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*Ministry Of Higher Education*  
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# Smoking among colleges students

الطلاب المشاركين في البحث :

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## **Abstract**

**Background :** Smoking is the practice of inhaling smoke from burning plant material. Nicotine works on your brain to create a relaxing, pleasurable feeling that makes it tough to quit. But smoking tobacco puts you at risk for cancer, stroke, heart attack, lung disease and other health issues. Nicotine replacements and lifestyle changes may help you quit.

**Aim of the study :** To Know the incidence of smoking among college students and it's effect on lifestyle and in which age groups their is higher incidence

**Samples and methods :** Descriptive-analytic was conducted among colleges students we employed 353 samples divided among them 52.5% smokers and 47.5 non smoker

**Results :** We founded the incidence of smoking 52.5%. About 41% start smoking in high school and 34.7% start in the college and 19.1% in the middle school school and 5.2% in primary school About 65.3% smoking more during the first hours morning

## **1. Introduction**

Smoking can be defined as inhalation of the smoke of burning. Tobacco wrapped in cigarettes, cigars, and pipes. Some smoke for fun or due to pressure of friends casually. Occasionally smoking is casual smoking, that is usually done in a social situation, fun, or to relieve stress. Habitual smoking is a physical addiction to products of tobacco. Number of health experts believes that habitual smoking is a Psychological addiction with life threatening consequences . Smoking is regarded as among the leading causes of preventable death. According to report of World Health Organization (WHO) use of tobacco responsible for the death of one in ten adults all over the world that is about five million people die due to smoking related health issues in the world every year . If the use of tobacco continues worldwide it is estimated that the annual death toll due to smoking related health problems will double within twenty-five (25) years . It is also estimated that millions of people will develop prematurely chronic and debilitating tobacco related illnesses. Regular cigarettes smokers are twice to four times at higher risk to develop heart disease, twelve (12) times more likely to die from lung cancer, ten (10) times more likely to die from severe obstructive lung disease, and twice or more likely to have a stroke .

### **1.1 Smoking symptoms:**

1. Cough
2. Hypertension
3. Fatigue
4. mood swings
5. dizziness
6. sleep difficulties
7. shortness of breath
8. rapid heart rate

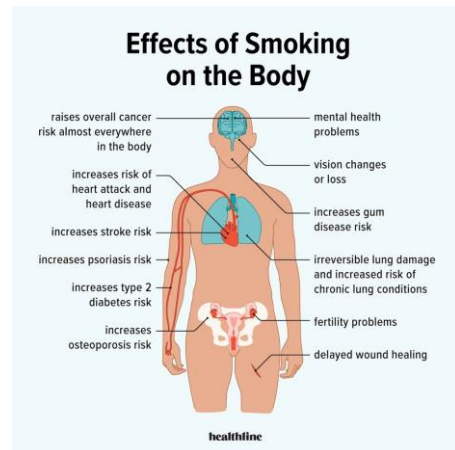
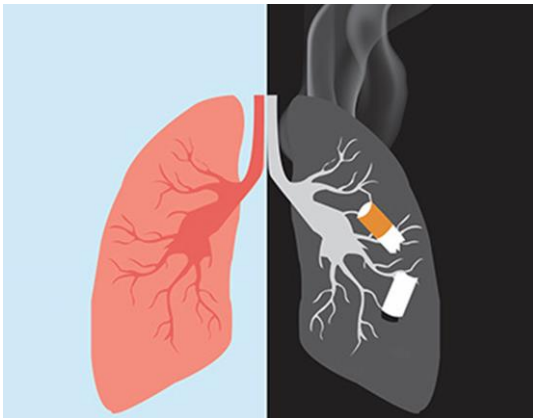
### **1.2 Smoking consequences**

1. Health diseases
2. Waste money
3. Waste energy

### 1.3 Smoking diseases

Smoking cigarettes can kill you, but before you die, you could experience some pretty terrible diseases and health conditions from smokin[6]. Here are some of the most gruesome diseases caused by smoking :

1. Lung Cancer
2. COPD (chronic obstructive pulmonary disease)
3. Heart Disease
4. Stroke
5. Asthma
6. Reproductive Health in Women
7. Premature, Low Birth-Weight Babies
8. Diabetes
9. Blindness, Cataracts and Age-Related Macular Degeneration
10. Over 10 Other Types of Cancer, Including Colon, Cervix, Liver, Stomach and Pancreatic Cancer



### 1.4 Solution of cigarettes

1. Nicotine gum

2. Increase prices of cigarette
3. Age limit for purchasing cigarettes
4. Warning labels

## 2. Results & discussion

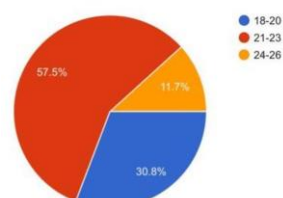
The research was conducted through questionnaires and included about 353 of the total number

**2.1** Age-related results out of 100%, as shown in Table (1) and the figure (1)

**Table (1)**

Age	Results
18-20 years old	80.8 %
21-23 years old	57.5 %
24-26 years old or more	17.7 %

**Figure (1)**



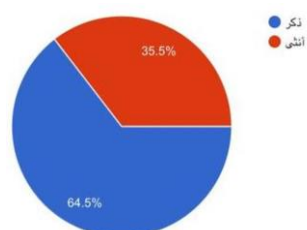
Through the results below in Table (1) and figure (1), we concluded that most smokers are between the ages of 18-20 years, that is, at the end of high school and the beginning of the university stage.

