



The effects of smoking cigarette on health in case of Mettu teachers teaching college 2nd year

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Abstract: The **objective** of this study was focused effects of smoking cigarette on health in the case of Mettu College of teachers teaching 2nd year natural science department of biology class male students. **Method;** To gather the effective data the researcher used purpose sampling technique and the numbers of respondents of this study was 13 male students. **Result:** The researches have been made the following conclusion. 46.15 of respondents knew the effects of smoking on health smokers starting by the reason of refreshment, work pressure load anger. Among total respondents 6(46.15 of respondents were have interest to stop cigarette used for future by used different method such as separated from smoker, participating, recreation, by advice of health profession.

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Keywords: Cigarettes, Chronic Diseases, Physical Exercise

Back Ground of the Study

Cigarette use skill millions of people worldwide cause immunes suffering and enormous economic and cost, in developing world cigarette process changes not just to health only but also social and economic development and environment sustainability study of cigarette wise in develop counters about negative side effects of smoking on health (W.H.O.1982 world cigarette epidemic long elation action).

Smoking is dangerous more than its benefit for health smoking bluff out in the human to danger both active smoker and passive smoker at the same extent. As united states surgeon General 1964 first official worn the health hazardous of c cigarette smoking with heart disease, lung diseases, cancer of lung and other tissue aliments (USA surgeon general official report 1964)

Cigarette smoking was initially adopted by men industrialize countries and was later taken up men in those countries and men in developing countries with. The recent decline incoming in industrialized countries the multinational tobacco companies have moved aggressive in to the developing nation's. consequently there is a risk of an epidemic of tobacco related disease in the developing world where tobacco use is increasingly to becoming majorly health issues for women as well as men (internet).

The high percentage of nonsmoking men in those countries makes, them an attractive target for the industry. The health effects of smoking in population become fully pronounced only about a half century

after the habit is adopted by sizeable percentage of young adults. Thus most of what is known about the health affects of smoking. In those countries where male smoking is increasingly. If may be several decades before the full health impacts is felt, but devastating health consequences are in evitable unless action taken today (men and the tobacco epidemic challenges for the 2nd century 2001).

Statements of the Problem

This study is try to know the effects of cigarette smoking on health in case of Mettu teachers college 2nd year natural science biology class male students. The study would also try to identify relationship between students and cigarette smoke its effects on health.

Based on these, the studies try to answer the following research question.

- 1, does cigarette affects the health of the students?
- 2, Are there students, which use smoke cigarette in the Mettu teachers college?
- 3, How is the attitude of students to ward smoking cigarette?
- 4, why students are using cigarette?

Objective of The Study

The objective of the study would to examine the impacts of the smoking cigarette on health of Biology class male students in Mettu teachers college 2nd year natural science Faculty.

Delamination Of The Study

This study majorly focus on the problem of cigarette on health in case of Mettu teachers college faculty of natural science department of biology second year male students who are smoker it doesn't include all students but only biology class male students in Mettu teachers college.

Significance Of The Study

This study was focus on health problem of cigarette smokers in Mettu teacher's college on male students. The smoke consumption son health and how cigarette affects the health. So the purpose of this study is:-

- To investigate cigarette and what will be its effects on health of students.
- To identify cigarette's effects on health.
- To know the way of treating the taken cigarette smokers.

Study Area

The purpose of this study is to identify the effect of cigarette smoking on health male in case of Mettu and college 2nd year natural science biological class students.

The study would be conducted in Mettu teacher's teaching college 2nd year natural science biology class students. This located in Mettu town south western direction. Mettu town is 600km far from Addis Ababa in the Oromia region. The College is located 3.2km far from the Mettu town.

Study Design

The purpose of this study was to identify the effect of cigarette smoking on health male in case of Mettu teachers college and second year natural science Biology class students. The subject under investigation instruments used to collations in information's and statics technical that are used aim at smoke cigarette used and health to fulfill. This purpose the approach follows would be purposive survey method. This method selected it is mainly appropriate to collect several kinds of information gathered related with problem cigarette.

Subject Of Study

The purpose of this study was to know problem of cigarette smoking on health male in Mettu teachers collage second year natural science.

Population

In this study the source of population was Mettu teachers collage 2nd year natural science of male students. The total male students are 39 in those total populations at which the research will be collect are 13 students since they are few in number the researcher take. These 39 students are study populations for this research.

Source Of Data

There will be primary data and secondary source of data for the primary data interviews and

questionnaires is administering to be the selecting. As a sample and secondary source of data relevant book and internet are selecting.

