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RESEARCH ARTICLE

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A STUDY TO ASSESS THE FACTORS AFFECTING ON EMOTIONAL WELLBEING AND ADDICTION LEVEL OF TOBACCO USAGE AMONG ADOLESCENTS IN SELECTED COLLEGES OF VIJAYAPUR

Reshma Chavan

India

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ABSTRACT

Background: Youngsters are becoming involved with tobacco and illicit drugs in many ways. Unfortunately, adolescents do not see the link between their actions today and the consequences tomorrow. Adolescence is that time of life when most tobacco users begin, develop, and establish their behavior. The younger age group use tobacco and other drugs for many reasons: To feel good, to reduce stress, to feel grown up or to fit into their environment. The single biggest contributing factor is to have friends with the same attitude¹. **Aim:** The present study was aimed to assess the Factors Affecting on Emotional Wellbeing and Addiction Level of Tobacco Usage among Adolescents. **Methods and Materials:** Quantitative, Descriptive Survey Design with present study. 100 emotional wellbeing and addiction level of tobacco usage among adolescents were selected by using convenient sampling technique. The emotional wellbeing was assessed by using emotional wellbeing scale of young adolescents and self modified tobacco addiction scale, Frequency, percentage, Mean and standard deviation, chi square test was used for statistical analysis. **Results:** Statistically significant there is no Association between addiction of tobacco usage and their selected demographic variables such as age, family income, occupation of father and mother, family history, tobacco introduction and form of gutka they eat, But it was associated with education. There is no Association between emotional well being and their selected demographic variables? Such as age, education, family income, occupation of father and mother, family history, tobacco introduction and form of gutka they eat. **Conclusion:** There is no significant association between emotional wellbeing and tobacco addiction among adolescents.

*Corresponding author: Reshma Chavan

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INTRODUCTION

In India, tobacco use is estimated to cause 800,000 deaths annually. The national prevalence of smoking tobacco was estimated to be 16.2% and chewing tobacco was 14.0% (Who 2002). Men smoke 25.5 times more regularly, as compared to women. they chew tobacco 3.7 times more and consume alcohol 9.7 times more, as compared to females (Who 2002). According to the WHO 2009, consumption of tobacco has been growing at the rate of 2 - 5% per year. In the recent studies of 2010, the WHO estimated a prevalence of tobacco consumption, of all forms, at 65 and 33%, respectively, among men and women 1.

Common problems faced by alcohol and tobacco users are:

- Health problems like body aches, giddiness, and asthma.
- Social problems include financial hardships, job-related difficulties, due to poor educational qualifications, and inadequate professional skills.

- Parenting difficulties like separation from children, relationship difficulties with children. Family problems include family conflicts, broken families, and tension, violence, and communication difficulties.
- Emotional problems consist of depression, worry, and loss of memory¹.

Addiction is not caused by a drug or its chemical properties. Addiction has to do with the effect a drug produces for a given person in the given circumstances a welcome affect that relieves anxiety. What we are addicted to is the experience the drug creates for us. This affects education, daily activities, food habits, occupation, income, and relation with family members and friends². Tobacco use is one of the major preventable causes of premature death and disease in the world. A disproportionate share of the global tobacco burden falls on developing countries, where 84% of 1.3 billion current smokers reside. Nearly 70% of the world's smokers live in low and middle-income countries. The World Health Organization (WHO) attributes approximately 5 million deaths a year to tobacco. The number is expected to exceed 10 million deaths by 2020, with approximately 70% of these deaths occurring in developing countries. India is the

second largest consumer of tobacco in the world. The tobacco situation in India is unique because of a vast spectrum of tobacco products available for smoking as well as smokeless use. The early age of initiation underscores the urgent need to intervene and protect this vulnerable group from falling prey to this addiction. In India alone, nearly 1 in 10 adolescents in the age group 13–15 yr have ever smoked cigarettes and almost half of this report initiating tobacco use before 10 yr of age. Addiction to tobacco and harmful nontobacco products by youth is assuming alarming proportion in India².

