

# Tobacco Smoking Among Teachers and Students of Secondary Educational Institutions and its Preventive Measures in the Republic of Uzbekistan

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## ABSTRACT

**Aims & Objective:** The objective of present work is the study of tobacco prevalence among teachers and students of educational institutions of Tashkent city. **Methods:** The data for study were the results of public opinion poll among the employees (teachers, administrators) of Tashkent city comprehensive schools, lyceums and colleges, as well as students of 7-th, 8-th, and 9-th grades. There were questioned 30 people in each of 25 educational institutions, thus 750 respondents were questioned in total (men – 26.3% and women – 73.7%). **Results:** Among the questioned teachers ever smoked cigarettes – the women make up 12,4±1,8, and men – 47,3±3,9; among administrators – women make up 10,8±1,3, and men – 55±3,8. Female teachers (5,6±1,0) and male teachers (11,5±2,5) consume other types of tobacco products. **Conclusion:** There should be implemented programs on health promotion; smoking, drug and alcohol dependence prevention among the youth.

**Key words:** Smoking, Tobacco, Nasvay, Woman, fertile age, youth.

## INTRODUCTION


Within the last ten years the experts of the World Health Organization (WHO) have been pointing to the fact that global tobacco prevalence among all the people, steadily increases every year. At present, there are more than 1.1 billion of smokers in the world at the age of 15+ (it is about 1/3 of the whole world's population). It is known that 12 % of adult population's mortality is caused by tobacco smoking and in total it makes up 5.4 million of people deaths annually. By 2020, (according to the WHO projection) tobacco prevalence center will move from the

Western European countries and the United States of America to the developing countries, including Uzbekistan.

## MATERIAL AND METHOD

The data for study were the results of public opinion poll among the employees (teachers, administrators) of Tashkent city comprehensive schools, lyceums and colleges, as well as students of 7-th, 8-th, and 9-th grades. There were questioned 30 people in each of 25 educational institutions, thus 750 respondents were questioned in total (men – 26.3% and women – 73.7%). Each respondent was given a questionnaire that had to be filled out with the assumption of answering anonymously. Each respondent was instructed by the trained employees on the order of anonymous answering. There were 46 questions in the form. The filled forms were collected and statistically processed according to the standard procedure. The results of public opinion poll – interview are given in Table 1. As the Chart shows, 97,85±0,6 of the surveyed educational institutions raise an issue on smoking prohibition among students and personnel. However, in these educational institutions 6,7±1,1 of the questioned women and 30,8±3,6 of the questioned men smoke (among them: 5,1±0,9 of women and 7,5±1,1 of men smoke in the territory of schools, colleges and lyceums).

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**Table 1. Tobacco smoking prevalence among teachers of educational institutions and their opinion on smoking. (in % from among the number of the surveyed)**

	Women P±m	Men P±m
Ever smoked	12,7±1,4	47,4±3,9
Smoke cigarettes today	6,7±1,1	30,8±3,6
Use tobacco (nasvay)	5,6±1,0	11,5±2,5
Think that school must forbid schoolchildren to smoke	95,3±0,8	95,2±1,6
Expressed their view on smoking ban in educational institution with regard to personnel	74,9±1,8	73,2±3,4
Informed on tobacco products' harm	43,6±2,1	48,7±3,8
Having an access to information on the harm of tobacco products' consumption by the youth	74,6±1,8	72,3±3,4
Number of those who are anxious with cigarettes smoking among the youth	61,1±2,0	43,2±4,1
Number of teachers smoking in the school's territory for the last year (from among the number of smokers)	6,0±1,0	9,8±2,2
Schools having a program on tobacco products' consumption prevention among the youth	69,1±1,9	69,1±1,9
Think that smoking has to be prohibited in public places	94,1±1,0	95,9±1,5
Think that smoking is harmful for the people around smokers	97,0±0,5	86,9±2,6
Think that smoking among teachers influence on cigarettes consumption by pupils	91,2±1,2	83,3±2,9
Think that tobacco products advertising has to be completely prohibited	86,5±1,4	79,8±1,7
Think that cigarettes must go up in price	65,1±2,0	52,0±3,8
Think that tobacco industry urges the youth on smoking	54,6±2,1	57,8±3,8

74,6±1,8 of female and 72,3±3,4 of male teachers have an access to the materials on training and tobacco products' consumption preventive measures among the youth. 43,6±2,1 of teachers were trained for tobacco products' consumption preventive measures among schoolchildren and adolescents, 74,6±1,8 of the questioned pointed out that educational institution had no special room for training the students. Out of the studied educational institutions, 69,15±1,9 have the program for training adolescents on tobacco products' consumption prevention. Among the questioned teachers ever smoked cigarettes – the women make up 12,4±1,8, and men – 47,3±3,9; among administrators – women make up 10,8±1,3, and men – 55±3,8. Female teachers (5,6±1,0) and male teachers (11,5±2,5) consume other types of tobacco products (nasvay<sup>[1]</sup>, pipe). There were questioned 2133 of students, 1375 (64.5 %) of them were schoolchildren at the age of 13-15 years old, and 758 (35.5 %) of them were the first-year students of lyceums and colleges. There was conducted the following survey: Global survey on tobacco smoking among adolescents and school personnel (GYTS & GSPS),

conducted in educational institutions of Tashkent city jointly with CDC; this survey has been conducted anonymously. The questionnaires were distributed and collected by trained employees. The collected questionnaires were processed by the specially developed program.

As the above given Chart shows, 7.7 % of schoolchildren have already learned to use tobacco products: 10.4% of boys and 5.0% of girls.

