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Student’s viewpoint about smoking and its prohibition at public places

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Abstract

These days smoking is increasing among youth. A young person feels that smoking is fashion status. According to WHO, 2005 33% smoker age group is 15-49 years in India. Another study conduct by World Health Organization (WHO, 2009) India is a home to 12% of the world’s smokers, approximately 9 lakh peoples die every year in India due to smoking. India is also known as capital of mouth cancer. The present study will provide the data regarding attitude of young student towards active and passive smoking .which will be beneficial for state and centre Government for policy making regarding cancer or other problems related to smoking like socio economic matters This research primarily Study the attitude of students on the subject of active and passive smoking. Secondly Examine the level of knowledge in students towards law related to smoking and lastly it included the Student’s suggestions to increase the awareness regarding smoke free public places. Present study is based on both qualitative and quantitative methods of research. The area of research is Panjab University Campus, Chandigarh. This study based on both primary and secondary data collected from Books, Journals, Government documents, Newspapers, Internet. Primary data were collected from the field through semi- structured questionnaire method. It is an exploratory research study. The questionnaire randomly distributed between the students according to sex and their educational qualification. Questionnaire was also executed to both smoker and non smoker in age group of 18-30 years The Research included 47 samples.

Keywords: Youth, Smoking, Cancer, students, attitude, Panjab University

1. Introduction

Smoking is “The action or habit inhaling and exhaling the smoke of tobacco or a drug”. It is the inhalation of the smoke of burning tobacco encased in cigarettes, pipes, and cigars. Casual smoking is the act of smoking only occasionally, usually in a social situation or to relieve stress. A smoking habit is a physical addiction to tobacco products. Many health experts now regard habitual smoking as a psychological addiction, too, and one with serious health consequences.

There are three types of smoking: which affects the user and non user health with its negative impact by voluntary and in voluntary participation. These three are:

Active smoking	Voluntary consumption of Beedi/cigarette by user.
Second hand smoke	Second Hand Smoke is the smoke exhaled by a smoker smoke emanating from the burning end of a cigarette/ Beedi/ cigar etc.
Third hand smoke	Third hand smoke is tobacco smoke contamination that remains after the Beedi/ cigarette has been extinguished. The residue from tobacco smoke that clings to virtually all surfaces long after a Beedi/cigarette has been extinguished could prove to be a potential health hazard. The biggest risk is to young children.

Source: National Tobacco Control Cell, Ministry of Health and Family Welfare, India, 2007

Second hand smoking/Passive smoking contains three times nicotine and tar, fifty times more cancer causing substances than main stream smoke. A pregnant woman exposed to passive smoking in their own homes and at public places have increases chance of fetal death. It also increases the chances of various problems to unborn child. Tobacco also causes Cancer of lung, oesophagus, tongue, oral cavity, larynx, pharynx and urinary bladder and rising oral cancer rates in India. Which are among the highest in the world, and 90% of these can be attributed to tobacco use. Cancer burden has been estimated at between 7, 00,000 to 9,00,000 new cases every year. There are more and more new tobacco products being introduced on the

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market. However, NO tobacco product is safe. Which affects every organ of the body i.e. hair, lungs, brain, reproductive organ of both sexes. There are numbers of risks by the consumption of tobacco, when compared to other drugs of

abuse; tobacco is associated with the greatest chronic physical harm. Chemicals in tobacco harm many parts of the human body by its negative exposure; other risks of diseases are mentioned below:

