

# ASSESSMENT OF CIGARETTE SMOKING AMONG UNDERGRADUATES OF AHMADU BELLO UNIVERSITY ZARIA

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## ABSTRACT

*This study explores the cigarette smoking habit among undergraduates of Ahmadu Bello University (ABU), Zaria. A descriptive design was adopted for this study and the target population of study consists of female and male undergraduate students of Nursing Department in A.B.U Zaria. The sample size for this study was 200 and the instrument used was a self-developed questionnaire through Likert scale. The reliability coefficient score of the instrument yielded a Cronbach alpha score of 0.85. The data was analyzed through simple frequencies and tables. The result of this study revealed that the respondents' perception of students towards cigarette smoking is positive but the level of cigarettes smoking among undergraduates is low. The study further observed the cause of cigarette smoking among the respondents was that it was seen as a way of life. Lastly, All respondents are very much aware of the negative effects of cigarette smoking in which they consider cancer as the common health problem. It is therefore recommended that tobacco awareness programs should continue to target young adults as an at-risk population, and that health care training programs should place a greater emphasis on tobacco cessation. Secondly, students should be encouraged to make smoke freeways such as meditation, a sip of tea, and anti-smoking socialization habits such as e-cigs are an easy alternative, or even holding something like a pencil or a bottle of water to relax, and avoidance of places and situations that predisposes to cigarette smoking can help the situation here.*

**Keywords:** Cigarette: Habit: Smoking: Undergraduate.

## INTRODUCTION

Globally, 942 million men and 175 million women ages 15 or older are current smokers. Nearly three quarter of male daily smokers live in countries with a medium or high human development index (HDI), whereas half of female daily smokers live in very high-human development index countries (Drope & Schluger, 2018). Tobacco use, mainly in the form of cigarettes is one of the major public health disasters of the twentieth century. It is one of the largest causes of preventable death worldwide and the leading cause of premature death in industrialized countries. In the twentieth century, the tobacco epidemic is estimated to have killed about 100 million people worldwide, but unless urgent action is taken, the number of deaths could increase to one billion in the 21st century.

By 2030, more than 80% of these deaths will be in developing countries which are now the prime target for transnational countries tobacco companies' market expansions activities. (Fawibe & Shittu, 2011). Nurul'izzati, (2016) posits that, tobacco smoking is a well-known practice for human being as early as 5000-3000 BC. Every year 5,500 billion cigarettes are manufactured and 1.1 billion people smoke cigarette worldwide. In Nigeria, about 93 million sticks of cigarette are produced annually, with every one of these cigarette sticks being consumed.

Several studies have observed that smoking is the cause of many preventable diseases. Smoking related diseases are among the top killer activity for the past three decades. However, smoking remains high in developing

countries as there are a lot of promotional activities by the tobacco companies in the developing countries and majority of the smokers in the world live in the low- and middle-income countries. Smokers not only damage themselves but also causing damages to the people surrounding them. The harm from tobacco smoking is similar to communicable diseases which show no limitation in geographical or political boundaries (Raji, Hauwa'u, Usman, Muwafaq, Oladigbolu, & Kaoje, 2017). Cigarette smoking is a very wide spread activity and consumption of cigarette has today reached the level of a global epidemic. Cigarette smoking has been found to be associated with heart and chronic obstructive lung diseases. Lung and other cancers (bladder, pancreas, upper respiratory tract, oesophagus, stomach and leukaemia) are increasingly being associated with cigarette smoking.

Millions of people suffer illness and disability due to cigarette smoking. Cigarette smoking is associated with reduced life expectancy not only for active smokers but for passive smokers as well. Many factors have been put forward for adolescents' engagements in smoking. These include normal developmental changes, psychological factors, and social environment. Under normal developmental changes, influence of peers, the need to conform and direct craving for cigarettes use have been mentioned. For psychological factors, emotional problems such as low self-esteem, dissatisfaction with life, less social confidence, need for approval, anxiety, restlessness and antisocial factors have been identified. Considering social environment, family influences (having parents who are unstable and engage in cigarette smoking) role of the media (for instance advertisements for cigarettes, portraying people who smoke cigarettes as sophisticated, sexy, manly in movies) have also been mentioned.

