TREND OF SMOKING AMONG STUDENTS AND EFFECTS OF SMOKING ON SOCIETY

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ABSTRACT

Smoking is very dangerous problems all over the world. Smoking is dangerous not only for light smokers, but also for others. Smoking is considered one of the 10 leading factors contributing to health problems worldwide, and is considered harmful substance that causes multiple organ dysfunctions and death. This research examines the attitude of students towards cigarettes use, what they like about smoking, their knowledge regarding their health, what they dislike about smoking, parents control regarding smoking, their thoughts regarding giving up smoking, their future perspective about health and also aim of the study is to create health awareness among the people. ANOVA Model was used in statistical data fit and Suitable. The ANOVA model is acceptable and significant at the level of 1%.

Keywords—Smoking, Prevalence, Cigarette, Harmful effects, among university students

1. INTRODUCTION

Smoking causes serious illnesses such as heart disease and lung cancer, and smokers die fifteen years before their average age. According to experts, a cigarette shortens a person's life by eight minutes because it contains more than 4,000 harmful ingredients. Smoking causes heart, lung, respiratory, digestive, urinary, gastrointestinal, liver, and respiratory and many other deadly diseases of the mouth.

It is estimated that about one third of the men in Pakistan, 36% men and 6% women, use tobacco. At present, there are more than 31 companies in Pakistan, including more than 200 brands involved in buying and selling tobacco. The tax collected from all these companies is Rs 117 billion. 97% of which is about Rs. 113.9 billion, the two largest multinational companies in Pakistan are Pakistan Tobacco Company Limited (PTC) and Philip Morris Pak Limited (PMPL) while the remaining 30 companies which have about 40% market share and Based on more than two hundred brands. She collects a total of Rs 3.14 billion in taxes. A total of 81.2 cigarette stacks are manufactured in Pakistan. At present, 15.6 million people in Pakistan smoke tobacco. Rs 143.21 billion is smoked annually. In Pakistan, 160,000 people die every year due to smoking.

According to the World Health Organization, 44 million children between the ages of 13 and 15 worldwide are smoking, which is a very dangerous situation. 90% of smokers are under 18 years of age. The World Health Organization warns that cigarette companies are using dangerous and deadly tactics to lure children into smoking.

Experts in Pakistan say that the use of tobacco is declining worldwide while it is increasing in third world countries. The number of smokers in China is more than the total population of the United States.

People who smoke more than 25 cigarettes a day can have a heart attack in the first hour, while smoking can cause blood to stop flowing in the arteries of the brain, which can lead to paralysis. Similarly, there are many other diseases that can be caused by tobacco use.

Smoking is an ugly act that is not only a death knell for those involved, but also those who live close to the smokers themselves fall prey to various deadly diseases like those of the smokers themselves. Similarly, the number of deaths due to this is increasing with each passing day, but despite knowing everything, smoking men and women are not ready to think, understand or take a step back in this regard and cigarettes in our society. The number of smokers is increasing at an alarming rate. The growing trend of smoking in educational institutions, especially colleges and universities, is a cause for concern and a dangerous situation. Because smoking involves a large number of boys as well as girls and is morally degraded, according to a study, smoking kills more than 600,000 people a year, compared to 100,000 a year in Pakistan alone. More than one million people lose their lives, 165,000 children die due to inactive smoking, and 40% of children, 33% of men and 35% of women face multiple health risks from the harmful effects of smoking. Similarly, the number of people suffering from heart disease due to cigarette smoke has reached 379,000, and 165,000 people are suffering from respiratory tract infections, 36,000 people are suffering from asthma and 21,400 people are suffering from lung diseases. Health experts say nicotine addiction is more deadly and dangerous than heroin, and that more than 1 trillion is spent annually on smoking worldwide.

The number of adults using tobacco in Pakistan is more than 20 million while more than 500,000 children are also affected by it. In Pakistan, 1645 people die every week due to smoking, the proportion of these deaths is 12.3%. Men and 5.4% are women. Unfortunately, Pakistan has the highest number of young smokers in middle-income countries, and according to official figures, smoking in Pakistan causes lung as well as lung disease. The number of deaths due to throat diseases and respiratory and heart diseases is one lakh per annum. Notice how horrible this situation has reached but still we do not seem ready to pay any attention and this not only are they putting themselves to death for intoxication, but they are also dragging the people around them with them.

