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ETHICAL ISSUES AND TOBACCO USAGE AMONG SECONDARY SCHOOL STUDENTS IN CROSS RIVER STATE, NIGERIA

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ABSTRACT

Introduction: Even though tobacco is not a banned substance, there are moral principles guiding its use and advertisement. Among the ethical or moral principles guiding tobacco use are the sale of tobacco products to minors and the smoking in public places. Enforcement of legislation on such moral principles appear to be weak or nonexistent.

Purpose: The purpose of this study was to examine ethical (moral) issues and the use of tobacco among secondary school students in Calabar Education Zone of Cross River State, Nigeria.

Methodology: The study was guided by three research questions. The survey research design was adopted in the study. The population of the study comprised 6,361 public secondary school students from 77 public secondary schools in the study area. Stratified and proportionate sampling techniques were used in selecting a sample of 620 respondents from 25 randomly selected secondary schools in the area. The instrument used for the study is a self-structured and administered questionnaire tagged: "Ethical Issues and Students' Tobacco Use Questionnaire (EISTUQ)." The instrument was treated using the Cronbach Alpha reliability method, to obtain internal consistency. A coefficient of .864 suggests that the instrument was usable for data collection. Data were analysed using descriptive statistics and percentage.

Results: The result of the analysis indicated that a ban on direct sales of cigarettes to minors, open advertisement of tobacco products, and ban on smoking in public places, significantly influenced students' use of tobacco respectively.

Recommendations: Based on the results, it was recommended that government at all levels, should strictly enforce the ban on direct sales of cigarettes to minors; open advertisement of tobacco products through various advertorial channels; and ban on smoking in public places.

Keywords: Moral, Cigarette, Advertisement, Smoking, Minors, Public, Legislation



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PUBLIC INTEREST STATEMENT

This study will be beneficial to minors, if the recommendations are considered and properly enforced. This is because it will protect them from access to tobacco products, which often serves as the starting point for most people who become drug addicts later in life, according to scholars. It will be beneficial to entire public since a ban on smoking in public places will protect individuals from the harmful effects of second-hand smoking which experts observed to be more hazardous than smoking cigarettes. Policy makers and government may see the need to strengthen and enforce legislation on tobacco use and advertisement.

INTRODUCTION

Tobacco use started as far back as the history of the human race. Since time out of mind, man has searched for herbs, roots, leaves, plant and other substances to relieve pain, control diseases and maintain good health and wellbeing (Yunusa et al., 2014). Tobacco use is known to be an addictive behaviour. It is a major preventable cause of morbidity and mortality worldwide. According to the World Health Organization (WHO) (2013), tobacco smoking kills at least one person every six seconds and it is also responsible for one in ten adult deaths worldwide. It is associated with more than five million deaths each year, and by 2030 this will increase to eight million (WHO, 2011). Unless urgent interventions are put in place, tobacco use will kill more than a billion people by the end of the 21st Century (WHO, 2011). In Nigeria, a study conducted under the Non-communicable Disease Programme (NCDP) by the Federal Ministry of Health (2015) showed that 8.9% of Nigerians aged 15 years and above were smokers with 8.6% being male and 1.3% female. The results of the Global Adult Tobacco Survey (GATS) in 2013, showed that 10.0 per cent of men, 1.1 per cent of women, and 5.6 per cent overall (4.5 million adults) currently used tobacco products in Nigeria (Chukwuma & Wole, 2015).

Ethics refers to 'moral philosophy', decent, fair, good, honest, just, moral, noble, principled, righteous, upright, and virtuous disposition. Harm reduction policies need to be consistent with the ethical demands placed on public health policymakers. Therefore, proponents say that smoking bans are enforced to protect people from the effects of second-hand smoke, which include an increased risk of heart disease, cancer, emphysema, and

other diseases (Azagba, 2015). Laws implementing bans on indoor smoking have been introduced by many countries. In Nigeria, the enactment of the anti-tobacco law is a testimony to this proposition. In addition, while noting the necessity for these enactments, a study assessing the effects of a peer-led intervention on cigarette smoking knowledge, attitude and behaviour of in-school students' in Sokoto metropolis of North-west, Nigeria confirmed that cigarette smoking usually commences during adolescence and continues into adult life (Balarabe et al, 2014). Ban on advertisement of tobacco and use of tobacco has a linear relationship. Less advertisement depicts low knowledge of the existence of the product, which ultimately means fewer people are interested.

