

Motivational Factors of Smoking among the Students: A Survey of Kohat University

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Abstract

The main objective of the study was to identify the motivational factors of smoking amongst the students of Kohat University. All the students of Kohat University comprised the sample of the study. A sample of 300 male students was selected through random sampling. The data were collected through a close-ended questionnaire, which consisted seven items related to students' smoking status and those motivational factors that carried the habit of smoking. The update data were collected from the respondents and interpreted using logistic regression model. It was concluded that the availability of cigarettes in the open market made the students to smoke, as there was no restriction on them regarding the use of cigarettes. Students were not properly aware about the harmful effects of smoking and smoke as a symbol of elite class.

Keywords: Smoking, Motivational factors, logistic regression, Society, University, Diseases

Introduction

Education plays a pivotal role in the development of a society. Any society largely depends on its educated class and students. A society passes through various vicissitudes and reaches to a set standard. Universities students very efficiently and effectively present their role in the socio-logical development but there are certain factors which effect the intellectual development of the students and smoking is one of them.

Students in the universities of pakisatn, besides other activities, are inclind towards smoking. This habit deviates them from their primary objectives of learning and moulding their personalities according to the desired objectives; hence fall short of contributing in the societal development.

Gately (2004) stated, “The history of smoking dates back to as early as 5000–3000 BC when the agricultural product began to be cultivated in South America; consumption later evolved into burning the plant substance either by accident or with intent of exploring other means of consumption”.

Khan (2003) stated, “Usually during the early stages, smoking provides pleasurable sensations, serving as a source of positive reinforcement. After an individual has smoked for many years, the avoidance of withdrawal symptoms and negative reinforcement become the key motivations to continue. Smoking related health hazards were first brought to public attention in 1964. But unfortunately even the educated lot underestimates considerably the health hazards of tobacco. Thus many people still smoke and many young people begin smoking each year”.

According to Washingtonian magazine (2007) “By 2030, the World Health Organization (WHO) forecasts that 10 million people a year will die of smoking-related illness, making it the single biggest cause of death worldwide, with the largest increase to be among women. WHO forecasts' the 21st century's death rate from smoking to be ten times the 20th century's rate.

Literature Review

According to AKU Report (2008) the use of smoking is very common amongst the university students of Pakistan and it is widely used in variety of manners: like cigarette and cigar smoking, chewing tobacco etc. The use of tobacco is reducing in most of the countries of the world; unfortunately it is increasing in Pakistan.

Athavale *et al* (1997) conducted a research study entitled “Social Factors in the Initiation of Cigarette Smoking Among College Students” on 400 male students. The data were collected through a questionnaire, which showed that a small number of 22.08% students were smokers. Among this percentage a high number of 41.19% students started smoking between the ages of 15-20. It is worth mentioning here that a high number of 50% students were provided the first cigarette by their school or college mates.

Khan (2003) worked on a topic “Tobacco smoking and attitude of youth: A survey of university student”. For the purpose of data collection a questionnaire was distributed among 195 male students and 80 female students. The data elicited that a considerable number of 92 (33.5%) students were smokers. It was also reflected from the data that every third student was a smoker and a high number of the smokers was of self finance students.

Rozi and Akhtar (2007) conducted a study entitled, “Correlates of cigarette smoking among male college students in Karachi, Pakistan”. The data were collected from 576 college students, whose ages ranged from 15-30 year, through multi stage cluster sampling during the session 2004-05. It was concluded from the data interpreted that a considerable number of 26.7% students were smokers. The students whose fathers were illiterate and mothers were house wives were more inclined towards smoking than those whose fathers were literate and mothers were working ladies.

Lazaros *et al* (2009) carried out a study, “Prevalence and Risk Factors for Initiation of Smoking in Greek High-School Students”. The study collected the data from 9,276 high school students, ages ranged from 15-18 year, in six cities of Greece. The data were collected through a questionnaire, which enquired the students about the risk factors for starting smoking. The data presented that a sizeable

number of 29.6% students of both genders were smokers. Among this percentage, 43.3% student started smoking before the age of 14. Results showed that reactive behaviour towards parents and advices of teachers were the major reasons of smoking among the students. It was suggested that an anti-smoking campaign is needed in the schools for students and teachers.

Methodology

It was a survey type study, which largely focused on the motivational factors for smoking among the students of university. Quantitative approach was used for the collection of data. The data was presented in the form of table and further elaborated in percentages.

Population of the Study

All the male students of Kohat University of Science & Technology, Kohat comprised the population of the study. The total number of these students is 5000.

Sample of the Study

A total number of 300 students comprised the sample of the study. These students were selected through random sampling techniques.

Delimitation of the Study

The scope of the study was restricted to Kohat University of Science & Technology, Kohat. The study was further narrowed down to only male students.

