"Influence of Family And Socio-Economic Status on Tobacco Use Among Adult Male in Rural Areas of Hapur District"

Dr.Gagan Garg *, Dr.Shreetesh Mishra**

(ASSISTANT PROFESSOR) Department of Community Medicine , Saraswathi institute of Medical Sciences ,Hapur Uttar Pradesh India
(ASSISTANT PROFESSOR) Department of Community Medicine, Saraswathi institute of Medical Sciences ,Hapur Uttar Pradesh India
Corresponding Author: Dr.SHREETESH MISHRA

Abstract:
Introduction-Tobacco is a serious threat to health and a proven killer and ranks second as a cause of death in the world taking its toll by killing some 5 million people globally.Tobacco use is an emerging pandemic marching forward relentlessly. In India tobacco kills 8–10 lakhs people each year and many of these deaths will occur in people who are very young. it is of utmost importance to understand the factors leading to its use and to plan strategies to reduce its intake. This is especially relevant for the developing countries like India, where tobacco use continues to be common notwithstanding the recognition of harmful consequences of its usage and reviews the patterns of tobacco use and its prevalence in adult age groups, role of Socioeconomic status, effect of tobacco use based on family composition and family users, and the steps taken by the State to control its use. understanding the role tobacco
use behavior plays during this critical life stage can offer important opportunities to significantly reduce tobacco use prevalence and its preventable harms, Effective treatment for tobacco dependence among young adults provides a vital means to help future generations of Indian adults avert lifelong tobacco use and dependence, as well as tobacco-caused disease and premature death Smokeless tobacco products, which consist of chewing tobacco, moist snuff, and dry snuff, cause many adverse health effects, including cancers of the oral cavity and pharynx, oral soft tissue lesions, gum recession, and nicotine addiction.
Aims & Objective-To study the prevalence of tobacco use and assess the corelating fectors related to tobacco use along with the relationship between tobacco use and type of the family.
Material and methods-A community based cross sectional study was carried out in the rural area of hapur among 393 randomly selected males aged from 15-49 years.The data was recorded in a pre-designed questioner.
Results- . In the present study prevalence of current users was 52.4% and ever users was 20.4% and the prevalence of tobacco use was higher in lower socioeconomic status (66.2%) as compared to other social class. Uptake may also be higher among those with low socioeconomic status
Conclusion-This study shows that the Family plays a very important role in initiation of tobacco use by a young adult. Tobacco use by parents or an elder sibling increases the likelihood that a child begins smoking.

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I. Introduction

Tobacco use is one of the important preventable causes of death and a leading public health problem all over the world. According to WHO, tobacco is the second major cause of death worldwide and is currently responsible for about 5 million death each year. This figure is expected to rise to about 8.4 million by the year 2020 with 70% of deaths occurring in developing countries. Tobacco use is socially accepted in many segment of Indian society according to WHO estimates, 194 million men and 45 million women use tobacco in smoked or smokeless form in India. The most susceptible time for initiating tobacco use in India is adolescence and early adulthood. Approximately 55,500 adolescents start using tobacco every day in India, joining the 7.7 million young people under the age of 15 who already use tobacco on a regular basis. Initiation of tobacco use in adolescents is usually due to interplay of several social factors including academic and domestic stress, peer pressure, motivation by smoking behavior of parents and siblings, the media, secondhand smoke exposure, curiosity, and a drive for experimentation. While Smoking initiation is often situational and sometimes used in negotiating social relationships and identity, such risk taking behavior may lead to a life-long addiction to smoking. Considering the enormous health complications associated with tobacco use, it is of utmost importance to understand the factors leading to its use and to plan strategies to reduce its intake. This is especially relevant

for the developing countries like India, where tobacco use continues to be common notwithstanding the recognition of harmful consequences of its usage and reviews the patterns of tobacco use in rural India, its prevalence in adult age groups, role of Socioeconomic status, effect of tobacco use based on family composition and family users, and the steps taken by the State to control its use.

Aims & Objective: The present study was undertaken to carry out the use of tobacco among the adult population of rural areas in Hapur District and the prevalence of tobacco use and assess the corelating fectors related to tobacco use along with the relationship between tobacco use and type of the family.

II. Materials And Methods

The present study was carried out to study the use of tobacco among the adult population of rural areas of district hapur. Community based cross sectional study, All the male adults aged 15-49 yrs residing in the study area, required sample was taken using simple random sampling technique, interview the subjects which include general demographic information & details of tobacco usage. A total of 393 males from 15-49 years of age were studied with the objectives to find out the prevalence of tobacco abuse with its socio-demographic and other correlates and to assess the knowledge and attitude towards tobacco use. The statistical analysis was done using SPSS Version 20 statistical analysis software. The values were represetend in number (%) and mean±Sd and χ^2 value.