**2.2** Sex-related results out of 100%, as shown in Table (2) and the figure (2)

**Table (2)**

Sex	Results
Male	64.5 %
Female	35.5

**Figure (2)**



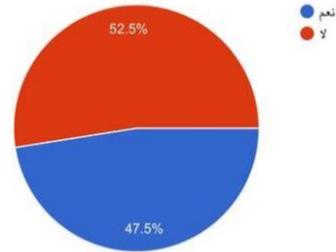
Through the results shown in Table (2) and Figure (2), we concluded that the majority of smokers are males and a smaller percentage are females.

**2.3** We asked most of the males: Do you smoke? The answer was as follows, as shown in Table (3) and Figure (3).

**Table (3)**

Smoking	60 %
Not smoking	40 %

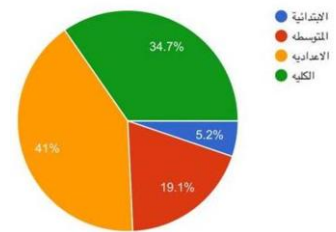
**Figure (3)**



**2.4** The starting stage of smoking for university students is shown in Table (4) and Figure (4).

**Table (4)**

Educational level	Results
Primary school	5.2 %
High school	60.1 %
Colleges	34.7 %



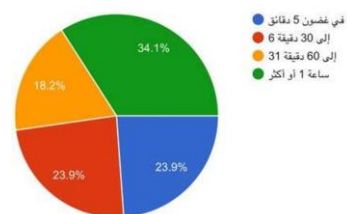
Through the results shown below in Table (4) and Figure (4), we notice that most smokers are young people from the age group of 16 or 18 to 20 or 22 years, as the smoking rate for university students is lower compared to secondary school students.

**2.5** We asked most people who smoke: When do you smoke the first cigarette after waking up? The answer was as follows, as shown in Table (5) and Figure (5)

**Table (5)**

Time after waking up	Results
5-30 min	47.8 %
30-60 min or more	52.2 %

**Figure (5)**



Through the results shown in Figure (5), we found that about 34.1% of smokers smoked their first cigarette within one hour or more after waking up, 23.9% within 5 minutes, 23.9% within 6-30 minutes, and 18.2% within 31-60 minutes. Table (5) shows the percentage of smokers from

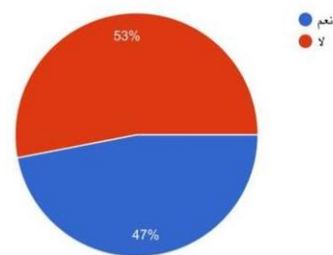
first waking up until 30 minutes later, which was 47.8%, and from 30 minutes to an hour or more later, it was 52.2%.

**2.6** We asked people who smoke whether they smoke in prohibited or closed places, and their answers were according to Table (6) and Figure (6).

**Table (6)**

Smoking	47 %
Not smoking	53 %

**Figure (6)**

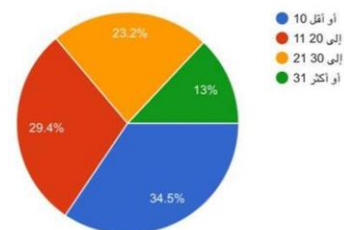


**2.7** We asked most people who smoke how many cigarettes they smoke per day? The answer was as shown in Table (7) and Figure (7).

**Table (7)**

Number of cigarettes	Results
10 -20 cigarette	63.9 %
21- 30 or more	36.1 %

**Figure (7)**



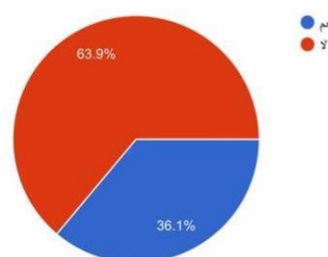
According to the results shown in Figure (7), the percentage of smokers is 34.5% who smoke 10 cigarettes or less. 29.4% smoked 11-20 cigarettes, 23.2% smoked 21-30 cigarettes, and 13% smoked 31 cigarettes or more.

As shown in Table (7), the percentage of smokers who smoke 10 to 20 cigarettes per day is estimated at approximately 63.9%, and those who smoke 21 to 30 cigarettes or more are estimated at approximately 36.1%.

**2.8** We asked most people who smoke: Do you smoke when you are sick? Their answers were as shown in Table (8) and Figure (8).

**Table (8)**

Smoking	36.1 %
Not smoking	63.9 %

**Figure (8)**

According to what is shown in the table and figure (8), the percentage of those who smoked while sick was about 36.1%, and the percentage of those who did not smoke while sick was 63.9%.

### **3. Conclusions**

It is concluded from the findings of the present study that cigarette smoking is very common among college students. The main reason for their smoking is for fashion and style. Further research is required to assess the frequency of smoking on a larger scale[7]. Studies should be carried out to include students of all universities and colleges and find the frequency and causes of smoking in male as well as female students. Community awareness campaigns should be carried out in order to increase awareness about the hazards of smoking. Health education should be promoted in young adults in order to decrease the frequency of smoking[8]

### **4. Recommendation**

The high prevalence of smoking observed in the present indicates the need for smoking control policies in university environments, and together with the young age of initiation suggest a need for the development of an effective antismoking program among students in earlier years of study to discourage smoking and raise awareness of the adverse health effects of smoking[9]



I recommend that the factors identified in this study should be taken into consideration in the programs to make them more effective and better able to influence the attitudes and behaviors of smokers[10] The Ministry of Education and the ministry Higher Education and scientific research should apply antismoking program in all primary and secondary schools and universities. In addition, the media can assist by disseminating the message of quitting smoking to the whole population. Smoking should be banned from public places, and even antismoking law imposing taxes on cigarette import or manufacture and bans on tobacco advertising might be considered in order that the antismoking program to be executed[11]

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