

# Relation of Socio-Economic Status of Parents and Peers on Cigarette Smoking Behavior of Teenagers in Secondary Schools for Boys in Bnaslaw District

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## ABSTRACT

**Background and aim:** cigarette smoking is the main cause for preventable diseases and early death, so the economic status of parents and peers may affect smoking habit for adolescent. Smoking habit may cause more than 5 million deaths each year. Smoking habit may increase the risk of heart disease, respiratory disease, and more than 10 different forms of cancer. The study aimed to identify association between smoking habit and economic status of parents, peers with smoking habit of teenagers.

**Materials and method:** It is a descriptive study, it began in 1-1-2016 to 1-4-2016. Sample size was 99 teenagers from secondary school of Bnaslaw in Erbil, the standard questionnaire was used for data collection by self report and included socio demographic data for teenagers and question related to smoking habit and economic status. The permission was taken from general directorate of education and approval from nursing college and the questionnaire was viewed to panel of experts in nursing field, and SPSS program version 20 was used for data analysis.

**Results:** The study indicated that most of teenagers single 88.9%, 5<sup>th</sup> class 52.5, non-smokers 51.5%, most of parents from midum economic 54.5, most of peers from low economic 52.5%, there was significant association between type of family of parents, peers with smoking habit of teenagers 0.034 and with address of peers with smoking habit of teenagers while there was no significant association between class, father occupation and family status with smoking habit of teenagers 0.105, 0.912.

**Conclusion:** There was high significant association between parent smokers and smoking habit among teenagers, significant association between type of family and their smoking habit, while there was not significant association between class, and father occupation with smoking habit of teenagers. The study concluded that there was significant association between address, type of family, duration smoking, and smoking habit of peers with smoking habit of teenagers while there was no significant association between class, father education, father occupation.

**Recommendations:** depending of the outcomes of the study the researchers recommended to do health education about health risk of smoking habit for parents, peers and teenagers through mass media, seminars, newspapers.

**Keywords:** peers, parents, economic status, smoking habit.

## INTRODUCTION

Cigarette smoking is the main cause for preventable diseases and early death, so the economic status of parents and peers may affect smoking habit for adolescent (Askarian *et. al.*, 2013). Smoking habit may cause more than 5 million deaths each year (Mathers and Loncar, 2006). Smoking habit may increase the risk of heart disease, respiratory disease, and more than 10 different forms of cancer (Hammond *et. al.*, 2006; National Center for Chronic Disease Prevention and Health Promotion, 2014). In many low income countries, women smoke much less than men. Findings of research revealed that parents and peer smokers affect smoking habit behavior among teenagers so according to the survey done, globally it was

estimated that men smoked about more than five times than women (Guindon *et. al.*, 2003). In China, in 2012, 52.9% of men were reported to be smokers while only 2.4% of women smoked (World Health Organization, 2013). The 2009 Egypt Global Adult Survey also showed that 37.7% men and 0.5% women in Egypt currently tobacco smokers (World Health Organization, 2009). Female smoking prevalence has been low in China, however male smoking prevalence has been high for several decades. The reason for the difference is generally attributed to strong social norms against female smoking (Hermalin and Lowry, 2010; Geckova *et. al.*, 2002). Smoking habit is considered the main public health hazards in the world. It is among the main preventable causes of sudden death, morbidity

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and mortality worldwide. About 5 million deaths occur each year due to cigarette smoking. If the pattern of tobacco consumption continues at the same pace as today, the morbidity and mortality rates will be increase doubled (10 million people per year) by the year 2020 (Global Youth Tobacco Survey Collaborative Group, 2002; Pampel, 2005) and 7 million of which may be occur in developing countries (Rozi *et. al.*, 2007). Studies revealed that most tobacco smokers start smoking under the age of 18 and during their teenagers. Teenagers are easily affected by their friends, parents, peers, social norm, and tobacco advertisements. The younger the age of starting smoking, the greater will be may become a regular tobacco smoker later in life. Usually with a simple smoking experience (1 or 2 puffs), the adolescent will become a regular smoker. More than one third of those who experienced smoking before the age of 18 will become daily and about two third of them will become regular smokers (Centers for Disease Control and Prevention (CDC), 1997; Global Youth Tobacco Survey Collaborative Group, 2002). In a report published by Warren regarding the results of Global Youth Tobacco Survey (GYTS) in 43 countries (1999-2001) on 13-15 year-old adolescents, the prevalence of smoking habit and its current use were reported to be 33% and 14%, respectively (Ertas, 2007; Ramezankhani, 1999). Different factors may play a role in starting smoking among which, gender, exposure to parent and peer's smoking, low grades, pocket money and type of school (public or private) (Centers for Disease Control and Prevention (CDC), 1997), feeling mature as men , attention and stress have been named by some studies (Afrasyabifar *et. al.*, 2000). These factors are related to the culture, traditions and other characteristics of a country. In most developing countries precise data is not available on the prevalence of smoking among adolescent students or on their knowledge and attitude towards smoking habit. According to this information the first step include planning and implementation of anti-smoking programs and education people about tobacco health hazards. In Iran, some studies have been conducted about this ,So many factors present as friend or a family member smoking, family issues, leisure, tendency towards smoking, peers and gender are all reported to be main causes for students' smoking in Iranian studies ( El-Ansari, 2002). Smoking also has effect on the environment due to passive smoking (Abu-Baker *et. al.*, 2010). The impact of smoking is

