



# Effects Of Smoking On Quality Of Life Among Middle Aged

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**Abstract: Background:** Extensive studies have revealed that smoking affects far more than just physical health—it impacts emotional well-being, relationships, and overall quality of life. At home, it can create tension, with loved ones constantly worrying about second-hand smoke, health risks, and the emotional toll of seeing someone struggle. Outside the home, smoking can affect friendships, social interactions or team dynamics strained. What starts as a personal habit often becomes a shared burden, affecting everyone in its path. Beyond the individual, community actions are critical in supporting those trying to quit. With the right resources, support, and understanding, quitting becomes more than just a health decision—it's an opportunity to rebuild trust, strengthen relationships, and create a better, more connected life for everyone involved. **Objectives:** To find their perspective on how smoking affects the physical activity. To find relation between age and average number of cigarettes. To find determination of people to quit smoking. **Methodology:** 30 participants were taken for data collection. Questionnaire which contained 17 questions regarding effects of smoking on individuals was used. **Results:** The bar and line graph revealed that participants who smoked more cigarettes per day reported higher levels of shortness of breath and experienced greater difficulty in performing daily tasks. Additionally, based on the pie chart showing recovery duration, the majority of individuals required less than 30 minutes to recover after smoking-related discomfort, with only a small fraction needing more than 60 minutes. **Conclusion:** The findings suggest a clear association between higher smoking frequency and increased respiratory discomfort, as well as reduced ability to perform daily activities. Younger adults smoked more frequently, indicating a need for targeted early intervention and awareness programs. Despite short recovery times in most cases, the presence of shortness of breath in regular smokers underscores the subtle but significant impact of smoking on quality of life.

**Key words** - Smoking, Health, Smoking Effects, Quality of Life, Breath, Daily Tasks, Well Being

## INTRODUCTION

Smoking has long been known as one of the most harmful behaviours affecting global health. As early as the 1950s researchers linked smoking to serious diseases like lung cancer and since then, decades of research have confirmed that smoking increases the risk of a wide range of illness. A lot of studies have explored the relationship between smoking and specific diseases such as lung cancer, heart disease and chronic lung disease. However most of these studies focus on just one disease at a time. There are also big differences in how these studies measure smoking exposure and this variation makes it harder to compare results across studies (Dai et.al., 2022). Smoking remains a persistent and evolving threat—not only to the lungs, but to nearly every system in the body. Today, the harm of tobacco stretches far beyond what we can see or feel immediately. Newer research has painted a more detailed picture, revealing that smoking doesn't just scar lungs—it silently weakens the heart, brain, reproductive organs, and even the genetic health of future generations. Symptoms like chronic fatigue, brain fog, and early stroke risk are now being linked to long-term tobacco use, offering a stark reminder that the damage isn't always dramatic—it can be quiet, cumulative, and irreversible (Varghese et.al., 2023). This problem of smoking is being inherited by the young. In places like Samoa, students are starting to smoke as early as their teens—not just because of rebellion or curiosity, but because they're surrounded by environments that normalize smoking, where peers and even elders light up as part of daily life. These young people may have heard that smoking is "bad," but they don't always grasp just how deeply it can erode their health—affecting fertility, damaging the heart, and laying the groundwork for lifelong diseases (Chen et.al., 2021) Marijuana has been part of human history for thousands of years, first documented in ancient China around 2700 B.C. Over the centuries, it has been used for both recreational and medicinal purposes. Although marijuana has gone through periods of criminalization and stigma. Today, more countries are legalising or decriminalising its use, which has contributed to a significant rise in consumption worldwide. Legal barriers and social stigma have made large-scale studies difficult, which means we still lack a clear understanding of marijuana's full impact on respiratory health. (Vásconez et.al., 2023) Smoking is a well known factor risk for various diseases, and studies now suggest it may also contribute to hair loss and premature hair graying. Tobacco smoke exposure can lead to oxidative stress, damage to hair follicles and melanocytes. This review explores the evidence linking smoking with alopecia and PHG, aiming to raise awareness of these association and support smoking cessation efforts in clinical settings (Babadjounia et.al., 2020). Ultimately, the effects of smoking extend beyond physical health, influencing psychological well-being, financial stability, and social relationships. The progressive decline in quality of life among smokers underscores the urgent need for intervention through education, policy enforcement, and accessible cessation programs. Encouraging smoking cessation at any stage can lead to significant improvements in overall health, productivity, and longevity. By addressing the multifaceted impact of smoking, healthcare professionals and policymakers can work together to promote a healthier, smoke-free future (Kang et.al., 2022)