Globally, including the United States, cigarette smoking is the single most important cause of

premature death, even though it is preventable. The prevalence of smoking is high, although some resources have been dedicated to this problem. A variety of interventions have been tried on smoking prevention. From the public health perspective, it is the biggest concern. As there are numerous health benefits of smoking cessation, most individuals who smoke express a desire to quit. Studies show that most smokers in the United States and the United Kingdom report that they want to stop or intend to leave smoking at some point in life. A multitude of non-pharmacological and pharmacological interventions now exist to aid smokers in cessation (Sarvath, 2018). According World Health Organization (WHO, 2018), tobacco facts sheets. The tobacco epidemic is one of the biggest public health threats the world has ever faced, killing more than 7 million people a year. More than 6 million of those deaths are as a result of direct tobacco use while around 890,000 are the results of non-smokers being exposed to second-hand smoke.

Around 80% of the 1.1 billion smokers worldwide live in low- and middle-income countries, where the burden of tobacco related illness and death is heaviest. Tobacco users who die prematurely deprived their families of income, raise the cost of health care and hinder economic development of their country. The majority of men who use tobacco tend to smoke cigarettes (7 percent). Cigarette smoking among men is highest in the 30-34 and 40-44 age groups (10 percent each). Men in the South East (17 percent) are more likely to use tobacco products than those in the other zones. Tobacco use is highest among men with a primary education (Nigeria Demographic and Health Survey, 2013. Abuja, Nigeria). The students of Nursing department, Ahmadu Bello University, Zaria are important part of the society, so their knowledge and practice to an issue as this might influence the people, they

come in contact with either positively or negatively. Hence this study on exploration of cigarette smoking habit among undergraduates of Ahmadu Bello University, Zaria.

### RESEARCH QUESTIONS

- i. What is the perception of undergraduates towards cigarette smoking?
- ii. What is the reason for indulging into cigarette smoking among undergraduates?
- iii. What is the level of awareness of the negative health effects associated with cigarettes smoking?

### METHODOLOGY

The design of this study is a descriptive cross-sectional. The study area, Department of Nursing Sciences Ahmadu Bello University Zaria came into being after 15 years of struggle by the central working committee of BNSc. Nursing programme in 19 northern states and Abuja. Based on NUC agreement with Ahmadu Bello University's management, the said programme commenced in 1997/1998 session and was placed under the Faculty of Medicine. The population consists of female and male undergraduates of nursing department in A.B.U Zaria whose total population is 998 for 2017/2018 academic session.

Yamane (1973) sample size determination formula was adopted. Finally, a total of 193 sample size was realized and rounded up to be 200 to accommodate non response rate. The data was collected using a self-administered research designed questionnaire. The questionnaires were both close and open-ended forms of questionnaire. Perception is measured four (4) point Likert Scale Strongly Agree (SA), Agree (A), Disagree (D) Strongly Disagree (SD). The instrument was examined by expert who ascertained the face, construct and content validity of the instrument and appropriate

amendments to the instrument was affected based on suggestions. The content validity was also determined by an expert in statistics. Pilot Study with twenty structured questionnaires was administered to undergraduates of another institution to evaluate the feasibility of the study design and to identify ambiguity in the questions before the administration of the questionnaires.

The result of the study on analysis yielded a Cronbach alpha score of 0.85. The data was collected by the researcher and a trained research assistant who are trained in data collection instrument and other related issue concerning the study, 200 questionnaires were administered on undergraduates was later retrieved by the researcher. Ethical clearance and permission for the conduct of the study were obtained prior to the commencement of the data collection phase of the study and informed consent was obtained from the respondents.

### RESULTS

Two hundred (200) copies of the questionnaire are distributed amongst nursing students in their respective levels as an instrument of data collection and one hundred and ninety (190) copies of the questionnaire is retrieved for analysis given 95% returned rate. From table 1, the result of this study reveals that 28% of the respondents are within the age of 15-19, 51.6% are within the age of 20-24, 25.8% are within the age of 25-29, 5.8% are within the age of 30-34 and 2.1% are within the age of 35 and above. Majority of the respondents (64.7%) are females while 35.3% are males. Also, majority of the respondents (76.8%) are Muslims while 23.2% are Christians. The result of this study shows that most of the respondents (84.2%) are singles and 15.3% are married. About 56.3% of the respondents are Hausas, 6.3% are Igbos, 21.6% are Yoruba and 15.8% are from other tribes. 25.3% of the respondents are in 100 level, 31.6% are in 400 level while 43.2% are in 500 level. This study implies that majority of

the respondents are within the age 20 -24 and are females. Most respondents are Muslims and are singles. Also, majority of the

respondents are Hausas and are in 400L and 500 levels.

