STUDENTS’ KNOWLEDGE ON THE EFFECTS OF SMOKING IN HEALTH: A DESCRIPTIVE STUDY

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ABSTRACT
Objectives: This study aimed to assess the knowledge of students in Riyadh, Kingdom of Saudi Arabia regarding the effects of smoking on health. Methods: A descriptive survey study was intensively led with gathering data with 40 students were randomly selected samples registered in Alquwiyiah City with an 8 closed-ended survey questionnaire was utilized. Results and conclusion: Results revealed that students’ ages were consistently ranged among 17-23 years and were dispersed among five (5) levels. Mostly, students are smokers (40%) and co-smokers (27.5%). More so, it also showed that students had fair knowledge (42.5%) on the effects of smoking in health and mostly, without knowledge on considering dangerous cigarette properties. Consequently, results suggested a poor comprehension of Alquwiyiah students related to the effects of smoking on health. Recommendations: In this manner, the researchers modestly advocate that highlighting health education programs could place a huge emphasis on tobacco adverse health effects awareness and cessation use among Alquwiyiah students. Influential authorities must set firm protocols and strategies in protecting non-smokers from hazardous effects concerning smoking within academic institutions.

KEYWORDS: Assessment, associated problems, cardiovascular, co-smoker, diseases Alquwiyiah, hazardous substance, health, lung cancer, nicotine.

Background and Significance of the Problem
The primary purpose of unavoidable death is cigarette smoking with roughly estimate of a quarter of individuals smokes, and the mass of deaths yearly are linked to smoking-related diseases.[1] Incidence rates have unchanged significantly and in definite cases have increased community measures to control and reduce tobacco use.[2] A significant quantity of research focused on the attainment of an improved awareness of cigarette smoking dependence and its consequences on health.[2] Advanced report may sustain healthcare specialists to mend problems on smoking and cessation programs is extensively a significant optimism. Physicians, nurses, and educated personnel as fundamental care providers, are the frontiers of smoking cessation, anticipated the vast quantity of cigarette smokers visiting healthcare facilities or in the community annually.[2]

Nonetheless, a sum of smokers in Europe had been declined; while the condition currently in Africa is pre-

epidemic with a number of smokers is rapidly increasing.[3] Conversely, studies indicated that fewer smoking percentages are seen in healthcare providers in Great Britain, United States[4,5] and Brazil,[6] but greater in Italy,[7][8][9] Hungary Japan,[10] Saudi Arabia,[11] and Spain.[12]

Furthermore, the deficiency of significant accounts to initiate smoking is substantially recognized. The body does not demand tobacco like the means that it needs the fundamental biological requirements. Likewise, it turns on the challenge when it’s being aggrieved. Consequently, people determine for frequent challenges to begin tobacco smoking. First-time smokers usually feel uneasy to lungs and throat irritation and disease or even create for certain the primary rare times to try tobacco use with the hazardous effects occur gradually.[12]
The hazardous effects of tobacco use are under epidemiological exploration that has been focused mostly on tobacco smoking, at the same time, it has been revised more broadly than whichever type of use. Tobacco use indicates largely to complaints with cardiac and pulmonary problems, while smoking is considered the primary risk factor for heart attacks, strokes, chronic obstructive pulmonary disease (COPD), emphysema, and cancer (particularly lung cancer, cancers of the larynx and mouth, and pancreatic cancer).\[^{13,14}\]

Several complications were recognized due to tobacco duration use and dosage level. Likewise, the previous and the higher level of tar substance in the tobacco-filled cigarettes crushed the higher chance of known diseases. Smoking intensifies the danger of respiratory and other infections and upsets immune system function. Nearly, there are 4000 chemicals in cigarettes, with hundreds of it has toxic effects.

Tobacco use is a significant cause in pregnant smokers’ miscarriages; it specifies a sum of other risk factors to fetal low birth weight and premature births that increases by 1.4 to 3 times the likelihood of sudden infant death syndrome (SIDS).\[^{15,16}\]

Incidence of impotence is roughly estimated to 85% that is superior to male smokers as compared to non-smokers, and it is a critical cause of erectile dysfunction.\[^{17,18}\] The effects of smoking on health are tremendously severe and, in numerous cases, centrals to decease. The World Health Organization (WHO) stated that there are around identified 25 smoking-related diseases.\[^{19}\]

Therefore, this study aimed to assess the knowledge of Alquwiyiah students regarding the effects of smoking on their health with the intent to be aware of the state and to generate suitable measures. However, this study is limited in assessing students’ knowledge, without the study of their attitude, and practice for it necessitates definite smoking surveillance among students.

**RESEARCH OBJECTIVES**
1. To assess students’ demographic characteristics in terms of their age, level and status;
2. To measure students’ knowledge related to the effects of smoking on health;
3. To measure students’ knowledge regarding cigarette’s hazardous substances;
4. To measure students’ knowledge on smoking-related diseases.

**Research Methodology**
A descriptive survey design was used to assess students’ knowledge on the effects of smoking in health.

**Population and Samples**
This survey included forty (40) baccalaureate students of several academic institutions with a convenience sampling technique was suitably used.

**Data Analysis**
Using Statistical Package for Social Sciences (SPSS) software computer, data related to demographic characteristics such as students’ age, level, as well as their status, and their total level of knowledge related to smoking effects on health, cigarette’s hazardous substances, and smoking-related diseases were examined with descriptive statistics.

The results of the study were presented using tables and graphs; specifically, bar and pie graphs.

**Research Findings and Results**

<table>
<thead>
<tr>
<th>Demographic characteristics</th>
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<tbody>
<tr>
<td><strong>Students’ age</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17-20 years</td>
<td>22</td>
<td>55</td>
</tr>
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<td>21-23 years</td>
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<td>Above 23 years</td>
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<td>15</td>
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<tr>
<td><strong>Students’ level</strong></td>
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</tr>
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<td><strong>Students’ status</strong></td>
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</tr>
<tr>
<td>Co-smoker</td>
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<tr>
<td>Never smoke</td>
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<td>32.5</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>40</td>
<td>100</td>
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</table>

*frequency (f); percentage (%).
Figure 1: Students’ knowledge regarding cigarette’s hazardous substances.

Figure 2: Students’ knowledge on the effect of the smoking in the lungs as a smoking-related disease.

Figure 3: Students’ knowledge on the effect of the smoking in the heart as a smoking-related disease.
Figure 4: Students’ knowledge on the effects of the smoking in pregnancy.

Figure 5: Students’ knowledge on smoking-related diseases.

Figure 6: Total students’ knowledge related to the effects of smoking on health.
DISCUSSION
This descriptive survey study was conducted to assess the knowledge level of smoking effects on health using a pre-tested-designed, 8-closed-ended, self-administered, structured survey instrument. To cipher students’ knowledge level, ranking was employed in each question to establish standardization as to good knowledge (>75%), fair knowledge (50-74%), and poor knowledge (<50%).

With a convenience sample of 40 students in Alquwyiayah City, students’ age homogeneity with a range between 17-23 years (x=1.6; SD=0.744) was identified, Table 1. Aside from being young, students were mostly dispersed in different levels that include level 2 (45%), level 1 (17.5%), and level 5 (15%).

Significantly, most students were smokers (40%) and co-smokers (27.5%). However, it was noticeably remarkable that 32.5% of them admit that they never smoke but they essentially smoke.

Students’ knowledge concerning dangerous properties in cigarettes was regarded as fair (42%), good (30%), and poor (27.5%), Figure 1. These percentages were considered lower than revealed in previous studies. Similarly, a study conducted in the University of King Saud in Abha assessed students’ smoking practices and showed their adherence to smoking despite awareness towards smoking effects.

More so, this study shown that despite being smokers and co-smokers, they consequently have low knowledge to smoking-related diseases with the utmost percent and distinctions are statistically significant (p-value=0.039).

This study also displayed that students have fair knowledge (37.5%) and poor knowledge (32.5%) regarding the smoking effects in the lungs, Figure 2.

In terms of the cigarette smoking effects on cardiovascular system, study revealed that students have poor knowledge (37.5%), fair knowledge (30%), and good knowledge (32.5%), Figure 3.

Likewise, this study presented that of Alquwyiayah students have poor knowledge (37.5%), fair knowledge (32.5%), and good knowledge (30%) in least percent, towards smoking effects in pregnancy, Figure 4.

The study also indicated students’ knowledge was fair (45%), poor (35%), and less students have good knowledge (20%) regarding smoking-related diseases, Figure 5.

Definitively, this study showed that most respondents’ knowledge was fair (42.5%), poor (27.5%), and good (30%), Figure 6. Knowledge of University students towards the effects of smoking, exploration, involving healthcare undergraduate students are insufficient and vary in the area, indeed, among medical students of Chinese (26.8%), Turkish (35–56%), Japanese (10.3%), and Italian (22.4%) recounted that they had a good knowledge regarding smoking hazards.

In the University of Queensland, Royal Brisbane Hospital in Australia, an interventional study was conducted to appraise the smoking-related knowledge and outlooks of senior medical undergraduate students and discovered their knowledge was considerably superior at post-test (mean unweighted scores of 69% before and 74% after intervention). The study exhibited favorably that undergraduate students practice their purpose of smoking cessation and healthcare providers have a significant impact on reducing smoking sizes. Although students acknowledged smoking intervention to be a wise effort, they constantly uninterested regarding the reinforcement with which behaviors of patients to smoking be be modified.

CONCLUSION
Students from Alquwyiayah City, Riyadh were evaluated and recognized consistently between 17-23 years of age, dispersed within 5 levels. Mostly, students are smokers (40%) and co-smokers (27.5%). Subsequently, students have a poor knowledge regarding to the smoking effects in the lungs, heart, and pregnancy. Furthermore, they didn’t have knowledge nor had fair knowledge related to hazardous properties in cigarettes, other smoking-related complications and disorders. Therefore, the results revealed students of Alquwyiayah have a fair knowledge regarding the effects of smoking in their health.

Recommendations
The researchers highly commend that
1- Fundamental programs related to practices that distress health resembling to smoking must be wide-ranging, unconventional, and with innovative knowledge for entirely levels to maintain and safeguard the health of the public.
2- Widespread student courses should continuously keep up-date comprehension and proficiencies about the effects of smoking in health.
3- Open-accessed discussions can be facilitated to invite student and the public regarding smoking effects on health by community specialists.
4- Appropriate authorities must place firm protocols related to smoking inside the academic institutions and other fields to safeguard the public from vulnerabilities.
5- This study was limited only to Alquwyiayah students’ knowledge, hence, it is suggested to commence broader researches to establish students’ attitude and practices concerning smoking.

REFERENCES
Abdalla et al. European Journal of Pharmaceutical and Medical Research