Scholars have observed manifestations of student's exposure to tobacco to include cruelty, bullying, fighting, vandalism, roughness during games, use of foul language, forming and joining cult groups, aggressiveness, smoking, drinking, stealing, lying, cheating, examination malpractice, gambling, drug abuse, noise-making, disobedience, obstinacy, apathy, loss of interest in academic pursuit. Others include untidiness, failure to wear correct school uniform, reading of pornographic materials, sexual immorality, mob action, loitering and carrying of weapons, quarrelsomeness, hatred, intolerance, moodiness, nonconformity with school rules and regulations, diminished drive and reduced ambition, among others (Akah & Emeribe, 2011; Owan, Duruamaku-Dim, Okon, Akah & Agurokpon, 2022). These behaviours contradict the norms of the society and as well affect the performance of the

adolescents in school and diminishes interest for career pursuit. This brings into perspective the prevalence of juvenile malpractice in society today. Prevention of students' use of tobacco should be considered a high public health priority.

Schools are the ideal sites to deliver tobacco prevention programmes since they nurture the majority of youths across for a long period, a developmental stage where most young people get initiated into smoking. In response, schools have initiated curriculum-based smoking prevention programmes or drug education in one form or other since the 1980s. In addition to prevention curricula, the majority of secondary schools in Nigeria develop and implement tobacco policies that describe expectations for tobacco use in the school environment and detail the consequences for those found violating policy restrictions (McCord, 2011, Olofu & Olofu, 2021). Based on these established facts that the school is a viable ground for establishment of smoking preventive programmes, this study is set to examine the impact of a ban on direct sale, advertisement, smoking in public places on the use of tobacco among secondary school students in Calabar Education Zone of Cross River State, Nigeria.

The Ban on direct sales and the use of tobacco is intended to end the sale of tobacco (cigarette) products with chocolate, vanilla, clove and other flavourings that lure children and teenagers into smoking. One unique aspect of tobacco marketing is that once the initial sale is made, it may become difficult to dissuade such adolescent from tobacco use due to the highly addictive nature of tobacco products. According to Oluwatosin (2015), comprehensive smoking bans substantially reduced second-hand smoke as well as smoking prevalence, and consequently cardiovascular and respiratory risks. In a study which assessed the effect of a peer-led intervention on cigarette smoking knowledge, attitude and behaviour of in-school students' in Sokoto metropolis, Northwest Nigeria, Balarabe (2014) noted that cigarette smoking usually

commences during early age and continues into adult life. The prevalence of cigarette smoking among adolescents in Calabar was 6.4%, with majority of the smokers being the male adolescents. With a population of 899 in-school youths and less than 18 years of age, Odukoya et al. (2010) found that most of the respondents have once been sent for the purchase of cigarette. The study opines that while attempting to purchase cigarettes, 59.2% admitted that no one had ever inquired about their age. The findings of Ifeanyi et al. (2014) revealed a prevalence of 15.3% of adolescents who ever smoked, and 11.2% for current smokers. The mean age at cigarette smoking initiation was 14 years. Sixty-three per cent had good knowledge of health problems associated with cigarette smoking (Ifeanyi et al., 2014). Ban on the advertisement and the use of tobacco according to WHO (2013), is a causal influence of advertising and promotional efforts of the tobacco companies and the initiation and progression of tobacco use among young people.

Tobacco Advertising, Promotion and Sponsorship (TAPS) as conceived by tobacco companies increases the likelihood of people beginning or continuing to use tobacco. The tobacco industry uses many tactics to initiate non-users into smoking. Specifically, the target of its TAPS is to trap the youths, who are at the stage when people are most likely to be initiated into regular smoking. Women are also targets of this initiation drive. About one-third of youth experimentation with tobacco occurs as a result of TAPS. As pointed out by WHO (2013), TAPS also mislead the public by depicting tobacco as being no different from any other legal consumer product. WHO (2013) posited that a ban on the advertisement of tobacco and the use of tobacco has a linear relationship. The source added that less advertisement equals less knowledge of product existence. Obiora and Uzochukwu (2015) reported in their study that a higher percentage of respondents have seen an advertisement on cigarettes. The study revealed that the prevalence of smoking among students was low, although the

exposure to cigarette advisement may encourage students to smoke.

