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Prevalence of tobacco use among adults in Kamakshi Nagar Nellore

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Abstract

Back Ground: Tobacco is an agricultural product. Tobacco is commonly consumed as a recreational drug it is a global problem among the adults. It is the one of the chief preventable cause of death in world. Tobacco is consumed especially in India and south East Asian countries. Tobacco chewing is a risk factor for oral cancer. According to World health organization (2015), there has been global incidence of tobacco consumption is 60% mens and 2.3% of women are smoked tobacco and 28% men and 12.0% women chewed tobacco/pan masala and 46.5% men and 13.8% women either smoked or chewed tobacco.

Objective: To assess the prevalence of tobacco use among adults.

Materials and Methods: The descriptive research design was used to conduct research study. The 100 samples were selected by using non probability purposive sampling technique among adults in Kamakshi Nagar at Nellore.

Result: The results revealed that with reference to the prevalence of tobacco use among adults, 61 (61%) are using tobacco, in that 59(59%) are males and 2(2%) females and 39 (39%) are not using tobacco, in that 35(35%) are males and 4(4%) is females.

Keywords: Prevalence, tobacco use, adults

Introduction

Tobacco use is a serious public health challenge in several regions of the world. It has assumed the dimension of an epidemic resulting in enormous disability, disease and death. According to world health organization estimated that 5 million preventable deaths occur every year globally, attributable to tobacco use. At this rate, the number of such deaths is expected to double by 2020. In addition to damage to personal health, tobacco use results in severe societal costs like reduced productivity and health care burden, environmental damage and poverty of the families.

Tobacco use is one of an addictive behavior and most tobacco users are addicted to tobacco and it is consider as a substance affecting the mood and affect it is abusable. Inhaling a smoking of aromatic herbs for medicinal purpose was practiced in India as early on the 7th century. So that the tobacco was introduced in smoking substances. It was naturally assigned medicinal qualities.

The annual incidence of oral cancer in men in India is estimated to be 10 per 10000 populations. Tobacco consumption is often found to be disproportionately higher among lower socio economic groups. Smokeless tobacco contains 28 cancer-causing agents (carcinogens). It increases the risk of developing cancer of the oral cavity, is strongly associated with leukoplakia (a lesion of the soft tissue in the mouth that consists of a white patch or plaque that cannot be scraped off) and recession of the gums.

Objective: To assess the prevalence of tobacco use among adults.

Materials and Methods

Research Approaches: Quantitative approach was adopted to assess the prevalence of tobacco use among adults.

Research Design: Non experimental descriptive research design was used in this study.

Setting of the Study: The study was conducted at Kamakshi Nagar in Nellore.

Target Population: The target population of the study was the prevalence of tobacco use among adult.

Accessible Population: The present study includes adults who are residing in Kamakshi Nagar, Nellore.

Sampling Technique: Non-probability Purposive sampling technique is adopted for the selection of sample.

Sample Size: The sample size for this study was 100 adults.

Description of Tool: The tool was developed with the help of related literature from various text book journals website discussion and guidance from experts. The tool was developed to assess the prevalence of tobacco use among adults in Kamakshi Nagar, Nellore. It consists of two parts.

Part 1: It deals with the demographic variable such as age, sex, education, occupation, income, area of living, history of previous illness, number of cigarettes smoking per day and history of tobacco use.

Part 2: It deals with the observational check list to assess the prevalence of tobacco use among adults.

Result and Discussion

Table 1: Frequency and Percentage distribution of prevalence of tobacco use among adults. (n=100)

Prevalence of tobacco use	Frequency(f)	Percentage (%)
a) Tobacco users	61	61
b) Non users	39	39
Total	100	100

Table no-1: shows that with reference to the prevalence tobacco use among adults, 61 (61%) are using tobacco, in that 59(59%) are males and 2(2%) females and 39 (39%) are not using tobacco, in that 35(35%) are males and 4(4%) is females.

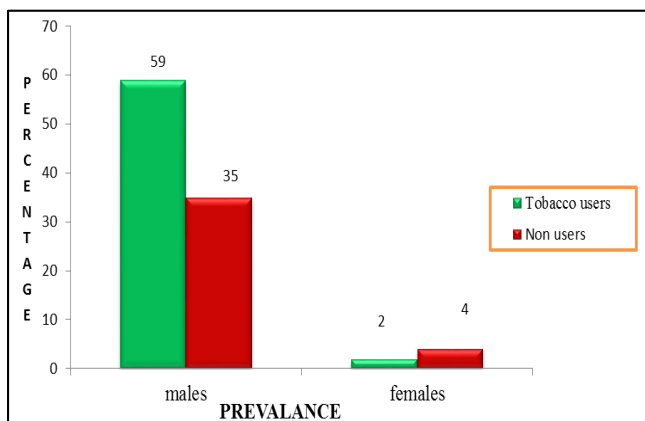


Fig 1: Percentage distribution of prevalence of tobacco use among adults.

Major Findings of the study

- With regards to age 43(43%) are 41-50 years.
- In context to gender 94(94%) are males.

- In context to education 37(37%) are studied primary education.
- With reference to occupation 56(56%) are collie.
- With regards to income 44 (44%) are earns between 5001-7000 Rs per month
- With reference to type of family 62(62%) are living in nuclear family.
- In relation to history of previous illness 66(66%) are not having history of previous illness.
- In Relation to number of cigarettes smokes per day, 40(40%) are smoking 2-3 cigarettes per day.
- In relation to habits of tobacco products 61(61%) are having the habits of tobacco use.
- With reference to history of last smoking 39(39%) are not using.
- The prevalence tobacco use among adults, 61 (61%) are using tobacco.

Nursing Implications

Nursing Education: The awareness programme discussion, health camps, seminars, and role-plays can be conducted for educate regarding health hazards of smoking among adults.

Nursing Administration: The nurse administrator can organize in service education regarding prevalence of tobacco use.

Nursing Research: Extensive research can be carried out to assess the prevalence of tobacco use among adults.

- Research on prevalence of tobacco use among adults can be conducted in various communities setting.

Nursing Practice: In the present study, the nurse should have the responsibility to educate the adults regarding the ill effects of tobacco use.

- Nurse has the responsibility to encourage the people to stop smoking in to a moderate extend.

Recommendations for Further Research: On the basis of finding of the study the following recommendations are be made

- A similar study can be replicated on various settings to generalize the statistics.
- The study can conducted in the sample having health hazards of smoking in multiple setting as hospital.

Conclusion

The study concluded that majority of the adults are using tobacco products. As a community health nurse, responsible to give awareness regarding tobacco products and their causes. It was help to people to protect themselves from various cancers.

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