

Factors Influencing the Smoking Behaviours Among Present Youth in India

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ABSTRACT: *Smoking is among the most widespread issues people have facing today that is killing people. Many people develop smoking habits as a result of many people develops the smoking habit as result to reduce stress, personal troubles, as well as other factors. When a person smokes, they harm not just themselves but also the people present around them. Several people smoke as a method of relaxation but it has a higher chance of causing health problems, including damage to the brain. The author has discussed the implications of regular smoking in our daily life and how it also affects people's mental health. This study focuses on the prevalence of smoking behaviors among present youth. The results show that people who smoke regularly are concerned with several physical and psychological issues and have a higher risk of engaging with cancer. This study concludes that it is crucial to completely understand the harmful impacts of smoking to stop it from damaging the lives of decent people. Smokers should give up smoking to avoid financial hardship and detrimental health effects in the future.*

KEYWORDS: *Cigarette, Mental Health, Nicotine, Smoking, Tobacco.*

1. INTRODUCTION

Our health can suffer greatly as a result of tobacco use. Nevertheless, individuals continue to drink it regularly until it is too late. The world's population of smokers is close to one billion. The fact that around one billion individuals put millions more others in danger in addition to themselves is shocking. Our lungs are significantly impacted by smoking. A third of all cases of cancer are brought on by smoking [1]. For example, it may have an impact on respiration, resulting in coughing as well as breathing difficulties. Additionally, it raises the possibility of respiratory infections, which ultimately lowers the period of life. Smoking has several negative physiological, emotional, as well as mental impacts that can seriously affect a human's life. Individuals who smoke plant tobacco trees whose leaves are mostly smoked, chewed, as well as sniffed for a variety of benefits [2]–[4].

Nicotine is a substance that is present in tobacco, which is used in smoking. If a smoker is not attentive during the first period, nicotine is a harmful chemical that may make him or her a slave for a very long period. Other than nicotine, tobacco includes 19 distinct cancer-causing compounds that are together referred to as tar. Smoking is popular for a variety of reasons, including improving short-term memory and attention as well as producing a sense of well-being. Smoking was promoted extensively in newspapers, television, as well as other forms of the media until recently when it was thought to be healthy [5]. Smoking poses a serious health threat, still, individuals continue to do so for a diverse range of reasons, many of which are illogical. Several smokers start while they are younger since they believe that by smoking, they would be seen as mature and grown up. Of course, they are mistaken and endanger their own lives [6].

Several people smoke as a method of relaxation but it has a higher chance of causing health problems, including damage to the brain. Murtaza Kadhum et al. discussed in their study about smoking shisha which is also a type of tobacco which was people used to consume in their day-to-day life. As per their study the way to tobacco consumption, known as shisha, was developed by

a doctor named Hakim Abul-Fath Gilani throughout the 16th century. The product's goal was to 'detoxify' smoke by passing it through water, but this was an untested idea that the medical profession had frequently disputed [7]. Smoking in front of kids could harm them. Children tend to replicate whatever they see around and they are impacted by the accepted norm of smoking in their environment. If a toddler sees someone smoking, the child may likewise believe that smoking is beneficial while in fact, it is not. The likelihood that youngsters will start smoking increases as much more of them become introduced to it.

Smoking has several negative consequences on the human body, including damage to the heart, lungs, blood supply, bones, tummy, tongue, eyesight, skin, reproductive system, as well as fertility. Smoking has a highly negative impact on the heart and lungs. For the heart, tobacco, and nicotine elevates heart rate and make blood clots more readily. Oxygen is taken out of circulation by carbon monoxide, while arterial walls acquire cholesterol deposits as a result. Smoking can cause chronic obstructive pulmonary disease (COPD), a group of respiratory diseases that includes emphysema as well as asthmatic cough. The term “silent killer disorders” refers to chronic obstructive pulmonary disorders (COPD). Several people who used to smoke are afflicted by it but are unaware of it until it is too late to save their lives. In India several people used to consume cigarettes in their day-to-day life in every state. Below Figure 1 shows some states having the highest rate of cigarette smokers in India.

