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A Group of Secondary School Students in Smoking Prevalence and Related Factors: The Western (Eskişehir) Example

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Objectives: Adolescence is a very important period of transition to adulthood. The habits gained during this period show the whole lifelong effect (1). Smoking behavior is important risk of in terms mortality and morbidity in the adolescents who trying to create self-image, with to effect of social and personal factors, fast physical and emotional development (2). The aim of this study was investigated the prevalence of smoking and related factors in a group of secondary school students.

Methods: The sample of this cross-sectional study consisted of 621 students who were studying at Odunpazari Mustafa Kemal Atatürk Vocational and Technical Anatolian High School in the academic year of 2017-2018. The students was applied a questionnaire defining sociodemographic characteristics and smoking characteristics of within the scope of the study

Results: The mean age of the study group was 16.31 ± 1.08 and ranged from 14-20. 31.3% of the study group was found to smoke. Daily smoking consumption of the study group is between 0-20 and the mean is 2.5 ± 4.84 . The time to start smoking in the study group mean of was 9.5 ± 18.1 months. 37.4% of smokers reported smoking due to curiosity. 81.3% of the study group had at least one person smoking in their environment. Of the study group expressed who 71.5% of did not make any attempt to quit smoking, 3.5% received counseling and 24.9% tried to quit on their own. In our study was determined that there was a significant difference between age (22.237/0.000), gender (9.042/0.002), class level (34.005/0.000) and family type (8.964/0.011) with smoking status. Existing at the environment smoker person, smoking duration, smoking cessation between with the smoking was found a statistically significant positive correlation (sırasıyla 0.197/0.000; 0.777/0.000; 0.596/0.000).

Conclusion: The smoking behavior that started at an early age continues without losing its momentum due to the strategic plans of the tobacco industry. The smoking behavior that started at an early age continues without losing its momentum due to the strategic plans of the tobacco industry. In particular, the tobacco industry targeting young people need not to reach their goals and to raise awareness of young people using different methods to get rid of their addiction.

Keywords: Affecting factors, secondary education, Eskişehir, smoking frequency