**TABLE 1**  
**Sociodemographic characteristics of respondents**

Variable	Category	N	percentage%
Age	15-19	28	14.7
	20-24	98	51.6
	25-29	49	25.8
	30-34	11	5.8
	35 and above	4	2.1
	Total	190	100
Gender	Male	67	35.3
	Female	123	64.7
	Total	190	100
Religion	Islam	146	76.8
	Christianity	44	23.2
	Others	-	-
	Total	190	100
Marital status	Married	29	15.3
	Single	160	84.2
	Divorced	-	-
	Widow	-	-
	Total	190	100
Ethnic group:	Hausa	107	56.3
	Igbo	12	6.3
	Yoruba	41	21.6
	Others	30	15.8
	Total	190	100
Level of study	100 Level	48	25.3
	400 Level	60	31.6
	500 Level	82	43.2
	Total	190	100

### Research question one

What is the perception of undergraduates towards cigarettes smoking?

Table 2: shows that about (36.8%) strongly agree that exposure to cigarette advertisement may encourage students to smoke, 34.2% agree, while 20.5% disagree and 8.4% strongly disagree. 71.1% of respondents strongly agree that cigarette smoking constitutes a significant health problem to the community, 25.3% agree, while 2.6% disagree and 1.1 strongly disagree. 36.3% strongly disagree. that Students should be targeted by preventive measures and sensitization campaigns against tobacco use, 40.5% agree, while 19.5% disagree and 3.7 strongly disagree. 62.1% of respondents strongly agree that Faulty parental upbringing of a child can predispose him or her to indulge in smoking, 33.2% agree, while 4. 2% disagree and 0.5 strongly disagree. 71.1% of respondents strongly agree that bad peer group can predispose to smoking, 25.3% agree, while 2.6% disagree and 1.1 strongly disagree. 33.3% of respondents strongly agree that high state of depression do make students to smoke, 40.5% agree, while 19.5% disagree and 3.7 strongly disagree. 47.9% strongly agree that unnecessary social gathering and clubs can predispose a

student to cigarette, 44.7% agree, while 6.8% disagree and 0.5% strongly disagree.

44.7% strongly agree that parents of students, who practice cigarettes smoking also contribute to students engaging in the act. 44.7% agree, while 6.8% disagree and 0.5% strongly disagree, 44. 7% of respondents strongly agree that, tobacco is the most important avoidable risk for non-communicable diseases (NCDs) such as cancers, chronic lung disease, diabetes and cardiovascular diseases 36.8% agree, while 13.7% disagree and 4.7% strongly disagree. 62.1% strongly agree that there is increase smoking behaviour and peer smoking among college students 33.2% agree, while 4.2% disagree and 0.5% strongly disagree. 71.1% of respondents strongly agreed that, peers influences smoking initiation 25.3% agreed, while 2.6% disagree and 1.1% strongly disagree. 36.3% strongly agree that youths and women are the main targets of tobacco industries, 40.5% agree, while 19.5% disagree and 3.7% strongly disagree. 47.9% of respondents strongly agree that, children who start smoking during a younger age are more likely to smoke as adults 44.7% agree, while 6.8% disagree and 0.5% strongly disagree. This study concludes that the perception of the respondents is positive towards cigarette smoking.