Objectives

1. To assess the factors affecting on emotional wellbeing among adolescents.
2. To assess the addiction level of tobacco usage among adolescents.
3. To find out the association between factors affecting emotional well being and addiction level of tobacco usage among adolescents with the selected socio demographic variables.

MATERIALS AND METHODS

Research Approach: Quantitative research approach.

Research Design: Descriptive Survey Design.

Hypothesis: Will be tested at 0.05 level of significance

H1: There will be a significant association between emotional well being and addiction level of tobacco usage among adolescents with their socio-demographic variables.

H2: There will be significant association

Assumptions:

1. The factors may affects emotional well being and addiction level of usage of tobacco in adolescents.
2. The emotional well being affects the addiction level of tobacco usage on adolescents.

Delimitation

Study is delimited to

- Who all are not using tobacco in adolescent age group at selected PU Colleges of Vijayapur
- Data will be collected as in natural setting only from Selected PU Colleges at Vijayapur.

Variable

- **Research Variable:** Emotional well being, Level of addiction, usage of tobacco.
- **Demographic Variable:** Age, Gender, Religion, Educational status of parents, Occupation of the mother and father, Type of Family, type of Accommodation. etc
- **Setting of the study:** Selected PU colleges at Vijayapura.
- **Study Population:** Adolescents studying In Selected PU colleges Vijayapura.
- **Sampling Technique:** Convenient sampling technique.
- **Sample size:** 100 adolescents studying In Selected PU colleges Vijayapura.

Instrument to be used

Section A-Demographic data tool.

Section B

Part A-Emotional well being scale.

Part B- level of self modified addiction usage of Tobacco scale.

Data collection process

- Prior permission will be taken from concerned authority.
- Purpose of conducting study will be explained to study participants.
- Adiministartion of the tools to the adolescents.

Statistical analysis and interpretation: Data will be analyzed by using descriptive and inferential statistics.

Technique of Data Collection: The data will be collected by self-report method. The data will be collected according to the responses of participants.

Phase I: Obtaining formal permissions

- Ethical clearance is obtained from the institutional ethical committee, BLDEA's Shri B M Patil Institute of Nursing Sciences Vijayapur
- Permission will be obtained from authorities concerned to setting of the study.

Phase II: Screening for Eligibility and Pre-Assessment

- The boys will be screened for the eligibility criteria.
- Eligible boys are invited to participate in study.
- Written consent will be obtained from the participants.
- Purpose of conducting the study will be explained to participants.
- Allocation of subjects to descriptive study.
- Conducting data collection by using the following tools.
- Selected demographic variable.
- Level of Emotional Wellbeing.
- Level of tobacco Usage.

Phase III Intervention: The intervention is given to the participants after collecting data from the participants. The 45minutes time took for the intervention to deliver the self structured PPT regarding ill impact of tobacco usage on health.

Duration of the Intervention: The duration was took for delivering the intervention is 45 minutes.

No. of session: The session is 1 time that is 45 minutes.

Data Analysis plan: Data will be analyzed by using descriptive (Mean, Mode, Range, SD) and paired T test and Chi Square.

Percentage, mean, median and standard deviation will be computed.

Chi square test: To analyze association between selected socio-demographic variable with the level of tobacco usage and level of emotional wellbeing.

RESULTS

From Table no 3 and Graph no 3, it was seen that, majority 50.0% of the adolescents had moderate addiction level where as 25.0% each had mild and severe addiction level respectively. Table no 4 revealed that there is no Association between addiction of tobacco usage and their selected demographic variables such as age, family income, occupation of father and mother, family history, tobacco introduction and form of gutka they eat, But it was associated with education. Table no 4 revealed that there is no Association between emotional well being and their selected demographic variables. Such as age, education, family income, occupation of father and mother, family history, tobacco introduction and form of gutka they eat.

