

EPIDEMIOLOGY STUDY OF TOBACCO CONSUMPTION AMONG ADOLESCENT BOYS RESIDEING AT LAKSHMIPURA VILLAGE, BANGALORE

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ABSTRACT

The prevalence of tobacco consumption in other forms such as snuff, chewing tobacco, burnt tobacco powder, and paste was 19.3% and 9.9% in rural and urban males, respectively, 9.3 and 4.3% in rural and urban females respectively. Very few studies have been conducted in rural area but not in Belgaum urban area .Hence this community based study on patterns of tobacco consumption among adolescent boys may help to develop strategies to prevent tobacco consumption during the younger days of life. The data was collected using predesigned questionnaire for the age group of 10-18 years for about 400 adolescent boys. The main observations of the study were 33.12% of the adolescents were addicted with one or other type of tobacco chewing, majority of addicted adolescent were in the age group of 17-19years.

KEYWORDS: Tobacco, Adolescent boys.

INTRODUCTION

Adolescence is the period during which lifestyle patterns of behaviour are being formed these behaviours set the stage for future health problem. The risk taking and health compromising lifestyles are viewed as crucial determinants of future health, illness, disability and premature mortality. In India ,out of more than 2.2 million cancer patients, tobacco related cancers account for half the total cancers among men and 20%among women and about 0.7 million tobacco related deaths each year.

OBJECTIVES

1. To study the prevalence and patterns of tobacco consumption amongst the adolescent boys residing in an urban community.
2. To assess the factors influencing tobacco consumption amongst adolescent boys.

METHODS

The present study is a community based cross sectional study undertaken to study the patterns of tobacco consumption among adolescent boys residing at Lakshmipura village, bangalore.

Data Collection

The data was collected using pre tested and pre designed questionnaire. It was distributed to all the 400 randomly

selected adolescent boys .Informed consent of the patterns and assent was obtained from boys between the age group of 10-18 years .Informed consent was obtained from the participants of age 18 years and above .Information regarding the tobacco consumption with respect to the type ,dosage ,and duration and peer influence ,history of tobacco consumption amongst family members ,income and type of the family was collected and data was obtained.

RESULTS

In our cross sectional study, the age of adolescent boys is around 5.06 % at the age of 10-13 years, 35.35% at the age of 14-16 years, 59.59% at the age of 17-18 years. The percentage of socio demographic characteristics of adolescent boys based on the educational status are about 2% illiterate, 19% primary incomplete, 41% primary complete, 24% secondary complete, 14% technical school, University, or postgraduate education.

Table 1: Distribution Of Participants According To Patterns Of Tobacco Consumption.

Tobacco consumption	n=400	%
Yes	76	19.00
No	324	81.00
Types of tobacco	NO(n=76)	%
Tobacco chewing	13	17.10
Smoking	23	30.27
Gutkha	40	52.63
Number /Day	NO(n=76)	%
1-3	41	53.93
4-6	29	38.15
7-10	6	7.92
Age of initiation	NO(n=99)	%
10-13yrs	5	5.06
14-16yrs	35	35.35
17-19yrs	59	59.59
Duration	NO(n=76)	%
<1year	15	19.73
1year	19	25.00
>1year	42	55.59
REASONS FOR INITIATION	NO(n=76)	%
Influence of friends	69	90.78
Influence of parents	1	1.32
Status symbol	1	1.32
For relief of tension	5	6.58