**TABLE 2**  
**Perception of students towards cigarette smoking**

ITEMS	S	A	D	SD	Mean
1 Tobacco smoking is a serious threat to health	70 (36.8)	65 (34.2)	39 (20.5)	16 (8.4)	2.0
2 Exposure to cigarettes advertisement may encourage students to smoke.	135 (71.1)	48 (25.0)	5 (2.6)	2 (1.1)	1.3
3 Students should be targeted by preventive measures and sensitization campaigns against tobacco use.	69 (36.3)	77 (40.5)	37 (19.5)	7 (3.7)	1.9
4 Exposure to cigarettes advertisement may encourage students to smoke.	70 (36.8)	65 (34.2)	39 (20.5)	16 (8.4)	2.0
5 Faulty parental upbringing of a child can predispose him or her to indulge in smoking.	118 (62.1)	63 (33.2)	8 (4.2)	1 (.5)	1.4
6 Bad peer group can predispose to smoking.	135 (71.1)	48 (25.3)	5 (2.6)	2 (1.1)	1.3
7 High state of depression can predispose to smoking.	69 (36.3)	77 (40.5)	37 (19.5)	7 (3.7)	1.9
8 Unnecessary social gathering and clubs can predispose a student to cigarette.	91 (47.9)	85 (44.7)	13 (6.8)	1 (0.5)	1.6
9 Parents of students who practice cigarettes smoking also contribute to students engaging in the act.	85 (44.7)	70 (36.8)	26 (13.7)	9 (4.7)	1.6
10 In the late adolescence, there is a high risk of smoking	91 (47.9)	85 (44.7)	13 (6.8)	1 (0.5)	1.6
11 Tobacco is the most important avoidable risk for non-communicable diseases (NCDs) such as cancers, chronic lung disease, diabetes and cardiovascular diseases	85 (44.7)	70 (36.8)	26 (13.7)	9 (4.7)	1.6
12 There is increase smoking behaviour and peer smoking among college students	118 (62.1)	63 (33.2)	8 (4.2)	1 (0.5)	1.4
13 Peer influence of their smoking behaviour on initiation of smoking in the children	135 (71.1)	48 (25.3)	5 (2.6)	2 (1.1)	1.3
14 Youth and women are the main targets of tobacco industries	69 (36.3)	77 (40.5)	37 (19.5)	7 (3.7)	1.9
15 children who start smoking during a younger age are more likely to smoke as adults	91 (47.9)	85 (44.7)	13 (6.8)	1 (0.5)	1.6
	50	35.99	10.9	2.87	

**Research question two**

What is the reason for indulging into cigarette smoking?

Results presented in Table 3 shows that, 7.9% of respondents strongly agree that they have ever smoked and 15.8% agree, while 28.9% of the respondents disagree and 47.7% strongly disagree. 40.5% of respondents strongly agree that they do not smoke cigarette and 19.5% agree, while 3.7% of the respondents disagree and 36.3% strongly disagree. 20.5% of respondents strongly agree that they smoke

cigarette currently and 8.4% agree, while 36.8% of the respondents disagree and 34.2% strongly disagree. The result also shows that 14.7% of respondents strongly agree that they are regular smokers and 25.8% agree, while 51.6% of the respondents disagree and 7.9% strongly disagree. 21.6% of respondents strongly agree that they are occasional smokers and 15.8% agree, while 6.3% of the respondents disagree and 56.3% strongly disagree. This study reports that the level of smoking among the undergraduates is low.

**TABLE 3**  
**The level of cigarettes smoking among undergraduates'**

ITEMS	SA	A	D	SD
1 I ever smoked	15 (7.9)	30 (15.8)	55 (28.9)*	90 (47.4)
2 Do not smoke cigarette	77 (40.5)	37 (19.5)	7 (3.7)	69 (36.3)
3 Smoke cigarette currently	39 (20.5)	16 (8.4)	70 (36.8)	65 (34.2)
4 Being regular smokers	28 (14.7)	49 (25.8)	98 (51.6)	15 (7.9)
5 Occasional smokers	41 (21.6)	30 (15.8)	12 (6.3)	107 (56.3)
	21	18.25	26.8	34.3

\*percentages are written in parenthesis

Result from Table 4 reveals that 15.3% of the respondents take joy in cigarette smoking, 24.2% feel it's a way of life, 33.2% see it as a way of relaxing, 20% said it makes them feel

among while 7.4% had no response. This shows that the respondents majorly see cigarette smoking as a way of relaxation and a way of life.

