

ORIGINAL ARTICLE

A KAP study on tobacco use among school children of Ahmadabad

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ABSTRACT

BACKGROUND: Tobacco is identified as the single most lethal agent known to humanity. Objective of the study was to assess the knowledge, attitude and practice of adolescents towards tobacco use. **MATERIALS AND METHODS:** A cross sectional study was conducted among adolescents studying in various schools of Ahmadabad city. The study population was 2000 students of class VIII to XII from 532 schools. The Study duration was one year from 1st January 2011 to 31 December 2011. Data obtained were analyzed by Epi-info software version 7. **RESULTS:** 95% of study respondents knew that tobacco leads to cancer. None of the study respondents knew about tobacco control act. 40% told that passive smoking/second hand smoke is harmful to their body. 96% believed that smoking should be banned from public places. Majority of current tobacco users (80%) want to quit their habit of tobacco consumption. **CONCLUSION:** majority of students were aware of health hazards due to tobacco consumption, knew that it is illegal in public places and wanted to quit.

Key words: Knowledge, Attitude, Practice, Tobacco consumption, Adolescent students.

INTRODUCTION

Tobacco is identified as the single most lethal agent known to humanity. There are 25 tobacco related diseases known till date. In India most common form of tobacco use is bidi, a hand-rolled, filter-less tobacco cigarette. Tobacco is also used in the form of cigarette, hookah, as pan masala or gutkha, chutta, mishri, snuff; khaini.¹ Only 20% of total tobacco consumption is in the form of cigarettes. Tobacco kills between 8- 9 lakhs people each year which will multiply many folds in the next 20 years.² Today's adolescents' are tomorrow's citizens. The WHO define 'adolescents' as person who are in the 10 to 19 year age group.³ Adolescent constitute one fourth (22.8%) of population of India⁴ therefore each adolescent should be healthy and educated. Tobacco use in children and adolescent is

reaching pandemic levels. In Gujarat, Global Youth Tobacco Survey data represents the prevalence of ever used tobacco (any form) in adolescent around 19.0%. In Ahmedabad city proportion of students currently using any tobacco products was 14.5%. Of these, the proportion of students using smokeless tobacco products in males was 22.04% and females was 1.7%.⁵ The determinants of tobacco use among youth are associated with parental influence, tobacco use by friend, peer pressure, exposure to media advertisements and tobacco use by school personnel. The most important intervention is primary prevention by accomplishing through awareness and education in adolescents population regarding the health hazards of tobacco use and motivates them to avoid using tobacco products. Secondary interventions focus on cessation of tobacco use by enforcement and implementation of COTPA law. Tertiary prevention focuses on helping persons to remain smoke free by preventing relapse.² The alarming statistics and the prediction of death, diseases and disability paved the way for us to carry out a KAP study on tobacco use among adolescents, which will help to plan

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and arrange various methods of awareness programs in the school to save the youth from the clutches of this evil addiction. Objective of the study was to assess the knowledge, attitude and practice of adolescents towards tobacco use.

MATERIALS AND METHODS

A cross sectional study was conducted among adolescents studying in various schools of Ahmedabad city. The study population was students (12-19 years) of class VIII to XII in secondary & higher secondary schools of Ahmadabad city. The Study duration was one year from 1st January 2011 to 31 December 2011. A validated self-administered pre tested structured questionnaire was used to collect the data to assess knowledge, attitude and practice regarding tobacco use. A verbal consent was obtained from the principals of the schools and the students .All the questions were explained to the students and total confidentiality was assured. There were total 532 secondary & higher secondary schools in Ahmedabad city distributed in 10 clusters (sankuls) based on data available from District Education Office of Ahmedabad city. On an average there were 53 schools present in each cluster. Total 30 schools were randomly selected by selecting three schools from each of these 10 clusters (sankuls). On an average, students 66 from class VIII to XII were included from each school. All students, irrespective of their actual age were included in the study. Total student population selected was 2267 from 30 randomly selected schools from Ahmedabad city based on previous GYTS survey data where prevalence of current use of tobacco products was 15%. Total 2000 (88.2%) students were finally studied after removing dropouts and non response rate.

Data obtained were compiled and analyzed by Epi-info software version 7.

RESULTS

Total 2000 students were studied

Table 1: Knowledge of tobacco use among study respondents(n=2000)

Knowledge of health hazards	%
Cancer	95.13
Heart disease	56.07

Lung disease	69.6	
Kidney disease	60.3	
Brain disorder	11.7	
Skin problem	25.3	
Infertility	6.13	
Psychiatric disorder	2.67	
Others	6.77	
Knowledge About Passive Smoking/Second Hand Smoke		
Response of study participants	Frequency	Percentage
YES	433	21.7
NO	1567	78.3
Ever exposure of passive smoking/second hand smoke among those who have knowledge about passive smoking		
YES	190	44.0
NO	243	56.0
Total	433	100
Knowledge regarding tobacco in any form that available & sold around school campus		
YES	376	18.8
NO	1624	81.2
None of the study respondents know about tobacco control act "COTPA" in our study		
Knowledge regarding "it is illegal to a person who smoke in public places (including school premises) & for this he/she must be fined?(COTPA act section-4)		
YES	1716	85.8
NO	284	14.2

Approximately, 95% of study respondents knew that tobacco leads to cancer. Among study respondents 56% knew that tobacco cause heart disease, 70% & 60.3% told that it leads to lung disease & kidney disease respectively. There were approximately 78% of students who don't know about passive smoking/second hand smoke. Among those who had knowledge about passive smoking, 44% admitted that they were exposed to second hand smoke/ETS ever in their life; only 19% of students knew that tobacco in any form is available & sold around school campus. None of the study respondents knew about tobacco control act "COTPA" in our study. "Smoking is illegal in public places" was known to 86% of study respondents (Table 1).

