

Study the prevalence of smoking phenomenon among institute students at the city of Nasiriya / Iraq

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Abstract

The study was conducted using a questionnaire on a random sample of university students in the University of Thi Qar and Technical Institute / Nassyriah. Questionnaire included a sample of five hundred students aged between 19 to 25 years and different stages of learning. The results showed that the number of smokers were 97(19, 4%) . There is no significant value between number of smokers and living areas. 65.9% of smokers were middle-income families, and 27.8% of them were from well off families. Also found that 95.8% of smokers know very well the dangers of smoking and its problems and more than 79% of them suffer from symptoms. As it turned out that 87 ,6% of smokers who want to stop smoking.

Keywords: Study the prevalence of smoking phenomenon among institute students at the city of Nasiriya / Iraq

INTRODUCTION

Smoking is an extremely dangerous phenomenon with bad effects whose most important manifestations and problems are the following: Smoking is widespread, not only in the vicinity of school and university, but on a large scale among young people under 18 years of age in secondary and preparatory stages, which poses a great danger to their health at an early age. The lack of adequate programs to guide young people to quit smoking and show its dangers, as well as the lack of an accurate count of young smokers to investigate the depth of the problem. Encouraging some media materials such as movies and others to smoke indirectly, as smoking appears as an acceptable social habit⁽¹⁾

The presence of attractive smoking means (such as hookah) in many tourist and entertainment facilities and cafes, and contribute to the spread of smoking to a large extent, which leads to the spread of diseases such as tuberculosis.

The smoking habit is linked to addiction, which means that smoking can be the first step on the road to addiction. The high cost of rehabilitating addicted youth, the weak prospects of being able to complete their studies, and the loss and delinquency of their future.

Smoking reasons

First / Family Negligence

Neglecting sons and daughters and not raising them a good education has bad effects on their behavior. The Messenger - may God's prayers be upon him and his family - says: "Every newborn is born on instinct and his parents are his Jews, tempt him or support him." Likewise,

excessive pampering leads to deviation.

Second / bad companions

I have warned God Almighty from the bad Comrade Almighty said: (On bite the unjust on his hands say I wish I had taken with the apostle a way) 25/27 (O nights of wish I had not taken So and so close friend) 25/28 (I Odilna for male After I came and Satan was despondent to mankind (Surat Al-Furqan)

Third: Media

The media has an influential role in corrupting young men and women, especially the satellite channels that carry in many of their programs the encouragement and propaganda for smoking and tobacco companies.

Fourth

Which helped the spread of simulation and imitation smoking.

Fifth

escape from reality.

Sixth

psychological and family pressures .⁽²⁾

The health damage of smoking:

1- Cancer 2- High blood pressure 3-Narrowing of blood vessels under the skin. 4- Narrowing of the bronchioles. 5- Coughing 6- Stroke 7- Miscarriage 8- The birth of underdeveloped children 9- Cervical cancer 10- Osteoporosis 11- Many troubles with pregnancy and

menstruation 12- Lung cancer and it reaches 40% among smokers and smokers. 13- Cardiovascular diseases such as increased heart rate. ^(3,4)

A survey study was conducted on smoking among youth in the Gulf countries, the results of which showed that the smoking rate ranges between 4.7 to 17.7% among males and 1.8 to 14.8% among females, indicating that tobacco companies spend billions of dollars each General To expand the marketing network as much as possible to attract young consumers, and these companies are constantly using innovative tactics to stimulate sales of their products. The World Health Organization estimates that 700 million children, or about half of the world's children, breathe air polluted with tobacco smoke, and the International Labor Organization has estimated worker deaths due to exposure to secondhand tobacco smoke in the workplace by about 200,000 workers annually.