Human organs affect by smokeless and smoked tobacco/alcohol use	Health consequences by smoked and smokeless tobacco on men, women and children	Caused due to consuming
Eyes	Blindness, cataracts, stinging, excessive tearing and blinking	Beedi, Cigarette, Cigar smoke
Brain & Psyche	Stroke (cerebrovascular accident) addition/withdrawal, altered brain chemistry, anxiety about tobacco's health effects.	Beedi, Cigarette, Cigar smoke
Ears	Hearing loss, ear infection	chewing tobacco and snuff
Mouth & Throat	Cancers of lips, mouth, throat, larynx, and pharynx sore throat impaired sense of taste halitosis (bad breath)	Paan masala, snus khaini, zarda, gutka
Teeth	Periodontal (gum) diseases: loose teeth, tooth loss root-surface caries, plaque, discoloration and staining	Paan(betel quid) with tobacco, chewing tobacco, Beedi, cigarettes,
Heart	Coronary thrombosis (Heart attack, Atherosclerosis, damage and occlusion of coronary vasculature	Hookah, Beedi and cigarette smoke/ alcohol use
Chest & Abdomen	Possible increased risk of breast cancer, gastric, pancreatic cancer, oesophagus cancer	Snuff, snus, chewing tobacco and consuming alcohol
Hands	Peripheral vascular diseases; poor circulation (cold fingers)	Passive and active smoking by Beedi and cigarette
Male reproduction	Infertility, sperm deformity, loss of mortality, reduced number impotence	Cigarette and Beedi smoked to users and non users and excess use of alcohol
Female reproduction	Cervical cancer, premature ovarian failure; early menopause, reduced fertility, painful menstruation	Beedi, cigarette, hookah, alcohol
Skin	Loss of skin tone; wrinkling, premature ageing	Pipe, hooklis, Beedi, cigars, cigarettes
Liver	Liver cancer	Any smokeless tobacco can affects the liver of the human body
Kidney & Bladder	Kidney and bladder cancer	Passive and active smoking by all forms of smoked tobacco and use of alcohol
Lungs	Lung, bronchus and tracheal cancer, chronic obstructive pulmonary diseases, respiratory infection, influenza, tuberculosis, shortness of breath, asthma, chronic cough.	All forms of smoked tobacco affects the lungs of the user and non users and drinking alcohol
Hair	Odour and discoloration	Cigarettes, Beedi and cigar smoking
Skeletal system	Hip fracture, susceptibility to back problems, bone- marrow cancer	Both forms of tobacco consumption
Wounds & Surgery	Impaired wound healing, poor postsurgical recovery, burns form cigarette and from fires caused by cigarette.	Use of smoked form of tobacco
Immune system	Impaired resistance to infection.	Due to cigarette and Beedi smoking
Legs & Feet	Peripheral vascular diseases, cold feel, leg pain, gangrene deep vein thrombosis.	All forms of smoked tobacco

Source: The Tobacco Atlas, 2002

Cigarettes and other tobacco products act (COTPA, 2003): The Indian government has armed itself with a comprehensive act that would act as the blow that has to be struck - to sound the death knell to an industry which by social sanction and legitimate means is killing millions and maiming equal numbers annually in India and worldwide. The COTPA, 2003 is applicable to all products containing tobacco in any form and it extends to whole of India. This Act of Parliament of India enacted in 2003 to prohibit advertisement and regulation of tobacco business in India. The Act put restriction on tobacco products including cigarettes, gutka, panmasala (containing tobacco), cigar, cheroot, Beedi, Snuff, chewing tobacco, hookah, and tooth powder containing tobacco.

Objectives of this Study are

- To Study the attitude of students on the subject of active and passive smoking.

- Examine the level of knowledge in students towards law related to smoking.
- Student's suggestions to increase the awareness regarding smoke free public places.

Research Questions

- In what extent Student's are aware about second hand smoking and its prohibition at public places?
- What is opinion of student regarding smoking?
- What is prevalence level of smoking between male and female students?
- At What level Students have aware regarding smoke free law, Cigarettes and other tobacco products act (COTPA, 2003).

Significance of the Study

These days smoking is increasing among youth. A young person feels that smoking is fashion status. According to WHO, 2005 33% smoker age group is 15-49 years in India.

Another study conduct by World Health Organization (WHO, 2009) India is a home to 12% of the world’s smokers, approximately 9 lakh peoples die every year in India due to smoking. India is also known as capital of mouth cancer. The present study will provide the data regarding attitude of young student towards active and passive smoking .which will be beneficial for state and centre Government for policy making regarding cancer or other problems related to smoking like socio economic matters.

Results and Outcomes of the Study

The study is based on Panjab university student’s .Included 47 samples in which 27 are males and 20 are females. Those students age group are given below.

Table 1: Age group of Students

Age group	Total number (Frequency)	Percentage (%)
18-22	14	29.7
22-26	23	48.9
26-30	7	14.8
30-34	3	6.4
Total	47	100

14(29.7%) students belonged to 18-22 years age group. 23(48.9%) students are from 22-26 age group.7(14.8%) included into the age group of 26-30 years and only 3(6.4%) fit in the age group of 30-34 years.