not related to smokers only, but it may be affect by the non-smokers as well. Passive smoking has an impact on birth outcomes represented in low birth weight and contribute significantly to many diseases like respiratory tract infections in infants and children (Madarasova *et. al.*, 2005). Findings of some study revealed that low soci-economic status of adolescent my affect smoking habit while other study is controversy so they said that high economic may due to increase smoking habit among teenagers (Araoye, 2003). The study aims to identify socio-demographic characteristics of teenagers, and to identify association between smoking habit and economic statuses of parents, with smoking behavior for teenagers. Finally, to identify association between smoking habit and economic statuses of peers and with smoking behavior for teenagers.

## MATERIALS AND METHOD

The study is adopted a cross-sectional, descriptive study. The sample study included (99) male adolescents' students from four secondary schools for boys depending on geographical area in Bnaslawra distract so Bnaslawra distract divided to four areas (south , north, west and east) and taken from each area , one secondary school for boys to collect data by using self-report questionnaire for each students. The study was done in four secondary schools for boys in Bnaslawra Distract. Time of the study /the study began in 1-1- 2016 to 1-4-2016. Tools for data collection / the questionnaire is used for data collection, included in two parts (socio demographic data for teenagers and questions related to smoking habit and questions related to relationship between economic status of peers and parents and smoking habit of teenagers. Validity and reliability of questionnaire / the questionnaire was viewed to panel of experts in nursing field and pilot study conducted to identify barriers. Ethical consideration / Permission was taken from general directorate of education in Erbil and approval from nursing college. Data will be collected by self -report with students in school using standard questionnaire. Data analysis: data was analyzed through using SPSS software version 22 for descriptive (frequency and percentage) and inferential (fisher's exact test) statistical analysis. All statistical procedures were tested on a probability of p-value was:  $\leq 0.001$  Very highly significant (VHS),  $\leq 0.01$  Highly significant (HS),  $\leq 0.05$  Significant (S),  $> 0.05$  Non significant (NS).

## RESULTS

Table (1): Socio- demographic characteristic of teenagers.

Demographic characteristics of study sample n=99		F	%
Age group (years)	15-17	56	56.6
	18-20	43	43.4
Address	city center	23	23.2
	suburbs	65	65.7
	others	11	11.1
Family Status	married	11	11.1
	single	88	88.9
Class	4th	37	37.4
	5th	52	52.5
	6th	10	10.1
Smokers	smokers	32	32.3
	non smokers	51	51.5
	sometimes	16	16.2
Duration of Smoking	< 1 year	16	16.2
	≥ 1 year	32	32.3
	non smokers	51	51.5
Level of education of father	illiterate	23	23.2
	can read and write	17	17.2
	primary	29	29.3
	secondary	12	12.1
	institute and college	18	18.2
Father's occupation	unemployed	27	27.3
	employed	44	44.4
	earner	7	7.1
	retired	21	21.2
Type of family	nuclear	19	19.2
	extend	80	80.8

Table (2): smoking habit and -economic status of parents.

Questions related to smoking habit and economic status of parents n=99		F	%
do you have parents are smokers	yes	49	49.5
	no	50	50.5
do you have smokers in your family	yes	42	42.4
	no	57	57.6
if yes who they are	N/A	57	57.6
	brother	23	23.2
	Sister	7	7.1
	Grand parents	8	8.1
	others	4	4.0
do parents smoking has an effect on your smoking habit	yes	50	50.5
	no	49	49.5
do your patients encourage you to avoid from smoking	yes	48	48.5
	no	51	51.5
do your family have knowledge about hazards of smoking on health	yes	49	49.5
	no	50	50.5
do your parents have information about passive smoking	yes	43	43.4
	no	56	56.6
what is the level of economic status in your family	low	39	39.4
	moderate	56	56.6
	high	4	4

do you think that socioeconomic of your family affect you to smoke	yes	76	76.8
	no	23	23.2
do you think low economic of family encourages to smoke	yes	47	47.5
	no	52	52.5
do you think that high economic encourage you to smoke	yes	44	44.4
	no	55	55.6
do you think that your social hierarchy affects your habit as a smoker	yes	46	46.5
	no	53	53.5
please selected factors below that encourage you to smoke	low economic	28	28.3
	high economic	21	21.2
	parents	8	8.1
	family hierarchy society	8	8.1
	family environment	6	6.1
	others	28	28.3
do you think that economic status now days effect on your smoking habit of your family	yes	69	69.7
	no	30	30.3

