



ORIGINAL RESEARCH PAPER

Medical Science

A STUDY TO ASSESS FACTORS WHICH LEADS TO SMOKING IN YOUNGER GENERATION AMONG THE STUDENTS OF FIRST, SECOND AND THIRD YEAR MBBS OF JAWAHARLAL NEHRU MEDICAL COLLEGE, DMIMS, SAWANGI(M), MAHARASHTRA, INDIA

KEY WORDS: MBBS students, stress, peer pressure, Cigarette smoking

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ABSTRACT

Background

Smoking cigarettes has been one of the most common routine in every second person's life. The most addictive constituent of a cigarette is Nicotine. Nicotine has pervasive effects on brain neurochemistry. Cessation of smoking is always a self implicated decision. This project will give us a bird's eye view on "why do people smoke?" **Aim:** To assess factors which leads to smoking in younger generation among the students of first, second and third year MBBS of Jawaharlal Nehru Medical College, DMIMS, Sawangi(M), Maharashtra, India **Method:** A Cross Sectional Study involving 200 students of first, second and third year MBBS of Jawaharlal Nehru Medical College, DMIMS, Sawangi(M), Wardha

Results: According to our study

- 31% of the students were of 19 years of age and 22% were of 20 years of age.
- 53% of the MBBS students were males and 47% of them were females.
- 74.5% of the students opined that the age of starting cigarette smoking was 16-20 years and 19% suggested that it is 21-25 years.
- 34.5% of the students opined that reason for starting smoking was stress or peer pressure.
- 54.5% of the students opined that smoking as a predominant form of substance abuse because it is easily available.
- 69.5% of the students opined that smoking is the stepping stone to other serious forms of substance abuse.
- 45.5% of the students opined that smokers regret their decision of starting smoking.
- 52.5% of the students said that smokers continue smoking throughout the life.

INTRODUCTION

The tobacco use is one of the biggest public health threats in the world, it kills around more than 7 million people a year. Tobacco users who die prematurely affect greatly to the countries economic development in terms of their own family income. It is proved that cigarette smoking is primarily a manifestation of nicotine addiction Effects of nicotine: Nicotine has disastrous effects on brain neurochemistry. It activates nicotinic acetylcholine receptors and induces the release of dopamine. Nicotine is a psychomotor stimulant, and in new users it has faster onset of action and improves performance on tasks of sustained attention.

MATERIAL AND METHODS: A Cross Sectional Study involving 200 students of first, second and third year MBBS of Jawaharlal Nehru Medical College, DMIMS, Sawangi(M),

Wardha Study Variables: Age, gender, factors related to smoking. Statistical Analysis: Statistical analysis was done by using descriptive statistics. **RESULTS:** Analysis and interpretation of data are based on the objectives of study. The collected data was tabulated, organized, analyzed and interpreted using descriptive statistics.

Table 1: Percentage wise distribution of MBBS students according to their age

Age Group(Yrs)	No. of MBBS students	Percentage
18 yrs	43	21.5
19 yrs	62	31.0
20 yrs	44	22.0
21 yrs	27	13.5

22 yrs	16	8.0
23 yrs	4	2.0
24 yrs	2	1.0
27 yrs	1	0.5
29 yrs	1	0.5
Total	200	100.0

Table 2: Percentage wise distribution of MBBS students according to their gender

Gender	No. of MBBS students	Percentage
Male	106	53
Female	94	47
Total	100	100.00

Table 3: Percentage wise distribution of MBBS students according to their opinion about the age of starting smoking.

Age of starting smoking	No. of MBBS students	Percentage
10-15 yrs	7	3.5
16-20 yrs	149	74.5
21-25 yrs	38	19
After 25 yrs	6	3
Total	200	100

Table 4: Percentage wise distribution of MBBS students according to their opinion about reason for starting smoking.

Reason for starting smoking	No. of MBBS students	Percentage
Out of curiosity	57	28.5
Peer Pressure or stress	69	34.5
To cope with loneliness	7	3.5
To look tough	28	14
To overcome emotional trauma	39	19.5
Total	200	100

Table 5: Percentage wise distribution of MBBS students according to their opinion about smoking as a predominant form of substance abuse.

Reason	No. of MBBS students	Percentage
Cheaper	25	12.5
Give more pleasure	40	20
Easily available	109	54.5
More socially acceptable	26	13
Total	200	100

Table 7: Percentage wise distribution of MBBS students according to their opinion about smokers regretting their decision of starting smoking

Reason	No. of MBBS students	Percentage
Yes	91	45.5
No	25	12.5
May Be	84	42
Total	200	100

Table 8: Percentage wise distribution of MBBS students according to their opinion about smokers continuing smoking throughout their life

Percentage of smokers	No. of MBBS students	Percentage
0-25%	14	7
26-50%	62	31
51-75%	105	52.5
76-100%	19	9.5
Total	200	100

Table 9: Percentage wise distribution of MBBS students according to their opinion about the reasons due to which smokers find it difficult to quit

Reason	No. of MBBS students	Percentage
Not aware about harmful effects of smoking	12	6
Psychological habit is formed	81	40.5
Physiological dependence on Nicotine	94	47
Afraid of experiencing withdrawal symptoms	13	6.5

Table 10: Percentage wise distribution of MBBS students according to their opinion about most successful way of motivating people to quit smoking

Reason	No. of MBBS students	Percentage
Quit smoking, TV and theatre AD campaign	9	4.5
Medical Counselling and deaddiction therapy	97	48.5
Pictures of cancer patients on cigarette packets	13	6.5
Support of family and friends	80	40
Integrated deaddiction approach	1	0.5
Total	200	100

DISCUSSION

Participants concluded that the best method for quitting depends on the person. They also believed that those with willpower, strong motivation or internal strength and right mindset find it easier to quit cigarette smoking.

SUMMARY AND CONCLUSION

Understanding why an individual smokes and what their barriers are to quitting will assist in counseling them to stop smoking and stay stopped. People smoke because;

- Smoking is perceived to help deal with stress
- They are addicted to nicotine
- Withdrawal from nicotine causes unpleasant symptoms.
- Smoking is associated with strong behavioral rewards.

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