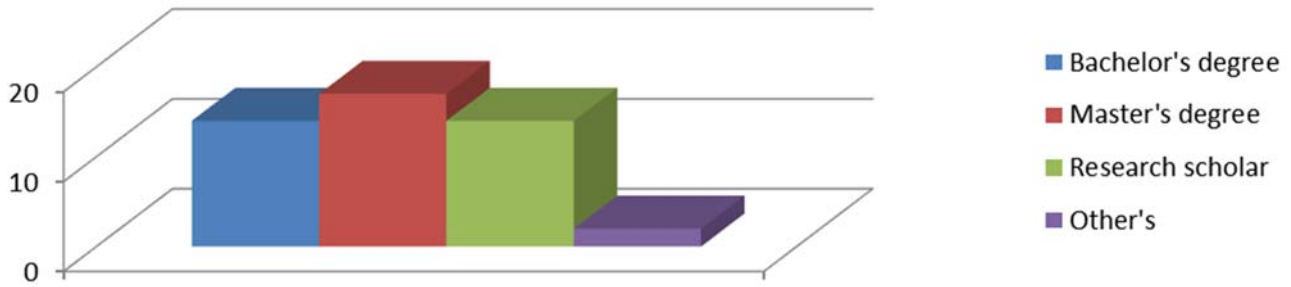


Fig 1: Education qualification of Students

The following graph shows that 14(29.8%) respondent are doing Bachelor’s degree. 17(36.2%) are pursuing their Master Degree. 14(29.8%) are Research Scholars and only

2(4.3%) respondents are doing other courses like diploma in Computer sciences or Languages.

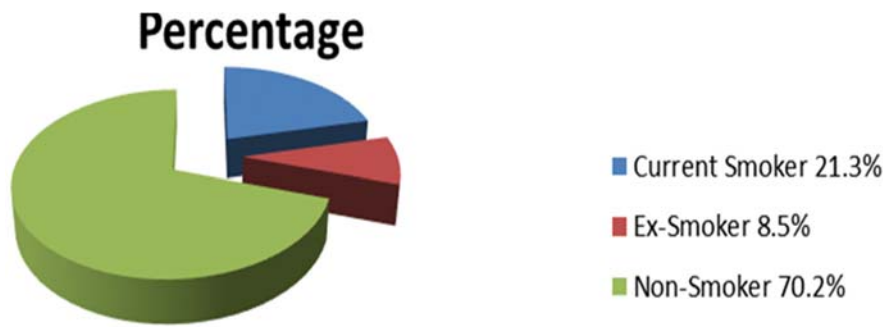


Fig 2: Smoking between students

Out of 47 samples; 33(70.2%) are Non- Smoker, 10(21.3%) are Current Smoker and just 4(8.5%) are whose quit smoking right know. Out of 10 respondents whose are current smoker,

9 interviews wanted to quit smoking but they are totally addicted so they think that it is not easy to give up smoking and only 1 respondent did not want to leave smoking.

Table 2: Observations about Smoking (Total 47 Respondents)

Respondent Opinion	Smoking gives pleasure	Harmful for Health	Cost economic burden	Second hand smoking is equally dangerous	Part of Culture	Govt take hard action	Banned in Public places
Agree	13(27.7)	44(93.6)	33(70.2)	38(80.9)	10(21.3)	37(78.7)	43(91.5)
Disagree	7(14.9)	1(2.1)	3(6.4)	1(2.1)	30(63.8)	7(14.9)	1(2.1)
Don't know	27(57.4)	2(4.3)	11(23.4)	8(17)	7(14.9)	3(6.4)	3(6.4)

- Out of 47 samples; 13 respondents are agree with the declaration that smoking gives pleasure, only 7 interviewer are disagree with this statement, 27 individuals don't know about smoking.
- 44 Representatives are agreeing with the statement that smoking is harmful for human health, 2 did not know about the harmful belongings of smoking.
- Around 70% persons feels that purchasing of cigarettes increase the economic burden, 3 have not feel that

- smoking effects our economic cost,11 cases have no idea about cost effectiveness of smoking.
- 80.9% cases believe that second hand smoking is equally dangerous like active smoking that both are effect in their character. only one individual disagree with the statement that active smoking is more injurious as compare to passive smoking, 8 respondents have no idea about second hand smoking.
- 10 individuals accept that smoking is a component of culture but 63.8% respondents disagree with this

argument and they never learn such experience that both the thinks are connected with each other, 7(14.9%) answer that they did not be familiar with this.

