

**ORIGINAL ARTICLE****Tobacco Use Among Young Students and its Influence on Role Models**

Rajinder Kumar Sharma

Associate professor, Department of Community Medicine, TSM Medical College Lucknow, Uttar Pradesh, India

**ABSTRACT:**

**Background:** Smoking is a noteworthy general wellbeing, especially in youthful grown-ups between the ages of 18 and 25. The primary target of this examination is to discover the use of tobacco among Young Students and its Influence of Role Models.


**Materials and Methods:** This was a cross-sectional examination. Two universities of North India were picked. There were 220 pre-adult students aged 16–25. Socioeconomics data including age, sex, and current smoking practices were noted. **Result:** A sum of 38 students detailed having ever attempted cigarette or bidi smoking. The pervasiveness of current smoking was 8.5% (18). 14 of the students detailed having ever utilized smokeless types of tobacco. The prevalence of tobacco utilize by and large was observed to be 21.9%, and was altogether higher among the boys than the females. Tobacco utilize was observed to be altogether connected with having seen a sibling/sister smoke, closest companion smoke, and having a place with an atomic family.

**Conclusion:** The impact of benefits in teenagers can impact tobacco use into youthful adulthood. Family structure and sex can impact the asset–tobacco utilize relationship.

**Keywords:** Adolescent, behavior, students, smoking, tobacco use, role models.

Corresponding author: Dr. Rajinder Kumar Sharma, Associate professor, Department of Community Medicine, TSM Medical College Lucknow, Uttar Pradesh, India

This article may be cited as: Sharma RK. Tobacco Use Among Young Students and its Influence on Role Models. J Adv Med Dent Scie Res 2017;5(9):117-120.

Access this article online	
<p>Quick Response Code</p> 	Website: <a href="http://www.jamdsr.com">www.jamdsr.com</a>
	DOI: 10.21276/jamdsr.2017.5.9.29

**INTRODUCTION:**

Tobacco utilization has fallen generously over the previous 30 years in many industrialized nations accordingly of increasing attention to the perils of tobacco utilize and the execution of forceful and effective tobacco control arrangements.<sup>1</sup> Interestingly, over a similar day and age, tobacco utilization has been expanding in the creating scene; creating countries now devour the best offer of the world's cigarette production.<sup>2</sup> Just as worldwide tobacco utilization is moving amongst industrialized and creating nations, the tobacco pandemic is spreading to ladies in an assortment of settings. Truly, smoking by ladies in industrialized nations expanded amid the most recent century, falling behind the ascent in men by around 20 to 30 years.<sup>3</sup> This ascent among ladies can be credited to debilitating social, social, and political imperatives, combined with ladies' winning force and focused on promoting by tobacco organizations.

Today, the pervasiveness of smoking among ladies in a few nations stays high, while reconnaissance information from different nations give cautioning of expanding use among youth, especially young ladies.<sup>4</sup> In light of the high predominance of tobacco utilize and the way in which it is utilized, tobacco represents an expansive weight of bleakness and mortality in India. It has been evaluated that 20% of deathss among men and 5% of deaths among ladies between the ages of 30 and 69 are

caused by smoking. Late gauges demonstrate that by 2010, almost1 million grown-up passages every time of individuals between the ages of 30 and 69 in India will be caused by smoking.<sup>5</sup>

Most tobacco utilize starts in early pre-adulthood—all initially utilize happens before the age of 18; many nations, few individuals begin smoking after the age of 21. The effect of parental smoking has been considered in an extensive variety of settings in an expansive number of studies, which have brought about an assortment of results.<sup>6</sup> Most investigations of the relationship between parent smoking and juvenile smoking have been directed in industrialized nations. Some have discovered critical affiliations, and some have not. Other conventional hazard factors, including peer smoking, positive convictions about smoking, and saw social standards, were additionally connected with smoking or smoking powerlessness.<sup>7</sup> When all is said in done, the relationship with parental and kin smoking were found to be more grounded than those with peer smoking, prompting the conclusion that in this more aggregate society, the family may have a more grounded impact than it regularly has in some Western nations.<sup>8</sup>

