Study to assess the Perception about Tobacco Consumption among Nursing Students in a Selected Nursing College

Rahul Kumar Jaga[1]

How to cite this article:

Rahul Kumar Jaga/Study to Assess the Perception about Tobacco Consumption among Nursing Students in a Selected Nursing College/Indian J Surg Nurs. 2022;11(3):99–106.

Abstract

Background of the study: "Health is wealth" goes the saying health is an essential factor for a happy contended life based on Alma-Ata's declaration. Much emphasis is being laid on health promotion and preventive health care. Encouraging people to adopt healthy lifestyles and appropriate coping strategies is a key to promoting optimum health.

Objectives: To assess the perception of nursing students towards tobacco consumption. And To determine the association of perception with the selected demographic variable.

Methodology: A descriptive study was conducted to assess the perception about tobacco consumption among nursing students with a view to providing tobacco avoidance therapy. A non-experimental research approach was adopted for this study, which was considered the most appropriate to assess nursing students' perception of tobacco consumption. The research design was a Descriptive survey research design. The population for this study was all nursing students studying at Jai Institute of Nursing and Research. A sample of 30 nursing students was selected by using a purposive sampling technique. Data was collected using a Likert type of perception rating scale.

Data were analyzed and Result: The results of this study revealed that the majority of the students (56.7%) belonged to the 21-23-year age group, the majority of male (100%) students, majority of the students (36.7%) belonged to the batch 2013-17, majority of 33.3% of the students are having family income more than 36997 Rs, majority of 46.7% of the students having no tobacco users in his family, majority of 70% of the student's age of 1st tobacco consumption between 16-24 year, majorities of 76.7% of the students were consumed tobacco by smoking, majority of 63.3% of the students were consumed tobacco at once or 2 times in a day, majority of the 33.3% students having unknown causes of tobacco consumption, majority of the 76.66% of the students are ready to quit now, majority of the 90% of the students knew about the harmful effects of tobacco consumption. The perception score showed that 100% of the students agree that cigarette smoking contains a chemical that irritates the air passage and lungs, There is a significant association of perception with Age and Feel About tobacco consumption at a 0.05 level of significance. Conclusion: this revealed that 100% of the nursing students had a good perception about tobacco consumption.

Keywords: Perception; Nursing; Tobacco; Avoidance Therapy.

Author Affiliation: [1]M.Sc. Nursing, Smt. Subhadraben Navinchandra Shah Nursing College, Balasinor 388235, Gujarat, India.

Corresponding Author: Rahul Kumar Jaga, M.Sc. Nursing, Smt. Subhadraben Navinchandra Shah Nursing College, Balasinor 388235, Gujarat, India.

E-mail: rahuljaga8769@gmail.com

INTRODUCTION

"Health is wealth" goes the saying health is an essential factor for a happy contended life based on Alma-Ata's declaration. Much emphasis is being laid on health promotion and preventive health care. Encouraging people to adopt a healthy life styles and appropriate coping strategies as a key to promoted optimum health.[1]

Tobacco use is one of the major health hazards the world faces globally. It is estimated that there are more than 1 billion.[2] The world health organization has estimated that tobacco and its products kill over 3.5 people worldwide every year.[3]

Smoking has great economic burden by causing a decrease of economic productivity and high health care expenditure in addition to the cost of tobacco. The rate of smoking had increase by 32% among 18-24 year old adult in the USA.[4, 5]

In addition, the preface of the WHO framework convention on tobacco control (FCTC) emphasis the role of the health professional bodies in efforts to include tobacco control in the public health agenda and contribute actively to the reduction of tobacco utilization. These actions are also described in the code of practice for health professionals which has been officially adopted now by several health professional association worldwide.[6,7]

Tobacco use among health professional is of particular importance the area of tobacco associated surveillance since they are not only accountable for primary health care but also in educating public and changing their perception towards tobacco consumption.[7,8]

The avoidance tobacco is the single most preventable cause of death and disease in our society and despite the information through materials or messages to increase awareness of the harm tobacco many people continue to consume tobacco in India inspite of tobacco consumption prohibition many people continue its uses.[9]

The question arises whether the smoking behavior of teenagers. Especially college going students is to their poor perception towards its avoidance or due to any other seasons tobacco use is the leading preventable cause of death in the world. Globally tobacco cause 5.4 million death on an average of one death every 6 second and account for one in 10 adults death worldwide the tobacco related death currently range between 8-9 lakh per year.[10]

OBJECTIVES

- To assess the perception of nursing students towards tobacco consumption.
- To determine the association of perception with the selected demographic variable.

