

**“A STUDY TO ASSESS THE KNOWLEDGE OF PRE  
UNIVERSITY STUDENTS REGARDING ILL EFFECTS OF  
SMOKING AND TOBACCO CHEWING IN A SELECTED  
COLLEGE IN BENGALURU”.**

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## ABSTRACT

### BACKGROUND

Smoking is a practice in which a substance, most commonly tobacco, is burned and the smoke is tasted or inhaled. This is primarily practiced as a route of administration for recreational drug use, as combustion releases the active substances in drugs such as nicotine and makes them available for absorption through the lungs. It can also be done as a part of rituals, to induce trances and spiritual enlightenment.

The most common method of smoking today is through cigarettes, primarily industrially manufactured but also hand-rolled from loose tobacco and rolling paper. Other smoking implements include pipes, cigars, bidis, hookahs, vaporizers, and bong. It has been suggested that smoking-related disease kills one half of all long term smokers but these diseases may also be contracted by non-smokers. A 2007 report states that about 4.9 million people worldwide each year die as a result of smoking.<sup>[1]</sup>

### OBJECTIVES OF THE STUDY

1. To assess the knowledge regarding ill effects of smoking and tobacco chewing among pre university students.
2. To determine the association between knowledge scores and selected demographic variables.

### ASSUMPTIONS

There will be significant level of knowledge among adolescent.

In the present study, descriptive approach was selected. The structured questionnaire was developed by the researcher was adapted to collect the data. Main study was conducted Acharya Pre University College at Soldevanahalli, Bangalore, with the sample size of 50 adolescent aged 14-19 years. The samples were selected by

using purposive sampling technique and the collected data was analyzed and interpreted based on descriptive and inferential statistics.

## **RESULTS**

The analyzed data from the demographic information of the adolescents reveals that majority of subjects 56 % (28) belong to the age group of 14-16years, majority 78 % (39) of them were male, majority 76% (38) were in I PUC, maximum 74% (37) used belong to nuclear family. maximum of subjects 66 % (33) belong to middle class family, majority 82 % (41) are Hindus, maximum 38% (19) gets information from news paper.

## **CONCLUSION**

The present study attempted to assess knowledge regarding ill effects of smoking and tobacco chewing among adolescents in a selected college of Bangalore. Nursing interventions can alleviate many problems of the adolescents, creating a definite system of support. There is a clear need for more education, advice and support for addicted adolescents.

**KEY WORDS:** Smoking , Tobacco Chewing.

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