During the process of survey conduction, we have found out the respondents were subjected to passive smoking. 17.3 % of them said that members of their families smoke in their presence, and 46.7 % of respondents stated that members of their families smoke out of the living space. 43.8 % of students have one or both smoking parents, 1.6 % of students have smoking friends.

91.7 % (among those who were questioned) think that smoking in public places has to be prohibited, and 56.1 % of respondents specified smoking attributable harm for their health (when people around them smoke in their presence).

**Chart 2. Description of smoking prevalence among students**

No	Characteristic	Total %	Boys %	Girls %
1	Ever smoked cigarettes	7,7	10,4	5,0
2	Among them tried smoking at the age of under 10	17,1	25,2	-
3	Consume some sort of tobacco products today	2,2	2,7	1,6
4	Inclusive of those who smoke cigarettes	1,8	2,4	1,2
5	Smoke cigarettes every day	0,6	0,7	0,5
6	Consumed some sort of tobacco products for the last 30 days	0,6	0,3	0,8
7	May start smoking among those who never smoked	45,1	46,0	-

Teachers' behavior significantly influences upon cigarettes smoking among students. In spite of that 97.85 % of the studied educational institutions prohibited smoking among the personnel, 5.1 % of female and 7.5 % of male teachers smoke in the territory. At the same time, 74.6 % of female and 72.3 % of male teachers had available material on tobacco products' consumption prevention and on smoking attributable harm as well; and the overwhelming majority of educational institutions' employees (91,2±1,2 of women and 83,3±2,9 of men) knew that smoking among teachers negatively influences on cigarettes smoking among schoolchildren.

It is of great interest the data on: which sources the schoolchildren and students were informed on smoking from. 90.6 % of respondents answered that they saw antismoking mass media addresses, whereas everybody saw cigarettes supporting advertising: 52.1 % of them saw it on billboards, 42.6 %, – in newspapers and magazines, and 6.9 % of respondents had some product with cigarette brand logo. The most alerting fact is that 5.3 % of students were offered cigarettes by tobacco companies' representatives free of charge.

In Tashkent city, for the last years, 71.8% of schoolchildren got trained in the issues on tobacco products' consumption risk, 58.2 % of them found out more about smoking negative consequences, and 45.5 % of them took part in the classroom discussion of reasons of why their peers started smoking.

According to the WHO data, tobacco smoke is 4 times more harmful for the people around smokers than for the smokers themselves. Passive smoking shortens people's lives in average for 5 years. 95,3±0,8 of employees think that school has to forbid schoolchildren to smoke, and 92,9±1,6 of them think that the employees have to be prohibited to smoke. Only 461,1±2,0 of women and 43,2±4,1 of men are anxious about cigarettes consumption by the youth and offer to develop preventive measures as well as arrange special trainings (for teachers) on tobacco products' consumption prevention among schoolchildren. From among the questioned, 94,1±1,0 of women and 95,9±1,6 of men consider it necessary to prohibit smoking

in public places, and 97±0,5 and 86,9±2,6 (respectively) of them think that smoking is harmful for the people around smokers. 91,2±1,2 of women and 83,3±2,9 of men are aware of that smoking among teachers influences on cigarettes smoking among schoolchildren.

The findings give testimony to a strong adherence of educational institutions' staff (both men and women) to tobacco smoking.

This situation on tobacco consumption in educational institutions needs to develop a task program on tobacco control among teachers and students. One of the effective measures is considered to be improvement of the explanatory work along with the active involvement of mass media. For this purpose, it is necessary to: screen antismoking b-rolls, television and radio broadcast on smoking attributable harm; develop information and educational materials (booklets, posters, pamphlets, instruction sheets); prohibit smoking in public places, as well as announce educational institutions to be free of smoking. It is expedient (in each educational institution) to conduct regular task-oriented sporting campaign devoted to the No tobacco day.

It is worthy an opinion on setting up a mobile team consisting of narcologists, psychoneurologists, general practitioners and other specialists to steer a course of lectures, conversations and other types of explanatory work for students.

To date in Uzbekistan there are made the arrangements on acceding of the Republic of Uzbekistan to the International WHO Framework Convention on Tobacco Control. There are developed and implemented programs on health promotion; smoking, drug and alcohol dependence prevention among the youth. In 2008 (designated as the Year of Youth) in Uzbekistan there was adopted a Government program, and one of its sections is devoted to pernicious habits prevention, especially smoking among the youth. Multimedia information on the harm of smoking from the viewpoint of clinical epidemiology and evidence based medicine must be available for everyone.

There are developed and implemented programs on health promotion; smoking, drug and alcohol dependence prevention among the youth.

## CONCLUSION

- 2.2 % of Tashkent city students consume some sort of tobacco products today; 1.8 % of students smoke cigarettes at present.
- Passive smoking is of medium level – 17.3 % of respondents said that members of their families smoke in their presence; approximately a half of students often stays among smokers at places outside their home, 4 out of 10 students have one or both smoking parents.
- One in ten students had no information on smoking attributable harm, all of them saw only tobacco supporting advertising, and went through a free of

charge tobacco products' hard sell by representatives of tobacco companies.

4. It is established that 97.85% of the surveyed educational institutions raise the issue on smoking prohibition among students and staff.
5. 74.6 % of female and 72.3 % of male teachers have the access to material on training and tobacco products' consumption preventive measures among the youth.
6. In the surveyed schools, lyceums and colleges 5.1% of women and 7.5% of men smoke in the territory of these institutions.
7. 91.2% of women and 83.3% of men know that smoking among teachers influences on cigarettes smoking among schoolchildren.

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