Three of the highest reasons that juvenile citizens smoke are to guise mature, to be like their friends, and to experiment. Since adolescence look into big relatives every part of around them smoking, mainly their parents and relatives, they smoke to perform older. If their associates or peers smoke, they may ambiance pressured into burden the even to be accepted. The previous debate is the excitement of experimenting with impressive that is forbidden. In Massachusetts it is against the rule for anybody under 18 existence erstwhile to smoke. As a rule parents look after not agree to their immature young adulthood to smoke. Therefore, smoking becomes exceptionally attractive. It is exciting to follow cigarettes and sneak absent to smoke without nature caught.

2. **Literature Review**

The World Health Organization estimates that smoking is the cause of six million deaths worldwide on an annual basis. According to experts, if the trend of smoking continues to increase, the number of deaths due to smoking worldwide will increase from 6 million to 8 million annually by 2030.

According to the World Health Organization (WHO), reported that around 5 million people die due to smoking each year. If the circumstances do not change, the death rate would be double in next 25 years. Therefore, to understand the attitude of students towards smoking is necessary. A good starting point is to see how students of universities show their behaviors and perspectives regarding smoking.

Pakistan is one of the 15 countries in the world with the highest production and consumption of tobacco. According to a recent report by the NGO Network for Consumer Protection, cigarettes are readily available in more than half a million shops and betel nut stalls across the country. The most worrying thing is that about 1,200 children in the country are starting to smoke every day, meaning that two out of every five smokers are ten years old.

An estimated 22 to 25 million people in the country currently smoke, according to the Tobacco Control Cell, an agency set up by the Ministry of Health to combat smoking. According to these statistics, about 36% of men and

9% of women smoke. Another estimate is that more than 100,000 people in the country die each year from diseases caused by smoking.

Table 1: this table represents the Number of deaths per years due to different disease

Sr. No.	Problems	Number of deaths resulting (Millions per year)
1	**Coronary Heart Disease**	17.9
2	Stroke	14.6
3	Cancers	9.56
4	Smoking	8.0
6	Hypertension	7.6
7	Respiratory disease	3.91
8	Lung Disease	3.0
9	Breast Cancer	2.3
10	Diabetes Mellitus	1.6
11	Road injuries	1.24
12	Tuberculosis	1.18

2.1 Risk of smoking and coronavirus

This is not the time to smoke more, this is the time to reduce or quit completely. Because people who use cigarettes or other such products are putting themselves in double danger. According to a research report published in the Journal of Clinical Medicine, smokers are more likely than the general population to be infected with any viral infection. The influenza virus, for example, affects smokers 36 percent more often than the general population.

According to the World Health Organization, people who use cigarettes and other similar products have a higher risk of developing Coronavirus disease than others. Explaining that if corona virus is present in the hands of smokers, there is a risk of the virus reaching their mouth due to smoking.

2.2 Quit smoking completely

Talking to DW, Prof. Dr. Tahir Atiq Chughtai, who treats patients with corona virus in Jhelum District, Punjab Province, Punjab, said that smokers should quit smoking immediately.Dr. Chughtai said that among the factors that are most responsible for the death of Covid-19, the role of smoking is also significant, along with old age and overweight. He also said that people over the age of 50 who have been smoking for more than ten years usually develop a medical condition called 'pulmonary emphysema', and such people if they do, their chances of survival are slim.

According to the Gupta, S., & Kumar, V. (2018) some studies have some positives and some negatives, but after analyzing and concluding, it is concluded that there is no benefit to smoking, only its disadvantages. There are thousands of particles in smoking that can be fatal to lung and heart diseases. Smoking can damage our health and

cause many deadly diseases. People know that smoking is very harmful. People are well aware that smoking is very harmful to our health and this is also written on the pack of cigarettes but still People do not quit smoking.

Ali, S et al., (2008) the survey interviewed 502 women aged 18 to 60. Most of these women knew about the effects of smoking. And most of them thought that smoking has bad effects on their health. They also knew that it affects their lungs. The purpose of this survey is to find out the views of women about the prevalence of smoking. In modern times, smoking is the leading cause of disability and death. Every year, three million people worldwide die from smoking. Smoking among women in this district of Sindh is on the rise. A large number of women answered questions about the harmful effects of smoking on respiratory diseases and heart disease. That being said, the spread of smoking among women with limited access to health resources and limited access to health resources can lead to severe health inequalities over the years.

Nasir, J. A., (2015) Large-scale media coverage with education can play an important role in preventing smoking behavior. Highly educated people can be affected by large-scale media campaigns compared to less educated people and smoking media. Cigarette companies in the United States target young people more often than smokers. As most people saw the advertisement of smoking and adopted the habit of smoking, among these people smoked. Habit teaching is more common than other people, as men in India are more attracted to smoking when they see smoking advertisements on television. A media campaign in Australia has significantly increased the severity of smoking due to the rise in the price of cigarettes and cigarettes. A study in all of Serbia found that Rich men quit smoking.