## OBJECTIVES

The objective of this investigation was –

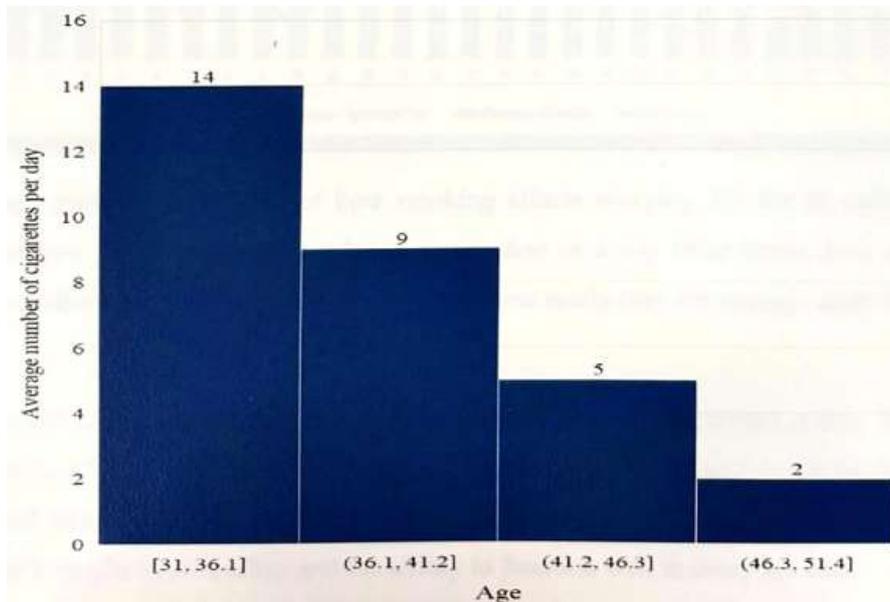
To find the perspective on how smoking affects the physical activity. To find relation between age and average number of cigarettes. To find determination of people to quit smoking

## METHODOLOGY

Study Design – Survey Sample Method

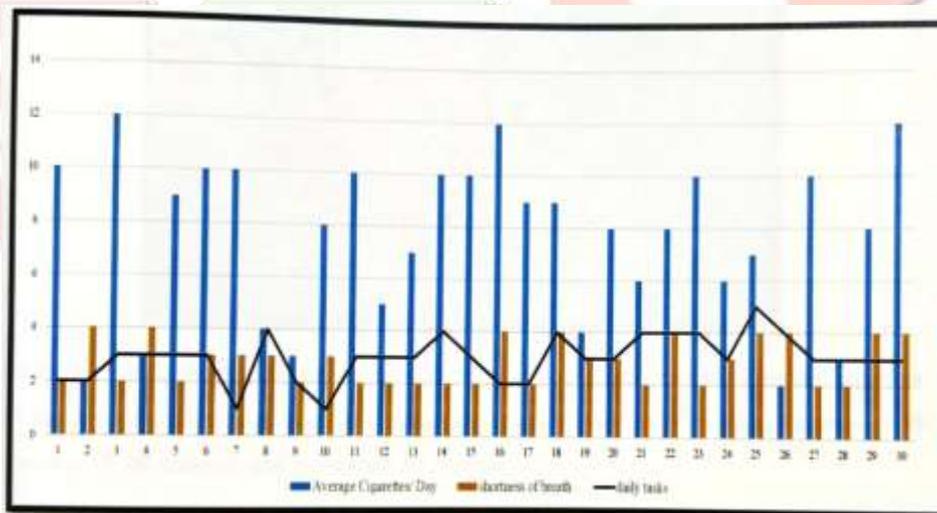
The study was conducted at Neemka Shahjahanpur village, Jewar, Uttar Pradesh 203155, India with a sample size of 30. Duration of the study was 3 months.