Ban on smoking in public places is one way to reduce both overall smoking rates and exposure to second-hand smoke. While the ban on tobacco in public places is unfair to smokers, it causes serious harm, especially to asthmatic individuals and non-smoker. Bhat et al. (2015) evaluated the effect of anti-smoking legislation in public places and public support for a smoking ban. They pointed out that ban on smoking in public places is one way to reduce both overall smoking rates and exposure to second-hand smoke. The ban on smoking in public places reduces the rate of smoking. In contrast, Veronica et al. (2010) and Akah, Owan, Aduma, Onyenweaku, Olofu, Alawa, Ikutal, and Usoro (2022) found that voluntary restrictions on TAPS activities are ineffective, as ultimately, there is no law compelling the industry to comply with its voluntary regulations. This is similar to Adebayo (2012) who disclosed that smoking in public places though of legislative significance, could not solely mitigate the menace of smoking in public places, especially amongst secondary school students.

STATEMENT OF THE PROBLEM

Drug use among adolescents is becoming a public health concern. As observed by many scholars, most adolescents in secondary schools get into drug use after initial experimentation with cigarette smoking (Emeribe & Akah, 2011, Owan, et al, 2022, and Balarabe, et al, 2014). Cigarette use among these adolescents appears to be on the increase, despite existing regulations on tobacco use among minors. This study delved survey ethical issues and tobacco use among adolescents in secondary schools.

PURPOSE OF THE STUDY

The major objective of the study was to examine ethical issues and use of tobacco among secondary school students in the Calabar Education Zone of Cross River State. Specifically, the study examined the influence of:

1. Ban on direct sales of cigarettes to minors on smoking among secondary school students in Calabar Education Zone of Cross River State;
2. Open advertisement of tobacco products on cigarettes smoking among secondary school students in Calabar Education Zone of Cross River State;
3. Ban on smoking in public places on cigarettes smoking among secondary school students in Calabar Education Zone of Cross River State.

RESEARCH QUESTIONS

1. To what extent does ban on direct sales of cigarettes to minors influence smoking among secondary school students?
2. To what extent does open advertisement of tobacco products influences cigarettes smoking among Secondary School students?
3. How does ban on smoking in public places influence cigarettes smoking among Secondary School Students and to what extent?

METHODOLOGY

Research Design

The research design adopted for the study is the survey design. According to Isangedighi, (2012) survey design is a non-experimental design in which the researcher studies a community or a group of people to bring out findings from samples collected from the population through questionnaire, interviews and observation. The survey research design is deemed appropriate for this study because the independent variables can be examined retrospectively.

Population and Sample

The population of the study is 6361 public secondary school students from 77 public secondary schools in the Calabar Education Zone (Ministry of Education, Calabar, Cross River State, 2015). A sample of 620 from 25 schools in the area was studied.

Instrument for Data Collection

The instrument used for the study is a structured questionnaire tagged 'Ethical Issues and Students' Tobacco Use Questionnaire (EISTUQ)' designed for the purpose of this study. The instrument was developed with the help of two experts in Measurement and Evaluation and Human Kinetics and Health Education in the Faculty of Education, University of Calabar. The questionnaire was divided into parts 1 and 2. Part 1 elicited personal background information from the respondents. Part 2 was divided into three sections, A, B and C with a focus on the ban on direct sales of tobacco, ban on advertisement of tobacco, and ban on tobacco smoking in public places respectively. The responses in A-C were on a modified Likert 4-point scale of Strongly Agree, Agree, Disagree, and Strongly Disagree.

To ensure the face validity of the instruments, draft copies of the instrument was submitted to experts in Human Kinetics and Health Education and Measurement experts in the Department of Educational Measurement and Evaluation, Faculty of Education, University of Calabar. The experts scrutinized and edited the items. This led to the removal of items ambiguously and vaguely structured items. With all these inputs made, a final draft of the instrument was produced for the study. The questionnaire was subjected to trial testing using fifty (50) subjects from the zone who were not involved in the study but shares the same characteristics with the study population. The instrument was

analyzed using the Cronbach Alpha reliability method to obtain internal consistency. An alpha value of .86 was obtained for the overall instrument, suggesting that the instrument was internally consistent.