- 78.7% persons notice that government should take some hard action to control smoking but 14.9% respondents are not in the favour of government action and merely 3

cases did not recognize about the question that government should work on this or not.

- Around 91% respondents believe that smoking should be banned on all public places but just only one person is disagree with the statement. 3(6.7%) did not have any idea that it should be prohibited or not at public places.

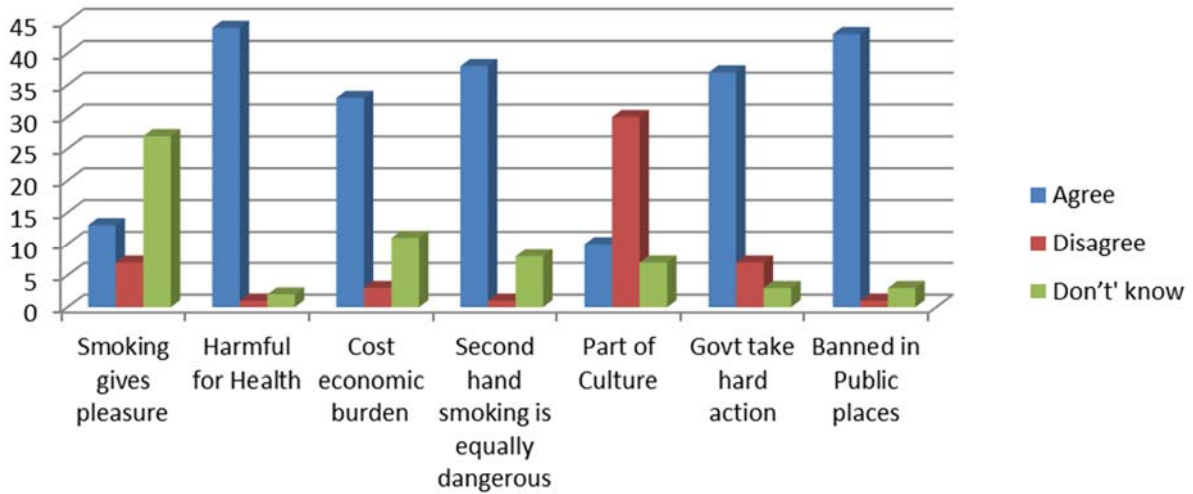


Fig 3: Observations about Smoking

Table 3 student opinion regarding smoking related law

Opinion	Heard about Smoke free law COTPA,2003	Heard somebody challaned/ fine for violating it	Support enforcement of this Law	Seen anybody smoking at public places
Yes	19(40.4%)	26(55.3%)	42(89.3%)	43(91.5%)
No	28(59.6%)	21(44.7%)	5(10.6%)	4(8.5%)