Research has recommended that role models are best ready to initiate inspiration when they are seen as exceeding expectations in an applicable area and achievement seems possible. Lockwood and Kunda

(1997) found that perusing data about applicable role models (i.e. training majors perusing about a fruitful educator or bookkeeping majors perusing about an effective bookkeeper) will probably build inspiration to prevail when contrasted with perusing about non relevant part models. Role models can likewise influence wellbeing applicable behavioral goals.<sup>9</sup> Specialists exhibited that both positive and negative wellbeing/wellness role models expanded inspiration to receive sound practices that would prompt benefits. Smoking among youthful grown-ups is of awesome worry among scientists, as this age bunch is at high hazard for experiencing negative wellbeing results related with tobacco utilize and these negative outcomes, thusly, prompt expanded expenses for the human services framework and society.<sup>10</sup>

Youthful grown-ups are not roused to stop tobacco utilize on the grounds that wellbeing concerns are less notable and unmistakable than are results significant to social picture and connections. Youthful grown-up smokers, be that as it may, may encounter more noteworthy inspiration to quit smoking if negative social outcomes of smoking are underlined as opposed to negative wellbeing outcomes of tobacco utilize.<sup>11,12</sup> People may likewise vary as far as whether they are better propelled to change their practices in light of accepting data from a positive or negative role models because of contrasts in administrative center. The targets of the present examination were to inspect role models impact on college students smoking practices.

**MATERIALS AND METHODS:**

Two colleges in the North India were incorporated into the examining frame. Participants were 220 college students (129 male and 91 female). Before information gathering, endorsement of all human subject methodology was gotten from the Institutional Review Board. Members announced socioeconomic data including age, sex, ethnic foundation, and current smoking practices, at that point finished the advancement/aversion administrative concentration scale. The present examination used a two session plan. In the primary session, in the wake of perusing an exploration data sheet and giving educated assent, members were informed that they would share in two related examinations with the second session occurring in two weeks.

They were informed that the reason for the examination was to explore states of mind toward tobacco utilize and they would finish two picture arranging undertakings, react to different study things, and assess a short essay. Participants were haphazardly allotted to peruse data about a positive role model, a negative role model, a positive social role model, a negative social role model, or no good example. The positive part role model said quitting smoking to advantage physical wellness while the negative role model talked about impairments in physical wellness related with tobacco utilize. The positive social role model expressed that he/she halted smoking on the grounds that because of dissatisfaction with tobacco use from companions though the negative

social part display specified that his/her companions did not excuse tobacco utilize and started excluding him/her for smoking. In all conditions, members at that point detailed their behavioral aim to stop smoking by demonstrating their reactions. The students were made a request to say having ever observed any role model smoking cigarettes.

**RESULTS:**

The age of the respondents ranged from 16 to 25 years. Overall, among the 220 respondents, there were 129 males and 91 females. Three-fourths belonged to a nuclear family and the remaining were part of a joint family. The students were asked to mention having ever seen any “role models” smoking cigarettes. Nearly 32% of the students (70) had seen their father smoke, boys being more than girls in number. A very small number had seen their mother ever smoking. The number of siblings had been seen smoking is 11 and a best friend seen smoking is 26. A sum of 38 students detailed having ever attempted cigarette or bidi smoking. The pervasiveness of current smoking was 8.5% (18). 14 of the students detailed having ever utilized smokeless types of tobacco. The prevalence of tobacco utilize by and large was observed to be 21.9%, and was altogether higher among the boys than the females.

