

# Knowledge of Second Hand Smoke and Behaviour Towards Its Exposure Among Adolescents in Selected Colleges at Villupuram

J.Jabaseeli Gladies Mary<sup>1</sup>, E.Elavarasan<sup>2</sup>, V.Hovitha<sup>3</sup>, Esther Merlin<sup>4</sup>, T.Indumathi<sup>5</sup>, J.Evanjalin Karmela Sweety<sup>6</sup>, E.Jayapriya<sup>7</sup>, G.Gokulnathan<sup>8</sup>, K.Jayapriya<sup>9</sup>

<sup>1</sup>Professor, E.S College of Nursing, Villupuram Affiliated to The Tamilnadu Dr.MGR Medical University, Chennai

<sup>2,3,4,5,6,7,8,9</sup>Final year B.Sc Nursing, E.S College of Nursing, Villupuram Affiliated to The Tamilnadu Dr.MGR Medical University, Chennai

**Abstract:** There is no safe level exposure to second hand smoke, even brief exposure can cause serious health problems and be deadly. The danger of second hand smoke can cause lung cancer in non-smokers and increase the risk of Coronary heart disease, although the majority of smokers are men, many women and children are affected by their second hand smoke. More than 73,000 lung cancer deaths occur each year among US adult who do not smoke. Problem statement is to assess the knowledge of second hand smoke and behaviours towards its exposure among the adolescents in selected colleges, Villupuram. The objectives are 1. To assess the knowledge of second hand smoke among the adolescents in a selected college at Villupuram. 2. To determine the behaviour towards second hand smoke among adolescents in a selected college at Villupuram. 3. To find out the association between level of knowledge with selected demographic variables. A descriptive research design with sample of selected Adolescents in E.S Polytechnic College, E.S Arts and Science College, Surya Group of Institutions, Sacred Heart Arts and Science College at Villupuram. Systematic random probability sampling technique was adopted for this study. The structured knowledge questionnaire and behaviour assessment scale was used to complete the data. The statistics show the following results. 7(7%) had inadequate knowledge, 78(78%) had moderately adequate knowledge and 15(15%) had adequate knowledge regarding the second hand smoke. 2(2%) had satisfactory behaviour and 98(98%) had unsatisfactory behaviour towards exposure of second hand smoke. The following conclusion was drawn on the basis of the finding of the study. The majority of adolescents have moderately adequate knowledge and unsatisfactory behaviour toward exposure of second hand smoke.

## INTRODUCTION

The second hand smoke also called passive smoke, involuntary smoke or environmental tobacco smoke. The smoke exhaled by someone else or emitted by the tip of a burning cigarette is called environmental tobacco smoke and breathing is known as passive smoking. There is no safe level of exposure to second hand smoke, even brief exposure can cause serious health problems and be deadly. The danger of second hand smoke can cause lung cancer in non smokers and increase the risk of Coronary heart disease, although the majority of smokers are men, many women and children are affected by their second hand smoke. More than 73,000 lung cancer deaths occur each year reported among US adults who do not smoke. The long term effects from exposure to second hand smoke increased risk of Coronary heart disease (risk increased by 25-30%) lung cancer ( risk increased by 20-30%) and other cancers ,stroke(risk increased by 20-30%) it can also result in premature death. Major setting of exposure to second hand smoke includes work places, public places such as bars, restaurants and recreational settings and homes. Workplaces and homes are especially important sources of exposure because of the length of time people spend in these settings. Internationally 1.3million non-smokers are being exposed to the second hand smoke. In U.S Nearly 34,000 premature death from heart disease among the second hand smoke in each year. In India 0.9million deaths are occurring due to second hand smoke. Nearly 30% of

adults in India are exposed to second hand smoke in India.

Infants are dying from sudden infant death syndrome, if exposed to second hand smoke after birth because the chemicals present in the second hand smoke after the brain and also cause a breathing difficulty. Second hand smoke cause more than 7,300 lung cancer deaths each year among thus adult who do not smoke.

**STATEMENT OF THE PROBLEM:**

A study to assess the knowledge of second hand smoke and behaviours towards its exposure among the adolescents in selected colleges, Villupuram.

