Reasons of cigarette smoking among the girl students in Kurdistan University of Medical Sciences, Iran

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Abstract

Original Article

BACKGROUND: Smoking has been a public health problem in the world. In fact, it has been mentioned as a preventable factor of death and diseases. So, the goal of doing this research was to determine the frequency of smoking tendency and its correlate factors among the girl students in Kurdistan University of Medical Sciences, Iran.

METHODS: This was a descriptive cross-sectional study using simple random sampling method. Data collection instruments were confirmed questionnaires. The statistical population included all the girl students in Kurdistan University of Medical Sciences. The data were analyzed using SPSS software.

RESULTS: The prevalence of smoking cigarette among the girl students in Kurdistan University of Medical Sciences was 1.8%, as well as 2.2% for hookah consumption. Considering the relationship between smoking and residence situation, 22.1% of native students and 24.8% of alien students had experienced smoking.

CONCLUSION: Results of this study showed a low prevalence of smoking (1.8%) among the girl students in Kurdistan University of Medical Sciences.

KEYWORDS: Girl, Cigarette, Smoking, University

Introduction

Today, in spite of massive advertising for its abnormalities, the world has been accepted the use of cigarette as a compulsory reality, and profits are high and many taxes are derived from it.[1,2] Smoking is a worldwide public health problem, and is considered as a prevalent cause of death and illness, which is important for many reasons. According to the World Health Organization (WHO), one billion people worldwide smoke, and smoke 60 trillion cigarettes annually.[3] Smoking is one of the most important causes of cardiovascular, respiratory, cancer, and other diseases, the cause of 20% of deaths from cardiovascular diseases, and 30% of deaths from cancer. This amount is 85% for lung cancer. Smoking cigarette causes 20% of prevalent deaths in developed countries.[4]

A lot of studies have been done about the tendency of young people to cigarette in different societies. Students have reported a friendly relationship, time and life expectancy, life problems, social acceptability, low level of parental education, desire for personality, smoking during depression, lack of emotional needs, academic failure, unemployment, environmental factors, and

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peripheral stress as the main causes of cigarette tendency.[3,5,6] Rahmanian et al. study indicates that, friend's most likely offer smoke for the first time.[7] In the study of Gorji et al., it is noted that unemployment variables influence smoking rates. Divorce alone is not a factor in cigarette smoking, but according to them, it is likely to use it in the families of divorced households; which makes it necessary to pay attention to the strength of the family, and the education of the divorced children, and further studies in this category.[2]

In the study of Shoja et al., the most important reasons for smoking tendency were smoker friends (33%), being interested in smoking (27%), having recreation (24%), being unemployed (12%), and being away from the family (4%).[1] In Tavakolizadeh et al. study, the high risk of smoking among the girls with lower self-esteem was higher than that of boys. The incidence of smoking in these girls was 2.8 times higher than that of girls who had higher self-esteem.[8]

Providing healthy and exciting facilities and amenities such as ease of access to computer and internet services, well-equipped libraries, and useful tours can be a step forward in providing appropriate and practical measures for interventions to prevent the use of tobacco in young people.[9] It seems that smoking cigarette has increased among different groups of the population, including students, and threatens the health of young people as a cultural and social harm.

So far, many studies have been done to investigate the causes and factors in students, but so far, such study has not been carried out in Sanandaj City, Iran. Today, researchers are seeking to understand the motivation and causes of smoking among young people, so that they can take steps to provide appropriate and scientific solutions on the necessary interventions for prevention, treatment, and quitting smoking. The present study aimed to determine the prevalence of smoking among girl students in Kurdistan University of Medical Sciences, Iran, in year 2015.

Materials and Methods

This study was a descriptive cross-sectional study. The population was girl students in Kurdistan University of Medical Sciences. The sample size was 278 and the data were collected using a questionnaire.

Data collection instrument was a questionnaire made and confirmed by the researchers. The voluntary girls completed it during their free times. The questionnaire was designed using the previous researches on smoking and hookah among the students,[3] and also using the opinions and ideas of experts and professors. The validity and reliability of the questionnaire was performed before the implementation of the project. For this purpose, the questionnaire was first performed by 20 relevant faculty members, and the researchers reviewed and reviewed it to finalize it. Then, the questionnaire was completed before and after the completion by 60 students.[3] The final questionnaire comprised three parts related to demographic variables, general topics, and the type of substance used (cigarette or hookah). In the demographic section, factors such as sex, age, year of entering university, marital status, residence status, and religious beliefs were considered. In general thread, history of opiate use in the family, cause of opiate use, and the reason for not to use of opiate were mentioned. In the third part, the data on consumption, and substance use were reported.