Sampling Size And Sampling Techniques

Samples are male smoker and subject qualification sexes are considered from Mettu teachers college. From the collage 39 are male students. Among them 39 male are subjects of study. Since the total numbers of collage are large, but 13 students the researcher uses purposive sampling technique among the question which are related to study open and closed end questions in the questionnaires closely related objective purpose of the study and questionnaires are prepare.

Data Collection Method

For the purpose of data collection both the close and open ended questions are include in questionnaires, it will be distributed to the respond by the research the subject or respondents will be the questionnaires freely without pressure discriminations other study.

Data Collection Procedure and Instrument

The researcher were use two data collection procedures namely questionnaires and interview. Firstly, the questionnaires will be prepared for students which help to get the necessary information's. Secondly, the questionnaires copies will distribute among all individual a filled questionnaires. Finally the researcher forwards an interview question and questionnaires.

Data Organization Analysis And Interpretation

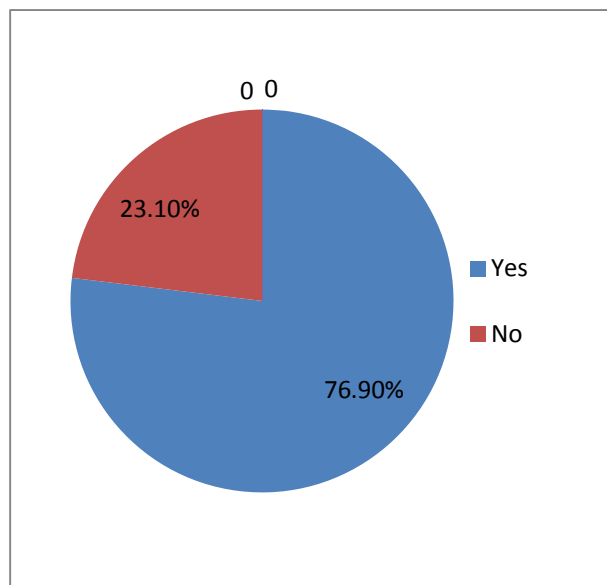
Data collected form respondent were analyzed and interpreted through paragraph, table pie-chart and graph presented as follows.

Part I. Students Response

Table 4.1: characteristics of the student's response

Age	Male	Percentage
18-20	7	53.8%
21-23	5	38.4%
24-26	1	7.7%
Total	13	100%

The above table indicate distribution of respondent age 18-20 7 (53.8%), 21-23 5 (38.4%) were 1 (7.7%) 24-26 age respective the male of the number 13 (100%) given information for the researcher and supported by idea of the researcher.



Pie-Chart 4.1: effective of cigarette on health to know

The above pie-chart explains the alternative selected by the smoker is those belong to yes were 10 (76.9%). This respondent confirmed that they know the impact of smoking on health. But those respondents who belong to no alternative were 3 (23.10%). Those smoker are still smoking know for the impact of cigarette use on health.

The open ended question raised for the students was to list the effect of cigarette on health given to suggested that:

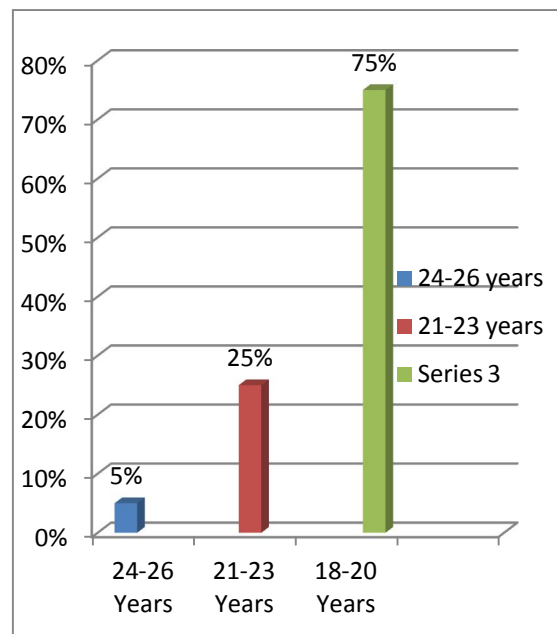
- ✓ Affect breathing system
- ✓ Lungs cancer
- Heart disease
- ✓ Narrowing artery

From the above suggestion we can concluded that cigarette smoking had an impact on health.

