Behind the Reason and the Effect of Smoking of the University Student: A Case Study in Bangladesh

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ABSTRACT

The aim of the study is to find the factor which influences the university student to become a smoker. The study was carried out among the 150 students of the Mawlana Bhashani Science and Technology University, Tangail and random sampling methods were applied. Both Univariate and Bivariate distribution have been applied to investigation the relationship reasons for starting smoking and get advantage from smoking, Starting age of smoking, Thinking smoking is addiction. From this analysis it has been found that most of the university Student starts smoking with the reasons of bad companion or immoral friend. Other important reasons behind start smoking are frustration and attention to love. Every single student agrees that smoking is addiction despite most of them continuing it and they think that smoking get release from frustration.

Keywords: Smoking, Reason, Effect, University Student, Bangladesh.

INTRODUCTION

In south Asia tobacco is introduced by Europeans in the 1600s, for pipe smoking and probably also as snuff. Piper betel is commonly practiced by people in Bangladesh, India, Pakistan, Nepal, Sri Lanka, Which tobacco smoking is much more common in youths and adults, except for certain small geographical reasons. Smoking which is most commonly uses forms of tobacco used in Bangladesh, among the both youths and adults. Tobacco use rapidly enhancement during the current era among the adolescent. Every adolescent smoker spends a great amount of money in smoking, although it's conspicuous that smoking habit is very dangerous and injurious for human body. Especially adolescent are addicted by the reasons of influence of friend or bad companion, attention to love, frustration, for smartness and others.

Many researchers have been done adolescent smoking behavior. Most of them are focused measuring volumes of smokers in schools, colleges and Universities.

Though some adults begin using e-cigarettes as a device to stop smoking conventional cigarettes (Grana & Ling, 2014; McRobbie *et al*., 2014), other reasons, like curiosity (Schmidt *et al*., 2014; Biener *et al*., 2015; Kong *et al*., 2014; McDonald & Ling, 2015; Suris *et al*., 2015; Sutfin *et al*., 2015; Biener & Hargraves, 2014), are more relevant to youth and young adult e-cigarette users. Among these reasons, flavors play a particularly prominent role. In the 2013-2014 PATH survey, 81.5% of youth e-cigarette users said that they used e-cigarettes "because they come in flavors I like" (Ambrose *et al*., 2015).

According to report of US health Department (2006), Harms of Tobacco smoke fatal to smokers as well as to nonsmokers because smoking can causes many types of cancers, including cancers of the kidney, larynx lung, mouth, throat, bladder and stomach. Moreover smoke contain harmful almost 7,000 chemicals in it, at least 250 are known to be harmful, including cyanide, carbon monoxide, ammonia and hydrogen. These known harmful chemicals of smoke, almost 69 can cause cancer.

OBJECTIVES OF THE STUDY

1. To identify the factors those influences the University student to become a smoker.
2. To find out the association between the factors with the age at first smoking.
3. To find the physiological effect due to smoking.

MATERIALS AND METHODS

Sources of Data

The data needed for the study were collected through formal interview schedule .The information collected mostly from male respondents. We collect data from people through face to face interview of different occupational group. The formulation of problem is far more often essential than its solution which may be a merely a matter of mathematical or experimental skill. To raise new questions, new possibilities, to regard old problems from a new angel require creative imagination and marks real advance in science.

The working procedure of the survey study, statistical analysis of the surveying report will be discussed.

Preparation of Questionaire

Preparation of questionnaire is an essential part of any research work. It is considered as the heart of survey operation. The questionnaire is the only media of communication between the investigator and respondent's. So the questionnaire should be designed with utmost care and caution so that all relevant and essential information for the enquiry may be collected without any difficulty, ambiguity and vagueness.

1. Questions of sensitive and personal nature should be avoided.
2. Questions should be capable of brief solutions.
3. Questions should be in accordance to the objective of the survey.
4. The size of the questionnaire should be simple, clear and unambiguous.
5. The questionnaire should be brief.
6. Questions should be arranged in a logical order.

Study Population and Design

The word population is the addition or whole set of individuals whose characteristics are of interest to us. In conducting any survey it is essential at first to define the target population clearly. The total numbers of respondents in Santosh area of Tangail city of our study population. The design of the study is investigator's plan of answering the research questions. The objective in selecting a study design is to minimize possible errors by minimizing the reliability and validity of data in my study.