**OBJECTIVES:**

To assess the knowledge of second hand smoke among the adolescents in a selected colleges at Villupuram.

To determine the behaviour towards second hand smoke among adolescents in a selected colleges at Villupuram.

To find out the association between level of knowledge with selected demographic variables.

**Assumption**

There will be a significant level of knowledge and unsatisfactory behaviour about second hand smoke among the adolescents in selected colleges at Villupuram.

**MATERIAL & METHODS**

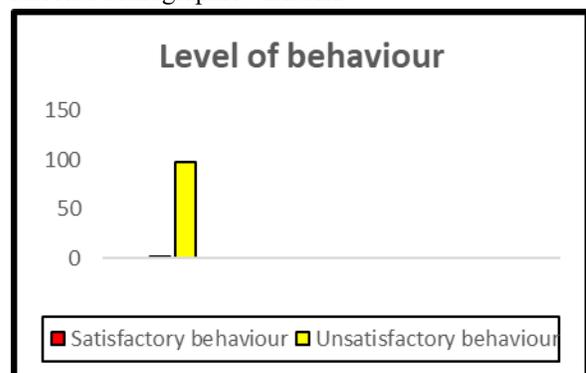
Quantitative approach with descriptive design was adopted for this study. The study was conducted at E.S Polytechnic College, E.S Arts and Science College, Surya Group of Institutions, Sacred Heart Arts and Science College at Villupuram. The population of the study was all the adolescents studying Colleges at Villupuram. Systematic random probability sampling technique was chosen to select samples. The sample size determined for this study was 100. The Tool consists of three sections; Section – I: Demographic data consist of some of the basic information of adolescents such as age, gender, religion educational qualification of father, educational qualification of mother, occupation of father, monthly income of family, smoking habits of family, area of residence, type of family, area of residence, type of food habit, smoking habits in family, exposure to second hand smoke in a day, previous information about second

hand smoke and if yes, sources of information. Section –II: Structured Knowledge Questionnaire comprises of 20 multiple choice questions regarding introduction, other name, causes, symptoms, risk group, complications and preventive measures of second hand smoke. Section –III: 5 Point Scale consists of 10 items pertaining from strongly agree to strongly disagree. 1 score for was given for each correct answer in Knowledge questionnaire. 5 Point scale consists of 5 score (5 score for strongly agree, 4 score for agree,3 score for neutral, 2 score for disagree, 1 score for strongly disagree) on positive statement. The investigator obtained formal permission to conduct this study. During the data collection the Researcher obtained consent from the participants and data was collected with maintaining good rapport with the full cooperation.

**DATA ANALYSIS AND INTERPRETATION**

The data collected from adolescents in selected colleges at Villupuram was analysed with descriptive and inferential statistics and is discussed under following sections.

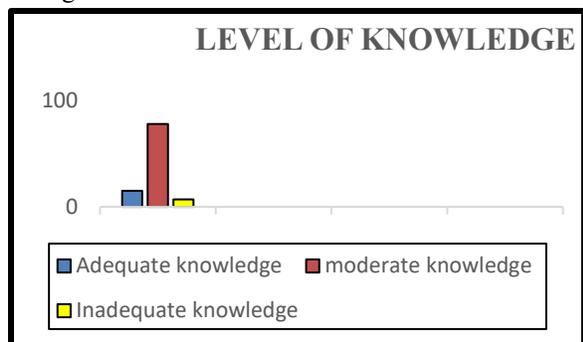
Section - I Frequency and percentage distribution of selected demographic variables



Out of 100 students 12(12%) were in the age group of 16-17 years, 44(44%) were in the age group of 17-18 years and 44(44%) were in the age group of 18-19 years. Regarding gender 56(56%) were in male, 44(44%) were in female and 0(0%) were in transgender. Regarding religion 88(88%) were in Hindu, 8(8%) were in Muslim, 4(4%) were in Christian. Regarding education of father 27(27%) were in No Primary Education, 46(46%) were in Upto 10 th, 19(19%) were in Upto 12<sup>th</sup>, 8 (8%) were in Graduate regarding Occupation of Father 28(28%) were in Coolie,40(40%) were in farmer,18(18%) were

