A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE REGARDING ILL EFFECTS OF CIGARETTE SMOKING AND ITS PREVENTION AMONG SKILLED EMPLOYEES OF SELECTED UNIVERSITY OF BIHAR.

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Abstract: The study on " assess the knowledge regarding ill effects of cigarette smoking and its prevention among skilled employees of selected university of Bihar" was undertaken by the year 2020-24 in partial fulfilment of the requirement for the degree of B.Sc. in Narayan nursing college, Jamuhar, Sasaram. The objective of the study was: • To assess the pre-test level of knowledge regarding the effect of cigarette smoking among employees in Selected university of Bihar. • To associate pre-test level of knowledge with selected socio demographic variables. Approach: Quantitative approach was adopted for this study. Design: Research design used in this study will be descriptive design. Setting: The study was conducted at Selected University of Bihar. Sample size: The sample size was 30 skilled employees. Sampling Technique: The non-probability sampling method: Convenient sampling technique was used. Methods of data collection procedure: Data were collected from the skilled employees to assess the level of by using structured knowledge questionnaire. The collected data were tabulated and analysed by descriptive and inferential statistics. Results: The result shows, there was a significant difference between pre-test and associate level of knowledge regarding ill effects of cigarette smoking.

Index Terms – **Pre-Test, Ill effects, Skilled Employees**

I. INTRODUCTION

Smoking among adolescents is a major concern because long term smoking poses numerous health hazard, most of which adolescents are aware of many do not care because they are not concerned whit what might happen to them 40 to 50 years down the road. Smoking behavior is maintained primarily by the positive and negative reinforcing properties of nicotine delivered rapidly in a way that is affordable and palatable, with the negative health consequences mostly being sufficiently uncertain and distant in time not to create sufficient immediate concern to deter the behaviour. Raising immediate concerns about smoking by tax increases, social marketing and brief advice from health professionals can increase the rate at which smokers try to stop. Providing behavioural and pharmacological support can improve the rate at which those quit attempts succeed. Implementing national programmes containing these components are effective in reducing tobacco smoking prevalence and reducing smoking-related death

I.   RESEARCH METHODOLOGY

The methodology section outline the plan and method that how the study is conducted. This includes Universe of the study, sample of the study,Data and Sources of Data, study's variables and analytical framework. The detailsare as follows;

3.1Population and Sample

Target population: The target population of the study was the skilled employees who are working in the university. ¬ Accessible population: The accessible population of the study was the skilled employees who are working in the university.

3.4.1 Descriptive Statistics

DISTRIBUTION OF SAMPLE ACCORDING TO THEIR DEMOGRAPHICS VARIABLES

Demographical variables	Frequency no.	Percentage(%)
1.AGE (IN YEAR)		
21-30years	29	96.7%
31-40years	1	3.3%
2.GENDER		
Male	16	53.3%
Female	14	46.7%
3.QUALIFICATION		
Intermediate	2	6.7%
Graduation	27	90.0%
Post graduation	1	3.3%
4.OCCUPATION		
Private job	29	96.7%
Primary job	1	3.3%
5.TYPES OF FAMILY		
Nuclear family	14	46.7%
Joint family	16	53.3%
6.AREA OF LIVING		
Rural	15	50%
Urban	15	50%
7.MARITAL STATUS		
Married	7	23.3%
Unmarried	23	76.7%
8.INCOME		
10000-15000	1	3.3%
15000-20000	19	63.1%
20000-25000	9	30.3%
More than 25000	1	3.3%

9.YOU USE ANY SMOKING SUBSTANCE

Yes	10	33.3%
No	20	66.7%

10.PRACTICES OF SMOKING SUBSTANCE

1Year-3 Year	5	16.7%
6Year-10Year	4	13.3%
Above 25Years	1	3.3%
None	20	66.7%

Table no. 1 showing that distribution of sample according to their demographics variables

Level of knowledge of pre test.

	AVG	GOOD	POOR	TOTAL
PERSON	26	3	1	30
PRE TEST KNOWLEDGE	86.70%	10%	3.30%	100%

Table no. 2 showing that level of knowledge of pre-test.

