



Assessment Of Knowledge Regarding Harmful Effects Of Cigarette Smoking Among The Higher Secondary Students Of Hajo Block, Kamrup Assam.

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Abstract

This study assessed the knowledge of higher secondary students in Hajo Block, Kamrup, Assam, regarding the harmful effects of cigarette smoking. A descriptive research design and purposive sampling were used to include 60 students from two schools, with data collected using a structured questionnaire. Most participants (86.7%) were aged 16–18, 91.7% were male, and 60% were Muslim. The majority had average knowledge (85%) about the harmful effects of smoking, with no significant associations found between knowledge levels and demographic variables. The findings highlight the need for targeted awareness programs to improve understanding and reduce smoking-related risks among youth.

Introduction

Cigarette smoking has a long history, with tobacco being used in religious ceremonies by ancient civilizations like the Mayans and Aztecs. However, large-scale cigarette manufacturing and smoking became widespread only in the 19th century. By 2000, approximately 1.1 to 1.2 billion people smoked globally, contributing to around 4 million deaths annually. Smoking is linked to serious health issues, including respiratory diseases, cardiovascular disorders, and various cancers. Adolescents are particularly vulnerable to starting smoking, with habits formed during this period often persisting into adulthood. In Assam, tobacco use is a major public health issue, with the state being known as the "cancer capital" of India due to high rates of tobacco-related cancers. Kamrup district, particularly, has alarming rates of cancer incidence, many of which are linked to tobacco use. Cardiovascular diseases related to smoking are also increasing in the region, adding further strain to the healthcare system. The Hajo Block in Kamrup has unique socio-cultural dynamics that influence smoking habits, making it an important area for research. This study aims to assess the knowledge of higher secondary students in Hajo Block about the harmful effects of smoking.

Literature review

Kanwar Singh, Pooran Singh Chaudhary, Man Singh Jat (2023) conducted a cross-sectional study in 2023 on "Assessment of Knowledge and attitudes towards the ill effects of smoking among students: A cross-sectional study". Data were collected from a sample of 100 students using a structured questionnaire. The findings revealed that students had a moderate level of knowledge.(1)

Omar Al Omari, Loai Abu Sharous et al, 2021 conducted a cross sectional descriptive study on 401 students from three universities on "Knowledge , Attitude, Prevalence and Associated factors of Cigarette smoking among University Students: A cross Sectional Study" The findings shows that the prevalence rate of smoking was 9.0%. Independent t-test results revealed a significant difference in years spent in the university, student income/day, family members who were smokers. Students who were non-smokers had higher knowledge scores and a less positive attitude towards smokers.(2)

J.C. Frank, Deva Pon Pushpam. I (2015) conducted a study on “ A descriptive study to assess knowledge and attitude regarding the ill effects of smoking among Higher Secondary School Students at selected Higher Secondary School in Jammu-2015” using purposive sampling technique. Findings of the study revealed that 58% of the adolescents had inadequate knowledge. (3)

Objective of the Study

1. To assess the knowledge regarding harmful effects of cigarette smoking among the higher secondary students.
2. To find out the association between knowledge regarding the harmful effects of smoking with their selected demographic variables.

Research Methodology

Research Approach: Quantitative research

Research Design: Descriptive research design

Research Setting: Zenith Senior Secondary School and Louis Berge Academy's School.

Population: Higher Secondary students in Hajo Block, Kamrup, Assam.

Sample: Higher Secondary students of Zenith Senior Secondary School and Louis Berge Academy's School.

Sample Size: 60 (total enumeration)

Sampling Technique: Purposive Sampling Technique

Result

Section - I

Table 1: Frequency and Percentage Distribution of Demographic Variables.

N=60

S. No.	Demographic Variable's	Frequency	Percentage
1	Age (in years)		
	a 16 – 18 years	52	86.7
	b 19 – 21 years	8	13.3
2	Religion		
	a. Hinduism	24	40
	b. Islam	36	60
	c. Christianity	0	0
3	Gender		
	a. Male	55	91.7
	b. Female	5	8.3
4	Residence		
	a. Day scholar	60	100
	b. Hostler	0	0
5	Fathers' education		
	a. Illiterate	0	0
	b. Primary education	8	13.3
	c. Secondary education	25	41.7
	d. Graduate	16	26.7
	e. Post graduate	11	18.3
6	Mothers' education		
	a. Illiterate	1	1.7
	b. Primary education	21	35
	c. Secondary education	30	50
	d. Graduate	8	13.3
	e. Post graduate	0	0
7	Fathers' occupation		
	a. Government job	17	28.3
	b. Private job	10	16.7
	c. Unemployed	13	21.7

	d. Others	20	33.3
8	Type of family		
	a. Joint	17	28.3
	b. Nuclear	43	71.7

Table 1: Frequency and percentage distribution of demographic variables of school students According to their age, majority 52(86.7%) were in 16-18 years of age and 8(13.3%) were in 19-21 years of age.