Sample Size

The south-east part of Bangladesh was our survey area. We have considered specially Tangail city in Santosh area for our study. Random sampling method was adopted to conduct this study. Considered time cost and other constraints selected 150 respondents.

METHODOLOGY USED IN DATA COLLECTION

For Collection information at first we should have a good knowledge about the population. Each characteristics of the study population was observed before the sampling. We also observed the homogeneity among sampling units. We apply purposive as well as simple random sampling to select our desired sample. We applied direct information method to collect information. Data was collected from Tangail city. We tried our best to collect all information properly and systematically so that error is minimized.

Data Processing

The Data processing involves the editing, tabulating and analyzing the data with the help of SPSS 20.0 windows program and Microsoft excel. After the completion of the field work, the completed data have been edited with care and attention generally editing means to verify the mistakes of any type and it was done to detect possible errors and irregularities. Editing must meet three requirements viz. Completeness accuracy and uniformity.

Tabulation and Analysis

The data obtained from 150 respondents on various aspects were tabulated according to needs. Then the data was checked in order to process and analysis by using different statistical methods.
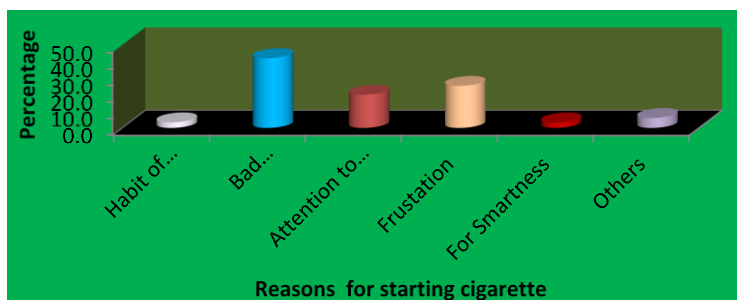
(S.P.S.S=Statistical Package for social science).

Table 1: Frequency and percentage distribution of reasons for starting smoking

Reasons for starting cigarette	Frequency	Percent
Habit of father/Brother	5	3.3
Bad companion/friend	63	42.0
Attention to love	30	20.0
Frustration	38	25.3
For Smartness	5	3.3
Others	9	6.0
Total	150	100.0

Table 1 shows that 3.3% smokers started cigarette from the habit of fathers/brothers, 42% smokers from bad companion/friends, 20% smokers from attention to love, 25.3% smokers from frustration, 3.3% smokers forms for smartness, 6.0% smokers from others reasons respectively. Most of the University Student starts smoking with the reasons of bad companion or bad friend.

Other important reasons behind start smoking are frustration and attention to love.

Figure 1: Graphical presentation of reasons for starting cigarette

Table 2: Frequency and percentage distribution of starting age of smoking

Starting age of smokers	Frequency	Percent
Less than 15	10	6.7
15-19	107	71.3
20-24	31	20.7
25 & above	2	1.3
Total	150	100.0

Table 2 shows that 6.7% smokers start smoking less than 15 years, 71.3% smokers starting smoking from 15-19 years, 20.7% smokers starting smoking from 20-24 years, 1.3% smokers starting smoking from 25 years and above respectively. So it insures that majority students used to smoking in University life.
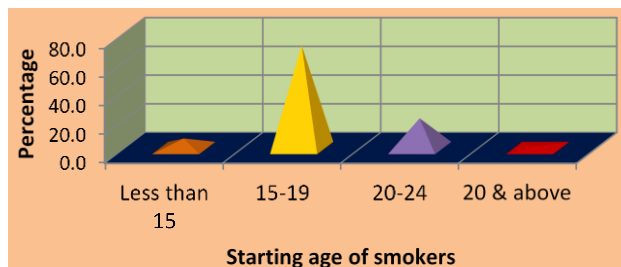
Figure 2: Graphical presentation of starting age of smokers

Table 3: Frequency and percentage distribution of thinking smoking is addiction

Thinking smoking is addiction	Frequency	Percentage
Yes	126	84.0
No	24	16.0
Total	150	100.0