Countries around the world celebrate the International Day of No Tobacco Smoking every year, through which young smokers are encouraged to quit, while the tobacco industry is aggressively targeting the youth. Four out of five adolescents living in developing countries saw a new advertisement encouraging the use of tobacco. ^(5,6)

Tobacco Free Initiative

The Tobacco Free Initiative began as a high-level WHO project aimed at attracting attention and focusing resources and actions at the international level in response to the global smoking pandemic, which currently kills around five million people every year. Since the Director-General of the World Health Organization declared the Tobacco Control Initiative a top priority program, the attention given to the World Health Organization in combating the smoking pandemic has gained momentum and momentum that has taken the initiative forward. ⁽⁷⁾

Tobacco use is the main cause of death in the world and can be prevented, and it is also the most serious public health threat facing the world, as tobacco kills 5.4 million people every year, and if this is not controlled, the death toll may rise to more than ten million annually by 2030. The Director-General of the World Health Organization, Dr. Margaret Chan, and the Mayor of New York City, Michael. Bloomberg, to release a report on tobacco use at a news conference in New York City on the 7th of February 2008, this report was helped fund by Bloomberg Philanthropies. The WHO report on the global tobacco epidemic presents for the first time an analysis of the state of tobacco use and efforts to combat it in the world, and the report not only documents this in unprecedented detail, it also paints The roadmap defining the most effective ways to reverse this worsening epidemic. ^(8,9)

Long-term tobacco users have a 50% risk of premature death from a disease caused by tobacco. Every year, tobacco kills around 4 million people prematurely, of which 1 million are in countries that cannot bear the burden of health care. This epidemic is expected to claim the lives of 250 million living children and adults, one third of whom live in developing countries. Tobacco is likely to become, by In 2030, the main cause of death and disability, as more than 10 million people will be killed annually, a number that exceeds the number of HIV infections, tuberculosis, maternal deaths, car accidents, suicide, and homicide combined. According to WHO estimates, there are about 1.1 thousand million smokers

in the world, about a third of whom are aged 15 years and over. Tobacco is a risk factor for about 25 diseases, and although its health effects are well known, the extent of its impact on the global burden of disease has not yet been fully appreciated. Note that no single disease is expected to have this enormous impact on health as far as this factor is a risk factor. It is estimated that tobacco is actually responsible for about 2.6% of the total burden of death and disease, and that this proportion is expected to triple. To reach 8.9% of the total burden of death and disease, by 2020. About 1,000 people are expected to die for every 1,000 tons of tobacco produced. ^(10,11,12)

Smoking usually begins in adolescence. However, if a person remained smoking-free throughout their adolescence, they are more likely to never smoke. Therefore, intensified efforts are needed to help young people stay smoke-free. Although 75-85% of smokers, who have been studied, want to quit smoking, and about a third of them have made at least three serious attempts in this direction, less than half of smokers have succeeded in quitting completely before the age of Sixty. It is clear that nicotine dependence is a major obstacle to successful stopping smoking. Smoking low-tar cigarettes has been claimed to be one of the stages of the smoking cessation process.

This is a mistake. It has been confirmed that low-tar and low-nicotine cigarettes encourage young men and women to start smoking, thinking they are less dangerous, and also encourage smokers to continue smoking. The evidence presented by the tobacco companies in their lawsuit against the Canadian Tobacco Products Control Act indicated that smoking low-tar cigarettes may prevent smokers from stopping smoking as stated in the following quoted phrases:

"The desire to quit smoking completely, and the rationale used by many consumers is that reducing their consumption of tar and nicotine makes them close to completely quitting smoking, may actually increase cigarette marketing significantly." (Adapted from a document prepared by Imperial Tobacco Limited Marketing Systems). "There is evidence that smokers of cigarette brands (with low tar and nicotine content) failed to quit and there are indications that the creation of such cigarettes (with very low tar content) has attracted some quitters by offering them an attractive alternative to quitting." ⁽¹³⁾

The importance of advertising to the tobacco industry is illustrated by its increased spending on this purpose. In 1978, the global costs of advertising for large companies with global affiliates reached about 1.8 billion dollars. Ten years later, in 1988, the tobacco industry in the United States alone spent \$ 3.27 billion on advertising and promotion, and this represents nearly double global spending in 1978, and an increase of 9.96% over spending in the United States in 1987. Since From 1975 to 1988, total spending on cigarette advertising and promotion increased more than six times, and after correcting the figures according to the 1975 consumer price index in dollars, the increase was threefold (CDC, 1990). ⁽¹⁴⁾

Aim of Study

The study aims to determine the extent of the smoking phenomenon among university students in the city of Nasiriya and to determine the effect of some social and living factors on the spread of this phenomenon.

