



## Awareness of Diseases Caused by Passive Smoking among Students Studying at Collegiate Level

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### ABSTRACT

*The major objectives of the study are find out the awareness on passive smoking and to increase the students awareness on passive smoking. The research method used in this study is normative survey method and the sampling procedure used is simple random sampling. The reliability value is found to be 0.7 and the logical validity is established. The percentage analysis and differential analysis were used. The important finding reveals that the students have awareness and their awareness level is just above is average level. Rural male students, private college students have more awareness than other college students. Therefore, the study suggested that more awareness program must be conducted for college students. Passive smoking is called as second hand tobacco smoke. Which can also cause similar damage or more damage to non-smokers than smokers? In fact, if one is exposed to outdoor passive smoking create more dangerous condition to non smokers or passive smokers.*

### INTRODUCTION

Passive smoking is called as second hand tobacco smoke. Which can also cause similar damage or more damage to non-smokers than smokers? Infact, if one is exposed to outdoor passive smoking create more dangerous condition to non smokers or passive smokers. The passive smoking make produce many health hazards, American Association (1992) conducted a study and revealed that there is a relationship between second hand smoke or passive smoke and heart diseases which increased mortality rate. Therefore the passive smoking is a very dangerous one which causes many diseases. But the seriousness and dangerous healthy hazards or not understood seriously by the college students. They think that smoking/spending time with smokers are a kind of entertainment, but they don't know how much dangerous effect that will be created by passive smoking. In this juncture, the college going students must know what is passive smoking, how dangerous it is in the present situation and what are health hazards that are created by passive smoking.

### PASSIVE SMOKING - MEANING

Passive smoking refers that the smoke is inhaled by nonsmokers from active smokers. Passive smoking means that the passive smokers, or non-smokers, are breathing the smoke either from the burning end of the active cigarette smokers or the smoke expelled by the active smoker. Passive smoking is also called involuntary or secondhand smoking.

### NEED AND SIGNIFICANCE OF THE STUDY

1. There were very few researches have been done in India about passive smoking in the area of education, hence the research is very much needed one.
2. The student community is affected by passive smoking and they get various diseases. This happens mainly because, the present students have very low awareness on passive smoking and its related diseases. Passive smoking kills nearly 6 lakhs peoples per year around the world. Smoking kills not only affects one who use but it also affects the surroundings and it causes various diseases. Hence, the research is considered as a most significant one in the present scenario.

### SCOPE OF THE STUDY

1. If college students have awareness on passive smoking and its related diseases, they can avoid cigarette smoking and they can also advise others and make them lead life without smoking and their related diseases.
2. The present research may help students, teachers, educationalist, doctors and research scholars.

### REVIEW OF RELATED LITERATURE

Few research studies such as Reed et.al (2010), Sreemareddy et.al (2010), Valdivieso et.al (2010), Ridner et.al (2011), Arbour et.al (2011), Yang et.al (2011) and Zakletskaia et.al (2011) supported the present study that the smoking affects smokes as well as passive smokers.

#### **OBJECTIVES OF THE STUDY**

1. To identify various diseases that are related to passive smoking habit among college students.
2. To find out the extend of awareness among college students on passive smoking habit and it related diseases.
3. To find out the significant difference if any between different groups of biographical variables such as sex, location of college, type of college and nature of college in awareness on passive smoking habit and it related diseases.
4. To give fruitful suggestions to improve awareness on diseases related to passive smoking and their preventive measures.

#### **HYPOTHESES OF THE STUDY**

1. Passive smoker's awareness on the diseases caused by passive smoking is at low level.
2. The male passive smokers have more awareness than female passive smokers on the diseases caused by passive smoking.
3. Rural passive smokers having more awareness than urban passive smokers on the diseases caused by passive smoking habit.
4. There is significant difference between different groups of biographical variables in the awareness on diseases caused by passive smoking habit.
5. Passive smokers in private college have more awareness on diseases caused by smoking than passive smokers of Government Colleges located in Ramnad District.

#### **RESEARCH METHOD**

The investigator adopted Normative Survey Method in the present study.

#### **DESCRIPTION OF THE RESEARCH TOOL AND SCORING PROCEDURE**

The investigator prepared a questionnaire with resource materials and experts' consultancy that has 25 items. Each item has two alternatives. All the items of the questionnaire are closed type. The investigator gave 'one' frequency for the response 'know' and gave 'zero' frequency for the response of 'Don't know' of the respondent.

#### **VALIDATION OF THE RESEARCH TOOL**

In the validation process, the investigator collected 50 samples from Thondi and Syed Ammal Arts and Science College, Devipattinam and used for validation process.

#### **Reliability**

The reliability value was identified by the investigator by making use of the rational equivalence method. The investigator used Kuder Richardson formula (KR20) to identify the reliability value. The reliability value is found to be 0.7 which is indicates that the tool is highly reliable for the present study.

#### **Validity**

In validation process, expert's opinions were collected. Based on the expert's opinions some of the items are modified and some of the items are eliminated and few irrelevant items in the questionnaire are removed. This logical process brought validity to prefer valid items in the present study.

