

A Study of Smoking Phenomena Among Students of Institute of Medical Technology

Assistant Prof. Dr. Intisar Mohammed
Assistant Prof. Suad Hameed Rasheed
Assistant Prof. Miaad Nathem Rasheed

Institute of Medical Technical
Middle Technical University - Iraq

ABSTRACT

Smoking phenomenon is widespread among the countries of the world and has expanded to include young ages, and has started to spread among students and this affects their health and affects their level of knowledge After their health deteriorated, our aim in this research was to introduce the reader and listener to the smoking phenomenon and its impact on the health and economic side psychological and social, we mentioned the most important studies on this phenomenon and put the results in light of the recommendations And our spatial field is the students of the Technical Institute In its scientific departments and branches, it was among the students of the first and second stages. Our research came in several chapters, the first chapter and it includes previous studies and the motives for smoking and we presented methods of treatment in the form of steps to get rid of this phenomenon. Or on the field side, it included basic data for the research sample that contains 34 subjects (males and females) and show the features of the sample that addicted on smoking .

Keywords: smoking phenomena, university students, Institute of Medical Technology.

Introduction

Smoking is a wide spread habit in all over the world and takes many forms such as cigarettes ,hubble bubble , pipe ,tobacco chewing until it becomes a phenomena that increased among the people in the society that makes us attempt to investigate the reasons behind this spread , motives and its rapid ways to spread .No doubt that smoking in modern age is one of the most dangerous infections as WHO report that the number of the people who died or live with diseases because of the smoking are more than the people who dies due to plaque and Cholera each year .

Theoretical Aspects /First Enquiry /General Frame of the Study

The Research problem

Smoking is one of the most common phenomena of using enjoyment drug by one billion time as the tobacco is one of the most smoking forms as it is practiced by one billion persons in most of human societies in most of social levels and various ages .

1- The study importance

The two researchers investigate in their subject to expose the range of the phenomena among students and shade a light on the danger of this phenomena for the scholars to study it in the future and expose the role of the institution and scientific departments as it is educational foundation to reduce the expansion of the phenomena among students especially they are in foundation that has a role in prepare qualified individuals to work in health foundations.

The Research Hypothesis :

Smoking is very expanded phenomena among students

The smoking gases causes many damages ,thr most important occurs in health field and also occurs in economic and social field

2- The Research objectives

The research aims to:

- 1- To asses the smoking phenomena among students and its health , psychological ,physical ,social and economy consequences .
- 2- Asses the demographical characteristics of smoking students .
- 3- Asses the knowledge of students about social and physical effects of smoking .

The study fields

- 1- Place field :Our study is limited on the Institute of Medical Technology in its scientific departments and its twelfth branches in the specialty .
- 2- Human Field : The research sample of scientific departments and branches in the students of Institute of Medical Technology intentional random sample as it is limited with students in the institution .
- 3- Time field :The study was conducted September 10th 2019 to march 1st 2020 .

The Research Hypothesis :

- 1- Smoking phenomena is wide spread phenomena among students
- 2- Smoking has several harms the most important in health and also in economic and social fields

Second Enquiry /Concepts and Scientific Terms

1- Phenomena : All the appearances and received by the senses such as sound , color , temperature smoking phenomena , test and defined as an incident that is unfamiliar deserve for study such as smoking phenomena.

2- Social phenomena is an act practiced by groups of people or they suffered from it and it has several dimensions .we have to know that the social problem cannot define the sources responsible on their forming unless we have enough knowledge for it position from social field and the example of negative phenomena⁽¹⁾

The student in the Arabic language is the person that seeks the knowledge and in English (student) is the person who learns in college or institution

3-Smoking : Is the process where a material is burned and mostly is tobacco then the smoke is tested and breathed .This practice is done by burn material and breath its smoke , melted and absorbed by blood⁽²⁾ .