Graphical representation given below

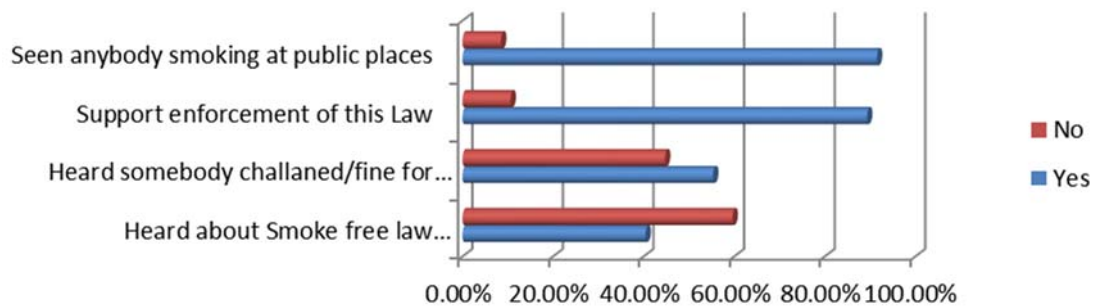


Fig 4: student opinion regarding smoking related law

- Out of 47 individuals; 19 persons heard about cigarettes and other tobacco products act (COTPA, 2003) and 28 viewers never heard about this act they are not recognizable with the law. So this dada shows that 59.6% respondent have no knowledge about such prohibitions.
- 55.3% heard about challaned/fine when a person do smoke at public place and prohibit the law, 44.7% samples answering “no” to this question and they never seen anybody who prohibit this law.
- 42 persons are in the favour to support enforcement of “smoke free law“and respondents feels that government should make some legal framework for smoking. But unfortunately 5(10.6%) representatives did not want to support any smoke free law in this country.
- Out of these; 43(91.5%) representatives seen smoking at public places like hotels/restaurants, transit sites and educational institutes. But merely 4 persons never seen any case of active smoking at public places.

Major finding and discussion

- Total no of 47 samples; out of these 20females participated in this research only one girl is ex-smoker and rest of these are non-smoker and there are 27 males involve in this study, 10 are current smokers or 3(11.1%) are ex-smokers. So prevalence rate of smoking between males is 37.03%.

Smoking prevalence



Fig 5: smoking prevalence among Males

- Out of 10 active smokers; 4 are pursuing their Bachelor’s degree, 3 are in Master’s degree and 2 are research scholars and rest of one are doing diploma. This data show that during graduation students are involving in smoking activity.

Table 4: current smoking according ages wise

Age group(years)	Current smokers
18-22	3
22-26	2
26-30	2
30-34	3

Total	10
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- The table shows that during low-high age group current smoking is more prevalence as compare to middle age group.
- Total no of 10 active smokers,3 respondents are one year old smoker,3 are three years old ,one sample is 3 year old,2 are 5 year old chain smoker and only one person is 14 years old smoker. This data show that the average mean is 3.6 years; this is very terrible thing for their health.

Gender wise comparisons on opinions towards smoking are given below in a graphical manner

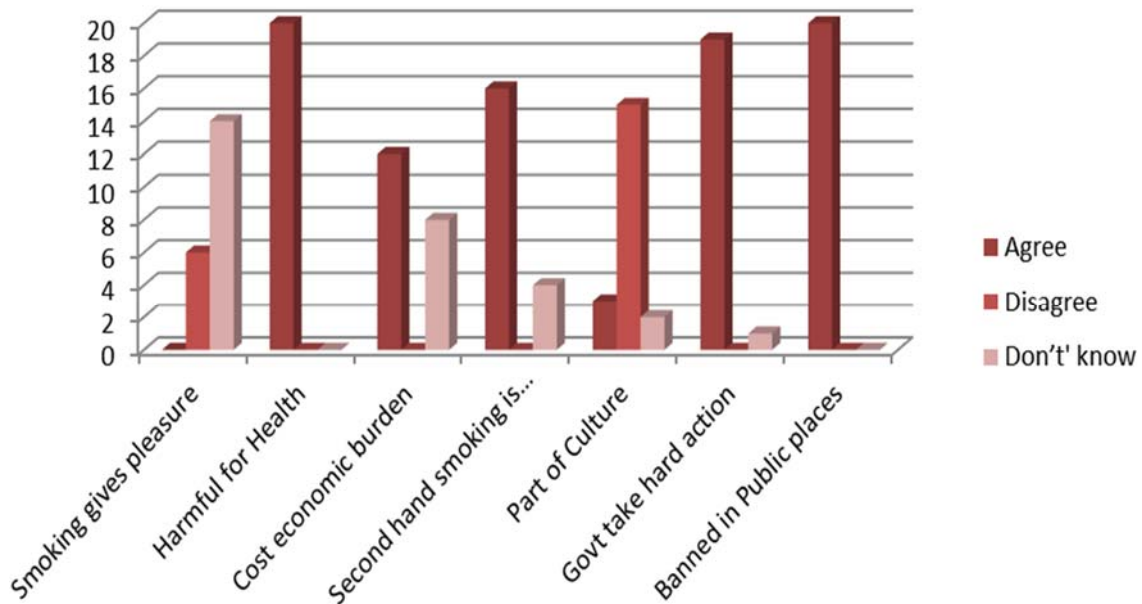


Fig 6: Females opinion regarding smoking (N=20)

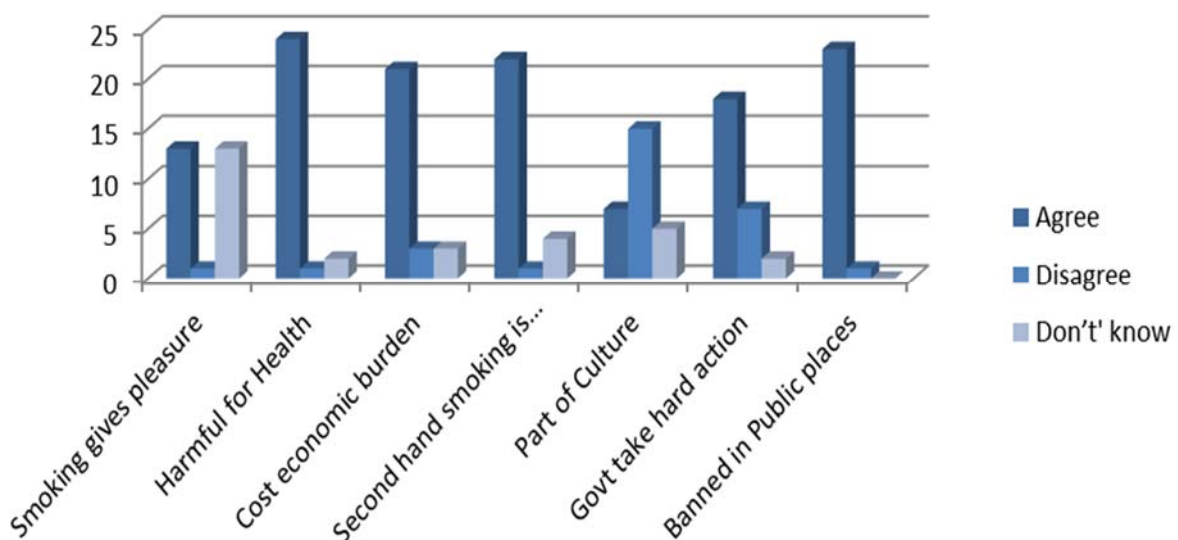


Fig 7: Male opinion towards smoking (N=27)

- Out of 27 males respondent; 48.1 % (13) feels that smoking gives pleasure but not a single girl agree on this statement.
- Out of the total population of males; 88.9% agree that smoking is harmful for health but on the other hand all female (N=20) respondents agree with this statement.
- 66.7% males are agreed that government should take hard action to control smoking and 25.9% males are disagreeing with government interference, on the other side 95% females agreed with this above statement and not even a single female disagree with this.

- All female respondents strongly accepted that smoking should be banned at public places but 85.2% male

individuals accepted that it should be banned.