Table 1. Frequency and Percentage distribution socio-demographic variables of the study participants

Socio-Demographic Variables	Frequency	Percentage
Age		
16	25	25.0
17	57	57.0
18	16	16.0
19	2	2.0
Education		
First PUC	85	85.0
Second PUC	15	13.0
Family Income		
<5000	11	11.0
5000-10000	38	38.0
10000-20000	28	28.0
>20000	23	23.0
Occupation of Father		
Gov't Employee	12	12.0
Private Employee	13	13.0
Farmers	29	29.0
Others	46	46.0
Occupation of Mother		
Government Employee	12	12.0
Private	43	43.0
Farmers	26	26.0
Others	19	19.0
Family History		
Yes	72	72.0
No	28	28.0
Family History(if Yes)		
Father	53	73.6
Mother	8	11.1
Grand Father	6	8.3
Others	5	6.9
Tobacco Introduction		
Relatives	51	70.8
Friends	7	9.7
Parents	3	4.2
Others	11	15.3
Form of Gutka		
Dry	47	65.3
Gutka	10	13.8
Cigarette	4	5.5
Others	11	15.3

Table 2. Frequency and percentage distribution of emotional well being among the adolescents

SINO	Level emotional well being	Frequency	Percentage
1	Low	35	35.0
2	Moderate	48	48.0
3	High	17	17.0
	Total	100	100.0

Table 3. Frequency and percentage distribution of addiction level of tobacco usage among the adolescents

SINO	Addiction level	Frequency	Percentage
1	Mild	25	25.0
2	Moderate	50	50.0
3	Severe	25	25.0
	Total	100	100.0

Table 4. Association between addiction of tobacco usage and their selected demographic variables

S.I No.	Addiction Score		Chi-square	Df	p-value	Result
	≤M	>M				
Age						
16	14	11	1.49	3	0.685	NS
17	37	20				
18	8	8				
19	1	1				
Education						
First PUC	54	31	6.40	2	0.041	S
Second PUC	06	9				
Family Income						
<5000	7	4	0.18	3	0.98	NS
5000-10000	23	15				
10000-20000	17	11				
>20000	13	10				

Occupation of Father						
Gov't Employee	6	6	3.28	3	0.350	NS
Private Employee	7	6				
Farmers	15	14				
Others	32	14				
Occupation of Mother						
Government Employee	6	6	2.70	3	0.44	NS
Private	24	19				
Farmers	19	7				
Others	11	8				
Family History						
Yes	41	31	1.00	1	0.317	NS
No	19	9				
Family History(if Yes)						
Father	27	26	3.15	3	0.37	NS
Mother	6	2				
Grand Father	4	2				
Others	4	1				
Tobacco Introduction						
Relatives	31	20	2.32	3	0.508	NS
Friends	4	3				
Parents	2	1				
Others	4	7				
Form of Gutka						
Dry	28	19	2.60	3	0.457	NS
Gutka	6	4				
Cigarette	3	1				
Others	4	7				

Table 5. Association between emotional well being and their selected demographic variables

S.I No.	Emotional well being score		Chi-square	Df	p-value	Result
	≤M	>M				
Age						
16	20	5	5.27	3	0.153	NS
17	32	25				
18	8	8				
19	1	1				
Education						
First PUC	52	33	3.50	2	0.174	NS
Second PUC	9	6				
Family Income						
<5000	7	4	0.28	3	0.963	NS
5000-10000	24	14				
10000-20000	16	12				
>20000	14	9				
Occupation of Father						
Gov't Employee	8	4	0.233	3	0.972	NS
Private Employee	8	5				
Farmers	17	12				
Others	28	18				
Occupation of Mother						
Government Employee	6	6	0.95	3	0.812	NS
Private	27	16				
Farmers	17	9				
Others	11	8				
Family History						
Yes	45	27	0.24	1	0.622	NS
No	16	12				
Family History(if Yes)						
Father	34	19	0.653	3	0.884	NS
Mother	4	4				
Grand Father	4	2				
Others	3	2				
Tobacco Introduction						
Relatives	35	16	3.355	3	0.340	NS
Friends	3	4				
Parents	1	2				
Others	6	5				
Form of Gutka						
Dry	32	15	4.62	3	0.201	NS
Gutka	7	3				
Cigarette	1	3				
Others	5	6				

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