

A Study on Awareness of Tobacco use Risk among High School Children, Hyderabad

M.Sreedhar¹, C. Hanumantha Rao², Muraleedhar³

Abstract

Introduction: Smoking causes 90% of lung cancers and other lung diseases, there is one tobacco related death every eight seconds. Passive smoking causes health problems for children and other family members. Smokers/tobacco consumers are 2 to 3 times more likely to develop heart diseases and paralysis than non smokers. Smoking increases risk of diabetes. About half of teenagers who use tobacco will eventually be killed by it. **Objective:** To Estimate the Awareness on Use of Tobacco among High School Children. **Material and methods:** Cross sectional

study. Two randomly selected schools from the list obtained from DEO. Study Population: High school children Sample size: 197 school children. Statistical Analysis: Microsoft Excel 2007 and Epi-info 3.5.3. **Results:** Knowledge on Ill effects of Tobacco use were lung cancer - 35%, Oral cancer -30% Oral diseases – 25% and others – 10%. Knowledge on Passive smoking was only 26%, and out of which 21% knew about Ill effects due to Passive smoking. Influence for the behaviour being more by Peer Group & Friends 50%, followed by Parents.

Key Words: Cancer, Smoking, Tobacco

Introduction

Tobacco use is a major health and social problem worldwide. About 4.9 million deaths per annum occur globally which are Tobacco related. Estimated to rise 10 million by 2030 [1]. In India, around 10.9% use tobacco in one or the other form [2]. Among the Ill effects of tobacco use, the proportion of cancer in Male and female is 56.4% and 44.9% respectively. Nine lakh people die annually due to tobacco. Among smokers, 82% were suffering from chronic obstructive diseases, the risk of death due to Tuberculosis is 4-5 times more [1]. The risk is 2-3 times more among smokers for coronary heart disease, cardiovascular diseases, stroke, peripheral vascular diseases and diabetes mellitus. Avoiding tobacco adds 20 years to the life of a teenager [1]

Objective:

To determine the awareness of risks of tobacco use among high school children.

Material and methods:

Study Design: Cross sectional study. **Study area:** Two schools were randomly selected from the list obtained from District Educational Officer. **Study Population:** High school children. **Sample size:** 197 school children were selected randomly from two high schools based on random number tables. Prior permission was obtained from school authorities. Children who were present on the day of interview were included in the study. **Ethical clearance:** Approval is obtained from the ethical committee of Osmania Medical College. Schools list and permission were obtained from the District Educational Officer, and School head masters. Students were informed about the purpose of the study and assurance was given about the confidentiality. **Statistical Analysis:** Microsoft Excel 2007 and Epi-info 3.5.3.

Results:

In table 1, age wise distribution of the study population: Majority (31%) of the study population was in the age group 13-14 years followed by 12-13 years (28%). In the study population, 47.2% were males and 52.8% were females. **Socio economic status:** Based on Kuppuswamy's Classification, majority of the study population belonged to Lower Middle class (55%) and Lower Class (45%). Of the study population 32.50% parents were using tobacco in any form. Among siblings, 20.30% were using tobacco in any form. **Knowledge on ill effects of tobacco use:** Knowledge on Passive smoking was only 26%, and out of which 21% knew about ill effects due to Passive smoking. Tobacco use was 9% in the study population. Only males gave the history of tobacco use. **Influence for the behavior.** Students from Lower Class had more number of tobacco users when compared to lower middle class which was found to be statistically significant.

Table 1: Demographic details of the study population:

Age in years	Percentage
12-13	28
13-14	31
14-15	24
>15	17
Gender wise distribution	
Male	47.2
Female	52.8
Socio economic status	
Lower middle class	55
Lower class	45
Knowledge on tobacco use:	

Passive smoking	26
Use of tobacco in any form	
Male	9
Knowledge on Ill effects of tobacco use:	
Oral diseases	25
Oral cancer	30
Lung cancer	35
others	10
Influence for the behavior.	
Peer group	50
Parents' smoking	30
Easy availability	20

Table 2: Source of information regarding ill health of tobacco use.

Source of information	Percentage
Television	22
Teachers /friends	18
Parents /News papers	15
Hoardings	12

In table 2, Source of information regarding ill effects of tobacco use being mainly television- 22%, teachers/ friends - 18%, Parents/Newspaper- 15% and hoardings 12%.