2.3 Harmful health effects due to smoking

Smoking greatly increases the risk of heart disease and stroke, atherosclerosis, increased risk of blood clots which can lead to heart attack, narrowing of blood vessels, increased heart rate and increased blood pressure. According to the study, about 400,000 people die from asthma, cancer, ulcers, living diseases, homicides, fires and burns, diabetes and accidents, while about 500,000 deaths are to smoking. If you are driving and your family members are traveling with you, they will be exposed to second hand smoke. Even if you keep the window open, a lot of smoke still escapes from the window into the car.

3. Data & Methodology

The target population of this survey consists of all the students of the province Punjab, the students enrolled in university in the district Lahore were accessible population of the study.

In this study, the population of students of the entre university was included who are pursuing their academic degrees in various fields in the university. This study was based on convenient sampling, convenient sampling means the selection of that part of population, which is assessable. The data collected from 120 students using the convenient sampling techniques. The Likert scale was hired where ever applicable. The Arranged and close ended questionnaire are cost effective and minus time consuming.

3.1 Statistical Analysis Techniques

Used for the analysis of the collected data, computerized data processing tools like Statistical Package for social Sciences version 20 and MS Excel was hired. A p value of < 0.05 was taken to be statistically significant. Reliability statistics Cronbach's Alpha is 0.742.

4. Results and Discussion

The present study consists of 120 students (Male = 111 and Female = 9). The majority of the students (i.e. 66.5%) belongs to age category 21-23 years, whereas (50.8%) of the respondents are BS Programme. The average family monthly income of the respondents is Rs 35,000 to 50,000. The majority of students' 54% daily smoke and 22.5% Weekly smoke. Most of the students 61.2% with the statement on average 45% More than 10 cigarettes smoking daily.

45% students agreed that the death rate due to shisha smoking is higher in developing countries than in developed countries. . Most of respondents 56% already smoker in own family. 17.5% take any other drug along with cigarette. 74% students strongly that smoking is used as a fashion in Pakistan. Most of respondent's 85% smoking for pleasure. Total of 75% strongly agreed that they started cigarettes due to their friends'.

Out of sample 42% Agree that reasons of smoking because cigarettes are available at cheap prices. Out of total sample 42% strongly agreed that they were smoking due to stress of family disputes. Out of total sample 59.2% think that smoke take away depression of life. The results of the survey reveal that more than half of the

respondent's 61.7% smoking help to cover-up shyness. Out of total sample 32.5% strongly agree and 22.5% agree irritated feels when are not smoking. The majority of students 65.8% strongly disagree smoking don't effects memory. 61.7% Agree smoking effects on learning abilities. Among the students 60% agree smoke to release educational stress. Out of total sample 57.2% think that smoking and Shisha may cause serious disease. The 78.2% respondents said smoking level increase as family problems increasing. Among those students 68.7 % smoking makes good taste of mouth. 45.8% agreed that due to smoking face coughing and breathing problems whereas 24.2% did not believed that breathing problems due to smoking. According to the "State Bank of Pakistan" 64.5 billion cigarettes were smoked in the year of 2014.

Table: 1   **ANOVA**

Model	Sum of Squares	df	Mean Square	F	p
Regression	22.45	8	4.123	9.467	0.000
Residual	49.456	156	.367		
Total	71.906	164			

The analysis shows there is an affiliation between dependent and independent variables. ANOVA table shows that F = 9.467 and is statistically significant relationship between. This shows that the predictors combine together to predict attitude towards cigarettes use, the model is considered to be good suitable if significance. The ANOVA table shows model is fitting and significant at the level of 1%. The shows the p value of 0.000 which means that relationship between Independent and dependent variable is highly significant hence the model is good fit.

5. Conclusion and recommendations

Smoking tends to skyrocket drug use and is a major problem for boys, who are sometimes used instead of smoking. In short, I worry about smoking rates among students. Urgent need a quit and quit smoking among student. Awareness of the health risks of smoking is not a problem for students. There is an urgent need to apply the rules of smoking. All educational institutions, colleges, Schools must smoke strictly. Smoking hookah came to the conclusion that fashion and arrogance were among the students of university.

Recommended

People are well aware that smoking is bad for your health, and even if you smoke, you are in a box with cigarettes. Smoking requires you to start a business with many financial and psychological problems for your family. If a family member begins to smoke, another member may start smoking. Therefore, we must create a family environment in which no one smokes. Another suggestion is that all schools, colleges and university administration should take this into account in order to recognize the dangers of smoking in the curriculum. Therefore, students must study and study. Many families suffer from smoking problems. It is important to protect yourself from the harmful effects of smoking and to inform people about it.

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