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Search procedures

The study was conducted on a random sample of university students in the city of Nasiriya. The sample consisted of 500 students in each of the Technical Institute in Nasiriya and the College of Education / DhiQar University. The study was conducted using a written questionnaire method. The questionnaire forms were distributed to the students and it held the following questions:

RESULTS

The results of the study showed that the number of cigarette smokers reached 97 out of a total of 500 students included in the questionnaire, with a rate of 4.19%.

Table 1. The numbers of smokers and non-smokers

Status	Percentage	NO
smokers	97	19,4
non-smokers	403	80,6
Total	500	100

It emerged from the study that 42.2% of smokers have been smoking for more than three years, with a significant difference from other groups, as it was found that 20.6% of them have been over three years old, and 15.5% of them have been over two years old. Table No. (2).

Table 2. The number of years of smoking for cigarettes

Smokers	NO	Percentage
One years	21	21,6
Two years	15	15,5
Three years	20	20,6
Further more	41	42,2
Total	97	100%

It appears from Table (3) that 84,5% of the city's residents are

Table 3. Distribution of the research sample according to housing

Title	NO	Percentage
Urban	82	84,5
Rural	15	15,5
Total	97	100%

The results indicated that 32.9% of smokers were from fathers of smokers and only 6.1% were from mothers who smoked (Table 4).

Table 4. The number of parents who smoke cigarettes

Parents	NO	Percentage
Father	32	84.21%
Mother	6	15.78%
Total	38	100%

Table No. (5) shows that more than 95% of smokers fully know the harms of smoking in all respects, including the health and economic harms.

Table 5. The percentage of those who know the harms of smoking

Questions	NO	Percentage
Yes	93	95,8

No	4	4,1
Total	100	100%

It appears from Table No. (6), that 83.5% of them smoke because of the worries they think they live in, and 9.2% of them smoke in order to enjoy drinking, while 4.1% feel that smoking gives them a sense of masculinity, while 3% of them They smoke imitated others.

Table 6. The causes and motives for smoking

Appearances	NO	Percentage
Imitated others	3	3,1
A sense of masculinity	4	4,1
Because of worries	81	83,5
Pleasure	9	9,3
Total	97	100%

The results of the study showed that 31.9% of smokers suffer from loss of appetite, and that they feel tired, while 10.3% of them feel shortness of breath, especially when doing muscle exertions, and that 7.2% of them suffer from coughing, Table No.

Table 7. The number of smokers who suffer from symptoms.

Symptoms	NO	Percentage
Cough	7	7,2
Anorexia	31	31,9
Shortness of breath	10	10,3
Feeling tired	29	29,8
Without symptoms	20	20,6
Total	97	100%

The results of the questionnaire showed that the percentage of smokers who wanted to quit smoking was 87.6%, while others expressed a reluctance to quit.

DISCUSSION

There is no doubt that smoking is a very unpleasant habit, and it is a fact that seriously harms health, and the harms of smoking are known to people, and many scholars have unanimously agreed on its prohibition from the legal point of view, and unfortunately it is very widespread in our region, and some studies indicate that the percentage of smokers among male students In the Kingdom of Saudi Arabia, it ranges between 35-45%, while the current study showed that the percentage of smokers among university students in Nasiriya / Iraq was 19.4%, while other studies agreed with these results and 15% of university students in some other Gulf countries showed Smoking cigarettes ⁽¹⁵⁾.

There are several reasons why young people tend to smoke:

First: There is no doubt that the period of adolescence and youth is the period of physical, emotional and emotional formation, and during this period the external influence on the young is facilitated, and from here the youth are greatly affected by the advertisements carried out by the cigarette companies, and therefore we note that many of the hateful and rejected advertisements are always associated with athletes and singers Because these personalities are taken by some young people as an example or a role model, unfortunately, and this means imitating others as stated in Table (6) of the results, so the cigarette companies and their advertising are one of the main reasons that make young people more attractive to smoking.

