
Knowledge on Hazards of Smoking and Benefits of Quitting among class IV Employees

*P.Viji.

Abstract:

Objectives- To assess the knowledge regarding hazards of smoking and benefits of quitting among class IV employees. **Method-:** Design was descriptive **Results:** Among 60 samples 75% of them had inadequate knowledge on hazards of smoking. The nicotine dependency was high among 53% samples. **Conclusion-**As IV class employees were lacking in knowledge, a brochure was developed which comprised of hazards of smoking, benefits of quitting and management on withdrawal symptoms.

Key words: Smoking hazards, quitting benefits, nicotine dependency

INTRODUCTION

Cigarettes are smoked by over 1 billion people, which is nearly 20% of the world population in 2014. About 800 million of these smokers are men. India has more than 200 million tobacco consumers. A recent nationwide study on smoking and mortality in India estimated that smoking in persons between the ages of 30 and 69 years is responsible for about 1 in 5 deaths of men. Study of smoking pattern among middle age and elderly has received poor attention despite its proven implications on health.

NEED FOR THE STUDY

Tobacco dependency does not only cause physical withdrawal, it also causes lifelong addiction. Hospital is an institution meant to ensure community health. Health care providers lack the knowledge and awareness that treating tobacco dependence is more cost effective as

compared to treating tobacco related diseases. Health care professionals consist of mainly doctors, nurses, paramedical staff and Class IV employees. Very limited studies have been done regarding tobacco use pattern and awareness of its health hazards among Class IV workers.

STATEMENT OF THE PROBLEM

A study to assess the knowledge regarding hazards of smoking and benefits of quitting among class IV employees working in an urban hospital, Coimbatore.

Objectives

- To assess the knowledge regarding hazards of smoking and benefits of quitting among class IV employees.
- To find out the association between knowledge on hazards of smoking and benefits of quitting with selected socio demographical variables

RESEARCH METHODOLOGY

Research Design: Descriptive design was adopted for the study.

Population: All class IV employees from general medical surgical wards.

Sample Size: Sixty Class IV employees were selected

Sampling Technique: Purposive sampling technique.

Structured knowledge questionnaire to assess the hazards of smoking and benefits of quitting, nicotine dependence scale to measure the level of nicotine dependency and readiness to quit ladder to assess their readiness to quit smoke were used.

The gathered data was analyzed using descriptive and inferential method and interpretation was made on the basis of the objectives of the study.

Inclusion criteria

- Class IV employees aged between 20 to50
- Worked at least 1 year after recruitment
Who can understandTamil

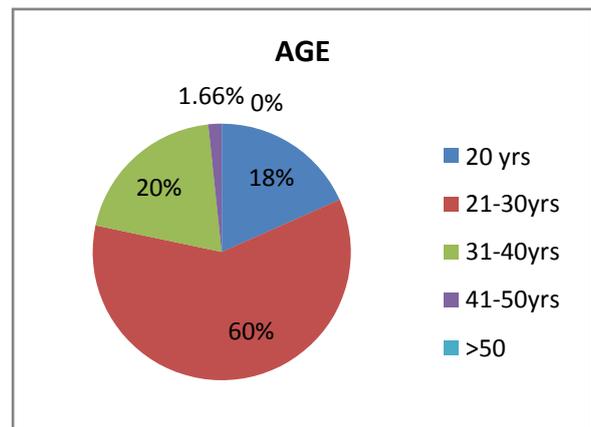
RESULTS AND DISCUSSION

The demographic data of the participants showed that60% class IV employees were between 21 to 30 years (Figure 1). 57% of the samples were educated up to high school education (Figure 2). 38% were smoking tobacco. Smokeless usage comprised of 27%. Both usages were found in 30% workers. The nicotine dependency was high among 53% samples (Figure 3). No one was interested in quitting tobacco. 75% of the class IV employees had inadequate knowledge on hazards of smoking (Figure 4). There was significant association between the education status and knowledge level. The calculated value was more than the table value. In thisstudy

the class IV employees were less educated and thus had inadequate knowledge on hazards of smoking and benefits of quitting. This study correlates with the study conducted by Rani et al 2011 who addressed the tobacco consumption significance among less educatedsamples.

Fig:1

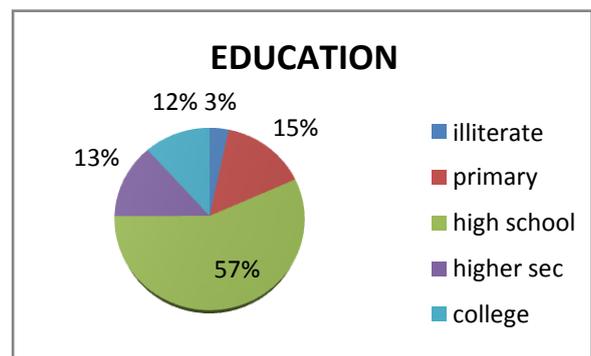
Distribution of sample according to age



Among 60 samples 18% were aged <20 years. 60% were found between 21 -30years.

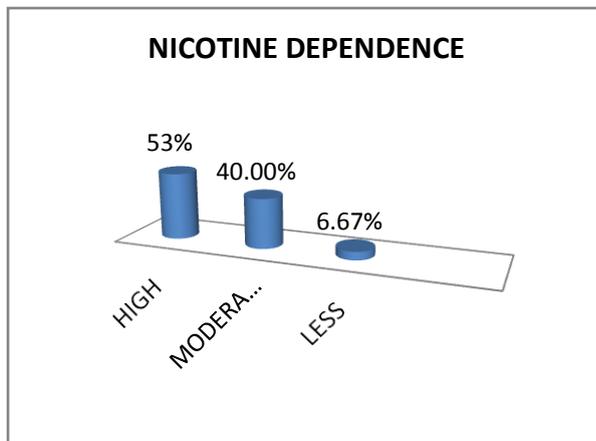
Fig:2

Distribution of sample according to education



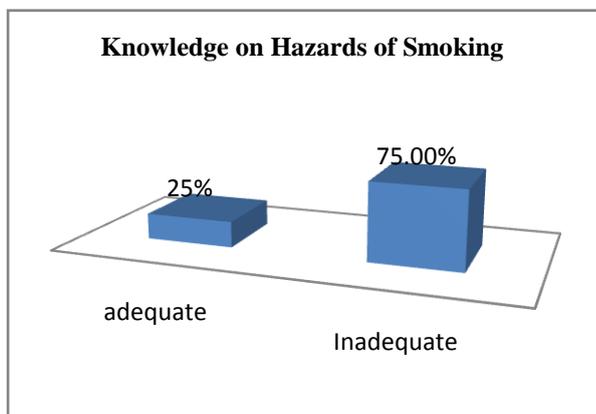
Among 60 samples educational status' illiterate comprised of 3%. 57% had high school education. Almost 12% were educated up to higher secondary and college level.

Fig:3 Distribution of sample according to Nicotine Dependency Score



Among 60 samples 53% had high dependency on nicotine. 40% were moderately dependant.

Fig:4 Distribution of sample according to knowledge regarding hazards of smoking



Among 60 samples only 25% had adequate knowledge on the hazards of smoking. 75% had inadequate knowledge on the hazards of smoking.

RECOMMENDATIONS

A study can be done to assess the effectiveness of the planned teaching program on smoking cessation among class IV employees.

CONCLUSION

The study concluded that there is a need to educate class IV employees regarding the hazards of smoking and the benefits of quitting.

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