

**PREVALENCE OF SMOKING AND LEVEL OF DEPENDENCE  
AMONG ELEVEN & TWELVE STUDENTS**

**By:**

**Mrs.UshaPokharel**

**Symbol No. : 2180129 (2069)**

**T. U. Regd. No. : 9-1-214-444-2004**

**A Thesis Submitted to**

**The Health & Physical Education Department in Partial**

**Fulfilment of the Requirement for the Masters' Degree in Health Education**

**TRIBHUWAN UNIVERSITY**

**FACULTY OF EDUCATION**

**JANTA MULTIPLE CAMPUS**

**HEALTH & PHYSICAL EDUCATION DEPARTMENT**

**ITAHARI**

**2018**

## DECLARATION

I here by declare that to the best of my knowledge this thesis is my original no part of it was earlier for the candidature of research to any university.

.....

Ushapokharel



Tribhuvan University

025-580064

581300

# Janta Multiple Campus

Itahari, Sunsari

Estd: 2045

(Science, Management, Humanities & Education)

Ref: \_\_\_\_\_

Date: .....

## RECOMMENDATION LETTER

This thesis is entitled "**Prevalence of Smoking and Level of Dependence Among Eleven & Twelve Students**" submitted by **Usha Pokharel** in partial fulfillment of requirement for the Master's degree in Health and Physical Education under my supervision. Therefore, it is recommended for viva voice.

**Mr. Manoj Kumar Chaudhary**

Asst. Lecturer

Department of Health and Physical Education

Janta Multiple Campus, Itahari, Sunsari

  
.....  
Supervisor

1025 – 580064  
581300

Tribhuvan University

# Janta Multiple Campus

Itahari, Sunsari

Estd: 2045

(Science, Management, Humanities & Education)

Ref: \_\_\_\_\_

Date: .....

## APPROVAL SHEET

This thesis entitled "Prevalence of Smoking and Level of Dependence Among Eleven and Twelve Students" submitted by Usha Pokharel in partial fulfillment of requirement for the Master's degree in Health and Physical Education has been approved.

### Thesis Evaluation Committee

### Signature

**Mr. Sanjiv Kumar Yadav, Lecturer**  
Head of Department of Health and Physical Education

.....  
Chairman

**Mr. Manoj Kumar Chaudhary, Asst. Lecturer**  
Department of Health and Physical Education

.....  
Supervisor

**Prof. Dr. Ashok Kumar Jha**  
Department of Health and Physical Education  
S.S.M.Y.M. Campus, Siraha

.....  
External

Viva Date: \_\_\_\_\_

## **ACKNOWLEDGEMENTS**

I wish to express my sincere gratitude to Mr. Manoj Kumar Chaudhary the thesis supervisor for this invaluable advice and guidance in the process of preparing this thesis. I would like to express my deep and sincere gratitude to my respected teacher or head of the department health education Mr.SanjeevKumar Yadav and Mr.BirendraKarki lecturer of health education Janta multiple campus for his help to choose the topic and valuable suggestion in completion of this dissertation. I am thankful to all my teachers of Janta multiple campus, who guided me during the study period.

I would like to grab this opportunity to express my thanks to all authors, writers, editors, researchers, publishers and other persons who are directly and indirectly related to the literature used in preparing this thesis.

I would like to express my sincere thanks to all teachers and students the authorities of sampled schools in thesis for their helpful cooperation and participation to me during data collection.

Last but not least, I would like to express my sincere gratitude and graceful thankful thanks to my husband, family members and well wishers who directly and indirectly helped to carry out this thesis.

**Ushapokharel**  
**Janta Multiple Campus**  
**Itahari, Sunsari**  
**2018**

## ABSTRACT

Worldwide, tobacco consumption is not just one of the leading cause of preventable deaths, its global economic burden is estimated to be around 1.4 trillion US Dollars together with lost productivity. Around 22% of the 15 years and old persons worldwide are reported to be current smokers. In Nepal it is reported to be around 37.1%. However, the local data from Itahari is lacking.