Table 3 shows that 84.0% smokers think smoking is addiction and the remaining 16% think not. That is why it is proved that most of smoker believe smoking is addiction and very harmful for human body beside they are much more smoke.
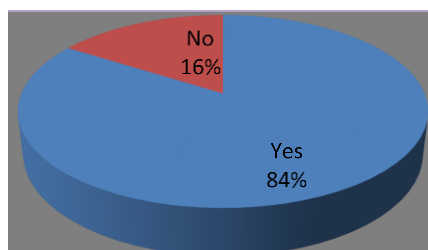

Figure 3: Graphical presentation of thinking of smoking is addiction

Table 4: Frequency and percentage distribution of get advantage from smoking

Get advantage from smoking	Frequency	Percent
Mental satisfaction	81	54.0
Energy in work	17	11.3
Removing frustration	48	32.0
Others	4	2.7
Total	150	100.0

Table 4 shows that 54.0% smokers get advantage from mental satisfaction and 11.3%, 32.0% and 2.7% smokers get advantage from with energy in work, removing frustration and others reasons respectively. Most student get advantage from smoking for mental satisfaction and reaming them for removing frustration and energy in work.
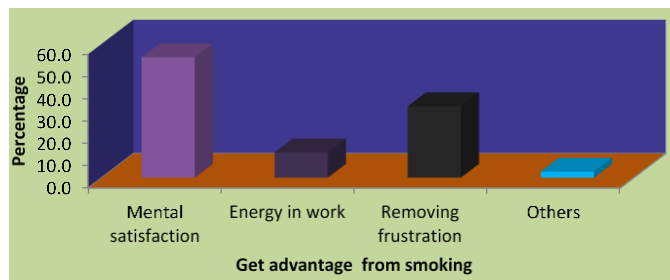
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Figure 4: Graphical presentation of get advantage from smoking

Table 5: Bivariate association between reasons for starting smoking and get advantage from smoking

Get advantage from smoking	Reason for starting cigarette						Total
	Habit of father/Brother	Bad companion/friend	Attention to love	Frustration	For Smartness	Others	
Mental satisfaction	3.7%	54.3%	12.3%	21.0%	1.2%	7.4%	100.0%
Energy in work	5.9%	52.9%	17.6%	5.9%	5.9%	11.8%	100.0%
Removing frustration	2.1%	18.8%	35.4%	39.6%	4.2%		100.0%
Others		25.0%		25.0%	25.0%	25.0%	100.0%
Total	3.3%	42.0%	20.0%	25.3%	3.3%	6.0%	100.0%

H_0: There is no association between reasons for starting cigarette and get advantage from smoking

H_1: There is association between reasons for starting cigarette and get advantage from smoking

Chi-Square Tests			
	Value	d.f.	P-value
Pearson Chi-Square	40.134[a]	15	.000

Comment: It is observed from Table 5 that the reasons for starting cigarette and get advantage from smoking are significant. It may be concluded that there is association between reasons for starting cigarette and get advantage from smoking.

CONCLUSION

The section discusses the implications of the research finding for interventions targeting University student, including a discussion of the merits and disadvantage of potential themes for a young anti-smoking campaign.

Well-developed and carefully implemented education interventions have a crucial role to play in preventing youth smoking. Particular attention is required from the later years of primary school to the early years of University student because it is then that many of those young people who go on to be smokers report first trailing and experimentation have been found to occurs younger ages.

By this research work I may forecast about the characteristics of the smokers, which can effect on their results negatively or positively of the entire Bangladesh. Someone encouraged to smoke from bad companion, from curiosity, from frustration and also many other reasons. Smokers who are smoking for a long time think that they are addicted in smoking and someone thinks he gets advantages from smoking. Someone tries to give up smoking but again turn back to smoking due to many reasons.

Health promotion campaigns often use warnings and shocking images to try and motivate people to quit smoking. While these adverts are powerful for non-smokers, they may have little effect on people who are more willing to engage in risky behavior. Smoking is classified as one of the main causes of cancer, a disease which has unfortunately become very common in these times. However, I believe that social awareness can prevent the spreading of such habits to a great extent. The rules of Government for the removal of smoking in the public places should be strictly implemented. The law and order agencies should be dutiful and conscious in this regard and mass media can play vital role in creating awareness among the citizens against smoking.

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