Table 4.2: Response of respondents whether smoke or not

Respondent	Number	Percentage
Yes	8	61.5%
No	5	38.4%
Total	13	100%

The above table information smoker were 8 (61.5%) and not smoker 5 (38.4%) respectively. The reason of the respondents to smoke time complexity of work and to relied anger and respondents who smoke regularly were used as addition and stimulants rather than pressure or work load and relief angers.



Bar-graph 4.1: response of respondents on the time of starting smoking verses age

The above bar-graph indicates the age of respondents to begin smoking 18-20 years old were start smoking and from above bar-graph information we can understand that smokers began at age of 18-20 years old.

Table 4.3: Response of start smoking

Alternative	Respondent	Total	Percentage
For refreshment	6	6	46.1
Relief boredom	-	-	-
Pressure of work load	4	4	30.8
Anger	3	3	23.1
Total	13	13	100

The above table indicates that smokers practice smoked, because different problem such as for refreshment 6 (46.1%) and for pressure of work load 4 (30.8%) and anger 3(23.1%) from the above information we can understand the most of smokers were smoking for refreshment.

Table 4.4: Response on whether they went to stop smoking or not

Respondents	Number	Percentage
Yes	5	38.4%
No	8	61.5%
Total	13	100%

The above table expressed that data analyzed from smoker who wanted to stop the smoking were 5 (38.4%) and those didn't want to stopped the smoking

were 8 (61.5%). From this information we can understand that most smokers know the impact of smoking on health. Hence they want to stop smoking. But respondents those said didn't stop smoking were use cigarette as stimulant and addiction.

Table 4.5: methods of smokers to stop smoking

Alternative	Respondent	Percentage
Separate from smokers	2	15.3%
Participate sport	6	46.1%
Advise of health profession	2	15.3%
Lack of funeral burring	3	23.1%
Total	13	100%

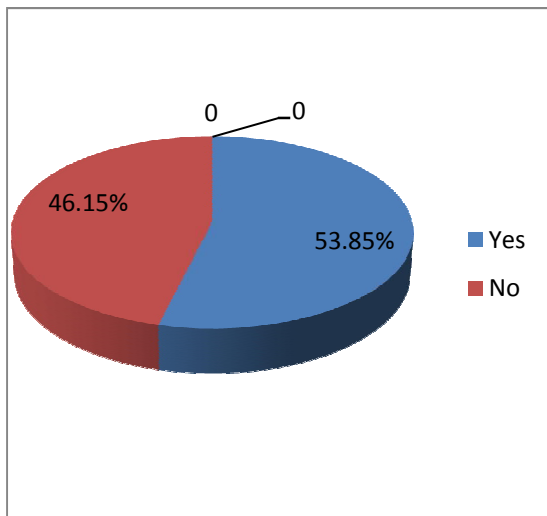
According to the above table the response of the smokers, Those wanted to stop smoking by different method such as separating from smoke, were 2 (15.3%), participating in sport free time 6 (46.1%) and advise of health profession 2 (15.3%) and 3 (23.1%) lack of financial buying cigarette respectively. This table also indicated that most of the smokers stopping smoke through participating sport in free time and by advise of health profession.

The opened ended question raised for the student regarding. Their attitude towards smoking cigarettes was suggested as follows.

✓ Smoking cigarettes is harmful or the health and disrupts sacral, economical, and lifestyle of individual as where.

✓ From the above information replied by the respondents when can conclude that student had negative attitude towards smoking cigarette.

4.3: Comparison between smokers and nonsmokers.



As the above pie chart show 7(53.84%) the respondents were replaced that they compared there the health with nonsmokers and 6(46.1%) of the

respondents replayed not men they did not compared there health with non-smokers. So we can understand that most of the smokers did not compeer. The health with that of non-smokers.

✓ Form the open ended question raised for the students to camper difference between health (smokes with non-smokers in different was rapid was follows.

✓ Nonsmokers have not heart disease.
 ✓ Smoker has difficulty breathing system and their teeth are red and always coughing.