4-Tobacco : is plant from Solanaceae has big leafs and beautiful flowers with red color ,2meters high and its leafs used to make the tobacco .The roots and stems has no benefit in obtain the good tobacco⁽³⁾ .

The third Enquiry /Previous Studies

1- Arabic Study

The study Titled (Diagnosis the Depend on Nicotine and Motives of Smoking at University Female Students) by the researchers Hanan Beleidy and Farhat Belmath In College of Sociology and Human Science /Department of Psychology and College of Education in 2013 \ Algeria .

The study limits and motives of smoking and the relation between them .The two Researchers attempt to expose the dependency levels on nicotine and the motives behind smoking , motives of prevent smoking at the smoking female students in some colleges and university campus in Algeria , learning the effect of personal characteristics. for the subjects on the dependency levels on nicotine , motives of smoking and motives to prevent .Through the study the research courses where observed .The smoking motives are governed by several elements the most important is the hereditary element⁽⁴⁾ .

2- Foreign study

Study on smoking and Atypical arteries in three studies performed in America .In study performed in Soviet Union ,it was observed that there is constant relation between smoking and Arteriosclerosis (death of Topical tissue) .It was observed that Coronary artery disease is common disease in non smokers .There are many elements for nonsmokers that have effect in its occurrence such as hyper blood pressure , diabetes , increase in cholesterol , reduction of physical activity , failure of the lung

function either the person is smoker or not .But the statistics approves that smoking is basic element in cause the disease.

Laboratory Studies

The Laboratory evidence support the smoking effect on blood and its influence on the infection possibility in Coronary artery disease .It resulted from repeated increases in cholesterol levels and other fats in the blood cause Arteriosclerosis .Also it causes Coagulation .Also it acceleration of Heart palpitations .Also there is laboratory evidence on the nicotine effect in increase heart disorders .Reduction of oxygen in blood resulted from the act of Carbon monoxide becomes danger on the smokes .

In Britain smoking is considered important element in in infect by Coronary artery disease and it is one of the main reasons for death .The rate of death form this disease may reduce in case of no smoking in (35-64) ages .The reduction may reach to (25%) in men ,(20%) in women which mean (7000) men and (1500) women .

Studies state that nicotine directly effect in hyper blood pressure .The statistics proved that in hyper blood pressure in average is little less in nonsmokers .Also studies of American statistics concerning smoking mentions that there is high probability of smokers until (75) years for infection with Apoplexy in (70%) for nonsmokers ⁽⁵⁾

Fifth enquiry /Harms Resulted from Smoking

1- The Effect of Smoking in Nerve System

Smoke contains materials that are absorbed by blood vessels spread in the lung .Nicotine that transported by by the blood to the brain cells is considered the material that makes the smoker enjoys with smoking and addict on it .The studies indicate that smoking is easily absorbed by the membrane in the mouth and by blood vessels in the lung .Nicotine is absorbed less by stomach membrane and nicotine reached from the lung to the brain after 7.5 seconds from taking the breath .That explained the nicotine effect on the brain which it effect some of its centers and cause enjoyment , increase of thinking , overcome the tension , anxiety and tiredness .Also it help to relieve the muscles rate is educed to halve after 20 minutes from finishing the cigarette and that explained the desire of the smoker to smoke another cigarette ⁽⁶⁾.

The researches indicate that nicotine helps in exerting morphine of the brain also help to exert adrenaline and dopamine and these materials help to activate trance in the brain which made the feeling of enjoy of the smoker with nicotine and desire in cigarette after quit with symptoms of withdrawal. ⁽⁷⁾

2-Health damages from Nicotine

Smoke of cigarette contain (15) materials cause cancer in mouth , lung and Esophagus ,these materials are nitrosamine , amines benzoberidine and radiated elements such as polonime (210-).Also harms in teeth and mouth in changing the teeth color and gum inflammation.