Procedure for Data Collection

The questionnaire was administered to the respondents at the study area with the assistance of two trained research assistants. The respondents were adequately briefed on the purpose and importance of the study, after obtaining the permission of the school administrators formally. They were also assured of the confidentiality of their responses. A total of 618 copies of the questionnaire was administered. At the end of the data collection exercise, only 579 copies were properly completed and utilized for the study.

Method of Data Analysis

A key was developed to serve as a guide for coding the data that was collected for statistical analysis. The different parts of the questionnaire were coded differently to suit its purposes. Information on part 1 was coded and scored as discrete data. Simple percentage was utilized in analyzing the responses.

RESULTS

Research Question 1: To what extent does ban on the direct sale of cigarettes to minors influence smoking among secondary school students?

Table 1: Response of the respondents on whether the ban on the direct sale of cigarettes to minors influence smoking among Secondary School Students (N=620)

S/N	ITEMS	RESPONSES				Total %
		A		D		
		f	%	f	%	
1	I often buy cigarette for my seniors at school	370	59.68	250	40.32	620 100
2	They sell tobacco to me using a machine	400	64.52	220	35.48	620 100
3	My parents send me to buy tobacco for them	366	59.03	254	40.97	620 100
4	Tobacco companies do sponsor our inter-house sports competitions	355	57.26	265	42.74	620 100
5	I/my friends do buy/sell cigarette for our parents	409	65.97	211	34.03	620 100

From Table 1, it can be observed that 370 representing 59.68% of the total respondents agreed that they often buy tobacco for my senior at the school, while 250 (40.32%) disagreed. Also, 400 (64.52%) agreed that they sell tobacco to them using a machine, while 220 (35.48%) disagreed. Again, 366 (59.03%) agreed that their parents send them to buy tobacco; 254 (40.97%) disagreed. Also, 355 (57.26%) agreed that tobacco company which sponsored their inter-house sports competition sell cigarette to them; while 265 (42.74%) disagreed. Finally, 4200 (67.74%) agreed that they buy/sell cigarette for their

parents, while 200 (32.26%) do not. The results of the analysis indicate that the percentage of agreement for all five items are higher than 50. This implies that the ban on the direct sale of cigarettes to minors influences smoking among secondary school students.

Research Question 2: How does open advertisement of tobacco products influence cigarettes smoking among secondary school students?

Table 2: Results of responses of the respondents on whether Open advertisement of tobacco products influence cigarettes smoking among Secondary School students (N=620)

S/ N	ITEMS	RESPONSES				
		A f	%	D F	%	Total %
6	Tobacco advertisement is on some channels in our television	433	69.84	187	30.16	620
7	There is a billboard with the display of tobacco advert around my school	399	64.35	221	35.65	620
8	I hardly come across advertisement of cigarette on the television	365	58.87	255	41.13	620
9	During the social/cultural show in my school, tobacco companies do promote their products	240	38.71	380	61.29	620
10	My parents do use tobacco products in my/our home	385	62.10	235	37.90	620
11	I do take part shows/competitions organised by cigarette companies	399	64.35	221	35.65	620
12	I love watching the Benson and Hedges Grab D Mic musical concert on television	365	58.87	255	41.13	620
13	I had won a prize in a "Buy One, Get One Free" campaign once organized by a tobacco company	240	38.71	380	61.29	620
14	If I am engaged to sell cigarette, I will gladly do	385	62.10	235	37.90	620

The result in Table 2 shows that 433 (69.84%) of the total respondents agreed that Tobacco advertisement is on our cartoon channel in our television, while 187 (30.16%) do not. Also, 399 (64.35%) agreed that there is a billboard with the display of tobacco advert around my school, while 221 (35.65%) disagree. Also, 365 (58.87%) agreed that the tobacco firm do promote their products during cultural week in my school; while 255 (41.13%) indicated they would not. Also, 240 (38.71%) agreed they would love to take part in the Christmas dancing sponsored by a tobacco company in my community; while 380 (61.29%) do not. Again, 385 (62.10%) agreed that We display tobacco products in my parents' bar and nightclubs; while 235 (37.90%) do not. Also, 365 (58.87%) agreed that I took part in St. Moritz Fashion & style quarterly fashion show in my town; while 255 (41.13%) do not. Also, 240 (38.71%) agreed that I featured in Benson and Hedges Grab D Mic musical road in my

street; while 380 (61.29%) do not. Again, 385 (62.10%) agreed that they won a prize in a "Buy One, Get One Free" campaign organized recently by a tobacco company; while 235 (37.90%) do not. Finally, 409 (65.97%) agreed that I hawk cigarette along with normal foodstuff and sachet water for my parents, while 211 (34.03%) do not. The result of the analysis, indicate that the percentage of agreement for all five items are higher than 50. This result, therefore, signifies that Open advertisement of tobacco products positively influences cigarettes smoking among Secondary School students.