Assumption

The nursing students may or may not have a positive perception towards tobacco consumption

Hypothesis:

H_1 : There will be a significant association of perception with the selected baseline variable at 0.05 level of significance.

H_0 : There will not be a significant association of perception with the selected baseline variable at 0.05 level of significance.

METHODOLOGY

Demographical variables

Age, gender, family income, family history of tobacco use, batch, Age of 1st tobacco consumption, tobacco type, frequency of consumption (in a day), causes of tobacco consumption like: Peer pressure, Personal pleasure, Stress reduction, Unknown causes.

Study variable: Perception

Research approach: A non-experimental research approach was adopted for this study, which was considered the most appropriate to assess the percept nursing students' perception of nsumption.

Research design: Descriptive survey research design.

Setting: The study was conducted among all nursing students of Jai Institute of Nursing and research. Jai Institute of Nursing and Research was established in the year 2006-07, and is recognized and approved by the Indian Nursing Council, New Delhi; The directorate of medical education, Bhopal (M.P.) and the Madhya Pradesh nurses registration council, Bhopal (M.P). It is affiliated to the Jiwaji University Gwalior (M.P.) and the Madhya Pradesh Medical Science University, Jabalpur (M.P.). This institute runs 4 fulltime nursing courses they are GNM, Basic B.Sc. nursing, PC B.Sc. nursing and M.Sc. Nursing. It also provides a 2 year diploma course for Auxiliary Nurses Midwives.

Population: The population of the present study

Rahul Kumar Jaga/Study to Assess the Perception about Tobacco Consumption among Nursing Students in a Selected Nursing College

101

refers to, all nursing students studying in jai institute of nursing and research.

Sample size: The sample size of the present study comprises 30 nursing students.

Sample technique: Purposive sampling technique was adapted to select the sample.

Sources of data: The data was collected from the nursing students studying in Jai institute of nursing and research.

SAMPLE CRITERIA

Inclusion criteria

1. The Student who are studying for nursing in the present institution
2. The student who are present at the time of data collection
3. Willing to participate in the study
4. Those who are consuming to tobacco

Exclusion criteria

1. The students who are not available at the time of study

Duration of data collection: The duration of data collection was for 1 month

Tool for data collection: A rating scale to assess the perception about tobacco consumption among nursing students. It is Likert type scale that consists of 25 items. 20 positively and 5 negatively worded. Items 5, 6, 9, 13, 17, are negative statement and remaining are positive. Each item has two alternatives, agree and disagree. Each item carries (1) mark for agree and (-1) mark for disagree. So the total is 25.

METHOD OF DATA COLLECTION

- A prior permission was obtained from the higher authorities of jai institute of nursing & Research College.
- Participant information sheet was obtained from the students.
- Perception rating scale was administered.
- Each student was given about 1 min/ question.

Analysis of data collection

- Descriptive and inferential statistic was used.
- Mean, median & mode was used to explain demographic variable.

Descriptive Statistics

Frequencies, percentage, mean, median & standard deviation was used to explain demographic variable & to complete the perception of nursing students.

Inferential statistics

A t-test was used to find out the association between selected demographical variables with the perception of nursing students.

RESULTS

Organization of findings

The collected data is organized and represented under the following headings:

Section I: Distribution of sample characteristics with selected baseline variables.

Section II: Distribution of perception of nursing students towards tobacco consumption.

Section III: Distribution of association of perception with the selected demographic variable.

Section I: Distribution of sample characteristics with selected baseline variables.
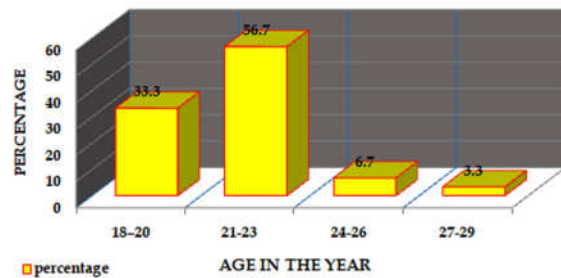

Fig. 1: Column diagram showing the age in the year.