Respiratory system is exposed to several problems , dangerous diseases that threat human life such as heart diseases ,lung cancer , disability to breath also hurt the eyes

through infect the membrane under eyelid by inflammation that caused the eye to lose its color and fall of eyelid hair and poor vision .Also the need for vomiting .Smoking effect great on nerve system through effect the cells of brain nerves and muscles of breathing .There are harms on the smokers skin as it caused dryness and early wrinkles. Pregnant woman smoking hurt the embryo through unmoral of grew of the child and non-response for increase in weight , size and exposed to distortion .Also effect the income of the smokers ⁽⁸⁾.

The most important reasons behind smoking

- 1-Think it helps to relief
- 2-Think smoking makes person feels that he is in better situation
- 3-Think it gives confidence specially with accompany of people
- 4-Think you like its smell
- 5-Think it helps to concentration

The most important steps to quit smoking

- 1- The decision to change
- 2- Use awareness training
- 3- Create strategies to help you to stop smoking
- 4- Substitute this habit with other
- 5- Stay firm in in your steps
- 6- Learn to control failures
- 7- Motives to break this habit
- 8- Best plan is that if you were smoking 20 cigarettes a day plan to reduce 4 cigarettes per day until you stop smoking
- 9- Stay away from family problems during smoking quit
- 10- Daily sport practicing
- 11- Walking in fresh air place for long distance
- 12- Listen to quite music
- 13- Eat fruits and vegetables to retain the health you lost during smoking ⁽⁹⁾.

Second Chapter/ Methodology

Methodology Frame for study and its field procedures

Determine Study Society

1- It is one of the main conditions to success of the research that proceed the data collection .It determine the data nature required and assign their sources , methods of collection ⁽¹⁰⁾.

2- The Research Sample

The sample is part from the society within the origin society characteristics that we want to study and it represent all conditions of this society ⁽¹¹⁾.

The sample society reached (34) subjects including (27) males and (7) females

Sample size : the sample size depends on several considerations such as consistency ,variance of society units in its features , accuracy of information as well as financial and human abilities available to the researcher ⁽¹²⁾.

The researchers depend on social survey by sample method for its benefit that depend on sample ,questionnaires form , interviews , statistics and event data collection :

1- Questionnaire : One of the tools to collect information that benefit in validity of questions about the research problem .The form includes two aspects ,the first is the basic data and the second for specialize data that dealt with smoking harms .

2- Interview is questioning or verbal interaction between the researcher and the person whom his information are collected .the two researchers read the questions on the samples and put down the answers .⁽¹³⁾

3- Research Observation : Is one of the means of data collection because there are modes for social act ⁽¹⁴⁾

4- Statistics Methods , Includes process of data analysis by use statistical measures to interpret data .thus the two researchers depend on percentage which is the rate law ($\% = \text{part/whole} \times 100$)⁽¹⁵⁾

Results :

A- basic data for the sample units

1- Sex

Table (1) Distribution of the samples according to sex

Sex/Data	Frequency	Percentage
Male	27	79%
Female	7	21%
Total	34	100%

In our field study we have found that the males frequency is (27) in (79%) rate and females frequency is (7) with percentage (21%) that means the males are more than females as in table one.

2- Studying level of the samples

Table 2 The studying level of the sample

Sex/studying level	Repetition	Percentage
First Class	12	36%
Second Class	22	64%
Total	34	100%

Table two shows most smokers students are from the second class and Table (3) shows that the highest percentage (41%) of student father were at intermediate degree of educational level.

3-Educational level of the father

Table 3 explains the scientific education of the fathers

Data Educational Level of the Student's Fathers	Repetition	Percentage
Primary	5	15%
Intermediate	14	41%
Secondary	6	17%
Diploma	5	15%
B A	4	12%
Total	34	100%

4-Scientific Education of the mothers

Data Educational level of Student's Mother	Frequency	Percentage
illiterate	2	6%
Primary	13	38%
intermediate	11	32%
secondary	5	15%
B A	3	9%
Total	34	100%

Table (4) shows that the highest percentage (38%) of the student's mothers were at primary degree of educational level.