Table (3): Overall smoking habit status -economic status of parent n=99

Overall smoking habit and economic status of parent n=99	F	%
Low	44	44.4
Medium	54	54.5
High	1	1.1
<b>Total</b>	<b>99</b>	<b>100</b>

Table( 4): smoking habit -economic status of peers n=99

Questions related to smoking habit and economic status of peers n=99		F	%
do you have nonsmoker friend	yes	76	76.8
	no	23	23.2
do you have smokers in your friendship	yes	64	64.6
	no	35	35.4
do smoking of your friend has an effect on you	yes	51	51.5
	no	48	48.5
do your friend encourage you to begin smoking	yes	52	52.5
	no	47	47.5
do your friends have information about passive smoking on health?	yes	35	35.4
	no	64	64.6
do your family have knowledge about health risks of smoking?	yes	38	38.4
	no	61	61.6
do think that socioeconomic status of your friend affect you to smoke	yes	58	58.6
	no	41	41.4
do you think that low socioeconomic status of friends has an effect on smoking	yes	49	49.5
	no	50	50.5
do you think that high economic of your friend encourage you to smoke	yes	44	44.4
	no	55	55.6
do you think your social hierarchy of friend affects your habit as a smoker	yes	39	39.4
	no	60	60.6
do you have desire to quit smoking	yes	77	77.8
	no	22	22.2
do you think that economic status nowadays affect your friends smoking habit?	yes	73	73.7
	no	26	26.3
what is the level of economic status in your friend	low	46	46.5
	moderate	47	47.5
	high	6	6.1

please selected factors below that encourage you to smoke	friends	40	40.4
	low economic	13	13.1
	society	9	9.1
	problems	7	7.1
	social environment	5	5.1
	teachers	2	2.0
	others	23	23.2

Table (5): over all Smoking and economic status of peers n=99

Overall smoking habit and economic status of peers n=99	F	%
Low	52	52.5
Medium	44	44.4
High	3	3.1
<b>Total</b>	<b>99</b>	<b>100</b>

Table (6): Association between smoking habit and economic status of parent with smoking habit of teenagers.

Smoking habit and economic status of parent		Low		Medium		High		P-value Fisher's exact test
		F	%	F	%	F	%	
Age group (years)	15-17	27	27.3	28	28.3	1	1	0.434 NS
	18-20	17	17.2	26	26.3	0	0	
Address	city center	8	8.1	14	14.1	1	1	0.310 NS
	suburbs	32	32.3	33	33.3	0	0	
	others	4	4.0	7	7.1	0	0	
Family Status	married	6	6.1	5	5.1	0	0	0.742 NS
	single	38	38.4	49	49.5	1	1	
Class	4th	15	15.2	22	22.2	0	0	0.844 NS
	5th	24	24.2	27	27.3	1	1	
	6th	5	5.1	5	5.1	0	0	
Smokers	smokers	20	20.2	12	12.1	0	0	0.003 HS
	non smokers	13	13.1	37	37.4	1	1	
	sometimes	11	11.1	5	5.1	0	0	
Duration of Smoking	< 1 year	8	8.1	8	8.1	0	0	0.018 S
	≥ 1 year	21	21.2	11	11.1	0	0	
	non smokers	15	15.1	36	36.4	0	0	
Level of education of father	illiterate	12	12.1	11	11.1	0	0	0.858 NS
	can read and write	6	6.1	11	11.1	0	0	
	primary	13	13.1	15	15.2	1	1	
	secondary	6	6.1	6	6.1	0	0	
	institute and college	7	7.1	11	11.1	0	0	
Father's occupation	unemployed	11	11.1	16	16.2	0	0	0.272 NS
	employed	21	21.2	23	23.2	0	0	
	earner	1	1.0	6	6.1	0	0	
	retired	11	11.1	9	9.1	1	1	
Type of family	nuclear	5	5.1	13	13.1	1	1	0.034 S
	extend	39	39.4	41	41.4	0	0	