Research Question 3: Does ban in smoking in public places influence cigarettes smoking among secondary school students?

Table 3: Results of responses of the respondents on whether the ban on smoking in public places influence cigarettes smoking among Secondary School Students (N=620)

S/N	ITEMS	RESPONSES				Total %
		A		D		
		F	%	F	%	
15	People smoke freely in restaurant and bars located in my school and community	241	38.87	379	61.13	620 100
16	I notice that smoking is done even in taxi/public transportation facilities in my community.	200	32.26	420	67.74	620 100
17	I notice that people do not bother when smoking is being done in a taxi and other public transportation facilities in my city.	220	37.42	388	62.58	620 100
18	In my school, some teachers and students secretly use tobacco	301	48.55	319	51.45	620 100
19	Smoking in my school is tolerated	250	40.32	370	59.68	620 100
20	There a places/corner our students go to smoke cigarette in our school.	410	66.13	210	33.87	620 100
21	Smokers are allowed to sit only in designated areas in public canteens.	220	37.42	388	62.58	620 100
22	People smoke freely in motor parks in my community.	301	48.55	319	51.45	620 100
23	The kiosk around my school sell cigarettes	250	40.32	370	59.68	620 100

The result in Table 3 reveals that 241 (38.87%) of the total respondents agreed that People smoke freely in restaurant and bars located around our school, while 379 (61.13%) do not. Also, 420 (67.74%) agreed that to noticing smoking even in taxi and other public transportation facilities in my city, while 200 (32.26%) do not. Also, 232 (37.42%) agreed that smoking is carried out even in a taxi and other public transportation facilities in my city, while 388 (62.58%) do not. Also, 301 (48.55%) agreed that In my school our teachers and students use tobacco at will, while 319 (51.45%) do not. Again, 250 (40.32%) agreed that Smoking in our school premises is tolerated, while 370 (59.68%) do not. Also, 232 (37.42%) agreed that some students secretly smoke at designated

places in our school, while 388 (62.58%) acknowledged smoking do not take place. Also, 301 (48.55%) agreed that Smokers are allowed to sit only in designated areas in our school canteen, while 319 (51.45%) do not. Again, 250 (40.32%) agreed that People smoke freely in motor parks in my locality located around school, while 370 (59.68%) do not. Finally, 410 (66.13%) agreed that the Kiosk for selling and smoking a cigarette is located 1000-metres radius of my school location, while 210 (33.87%) do not.

The result of the analysis indicated that the percentage of disagreement for all five items is higher than 50. This result, therefore, means that the ban on smoking deters tobacco use in public places

cigarettes smoking among Secondary School Students.

DISCUSSIONS

The result of the first research question of this study indicated that a ban on direct sales significantly influenced students' use of tobacco. The finding is in line with the view of Ifeanyi et al. (2014) who indicated a prevalence of 15.3% for every smoked adolescents and 11.2% for current smokers. The mean age at cigarette smoking initiation was 14 years. Sixty-three per cent had good knowledge of health problems associated with cigarette smoking. Lung cancer was the most reported associated health problem. Fifty-two (6.1%) indicated that they were initiated by their friends who offered them their first stick of cigarette. Owan, et al (2022) noted that the major reason for a smoking cigarette the first time was to be like their friends/role model and out of curiosity. Poor knowledge of the health effects of smoking was statistically associated with cigarette smoking. Knowledge of health problems associated with smoking proved to be the major reason for not smoking by never smoked adolescent. The authors noted that in Nigeria, there is no age restriction on buying cigarettes. It is interesting to note that most adults prefer to send children to buy cigarettes and alcohol for them. Ifeanyi, et al (2014) in his survey of smoking habits among secondary school students in Lagos, Nigeria had noted that 40% of the boys and 8.4% of girls at secondary school, and 72.4% of male and 22.2% of women at medical school were found to smoke. This habit of smoking of the secondary school boys was influenced by the smoking habits of their parents and bigger brothers who usually send them to buy cigarette when they want to smoke. The smoking habits of the secondary school girls and female medical students were mainly influenced by that of their senior friends.