The data in fig. 1 shows that most of the students (56.7%) belonged to the 21-23 year age group, 33.3% belonged to the 18 -20 year age group, 6.7% belonged to the 24-26 year age group, and 3.3% belonged to the 27-29 year age group
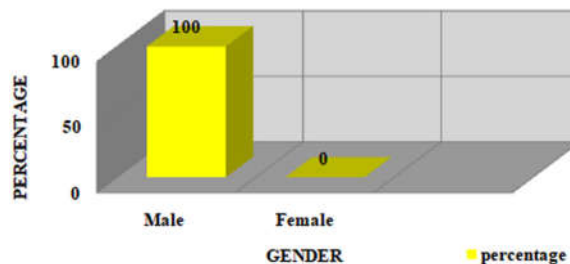

Fig. 2: Column diagram showing the gender.

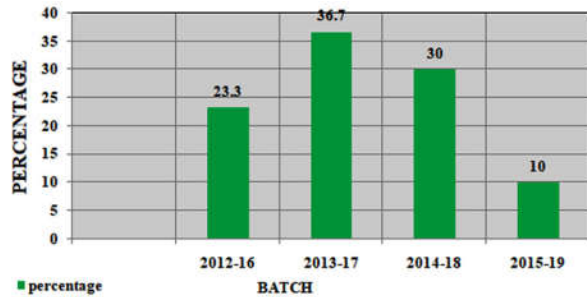The data in fig. 2 shows a majority of male (100%) students.

Fig. 3: Column diagram showing the batch.

The data in fig. 3 shows a majority of the students (36.7%) belonged to the batch 2013-17, 23.3% of the students belonged to the batch 2012-16, 30% of the students belonged to the batch 2014-18, 10% of the students belonged to the batch 2015-19.
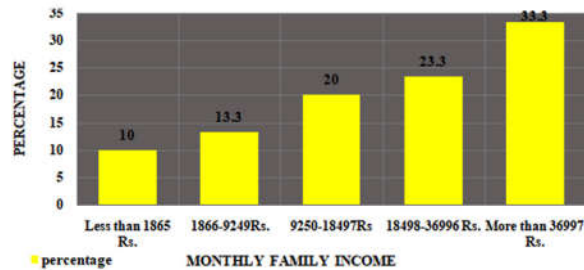

Fig. 4: Column diagram showing the monthly family income.

The data in fig. 4 shows a majority of 33.3% of the students are having family income more than 36997 Rs, and 23.3% of the students are having family income Rs 18498-36996, and 20% of the students are having family income 9250-18497 Rs, and 13.3% of the students are having family income 1866-9259 Rs, and 3% of the students are having family income less than 18656 Rs.
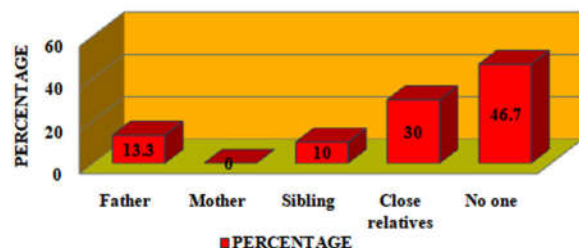

Fig. 5: Column diagram showing the tobacco users in the family.

The data in fig. 5 shows a majority of 46.7% of the students having no tobacco users in his family, 30% of the close relatives, and 13.3% fathers are using tobacco in the family, and 10% of the sibling.
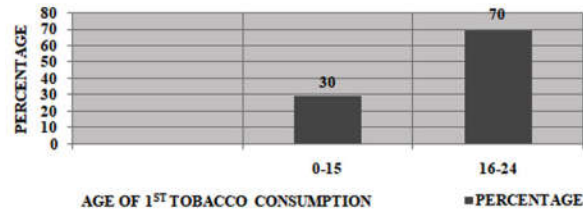

Fig. 6: Column diagram showing the age of 1st tobacco consumption.

The data in fig. 6 shows a majority of 70% of the student's age of 1st tobacco consumption between 16-24 year, and 30% of the student's age of 1st tobacco consumption is less than 15 year.
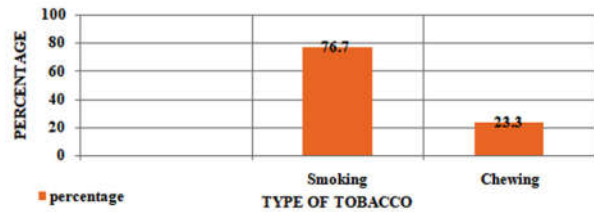

Fig. 7: Column diagram showing the type of tobacco.