SECTION 3

Association between the pre-test score regarding the ill effect of cigarette smoking and its prevention among the selected employees with socio demographic variable.

Demographical Variables	Average Knowledge		Good Knowledge		Poor Knowledge		X^2	df	P Value
	F	%	F	%	F	%			
Q.1 AGE (IN YEAR)							0.473	2	0.789
a) 1 – 30 Yr	25 (86.2%)		3 (10.31%)		1 (3.4%)				
b) 31-40 Yr	1 (100%)		0 (0%)		0 (0%)				
Q.2 GENDER							1.360	2	0.507
a) male	14 (87.5%)		1 (6.31%)		1 (6.31%)				
b) female	12 (85.7%)		2 (14.3%)		0 (0%)				
Q.3 QUALIFICATION							0.513	2	0.507
a) Intermediate	1 (100%)		0 (0%)		0 (0%)				
b) Graduation	23 (8.2%)		3 (11.7%)		1 (3.71%)				

c) Post graduation	2 (100%)	0 (0%)	0 (0%)			
Q.4 OCCUPATION				0.159	2	0.924
a) Private job	25 (86.2%)	3 (10.3%)	1 (3.4%)			
b) Daily wages	1 (100%)	0 (0%)	0 (0%)			
Q.5 TYPES OF FAMILY				5.275	2	0.72
a) Nuclear family	10 (71.4%)	3 (21.4%)	1 (7.1%)			
b) Joint family	16 (100%)	0 (0%)	0 (0%)			
Q.6 AREA OF LEAVING				5.275	2	0.513
a) Rural	13 (86.7%)	1 (6.7%)	1 (6.71%)			
b) Urban	13 (86.7%)	2 (13.3%)	0 (0%)			
Q.7 MARITAL STATUS				0.473	2	0.789
a) Married	6 (85.7%)	1 (14.3%)	0 (0%)			
b) Unmarried	20 (87%)	2 (8.7%)	1 (4.3%)			
Q.8 INCOME				0.855	2	0.991
a) 10000-15000	1 (100%)	0 (0%)	0 (0%)			
b)15000-20000	8 (88.9%)	1 (11.1%)	0 (0%)			
c)20000-25000	16 (84.2%0	2 (10.5%)	1 (5.3%)			
c) More than 25000	1 100%)	0 (0%)	0 (0%)			
Q.9 YOU USE ANY SMOKING SUBSTANCE				3.519	2	0.172
a) Yes	9(90%)	0 (0%)	1 (10.0%)			

b) No	13 (85%)	3 (15%)	0 (0%)			
Q.10 PRACTICE OF SMOKING TABACCOO CHEWING				31.000	6	0.000
a)Less than 1 year	4 (80%)	1 (20%)	0 (0%)			
b)1yr-3yr	4 (100%)	0 (0%)	0 (0%)			
c)6yr-10yr	0 (0%)	0 (0%)	1 (100%)			
e)None of these	18 (90%)	2(10%)	0 (0%)			

Table 3 showing chi-square,df & p-value.3

Table 3 showing that there was significant association of demographic variable (practice of smoking tobacco chewing) with pre-test knowledge (p<0.05) and other variables are not associated because their "p value is greater than 0.05". So **hypothesis H1 is accepted**.

IV. RESULTS AND DISCUSSION

4.1 Level of knowledge of pre test.

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The findings of the study have been discussed based on objectives.

FIRST OBJECTIVES:

1. **To assess the pre-test level of knowledge regarding the ill effect of cigarette smoking among employees in selected university of Bihar.**

The level of knowledge of pre-test regarding the ill effect of cigarette smoking and its prevention in which out of 30 participants, 26(86.7) participants having average knowledge , 3(10%) having good and 1(3.3%) having poor knowledge.

SECOND OBJECTIVES:

2. To associate pre-test level of knowledge with selected socio demographic variables.

There was significant association of demographic variable (practice of smoking tobacco chewing) with pre-test knowledge ($p < 0.05$) and other variables are not associated because their "p value is greater than 0.05".

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