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Second: There are internal feelings for young people that smoking complements his manhood, and makes him more capable and more socially acceptable, so it is a kind of search for self-completion, and this is one of the very big reasons, and the study showed that 4.1% of smokers apply this to them.

Third: Some young people enter smoking only with the intention of experimenting, wanting to try what others are doing, and asking himself internally: Why should I not do this? And he likes the habit and continues with it.

Fourth: There is no doubt that there is what is known as collegial pressure, and it is the influence that the young man finds from his peers. His friend tells him: Why do not you try? Are you still young? You have grown up and tried, and so on .. This of course leads to a lot of submission, especially if the young man is young, easy to influence, and the psychological construction of his personality is not complete.

Fifthly: There are some young people belonging to families that do not fight smoking, or perhaps approve it, or even perhaps encourage it, such as if the father asks his son to bring him a pack of cigarettes, there is no doubt that this leads to some kind of mental connection between this young man and the cigarette, which is a type Of the social approval is very unacceptable, and the study showed that more than 38% of students who smoke from parents are also smokers.

Sixth: Some young people, even in small percentages (4.1%), are not aware of the serious harms of smoking, especially health damages. Smoking affects the heart, liver, kidneys, lungs, and all other parts of the body, and the results of the study showed that approximately 79% of smokers complain in one way or another of health problems due to smoking, such as fatigue, shortness of breath, coughing and loss of appetite. Some young people see an exaggeration on the part of those who talk about the health damage caused by smoking, and they see themselves as strong and young, and they do not pay any kind of attention to it. Other reasons include: That the nicotine in the cigarette is a sensing substance. Meaning that it leads to a kind of feeling of a little increased focus and alertness in a person, and increases his attention, especially in its early days, and so many cigarette companies deceive by declaring that this type of cigarette is low in flavor, but the fact of the matter puts a higher concentration of nicotine in order to lead to Its chemical effect. ⁽¹⁶⁾

Some young smokers try to persuade themselves or to silence their critics to smoke by claiming suffering and worries, and that cigarettes breathe some of these concerns, and the results showed that more than 83% of smokers claim that. Lack of religious and social awareness, family indulgence, and social indulgence, Undoubtedly, all are very effective factors in the spread of smoking among young people.

CONCLUSIONS

1-The current study showed that the percentage of smokers among students in a certain neighborhood in Nasiriya was 19.4%

2-From the results of the study, approximately 79% of smokers suffer in one way or another from health problems from Because of smoking.

3-The study also showed that some young people, even in small percentages (4.1%), are not aware of the serious harms of smoking.

RECOMMENDATION

1. Intensifying awareness-raising activities, educational meetings and community seminars on the phenomenon of smoking and its negative effects
2. The importance of activating volunteer work in the field of combating the phenomenon of smoking.
3. The necessity of integrating the roles between official and private institutions and exerting all energies and capabilities to reduce the spread of the phenomenon of smoking.
4. Intensifying efforts and exerting pressure on the political and legislative leadership to legislate a strict smoking ban In government institutions, especially universities, hospitals, closed places, and public transport vehicles.
5. The importance of the role of the family and educational institutions in raising awareness and limiting the spread of smoking.
6. Work to find programs and activities to take advantage of leisure time to empty the excess energy among young people and direct it.
7. Parents urge smokers to refrain from smoking indoors and near young children.
8. Implementing tax policies aimed at discouraging smoking, such as increasing taxes imposed on tobacco is faster than price and income growth.
9. Using part of the money collected from tobacco taxes to finance other measures to combat Tobacco and health promotion.
10. Prevention of involuntary exposure to smoke from smokers or environmental exposure to smoke.
11. Eliminate the economic, social, behavioral and other incentives that promote smoking and keep it.

Financial disclosure

There is no financial disclosure.

Conflict of interest

None to declare.

Ethical Clearance

All experimental protocols were approved under the Community Health Department and all experiments were carried out in accordance with approved guidelines.

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