This study “prevalence of smoking and level of dependency among eleven & twelve students” was carried out. To determine how many students from the selected five schools (Janta secondary school, Sharda secondary school, Rastriya secondary school, Janasahayog secondary school and Mahendra secondary school) ever smoked in their life times and how many of them were currently smoking. Among those who smoked, it was also an objective to determine the age of the students at which they first ever smoked in their lifetimes. As it is known that different factors may influence the adolescents for smoking, factors such as parental smoking, smoking by siblings or teacher or peers were looked into.

The topic was conceptualized as many school students were observed to be smoking and in many cases it is said that smoking continues in adulthood. The topic was discussed with the guide and finalized. Protocol was made and the guide approved it. Permission was taken from the Janta Multiple Campus. A list of public schools was obtained from the District Education Office and five schools were randomly selected with the lottery method. The concerned schools were contacted, explained about the study ad permission taken from the authorities of the school. Classes in the schools were also randomly selected. Verbal consent was taken from the student participants after explaining about the study in the classroom. Confidentiality of the students were maintained. Data were recorded in Performa, transferred to Microsoft Excel Sheet, and presented in percentage, standard deviation, range and in tabular form. All the collected data were transferred into tabular form and interpreted. There was a total of 200 participants from all selected schools, 100 students from class 11 and 100 students from class 12. There were 81 students studying Faculty of Education, 80 students studying Faculty of Management, 20 students studying Faculty of Science, and 19 students studying Faculty of Humanities. Among 200 students, 128 students (64%) were female and 72 students (36%) were male. Participant students’ age

ranged from 16 to 19 years with 70% of the them being 16 and 17 years of age. Among respondent students 29.5% were Kshetri, 28.5% were Janajati, 23.5% were Bramhan, 18% were Madhesi and less than one percent were others. Sixty percent of students belonged to nuclear family and 40% belonged to joint family. Thirty three percent students lived with only one parent, 19% lived with both parents, 9.5% lived with relatives, 7.5% lived alone, and 4.5% lived with friends. There were 53.5% of the students from rural background and 46.5% from urban background. Thirty eight percent of the students' fathers were involved in farming, 20% in others, 13.5% in government job (non-force), 13% in private sector, 11% in army or police, and 4.5% were unemployed. There were 46.5% of students' mothers unemployed, 27% were involved in farming, 16% in others, 6% in private sector, 4.5% in government job, and none of the mothers were working in army or police. Nearly half of the students perceived that their parents raised them with optimal discipline, 44% perceived that their parents raised them with strict discipline, and 6.5% perceived that their parents did no ensure discipline. Sixty five percent of the total students who participated in the study reported no fights in the family and 35% reported fights in the family. Among all respondent students, 81% had faith in religion and 19% did not.

Among 200 students of 11<sup>th</sup> and 12<sup>th</sup> classes, 33 students (16.5%) tried smoking in lifetime and majority (83.5%) did not. Among 200 students, 29 students (14.5%) smoked cigarettes in last month. Around 86% did not smoke in last one month. Those students who ever-tried smoking, around 79% of them tried between 15 to 17 years of age. Twelve percent started smoking at the age of 14 years. Three percent started smoking at the ages of 10, 13, and 18 years each.

Nearly 30 % of the 200 students had someone in the family who smoked cigarettes. Twenty two percent of the students' fathers, eight percent of the students' mothers, ten percent of the students' uncles, three percent of the students' aunts, seven percent of the students' elder brothers, around five percent of the students' cousins smoked cigarette. Less than one percent of the students' sisters smoked cigarette. Among 200 students, only 25% of the any other relatives other than parents smoked cigarette in the family. Nearly 24% of the close friends of the students smoked cigarette and 76% of students had between two to four friends who smoked. Sixteen percent of the participant students were offered cigarette by a close friend.