As per religion of school students, maximum 36(60%) belongs to Islam and 24(40%) belongs to Hinduism.

Regarding gender of school students, maximum 55(91.7%) were male and 5(8.3%) were female.

With regard to residence of school students, all 60(100%) were day scholar.

According to fathers' education of school students, majority 25(41.7%) had secondary education, 16(26.7%) were graduate, 11(18.3%) were post graduate and 8(13.3%) had primary education.

As per mothers' education of school students, half 30(50%) had secondary education, 21(35%) had primary education, 8(13.3%) were graduate and 1(1.7%) were illiterate.

Regarding fathers' occupation of school students, majority 20(33.3%) were in other job, 17(28.3%) were in government job, 13(21.7%) were unemployed and 10(16.7%) were in private job.

With regard to type of family of school students, maximum 43(71.7%) were living in nuclear family and 17(28.3%) were living in joint family.

Section - II

Table 2: Distribution of level of knowledge regarding harmful effects of cigarette smoking among the school students

N=60							
Level of knowledge	f	%	Score range	Median	MEAN	SD	
Poor (0-9)	0	0	5-10	7	7.216	1.341	
Average (10-17)	51	85					
Good (18-25)	9	15					

Table 2 describes the distribution of level of knowledge regarding harmful effects of cigarette smoking among the school students revealed that majority 51(85%) had average knowledge and 9(15%) had good knowledge with obtained score range between 5-10 (5), Median score was 7 and Mean score was 7.216 with Standard Deviation was 1.341.

Section - III

Table 3: Association between knowledge regarding harmful effects of cigarette smoking among the school students with their selected demographic variables

N=60						
S. No	Demographic Variables	Knowledge		χ^2 value	df	p value
		Average	Good			
1	Age (in years)					
	a. 16 – 18 years	45	7	0.724	1	0.395 ^{NS}
	b. 19 – 21 years	6	2			
2	Religion					
	a. Hinduism	22	2	1.394	1	0.238 ^{NS}
	b. Islam	29	7			
	c. Christianity	--	--			
3	Gender					
	a. Male	47	8	0.107	1	0.744 ^{NS}
	b. Female	4	1			
4	Residence					
	a. Day scholar	51	9	NA	NA	NA
	b. Hostler	--	--			

5	Fathers education					
	a. Illiterate	--	--			
	b. Primary education	8	0	2.809	3	0.422 ^{NS}
	c. Secondary education	21	4			
	d. Graduate	14	2			
	e. Post graduate	8	3			
6	Mothers education					
	a. Illiterate	1	0	1.363	3	0.714 ^{NS}
	b. Primary education	19	2			
	c. Secondary education	25	5			
	d. Graduate	6	2			
	e. Post graduate	--	--			
7	Fathers occupation					
	a. Government job	13	4	1.560	3	0.669 ^{NS}
	b. Private job	9	1			
	c. Unemployed	11	2			
	d. Others	18	2			
8	Type of family					
	a. Joint	15	2	0.195	1	0.659 ^{NS}
	b. Nuclear	36	7			

Table 3: depicts the association between knowledge regarding harmful effects of cigarette smoking among the school students with their selected demographic variables which was tested by using chi-square test. Result showed that demographic variables such as age, religion, gender, residence, fathers' education, mothers' education, fathers' occupation and type of family were found to be non-significant at $p < 0.05$ level with knowledge regarding harmful effects of cigarette smoking among the school students.

Recommendation

- A comparable study with a sizable sample size may be employed.
- Similar studies can be carried out with other demographics and in different settings.
- Analogous research can be conducted using control and intervention groups.
- The random sample technique can be used to carry out comparable research.
- Similar studies with structured teaching can be done

Conclusion

The findings indicate that most students had average knowledge about the harmful effects of cigarette smoking. However, demographic variables showed no significant impact on knowledge levels. This highlights the need for targeted awareness programs to improve understanding and reduce smoking-related health risks among youth.

References

1. (PDF) Assessment of Knowledge and Attitudes Towards the Ill Effects of Smoking Among Students: A Cross-Sectional Study [Internet]. [cited 2024 Dec 2]. Available from: https://www.researchgate.net/publication/373336473_Assessment_of_Knowledge_and_Attitudes_Towards_the_Ill_Effects_of_Smoking_Among_Students_A_Cross-Sectional_Study
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