The data in fig. 7 shows majorities of 76.7% of the students were consumed tobacco by smoking, and 23.3% of the students were consumed tobacco by chewing.
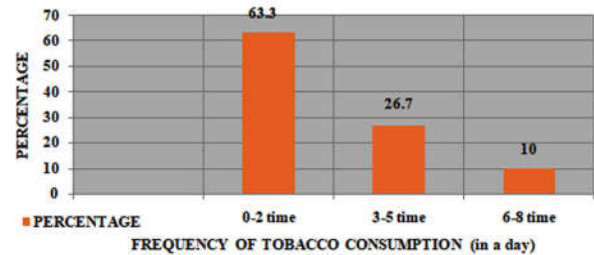

Fig. 8: Column diagram showing the frequency of tobacco consumption (In a day).

The data in fig. 8 shows a majority of 63.3% of the students were consumed tobacco at once or 2 times in a day, and 26.7% of the students were consumed tobacco at 3-5 time in a day, and 10% of the students were consumed tobacco at 6-8 time in a day.
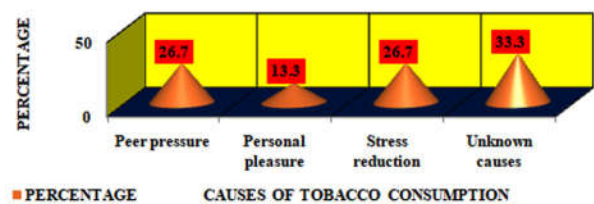

Fig. 9: Column diagram showing the causes of tobacco consumption.

The data in fig. 9 shows a majority of the 33.3% students having unknown causes of tobacco consumption, and 26.7% students are consuming tobacco to avoided stress and peer pressure, and 13.3% of the students consume tobacco for personal pleasure.
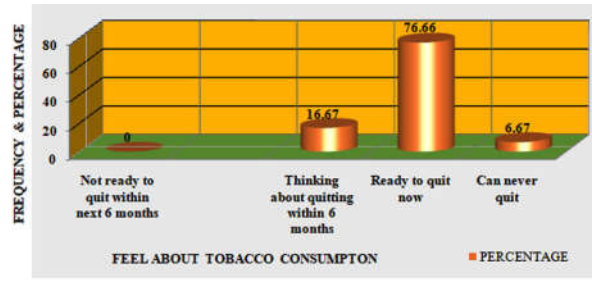
Fig. 10: Column diagram showing the feel about tobacco consumption.

The data in fig. 10 shows a majority of the 76.66% of the students are ready to quit now, and 16.67% of the students are thinking about quitting within 6 months, and 6.67% of the students are not ready to quit tobacco consumption.
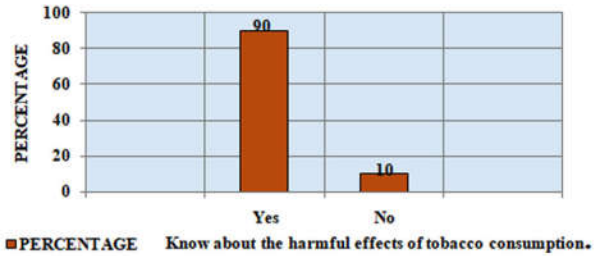

Fig. 11: Column diagram showing know about the harmful effects of tobacco consumption.

The data in fig. 11 shows a majority of the 90% of the students were knew about the harmful effects of tobacco consumption, and 10% of the students were did not know about the harmful effects of tobacco consumption.

Section II: Distribution of perception of nursing students towards tobacco consumption.

Table 1: Frequency and percentage distribution of the tool table

Sr. No.	Check appropriate box	Agree		Disagree	
		f	%	f	%
1	Smoking is harmful to your health.	29	96.7	1	3.4
2	Health professionals should set a good example by not smoking.	29	96.7	1	3.4
3	Tobacco is a primary cause of cancer	26	86.7	4	13.3
4	Tobacco consumption causes addiction.	25	83.3	5	16.7
5	Tobacco consumption is healthy for pregnant women and their babies.	25	83.3	5	16.7
6	I think tobacco should be consumed by youth.	22	73.3	8	26.7
7	Health professionals should get specific training on cessation techniques.	27	90	3	10
8	Health professionals should speak to community groups about the harms of tobacco consumption.	29	96.7	1	3.4
9	Smoking in enclosed public places should not be prohibited.	15	50	15	50
10	Tobacco sales to children and adolescents should be banned.	28	93.3	2	6.7
11	Avoiding tobacco increases life expectancy.	25	83.3	5	16.7
12	There should be a complete ban on the advertising of tobacco products.	26	86.7	4	13.3
13	Hospitals and health care centres should not have "smoke free" zone.	15	50	15	50
14	The price of tobacco products should be increased sharply.	20	66.7	10	33.3
15	Congenital deformities can be caused by maternal tobacco consumption.	26	86.7	4	13.3.
16	Passive smoking increases the risk of lung disease in non-smoking adults	29	96.7	1	3.4
17	Tobacco consumption does not have any impact on an individual economy.	21	70	9	30
18	Nicotine is not responsible for the cause lung cancer.	21	70	9	30
19	Cigarette smoke contains chemicals that irritate the air passages and lungs.	30	100	0	0
20	Government should encourage more tobacco avoidance advertisements.	20	66.7	10	33.3
21	Juice of tobacco products infiltrates the tissue, leading to cancer.	30	100	0	0
22	Tobacco Consumption should be discouraged in the presence of children and minors.	18	60	12	40
23	I think you would be able to stop tobacco consumption if you wanted to.	29	96.7	1	3.4
24	People can successfully quit tobacco consumption by the help of tobacco avoidance therapy.	28	93.3	2	6.7
25	Researches should be conducted to find alternatives for tobacco consumption.	29	96.7	1	3.4