#### **SAMPLING TECHNIQUE**

The investigator used the technique of simple random sampling technique to collect the responses from the passive smokers of studying in various colleges located in rural and urban areas of Ramanathapuram district.

#### **DATA COLLECTION**

The investigator personally visited 7 arts and science colleges located in Ramnad district and collected samples from the college students.

#### **DATA ANALYSIS**

The investigator used the statistical techniques such as percentage analysis to identify the level of awareness on diseases caused by passive smoking and 't' test was used to find out significant difference between different groups of biographical variables.

#### **DELIMITATION OF THE STUDY**

1. The study is confined to the area of Ramanathapuram district only
2. Only 7 arts and science colleges were visited by the investigator
3. The responses were collected from the passive smokers studying in arts and science colleges of Ramanathapuram district only
4. Only four biographical variable such as sex, nature of college, location of college, Type of college were selected from the present study.

**PERCENTAGE ANALYSIS**

**Table 1 :** Distribution of percentage scores of various groups of Awareness on Disease caused by passive smoking in Students Studying at Collegiate Level

S.No.	Categories	Percentage %	
1	Overall Categories	63.9	
2	Sex	Male	51.26
		Female	50.68
3	Location of College	Rural	53.17
		Urban	48.18
4	Type of College	Govt. College	48.18
		Govt. Aided College	50.6
		Private College	55.1

**FINDING**

1. The passive smokers studying in various colleges have awareness which is slightly above the average level (i.e 50.97%)
2. The male and female passive smokers studying in various colleges have awareness which is slightly above the average level (i.e 51.26 and 50.68%)
3. The passive smokers who are studying in various colleges located in rural areas have awareness which is slightly above the average level (i.e 53.17%) whereas passive smokers studying in urban colleges have the awareness which is slightly below the average level (i.e 48.18%)
4. The passive smokers studying in Government colleges have awareness which is slightly below the average level (i.e 48.18%) whereas awareness of passive smokers studying in Government Aided colleges and private colleges has the awareness which is slightly above the average level (i.e 50.6% and 55.1%)

**DIFFERENTIAL ANALYSIS**

**Table 2 :** Distribution of mean difference between difference groups of biographical variables of Awareness on Disease caused by passive smoking in Students Studying at Collegiate Level

Sl. No.	Categories	df	't' Values	Level of Significance
1	Sex	Male Vs Female	t = 1.00	Significant at 5% level
			M <sub>1</sub> = 12.64 S <sub>1</sub> = 4.69	
			M <sub>2</sub> = 12.08 S <sub>2</sub> = 4.26	
2	Location of College	Rural Vs Urban	t = 2.33	Significant at 5% level
			M <sub>1</sub> = 13.35 S <sub>1</sub> = 3.85	
			M <sub>2</sub> = 12.09 S <sub>2</sub> = 4.55	
3	Nature of College	Private College Vs Govt. College	t = 2.53	Significant at 5% level
			M <sub>1</sub> = 13.75 S <sub>1</sub> = 4.48	
			M <sub>2</sub> = 12.09 S <sub>2</sub> = 4.45	
	Private College Vs. Govt. Aided College	138	t = 2.37	Significant at 5% level
		M <sub>1</sub> = 13.75 S <sub>1</sub> = 4.48		
		M <sub>2</sub> = 12.50 S <sub>2</sub> = 1.29		
Govt. College Vs Govt. Aided College	168	t = 0.90	Not Significant	
		M <sub>1</sub> = 12.90 S <sub>1</sub> = 4.45		
		M <sub>2</sub> = 12.5 S <sub>2</sub> = 1.29		

**FINDINGS**

1. Male passive smoker's have more awareness on various diseases related to passive smoking than female students.
2. Rural passive smokers have more awareness than Urban passive smokers on various diseases related to passive smoking.

3. Private College passive smokers have more awareness than Government College passive smokers on various diseases related to passive smoking.
4. Private College passive smokers have more awareness than Government Aided College passive smokers on various diseases related to passive smoking.
5. Government Aided College and Government College passive smokers' awareness on various diseases related to passive smoking are found to be same.

### RESEARCH IMPLICATION

The present research study implies the followings.

1. The students studying in collegiate level have average level of awareness on diseases caused by passive smoking.
2. The awareness level also found to be high in different groups of college students such as male students, students residence in Rural area, students studying in Government Aided colleges and Private Colleges.

### SUGGESTION FOR DEVELOPING AWARENESS ON DISEASES CAUSED BY PASSIVE SMOKING

1. Seminar, Symposium, workshop, panel discussion may be conducted for college students on passive smoking and its related diseases.
2. Debate may be conducted to identify the college student's unawareness on passive smoking and arrange a special discussion to improve their knowledge level.
3. The programmes or training may be conducted to create awareness among pupils on passive smoking.
4. Periodical meeting can be conducted by inviting experts in the field of education for De-addiction.

### CONCLUSION

In order to identify the level of awareness on diseases caused by passive smoking, the study has been undertaken by the investigator. In this study, it is found that, Male passive smokers have more awareness than female passive smokers and private college passive smokers having more awareness than Government and Government Aided college passive smokers, and Rural passive smokers having more awareness than urban passive smokers on various diseases related to passive smoking.

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