

Peers Pressure And Families Smoking Habit Influence On Smoking Behavior among male Students attending Secondary Schools At second Al- Kurkh education Directorate /Baghdad.

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ABSTRACT

Background: There is a strong desire of adolescent to have a peer group and to be appreciated and also to become a member of this group which can affect one each other. There for; encourage, adapting, and imitating of friends and group consider as the main reasons behind starting of smoking among youngsters. Smoking habits in the family were found to be a cause of smoking pressure among adolescents as peer pressure. Smoking habit may be started before 18 years of age in most adult smokers.

Objectives: To study the effect of peer pressure and family smoking habit on the prevalence of smoking among secondary school students.

Type of the study: A cross sectional study .

Methods: the study done with cluster sampling method; was conducted between 1st of March to 30th of May 2016. By clustering schools and randomly 7 schools were selected; 3 secondary schools, 3 intermediate schools and 1 professional secondary school these schools were from second Al- Kurkh education directorate /Baghdad. A total of (1993) boy students were included. An anonymous self-completion questionnaire was used. The questionnaire was assured and family smoking habit on the smoking status of students.

Results: The results of the study showed an increasing prevalence of smoking habits among students both for cigarette 23.6% -41.4%, and shisha 4.1% - 38.8% by increasing the class grade, and also by existing smoking parents (cigarette 30.1%, and shisha 32.7%). The prevalence of nonsmoking habit among students decreases by increase smoking family members (63.4% -3.9 %).

Conclusion: The effects of peer pressure and family smoking habit were obvious among students with statistically highly significant association. Education and awareness for anti-tobacco programs should be adopted in the curriculum of all secondary schools.

Keywords: peer pressure, family smoking habit, cigarette, shisha, secondary schools, students.

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The major causes behind initiating smoking habit among students are friends, parents, and media⁽¹⁾. Under effect of peer pressure most adolescent students start smoking early especially during secondary school⁽²⁾. A multi-level analysis of a cross-sectional data in Taiwan about the initiation of smoking among school-level students and children found the smoking behavior in boys increase in schools with high smoking prevalence while decrease in lower smoking prevalence school, after adjustment for student-level characteristics⁽³⁾. Many other studies reported an association between smoking among family and the smoking habit of students^(4,5,6,7). Smoking among parents provides easy access and availability to cigarette by the adolescents as reported by Seter et al⁽⁵⁾. The social, environmental, psychological and genetic factors influence the student to use tobacco from an adolescent's age⁽⁸⁾. A Turkish study showed a strong relation between smoking and peer pressure of school students, the smoking level increase by increased peer pressure and decrease by decreased peer pressure⁽⁹⁾. There is an increasing prevalence of shisha (water pipe) smoking among university students in Syria and Jordan^(10,11). In Arab Gulf countries the majority of students started to smoke between age 14 to 18 years smoke, and about quarter of them started smoking between ages of 10 and 15 years as reported by Gulf Cooperation Council⁽¹²⁾. The effect of pattern of smoking among parents of school boys was obvious in 21.1% of study group in schools of Saudi Arabia⁽¹³⁾. A study done

in Kut indicates that the adolescents were more likely to be smokers if they had parents who smoked, while students under high parental supervision were less likely involved in smoking behavior⁽¹⁴⁾. Similar results obtained from study done by Faraj, 2012 among paramedical students in Baghdad was found the effect of smoking parents as major influence in 22.5% of study group⁽¹⁵⁾. A two surveys done by Ministry of Health one in Baghdad in 2008 and other in Kurdistan found the age of current cigarette and shisha smoking of in-school adolescents was from 13 to 15 years old^(16,17).

The aim of this study was to study the effect of peer and family smoking habit on the prevalence of smoking among secondary school male students.

Methods:

Study design: Across sectional study was conducted between 1st of March to 30th of May 2016, at second Al- Kurkh education directorate/Baghdad.

Sample: There were 600 intermediate and secondary schools plus 18 professional schools. Out of 600 schools, 300 schools were females' schools; and out of 18 schools, 6 schools were female schools which were excluded from the study. The rest 300 schools were 150 intermediate schools, 150 secondary schools, and 12 professional schools were male schools. The average number of students in these schools was 350 students. About 2% of these schools were included in

this study, by cluster sampling technique; schools were clustered to intermediate, secondary, and professional secondary school. Randomly 7 schools were included, 3 secondary schools, 3 intermediate schools and 1 professional secondary school these schools were from second Al- Kurkh education directorate/Baghdad. The total number of students was 2450 students. A total of 1993 boy students were included. Eligible person was any student who was presence on the day of collection questionnaire. Students of sixth classes were not included because majority of them were not attending schools at this period due to preparing for final exam.

The questionnaire was developed by the researcher, is used to determine the peer pressure and family pressure of smoking. A pilot study was done, to determine compliance of students, any difficulties, weak point during application questionnaire and its completeness & validity, 25 cases examined during pilot study were been excluded. After obtaining permission from second Al-Kurkh education directorate and all headmasters of these schools, an anonymous self-completion questionnaire was used. The questionnaire included 12 questions (3 open questions and 9 close questions) about Socio-demographic information, smoking information, peer smoking habit and smoking habit among family members. For ethical consideration the aim of the study and all questions were explained by

researcher to every student and his verbal agreement was taken before completing the questionnaire.

Data analysis: Data entry followed by descriptive, and inferential statistics were carried out by using software program for statistical package for the social science (SPSS) version 16. Chi-Square (χ^2) was used. Accepted probability cutoff for significance were set to be ≤ 0.05 denoting significant, and ≤ 0.01 denoting highly significant statistical test results. Any value more than 0.05 was considered non-significant.