Table 1 shows that

- 100% of the students agree that cigarette smoking contain chemical that irritate the air passage and lungs.
- 96.7%of the students agree that the smoking is harmful to the health.
- 93.3% of the students agree that public can successfully quit tobacco consumption by the help of tobacco avoidance therapy.
- 86.7% of the students agree that tobacco is primary cause for cancer.
- 70% of the students agree that the tobacco consumption does not have any impact on the individual economy.
- 50% of the students agree that smoking in enclosed public place should not be prohibited.

Table 2: Frequency and percentage distribution of the perception of the nursing students.

N =30

Perception Score	F	%
22-25	10	33.3
18-21	18	60
14-17	2	6.7
10-13	0	0
Below 10	0	0

Maximum score =24   Minimum score = 17

Data in table 2 shows that the nursing students' perception score among tobacco consumption 60% of the nursing students scored between 18-21, where as 33.3% of the nursing students scored between 22-25, and 6.7% of the nursing students scored between 14-17. The maximum score was gained 24 and the minimum score was gained 17.

Table 3: Distribution of the nursing students according to grading of perception score.

N = 30

Score	Percentage	Grade	F	%
13-25	91-100	Good	30	100
0-12	81-90	Poor	—	—

Maximum score = 24   Minimum score = 17

Section III: Distribution of association of perception with the selected demographic variable.

H$_1$: There will be a significant association of perception with the selected baseline variable at a 0.05 level of significance.

Table 4: Showing Mean, standard deviation, and 't' value of the observation. Calculation of 't' test using these observations

N = 30 population mean (μ) = 25

Perception score	Mean	Standard deviation	't' test
Total 622	21	1.8	('t'cal.)12.22
			('t' tab.)2.05

Maximum score = 24   Minimum score = 17

Table 4 shows that Mean (21), standard deviation (1.8), and 't'cal. (12.22) where 't'tab (2.05). And there is a significant association of perception with Age and Feel About tobacco consumption at a 0.05 level of significance e and degree of freedom (d.f) 29. The association was done using 't' test.

DISCUSSION

The findings of the present study have been discussed with the objectives, conclusions, findings and the results of other similar studies.

The findings of the present study are discussed under various headings.

1. Finding related to baseline variables.

2. Finding related to the perception of nursing students towards tobacco consumption.

3. Finding related to the association of perception with the selected demographic variable.

DISCUSSION OF THE FINDINGS

1. Finding related to baseline variables.

In the present study, subjects were in the age group of 18-29 years another similar study students belonged to the age group. This is because of the age group criteria required for nursing courses.

2. Finding related to the perception of nursing students towards tobacco consumption.

The study findings revealed that the students had a good (100%) perception about tobacco consumption. It revealed that they are aware of the harmful effects of tobacco consumption, but still they are consuming it. This could be because they are addicted to the product or because they have not been affected by the adverse effects.

3. Finding related to the association of perception with the selected demographic variable.

The study shows that the Mean (21), standard deviation (1.8), and ['t'cal. (12.22)] where ['t'tab (2.05)]. And there is a significant association of

Rahul Kumar Jaga/Study to Assess the Perception about Tobacco Consumption among Nursing Students in a Selected Nursing College

105

perception with Age and Feel about tobacco consumption at 0.05 level of significance and degree of freedom (d.f) 29. The association was done using 't' test.

