

# “Effect Of Tobacco Consumption On Tobacco Consumers Health.”

Mrs. Manda Jaywant Phuke<sup>1\*</sup>, Miss. Pratibha Pawar<sup>2</sup>, DR. Vaishali Mohite<sup>3</sup>, DR. Prabhuswami Hiremath<sup>4</sup>, Mrs. Anagha Katti<sup>5</sup>, Mrs. Afsana Mulani<sup>6</sup>

<sup>1,5,6</sup> PhD Scholer, Krishna Institute of Nursing Sciences, Krishna Institute of Medical Sciences ‘Deemed To Be’ University, Karad (Maharashtra) India.

<sup>2</sup>Final year students, Krishna Institute of Nursing Sciences, Krishna Institute of Medical Sciences ‘Deemed To Be’ University, Karad (Maharashtra) India.

<sup>3</sup>Dean, Krishna Institute of Nursing Sciences, Krishna Institute of Medical Sciences ‘Deemed To Be’ University, Karad (Maharashtra) India.

<sup>4</sup>Associate Professor. Krishna Institute of Nursing Sciences, Krishna Institute of Medical Sciences ‘Deemed To Be’ University, Karad (Maharashtra) India.

**\*Corresponding Author:-Mrs. Manda Jaywant Phuke**

\*PhD Scholar, Krishna Institute of Nursing Sciences, Krishna Institute of Medical Sciences ‘Deemed To Be’ University, Karad (Maharashtra) India. Phone no. - 9765042401, Email- mulikmanda@gmail.com

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## Authors' Contributions

All authors put their best in the designing of the study protocol. Mrs. Manda, PhD Scholar having responsibility of the development of study protocol and writing of the manuscript, all authors suggested their valuable opinions in preparation of protocol and drafting the manuscript. All authors given their suggestions in further writing of the manuscript and approved the final version of the manuscript.

## Abstract

Tobacco consumption is a major public health problem. India rank 4th in the total tobacco consumption worldwide. By having insight of this the investigator felt that it is essentials to assess the effect of tobacco consumption on health of tobacco consumers among the rural population in order to bring awareness and control the consumption of Tobacco and its hazards.

**Material & methods:** An descriptive study conducted on 100 participants recruited by non-probability convenient sampling method.

**Results:** majority of sample belongs to the age group of 26- 35 yrs male and most of the illiterate & farmer. Maximum 36% of respondents started tobacco consumption at the age of 16 to 20 years & 13% respondents using tobacco more than 10 times in a day.

Most of the tobacco consumers suffers with many problems of oral cavity and more than 50% samples agree for negative practices.

**Conclusion:** This study helps people to be aware about hazards of tobacco, it can singe sense of smell and taste, while tobacco tar can stain teeth, discolor tongue, and lead to halitosis. Interventional studies on tobacco quitting is dire need of the people.

**Keywords:** Effect, Tobacco, tobacco consumers, Health.

## INTRODUCTION

Tobacco consumption is a worldwide major public health problem since decades. Half of the tobacco consumers died due to tobacco. More than 8 million deaths occurs due to tobacco out of that 7 million occurs among direct tobacco users while around 1.2 million among non-smokers but being exposed regularly to second-hand smoke<sup>1,2</sup>. India rank 4th in the total tobacco consumption worldwide. From the total production, 81 % of the total tobacco consumed in the forms of chewing. Bidi, Snuff, Gutkha paste (Tobacco paste), Hookah paste etc and 19% by cigarette smoking. World wide everyday about 80 thousand to 1 lakh adolescent youth starts smoking most of them are from developing countries<sup>3</sup>.

“Tobacco consumption is spread like contagious all over world and cannot escape from this wide spread diseases. A wide range of society including adolescent boys, young professionals, business men, labours, taxi drivers, even Govt. officials have become victims of this habit. Tobacco consumption is special concern for or youth from their life and give complications or diseases like GI problems respiratory diseases and even dangerous complications i.e., Carcinoma of lungs and upper respiratory track and T.B<sup>4</sup>.