**TABLE 4**  
**Causes of cigarette smoking**

Students smoke because?	Frequency	Percentage %
They take joy it.	29	15.3%
A way of life.	46	24.2%
A way of relaxing.	63	33.2%
To feel belong.	38	20.0%
Total.	176	92.6%
No response	14	7.4%
Total	190	100%

**Research question three**

What is the level of awareness of the possible negative health effects associated with cigarettes smoking high? Frequency and percentages is used to answer this research question and result is presented in Table 5.

As presented in Table 5, all the respondents (100%) are very much aware of the negative effects of cigarette smoking. Majority of the

respondents consider lung cancer (83.2%), hypertension (12.1%), diabetes mellitus (4.2%) and other negative health effect such as dental plaque (0.5%) as the aftermath of smoking indulgence. This study observes that all the respondents. Level of awareness of the students about the negative effects of cigarette smoking is high and majority consider lung cancer as the major health problem.

**TABLE 5**  
**Level of awareness towards the negative effects of cigarette smoking**

Awareness	Frequency	Percentage
Yes	190	100%
No	-	-
Total	190	100
Which of the following did you consider the major health problem of cigarette smoking	Frequency	Percentage %
Lung Cancer	158	83.2%
Hypertension.	23	12.1%
Diabetes Mellitus.	8	4.2%
Others.	1	0.5%
Total	190	100

**DISCUSSION**

This study determines cigarette smoking among undergraduates of Ahmadu Bello University (ABU), Zaria. The demographic characteristics of respondents reveal that the age group of majorities of the respondents was within 20-24years. They are mostly females and Muslims. Findings also show that majority of the respondents are singles of Hausa tribe and they are mostly 400 level or 500 level students. This study shows that the respondents' perception of students towards cigarette smoking is positive which tallies with the findings of Anjum et al's (2016) observation that college students in Vikarabad town have positive perception towards cigarette smoking. This study reveals

that the reason for cigarette smoking among respondents is that the respondents view cigarette smoking as a way of relaxation. This study is in contrast to Hugo, Ngahane Atangana, Ekobo & Kuaban (2015) whose main predictors of cigarette smoking are having friends who smoke, parental smoking and attending general education. This study observes that the respondents are aware of the negative impact of cigarette smoking among undergraduates. This study support Anna (2015) who reports that their respondents very much aware of how life-threatening cigarette smoking can be and also in line with center for disease control and prevention report (CDC 2018).



## CONCLUSION AND RECOMMENDATIONS

It is concluded that majority of Ahmadu Bello University undergraduate students do not smoke cigarette because they know the health problems associated with those that smoke among the respondent do so simply because it is a way of relaxation. That student's perception towards cigarette smoking is high. On the basis of the findings of the study, it is recommended that since the students heard about cigarette smoking (which influences decision to smoke or not) from their friends as such effort should be in place to sustain this and also students should be counselled on the type of friends they keep. Smoke free ways to relax, such as meditation, a sip of tea, and anti-smoking socialization habits such as e-cigs are an easy alternative, or even holding something like a pencil or a bottle of water should be promoted during their social gatherings. Cigarette smoking is an addictive behaviour, though low among the respondents, effort should be in place to achieve a zero level, considering the possibly impact their smoking behaviour will have on their, patients and community at large. Smoking among students had shown to be influenced by peer group and students with parents that smoke. Undergraduate should be equipped on ways to convince their peers and parents/guardian about the consequences of cigarette smoking among which may possibly discourage smoking.

Based on the findings of the study, it is recommended that majority of the students be informed about cigarette smoking (which influences decision to smoke or not) from their friends as such effort should be in place to sustain this and also students should be counselled on the type of friends they keep. Students should use smoke free-ways to relax, such as meditation, a sip of tea, and anti-smoking socialization habits such as e-cigs are an easy alternative, or even holding something like a

pencil or a bottle of water should be promoted during their social gatherings. Additionally, it is recommended that, cigarette smoking is an addictive behaviour, though low among the respondents, effort should be in place to achieve a zero level, considering the possible impact their smoking behaviour will have on nursing care beneficiaries and community at large. Smoking among students has shown to be influenced by peer group and students with parents that smoke. Undergraduate students should be equipped on ways to convince their peers and parents/guardian about the consequences of cigarette smoking.

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