Results: The study group included (1993) students from seven schools at second Al- Kurkh education directorate /Baghdad. Students' age ranged from 12-22 years, mean 15.66 years \pm 2.05 SD. The smoking habit prevalence among students was 14.6%, for cigarette smoker 12.1%, shisha smoker 2.5% while nonsmoker was 85.4% of the total study population. Table No. 1 showed the effect of education level on the prevalence of smoking habits among students, the 5th secondary class was with the higher prevalence for cigarette smoking 41.1%, while the 4th and 5th secondary classes showed the higher prevalence for shisha smoking 48.9% and 38.8% respectively. The 1st intermediary class showed the higher prevalence for nonsmoker 33.8%. The difference was statistically highly significance (P.value < 0.001) both for cigarette and shisha smoking.

Table (1): The effect of education level on the prevalence of smoking habits among students.

Education level		Smoking habits					
		No smoking	%	Cigarette smoking	%	Shisha smoking	%
	1st intermediate class	574	33.8	57	23.6	2	4.1
	2nd intermediate class	232	13.6	14	5.7	2	4.1
	3rd intermediate class	131	7.6	20	8.2	2	4.1
	4th secondary class	308	18.1	51	21.1	24	48.9
	5th secondary class	457	26.9	100	41.4	19	38.8
Total: 1993 students		1702	100%	242	100%	49	100%

For cigarette: Chi-Square (χ^2) = 33.65, P. value < 0.001, d.f. = 4, for shisha: corrected Chi-Square (χ^2) = 43.24, P. value < 0.001, d.f. = 4

Table No. 2 showed strong association between smoking habit among family and the smoking prevalence among students the difference was statistically highly significance (P. value < 0.001).

Table (2): The relation of smoking among family members and smoking among students.

Smoking among family	Smoking among student				Total	
	No smoking		Smoking		No.	%
	No.	%	No.	%		
No smoking	1083	63.6	105	36.1	1188	59.6
Smoking	619	36.4	186	63.9	805	40.4
Total	1702	100%	291	100%	1993	100%

Chi-Square (χ^2) = 78.33, P. value < 0.001, d.f. = 1 Table No.3 illustrated the effect of smoking among family members on the prevalence of smoking habit among students, whereas the higher prevalence of nonsmoker students 63.4% was found among nonsmoking families, while this prevalence was decrease to 3.9% by existing of smoking habit among more than

one family member. In the other hands the high prevalence of cigarette and shisha smoking were among students of smoking parents 30.1%, 32.7% respectively. In comparison found also the high prevalence of cigarette and shisha smoking among students of nonsmoking families 36.7%, 32.7% respectively.

Table (3): The effect of smoking among family on the prevalence of smoking among students.

Smoking among family		Smoking among students					
		no smoking	%	cigarette smoking	%	shisha smoking	%
No smoking		1083	63.4	89	36.7	16	32.7
Smoking among parents		353	20.8	73	30.1	16	32.7
Smoking among brothers		201	11.9	48	19.7	11	22.4
More than one family members smokers		65	3.9	33	13.5	6	12.2
Total: 1993 students		1702	100%	242	100%	49	100%

The reason behind smoking illustrated in Table No.4. Psychological factors, like to experience, and imitating friends stay as important reason behind student's starting of cigarette smoking and showed the higher prevalence 28.1%, 24.8%, 14.8% and respectively. The like to experience and effect of imitating friends was more obvious on student's starting shisha smoking 48.9%, 16.4% respectively. The difference was statistically highly significance (P.value= 0.001).

Table (4): Distribution of study sample according to reasons behind starting smoking.

The reasons behind starting smoking		Type of smoking			
		cigarette smoking	%	shisha smoking	%
Don't know		46	19.1	11	22.4
Like to experience		60	24.8	24	48.9
Imitating family member		32	13.2	2	4.1
Imitating friends		36	14.8	8	16.4
Psychological reason		68	28.1	4	8.2
Total : 291		242	100%	49	100%

Corrected Chi-Square (χ^2) = 18.02, P. value 0.001, d.f.= 4

Discussion:

In most Middle East countries includes Iraq; tobacco use takes form of cigarettes and shisha⁽⁸⁾. The present study showed that there is a statistical association between cigarette and shisha smoking with increase class level; while the higher prevalence of nonsmoker students was found among lower classes. Actually the students have more chance to become in contact with many peer smokers for many years and this may explain the effect of peer pressure (both cigarette and shisha smoking) on students smoking as reported by other researchers^(4, 6, 13) that reported the effect of long duration of friendship with other smoker may lead nonsmoker to try smoking, this is due to effect of peer pressure in addition to psychological disorders which developed during adolescence. On the other hand the result of present study found that the prevalence of smoking among

students was high among students with positive family smoking behavior, while the higher prevalence of nonsmoking students found among nonsmoking family. This may explain family pressure of smoking on students smoking, the difference was statistically highly significance, this result agree with many other studies which reported an association between smoking among family and the smoking habit of students^(5, 13, 14). The high prevalence of cigarette and shisha smoking among students of nonsmoking family indicated other reason behind the cause of students smoking as peer pressure and psychological stress. The results indicated that the reason behind students starting cigarette and shisha smoking was like to experience with a statistical significance association. As explanation, these vulnerable age groups usually like to have experience with something new like smoking to imitate other. The imitating friends, imitating family member and

psychological factors also play important role as reasons behind student's starting smoking. This again may explain the effect of peer pressure and family smoking habit on students smoking. The study results agree with results of many other studies that revealed the peer and family pressure on developing smoking habit among students of this study group (2,4,5,6,7,9,13,14,15). In conclusion; there is significance increasing prevalence of smoking habits both cigarette and shisha by increasing the class grade, and by increasing family member smokers. The tobacco control educational programs are recommended in all secondary schools, and should be included in the curriculum of schools and colleges.

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