**Table 1:** Demographic details

Variables	Number
Age (years)	21.5± 4.6
Gender	
Male	129
Female	91
Family structure	
Nuclear	156
Joint	64
Parents education level	
Both parent educated	93
At least one parent had completed high school/college	82
Both parent had less than high school education	45
Family history of smoking	
None	150
1 or more person smoking	70

**Table 2:** Tobacco use among students

Behaviour	Males	Females
Ever had cigarette or bidi	26	12
Age at first smoking		
< 15	7	3
> 15	19	9
Number of cigarette per day		
1-2	11	6
3-5	8	4
>5	7	2
Current smoker		
Yes	18	7
No	8	5
Use of smokeless tobacco		
Yes	14	9
No	12	3

**Table 3:** Role models seen smoking

Role model seen smoking	Number
Brother / sister smoking	11
Best friend smoking	26
Favorite celebrity smoking	32

**DISCUSSION:**

Our investigation found that social and role model impacts were plainly connected with the start and, reinitiation of smoking in this populace of youthful grown-ups.<sup>13</sup> These components were huge indicators of smoking status even in the wake of altering for other known hazard factors in the display, for example, family history of smoking, liquor utilize, and depressive indications. Further, these outcomes propose that role models were more prescient of smoking in this populace of youthful grown-ups than generally prescient statistic factors, for example, age, sex, and training level.<sup>14</sup>

Our examination additionally found that companion standards assumed a solid part in the start and reinitiation of smoking. Notwithstanding the way that 38 (17%) of youthful grown-ups in this populace smoke cigarettes, respondents who were smokers seen this rate to be substantially higher. The affectionate idea of the student populace and the way that smokers are more unmistakable as they are required to smoke in assigned open air areas may have added to the observation that the major share of students smoke. Despite the fact that this observation is mistaken, the conviction seems, by all accounts, to be most effective for the individuals who are most defenseless against start or reinitiate smoking.<sup>15</sup>

Having a best friend that smoked was prescient of start of smoking among past nonsmokers, however was not prescient of re-initiation of smoking among the individuals who had smoked already.<sup>16</sup> It might be that the nearness of a smoking companion might be sufficient of an impact to entice a nonsmoker to take a stab at smoking, though for the individuals who have a past filled with smoking different elements, including fixation, exceed the impact of a smoking room mate/ best friend.

About 30% of the students had seen their dad smoking while a sibling had been seen smoking by 5%. These are troubling figures as the practices of the close relatives are probably going to impact the exercises of the young people. 26 (16%) specified having seen their closest companion smoke. Kotwal et al. (2005) in their examination, discovered lifetime regularly smoking by 18% of the school understudies in the age gathering of 16–19 years, a finding that nearly coordinates ours.<sup>17</sup>

Tobacco ever use among young ladies in our examination (5.0%) however is equivalent to the worldwide normal (6.0%) among young ladies of the age gathering of 15–19 years found in 1995. However, smoking rates are expanding quickly among young ladies particularly those in urban zones, a finding that backings the attestation in a WHO review.<sup>(3)</sup> The present investigation found that tobacco utilize was fundamentally more among students who had seen their sibling/sister or their closest companion smoke. Our discoveries are in concurrence

with the perception by WHO that youths whose guardians or sibling smoke or whose companions do as such are especially prone to utilize tobacco themselves.<sup>18</sup> Jha (1994) excessively revealed that cases set by sibling and guardians, and companion pressure are firmly connected with tobacco use by youthful people.<sup>19</sup>

Another factor could be that in the present investigation, just the smoking status of the closest companion had been requested, not of companions by and large.<sup>20</sup> Parental smoking has been observed to be a solid indicator in the western investigations. This investigation found a strong relationship of tobacco use by the subject with the quantity of role models at any point seen smoking, very like the discoveries of Taylor et al.<sup>21</sup>

One of our investigation's impediments is the measure of missing information; be that as it may, this was tended to through different attribution. The length of the review may have accounted for the missing information as well as for our reaction rate. Besides the discoveries and their translations are confined to pre-adult students. Additionally ponders are required that cover the gatherings of teenagers who are out of school or college, as the prevalence of health risk behaviors is probably going to be higher among such young people.

**CONCLUSIONS**

The discoveries in the investigation propose that tobacco utilize is as yet an imperative hazard conduct among youthful understudies. This examination found a solid relationship of tobacco use by the young people with having seen different role models consistently smoking. Tobacco utilize discontinuance programs focusing on the youths would should be aware of the impact of the role models on their objective populace also..