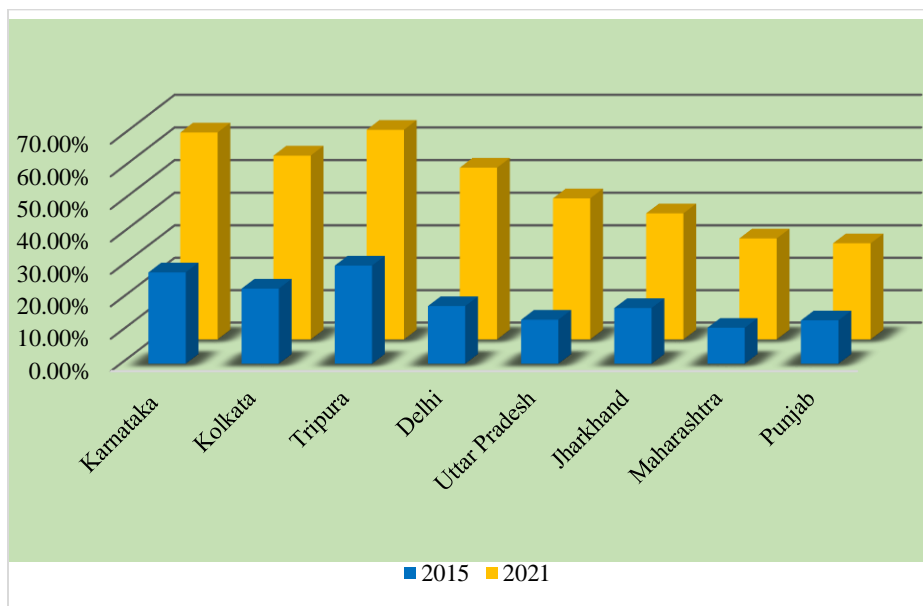


Figure 1: Represents the Several States Having the Highest Percentage of Cigarette Smokers in India.

2. LITERATURE REVIEW

Smoking behaviors among young adults in today's generation are discussed by D. Hammond [8]. As per the author, it is often believed that smoking habits are mostly formed by the time a person reaches the age of eighteen. As a result, efforts to discourage smoking have been nearly entirely directed toward children. The author survey to identify the prevalence of smoking behavior among the youth. The author's results show that smoking regularly rates increased from 8% of children

to 22% of emerging adults, and almost one-fifth of smokers smoked their first cigarettes after turning 18 years old. His study concludes that the public health sector has to pay quick attention to young adults' smoking habits since it differs from that of adolescents and older individuals.

Smoking consumption among youth related to outside tobacco advertising frequency as well as a location near schools are discussed by S. Handayani et al [9]. As per the authors, smoking was one of the leading causes of mortality as well as impairment in Indonesia, where its popularity among male adults is still high and that of male adolescents is rising. It also affects people's mental health and the nation still does not have an outdoor cigarette advertising prohibition, despite local research showing a high visibility of tobacco advertising near schoolchildren. The author used survey research and interviewed approximately 200 male students for their study. The results show that in the region of Semarang, researchers observed strong correlations among variables of outdoor cigarette advertisement density and proximity and juvenile smoking prevalence. Their research concludes that the advertisement of tobacco-related products should be banned near schools.

3. DISCUSSION

The use of tobacco such as (cigarettes, pan masala, etc.) can harm our health. Nevertheless, individuals continue to drink it regularly until it is too late. The world's population of smokers is close to one billion. The fact that approximately a billion individuals put millions of others in danger along with themselves is startling. The lungs are significantly impacted by smoking. A third of all cases of cancer are brought on by smoking. For instance, it may have an impact on respiration, resulting in coughing and shortness of breath. Additionally, it raises the possibility of respiratory infections, which ultimately lowers the quality of life. Smoking affects a person's well-being in addition to these grave health implications. The senses of taste and smell are affected. Additionally, it hinders one's capacity for physical activity. It also impairs their outward look by causing things like yellow teeth and wrinkled skin. People also have a higher chance of developing anxiety and depression. Moreover, smoking has an impact on our relationships and friendships, family, as well as coworkers.

3.1. Factors Influencing the Smoking Behaviours:

A variety of interrelated behavioral, sociological, economic, as well as historical variables that impact people's decision to start smoking, smoking habits, behaviors, as well as efforts to stop smoking are linked to higher cigarette consumption in various demographic groups. Most significantly, it is a costly addiction [10]. In other terms, it comes at a high cost. Several people spend their limited money on smokes despite not having enough money to get by. There are several sources from where peoples get addicted and have habits of daily smoking. There are several factors that influence smoking behaviors among today's youth are shown in below Figure 2.