Private employee,8(8%) were Government employee. Regarding Family Monthly Income 31(31%) were Less than 10,000,36 (36%) were 10,001-15,000,10(10%) were 15,001-20,000 and 23(23%) were More than 20,000. Regarding Type of Family 62(62%) were Nuclear Family, 33(33%) were Joint Family and 5(5%) was Extended Family. Regarding Area of Residence 35(35%) were Urban, 51(51%) and 14(14%) were Semi Urban. Regarding Type of Food Habit 26(26%) were vegetarian, 64(64%) were Non Vegetarian and 10(10%) was Eggetarian. Regarding Smoking habit in family 13(13%) were answered Yes, 87(87%) were answered No. Regarding Exposure to second hand smoke in a day,61(61%) were 1to 3 times,9(9%) were 4 to 6 times,11(11%) were 7 to 9 times and 19 (19%) were 10 or more .Regarding Previous information about secondhand smoke 68(68%) were answered Yes,32 (32%) were answered No. Regarding If Yes, Source of information, 40(40%) were Media, Internet, 19(19%) were Friends and Relatives, 9(9%) were Book, Magazine, Journals, News Papers, 32(32%) were none of these.

Section - II Level of knowledge on second hand smoke among the adolescents



Out of 100 adolescents 15(15%) had Adequate knowledge, 78(78%) had Moderate knowledge and 07 (07%) had Inadequate knowledge regarding second hand smoke.

Section - III Behaviour on second hand smoke among the adolescents

Majority of them 98% had unsatisfactory behaviour and 2% had satisfactory behaviour.

Section - IV Association between level of knowledge & behavior towards its exposure on second hand smoke among the adolescents with demographic variables

There was a significant association on education of father, occupation of father, exposure to second hand smoke in a day, source of information with selected demographic variables. There was no significant association with behavior towards its exposure on second hand smoke among the adolescents with demographic variables

The following conclusion was drawn on the basis of the finding of the study. The majority of adolescents have moderately adequate knowledge and unsatisfactory behaviour toward exposure of second hand smoke.

BOOK REFERENCE

- [1] Suresh k sharma (2018) A textbook of nursing research and statistics, 3 rd edition, published by Elesiever publishers (p)Ltd New Delhi.
- [2] K Park (2011) A textbook of preventive and social medicine, 21 st edition published by BanarsidasBhanot publishers, New Delhi.
- [3] T.Sivabalan, g. vimala, (2019) A textbook of nursing research and statistics for under graduate published by CBS publishers and distribution (p)Ltd
- [4] Rumasingh (2020) A textbook of food and nutrition for nurses, 2 nd published by jaypee brothers pvt Ltd.
- [5] SreemathyVenkatraman (2015) A textbook of nutrition and biochemistry, 2 nd edition published by Elesiever publishers (P)Ltd New Delhi.
- [6] Brunner & Suddarth's (2018) A textbook of medical surgical nursing 13 th edition published by Wolters Kluwer publishers.

JOURNAL REFERENCE

- [1] Walton k, Gentzke AS, Murphy-hofer R, kenemer B, Noff LJ 2011-2019 Exposure to second hand smoke in homes and vehicles among US youtpreventing chronic disease.
- [2] Wilson KM, klein JD, Blumkin AK, Gottlieb M, Winickoff JP, 2011 Tobacco smoke exposure in children who live in multiunit housing (85-95)
- [3] Hopkins DP, Razis,Leeks KD, privakalra G, Chattopadhyay SK, soler RE et al.(2010) Task
- [4] force on community preventive services. Smoke free policies to reduce tobacco use (275-289).

- [5] Siegel M, Albers AB, Cheng DM Biener L, Rigotti NA (2008) local restaurant smoking regulations and the adolescent smoking initiation process (477-483)
- [6] Flourias AD, koutedakis Y (2011) Immediate and short term consequences of second hand smoke exposure on the respiratory system (110-115)
- [7] Doll R, peto R, Borehan J, Sutherland I (2004) Mortality in relation to smoking 50 years observation on male British doctors (328)
- [8] Siddiqi k, Husain S, Vidyasagaran A, et.al (2020) Global burden of disease due to smokeless tobacco consumption in adult (222)