Research Instrument

A close-ended questionnaire with 7 items was designed for data collection. The questionnaire was designed keeping in view the objective of the study. The question items were based on smoking status, reason, tension, emotional reason, availability, society, and diseases.

Data Collection

Researchers personally distributed the questionnaires to the respondents in order to keep the validity of the data and after a week, the questionnaires were collected and update data were elicited.

Data Analysis and Interpretation

The data collected were analyzed using logistic regression model. Logistic regression is now widely used in social research. The data presented that out of the total 300 respondents a sizeable number of 166 students were smokers and rest of 134 were non-smokers.

Notice the basic notion underlying a logistic regression model:

According to Hosmer and Lemeshow (2000) consider a binary random variable Y that takes the value 1 if the outcome of interest is observed and take the value 0 otherwise. It is of interest to study the regression of Y on a number of explanatory variables $X_1, X_2, X_3, \dots, X_m$.

$$P_i = E(y=1/X_i) = \frac{1}{1 + e^{-(\beta_0 + \sum \beta_i x_i)}}$$

$$p = p(x) = \frac{e^{(\beta_0 + \sum \beta_i x_i)}}{1 + e^{(\beta_0 + \sum \beta_i x_i)}}$$

$$\ln\left(\frac{p}{1-p}\right) = \beta_0 + \beta_1 X_1 + \beta_2 X_2 + \beta_3 X_3 + \dots + \beta_m X_m$$

Such a model is called Logistic regression model.

This last expression provides a basic interpretation for β_1 . The odds increase multiplicatively by e^{β_1} for every unit increase in x. the odds has the linear relationship, thus the appropriate link is the odds transformation, the logit. An advantage of this model over models using other links is that effects can be estimated whether the sampling design is prospective or retrospective. Effects in the Logistic model refer to odds, and the estimated odds at one value of “x” divided by the estimated odds at another value of x is an odds ratio.

Table 1: Staistical Anaylsis of Motivatioln Factors of Smoking

VARIABLES IN THE EQUATION							
	ITEMS	B	S.E.	WALD	DF	SIG.	EXP(B)
STEP 1 ^A	REASON	-.131	.232	.320	1	.572	.877
	REDUCTION	1.856	.285	42.508	1	.000	6.396
	EMOTIONAL	-.596	.302	3.899	1	.048	.551
	AVAILABILITY	.734	.307	5.715	1	.017	2.083
	SOCIETY	.689	.292	5.561	1	.018	1.992
	DISEASES	-.735	.510	2.071	1	.150	.480
	CONSTANT	.061	.792	.006	1	.939	1.063

Discussion

The data presented in table-1 indicated that a considerable number of 180 respondents believed that smoking reduced their tension. It was also clear from the odds ratio that six times the smokers agreed to the statement that smoking reduced tension as compared to those students who were disagreed to the assumption asked.

Furthermore, the result showed that availability of cigarettes was a significant reason for smoking. It was also clear from the odds ratio that two times the smokers agreed to the statement that easy availability of cigarettes was a cause of smoking as compared to those students who did not smoke.

It was also observed that smoking is a symbol in the society and it was concluded that respondents felt great when they smoke. It was also clear from the odds ratio that two times the smokers agreed to the statement that smoking is a symbol in society.

The question posed to the respondents, whether or not smoking is due to emotional behaviour, is significant and depicted that 0.55 times smokers agreed to the statement inquired. This showed that even emotional problems attracted the respondents towards smoking. It was further explained in the data that various factors such as influence from media, fashion, and influence from friends did not affect the habits of respondents towards smoking in the university.

Majority of the respondents, who were smokers, disagreed to the assumption asked; therefore, the variable is insignificant. This clearly indicated that a substantial number of the respondents were not aware of the harmful effects of smoking.

Conclusions

Based on data interpreted, following conclusions were drawn:

1. Majority of the respondents agreed to the statement that smoking reduced their tension and made them relax in their daily routine.

2. Availability of cigarettes in the open market made the students to smoke, as there was no restriction on them regarding the use of cigarettes.
3. Smoking was considered as a symbol in the society. Students take this symbol as the symbol of elite class; hence they smoke.
4. Emotional problems of the students also compelled them to smoke. This way they could overcome their emotional problems.
5. Majority of the students were of the opinion that they did not smoke due to fashion or influence from friends and media.
6. Majority of the students were also not aware of the harmful effects of the smoking which could cause dangerous diseases to their health.

Recommendations

On the basis of data interpreted and conclusions of the study, following recommendations were made.

1. An anti-smoking campaign should be launched in the University for the Awareness of the student regarding the hazardous effect of smoking.
2. Smoking should be banned in the premises of the University as well as its sale. Students should develop their overall personal growth and development, which is the primary objective of university education.
3. Smoking is injurious to health; therefore, all the stakeholders should play their respective role to seize this curse on various campuses.

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