KNOWLEDGE, ATTITUDE AND PRACTICES ON USE OF TOBACCO USE IN ADOLESCENT STUDENTS IN WARANGAL DISTRICT, ANDHRA PRADESH

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OBJECTIVES: To study the existing level of knowledge among college students regarding smoking and other modes of tobacco use. **MATERIALS AND METHODS:** A cross-sectional survey done on 600 adolescent college students. Both Government and Private Colleges students of Warangal district were included. The age group of student was from 16 to 18 years. **RESULTS:** Out of 600 students, 424 were males and 176 were females. Among study group 25.8% having smoking habit. Reason given for smoking is that majority want just to enjoy. 84% of the study group wants banning of tobacco use in public places. **CONCLUSIONS:** The majority of students have the knowledge and awareness about toxic effect of tobacco products using and its warning about smoking. Reason showing to become smokers is from association of smoking parents and smoking friends circle.

KEY WORD: Tobacco, smoking, students.

INTRODUCTION: Tobacco use is the single most preventable cause of adult death and disease in the world today. The Prevention of tobacco use in young (teen) age people is a greatest opportunity to prevent the non-communicable disease and cause of death all over the world. Currently World Health Organization estimated that there are 1.3 billion smokers in the world. The death toll from tobacco consumption is 4.9 million per year i.e., on in 10 adult deaths worldwide and per every 10 seconds a person dies of tobacco use. If proper action is not taken the number of deaths will increase to 10 million by year 2020.¹ Of which 70% (7 millions) death will occur in developing countries mainly in China and India.

The Portuguese introduced tobacco in India only in 17th century, but within short period its use spread all over the country. The two major modes of tobacco use in India, are smoking and non smoking form. India was one of the first-countries in the world to report the adverse health consequences of tobacco. World Health Organization, United States, Centers for Disease Control and Prevention (CDC), and the Canadian Public Health Association (CPHA) developed the Global Tobacco Surveillance System (GTSS) to assist all 192 WHO member states in establishing continuous tobacco control Surveillance and Monitoring.²

MATERIALS AND METHODS: The present study is conducted on knowledge, Attitude and Practices of tobacco use in Junior College Students of Warangal District. The subjects taken for the study are from 20% of 49 Government Junior Colleges (10 Colleges) and 20% from Aided Junior Colleges (2-Colleges). The total subjects taken for this study are 600 students 432 males and 168 females. The age group is 16 to 18 years.

The study extends from October, 2005 to September, 2006 involving planning, preparation of proforma, testing of proforma, and collection of data, analysis and presentation.

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The data was collected through using pre-designed and pretested close ended questionnaire. The study is cross sectional in nature. A random sample of 12 colleges from 60 Government Colleges under Kakatiya University was selected. From each college samples of 50 students were taken covering both English and Telugu medium based on Quota sampling. Before taking up the actual survey pilot study was conducted on 40 students and suitable modification were made to the questionnaire.

RESULTS: The data collected from 600 students was analysed and tabulated by using a computer.

Sl. No.	Questions	Correct Answers	Wrong Answers	Not Attempted
1.	Tobacco cultivation District	236 (39.33%)	323 (58.83%)	41 (6.83%)
2.	Obtaining raw tobacco	449 (74.83%)	106 (17.66%)	45 (7.50%)
3.	Tobacco Consumption Harmfulness	349 (58.16%)	234 (39%)	17 (2.83%)
4.	Common Consumption in the world	514 (85.66%)	18 (3%)	28 (4.66%)
5.	Toxic content of Tobacco	355 (59.16%)	174 (29.8%)	71 (11.83%)
6.	Tobacco products uses & Diseases	132 (22%)	450 (75%)	18 (3%)
7.	Tobacco effect on Pregnant Woman	95 (15.83%)	480 (80%)	25 (4.16%)
8.	Smoking addiction	403 (67.16%)	193 (32.16%)	4 (0.66%)
9.	Tobacco ban country	229 (38.16%)	294 (49%)	77 (12.83%)
10.	Treatment for smoking addiction	270 (45%)	265 (44.16%)	65 (10.83%)

Table 1: Knowledge on Tobacco and its products use among the study group (n=600)

Sex	Gutka	Jardha	Cigarette	Not responded	Total
Male	20	40	136	218	414
Female	13	31	19	123	186
Total	33	71	155	341	600

Table 2: Different tobacco products use among the study group of Students (n=600)

$X^2 = 32.36$ $DF = 3$ $P < 0.001$ (Significant)

Sex	Asking him to stop smoking	Ignoring the smoker	Informing to the authority	Go away from the smoking place	Total
Male	332	18	22	63	435
Female	114	10	19	32	175
Total	446	28	31	95	600

Table 3: Different Individual response towards the smoker in society among the study group (n=600)

$X^2 = 3.89$ $DF = 3$ $P > 0.10$ (Not Significant)

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Table 1 shows 39% of the student only know about the cultivation of tobacco. 74% of students know about the obtaining of the tobacco product. P value is <0.01 (significant).

Table 2 Majority of student do not want to disclose their opinion. Only 47% of students came out and disclosed that they are using Gutka 5%, Jarda 12.33%, Cigarette 25.83%. P<0.01 (significant).

Table 3: Among study group on tobacco smoking 74% are expressing strong feeling against smoking and 15% of the study group avoiding the smokers. The attitude towards the smokers is same in both the sex groups.

In Table 4 – 14% of students are became smokers by feeling boredom 66.45% by force of friends and 18.07% has influence of film hero's.

DISCUSSION: The present study is conducted in college of Warangal District of Andhra Pradesh. There are not many studies one in this area for comparison.

Among 600 responded 70.66% boy 29.34% were girls. The students were between 16 years to 18 years of age of whom 66% were from rural areas.

In the present study 5% students were taking Gutka, 12.33% were taking Jarda and 25.8% of students were taking cigarettes. Sinha et. al., study showed that 48.8% of students who currently used smokeless tobacco smoking at home was reported 30.8%^(3, 4)

The percentage of young people using any tobacco produced ranged from a high of 33% in Ukraine and Moscow to low about 10% in south.⁽⁵⁾ In present study 17% of students were above 16 years of age. C.L. Backinger et. al., said that nearly 90% of adult smokers started smoking before the age of 18 years^(6, 9, 10).

Among present study group reasons given for smoking are majority (46%) of them are smoking for pleasure and other 29% out of boredom and rest 24.5% to avoid frustration. In comparison Dr. Sherine Ismail show the reason for trying smoking at least was out of curiosity (60.8%) Peer influence (29.6%) and to act mature 9.6 %⁽⁷⁾.

In the present study 64% of student smokers expressed their desire to quit smoking. In comparison Sinha DN and Gupta reported that current smokers 66.4% want to stop smoking and 59.1% tried to stop smoking during the past year^(3, 4, 12). Global Tobacco Youth Survey study reported that majority of young people currently smoking want to stop smoking and over two-thirds have tried to stop^(5, 13).

In the present study 84% of students among study group are positive attitude to make world tobacco free. By Global Youth Tobacco Survey study exposure of young people to environmental tobacco smoke is very high in all countries.

CONCLUSIONS: Tobacco use an important health problem in the world. The majority of students have the knowledge and awareness about toxic effects of tobacco products usage and its warning about smoking. Majority of student parent belong to low literacy status. The initiation of smoking is taking place below 10 years of age and maximum smokers above 16 years. Majority from the student group are recommending for ban on tobacco products and they want tobacco free world^(11, 12, 13).

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