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***A Study To Assess The Level Of Knowledge, Attitude And Practice Of Women On Hazards Of Tobacco Consumption And To Identify Their Health Problem In Selected Rural And Urban Area With A View Of Organizing An Educational Programme At Puducherry."***

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**Abstract:**

**Introduction:** Tobacco consumption is perhaps the single largest cause of death. Around 20-25 years of them lost their productive life, leading to an irreparable loss of economic and human resource.<sup>1</sup> **Objectives:** To assess the knowledge, attitude and practice of women regarding hazards of tobacco consumption, to identify the health problem **Methods:** A descriptive design was used in this study. 60 women from urban and 60 women from rural was selected by using simple random method (Lottery method). Totally 120 women were selected for the study. Data were collected by using semi-structured interview questionnaire which consisted of questions related to Knowledge, Attitude, Practice **Result:** revealed that, in urban area 35% of the subjects were having average knowledge and 65% were having better knowledge on hazards of tobacco consumption. But in rural area the data showed that 25% were having average knowledge on hazards of tobacco consumption. Attitude and practice of tobacco consumption in rural and urban areas shows that in rural area 78.3% of the subjects were having uncertain attitude and 21.7% were having agreeing attitude where as in urban area the data shows that 68.3% of the subjects were having uncertain attitude and 31.7% were having agreeing attitude. As a result the investigator found that the rural women were having uncertain attitude when compared to urban area. **Conclusion:** The findings of this study showed that nurses has the responsibility in teaching and motivating regarding hazards of tobacco consumption among women in rural and urban area to prevent oral cancer.

**Key Words:** Tobacco Consumption, Educational Programme Knowledge, Attitude and Practice

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**INTRODUCTION**

Women have been the primary health care provider and decision makers for themselves and their family. Women lives an average of 7 years of life expectancy to increase the health has a greater impact on themselves and everyone around them. (Wilkins 2005)<sup>1</sup>

The World Health Organization considers the health status of women to be one of the most sensitive indicators of progress is social development. There can be no social development without the participation of women. The health of women has always been at the care of World Health Organization. (Littleton 2005)<sup>2</sup>

Tobacco consumption is perhaps the single largest cause of death. Around 20-25 years of them lost their productive life, leading to an irreparable loss of economic and human resource. Some of the problems which occur in the mouth due to tobacco consumption are toothache, ulceration of mucous membrane, stomatitis and dental caries<sup>3</sup>. Tobacco causes 90% of oral cancer in, South East Asia. This risk of oral cancer due to tobacco consumption was 36 times higher than for nonconsumer. Oral cancer is one of most common cancer in the worldwide and it is a major problem in India and accounts for 50 to 70% of oral cancer<sup>4</sup>.

#### **NEED FOR THE STUDY:**

It is necessary to distinguish between biological and social differences in women's health. Both are important in understanding health and illness. There are inequalities in health among women of different employment, living and working condition. (Doyal 1998)<sup>5</sup>. Developing countries project to contribute 70% of tobacco related death by 2020. In a recent study among 52 countries 35.7% of myocardial infarction is attributed to tobacco chewing. (Vinita singh 2013)<sup>6</sup> So the investigator felt the need on assessing the knowledge, attitude and practice regarding hazards of tobacco consumption and identify their health problem among women in rural and urban area, Pondicherry with a view to develop the information through Educational Programme.

#### **STATEMENT OF THE PROBLEM:**

"A study to assess the level of knowledge, attitude and practice of women on hazards of tobacco consumption and to identify their oral health problem in selected rural and urban area with a view of organizing an educational programme at, Puducherry."

#### **OBJECTIVES**

- To assess the knowledge, attitude and practice of women regarding hazards of tobacco consumption.
- To identify the oral health problem of women using tobacco
- To associate the selected demographic variables with knowledge, attitude and practice of women regarding hazards of tobacco consumption.

#### **RESEARCH METHODOLOGY:**

The conceptual frame work of the present study was based on Rosen Stock's Health belief model. A descriptive design was used in this study. 60 women from urban and 60 women from rural was selected by using simple random samplin method (Lottery method). Totally 120 women were selected for the study. Data was collected by using semi-structured interview questionnaire which consisted of questions related to knowledge, attitude, practice.

#### **RESULTS:**

The result revealed that, In urban area 35% of the subjects were having average knowledge and 65% were having better knowledge on hazards of tobacco consumption. But in rural area the data showed that 25% were having average knowledge on hazards of tobacco consumption.

Hence the result showed that there is no much difference on knowledge on regarding hazards of tobacco consumption in both rural and urban areas. Because information, education and communication activities play an important role in creating awareness regarding hazards of tobacco consumption in rural and urban areas.

Attitude and practice of tobacco consumption in rural and urban areas showed that in rural area 78.3% of the subjects were having uncertain attitude and 21.7% were having agreeing attitude

where as in urban area the data showed that 68.3% of the subjects were having uncertain attitude and 31.7% were having agreeing attitude. As a result the investigator found that the rural women were having uncertain attitude when compared to urban area.

The result showed that in rural area the practice of tobacco 78.3% were having the habits of chewing tobacco 3 times per day and 21.7% were having the habits of consuming tobacco more than 5 times. But the result showed that in urban area 68.3% were having the habits of chewing tobacco 3 times per day and 31.7% were having the habits of consuming tobacco more than 5 times. As a result the investigator found that the rural women were having the habit of consuming more tobacco when compared to urban area.

The results showed that substantive summary of the chi-square analysis which was used to bring out the association between the knowledge, attitude and practice of tobacco consumption with selected demographic variables. The result showed that there was significant association between occupation and marital status. The statistically significant P value for occupation (0.05) and for marital status P value (0.04). But there was no statistically significant association between age, religion, income, type of family and habits.

**Table: II Identification of oral health problem in rural and urban areas:**

S.NO	PROBLEM	NUMBER
1.	Pain	2
2.	Ulcer	2
3.	Lesion	8
4.	Helitosis	4
5.	Dental Carries	5
6.	Toothache	2
7.	Dysphagia	-

8	Bleeding from Gums	2
9	Tartar	3
10	Decay of Tooth	2
11	Redness	2
12	Stomatitis	2
13	Glossitis	-
14	Gingivitis	4
15	Any sensation	-
16	Headache	2
17	Giddiness	2
18	Chest pain	-
19	Tachecardia	3
20	Palpitation	2

Table- II shows the representation of data on identified health problems of womens in rural and urban area due to consumption of tobacco. The commonest problems identified were pain, ulcer, lesion, cheliosis, dental caries, toothache, bleeding from gums, tartar, decay of tooth, redness, stomatitis,gingivitis, headache, giddiness, tachycardia, palpitation.

**RECOMMENDATIONS:**

- The nurse should plan for regular structured health education programme for females of all age group.
- There should be mass education and group discussion among women regarding hazards of tobacco consumption.
- There should be a periodical awareness programme regarding hazards of tobacco consumption among women in rural and urban area.
- A comparative study can be done to determine the effectiveness of structured teaching programme on

- structured teaching programme on knowledge, attitude and practice regarding hazards of tobacco consumption among women in rural and urban area.
- A similar study can be done using a large samples

**CONCLUSION:**

The findings of this study showed that nurses has the responsibility in teaching and motivating regarding hazards of tobacco consumption among women in rural and urban area to prevent oral cancer.

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## Stroke Recognition:

