

**Experience of Tobacco Use and Effects among Secondary Level Female
Students in Kirtipur Municipality**

**A thesis submitted to the Department of Health and Population Education in
partial fulfillment for Master of Education in Health Education**

**Submitted by
Kumari Basnet**

**Central Department of Education
Faculty of Education
Tribhuvan University
Kirtipur, Kathmandu**

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Submitted Date:

Viva Date: 4 July 2024

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Declaration

I hereby declare that, to the best of my knowledge, this thesis "**Experience of Tobacco Use and Effects among Secondary Level Female Students in Kirtipur Municipality**" is original and no part of it was earlier submitted for the research degree to any other university.

Kumari Basnet

Date: 31 May 2024



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Recommendation for Acceptance

This is to certify that Ms. Kumari Basnet has prepared this thesis entitled **“Experience of Tobacco Use and Effects among Secondary Level Female Students in Kirtipur Municipality”** under my guidance and supervision. I recommend this thesis for final evaluation.

Date: 31 May 2024

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Certification

The undersigned certify that we have read, approved, and recommended to the faculty of education, Tribhuvan University for acceptance, a thesis on “**Experience of Tobacco Use and Effects Among Secondary Level Female Students in Kirtipur Municipality**” submitted by Ms. Kumari Basnet in partial fulfillment for the requirements of Master Degree in Health Education.

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Abstract

Tobacco is a significant global public health concern, causing an annual death to nearly eight million individuals. Nepal's South-Asian region has the highest smoking prevalence among adult females, leading to risky behaviors like smoking, alcohol use, and substance abuse among young women. The study aims to explore the experience of tobacco use and its effects among female smoker students in Kirtipur municipality, Kathmandu. This study followed a descriptive qualitative research design where the participants (female students of secondary level in Kirtipur municipality) provided their informational experience about the issue. Six participants were selected since this research was designed to conclude the research problem based on qualitative data and the research participants also belonged to the vulnerable group. Kirtipur municipality was selected for the study and data collection tools and techniques I used semi-structured interview guidelines for information collection. The tools were developed based on previous literature and research reports.

It was found that the main reasons for female students to smoke cigarettes in secondary school were: addiction to cigarettes because of the company of their friends, missing a love relationship, feeling lonely, and being influenced by watching movies. Although the number of smoking cigarettes in Nepal has decreased compared to the world, the number of women and men who smoke cigarettes in Nepal is increasing, while teenage girls who study in secondary school are also found to be addicted to smoking cigarettes. Being in the company of friends of the highest age group, smoking cigarettes relieves mental stress due to the attraction of various advertisements, looking at the appearance of others as a fashion, and as a support for loneliness, females were also found to be attracted to smoking cigarettes. If in school not only books on smoking and drinking alcohol but also dramatizations and sometimes street dramas to spread public awareness about the effects of tobacco consumption and to increase the legal process to ban advertisements that attract such people, schools and community wards offices should be also cooperate and coordinate in conducting awareness programs about the effects of tobacco consumption in female adolescents.

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Chapter 1. Introduction

Background of the Study

Tobacco use is the leading global public health concern, resulting in over 8 million deaths annually (Oli et al., 2022). Approximately 1.1 billion people use tobacco products, causing 8 million fatalities, with 80% in poor and middle-income countries.

(WHO, 2021). According to WHO (2019), smoking is the second leading cause of early mortality among men, causing approximately 7.69 million deaths and 200 million disability-adjusted life years. Nepal's adult female population is the highest in South Asia, leading to hazardous behaviors like smoking, alcohol use, and drug addiction among young women.

According to the Ministry of Health and Population, Nepal, New ERA, and ICF (2022), more males use tobacco than women. Men use tobacco at a rate of 28%, whereas women only use 5%. According to the survey, both women and men who consume tobacco cigarettes are the most prevalent (4% and 27%, respectively). 17% of males smoke daily, and 11% smoke sometimes. The majority of males who smoke cigarettes (54%) smoke fewer than five cigarettes per day on average. Males use smokeless tobacco more than women (35% against 3% overall), with half of the males (50%) and just 7% of women in Nepal using any sort of tobacco (Ministry of Health and Population, Nepal, New ERA, and ICF, 2022). Since 2001, the share has declined.

According to Sreeramareddy et al., (2015), female smoking poses a significant public health issue, increasing the risk of non-communicable illnesses like pulmonary disease and lung cancer, and causing menstrual irregularities, which can reduce fertility and pregnancy.

Asian female smokers underreport their habits, unlike Western nations where smoking is associated with powerful women and considered morally flawed.

Modern society and culture have led to a more favorable attitude towards dangerous behaviors like smoking and alcohol consumption among many females (Littlecott et al., 2023).

Smoking is primarily driven by recreational activities, peer pressure, curiosity, experimentation, pleasure, stress, imitation, relaxation, and a lack of understanding about its consequences (Tushar et al., 2019).

According to Dhimal et al. (2020), teenagers' impressionability and curiosity make them vulnerable to various influences, including parental smoking, socioeconomic status, peer smoking, family/friend views, and school performance issues, leading to tobacco use.

Young male and female smokers had less of a smoking prevalence difference than adults. Cigarette smoking does not differ by gender in 87 of the 151 sites where the Global Youth Tobacco Survey (GYTS) was performed between 2000 and 2007 (WHO, 2019). The narrowing of the gender difference suggests an increase in tobacco smoking among young girls.

According to Kaur, et al. (2023), Southeast Asian nations account for approximately 600 million tobacco smokers in the worldwide tobacco use burden. the increasing prevalence of female tobacco usage is a major problem in Southeast Asia. Gender disparities in tobacco usage are expected to narrow in the future as low and middle-income nations like Nepal modernize. Global trends indicate a decrease in tobacco usage in developed nations due to control measures, prompting tobacco corporations to increase marketing efforts in developing nations.

According to Grebenau (2020), the consumption of tobacco is increasing, especially among teenagers in developing nations. The issue of tobacco use is exacerbated by ignorance about its harmful effects, significant financial investments by tobacco companies, and the media's association with smoking.

According to Stephanie et, al. (2022), Tobacco is the leading cause of drug dependency, surpassing alcohol, marijuana, heroin, and cocaine. The rapid increase in tobacco smoking and related mortality is concerning, as age, income, and gender are not barriers to this issue.

According to a World Health Organization (WHO) study conducted in Nepal in 2077 BS, The study found that 35.5% of men and 15% of women smoke tobacco products, while 31.2% of men and 4.6% of women use smokeless tobacco (WHO, 2021).

Nepal has one of the highest adult female smoking rates in the WHO South-East Asia Region. In Nepal, a variety of tobacco products are utilized, including smoking and smokeless (KC et al, 2022). Smoking includes cigarettes, bidi hookahs, sulfa, and chillum, with Surti, khaini, Gutkha, and paan being the most popular smokeless tobacco products in the Terai area.

Tobacco use is a significant global health and well-being burden for both men and women. Nepal's health warnings on cigarettes are illegible, and lung cancer has surpassed breast cancer as the leading cause of cancer deaths among women in several countries.

Continuing modernization is likely to result in a high prevalence of smoking among teen girls in Asian countries and The study investigates the impact of tobacco use on the physical, mental, and learning performance of secondary school female adolescents.

Statement of the Problem

Tobacco use is a major cause of death and illness globally, with four million deaths annually, and if current trends persist, one fatality every three seconds by 2030, with emerging nations contributing to one-third of the total (Oli et al., 2022). Smokers Adolescents who smoke regularly face a 50% chance of dying from tobacco-related diseases, with half dying in middle age. Smokers have a death rate three times higher than non-smokers, starting in young adulthood (Bhusal et al., 2021).

The rising trend of female tobacco use is a serious concern in the Southeast Asia region gender differences in tobacco use are likely to be reduced in the future in countries like Nepal (Chand et al., 2022). The problem of female tobacco use in Nepal is a pressing public health concern despite progress in reducing overall tobacco use, remains relatively high key aspects of the problem include prevalence, health

consequences, social and cultural factors, economic impact, marketing, and accessibility and lack of awareness (Pokharel, 2018).

Adolescents and school-aged children should be the primary focus for intervention strategies to promote healthy behaviors, as unhealthy behaviors acquired during adolescence continue throughout life, causing adverse effects on individuals, families, and society.

Purpose of the Study

The study purpose to explore the experience of tobacco use and its effect on female smoker students in Kirtipur Municipality, Kathmandu.

Research Questions

This study aims to investigate the following research questions:

- I. What are the motivational factors for female students to start using tobacco?
- II. What social and environmental factors influence tobacco use among female students?
- III. How do female students perceive the impact of tobacco use on their physical and mental health?
- IV. How do female students navigate the social stigma and perceptions associated with tobacco use?
- V. What are the experiences of female students in trying to quit or reduce their tobacco use?

Delimitations of the Study

The study was delimited to the following

- I. Only secondary-level female students was included in this study.
- II. Only female students who reside in Kirtipur municipality of secondary level school.
- III. Since this study is a qualitative one the participants of the study was purposively (snowball and self-judgment sampling) selected.

Operational Definition of the Terms Used

For this study, the following operational definitions operational definition of the key terms were used.

Tobacco the use of cigarettes, Bidi, Surti, Khaini, Pan Masala, and Gutkha in smoking, chewing, or sniffing is prevalent.

Adolescence is the transitional period of development between childhood and adulthood, typically occurring from around the age of 10 to 19 years (WHO 1946).

Knowledge refers to the understanding, skills, and information acquired through learning or experience.

Chapter 2. Review of Literature

This chapter provides factual information on the study, reviews previous research findings, and provides opinions and concepts based on the cited literature.

Theoretical Literature

According to WHO (2021), almost a third (33.3%) of the global population (both sexes combined) aged 15 years and older were current tobacco smokers by 2015, however, this percentage has dropped to approximately a quarter (24.9%) of the global population. Assuming that present tobacco control efforts are maintained in all countries, the percentage is expected to fall further to about one-fifth (20.9%) of the world population in 2025.

According to the Health Prospect Journal of Public Health (2022), the study examined smoking commencement, behavior, reasons, and views among female smokers, finding most individuals started smoking during youth, college, or independence. Research indicates that most tobacco usage commences during infancy and adolescence.

According to WHO (2017), the average age at which people begin smoking is 15 years, which is consistent with previous research. Cigarette smoking begins at a young age, which has negative health consequences, and female smokers are more likely to develop osteoporosis and hip fractures. According to this survey, the most common reasons for starting to smoke were peer pressure, having a smoking companion, experience, curiosity, and enjoyment. This conclusion was similar to earlier research that revealed curiosity and enjoyment to be the primary elements influencing, and that smoking was regarded as a method of being liberated and able to do anything. Peer influence was also shown to play a crucial role in smoking initiation. Female smokers in this research preferred to smoke.

According to Ministry of Health and Population, Nepal, New ERA, & ICF, (2022), tobacco use among school-level students in Nepal is a growing public health concern due to its global prevalence as the leading cause of disease and mortality.

Overall, 31.7% of pupils had ever consumed tobacco products, with 20.1% currently using tobacco. One in every five children began smoking while they were under the age of 10. The proportion of pupils who witness at least one family member smoking is 47.1%. Male and older pupils had much higher numbers than female and younger students.

According to Mandal. (2022), the prevalence of tobacco use in Nepal decreased between 2007 and 2019, whereas smokeless tobacco (SLT) usage increased marginally among men and women. Among men and persons of advanced age, tobacco usage was more prevalent. Although tobacco consumption increased from 2007 to 2013 but decreased from 2013 to 2019, SLT use continued to rise. Furthermore, the commencement of tobacco consumption decreased between 2007 and 2019. This is a difficult scenario for Nepal.

Empirical Literature

There is limited literature that explores tobacco use among secondary female students. However, studies revealed many relevant data and facts from the respective dimensions of tobacco use among female students. These studies are merely related to the current study but may enrich the theme of the problem statement, methodology, finding, and conclusion.

According to Pokharel. (2018), over 50% of female smokers attribute their smoking to parental influence, and over half of teenagers' family members also smoke.

The study revealed that a significant number of individuals exhibited a similar pattern of smoking habits and family networks to their parents. The findings shed light on ladies' smoking views and the reasons for their beginning and continuance. The number of female smokers in Nepal is increasing due to social factors like family influence and curiosity, as well as personal elements like stress and disputes, despite smoking being considered undesirable for women.

According to Khanal et al. (2023), despite the e-cigarette prohibition in Nepal, there was a significant burden of daily use, and existing EC users among undergraduate student participants had several misunderstandings and incorrect

assumptions about EC use. Age, gender, number of close friends, number of peers using EC, and awareness of EC were the most important predictors of EC usage among undergraduate students.

According to Sardar (2023), the majority of ever-users began tobacco use between the ages of 17 and 18; the bulk of them are former users or experimenters, but they have the potential to become regular users.

According to Chand et al. (2022), public health students in Kathmandu Valley Nepal are more likely to smoke cigarettes than other tobacco products.

According to Erhbor et al. (2023), the study demonstrates a significant association between psychosocial stressors and adolescent e-cigarette use, highlighting the potential importance of interventions, such as targeted school-based programs that address stressors and promote stress management, as a possible way of reducing adolescent e-cigarette use. Future study goals include investigating the underlying mechanisms that relate stresses to e-cigarette use and assessing the efficacy of stress-reduction therapies in lowering teenage e-cigarette usage.

Farooque et al. (2023), state that while the link between smoking and depression is widely documented, the literature does not represent the cause-and-effect relationship. The lack of evidence on the direction of the link might be attributed to ineffective research designs, confounding variables, direct assessments of depression, and quantification of smoking. Future prospective randomized studies should aim to elucidate the causal connection. According to Liu et al. (2023), greater tobacco and alcohol usage days over the last 30 days were connected with aggressive behavior among teenagers. Our findings highlight the need to increase tobacco and alcohol control measures to reduce tobacco and alcohol use to further prevent and control violent behavior targeting teenagers in poor and middle-income nations.

According to Sohn et al. (2024), girls' higher sensitivity to smoking may be linked to a stronger effect of smoking among peers.

From this perspective Zulfikar et al. (2023), this study covered a bigger teenage population than prior studies and revealed that about one in 10 Indonesian adolescents smoke tobacco. Although the number of adolescent smokers was very

high, the majority had attempted to quit smoking. Adolescent tobacco usage is linked to several factors, including older age, male gender, smoking exposure, psychological discomfort, and parental smoking. The study discovered that tobacco smoking among teenagers was associated with other hazardous behaviors such as physical fighting, having many sex partners, consuming alcohol, and taking drugs.

In that example, Onoh et al. (2023), reported a low prevalence of teenage tobacco usage in Ibadan. Predictors included peer influence, availability of cigarettes, misperceptions about tobacco use, exposure to secondhand smoke, and tobacco.

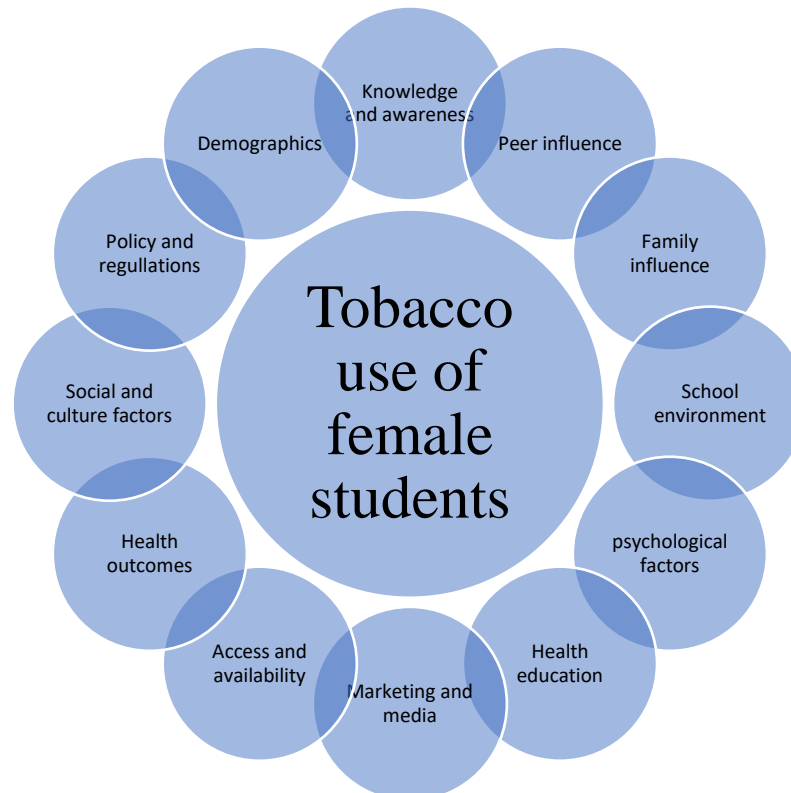
Implication of the Review for the Study

The literature review has significantly aided my research in several ways.

1. To determine the topic of the study.
2. To implement various programs in the concerned field.
3. To identify the related field for the study.
4. To gain additional knowledge about research methods.
5. To compare the old findings of the study with the present one.
6. To evaluate the recent research.
7. To give reference to the further studies related to the topic.

Conceptual Framework

The researcher has developed a conceptual framework for studying tobacco use and its impact on health, based on the objective of the study, which is influenced by social and environmental factors.



Factors affecting tobacco consumption include various forms like cigarettes, bidi, Surti, khaini, pan-masala, Hukkah, and cigars. Tobacco use habits vary among different groups. family members, peer pressure, for experiment lack of awareness, and influence by advertisements are some of the main reasons behind the consumption of tobacco. To prevent tobacco consumption, various measures such as awareness programs, increased taxes, strict rules, and motivating people against tobacco use can be implemented to mitigate its negative effects on health, economy, and the environment.

Chapter 3. Research Methods and Procedures

The chapter details the research process, including procedures, data collection types, research design, data source, population, data collection tools, validation, sampling, and data analysis and interpretation, along with a brief description of the study population.

Research Design

This study followed a descriptive qualitative research design where the respondents provided their informational experience about the issue. Therefore, the method was a descriptive narrative study. A narrative study is a qualitative research approach that focuses on exploring and analyzing people's tales to better understand their experiences and the meanings they attach to them. This method focuses on how people generate and interpret their life experiences through narratives or tales. Researchers in narrative studies collect data through interviews, observations, and written testimonies, which are then analyzed to reveal patterns, themes, and insights into the human condition (Riessman, 2008).

Research Participants

The study was carried out on female students of two secondary level (mangal multiple collage and SS collage) school in Kirtipur municipality. The sample was selected among the six female students since this research was focused on vulnerable participants due to their smoking behavior. Earlier it was planned to reach at least five participants, however, because of the data saturation at 6th participants, the sample became six. The study's sample was chosen following the snowball sampling method where the researcher first identified one tobacco user female student by observing and then she was followed to their network and identified other tobacco users who responded on the issue of the study.

Study Area

Kathmandu district, Kirtipur municipality was selected for the study because I observed the smoking girls in the area. My perception of smoking by females and that

of by a schoolgirl is something new and unexpected. Therefore, the female students from the schools of Kirtipur participated in the study.

Data Collection Method and Techniques

I used semi-structured interview guidelines for information collection. The tool was developed based on previous literature and research reports. The interview guideline was constructed following related studies, reports, and articles. This in-depth interview guideline was mainly focused on exploring the experiences of tobacco consumption among female students, however, the interview reached to depth exploration of the issues according to the context during the interview process.

For the validity of the tool, discussion was carried out among experts/professors of the Health and Population Education Department, and necessary changes were implied based on the feedback from them.

Information Collection Procedures

Firstly, I submitted the proposal to the department for consideration and obtained approval. Then, I identified one tobacco user female student by continuously observing the place where I earlier found some school students smoking (Purposively). Once I met a girl and approached her. But she refused to answer. Then, I took help from my relative brother who was smoking. He managed a meeting with a smoker girl in the area who also has a network of smoking girls. Afterward, I explained the purpose of the study and their role in participating in the study. Then, I interviewed them in an informal setting and audio-recorded the interview using a mobile device with their formal consent. At the same time, I also noted down key points in writing in a notebook. Once the interview was over, the participants were asked to provide the contact of their smoker friend who could probably participate in the interview process. They were asked to facilitate this process as well. The interview was continued through this networking until the data was saturated.

Information Analysis and Discussion Procedures

I transcribed the interview from the audio recording and notes. All the information was manually analyzed, and coded, and themes were identified. The

thematic analysis approach was followed while presenting the information and experience obtained from the participants. The main themes and sub-themes were generated as per the information and experience. The discussion was followed based on the literature reviewed and the comparison of the data sets among the participants.

Ethical Considerations

I obtained oral consent from the respondents to conduct the study and obtained the relevant information and experience from the tobacco-user female students. Similarly, the participants were previously informed about the possible risks and the procedures attempted to reduce those risks. They were assured that their identity was hidden and their information would be used only for research purposes.

Chapter 4. Results

In this chapter, I have presented the results obtained from respondents regarding the experience of tobacco use and its effects among secondary-level female students as the results. The results revealed the experience that was based on the research objective. The main themes and subthemes were as follows:

Theme	Sub-theme
I. Motivation and reasons for starting smoking	i. Peer pressure ii. Relationship problem iii. Effect of advertisement iv. Lonely feel v. Family problem vi. Fashion
II. Social and environmental factors influence smoking	i. Social factor ii. Environment factor
III. Impact of smoking on health	i. Physical effect ii. Mental effect iii. Effect on education
IV. Navigation of the social stigma and perception association with smoking	i. Society views ii. Family perception
V. Quitting smoking	i. After quitting smoking ii. Quit smoking after joining the gym
VI. Experience of smoking	i. Positive experience ii. Negative experience

Motivation and reasons for starting smoking

It seems like you've provided a subtheme discussing various motivations and reasons for starting smoking among different individuals. This subtheme likely comes from a research study, a qualitative interview, or a report aiming to understand the factors influencing smoking initiation among teenagers and young adults.

The study involved participants who started smoking as teenagers, some even at under 14 due to peer pressure, family issues, stress, and broken relationships.

Peer group pressure

Peer group pressure plays a significant role in influencing young females to use tobacco, creating a powerful social dynamic that can override personal health considerations and individual preferences.

In this regard, participant 2 said about the first-time smoking experience as follows: *"...when I first started smoking, I started drinking cigarettes and beer at the insistence of my friends."*

Relationship problem

Breakups, especially sudden ones, can trigger a range of intense emotions including denial, stress, and grief. These emotional responses are natural and reflect the significant impact such a loss can have on one's mental health. It's essential to acknowledge these feelings rather than suppress them. Similarly, participant 1 said about initiation smoking, *"...I was in a deep love relationship of two or four years and it suddenly broke up and I felt a lot of pain at that time and I started to hide and buy cigarettes to forget myself. I saw in the movies that such cigarettes can make someone forget their memory due to alcohol addiction, that's why I started buying cigarettes with the money I got from my parents."*

Lonely feel

Loneliness has been identified as a significant factor contributing to tobacco use among females. On the other hand, participant 2 said, *"... I am a young married girl. After 12th standard, my husband went to study in Japan. Then I started feeling lonely and I started smoking cigarettes from my peers."*

Effect of advertisement

The pervasive influence of tobacco advertisements has significantly contributed to the rise in tobacco use among females, shaping perceptions and behaviors across various demographics.

In that sense, participant 4 said, ... *"Why did I smoke before, I used to watch a lot of movies and when I saw the hero heroin smoking to reduce his pain, I also used to smoke when I was in pain, and even if I saw an attractive advertisement, it is better to smoke, I used to think that it would happen."*

Fashion

The complex interplay of fashion and tobacco use among females reveals a multifaceted phenomenon driven by societal pressures, identity expression, and cultural trends

In that case, participant 5 said that... *"When I wanted to say the reason for smoking cigarettes, I sat in the Kathmandu to read. Since I saw most of my elder brother and sister, my age friends smoking cigarettes, I thought it was a fashion."*

Family problem

The increasing prevalence of tobacco use among females is a significant family problem that requires urgent attention.

One of the participants illustrated ... *"Ever since I found out that I was smoking in the house, there used to be a bit of a fight. If a girl who was a daughter-in-law walked into someone's house after smoking like that it would be a disgrace in the society, and there was a discussion in the house. Because no only one who smoked so it seemed like the family smoked."* (Participant 3).

Within this context, participant 5 said ... *"Only my sister's friends know that I smoke cigarettes, my father also smokes and drinks alcohol at home, the atmosphere at home is also the same but the same tension affects that family where I learned to smoke when I meet with my friends."*

This shows that adolescent smoking initiation, emphasizes the interplay of social, emotional, and environmental factors. Understanding these motivations is crucial for developing targeted interventions and prevention strategies aimed at curbing adolescent smoking prevalence. By addressing underlying issues such as peer pressure, relationship problems, loneliness, media influence, and familial influences,

stakeholders can work towards promoting healthier behaviors and reducing tobacco use among youth.

Social and environmental factors influencing smoking

Smoking behavior is influenced by a myriad of factors, including social and environmental ones. Within the social context, family dynamics play a crucial role in shaping an individual's attitudes and behaviors toward smoking. Moreover, the wider social circle, including friends and peers, also exerts significant influence. Environmental factors, such as the availability and accessibility of cigarettes, also contribute to the prevalence of smoking behavior. Understanding these influences is vital for developing effective interventions to curb tobacco use.

When asked how the family social environment influenced their tobacco use behavior, most of the participants said:

Social factor

The social factors affecting tobacco use among females encompass a range of influences including cultural norms, peer pressure, socio-economic status, and targeted marketing strategies by the tobacco industry.

In that case, participant 5 said ... *"Only my sister's friends know that I smoke cigarettes, my father also smokes and drinks alcohol at home, the atmosphere at home is also the same but the same tension affects that family where I learned to smoke when I meet with my friends."*

Within this framework, participant 6 said ... *"There are also friends in the village who smoke cigarettes. Sometimes on this Shivaratri, we also secretly smoke cigarettes mixed with cannabis."*

Environment factor

Environmental factors play a crucial role in influencing tobacco use among females.

From this perspective, participant 3 said ... *"Even in the village, cigarettes are easily available at shops, that's why it's not so difficult to buy them. You do not know*

that the atmosphere of the village house is the same as where you can buy cigarettes in the shop. Nobody cares about anyone in Kathmandu and the environment around us has not created such a difficult situation for me to smoke."

Overall, these responses underscore the importance of addressing both social and environmental factors in tobacco control efforts. Interventions aimed at reducing smoking prevalence should not only target individual behavior but also address the broader social norms and environmental influences that sustain smoking habits. This may involve implementing stricter regulations on tobacco sales, promoting smoke-free environments, and challenging the normalization of smoking within social circles and communities. By addressing these multifaceted influences, public health efforts can effectively combat the tobacco epidemic and improve overall health outcomes.

Impact of smoking on health

Smoking tobacco has been a longstanding global health concern due to its well-documented detrimental effects on both physical and mental well-being. It's a leading cause of preventable diseases and premature death worldwide. The addictive nature of nicotine, present in tobacco, makes quitting smoking a challenging endeavor for many individuals.

Most of the Participants said that consuming tobacco gives them mental pleasure rather than physical pleasure, and even if it feels good at the time, it can affect them physically and mentally in the long run.

Physical effect

The use of tobacco among females has profound physical effects, posing significant risks to their overall health and well-being.

On this interpretation, participant 3 said ... *"I don't have any physical effects from my smoking habit now, but I wonder if tomorrow my habit of smoking cigarettes will show me physical problems, such as heart disease, tooth rust, and cancer."*

Mental effect

Tobacco use among females can have profound and multifaceted impacts on their mental well-being

In that sense, participant 1 said, "*... I don't know what the effects of smoking are on the body inside, but the day I smoke I feel happy, I sleep better and I feel calm, that's why I smoke, but I don't think it has any physical benefits. How I feel better, however. It seems that there will be some impacts in the future.*"

Similarly, participant 2 said, "*... the effect is that the days when I don't smoke, I feel like I am crazy, and after smoking, I feel blissfully sleepy, that's why it seems like it's causing health problems in my body but it feels like it's causing mental stress.*"

One of the participants illustrated, "*... I feel like it creates mental stress if you smoke cigarettes, it seems that your stress will go away, but if don't smoke I will be more stressed about where to smoke and how to manage it.*" (Participant 5).

Effect on education

In the interview schedule question of how smoking is affecting your educational situation, most of the answers given by the participants said that it has no effects they go to school daily, they do all their school work, their doing all their school work, their friends sometimes smoke when they gather outside and one of them said that smoking has disturbed his studies. And one of them said that she dropped out of school, which is presented here.

Within this context, participant 1 said, "*...I started smoking after my relationship broke up, and because of that I dropped out of class 11 for about 1 year.*"

In that case, participant 6 said about the effects of tobacco use on education learning, "*...Ever since I started smoking it has affected my studies maybe it's because of my smoking habits I don't have the energy to do any work after not smoking. If I don't have money near the exam, I can't smoke and I don't like to study affected.*"

This shows that female students shed light on the multifaceted effects of smoking on health, emphasizing the need for holistic approaches to address its impact on physical health, mental well-being, and educational attainment.

Navigation of the social stigma and perception associated with smoking

The social stigma and perceptions associated with smoking, particularly focusing on the experiences of female smokers within their societies and families. It sheds light on the multifaceted nature of these perceptions, highlighting the intersectional dynamics at play, and indicating potential shifts in attitudes and societal norms regarding smoking behaviors.

Because they are a female, the participants were asked how society views them when they smoke tobacco. In response, many of the participants said that they did not know anyone who smokes cigarettes in their society. She said that everyone in society who smokes cigarettes in the house is known to which the answer is presented as follows:

Society's views

Within this framework, participant 5 said about navigating the social stigma and perception of smoking ... *"That's the same in society, they think like bad character, who smokes is good and what is a bad habit, what does she have, what kind of company does she have, but face to face I have not heard others saying the same thing, but now I feel that the society it doesn't matter what it says"*

In this interpretation, participant 3 said ... *"According to my own experience of the time of smoking cigarettes, the respect in the society is also the same money is spent as much as it seems that there are problems with health, mental stress increases, there is no food, sleep is not possible, relationships fade, and even girls who smoke cigarettes are viewed with a bad eye."*

Family perception

In many families, the perception of tobacco use among females is often influenced by a complex interplay of cultural norms, health awareness, and social attitudes.

In that case, participant 2 said ... *"When my family found out that my daughter smokes, they scolded me and did actions like keeping my sister informed about what she is doing. When a person in the village found out that I smoked cigarettes and told my father, he said to my father that he was dishonoring himself when he heard such a thing. I was treated differently from the other brothers and sisters who were thought to be characterless after being a smoking girl in the family and community."*

This shows that female students the multifaceted nature of social stigma and perceptions associated with smoking, particularly for women. It highlights the intersectional dynamics at play and points towards potential shifts in attitudes and societal norms regarding smoking behaviors. Addressing stigma and promoting supportive environments for smoking cessation efforts are crucial steps toward improving public health outcomes and fostering inclusivity within communities.

Quitting smoking

The subtheme revolves around the efforts and intentions of individuals to quit smoking, as well as their strategies and motivations for doing so. It seems that the participants were surveyed or interviewed about their attitudes toward smoking cessation and their current status about quitting tobacco use.

Participants were asked whether they wanted to quit using tobacco or are they excited about continuing to use it. Most of the participants answered that they were trying to quit which is as follows.

After quitting smoking

After quitting smoking, many individuals explore alternatives, including tobacco blends tailored for a female palate.

In this regard, participant 1 said about an attempt to quit smoking, *"... Today I quit smoking I will no longer be addicted to it."*

In that case, participant 2 said about quitting smoking *"... I can't give up beer 100% but I don't smoke cigarettes like that."*

One of the participants illustrated, "*... I don't want to continue to smoke but I am not able to quit. I am not so enthusiastic about smoking I need the plan to quit.*" (Participant 3).

Quit smoking after joining the gym

Embarking on a journey toward a healthier lifestyle, I'm thrilled to share that I've recently made the empowering decision to quit smoking after joining the gym.

In this regard, participant 4 said, "*... now to quit smoking I will quit smoking after joining a gym in a few days. There is no benefit in smoking so quit.*"

Overall, these insights can inform the development of comprehensive smoking cessation programs that address the diverse needs and motivations of individuals seeking to quit tobacco use. By integrating personalized strategies, leveraging social support networks, and promoting healthy lifestyle changes, efforts to reduce smoking prevalence can be more effective and sustainable.

Experience of smoking

Smoking remains a prevalent public health issue worldwide, with significant negative implications for individual health and societal well-being. Despite widespread awareness of the harmful effects of tobacco use, many individuals continue to engage in smoking behaviors for various reasons. Understanding the diverse experiences and perspectives of individuals who smoke is crucial for developing effective interventions to reduce smoking prevalence and mitigate its adverse consequences.

Participants were asked about their experiences with tobacco use, including their thoughts. Out of which 2/3 of the participants gave the same answer, the answers of two are presented.

Negative experience

Within this framework, participant 3 said about their experience with tobacco use, "*... According to my own experience of the time of smoking cigarettes. the respect in society is also the same, money is spent as much as it seems that there are problems*

with health, mental stress increases, there is no food, sleep is not possible, relationships fade, and even girls who smoke cigarettes are viewed with a bad eye. Intact, smoking is a bad habit."

In that case, participant 5 said, "*... In terms of experience. It took two or three years. When I was about to start drinking and smoking when I didn't have money I felt like I had to manage and smoke from somewhere. Because of this, I had to stay away from the company of good friends, and I wanted to live in solitude, which was not so good in terms of family relationships. It seems that what the movie shows is not true, but we think that we should only take good things while watching movies."*

In this interpretation, participant 6 said "*... smoking addiction is not good, I am afraid that it will show some disease tomorrow, but I am trying to quit. It seems that there has been no negative impact so far."*

Positive experience

Despite the common narrative surrounding tobacco, my personal journey as a female user has been marked by positive experiences and nuanced perspectives.

In that sense, participant 5 said ... "*I feel happy after smoking cigarettes, I don't know what positive or negative changes it has brought to my life"*

Overall, these responses underscore the complexity of individuals' experiences with smoking. While some emphasize the multifaceted negative impacts on health, relationships, and societal perception, others hint at subjective perceptions of pleasure or relief associated with smoking. It's essential to consider these diverse perspectives when addressing tobacco use and implementing public health interventions aimed at reducing smoking prevalence and mitigating its adverse effects.

Chapter 5. Discussion

The thesis provides valuable insights into the multifaceted nature of smoking behaviors among adolescent females. It underscores the importance of understanding the diverse motivations, experiences, and perceptions surrounding smoking initiation, continuation, and cessation. Addressing these factors is essential for developing comprehensive smoking cessation programs tailored to individuals' needs and circumstances. Additionally, the study sheds light on the pervasive social stigma associated with smoking, particularly for women, highlighting the importance of promoting supportive environments for smoking cessation efforts. Overall, the findings contribute to a deeper understanding of the complex dynamics influencing smoking behaviors and offer implications for public health interventions aimed at reducing smoking prevalence and improving overall health outcomes among adolescents.

The main findings of this study were that the main reason for female students to smoke cigarettes in secondary school was to be addicted to cigarettes because of the company of their friends, and because of missing a love relationship, they felt lonely and watched movies and it was found that they also got addicted to cigarettes she was found to be smoking. According to Oli et al. (2022), a study conducted on girls who smoke cigarettes in the Kathmandu district of Nepal, it has been found that the main role of peer pressure, personal attitude, and fashionable and attractive advertisements in smoking cigarettes is that teenage girls of the current generation are enthusiastic about smoking cigarettes.

Today new generations know that smoking is wrong, it affects the body and mind, but false illusions like it removes loneliness, it becomes mentally fresh, if friends do not smoke cigarettes, then they will be separated from their friends. Adolescent girls spend most of their time on mobile phones and watch funny movie videos and after watching them, it was found that the effect of appearance on them is also increasing due to which females also are attracted to smoking. Another main reason is that there are many family problems to reduce mental stress. Not only the family, but also problems such as not being able to be a friend for teenage girls and spending a lot of time alone have made the girls of today feel lonely and are more

attracted to smoking, while teenage children need a friend who can share their feelings and understand them, and at this age, because they think of themselves differently from others, they need good communication like family love care and respect, but when they do not get this environment, they become addicted to smoking.

In the finding of this study, it was also found that cigarette was made a friend to remove the loneliness of dropping out of school in class 11 due to missing a love relationship in adolescence. According to Sardar, (2023), in the study conducted in Sunsari district, close friends and family environment are the main reasons why teenagers are attracted to smoking.

According to Khanal et al. (2023), even in the study of the e-cigarette ban in Nepal, there was a high burden of ever use and current use of EC among undergraduate students, participants had ample misconceptions and false beliefs regarding EC usage. Age, sex, number of close friends, number of peer users, and awareness of EC were the major predictors for EC consumption among undergraduate students. If smoking is harmful to the health of the present generation. It has banned its advertising. It affects physically and mentally. Although it is known that it affects the educational situation, all the studies on the reasons for smoking, the same reason, peer group, advertisement, family environment, and personal attitude, are found to be enthusiastic about smoking among, young people, while some of them stop smoking after a few months.

According to the Ministry of Health and Population, Nepal, New ERA, & ICF (2022), tobacco is considered a cause of morbidity and mortality in Nepal. Compared to the world, although the number of tobacco users has decreased in Nepal, the number of female cigarette users has increased. This is a health problem for Nepal. Tobacco users have said that they are trying to give up smoking in the next few months without giving it continuously. It has been found that there is an education effect if it affects the education and they stop going to school in a society where cigarette smoking has more negative effects on girls, they have said things like physical and mental stress, which has no value, will be created even more. It has raised questions in the health sector itself and it has emerged as a challenge.

According to Zulfikal et al; (2023), there are various physical, mental, and social reasons for smoking tobacco among adolescents, and according to Onoh et al; (2023), the influence of peer groups to smoking tobacco and the attractive advertisement of various smoking and mid-drinking, it has been found that the current generations are attracted to smoking tobacco. Compared to other countries, although female students are not as many smokers as men, it was found that female students who smoke are increasing, while women who smoke tobacco secretly, even if they do not smoke in front of their families and society, are found to be increasing. In many other countries including Nepal, it was found that the main reason why adolescent girls studying in school smoke is peer pressure, tobacco advertising, access to cigarettes, misperceptions about tobacco use, psychological distress, and parental smoking. It was seen that due to female students dropping out of school and trying to commit suicide, there is a problem of loneliness in the home and family and it is seen that they stay away from the group.

Chapter 6. Conclusions and Implications

Conclusions

The results and discussions presented in this study shed light on the complex and multifaceted nature of smoking behaviors among adolescent females in secondary school settings. Through thematic analysis, several key themes emerged, including motivations and reasons for starting smoking, social and environmental influences on smoking behavior, the impact of smoking on health, navigating social stigma associated with smoking, efforts to quit smoking, and the experiences of smoking itself.

One prominent finding is the significant role of peer pressure, emotional stressors such as relationship problems and loneliness, as well as environmental factors like family dynamics and media influence, in influencing smoking initiation among young females. Additionally, the study highlights the detrimental effects of smoking on physical health, mental well-being, and educational attainment, underscoring the need for comprehensive interventions targeting these areas.

Furthermore, the study elucidates the pervasive social stigma and negative perceptions associated with smoking, particularly for women, which can further exacerbate challenges in quitting smoking and seeking support. Despite widespread awareness of the health risks associated with smoking, misconceptions, false beliefs, and societal pressures continue to contribute to the persistence of smoking behaviors among adolescents.

Importantly, the findings suggest the importance of tailored smoking cessation programs that address the diverse needs and motivations of individuals seeking to quit tobacco use. These programs should consider the interplay of social, emotional, and environmental factors influencing smoking behaviors, and promote supportive environments for smoking cessation efforts.

This study contributes to a deeper understanding of the underlying factors driving smoking behaviors among adolescent females and provides valuable insights for the development of targeted interventions aimed at reducing smoking prevalence

and improving overall health outcomes in this population. Addressing the complex dynamics surrounding smoking initiation, continuation, and cessation is essential for promoting healthier behaviors and fostering inclusive communities.

