

# Prevalence of Tobacco Consumption and Knowledge Regarding Harmful Effects of Tobacco Consumption among School-Going Adolescents in Kamrup Metropolitan District, Assam: A Cross-Sectional Study

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## **Abstract—Background**

Adolescence is a critical period for the development of health-related behaviours, and initiation of tobacco use during this period may have serious long-term consequences. Tobacco consumption among adolescents is influenced by individual, familial, peer and environmental factors. Assessment of tobacco consumption and knowledge regarding its harmful effects is important for planning effective school-based tobacco-prevention strategies.

## **Objectives**

The study aimed to assess the prevalence of tobacco consumption and the level of knowledge regarding the harmful effects of tobacco consumption among school-going adolescents and to determine the association of tobacco consumption and knowledge with selected demographic and tobacco-related variables.

## **Methods**

A quantitative, descriptive cross-sectional survey design was adopted among school-going adolescents in selected government and non-government schools of Kamrup Metropolitan District, Assam. For the present publication analysis, a sample size of 163 adolescents was considered, representing 25% of the study sample. Data were collected using a structured self-administered questionnaire developed with reference to the Global Youth Tobacco Survey framework and relevant literature. The knowledge component consisted of 17 items, with each correct response scored as one. Descriptive statistics and Pearson's chi-square test were used for analysis at a significance level of 0.05.

## **Results**

Among 163 adolescents, the calculated number with tobacco consumption was 70 (42.8%), while 93 (57.2%) did not report tobacco consumption. Regarding knowledge of the harmful effects of tobacco consumption, 3 (1.7%) had very high knowledge, 67 (41.4%) had high knowledge, 57 (34.9%) had moderate knowledge, 32 (19.7%) had low knowledge and 4 (2.3%) had very low knowledge. Thus, 70 (43.1%) had high or very high knowledge, while 36 (22.0%) had low or very low knowledge. Peer pressure was the most frequently reported influencing factor, accounting for 68.6%. Awareness of the harmful effects of tobacco was reported by 84.6%.

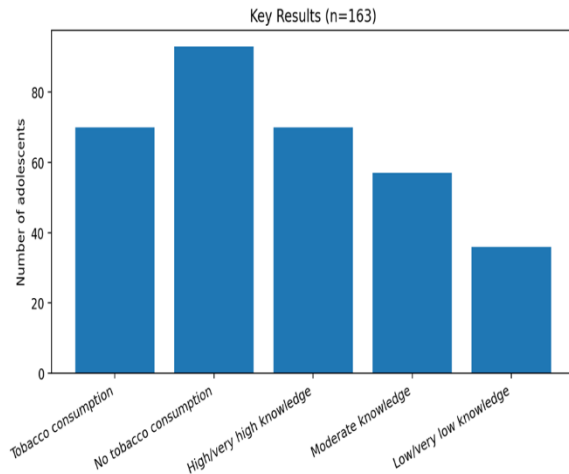
## **Conclusion**

Tobacco consumption among school-going adolescents represents an important public-health concern despite a substantial proportion having high or very high knowledge regarding its harmful effects. The findings highlight the need for comprehensive school-based tobacco-prevention programmes that strengthen health education, address peer influence, involve parents and promote tobacco-free school environments.

**Index Terms**—Adolescents; tobacco consumption; tobacco use; knowledge; harmful effects; school health; tobacco prevention; Assam.

Figure 1. Distribution of key results among adolescents (n=163)

Figure 1. Key results (n=163)



| Indicator                | n  | %    |
|--------------------------|----|------|
| Tobacco consumption      | 70 | 42.8 |
| No tobacco consumption   | 93 | 57.2 |
| High/very high knowledge | 70 | 43.1 |
| Moderate knowledge       | 57 | 34.9 |
| Low/very low knowledge   | 36 | 22.0 |

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