**REFERENCES:**

- Bandura, A. (1986). Social foundations of thought and action: A social cognitive theory. Englewood Cliffs, NJ: Prentice-Hall.
- Rath JM, Villanti AC, Abrams DB, Vallone DM. Patterns of tobacco use and dual use in U.S. young adults: the missing link between youth prevention and adult cessation. *J Environ Public Health* 2012;2012:9.
- Arnett JJ. Emerging adulthood: the winding road from the late teens through the twenties. New York: Oxford University Press; 2004.
- Boles, S., & Johnson, P. (2001). Gender, weight concerns, and adolescent smoking. *Journal of Addictive Diseases*, 20, 5-14.
- Durvasula, S. & Lysonski, S. (2008). A double-edged sword: Understanding vanity across cultures. *Journal of Consumer Marketing*, 25, 230-244.
- Eiser, J. R., Morgan, M., Gammage, P., Brooks, N., & Kirby, R. (1991). Adolescent health behaviour and similarity-attraction: Friends share smoking habits (really), but much else besides. *British Journal of Social Psychology*, 30, 339–348
- Grøtvedt, L. & Stavem, K. (2005). Association between age, gender and reasons for smoking cessation. *Scandinavian Journal of Public Health*, 33, 72-76.
- Hahn, E. J., Rayens, M. K., Butler, K. M., Zhang, M., Durbin, E., & Steinke, D. (2008). Smokefree laws and adult smoking prevalence. *Preventative Medicine*, 47, 206-209.

9. Curbing the epidemic: governments and the economics of tobacco control. Washington, DC, The World Bank, 1999.
10. STEPwise approach to surveillance (STEPS). Geneva, World Health Organization, 2008. 2004 National Drug Strategy Household Survey: first results.
11. Monteiro CA et al. Population-based evidence of a strong decline in the prevalence of smokers in Brazil (1989–2003). *Bulletin of the World Health Organization*, 2007, 85:527–534.
12. Vanderschmidt HF, Lang JM, Knight-Williams V, Vanderschmidt GF. Risks among inner-city young teens: The prevalence of sexual activity, violence, drugs and smoking. *J Adolesc Health* 1993;14:282-8.
13. Oman RF, Vesely SK, Aspy CB, et al. A longitudinal study of youth assets, neighborhood conditions, and youth sexual behaviors. *J Adolesc Health* 2013;52(6):779–85.
14. Barrett AE, Turner RJ. Family structure and mental health: the mediating effects of socioeconomic status, family process, and social stress. *J Health Soc Behav* 2005;46(June):156–69.
15. Gore S, Aseltine RH, Colton ME. Social structure, life stress, and depressive symptoms in a high school-aged population. *J Health Soc Behav* 1992;33(June):97–113.
16. Cheney MK, Mansker J. African American young adult smoking initiation: Identifying intervention points and prevention opportunities. *Am J Health Educ* 2014;45(2):86–96.
17. Kotwal A, Thakur R, Seth T. Correlates of tobacco-use pattern amongst adolescents in two schools of New Delhi, India. *Indian J Med Sci* 2005;59:243-52.
18. Jha P, Ranson MK, Nguyen SN, Yach D. Estimates of global and regional smoking prevalence in 1995, by age and sex. *Am J Public Health* 2002;92:1002-6.
19. World Health Organization. *The health of young people: A challenge and a promise*. Geneva: WHO; 2002.
20. Jha SS. Lifestyle related problems of youth. *Indian J Soc Work* 1994;55:3-12.
21. Taylor JE, Conard MW, Koetting O'Byrne K, Haddock CK, Poston WS. Saturation of tobacco smoking models and risk of alcohol and tobacco use among adolescents. *J Adolesc Health* 2004;35:190-6.

**Source of support:** Nil

**Conflict of interest:** None declared

This work is licensed under CC BY: *Creative Commons Attribution 3.0 License*.