Discussion:

In this study on school children, only males had 9% use of Tobacco in all forms as compared to World Health statistics 17.5% in India [3] 17.3%. Tobacco use –smoke 40%, smokeless 40% & combined 20%. Study done by Naresh et al [4] found the prevalence of forms of tobacco use as 14.61%, 66.23% & combined 19.16% respectively.

Rekha.P.Shenoy [5] found the prevalence of tobacco use as by parents and teachers as 34.4% & 6.7% respectively. Naresh et al in their study found it to be 11.03% in parents' and 20.30% in teachers. Naresh et al found the prevalence as 7.79% in Siblings. In our study, the prevalence of tobacco use in Peer group was found to be 50%, where as Naresh et al found it to be 61.69% [4].

Knowledge regarding ill effects of tobacco use among the study population was found to be lung cancer (35%), Oral cancer (30%), oral diseases (25%) & others (10%). A study conducted by Madan kumar et al [6] found it to be 65.3%, 75.8% & 82% respectively. In our study knowledge on Passive smoking was only 26% of which only 21% knew about Ill effects of it. Muttappallymyalil et al[7] in their study found it to be as 66.2% & 68.3% respectively.

In the present study, source of information regarding ill effects of tobacco use being mainly television-22%, teachers, friends -18%, Parents, News paper- 15% and hoardings 12%. Where as study conducted by U.M.Bhojani et al [8] found it to be 43.3%, 43%, 32.7%, 35%, 33.7% respectively.

Conclusion:

Among the study population, 32.5% parent's are having history of tobacco use in any form, 20.3% had siblings who use tobacco in any form. Knowledge on ill effects of tobacco use were lung cancer -35%, oral cancer -

30%, oral diseases – 25% and others – 10%. Knowledge on passive smoking was only 26% and out of which 21% knew about ill effects due to Passive smoking. Tobacco use was 9% in the study population. Influence for the behaviour being more by Peer Group & Friends 50%, followed by Parents.

Recommendations:

Regular IEC high lighting the ill effects of tobacco use, taking the help from celebrities as well as media. Better implementation of law, thereby reducing passive smoking. Inter-sectoral coordination & counseling to both parents and staff regarding tobacco use as they are role models.

References:

1. World Health Organization. Media Centre- Tobacco [cited 2013 Mar 08]. Available from <http://www.who.int/mediacentre/factsheets/fs339/en/index.html>
2. Ministry of Health and Family Welfare. [cited 2013 Mar 08]. Available from <http://www.mohfw.nic.in/NRHM.htm>
3. World Health Organization. Tobacco Free Initiative (TFI)-Global Youth Tobacco Survey [cited 2013 Mar 08]. <http://www.who.int/tobacco/surveillance/gyts/en/>
4. Naresh R. Makwana I, Viral R. Shah, Sudha Yadav. A Study on Prevalence of Smoking and Tobacco Chewing among Adolescents in rural areas of Jamnagar District", Gujarat. JMSR. 2007; 1(1):47-9.
5. Rekha P Shenoy, Prashanth K Shenai, Ganesh Shenoy Panchmal, and Shashidhar M Kotian. Tobacco Use Among Rural Schoolchildren of 13-15 Years Age Group: A Cross-Sectional Study. Indian J Community Med. 2010 July; 35(3): 433–35.
6. Madan Kumar PD, Poorni S, Ramachandran S. Tobacco use among school children in Chennai city, India. Indian J Cancer. 2006 Jul-Sep;43(3):127-31.

7. Muttappallymyalil J, Sreedharan J, Divakaran B. Smokeless tobacco consumption among school children. Indian J Cancer. 2010 Jul;47 Suppl 1:19-23.
8. Bhojani UM, Chander SJ, Devadasan N. Tobacco use and related factors among preuniversity students in a college in Bangalore, India. The National Medical Journal of India. 2009; 22(6):294-7.

AUTHOR(S):

1. Dr.M.Sreedhar, Associate professor, Community Medicine, Osmania Medical College, Hyderabad, India.
2. Dr. C. Hanumantha Rao, Post graduate, Community Medicine, Osmania Medical College, Hyderabad.
3. Dr.Muraleedhar.K, Professor and Head, Community Medicine, Osmania Medical College, Hyderabad.

CORRESPONDING AUTHOR:

Dr.M.Sreedhar,
Associate professor,
Community Medicine,
Osmania Medical College,
Hyderabad, India.
Email: sreedhar2612@yahoo.co.in

Date of Submission: 17-03-2013
Date of Peer Review: 24-03-2013
Date of Acceptance: 12-04-2013
Date of Publication: 30-06-2013