5-Economic level of the subjects

Table (5) explained the economic level of the subjects

Data Economic Level	Frequency	Percentage
Good level	10	30%
Middle level	15	44%
Weak level	9	26%

It is explained from table (5) that most smokers subjects are from middle economic level as they are (15) and percentage (44%). The subjects off good level are (10) with percentage (30%). The weak economic level is (9) with percentage (26%) as explained in table (5).

5-Social background of the sample subjects

Table (6) The Social background of the sample subjects

Data	Frequency	percentage
City	17	50%
Countryside	17	50%
Total	34	100%

It was explained from our field study that the subjects who live in city are 17 with percentage (50%) and those who live in countryside are 17 with percentage (50%) which mean both of them practicing smoking in same no. and percentage as explained from table 6 .

7-The ages of the subjects when they learned smoking

Table (7) The ages of the subjects when they learned smoking

Data	Frequency	percentage
(12-16)	9	26%
(17-21)	15	44%
(22-26)	10	30%
Total	34	100%

It was explained from our field study that the most smoking subjects are from the ages (17-21) years which are the ages they learned smoking and their no. are (15) with percentage (44%) means in early with percentage ages .The ages (22-26) are (10) with percentage (30%) .Finally the ages (12-16) are (9) with percentage (26%) and the Arithmetic mean of their ages 21 years and standard deviation is (2).

B- Specialization Data

8-The relation of the subjects with the people who take from them smoking habit

Data	Frequency	Percentage
Father /brother	4	12%
Friends in neighborhood	25	73%
School	2	6%
Institution	3	6%
Total	34	100%

It was explained from table (8) that the most smoking subjects learned smoking from the friends in the society they live in as they are (25) with percentage (73%) and those

who take it from relatives such as father and brother are (4) with percentage (12%) and those learned it from their mates are (2) with percentage (6%). Finally those who learned it from institution students (3) with percentage (9%) as It was explained from table (8).

9-The subjects opinion in smoking harm

Table (9) explained the subjects opinion in smoking harm

Data	Frequency	Percentage
The subjects opinion in smoking harm		
Agree	30	88%
Not agree	0	0%
Sometimes agree	4	12%
Total	34	100%

In our field study we have found that most sample subjects agree that smoking has health harm as they are (30) with percentage (88%) out of 34 that answers on agree statement. Those who answered ,sometimes agree were (4) subjects with percentage (12%) and for not agree the answers are zero with percentage (0%). that mean most of the subjects aware that there are health harm of the smoking and we shall see the effect of smoking on the subjects health in the next tables and as explained from table (9).

10- The subjects opinion in smoking economic damages

Table 10 explained the leaned of the subjects opinion in smoking economic damages

Data	Frequency	Percentage
The subjects lean smoking economic damage		
Agree	10	30%
Not agree	20	58%
Sometimes agree	4	12%
Total	34	100%

It was explained from our field study that out of (34) subjects there are (20) subjects with percentage answers on (not agree) ,(10) subjects with percentage (30%) answers on (agree) ,meanw3hiloe (4) subjects on statement (sometimes agree) .That means most subjects do not agree the smoking economic damage which mean they do not aware this damage because their little age as explained in the above mentioned table (11) .

12- The subjects suffered from smoking

Table (12) explained diseases they suffered from smoking

Data	Frequency	Percentage
Disease Syndrome		
Respiratory system syndrome	32	94%
Heart disease syndromes	30	88%
chronic diseases syndromes	12	35%

It was explained from table (12) that most smoking subjects suffered from Respiratory system syndromes as 32 subjects with percentage (94%) answered on Respiratory system syndrome meanwhile 30 subjects with percentage (88%) answered on suffered from heart disease syndromes and those who suffered from form chronic diseases were 12 subjects with percentage (35%). That means smoking has great health ham on the subjects because little health awareness as It was explained from table (12).