Table 2: Attitude of tobacco use among study respondents. (n=2000)

Perception about danger of passive smoking/second hand smoke among study participants	Number	%
YES, harmful to them	796	39.8%
Not harmful to them	902	45.1%
Don't know	110	5.5%
Believe that smoking should be banned from public places		
YES	1914	95.7%
NO	86	4.3%
Believe that boys or girls who smoke or use tobacco		

A KAP study on tobacco use among school children of Ahmadabad

have more friends/looks & looks more attractive		
YES	1018	50.9%
NO	982	59.1%
Study respondent's wants to know any further information related to ill effect of tobacco use on health		
YES	1926	96.3%
NO	74	3.7%
Attitude of never tobacco users likely initiates smoking or chewing		
Never	1483	83%
In next one month	53	2.9%
In next one year	43	2.4%
In next five year	64	3.8%
Will start definitely but not decided time	144	8.1%
Total	1787	100

Approximately 40% of study respondents told that passive smoking/second hand smoke is harmful to their body. Majority of respondents (96%) believed that smoking should be banned from public places. Only 51% of study participants believed that boys or girls who smoke or use tobacco have more friends/looks & looks more attractive. Majority of Study respondent's(96%) had positive attitude towards knowledge regarding further information related to ill effect of tobacco use on health. Among total never tobacco users 83% admitted that they would never initiates smoking or chewing tobacco in their life time & 8.1% of them will start tobacco consumption in future life definitely but not yet decided (Table 2) . Only 34% of study respondents are interested to know about ill effect of tobacco use on health, by watching TV, whereas 23% by study of Books & rest 22% by watching drama/role play. Majority of current tobacco users (80%) want to quit their habit of tobacco consumption. The major reasons for quitting were health problem (18.1%), money problem (18.1%), 12% had social reason & 46.2% don't know the specific reason.

Table 3: Practice of tobacco use among current tobacco users. (n=164)

Duration of habit among current tobacco consumers.	Number	%
MORE THEN 1 year	106	64.52%
LESS THEN 1 year	58	35.4%
Age of initiation of tobacco consumption among current tobacco users.		
<5 year	0	0%
5- 10 year	15	8.9%
10 -15 year	143	87.2%

>15 year	6	3.6%
Practice of per day frequency of tobacco consumption among current tobacco users.		
Response of study participants	Among currently smokeless tobacco users (n=114) (%)	Among currently smokers (n=50) (%)
≤ 1 time	8(7.1)	14(28)
1-5 times	84(73.6)	34(68)
6-10 times	16(14.0)	2(4.0)
>10 times	6(5.2)	0(0)
Source of Purchase of tobacco product among current tobacco consumers.		
Self bought from store, shop, or 'pan galla	39	23.7%
Friends bring it for them	67	40.8%
Gave money to someone else to buy for them	51	31.0%
Some other way	7	4.2%
Total expenditure (in rupees) per month spent on tobacco products among current tobacco consumers.		
<5 rupees	13	7.9%
5 to 10 rupees	27	16.4%
10 to 25 rupees	52	31.7%
>25 rupees	72	43.9%

Among current tobacco users 65% of them have habit of tobacco consumption more than one year. Most of (87%) of current tobacco users initiated tobacco consumption at 10-15 year age group, whereas only 9% of current tobacco users had initiated between 5-10 years of age. Majority of currently tobacco (smoking and smokeless) had frequency of tobacco consumption, 1 to 5 times in a day. Of the total current tobacco users(smoking and smokeless) , 40% told that friends were the main source for bringing tobacco product , 31% were given money by someone else to buy, and the rest 23.7% bought directly from store , shop, or 'pan galas' on their own . There were 44% of current tobacco users spending more than 25 rupees per month on purchase of tobacco products & 32% spent 10 to 25 rupees per month (Table 3). Among current tobacco users approximately 58% practice some or other way to get rid of this tobacco consumption habit in their life time. Among current tobacco users only 20% received advice regarding how to quit habit of tobacco consumption. They received advice mostly from friends (31%) & teachers (44%) and rarely they consult doctors (10%) for that. Of the total current tobacco users(smoking and smokeless) , 44% told that the main influencing factor to consume tobacco were friends., followed by watching

TV(34%) and influence from relatives.(7.3%).

DISCUSSION

In the present study, majority of the study respondents 95% were aware that tobacco leads to cancer, while 70%, 60.3% & 56% were aware that it leads to lung disease, kidney disease & heart disease respectively (Table no.6). Similarly in study by Roopa et al⁶ & V.N.Shah et al⁷, 56.8% & 100% students were aware that tobacco use may cause cancer respectively. 86% of study respondents knew “Smoking is illegal in public places” & 96% believed that smoking must be banned from public places. Similarly in study by Jagdish kaur et al⁸, 79% of respondents believed of banning of smoking in public places. In the present study 41% of study respondents believed that “boys or girls who smoke or use tobacco have more friends & looks more attractive” which is also reported by GYTS (2003) report by Mihir et al⁵ in which 30% respondents believed boys who smoke tobacco or chew have more friends. Sargen et al⁹ reported in their study that only 25.7% of current smokers wanted to quit smoking whereas in other survey¹⁰, 70% of current smokers wanted to quit smoking ,similarly in present study,80% of current smokers wanted to quit smoking. Health & money problem were major reasons for quitting. In summary, majority of students were aware of health hazards due to tobacco consumption, knew that it is illegal in public places and wanted to quit. So activities to facilitate quitting should be focused towards such group.

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