3.2. Mental Effects of Smoking:

One of the first known drugs is tobacco. It is a warm-weather plant with green leaves that is harvested, roasted, crushed, and utilized in a variety of methods. The majority of smokers use cigarettes, although others choose cigars and hookah. As "snuff", it could also be chewed and inhaled with the help of the nose. Nicotine, a hyperactive substance, is found in tobacco. Nicotine helps people feel as though they have more stamina as well as accelerates their nervous system. The brain may also be affected, making people feel "wonderful" after smoking. Because nicotine

is so strongly addictive, it might be hard to stop using it. When someone first starts smoking, you could feel nauseated and lightheaded. Your heart may beat more quickly, you may have a headache and could cough [11]. As people continue to smoke, the majority of these effects both positive and negative get progressively worse. Their body becomes accustomed to the nicotine and other substances in cigarettes over time. Several smokers who consume cigarettes in their day-to-day life say they want to stop this habit but they were unable to do because it has a significant impact on their minds, peoples are addicted to these habits, and it's very difficult for them to stop this habit. Most people think that smoking makes people feel more relaxed. However, smoking makes people more tense and anxious. People who smoke have a longer lifetime risk of depression compared to non-smokers [12].

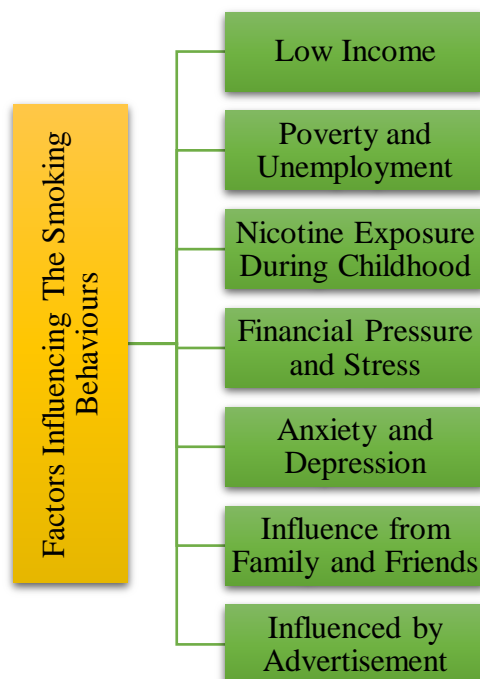


Figure 2: Represents the Measures that Influence the Smoking Behaviours Among the Present Youth.

3.3. Factors Affecting Smoke Cessation:

After quitting smoking, people having mental health issues are likely to feel considerably calmer and much more optimistic and experience a higher quality of life. There is an indication that quitting smoking can have a similar positive impact on anxiety and depressive symptoms as medications. Throughout the globe, tobacco manufacturers are doing quite well. Every cigar or cigarette packaging contains the following warning: "Cigarette smoking is harmful to your health". But still smokers, never see this warning as well, and even if he does, never heed it. Below Figure 3 shows some measures which may help to reduce the addiction to smoking among adolescents.

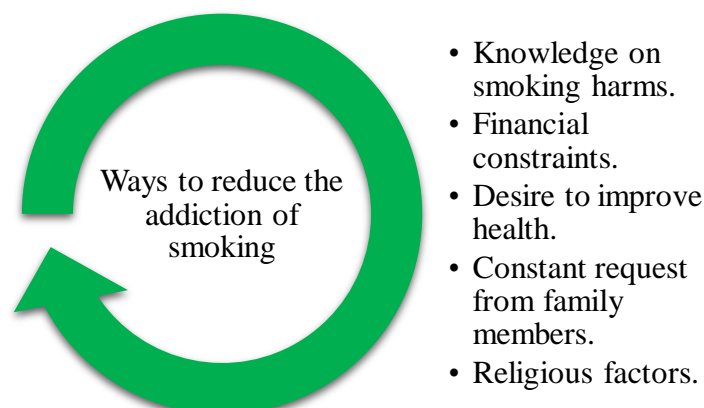


Figure 3: Illustrating the Measures which May Help to Reduce the Addiction to Smoking Among Adolescents.

4. CONCLUSION

Smoking is not only harmful to one who smokes but to all the people around that smoker. Smokers have a higher risk of developing lung cancer and heart disorders. Smoking is a harmful addiction, and as soon as individuals can quit, it will be beneficial for everyone around them. As people continue to smoke, the majority of these effects both positive and negative get progressively worse. Their body becomes accustomed to the nicotine and other substances in cigarettes over time. The results show that people who smoke regularly have higher physical and mental health risks and they have a greater chance of having cancer. To completely comprehend the negative effects of smoking and prevent it from destroying the lives of moral people, it is essential. Smokers should stop smoking to prevent financial losses and adverse health impacts.

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