Odukoya et al. (2016) also assessed the experiences of youth, regarding cigarette purchase and accessibility within their community. The authors were particularly interested in assessing their experiences with being

sent on errands to purchase cigarettes by older persons within their community. The authors conducted a cross-sectional descriptive study among 899 in-school youth less than 18 years of age using a multi-stage sampling method. Study participants had a mean age of 13.9+1.9 years with a roughly equal male to female ratio. More than a third (36.6%) had been sent on an errand, to purchase cigarettes by an older person within the past year (86.6% never smokers; 13.4% ever-smokers). Of these, the majority admitted that they proceeded on the errand as directed. Persons responsible for sending the minors on errands to purchase cigarettes were primarily older friends and neighbors within the community. Of those who had been sent on such errands, about half (51.4%) feared that they could be punished if they disobeyed. While attempting to purchase cigarettes, 59.2% admitted that no one had ever inquired about their age. Within the past year, about a third (33.6%) had successfully purchased cigarettes for older persons within the community. The study concluded that in implementing the national tobacco control policy, strategies to engage and educate the adults within the community must be prioritized. Balarabe (2014) also noted that cigarette smoking usually commences during early age and continues into adult life and the Anti-Tobacco Law in Nigeria has considered this.

WHO (2002) also observed that massive expenditure on TAPS is used to target enormous numbers of youths and lure them into tobacco use. WHO (2013) noted that it is therefore no surprise that worldwide, 78% of students aged 13-15 years report being exposed regularly to some form of TAPS. Among adults, this exposure figure is estimated to be around 31%.6 and the significant higher exposure to TAPS among teens testifies to the tobacco industry's targeting of young people. Buka et al. (2003) also pointed out that a ban on the advertisement of tobacco and the use of tobacco has a linear relationship. Less advertisement equals less knowledge of the product existing. This ultimately means fewer people interested.

Oluwatosin (2015) and WHO (2013) among other scholars also opined that money should be invested in safer tobacco alternatives. They suggested electronic cigarette which promotes no second-hand smoke or cancer-related illnesses. The Centres for Disease Control and Prevention (2014) report shows that cutting advertisement might cut down on tobacco usage, but there will always be people who will still use it. Their report asserts that watching television for twenty-four (24) hours may be void of tobacco advertisement, yet a lot of people still patronize tobacco smoking and they had hypothesized that if you grew up in a smoker family then that in itself is a smoking advertisement that will never go away. Centres for Disease Control and Prevention (2014) also reported that despite pumping millions of money into anti-smoking campaigns, the number of smokers increase (and also the cost for society as a whole, as more people receive smoking-induced sicknesses.)

Conversely, the study of Obiora and Uzochukwu (2015) indicated that the prevalence of tobacco smoking in pregnancy was 4.5% (9/200). In the same study over 90% of respondents admitted that cigarette smoking could harm both mother and unborn baby. In all, according to same study, 79.5% (159/200) of respondents had come across advertisement promoting cigarette smoking; as against 82.5% (165/200) that had come across anti-smoking advertisement ($P=0.444$, odds ratio=1.2 (95%) confidence intervals: 0.74, 2.00). The prevalence of cigarette smoking in pregnancy in Enugu Nigeria was low, and there was high exposure to both pro and anti-smoking information. Smoking in pregnancy was found to be low or limited. The study thus recommended that antenatal classes and anti-smoking advertisement should be scaled up to include maternal and perinatal diseases/conditions associated with cigarette smoking.

The result of analysis of the third research question showed that a ban on smoking in public places significantly influenced students' use of tobacco. This implied that ban on smoking in public

places if properly enforced, will discourage smoking. The findings are in line with the view of Bhat et al. (2015) who pointed out that banning smoking in public places is one way to reduce both overall smoking rates and exposure to second-hand smoke. The study result suggests that the strong local support in public places is strong 255 (81.2%). In the study, the majority of the participants 202 (64.3%) believe that current legislation was likely to create a healthier environment. The study 255 (81.2%) also favours a ban on smoking in different public places such as market, bus/railway station, workplaces, hospitals pubs and clubs, restaurants and cafes and shopping malls. Non-smokers 90 (56.0%) also support bans in all specified location. The present study shows there was overall support that legislation against public smoking will curb smoking, but the comparison of smokers and non-smokers beliefs showed significant differences between the two groups. More non-smokers agreed than smokers that the introduction would create a healthier environment or that there would be a reduction in exposure to passive smoking. However, both the group agreed that the introduction of the recent anti-smoking legislation has forced smokers to reduce the number of cigarettes they smoke, and both the group disagreed that the government has fulfilled its duty by making anti-smoking legislation.

