

ATTITUDES AND PRACTICES OF SMOKING IN UNIVERSITY STUDENTS

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ABSTRACT

No mother wants her child to start smoking, drinking or use drugs. Because these are harmful activities. Smoking is injurious to health. Cigarettes and more specifically tobacco smoke contain over 4000 chemical, many of which make smoking harmful. Every year million of people around the world die from disease caused by smoking. One in two life time smokers will die from their habit. Half of these deaths will occur in middle age. In younger people three out of four deaths from heart disease are due to smoking. In our survey it is found that people smoke for different reasons. Most of younger (university students) may started smoking as a fashion.

The main objective of the study was to investigate the socio-economics impact of smoking on students. The present study was undertaken in a public sector university located in Peshawar, NWFP.

A random sample of 82 respondents was selected as study population. The data were collected through well structured questionnaire. It was found that majority of the respondents said that the smoking is injurious for health, some on the view that smoking increases working efficiency and cause mental satisfaction. About more than half, 57% of the respondents spend up to 25 rupees daily on smoking.

Key Words: University, Students, Smoking, Hazards.

INTRODUCTION

In Quraan Allah has forbidden self destruction: "Kill not yourselves for verily Allah has been to you most merciful- 3:29". The companions of the prophet (SAW) understood that this verse forbade Muslims to expose himself to dangers or destructions. Smoking incurs financial waste and mental loss which is prohibited in Shariah.

Smoking has socio- economics and psychological impact on human efficiency and health status. Smoking is a bad social habit- not criminal activity, although the anti- smoking law exist, its strict enforcement can never work until you change the public attitude. We must change this social attitude through awareness campaigns, and not only by imposing penalties. Gradually, as people become aware of the hazards of smoking, they will give it up voluntarily. (Integrated Regional Information Networks 2004)

Most of the people are aware the harmful effects of smoking. In an easy way we can say the smokers are pushing themselves to death. Tobacco is full of different carcinogenic chemicals. It contains Nicotine which is an addictive drug. Tobacco smoke is full of chemicals and poisons. These chemicals cause various life threatening conditions such as lung cancer, emphysema and cardio vascular disease.

Smoking is already ban in schools, colleges, universities, public offices, public places, public transport and domestic flights. But we can see that this

is only an order through the stroke of pen in the above places.

Objectives of the study

- To find out the socio- economics characteristics of the respondents (University students)
- To examine the socio- economics impact of smoking on student's efficiency.
- To investigate the effect of smoking use on the health and psychic conditions of smokers.
- To study the attitude of university students relatively towards smokers.
- To suggest some recommendations to control smoking in university students.

METHODOLOGY

Study population

A random sample of 82 respondents was selected as study population from a public sector university located in Peshawar, NWFP.

Study Instruments

A-20 item interview based questionnaire was derived from the questionnaire used by Rozi, S and S.Akhter, 2004. The questionnaire was slightly modified according to the need of this particular population.

Statistical method

The data was analyzed and the summary statistics were carried out by a package, SPSS version 10. The results for all continuous variables are given in the form of (%)

RESULTS

A random sample of 82 smokers (university students) was selected comprising 57(69.5%) male and 25 (30.5%) female with a mean age of 25.2 (11.6 SD) years ranging 17-35 years.

Table 1: Distribution of smokers (Male and Female)

Male	57	69.5%
Female	25	30.5%
Total	82	100%

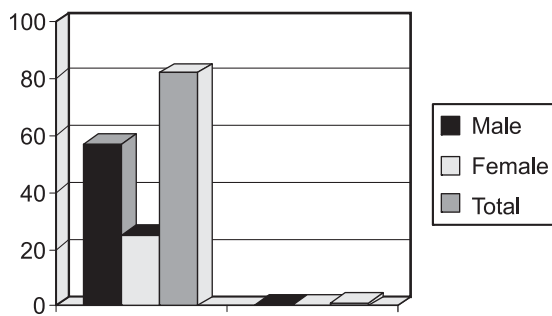


Table-2: Distribution of graduate and post graduate students

Graduate students	27	32.5%
Post graduate students	55	67.5%
Total	82	100%

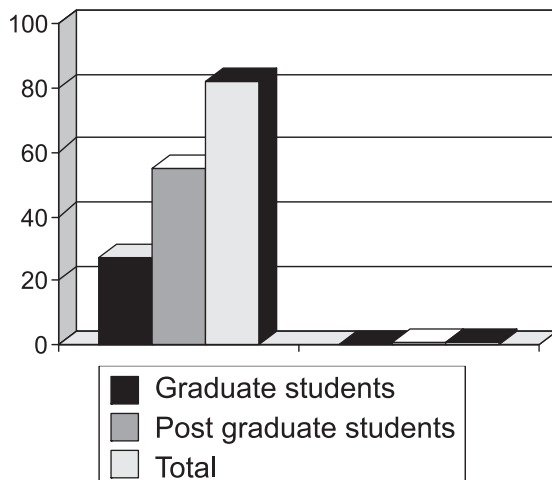


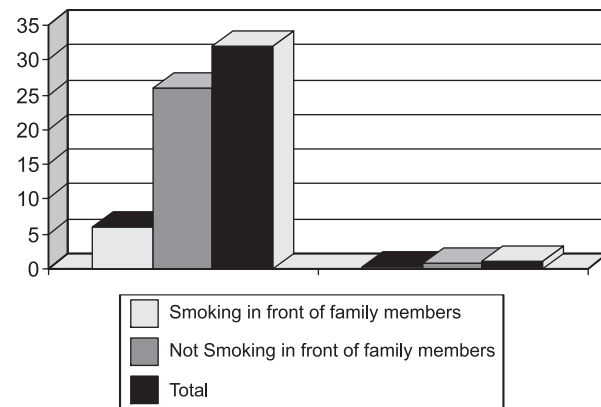
Table-3: Distribution of smokers at Hostels

Smoking at hostels	4	12.5%
Not smoking at hostels	28	87.5%
Total	32	100%



Table-4: Distribution of smokers smoking in front of family members

Smoking in front of family members	6	18.75%
Not Smoking in front of family members	26	81.25%
Total	32	100%



DISCUSSION

Electronic media such as television, radio, internet and news papers and other print media play an important role in communication irrespective of their positive and negative achievements. Most of the people trapped by these attractive advertisements irrespective of their educational, financial and religious status. (Hameed. A et al, 2006) But the university students are major vic-

tims of these advertisements. It is impossible to know exactly how much money is spent on those activities or how many people are employed in them. In view the power of advertising, it is not surprising that more countries have enacted restriction on advertising than any other single type of legislation to control smoking. About 47 countries have legislation or voluntary agreements imposing restrictions of some kind on advertising tobacco and its products. 15 countries of them total ban on tobacco advertising. The background of legislative actions to combat by WHO the world smoking epidemic, dangerous effect on the health and economy.

RECOMMENDATIONS

- a- Complete ban should be imposed on tobacco and tobacco products advertising on TV, Radio, and Print media.
- b- Support of religious leaders should be gained for the social active program and they may be approached and encourage to fight against divesting evil.
- c- Family can play an important role to check their children's from the involvement in smoking addiction.

It is established by conclusive evidence that smoking is profoundly detrimental to the soul, mind and wealth of individual and may lead to the destruction of these blessings that Allah has enjoined should be preserved and kept out of haram's way. For this reason and with the aim of protecting the health, the wealth and lives of both, individuals and communities, smoking in all forms must be forbidden.

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