A STUDY ON TOBACCO PRODUCT USE AMONG HIGH SCHOOL STUDENTS IN KERALA

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ABSTRACT

There is a growing global concern about use of Tobacco among youngsters. The consumption of tobacco is considered as a potential threat and element of morbidity, mortality and social harm, while it is a major cause of preventable death. Youth Risk Behaviour study to evaluate the use of tobacco among high school students would shed light on the gravity of the issue and help devise programmes and policies measures to mitigate this evil at early stage itself. Such surveys have been conducted around the globe. Presently, an attempt is made to study the youth risk behaviour among high school students in Kerala, South India.

KEYWORDS: *The consumption of tobacco is considered as a potential*

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INTRODUCTION

Smoking, alcohol consumption, drug abuse etc. are injurious to health as statutory warning is ubiquitous, yet people are attracted to these habits as a matter of fascination, passion or compulsion. Statistics reveal that worldwide about one in three or 1.1 billion of people smoke. Tobacco usage kills more people than any single disease and tobacco consumption will be a source for about 18 percent of all deaths in developed nations as well as about eleven percent of all deaths in developing nations.

Tobacco consumption was responsible for the reason of about 25 illnesses comprising heart illness; cancer, stroke, as well as chronic obstructive pulmonary illness. Use of smokeless tobacco leads to oral cancer in the lip, tongue, mouth, and throat apart from cancer in the digestive system. People addicted to tobacco are often early beginners, age of 10-15 years and above. Exposure to tobacco smoke in the environment may exacerbate allergies as well as maximize the seriousness of symptoms in children and adolescents through asthma along with heart illness and it has also related with lung cancer (WHO, UNESCO, 1999). Tobacco use among family members, film stars, as well as sports heroes has a negative influence among the children and adolescents which lure them to tobacco use (USDHHS, 1994).

Presently an attempt is being made to study the Youth Risk Behaviour in terms of usage of Tobacco products among High School going students in Kerala South India. The study focused on different parameters viz. classification of school students based on Age of first usage of cigarette, classification of school students based on Usage of cigarette, classification of school students based on Usage of other tobacco, classification of school students based on trying of stoppage of smoking, classification of school students based on daily usage of cigarette.

and classification of school students based on parent's usage of tobacco and cigarette. This will shed light on the pattern of Tobacco use among the group.

RESULTS

Classification of School Students Based on Age of First Usage of Cigarette

Classification of school students based on Age of first usage of cigarette shows that 97.74 percent of the boys and none of the girls ever used cigarettes (Figure 1).

Figure 1: Classification of School Students Based on Age of First Usage of Cigarette

Classification of school students based on Usage of cigarette

Classification of school students based on Usage of cigarette indicates that none of them used cigarettes (Fig. 2).

Figure 2: Classification of School Students Based on Age of Usage of Cigarette

Classification of school students based on Usage of other tobacco

Classification of school students based on Usage of other tobacco indicates none of the respondents used any tobacco (Figure 3).

Figure 3: Classification of School Students Based on Usage of other Tobacco

Classification of school students based on trying of stoppage of smoking

Classification of school students based on trying of stoppage of smoking is negligible (Figure 5).

Figure 5: Classification of School Students Based on Trying of Stoppage of Smoking

Classification of school students based on daily usage of cigarette

Classification of school students based on daily usage of cigarette shows that 99.92 percent of boys and 99.95 percent of girls never used cigarettes (Figure 6).

Figure 6: Classification of School Students Based on Daily Usage of Cigarette **Classification of school students based on parent's usage of tobacco and cigarette**

Classification of school students based on parent's usage of tobacco and cigarette reveals that parent of 39.79 boys and none of the girls used tobacco and cigarettes (Figure 7).

Figure 7: Classification of School Students Based on Parent's Usage of Tobacco and Cigarette **DISCUSSION**

The present study reveals a very healthy trend among the high school children with over 99 % respondents having never used tobacco in any form. This finding is negligible compared to 21.9% in United States (YRBS-US, 2003), 10.8% in Philippines (Marina, 2004), and 8.7% in China (Benchun, 2003). A similar study was done by Subashbabu, C S Chuttani and N S M Murthy, (1978) on the smoking habits of 1284 secondary school children in Delhi Urban Areas (India). They reported the regularity of cigarette smoking has been 8.7% overall, rising from 5.4% amongst boys aged 14 to 26.7% when aged 19. Almost 80% began smoking among the ages of 11 to 14 years. Smoking habit can be attributed to family income and smoking members in the family. The present study also tried to address the influence of parents using tobacco, showed

a negative impact as parent of 39.79 boys and none of the girls used tobacco and cigarettes and yet over 99% of the students abstained from the same.

Recently a bill was passed in the parliament banning smoking scenes from the films in India, could be reasoned for the abstinence young generation. Earlier they blindly followed their heroes and villains in the films indulging in smoking giving them cult status. Also the peer pressure to do a thing even if it is negative one gets tempted easily and becomes a prey of the viscous circle of friends.

Smoking is estimated to be a major reason of preventable premature illness along with death world over. In 2019, a sum of 50% of US high school students had utilized electronic vapour products and 24.1% was ever attempted cigarette smoking. Approximately 88% of adult daily cigarettes started smoking before age of 18 years [2]. However, earlier report shows decrease in present cigarette smoking among US school's students from a high of 36.4% to 808 % in 2017[3].

Youth consumption of tobacco goods in any type is not productive [1,4]. Cigarette smoking injures almost each organ in the body, Smokeless tobacco products was related with multiple health risk, involving cancers of mouth [1]. Moreover, Nicotine is highly addictive, may prime the brain for addiction to other drugs [4,10]

Inspection for tobacco commodity utilize between youth was consequential to direct as well as assess tobacco management strategies at local, state, tribal as well as national levels.

Among US high school students in 2019 ever utilized electronic vapour goods and 24% had ever attempted cigarette smoking. Generality of present utilize were 32.7% for electronic goods, 6.04 % for cigarette, 5.7% for cigars as well as 3.8% for smokeless tobacco. Additionally, 36.5% of students were presently utilized any tobacco goods and 802% were presently utilized two or more goods.

Generality of tobacco products utilization differs by demographic group, with present utilization of cigarette, cigars, smokeless tobacco goods being higher among male students than female students. Though variations in tobacco good utilize differs by grade, generality of present utilize of every single good, any tobacco good as well as two or more tobacco goods has been higher among 12th grade student than 9th grade students. Generality of present cigar utilize was higher among students aged </18 years.

Utilization of any tobacco products among youth was not protective, nevertheless of prevalence of utilize or amount of goods employed. Though, 2019 national YRBS outcomes points out that majority of the present youth tobacco consumers were not often use them, variation in product exists. 18.4% for cigars to 32.6% for electric vapour product.

Even rare utilize of tobacco goods, specifically cigarette smoking was a result of increase in daily smoking [14]. Nearly all tobacco goods were associated with symptoms of nicotine dependence [15]. In addition, 8.2% of high school students recently utilized two or more tobacco goods in 2019.

Many elements keep on promoting as well influencing tobacco utilize among youths, involving exposure to tobacco products advertising along with imagery through media, and also the accessibility of flavoured tobacco goods.

Even if present utilize of cigarette, cigars as well as smokeless tobacco among US high school students had reduced, tobacco good consumption have progressed, and the raising generality of electronic vapour good utilize among youth during recent years is concerning.

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