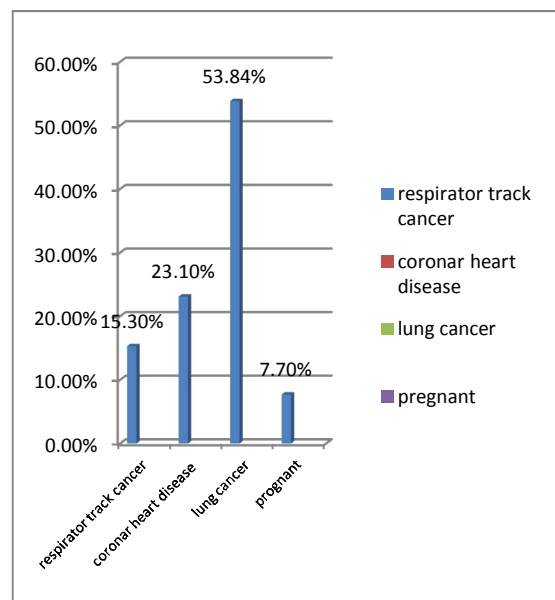
✓ From the above suggestion replied by students we can understand that nonsmokers are health full than smokers.

Table 4.6 Disease lead (Association) with cigarette smoking.

Respondent	Number	Percent %
Yes	6	46.1%
No	7	53.8%
Total	13	100%

Above the table should that the respondents who knows the disease lead (association) with smoking 6(46.1%) and whose did not knows the disease lead (association) with smoking were 7(53.8%) This data illustrated that most of respondent's smokers know the cigarettes smoking as negative for health.

4.2 Types disease leads with cigarette use.



X-types of disease lead association with cigarette using.

Y-percent of respondent identify those diseases.

The above graph where elutriate the disease a lead with cigarette using is coronary heart disease 3(23.1%) respiratory track cancer 3(15.3%) lung cancer 7(53.8%) and pregnant women 1(7.6%) respectively and the most of disease with cigarette coronary heart disease according to understanding from above Bar graph.

Interpretation And Analysis Of Interview.

The interview was held with students Mettu teachers college.

- Interview regarding to the awareness of students to ward cigarette.
- Students have an awareness about the impact of cigarette on their health and body. But their they use cigarettes because of certain reason. From these reason the smoke due to pressure, they smoke to relive depression, due to misconception that smoking is manifestation of civilization.
- Interview concerning the effect of smoking on health. The interviews replied that, smoking is serious problem that effects on health. Its affects the breathing system and interferes using function this results difficulties of breathing while.
- Interview regarding to the possible solution to minimize problem.
- Although students have awareness concerning the impact. The have a difficulty in interpretation. So awarding those stop smoking and take them as model for other.
- Students should pass their leisure time in sport and other recreational sports.

Summary

From the study the researcher summarized the following points. The effects of smoking cigarette on health in case of Mettu teachers teaching collage 2nd year natural science department of biology, male students. The study would to examine the main problem existing on the students due to cigarette smoking in college. The subject under investigation instrument used to collection information and static technical that are used aimed at smoke cigarette use aim health to fulfill this purpose. The approach follow will be purposive survey method. Methodology of the study research design method in order to get relative information from the selected population, total population 39 sample size 13 students. The instruments use question, paper, and the analysis is present in understandable from using table and the finding would interpret every table for every question. According to the response interest of Mettu teachers college 2nd year natural science and biology class male students the smokers need to stop smoking cigarette.

Conclusion

The smoking cigarette on health of Mettu teachers college 2nd year natural science Biology class male students on selected smokers this study has begun with statement of the problem and introduction about cigarette and its effect on health. It also starting statement of problem, objectives of the study, and both general and specific objectives in order to strength statement of study with different literature review used.

As collected data express research distributed 13 questionnaires for male and 3 interviewed papers among total respondents 10% smoker were males from the collecting data the following conclusion were drawn more than smokers were between 18-27 years.

- 46.15% of respondents where knowing the effect of smoking on health.
- Smokers start smoking by reason of refreshment relief anger, boredom and pressure of work load.
- More than 50% of the respondents were often smokers and most or smokers were started cigarette using at the age 18-23 years old.
- Among total respondents 6(46.15%) of respondents were have interest to stop cigarette using for future by using different method such as separating from smokers, participating on sport, recreation, by advise of health profession and lack of financial to by cigar.

Recommendation

It can be that possible and realistic solution have been identified it can contributed to ends the effects smoking cigarette using on health male 2nd year natural science at Mettu Teachers teaching college biology class.

- ❖ Smokers should get awareness on negative side of smoking on health.
- ❖ Smokers should be known disadvantage of cigarette on health.
- ❖ Smoker effectively should know. The impact of cigarette on health. Economic and also on academic achievement when difficult to get it.
- ❖ Smoker should know how smoking reduces health and age.
- ❖ The students should be following recreation on sport and different sport when they remember smoke.
- ❖ The students should be giving the advice from different media and paper, health stationary.

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