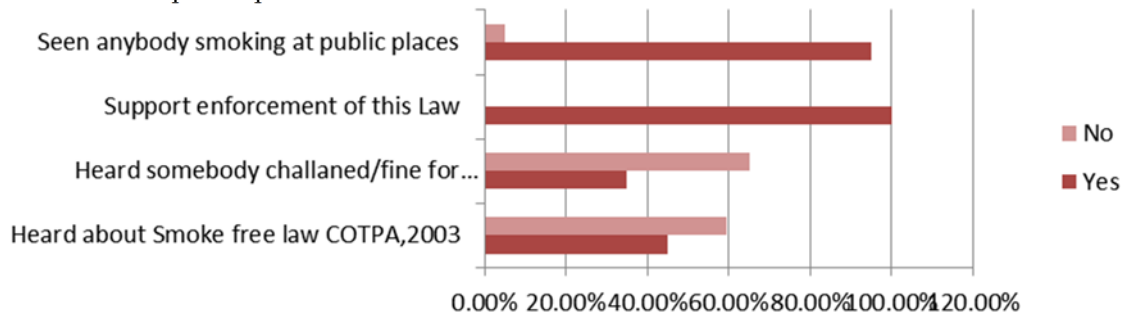


Fig 8: Female views about Smoking activities and its legal perspective

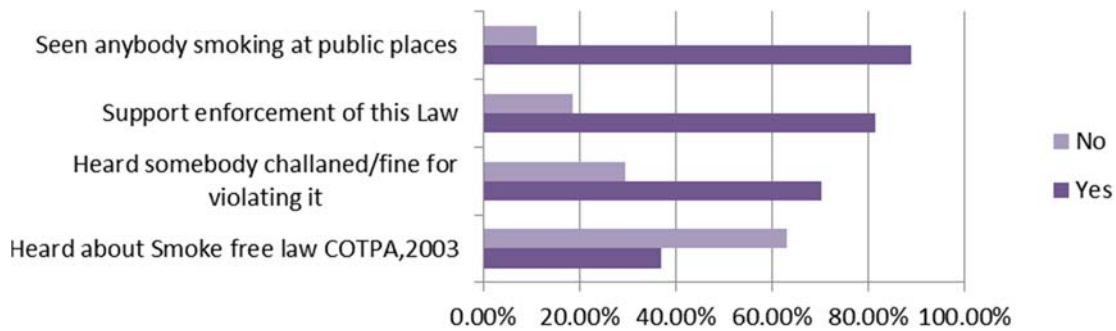


Fig 9: Males views about Smoking activities and its legal perspective

- Out of the total number of males(N=27); 37%(10)samples are aware about smoke free law COTPA and 45% (9)females are know about this law, this interpretation show that females are having more knowledge about the smoking law.
- 88.9% males seen smoking at public places like bus stops, government buildings but on the other hand 95% females seen smoking at public areas.
- No doubt smoking prevalence rate between male is 37.03% but 70.4% male respondent heard/seen fine for violating smoke free law as compare with female respondents 35% heard fine for violating COTPA law.
- All the female’s population supports the enforcement of smoke free law with strong hands but 18.5% males are against this smoking law.

any place. Fine should be more rigid and law must be strict and punished such violators strictly.

Valuable suggestions and comments by respondents

- Some people smoke for the sake of fun and enjoyment, it must be stopped by council them.
- Every public area should be smoke free and proper implementation of laws should be there.
- Selling cigarettes should be banned near educational institutes and more awareness be given to school students.
- There should be proper provision of fine may be increase amount to be smoker. It is the major requirement for everybody, especially for those who never do and never want to do such things, but they have to suffer because of smokers at public places.
- I personally feel that smoking is the biggest hurdle to make healthy environment. So it will be an appreciation to you and the government if you help to do something for it.
- Rather than displaying “No Smoking” signage’s board, selling cigarettes should be banned. Proper enforcement of law against smoking toll free numbers should be given to put complaints on smokers at any time and from

- Smoking mainly cause harm to children especially with the diseases like asthma and they also get used to it from very young age because of their environment they having.
- I want to quit smoking and spent 20 to 30 rupees on cigarettes .because it is easy to access at anywhere and government should increase the activities regarding awareness about smoking and its effects.
- If the area is under “No Smoking zone” then if somebody is smoking in the area it should be fined for e.g.: student centre of Panjab University campus in evening or later noon we can find people smoking there.
- Since smoking gives pleasure to the smokers, especially smoking rooms to be built. Rare area if someone wants to smoke he will do it anywhere.
- Government should impose fines on factories and lay heavy tanner on the manufacturing units. So that the rates increase it an extent and May people will quit due to the high rates. And smoking during should also banned.
- Government already made a law on smoking but not implemented properly people have very less information about this law and govt should spread some awareness camps to sensitize the peoples regarding smoking issues and COTPA.
- I spent around 100 rupees daily on cigarettes and want to quit smoking, I m liking the way you are trying to keep the public places smoke free.
- Government should work on counseling regarding smoking at public places especially at educational institutes and we must help the people to quit smoking to save their life and to protect the environment.
- Challans/Penalties for smoking should be enforced seriously bring into action. Govt also work to

stop/banned on the advertisement or those scenes which are promoting such things.

- Authorities should promote some alternative for smoking which will be beneficial for smokers and also for non smokers' health. And students, police, NGO'S also take it as an initiative to aware the peoples regarding smoking and its effects and work on this as a noble cause.

Conclusion

Female Students are more concern smoking related issues as compare to male respondents. Prevalence of smoking between female representatives is zero but on the other hand prevalence rate among male individuals is 37.03% and there awareness level regarding smoking is less compare to females. So there is a need to work on this issue because the present scenario shows that mouth and lung cancer is increasing due to smoking and other tobacco products.

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