RESULTS AND DISCUSSION



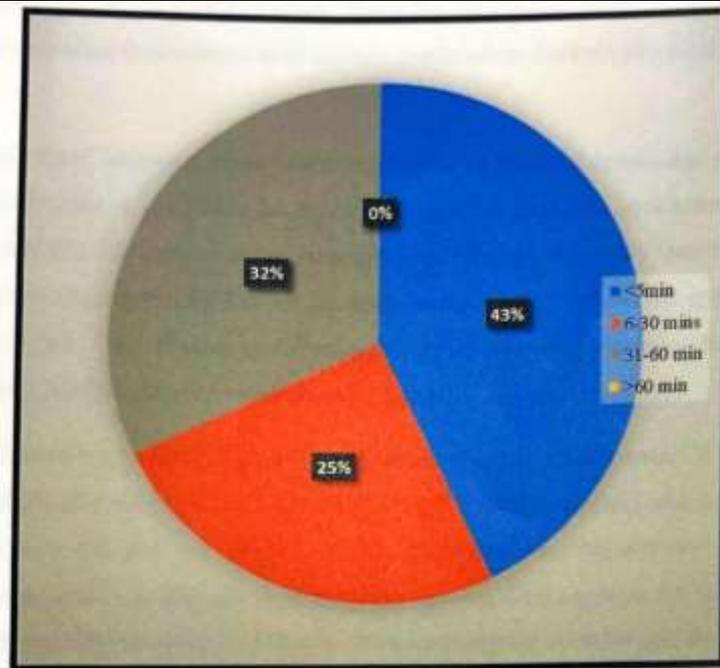
Relation between average number of cigarettes and age

The bar chart illustrates the average number of cigarettes smoked per day across different age groups. It reveals a noticeable trend where cigarette consumption decreases with increasing age. Individuals in the 31—36 age group reported the highest average consumption, at 14 cigarettes per day. This number steadily declines across subsequent age groups, with the 36.1— 41.2 group averaging 9 cigarettes, the 41.2—46.3 group averaging 5 cigarettes, and the 46.3— 51.4 group reporting the lowest average of just 2 cigarettes per day. This pattern may suggest that younger adults engage more in smoking compared to older adults, possibly due to changing lifestyle habits, awareness of health risks, or personal choices with age.



Impact of smoking on quality-of-life parameter

This graph presents a snapshot of how smoking affects everyday life for 30 individuals. It compares how many cigarettes each person smokes in a day (blue bars), how often they experience shortness of breath (orange bars), and how easily they can manage daily tasks (grey line). As the graph shows, many participants smoke more than five cigarettes a day. Those who smoke more often tend to report more frequent shortness of breath and find it harder to carry out normal daily activities. The pattern suggests that heavier smoking is closely linked with a decline in both physical comfort and the ability to function well in everyday life. Overall, the graph visually emphasizes how smoking can slowly but significantly affect not just health, but also the simple routines that form part of daily living.



Duration for First Cigarette After Waking Among Participants

This pie chart illustrates how soon after waking up the participants smoke their first cigarette of the day. The chart is divided into four-time intervals: within 5 minutes, between 6—30 minutes, 31—60 minutes, and more than 60 minutes. A large portion of participants reported smoking their first cigarette within the first 5 minutes of waking up, indicating a high level of nicotine dependence. A similar number of individuals smoked within 31 to 60 minutes, while a slightly smaller group lit their first cigarette between 6 to 30 minutes. Very few participants waited more than an hour before smoking. This distribution reflects how deeply ingrained the smoking habit is for many individuals, with a significant percentage needing nicotine shortly after waking—an important marker for addiction severity and a crucial focus for cessation efforts.

## CONCLUSION & IMPLICATIONS

This study has revealed the noticeable impact of smoking on the quality of life, particularly among adults in their early to mid-thirties. Out of 30 participants, 93.3% were male, and 76.6% had been smoking for more than five years. Notably, 73.3% of participants reported smoking more than five cigarettes per day, with the highest average daily consumption (14 cigarettes) found among those aged 31—36 years. This trend gradually declined with age, indicating that younger adults are more likely to engage in heavy smoking. The results also revealed that frequent smokers experienced more shortness of breath and greater difficulty performing routine activities. The majority of participants (over 60%) reported experiencing symptoms shortly after smoking, with only a small number taking more than 60 minutes to recover. Additionally, the time to first cigarette upon waking—an indicator of nicotine dependence—was within 5 minutes for a large segment of the sample, further emphasizing the depth of addiction. These findings highlight the broader consequences of smoking beyond long-term health issues, showing how it immediately interferes with day-to-day well-being. The data underscores the urgent need for targeted awareness, smoking cessation programs, and early intervention strategies, especially for younger age groups. By addressing these concerns proactively, we can work towards improving both the respiratory health and overall quality of life of individuals affected by tobacco use.

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