## ACRONYMS/ABBREVIATIONS

CS	:	Current-smokers
ES	:	Ever-smokers
FTND	:	Fagerstrom Test for Nicotine Dependence
PHSS	:	Public High School Students
WHO	:	World Health Organization
UNICEF	:	United Nations Children’s Emergency Fund
MOHP	:	Ministry of Health and Population
SPSS	:	Statistical Package for Social Sciences
DALY	:	Disability Adjusted Life Years
NDHS	:	National Demographic Health Survey
GTSS	:	Global Tobacco Surveillance System
GSPS	:	Global School Personnel Surveys
GHPSS	:	Global Health Professions Students Surveys
FCTC	:	Framework Convention on Tobacco Control
MPOWER		
M	:	Monitor tobacco use and prevention policies
P	:	Protect people from tobacco smoke
O	:	Offer help to quit tobacco use
W	:	Warn about the dangers of tobacco
E	:	Enforce bans on tobacco advertising, promotion and sponsorship
R	:	Raise taxes on tobacco



## TABLE OF CONTENTS

<b>Contents</b>	<b>Page No.</b>
Title	i
DECLARATION	ii
RECOMMENDATION LETTER	iii
APPROVAL SHEETS	iv
ACKNOWLEDGEMENT	v
ABSTRACT	vi
ABBREVIATIONS	vii
TABLE OF CONTENTS	viii
LIST OF TABLES	xii
LIST OF FIGURE	xiv
<b>CHAPTER-I: INTRODUCTION</b>	
1.1 Background of the Study	1
1.2 Statement of the Problem	4
1.3 Objectives of the Study	4
1.4 Significance of the Study	4
1.5 Delimitation of the Study	5
1.6 Operational definitions of Key Terms used	6
<b>CHAPTER-II: REVIEW OF THE RELATED LITERATURE</b>	
2.1 Theoretical Literature	7
2.2 Empirical Literature	8
2.3 Implication of Literature Review	12
2.4 Conceptual Framework	12
<b>CHAPTER-III: RESEARCH METHODOLOGY</b>	
3.1 Research Design	14

3.2	Study population	14
3.3	Sampling procedure and strategy	14
3.4	Data Collection Tools and Sampling Techniques	15
3.5	Data Collection Procedures	15
3.6	Data Analysis and Interpretation	15
<b>CHAPTER IV : ANALYSIS AND INTERPRETATION OF DATA</b>		
4.1	Ever smoking, Current smoking And 1 <sup>st</sup> Cigarette Smoking	17
4.1.1	Ever smoking by Students	17
4.1.2	Current smokers Among Students	17
4.1.3	Age of 1 <sup>st</sup> smoking by Students	18
4.2	Demographic Profile	19
4.2.1	Current age of students	19
4.2.2	Ethnicity of students	19
4.2.3	Faith in religion of students	20
4.2.4	Gender of students	20
4.2.5	Classes of students	21
4.2.6	Facultyof students	22
4.2.7	Family type of students	22
4.2.8	Who Students Lived with	23
4.2.9	Father's occupation of students	23
4.2.10	Mother's occupation of students	24
4.2.11	Rural or Urban Background of the Students	25
4.3	Family and Friends of Smoking	26
4.3.1	Smoker in family of the students	26
4.3.2	Smoking by father of the students	26
4.3.3	Smoking by mother of the students	27