**Table 7 Association between Smoking habit and economic status of peers with smoking habit of teenagers.**

		Low		Medium		High		P-value Fisher's exact test
		F	%	F	%	F	%	
Age group (years)	15-17	31	31.3	23	23.2	2	2	<b>0.722</b> NS
	18-20	21	21.2	21	21.2	1	1	
Address	city center	6	6.1	15	15.2	2	2	<b>0.034</b> S
	suburbs	40	40.4	24	24.2	1	1	
	others	6	6.1	5	5.1	0	0	
Family Status	married	8	8.1	3	3	0	0	<b>0.340</b> NS
	single	44	44.4	41	41.4	3	3	
Class	4th	15	15.2	22	22.2	0	0	<b>0.105</b> NS
	5th	30	30.3	19	19.2	3	3	
	6th	7	7.1	3	3	0	0	
Smokers	smokers	25	25.3	7	7.1	0	0	< <b>0.001</b> VHS
	non smokers	14	14.1	34	34.3	3	3	
	sometimes	13	13.1	3	3.0	0	0	
Duration of Smoking teenagers	month	9	9.1	6	6.1	0	0	< <b>0.001</b> VHS
	year	27	27.3	5	5.1	0	0	
	no smoking	16	16.2	33	33.3	3	3	
Level of education of father	illiterate	11	11.1	11	11.1	1	1	<b>0.966</b> NS
	read and write	8	8.1	8	8.1	1	1	
	primary	17	17.2	11	11.1	1	1	
	secondary	6	6.1	6	6.1	0	0	
	college	10	10.1	8	8.1	0	0	
Father's occupation	unemployed	12	12.1	14	14.1	1	1	<b>0.912</b> NS
	employed	26	26.3	17	17.2	1	1	
	earner	4	4	3	3	0	0	
	retired	10	10.1	10	10.1	1	1	
Type of family	nuclear	8	8.1	10	10.1	1	1	<b>0.541</b> S
	extend	44	44.4	34	34.3	2	2	

## DISCUSSION

The study revealed that most of students between 15-17 years old , most of them were from suburbs, single, 5<sup>th</sup> class, non-smokers , and regarding level of education of their fathers most of them were illiterate 23%, most of fathers were employed , and according to type of family most of them were type of extended family 80%. According the age of teenagers 15- 17 so most of them begin smoking before 18 years as reported by (WHO, 2009). so the WHO (2009) reported that roughly 90%of adult smokers were established smokers before the age of 18 years, meaning that prevention of youth smoking translates into prevention of adult smoking and its adverse health effects .

According the economic status of parents most of them were in medium status 54%, low 44%, and high was 1%, the economic status of parents is low because most of them were

employed and they have not received good salary monthly and as we saw the high economic of parents was 1% so it was less so economic status may affect smoking habit as reported by the study of Alghabban (2009) who reported that there was an association between higher socio-economic status and smoking, as students belonging to families with high resources were more likely to obtain tobacco products . The study revealed that most of their parents were illiterate so this was may affect smoking habit among teenagers because parents can not advise teenagers about health risk of smoking because they have not knowledge about that as reported by the study of Alghabban (2009) who indicated that educational level are assumed to be aware of the ill- effects of smoking; therefore, they are more likely to advise their children against smoking.



The study revealed that the economic status of peer included most of them in low status 54%, 44% of them were medium and 3% of them were high so the peers and their economic status may influence smoking habit among teenagers as reported by the study of Alghabban (2009) and Hashim (2000) who indicated that the major factors influencing the smoking prevalence among them were the smoking habits of peers, family members and relatives. The study revealed that there was significant association between type of family and smoking habit so in our study most of teenager's family were extended so the families were over-crowded and may due to social problems and cause smoking habit among teenagers and spending most their times out of family with their peers and affect them as reported by (Alghabban, 2009). The study indicated that peer smokers, duration of their smoking and type of family may affect and cause smoking habit among teenagers because teenagers spend most their times with their peers or friends as reported by the study of Alghabban (2009) and Hashim, 2000). The study indicated that there was not significant association between class, father occupation, and address of parents and peers with smoking habit of teenagers this is because in the class smoking not allowed in school and in father occupation settings also smoking not allowed .

## CONCLUSION

The study concluded that most of parents in medium economic status 54.5%, most peers were in low economic status 52.5%, most of teenagers were non-smokers 51.5%, most of teenagers live in extended family , there was high significant association between parent smokers and smoking habit among teenagers, significant association between type of family and their smoking habit, while there was not significant association between class , address and father occupation and smoking habit of teenagers. The study concluded that there was significant association between address, type of family , duration smoking, and smoking habit of peers with smoking habit of teenagers, while there was no significant association between class , father education , father occupation.

## RECOMMENDATIONS

Depending of the outcomes of the study the researchers recommended to do health education about health risk of smoking habit for parents, peers and teenagers through mass media, seminars ,newspapers. Magazine and

workshops in their schools and for public as general and increase taxes on smoking trades and follow up by the government.

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