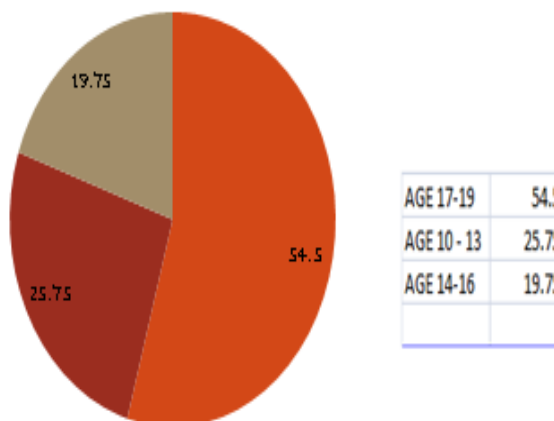
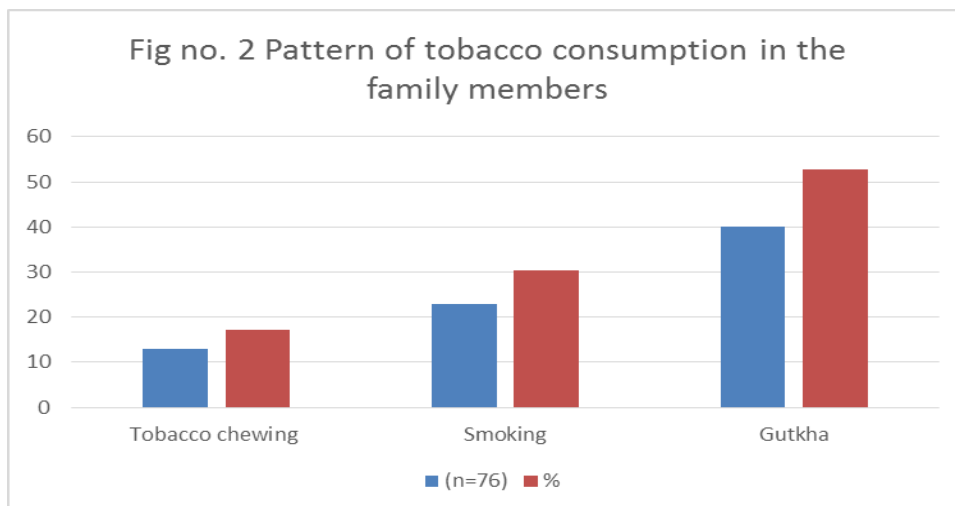
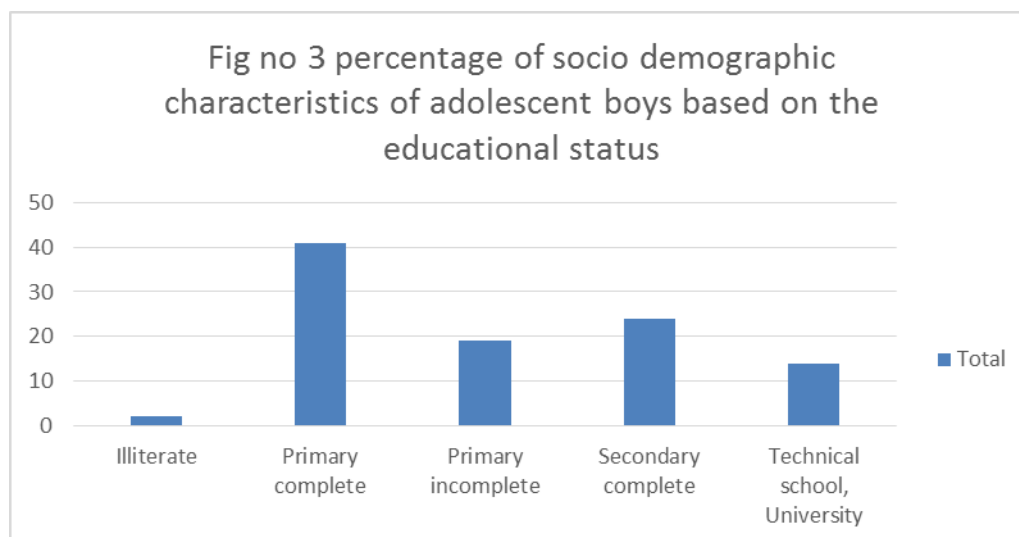


Fig. 1: Socio demographic characteristics of adolescent boys based on the age.





DISCUSSION

In our study out of 99 boys who had ever consumed tobacco almost 60% had started tobacco consumption in the age group of 17-19yrs followed by 35.35% in the age group of 14-16yrs. The main observations of the study were 33.12% of the adolescents were addicted with one or other type of tobacco chewing, majority of addicted adolescent were in the age group of 17-19years (36.26%).

In the present study the most common reasons by ever users to start tobacco consumption included influence of friends 90.78% and relief of tension 6.58%. A study conducted in Lakshmipura found that peer pressure was the major reason followed by imitating the images of heroes, look powerful during smoking, and some just for fun started tobacco consumption. It is a well established fact that friends have great influence during adolescence.

CONCLUSION

The present study shows that almost 1/5 of the adolescent boys in this urban community have been consuming tobacco products, the most preferred being "gutkha". The prevalence has been more in families with illiterate parents, history of tobacco consumption in family members. Illiterate adolescent boys in the age group of 17-19yrs have a greater chance of becoming victims of this dreaded habit. There is an urgent need to develop effective interventions to tackle this problem.

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