



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

∞∞∞∞

تم رفع هذه الرسالة بواسطة /صفاء محمود عبد الشافي

بقسم التوثيق الإلكتروني بمركز الشبكات وتكنولوجيا المعلومات دون

أدنى مسئولية عن محتوى هذه الرسالة.

ملاحظات: لا يوجد



Health Awareness of Teenage School Students about Risk of Smoking on Health in Slums

Thesis

Submitted for Partial Fulfillment of the Requirements
of Master Degree

in

Community Health Nursing

By

Mohamed Elsayed Ahmed Anan

(B.Sc. Nursing Science)

Cairo University, 2010

Faculty of Nursing

Ain Shams University

2022

Health Awareness of Teenage School Students about Risk of Smoking on Health in Slums

Thesis

Submitted for Partial Fulfillment of the Requirements
of Master Degree

in

Community Health Nursing

**Under Supervision of
Dr. Magda Abd-Elsattar Ahmed**

Prof. of Community Health Nursing
Faculty of Nursing – Ain Shams University

Dr. Shaimaa Fathy Miky

Lecturer of Community Health Nursing
Faculty of Nursing – Ain Shams University

**Faculty of Nursing
Ain Shams University**

2022



Acknowledgments

*First and foremost, I feel always indebted to **Allah**, the **Most Beneficent** and **Merciful** who gave me the strength to accomplish this work,*

*My deepest gratitude to my supervisor, **Dr. Magda Abd-Elsattar Ahmed**, Professor of Community Health Nursing, Faculty of Nursing, Ain Shams University, for her valuable guidance and expert supervision, in addition to her great deal of support and encouragement. I really have the honor to complete this work under her supervision.*

*I would like to express my great and deep appreciation and thanks to **Dr. Shaimaa Fathy Miky**, Lecturer of Community Health Nursing, Faculty of Nursing, Ain Shams University, for her meticulous supervision, and her patience in reviewing and correcting this work.*

*Special thanks to all of **students** who participate effectively in this study.*

 **Mohamed Elsayed Ahmed Anan**

DEDICATION

*This Thesis is dedicated to the sake of **ALLAH**, our creator and our master.*

*This work is wholeheartedly dedicated To my sweet heart my **wife the hero of my life**, for her continued and unfailing love, support and understanding during my pursuit of master's degree that made the completion of Thesis possible. You were always around at times I thought that it is impossible to continue, you helped me to keep things in perspective. I greatly value her contribution and deeply appreciate her belief in me.*

*To my beloved father's spirit, the strong and gentle soul who taught me to trust in **ALLAH** and believe in hard work and pushed me towards success in life . I just wanted to say thank you for all the sacrifices you made, all the support you gave me, all the guidance you gave when I needed it. I love you with all my heart and I am proud of you.*

To my beloved mother's spirit for her love and her great support and help which surrounded by her forever love.

To my lovely children. You have made me stronger, better and more fulfilled than I could have ever imagined. I love you to the moon and back.

To my beloved sisters, and my brother for their help, support and patience during the preparation of this work.

No words are enough to express my great thanks to my family

Thanks to all who helped me.

LIST OF CONTENT

List of Tables	
List of Figures	
List of abbreviations	
Subject	Page
Introduction	1
Significance of the Study	8
Aim of the Study	9
Review of Literature	11
- Concept of teenager	11
- Development of teenager	13
- Needs of teenagers	18
- Problems of teenagers	19
- Slums areas	23
- Characteristics of slums area	24
- Problems of slums area	26
- Prevalence of Teenagers smoking	31
- Risk factors of Teenagers smoking	33
- Health awareness of school students about smoking	48
- Role community health nursing toward smoking	58
Subject and Methods	70
Results	79
Discussion	117
Conclusion	134
Recommendations	135
Summary	137
References	145
Appendices	-
Arabic Summary	-

List of Tables

Tables	Title	Page
1	Distribution of the studied teenage school students according to their sociodemographic characteristics.	80
2	Distribution of the studied teenage school students according to their smoking history.	83
3	Distribution of the studied teenage school students according to their parents' smoking history.	86
4	Distribution of the studied teenage school students according to their knowledge about smoking.	88
5	Distribution of the studied teenage school students according to their reported practices towards prevention and cessation of smoking.	91
6	Distribution of the studied teenage school students according to health risks of smoking on their health.	94
7a	Distribution of the studied teenage school students according to their attitudes towards their personal relationships with smokers.	96
7b	Distribution of the studied teenage school students according to their attitudes towards laws & social	97

	prohibitions for smoking in public places.	
7c	Distribution of the studied teenage school students according to their attitudes towards health consideration.	99
7d	Distribution of the studied teenage school students according to their attitude towards selling and marketing smoking products.	100
8	The relationship between the studied teenage school students' demographic characteristics and their total knowledge about smoking.	102
9	The relationship between the studied teenage school students' parents' demographic characteristics and their total knowledge about smoking.	104
10	The statically relation between the studied teenage school students' demographic characteristics and their total reported practices toward smoking.	106
11	The statically relation between the studied teenage school students' parents' demographic characteristics and their total reported practices toward smoking.	108
12	The statically relation between the studied teenage school students' sociodemographic characteristics and their total attitude toward smoking.	110
13	The statically relation between the studied teenage school students' parents' demographic characteristics	112

	and their total attitude toward smoking.	
14	The statically relation between the studied teenage school students' total knowledge and their total reported practices toward smoking.	114
15	The statically relation between the studied teenage school students' total knowledge and their total attitude level toward smoking.	115
16	Correlation between the studied teenage school students' total reported practices, attitude and knowledge scores toward smoking among the studied sample.	116