After obtaining the student's satisfaction and completing the questionnaire by themselves, they were asked to not mention their name and personal details.

Data analysis was performed using frequently distribution and regression analysis via SPSS software (version 16, SPSS Inc., Chicago, IL, USA).

Results

In this study, 278 girl students in Kurdistan University of Medical Sciences with the age

range of 18 to 34 years were considered. 63 participants (22.7%) were 20 years old, and they had the highest number among the samples.

The prevalence of factors effecting smoking among the studied students are listed in table 1.

Table 1. The prevalence of the factors affecting smoking among the girl students in Kurdistan University of Medical Sciences, Iran

Factor	Do not have	Have
Health concern	183 (65.8)	95 (34.2)
Fear of rejection	269 (96.8)	9 (3.2)
Parent force	268 (96.4)	10 (6.3)
Financial restriction	272 (97.8)	6 (2.2)
Sickness	176 (63.3)	100 (36.7)
Concern and worry	276 (99.3)	2 (0.7)
Concern and force	276 (99.3)	2 (0.7)
Concern and sickness	277 (97.8)	6 (2.2)
Concern and never think about it	277 (99.6)	1 (0.4)
Concern and do not think about it	277 (99.6)	1 (0.4)
Concern and fear and do not think about it	277 (99.6)	1 (0.4)
Concern and force and sickness	277 (99.6)	1 (0.4)

The amounts are as number (percent).

All undergraduate courses students were covered in this study, as well as medical and dentistry students as the main contributors to the study. Table 2 shows the distribution of smoking by students in terms of field of study. This prevalence was not significantly difference based on the field of study (P = 0.210). Medical (14.7%), health professional (14%), and dentistry (8.6%) students including 39% had the highest proportions among the studied students, respectively.

In the present study, smoking rate was 1.8% and hookah was 2.2% among the total population of statistical society.

The sample consisted of 260 single students; and 18 (6.5%) were married (Table 3).

149 (53.6%) students were native students and 129 (46.4%) of them were non-native (Table 4).

Table 2. The distribution of smoking by students in terms of field of study among the girl students in Kurdistan University of Medical Sciences, Iran

Field	Smoke	Do not smoke	Total
Nursing	4 (20.0)	16 (80.0)	20 (7.2)
Medical science	5 (12.2)	36 (78.8)	41 (14.7)
Dentistry	6 (25.0)	18 (75.0)	24 (8.6)
Radiology	9 (45.0)	11 (55.0)	20 (7.2)
Radiotherapy	7 (35.0)	13 (65.0)	20 (7.2)
Anesthetics	2 (10.0)	18 (90.0)	20 (7.2)
Midwifery	5 (25.0)	15 (75.0)	20 (7.2)
Laboratory sciences	4 (20.0)	16 (80.0)	20 (7.2)
Environmental health	8 (34.8)	15 (65.2)	23 (8.3)
General hygiene	5 (25.0)	15 (75.0)	20 (7.2)
Health professional	7 (17.9)	32 (82.1)	39 (14.0)
MSc	3 (27.3)	8 (72.7)	11 (4.0)
Total	65 (23.4)	213 (76.6)	278 (100.0)

The amounts are as number (percent).
$\chi^2 = 14.3$; P = 0.210

In terms of residence location, 152 (54.7%) lived in dormitories, 9 (3.2%) in private homes, and 117 (42.1%) in family homes (Table 5).

Table 3. The distribution of smoking by students in terms of marriage status among the girl students in Kurdistan University of Medical Sciences, Iran

Married status	Smoke	Do not smoke	Total
Single	59 (22.7)	201 (77.3)	260 (93.5)
Married	6 (33.3)	12 (66.7)	18 (6.5)
Total	65 (23.4)	213 (100)	278 (100)

The amounts are as number (percent).
$\chi^2 = 1.06$; P = 0.302

From self-confidence point of view of, 108 students (38.8%) reported their confidence as strong, 154 (55.4%) as moderate and, 16 students (5.8%) believed that their self-esteem was weak.