4.3.4	Presence or absence of smoking by Other Family member of the students	27
4.3.5	Smoking by the relatives of the students	27
4.3.6	Smoking by close friends of the students	28
4.3.7	Number of smoker friends of the students	29
4.3.8	Close friends offering cigarettes to students	30
4.3.9	Smoking by teachers of the students	30
4.4	Other history of smoking	31
4.4.1	Types of smoking by students	31
4.4.2	Ease way of getting cigarettes by students	31
4.4.3	Way of Obtaining Cigarettes By Students	32
4.4.4	Cigarette buying habit of students	33
4.4.5	Fights in family of the students	33
4.4.6	Feelings of Students about how parents raised them	34
4.4.7	Every day ever smoked cigarette for last 30 days by students	35
4.4.8	Place of smoking by students	35
4.4.9	Students wanting to stop smoking	36
4.4.10	Reason for starting smoking by students	37
4.4.11	Reported Health problems of smoking by students	38
4.4.12	Exposure of students to media of cigarette smoking	38
4.4.13	Mediums of Exposure of Smoking to Students	39
4.4.14	Perception of Students Regarding Smoking Makes Loss Weight	40
4.4.15	Spending Money on Smoking Per Week by Students	40
4.4.16	Students Perception about effects of smoking on health	42
4.5	Fagerstorm test for nicotine dependence	42
4.5.1	Minutes After Waking to the 1 <sup>st</sup> Cigarette Smoking	

4.2.4.5.2 Difficulty in Refraining from Smoking in Forbidden Places	43
4.5.3 Which cigarette would students hate to give up?	43
4.5.4 Number of cigarettes smoked by students per day	44
4.5.5 Frequency of smoking in the morning by students	45
4.5.6 Smoking of cigarettes despite falling sick in bed by students	45
4.6 Level of dependence of smoking	46
4.6.1 Level of dependence of smoking among students	46
4.7 Summary of the study	46
<b>CHAPTER V : CONCLUSION &amp; RECOMMENDATIONS</b>	
5.1 Conclusion	50
5.2 Recommendation	50
5.2.1 Recommendation for policy related	51
5.2.2 Recommendation for practice related	51
5.2.3 Recommendation for future research related	51
References	
Appendix-I	
Appendix-II	

## List of Tables

S.N.	Table Title Name	Page No.
1.	Ever smoking by Students	17
2.	Current smokers Among Students	18
3.	Age of 1 <sup>st</sup> Smoking by Students	18
4.	Current age of students	19
5.	Faith in religion of students	20
6.	Classes of students	21
7.	Faculty of students	22
8.	Who Students Lives With	23
9.	Father's occupation of Students	24
10.	Mother's occupation of Students	25
11.	Rural or urban background of the Students	25
12.	Smoker in family of the Students	26
13.	Smoking by father of the Students	26
14.	Smoking by mother of the Students	27
15.	Presence or absence of smoking by other family member	27
16.	Smoking by the relatives of the Students	28
17.	Number of smoking by close friends of the Students	29
18.	Number of smoker friends of the Students	29
19.	Close friends offering cigarettes to Students	30
20.	Smoking by teachers of the Students	31
21.	Types of smoking by Students	31
22.	Way of Obtaining Cigarette by Students	32
23.	Cigarette buying habit of students	33
24.	Fights in family of the Students	34
25.	Smoking of cigarettes every day in last 30 days by students	35
26.	Place of smoking by students	36
27.	Students wanting to stop smoking	37
28.	Reported Health problems of smoking by Students	38
29.	Exposure of students to media of cigarette smoking	39
30.	Perception of Students Regarding Smoking Makes Lose Weight	40

31.	Spending Money on Smoking Per Week by Students	41
32.	Minute After Waking to the 1 <sup>st</sup> cigarette smoking	43
33.	Difficulty in Refraining from Smoking in forbidden places	43
34.	Which Cigarette Would Students Hate to give up ?	44
35.	Number of cigarettes smoked by students per day	44
36.	Frequency of smoking in the morning by students	45
37.	Smoking of cigarettes despite falling sick in bed by students	45
38.	Level of dependence smoking among Students	46

## List of Figure

<b>S.N.</b>	<b>Figure Title Name</b>	<b>Page No.</b>
1.	Ethnicity of Students	20
2.	Gender of Students	21
3.	Family type of Students	22
4.	Ease way to getting cigarettes by Students	32
5.	Feelings of Students about how Parents raised them	34
6.	Reason for Starting Smoking by Students	37
7.	Medium of Exposure of Smoking to Students	39
8.	Students Perception about effect of Smoking on Health	42