Timor et al. (2016) also showed that children also experience health benefits after the implementation of smoke-free legislation. In addition to protecting children from tobacco smoke in public, the link between smoke-free legislation and improved child health is likely to be mediated via a decline in smoking during pregnancy and reduced exposure in the home environment. Recent studies have found that the implementation of smoke-free legislation is associated with a substantial decrease in the number of perinatal deaths, preterm births and hospital attendance for respiratory tract infections and asthma in children, although such benefits are not found in each study. With over 80% of the world's population currently unprotected

by comprehensive smoke-free laws, protecting (unborn) children from the adverse impact of tobacco smoking and second-hand smoking (SHS) exposure holds great potential to benefit public health and should therefore be a key priority for policymakers and health workers alike (Akah, et al, 2022). Cao et al. (2007) also hold the view that while the ban on tobacco in public places is unfair to smokers, it causes serious harm, especially to asthmatic individuals and non-smoker. They further opined that some cities in the United States had ban smoking in some public places like in restaurants, in some bars but the implementation of the ban is still at the discretion of the owner, and within 20ft of a public building. This authority acknowledge that smoking has become an addiction to many, the more limitations are placed on smokers, the better. It is like letting an alcohol addict drink, and afterwards display the nuisance of intoxication wherever they are. Adebayo (2012) pointed out that in some cultural settings, smoking is considered more of a taboo, because it is frowned against. Frankly, it stinks, and it is an extremely unattractive and unhealthy habit. The more lives that can be saved by banning it, the better. Lung cancer is a terrible disease to grapple with, as well as oral cancer, emphysema, and chronic bronchitis.

The ban on smoking in public places though of legislative significance could not solely mitigate the menace of smoking in public places, especially amongst secondary school students. The study rather recommended among others that parents, teachers, counsellors and significant others should place more attention on the management of the students. They should provide psychological support and guidance that will make the students culturally accepted in the society and jettison western civilization adequately. Smoking in Nigeria is prohibited in public places and is punishable by a fine of not less than N200 and not exceeding N1000 or to imprisonment to a term of not less than one month and not exceeding two years or to both a fine and imprisonment. In

Nigeria, the anti-tobacco communities are at the forefront of ensuring smoke-free public places. The Nigeria National Tobacco Control Bill is a comprehensive law that regulates the manufacturing, advertising, distribution and consumption of tobacco products in Nigeria.

CONCLUSION

The following conclusions were arrived at based on the results of the investigation. The restriction on direct sales influenced the use of tobacco by students; the publicity greatly affected the use of tobacco by students; the prohibition on public smoking greatly affected the use of tobacco by students in public place.

RECOMMENDATIONS

Based on the conclusions of this study, it is recommended that:

1. ban against the sale of tobacco to/by minors/students should be strictly enforced;
2. government should limit tobacco advertising on advertising sites only; and that government should strengthen legislation against tobacco smoking in public places, and violators be made to face the full weight/wrath of the law.

Conflict of Interest

The authors declare that there is no conflict of interest

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Disclaimer

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some modifications. The thesis was supervised by Dr. Levi U. Akah.

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Authors' Levels of Contributions

Levi Udochukwu Akah did the final editing, proof reading and presentation of the article in the format required by the publisher.

Joseph Odey Ogabor extracted the portion utilized for the purpose of this article from the unpublished M.Ed. thesis.

Michael Okereke Olom reviewed and updated the literature of this work in the form it is published and assisted in discussion of findings.

Itam Ben Edet was involved in proof reading and editing of the work.

Stephen Ushie Akpa was involved in the reviewing of the data for this article.

Christiana Offionor Edward assisted in reviewing and updating of discussion of findings and references.

Eko Kekei Ibiang assisted in reviewing the data of this study and proofreading of discussion of the findings.

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