List of Figures

Fig.	Title	Page
Figure of Results		
1	percentage distribution of the studied teenage school students according to their total knowledge about smoking.	90
2	percentage distribution of the studied teenage school students according to their total reported practice toward prevention & cessation of smoking.	93
3	percentage distribution of the studied teenage school students according to their total attitude toward smoking.	101

List of Abbreviations

COPD	Chronic Obstructive Pulmonary Disease
MYTRI	Mobilizing Youth for Tobacco Related Initiatives
SES	Socio-Economic Strata
ND	Nicotine Dependence
LDCs	Less Developed Countries
TB	TUBERCULOSIS
BCC	Behavioral Change Communication
SES	Socio-Economic strata
SIDS	Sudden Infant Death Syndrome
HPS	Health Promoting Schools
CBT	Cognitive Behavioral Therapy

Health awareness of teenage school students about risk of smoking on health in slums

Abstract

Mohamed Elsayed Ahmed* , Prod.Dr.Magda AbdelSattar Ahmed** , Dr,Shaimaa Fathy Mekky.

B.SC of Nursing* , Prof of Community health nursing** , Lecturer of Community health nursing***.

Background: Improving Health awareness of teenage school students about risk of smoking on health could become one of the most effective strategies available to reduce tobacco use. **Aim of study:** the study aimed to assess health awareness of teenage school students about risk of smoking on health in slums. **Design:** A descriptive research design was used to achieve the aim of the current study. **Setting:** The study was conducted at the preparatory (namely: Nahdet Masr which serve 952 students) and the secondary (namely: El-Zaher which serve 468 students) schools for male at Sharabya districts affiliated. to North Cairo governorate. **Subjects:** Convenient sample (315 students) was used for this study; include multi stage random sample technique was used. **Tools of data collection:** A self- administered questionnaire format that includes five parts:- Part (1): Socio demographic characteristics of teenage students, Part (2): History of smoking among teenage students, Part (3): Knowledge of teenage students about smoking, Part (4): assessment of teenage reported practices, and Part (5): The Four Dimensions of Smoking Attitudes Scale. **Results:** More than half of the studied students had poor knowledge regarding smoking, more than two thirds had unsatisfactory level regarding smoking cessation, and Less than two thirds of the studied sample had negative attitude toward smoking cessation compared to more than one third had a positive attitude. **Conclusion and recommendations:** There were a highly statistically significant relation between students' knowledge level and their parent's demographic characteristics. Enhance behaviors and information of teenage school students about risk of smoking, and Develop and enforce a school policy on tobacco use.

Keywords: Health awareness, health Risk, Slums, Teenage school students, Smoking

Introduction

A teenager is the period of transition between childhood and adulthood. Children who are entering adolescence are going through many changes (physical, intellectual, personality and social developmental). Adolescence begins at puberty, which now occurs earlier, on average, than in the past. Adolescence begins at puberty, which now occurs earlier, on average, than in the past. The end of adolescence is tied to social and emotional factors and can be somewhat ambiguous (**Sharma, & Panigrahi, 2020**).

World Health Organization (WHO) identifies adolescence as the period in human growth and development that occurs after childhood and before adulthood, in the age group of 10 to 19 years. The adolescent period is a time of considerable risk to bad behaviors such as; cigarette smoking: Tobacco use is a leading cause of preventable death worldwide and an estimated 250 million children and adolescents in developing countries die prematurely because of tobacco consumption (**Moonajilin, et al., 2021**).

Smoking as well as combined smoking and smokeless tobacco was more common among boys. Tobacco consumption is an emerging threat to health of adolescents in urban slums. Tobacco use by family is a major reason behind using tobacco indicating an urgent need to carry out behavior change communication (BCC) activities among adolescents and their family members. The urban-slum population has emerged as a new section which is known to fare very poorly on issues related to health (**Rautela, et al., 2019**).

Cigarette smoking during adolescence causes significant health problems among young people, including an increase in the number and severity of respiratory illnesses, decreased physical fitness and potential effects on lung growth and function. Most importantly, this is when an addiction to smoking takes hold, often lasting into and sometimes throughout adulthood (**Kelkar, et al., 2019**). Nicotine is only one of more than 4,000 chemicals in tobacco, but it is the major component that acts on the brain. The lungs readily absorb nicotine from the smoke of cigarettes, cigars, or pipes. The tissues of the mouth can also absorb nicotine when a person smokes cigars or pipes, or chews tobacco (**Swain, & Singh, 2020**).