Table 4. The distribution of smoking by students in terms of nativity among the girl students in Kurdistan University of Medical Sciences, Iran

Nativity	Smoke	Do not smoke	Total
Native	33 (22.1)	116 (77.9)	149 (53.6)
Non-native	32 (24.8)	97 (75.2)	129 (46.4)
Total	65 (23.4)	213 (76.6)	378 (100)

The amounts are as number (percent).
$\chi^2 = 0.273$; P = 0.601

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Table 5. The distribution of smoking by students in terms of residence location among the girl students in Kurdistan University of Medical Sciences, Iran

Residence location	Smoke	Do not smoke	Total
Dormitory	30 (19.7)	122 (80.3)	152 (54.7)
Student Home	4 (44.4)	5 (55.6)	9 (3.2)
Family Home	31 (26.5)	86 (73.5)	117 (42.1)
Total	65 (23.4)	213 (76.6)	278 (100)

The amounts are as number (percent).
$\chi^2 = 3.98$; P = 0.136

25.2% of students who had a good self-confidence and 6.6% of students with low self-esteem smoked.

121 (43.5%) of the students believed that their religious beliefs was good, 139 (50.0%) were moderate, and 18 (6.5%) had poor religious beliefs.

In terms of family income, 69 students expressed their income was nearly 1 million Iranian Rials (IRR), 55 (19.8%) 1.5 million IRR, and other students reported that their income was in the range of 1.5 to 3 million IRR.

In terms of satisfaction with the field of study, 25.0% of the studied girl students had a good degree of satisfaction with their field of study, and only 6.7% were announced.

From the point of view of the job market hopes, 107 students (38.5%) were well expressed the job market, and only in 8.2%, the job market had weakened their expectations (Table 6).

Table 6. The distribution of smoking by students in terms of market job hopes among the girl students in Kurdistan University of Medical Sciences, Iran

Job market hopes	Smoke	Do not smoke	Total
Weak	6 (25.0)	18 (75.0)	24 (8.6)
Average	18 (24.7)	55 (75.3)	73 (26.4)
Good	26 (24.3)	81 (75.7)	107 (38.6)
Excellent	14 (19.2)	59 (80.8)	73 (26.4)
Total	64 (23.1)	213 (76.6)	277 (100)

The amounts are as number (percent).
$\chi^2 = 0.86$; P = 0.830

95.7%5 of students had a negative attitude toward cigarette smoking. Two-thirds of the students expressed concern about the lack of cigarette smoking (Table 7).

Table 7. The distribution of smoking by students in terms of attitudes toward stroke among the girl students in Kurdistan University of Medical Sciences, Iran

Attitude towards smoking	Smoke	Do not smoke	Total
Positive	4 (44.4)	5 (55.6)	9 (3.3)
Negative	59 (22.2)	207 (77.8)	266 (96.7)
Total	63 (22.9)	212 (77.1)	275 (100)

The amounts are as number (percent).
$\chi^2 = 2.44$; P = 0.118

Among the studied students, 15.5% had a history of cigarette smoking, and 5.8% had a history of hookah smoking. 57.9% had not experienced any of them, and 20.09% had experienced both.

Discussion

The present study suggests that the rate of smoking cigarette among of Kurdistan University of Medical Sciences girl students was 1.8% and hookah was 2.2%. In the study of Khani mogaddam et al., among students in the Tehran University of Medical Sciences, Iran, the frequency of hookah and cigarette smoking was 22.0% and 23.3%, respectively.[3] In the present study, however, satisfaction of curiosity was the most important factor for smoking.

In our study, the factors influencing smoking, were social and psychological factors such as smoker friends and peer pressure. In Ansari et al. research, the most important causes of cigarette smoking were the feeling of pleasure in pulling it, as well as reducing the anxiety by cigarette.[5]

In the present study, 77.1% of students had a negative attitude toward smoking. In study by Sayyed Fazelpour et al., 86.9% of students had a proper attitude (anti-smoking), believed in their complications and symptoms.[10]

In Taraghijah et al. study, the rate of cigarette

and hookah smoking was 30.8% and 40.3%, respectively;[11] while the current study estimated the rate of cigarette smoking as 1.8%, and of hookah smoking as 2.2%. Moreover, they found that a positive attitude toward smoking increased the chance of smoking.[11]

Conclusion

Findings of this study suggest that smoking cigarette and hookah are at a low prevalence in Kurdistan University of Medical Sciences. As satisfying curiosity is an important factor in smoking among the people who have had a history of smoking, by increasing their skills and insight, and promoting their knowledge about the disadvantages of smoking cigarette and hookah, we can minimize the prevalence of smoking.

Conflict of Interests

Authors have no conflict of interests.

Acknowledgments

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