Tobacco causes 5.4 million deaths or averagely one death in every six second and accounts for 1 out of 10 adult deaths globally. The death toll is projected to reach around 8 million by 2030 if current trends continue<sup>5</sup>.

Tobacco use is a risk factor for several illnesses affecting almost every organ of the human body. Female tobacco users bear additional health risks. They need to be specifically protected, as the tobacco industry is targeting women for initiating the tobacco habit<sup>6,7</sup>.

Anti - Tobacco Day is observed on May 31 every year. Governments and non-governmental organizations unite to draw attention to the dangerous health problems that tobacco use can cause<sup>8</sup>. Attempts are made to inform people of health problems associated with tobacco use. Various activities are launched in many parts of the world to raise awareness against the use of tobacco<sup>9</sup>. In many parts of the world, governments banned consumption of tobacco and smoking in public places<sup>10</sup>. By having insight into the above all problems the investigator felt that it is essential to assess the effect of tobacco consumption on health of tobacco consumers and bring awareness among the rural population in order to control the consumption of Tobacco and its hazards<sup>11</sup>.

## OBJECTIVES

1. To examine oral cavity for the signs of tobacco consumption.
2. To assess the practices regarding tobacco consumption in the community population.

## MATERIALS AND METHODS

A descriptive approach was used in order to accomplish the main objective to examine oral cavity to assess effect of tobacco consumption on tobacco consumers health among rural community population. Study was conducted on 100 tobacco consumers selected by non-probability purposive sampling technique from kale village. A pre- designed tool consists yes no type Likert test to examine oral cavity and practices, structured interview schedule was used for data collection. The interview schedule was translated in the Marathi local language.

The researcher obtained permission from ethical committee & concern authority. The investigator given self introduction and explained the purpose of the study and taken informed written consent. Data were collected, tabulated and analyzed in terms of objective of the study by using descriptive and inferential statistics.

## RESULTS-DISTRIBUTION OF SUBJECTS ACCORDING TO SOCIO-DEMOGRAPHIC VARIABLES

The findings of the table no. 1 shows that majority 25% subjects belongs in between age group of 16-25 yrs and 64 % belongs to 26-45 years of age group. Most 73% of the samples were male and 27% from female category. Education wise maximum 63% tobacco consumers are having primary to higher secondary education, 36% samples were illiterate and 1% was graduates.

Majority 36% samples was farmer, 20 unemployed where as 34% doing job in private companies and 10% having own business. Maximum samples start tobacco consumption in 16-20 years of age, 51 % started from 21- 30 years and 13% reported that they started after 31 years of age. Very few 2% and 11% samples consume tobacco more than 10 and 7-9 times in a day where as most 48% and 39% samples consume tobacco 4-6 and 1-3 time in a day respectively. Maximum 37% samples spend more than 20 rupees, 32% spend 10-20 Rs./- and 29% less than 20 Rs./- in a day for tobacco.

**Table no. 2** Area Wise Frequency Percentage Distribution Of Subjects According To Oral Cavity Examination Status

Sr. No.	Characteristics	Yes	No
1.	Change in colour of teeth, tongue.	88	12
2.	Decaying of tooth	56	44
3.	Ulcers in Mouth	55	45
4.	Alter taste	86	14
5.	foul-smelling breath.	92	8
6.	Congenital defect	4	96
7.	Ulcers	14	86
8.	Stains	22	78
9.	Inflammation	26	74
10.	Bleeding tendency	12	88
11.	Teeth falling	8	92
12.	Sores in mouth cavity	18	82

Table no. 1 Shows that out of 100 samples 92% were having foul-smelling breath; 86% were reported alter taste and 88% sample shows colour change of tongue and oral cavity due to tobacco chewing habit. Whereas 56% sample having decaying of tooth, 55% having ulcers in mouth , and 26% having inflammation, 22% having stain, 18% and 14% shown sore and gum ulcer, 12% having bleeding tendency in gums, few samples 8% and 4% having teeth falling and Congenital defect respectively during pretest .