CONCLUSION

This chapter deals with the conclusions drawn based on the study findings to assess the perception of nursing students towards tobacco consumption. Thirty nursing students were selected for the assessment of perception. This was done using a Likert's type perception rating scale. It was found that almost every student (100%) had a good perception about tobacco consumption; hance tobacco avoidance therapy was provided to all the students in the sample. It was 30 minutes Power Point presentation that comprised of the harmful effects of tobacco consumption, along with different ways and means an individual can use to avoid tobacco. Post therapy verbal feedback was obtained from the sample and it was found that they were satisfied with the information provided. The interested samples were randomly assessed and it was found that out of 30 samples 10 had significant decrease in the habit of tobacco consumption.

- Out of 30 study samples, 10 belonged to the age group 18-20, 17 belonged to the age group 21-23, 2 belonged to the age group 24-26, and 1 belonged to the age group 27-29. These nursing students comprised all the male students.

- Out of the 30 study samples, 33.3% had a very good perception and 60% students had very good poor perception towards tobacco consumption and 6.7% of the nursing students had average perception towards tobacco consumption.

Findings related toassociation of perception with the selected demographic variable.

There is a significant association of perception with Age and Feel About tobacco consumption at a 0.05 level of significance.

RECOMMENDATIONS

Keeping in view the findings of the present study, the following recommendations have been made for further study:

1. The study can be conducted on a larger group of students.

2. The study can also be done by assessing the post therapy evaluation of tobacco consumption.

3. The study can also be conducted on other students of other nursing college or disciplinary.

4. A comparative study on nursing students or other disciplinary students' perception about tobacco consumption.

5. The study can also be conducted in a community set up.

Limitations of the Study

1. Other nursing college students were not included.

2. Post therapy evaluation score was not obtained.

3. Due to the complexity of the problem attrition of sample were assess.

Implications of the Study

The findings of this study have several implications in the field of nursing practice.

Nursing education and nursing administration.

Implication for nursing practice.

The finding of the study will help nurses to concentrate on the avoidance of tobacco in nursing college.

Implication for Nursing Education

The finding of the study will enable professional as well as nursing students to provide health education to their fellow nursing students about the harmful effects of tobacco and how to avoid them.

Implication for Nursing Administration

The finding of the study will enable the nursing administrators of the various nursing college to implement measures to avoid tobacco consumption within nursing college campus.

Implication for Nursing Research

1. The finding of the present study will help in understanding and finding various other ways and means to avoid tobacco.

2. It will also enable to improve awareness to change the perception of nursing students about tobacco consumption.

REFERENCES

1. World Health Organization, The Health of Young a Challenge and a promise 1993.

2. World Health Organization, An international treaty for tobacco control, 2003 [www.who.int/features/2003/08], Geneva, Switzerland.

3. World Health Organization (2002), Reducing risk promotion healthy life. World Health Report.

4. D. Krishna Veni. A study to assess the knowledge on tobacco consumption and its hazards among adolescent boys age group between 18-22 years Rajiv Gandhi University of Health Science, Bangalore, Karnataka (unpublished thesis) 2008.

5. Devi Madhavi Bhimarasetty. Sunita Sreegiri Gopi. Srikanth Koyyana. Perception of young male smokers, Visakhapatnama, August 2013, Vol 1(3): 129-35. ISSN:-2321-1431.

6. Sukaina Alzyoud. Khalid A. Kheirallah. Linda S. Weglicki. Kenneth D. Ward. Abdallah Al-Khawaldeh. Ali Shotar. International Journal of Environmental Research and Public Health ISSN 1660-4601.

7. Campbell Grossman C. Hudson DB. Fleck MO. chewing tobacco use: perception and knowledge in rural adolescent youth. University of Nebraska Medical Center, College of Nursing, Lincoln, Nebraska Jan-March, 2003:13-21.

8. Manohar Bhatia. Ashok Mishra. Anil K. Agrawal. Prevalence and pattern of tobacco addition among auto- rickshaw drivers of North center India, Asian Pacific Journal of Health Sciences, 2014; 1(4): 312-318.

9. Pradeep Agrawal. Saurabh Varshney. SD Kandpal. Pratima Gupta. Habits and beliefs pertaining to tobacco among undergraduates of a medical college, Dehradun, Uttarakhand, JIACM 2012; 13(3):189-94.

10. Janki Bartwal. Sadhna Awasthi. Chandra Mohan Singh Rawat. Anupma Arya. Awareness and pattern of tobacco use among the medical students, Haldwani, Nainital Uttarakhand, open Journal System 2014, Vol 26 No 2, ISSN: 0971-7587.