13-The effect range of smoking on the scientific level according to the subjects opinions .

Table (13) explained effect range of smoking on the scientific level according to the subjects opinions

effect of smoking on the scientific level	Frequency	Percentage
Effect	13	38%
Sometimes effect	6	18%
Do not effect	15	44%
Total	34	100%

It was explained from table (13) that most smoking subjects agreed that there is no relation between smoking and scientific level as 13 subjects out of 34 subjects with percentage (38%) answered by yes it effect , 6 subjects out of 34 subjects with percentage (18%) and those who answered (do not effect) were (15) subjects out of 34 subjects with percentage (44%). That means most of the sample 4 subjects support that smoking do not effect on scientific level as It was explained from table (13).

Results

- 1- It is explained that the dominated sex of the sample subjects that the phenomena appears on is from males as they are (27) with percentage (79%).
- 2- It is explained that the most smokes are from the second class students as they are (22) subjects with percentage (64%)
- 3- It is explained from field study that the most researched fathers were intermediate school graduates as they are (14) with percentage .That means the scientific level of the fathers makes a problem in guiding and instruction

- 4- It is explained from field study that the most researched mothers were primary school graduates .That means the scientific level of the fathers makes a problem in guiding and instruction
- 5- It is explained from field study that the most smokes are from middle economic level and income as they are (15) with percentage (44%) that affirm that most of the subjects are from society class of middle incomes.
- 6- It is explained from field study that there is no difference between the city residents and countryside residents in addict on smoking as they are (11) with percentage (50%).
- 7- It is explained from field study that the most smokers are from ages grade within (17-212) which mean in the age that they do not have health awareness as they do not see the damages from smoking specially they addict on smoking in this ages
- 8- It is explained from field study that the most subjects learned smoking through imitation of friends as they are (25) with percentage (73%) .
- 9- It is explained from field study that the most sample subjects numbered (30) with percentage (88%) learn the damages of smoking
- 10- It is explained from field study that the most sample subjects do not agree that smoking has economic damages as it is not affect them financially as they are (20) subjects with percentage as they are from middle economic level and do not responsible on their family
- 11- It is explained from field study that the most sample subjects do not aware the social damages as they are (12) subjects with percentage (565) because of the weak media and health , cultural and health awareness of smoking on the environment that the sample subjects live in it .
- 12- It is explained from field study that the most sample subjects have diseases syndromes as a result of smoking where the subjects who had diseases syndromes in respiratory system are (32) with percentage(94%) , those who suffered from heat diseases syndromes are (30) subjects with percentage (88%) .Finally those who suffered from chronic diseases are (12) with percentage (35%) and the diseases were diabetes , high cholesterol and high blood pressure
- 13- It is explained from field study that the most sample subjects that numbered (15) subjects with percentage (44%) agree that smoking has no effect on scientific level and (13) sample subjects with percentage affirm that smoking has effect on scientific level .

Recommendations

- 1- Prohibit smoking in university campus and prohibit bringing cigarettes in lectures rooms .
- 2- Establishing screens that show the smoking damages in the students gathering with show scripts and posters that show the smoking damages .
- 3- Impose taxes on cigarettes imports by the government on cigarettes trades
- 4- Publish in mass media the economic , cultural and psychological damages of smoking .

- 5- Dedicate limited places for smoking in public places and in government offices in order not to give negative effect and increase the smokes numbers
- 6- Establish sessions and workshops that explained the damages of smoking in institution and government institution
- 7- The concerned ministries take the role in limit this phenomena such as Ministry of Health in fist degree , Ministry of Education , Ministry of Higher Education and scientific research and civil society organizations
- 8- The teachers and scouts organizations have to provide help to the smoking student and led their attention to other interests such as sports and literature
- 9- Make propaganda against smoking by media and make cultural programs on smoking in all media audit and vision means .
- 10- Prohibit the use of cigarettes has high nicotine
- 11- Put punishment that stop those who break .

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