**Table No. 2** - Frequency Percentage Distribution Of Subject's According To Practices Regarding Tobacco Consumption.

Sr. No.	Characteristics	Agree	Disagree
1.	Tobacco consumption is beneficial	83	17
2.	Know the side effects of tobacco consumption	86	14
3.	Tried to quit tobacco before	76	24
4.	Interested in quitting tobacco	62	38
5.	Sure to succeed in quitting tobacco	39	61
6.	Use of nicotine replacement therapy	21	79
7.	Ready to take nicotine replacement therapy	54	46
8.	Taken counseling from any one before	26	74

Table no 2 – findings of table no. 2 revealed that out of 100 subjects 83 % subjects said yes Tobacco consumption is beneficial it gives energy to work, whereas 86% subjects knows the side effects of tobacco consumption and most of the 76% subjects tried to quit tobacco where as 62% subjects were interested in quitting tobacco. Only 39 % samples were sure to succeed in quitting tobacco, 26 % subjects taken counseling and 21 % subjects used nicotine replacement therapy and 54% were ready to take nicotine replacement therapy .

## DISCUSSION-

The demographic data of the participants showed that the majority 35% subjects belongs to age group of 26-35 years and the highest 73% were male tobacco users where as highest incidence 36% of smoking was seen in those who received moderate level of education congruent findings seen in study conducted by Surendra Kumar et al<sup>12</sup> that tobacco consumption rate is higher in men than women and primary and secondary level of educated people.. The present study conducted in village area and the majority of subjects were illiterate and farmer. Contrast finding seen in study conducted by Ananya Madiyal<sup>13</sup> et al found 49.2% was in 41- 60 years age group and majority were males and similar findings seen in the frequency of tobacco using in present study subjects using maximum 4-6 times in a day while study conducted by Ananya Madiyal et al found 5-10 times a day.

Tobacco chewing is a common practice and damages almost all organs and systems of the body. Oral cavity is often overlooked yet such an important region. Its rich flora contains many microorganisms that cause local and systemic diseases if microbiological flora is altered. Findings related to oral examination shows that 92% were having bad breathe; 86% were reported change in test and 88% sample shows colour change of tongue and oral cavity due to tobacco chewing habit. Whereas 56% sample having tooth decay, 55% having mouth ulcer, and 26% having inflammation, 22% having stain, 18% and 14% shown sore and gum ulcer, 12% having gum bleeding, few samples 8% and 4% having teeth falling and Congenital defect respectively. Congruent findings seen in study conducted by Sham<sup>14</sup> et al found various problem in oral cavity associated with tobacco consumption are oral cancer, bad breath, root caries, change in taste, periodontal diseases, teeth staining which they attributed to the carcinogens emitted from tobacco. Supportive findings seen in study conducted by Ananya Madiyal<sup>13</sup> et al reported that most of the smokers agreed to smoking causes bad breath (86.5%), change in taste (71.4%) and stains on the teeth (72%). However most of the participant did not believe that the tobacco consumption leads tooth decay (55.8%). Males were aware of health problems such as gum disease (52.8%).

## CONCLUSION

This study helps people to be aware about hazards of tobacco, it can singe sense of smell and taste, while tobacco tar can stain teeth, discolor tongue, and lead to halitosis. Regardless of how long used tobacco products, quitting now can greatly reduce serious risks to health. Interventional studies on tobacco quitting is dire need of the people. Quitting tobacco consumption is a hard work, needs commitment, accountability, and lots off willpower. **Acknowledgment (if any)** - The authors would especially like to thanks to Mr. Pratik and group for there entire help and input in various aspects of the study.

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