III. Result

During the period of study it was evident that the tobacco use is widespread in rural areas of Hapur district. The tobacco use varied with locality, gender, age and by type of tobacco. It was significantly associated with various local Socio-demographic factors like education, occupation, family type, socio-economic class and tobacco use in family or friends. The patterns of tobacco use differed among tobacco users. In the present study prevalence of current users was 52.4% and ever users was 20.4%. Among the current tobacco users most of the participants were using smoking form of tobacco 49% (Cigarette, Bidi, Hukka), 34.4% were using smokeless form of tobacco (Gutkha, Khaini) and 15.5% were using both.

Table 1-Prevalence of use of tobacco:

Status	Type of tobacco use	No.	%
	Current user	206	52.4
	Ever user	80	20.4
	Never	107	27.2

This table shows prevalence of tobacco use in the study population. It was revealed that prevalence of current tobacco used was 52.4% and prevalence of ever user was 20.4% and never use was 27.2%.

Table 2-Association between socioeconomic status and tobacco use.

SES	Users	Nonusers	
Upper /upper middle	13(41.9)	18(58.1)	31 (7.8)
Middle	56(47.1)	63(52.9)	119 (30.2)
Lower Middle	94(52.8)	84(47.2)	178(45.2)
Lower	43(66.2)	22(33.8)	65 (16.5)
Total	**206(52.4)**	**187(47.6)**	**393 (100)**

χ^2**value = 6.6, df = 1, p value = 0.01**

This table shows that the prevalence of tobacco use was higher in lower socioeconomic status (66.2%) as compared to other social class. The association between tobacco user and non user was found to statistically significant.

Table-3-Association between tobacco use and type of family:

Type of the family	Current users		Total
	User	Nonusers	
Nuclear	116 (56.3%)	89 (43.7%)	205
Joint	90 (47.9%)	98 (52.1%)	188
Total	206	187	393

χ^2**value = 2.985, df = 1, p value = 0.084**

Majority (56.3%) of the tobacco users were belonging to nuclear family followed by joint family (47.9%). But in the case of non users majority (52.1%) belonged to joint family. The relationship between tobacco use and type of the family was not found to be statistically significant.

Table 4-Association between tobacco use among respondents and tobacco use by parents:

Tobacco use by either of the parent	User	Non user	Total
Yes	168(66.9%)	83(33.06%)	251
No	38(15.1%)	104 (73.2%)	142
Total	206	187	393

χ^2**value = 58.67, df = 1, p value = 0.0001 OR=8.73**

Use of tobacco by either of the parent has been found to be statistically highly significantly associated with tobacco use by their children. Majority (66.9%) of the tobacco users gave history of smoking by either of the parent.

IV. Discussion

All type of tobacco use were found to be statistically more common in nuclear family in comparison to joint family,also found that use of tobacco is common in people who belonged to a nuclear family.This could be explained by the fact that in the context of Indian culture, the family still retains a considerable influence over the adolescent as compared to western countries, where the adolescents seek to gain independence quite early and relate more with their peer group.**Socioeconomic status** was an important determinant of tobacco use. The tobacco use showed a significant inverse relation with SES class. The persons in lower SES classes like III, IV or V were nearly two times more at risk of using tobacco compared to class I and II. *According to NFHS-4 Survey socio economic difference more marked for smoking than for chewing tobacco.* Poor socioeconomic status predisposes an individual for leading a compromised life in terms of education, living standards and social belongingness.

A very strong association was observed between the tobacco uses and in study population and their parent's history of tobacco use. Overall 15.1% were using tobacco whose parents were not using any type of tobacco where as among those whose parents have positive history of tobacco use, 69.9% of their children were using tobacco in any form. The tobacco use has been found to be 9 times higher (OR=8.73) in those whose parent have positive history of tobacco use than those of parent with negative history. This confirms the influence of near and dear ones in determining the tobacco use behavior.

V. Conclusion:

Humans have used tobacco in many forms for several centuries. Its use often starts early in life. In recent years, there has been a rising trend in tobacco use in India from the past few decades. There are no nationwide data available in India on the exact extent of the tobacco use among adult, although a number of surveys have been reported from different parts of the country.. This is a matter of great public health concern. Socio-economic status and types of family have an important role to play in initiation of this habit. It has been observed that a large number of adolescents and adlults pick up this habit from their family members or the peers. Advertisements of tobacco products and promotional campaigns by the manufacturers also play an important role in initiation of the habit by adolescents. This has attracted the attention of health professionals, media and law enforcement agencies. The local governments are also taking steps in putting curbs over the sales of tobacco products to children, and in regulating tobacco advertisements.There is an urgent need to take effective steps, especially on launching community awareness programs for the school children and public to educate them about the consequences of tobacco use, and on assessing their effectiveness in curbing the problem. It is also necessary to keep abreast of the policies and conventions of the international agencies like WHO, UNDCP and other similar agencies on tobacco use, in order to utilize their expertise for curbing this problem.

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