	
	d) None of the above	16	32	21	42	

P<0.05 is significant, K= constant. S= significant, NS = Non significant.

## **V. CONCLUSION AND RECOMMENDATIONS:**

A descriptive research design is selected for this study to assess the level of attitude regarding cigarette smoking among young adolescent boys residing in selected community area at Puducherry. In the study was done to 50 young adolescent boys by using the attitude type of questionnaire for assess the level of attitude regarding cigarette smoking. This study implies that it helps to improve the level of attitude regarding cigarette smoking among young adolescent boys and to develop their Knowledge in its control measures on the basis of results it can be conducted, that the level of attitude was mostly positive response regarding cigarette smoking among young adolescent boys.

### **NURSING IMPLICATIONS:**

The study has implication for Nursing practice, Nursing education, Nursing administration, and Nursing research.

### **NURSING PRACTICE:**

The nurses working in the hospital, clinical setting and in the community setting should practice health education as an integral part of nursing profession. This module was help to get the adequate information regarding cigarette smoking and to develop their knowledge and attitude to avoid cigarette smoking.

### **NURSING EDUCATION:**

The nurse educator efforts should be made and expend the nursing curriculum to provide to more content in the area of nursing education through cigarette smoking. So that young adolescent boys are able to develop their attitude towards to avoid cigarette smoking usages.

The nursing students may be provided the necessary regarding cigarette smoking through organising rally, providing pamphlets, and awareness shows to cigarette smoking and it's effects in selected community area at Puducherry.

**NURSING RESEARCH:**

The finding of the study helps the professional nurse and student to develop inquiry by providing a baseline. The study helps the nursing researcher to develop their impacts of cigarette smoking.

**RECOMMENDATION:**

- A similar study can be conducted in other parts of the country with large sample.
- The study can be replicated with large samples for better generalizations.
- This study can do at large number of samples.
- The same study can be conducted in different settings.
- The study can be done at the various states of India.

**BIBLIOGRAPHY:**

**BOOK REFERENCES:**

- [1]. Basavanthappa BT .Nursing Research, New Delhi; Jaypee Brothers Medical Publishers(p)Ltd.
- [2]. Lippincott Williams & Wilkins , Text book of Medical Surgical Nursing , “ 2<sup>nd</sup> edition , Published by Wolters kluwer (p) ltd
- [3]. BT Basavanthappa medical surgical nursing , “ volume -2 , pushlished by jaypee brothers medical publishers (p) ltd
- [4]. K.park, Parks text book of preventive and social medicine, 25 th Edition, Published by Bhanot (p) Ltd.
- [5]. Brunner and Suddarth ,”Textbook of Medical Surgical “ ,12th edition wolters kluwers pvt ltd , New Delhi.
- [6]. Joyce M Black Esther Mataserin Jacob. Medical Surgical Nursing .Clinical
- [7]. Management for Continuity of care. 5thed. New Delhi: Harcourt Brace and company.
- [8]. Suresh K Sharma ,Nursing Research and Statistics, Published by Elsevier, A Division Of Reed Elsevier India Private Limited.

**JOURNAL REFERENCE:**

- [9]. Knowledge, Attitudes, Prevalence and Associated Factors of Cigarette Smoking Among University Students: A Cross Sectional Study. Al Omari O, et al. J Community Health. 2021.
- [10]. Prevalence, Knowledge, Attitude, and Predictors of Waterpipe Smoking among School Adolescents in Saudi Arabia, Rashad Alsanosy.Glob Health Epidemiol Genom,2022.
- [11]. Almogbel Y. S., Aladhadh T., Alammam A., et al. predictors of waterpipe smoking among university students in the qassim region, Saudi Arabia. Tobacco Induced Diseases . 2021
- [12]. Hamman F., Mock J., Ward K. D., Eissenberg T., Maziak W. A pleasure among friends: how narghile (waterpipe) smoking differs from cigarette smoking in Syria. Tobacco Control . 2021
- [13]. Joseph R., Alshayban D. Changes in attitude to waterpipe tobacco smoking among youngsters in eastern province, Saudi Arabia: a cross-sectional study. Asian Pacific Journal of Cancer Prevention . 2021
- [14]. Venkatesh E., Al Jemal M. Y., Al Samani A. S. Characteristics, reasons, behavior and knowledge towards waterpipe smoking in Saudi Arabia. International Journal of Adolescent Medicine and Health . 2022

**NET REFERENCE:**

- [15]. [www.wikipedia.com](http://www.wikipedia.com)
- [16]. [www.medscape.com](http://www.medscape.com)
- [17]. [www.ncbi.nlm.gov](http://www.ncbi.nlm.gov)
- [18]. [www.pubmed.com](http://www.pubmed.com)
- [19]. [www.emro.who.com](http://www.emro.who.com)