Although the number of smoking cigarettes in Nepal has decreased compared to the world, the number of women and men who smoke cigarettes in Nepal is increasing, while teenage girls who study in secondary school are also found to be addicted to smoking cigarettes. Being in the company of friends of the highest age group, smoking cigarettes to relieve mental stress due to the attraction of various advertisements, looking at the appearance of others as a fashion, and as a support for loneliness, females were also found to be attracted to smoking cigarettes.

In the way, regardless of how they consumed cigarettes in the beginning, it was found that the participants consumed more cigarettes because they did not have the mentality that if their friends smoked cigarettes one day, then everyone smoked cigarettes the next day, and then the eagerness for cigarettes increased, and the main one was found to be addicted to smoking cigarettes. It was seen that the main cigarette-smoking female age group is 12- 18/19 years.

It was found that the main reasons why the participants were attracted to cigarettes were love relationship break, peer pressure, family stress, feelings of loneliness, attraction, because of the enticement of advertisement, they smoked cigarettes, and to give up smoking, the study has found that someone has stopped smoking and is preparing to quit.

In general, this study shows that even though health-related smoking and drinking are taught in school, it is not used properly in practice, and not only the school is the reason for this, but also the family members should take care of their children's behavior and treat them as friends, and keep information about the interest of teenagers and encourage more positive aspects and negative aspects, it seems that the behavior should be improved with love and affection rather than fear. If in school, not only books on smoking and drinking but also dramatizations and sometimes street dramas to spread public awareness about the effects of tobacco consumption and to increase the legal process to ban advertisements that attract such people, schools and

community ward office should also cooperate and coordinate in conducting awareness programs about the effects of tobacco consumption in female adolescents. It has to be alone, different national programs related to tobacco use can be conducted from the local level to the center, only by reducing the number of women and men in tobacco use, the problem of adolescent tobacco use, and the problem of adolescent tobacco use can be eliminated.

Implications

The findings of this study have important implications and potential values in various areas. It mostly brings some crucial findings that may be useful in policy development, practical implications, and for further research. Thus, the implication of the present study is as follows.

Policy Level

Based on the findings of the present study, the government, policymakers, and policy development advocates can adopt the information of this study. Particularly, the findings of the study suggest that the experience and effect of the use of tobacco among female students should be ensured. The final achievement of this study at present is that female students studying at the secondary level are becoming attracted to tobacco consumption. To reduce the attraction to such kind of culture, it is necessary to conduct a program from the local level to the central level about the effects of tobacco consumption on health to prepare and implement certain policies and rules for the state to prepare citizens with competent and skilled manpower without limiting such subjects to the school curriculum. It seems that parents, teachers, friends, and senior figures should also play an important role in this.

Today's teenage students are the strong leaders of tomorrow's country, and since the main purpose of health education is to make students physically, mentally, and emotionally healthy at the school level, there is a need today to formulate and implement a meaningful policy on tobacco consumption in state building.

Practice and Implementation Level

Not only male students but also female students are falling under the influence of tobacco consumption day by day which makes their future dark. Health-related issues should not be limited to schools only but should be implemented at the village, village, municipality, province, and central level. In practice, parents should be taught about the effects of such topics. Strict rules should be enforced along with a ban on the sale of indiscriminate smoking substances. There is a need today to teach the content of health education from the lower level of the class to the higher level for building a healthy person, healthy family, healthy society, and healthy state. And health-related practices should be implemented and their inspection and monitoring should also be done only then it seem that the policies and regulations will be implemented effectively.

Research Level

This study has focused on the use of tobacco among female students who reside and offer services in Kirtipur. This study was based on research studies on tobacco in the past and studied the tobacco use and experience of secondary school girls in the present time and its effects. The achievements obtained from this will certainly provide a basis for tomorrow's research on copper and help to conduct new studies on what happened yesterday, how it is today, and what will be the situation tomorrow.

This study has presented the knowledge, perception, and behavior of female students studying in schools in Kirtipur municipality of Kathmandu district, the effect of tobacco and how much is it affecting learning. As a result, this study has also provided a basis for studying the difference in this subject in the future, and it will help the state to explain statistically how much female students are involved in tobacco consumption.

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Appendix

Semi- Structured interview Guideline

नाम	थर	उमेर
विद्यालयको नाम		
तम्बाक सेवनको प्रकार		
१	तपाइले कसरी तम्बाकु सेवनको प्रयोगमा लाग्नु भयो ?	
२	तम्बाकु प्रयोग गर्नुको कारण के थियो ?	
३	तपाइको तम्बाकु प्रयोग गर्ने व्यवहारमा पारिवारिक सामाजिक, वातावरणले कस्तो प्रभाव पारेको छ ?	
४	तपाइ एक केटि भएको कारणले तम्बाकु सेवन गर्दा समाजको दृष्टिकोणमा तपाइलाइ कस्तो नजरमा हेरिएको छ ?	
५	तम्बाकु सेवनले तपाइको शारीरिक, मानसिक रुपमा कस्तो असर परेको छ ?	
६	तम्बाकु प्रयोगले तपाइको शैक्षिक अवस्थालाइ कस्तो प्रभाव पारेको छ ?	
७	तम्बाकु प्रयोगको पहिलो चरण देखि हाल सम्म के कस्तो अवस्थाहरु सिर्जना भए आफ्नो अनुभव बताउनुहोस?	
८	तम्बाकु प्रयोग त्याग्न कुनै प्रयासहरुको कदम चाल्नु भयो ?	
९	तम्बाकुको प्रयोगले तपाइको जिवनमा के कस्तो सकारात्मक नकारात्मक परिवर्तन ल्याए जस्तो लाग्छ आफ्नो विचार बताउनुहोस ?	
१०	के तपाइ तम्बाकु प्रयोग गर्नबाट छुटकारा पाउन चाहानुहुन्छ वा निरन्तर प्रयोग प्रति उत्साहित हुनुहुन्छ?	
११	तम्बाकु प्रयोग गर्दाको परिणामहरुको अनुभव बताउनुहोस?	