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## **An exploratory study on use of tobacco among adolescent students in selected schools of Moradabad (up) India**

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**Abstract**---Statement: An Exploratory Study on Use of Tobacco Among Adolescent Students in Selected Schools of Moradabad (Up). Objectives: Main Objective- To explore the use of tobacco among adolescent students using semi structured questionnaire. Assumptions: 1) Use of tobacco is more common in adolescents; 2) A high-risk group for tobacco consumption is adolescents; 3) Tobacco consumption in any form has its impact on the general health status of the individuals; 4) Practice of using tobacco and its products is more common in the general population. Methodology: Qualitative Research approach was used for this current study. Research design used was exploratory research design. The study setting was Alam Inter College, Mehlakpur Road, Pakwara, a senior secondary school of Moradabad (UP). The study population for this study was 11<sup>th</sup> and 12<sup>th</sup> class school students at Moradabad (UP). Snowball sampling technique (non-probability sampling) was used to obtain the sample. Total 12 students were interviewed using semi structured questionnaires. Result: Exploring adolescent's awareness of substances and associated harm to health from their uses of tobacco. Study result

shows that around 65% of total subjects uses some different forms of tobacco, 35% use tobacco by smoking, 22% uses tobacco by smokeless tobacco and 8% uses both forms of tobacco. The age of participants ranged from 12-18 years. Participants were school students. The most important factors seem to be peer influence, parental attitude, easy access to tobacco and symptoms of dependence. Conclusion: Based on study results, it is revealed that the people who uses tobacco facing major challenges in their life. Hence, multifactorial prevention programs that address social norms, gender roles, image religion, family, school, and incorporated drug policy would be more effective and would have better protective outcomes.

**Keywords**---Tobacco, Adolescents, Exploratory.

## Introduction

*“Children are like buds in Garden and should be carefully and lovingly nurtured, as they are the future of the nation and the citizens of the nation.”*

**Jawaharlal Nehru**

*“My cancer scare changed my life. I’m grateful for every new, Healthy day I have. It has helped me prioritize my life”*

**Olivia Newton-John**

Tobacco discovered the first time with the native people of South America, and it is introduced after some time rest of the world. It was believed to as early as 5000-3000 BC. Christopher Columbus brought few tobacco leaves and seeds in Europe, but most of the Europeans did not get the first test of tobacco until mid-16<sup>th</sup> century. France’s Jean introduced tobacco in many different countries like, ‘France in 1556, Portugal in 1558, Spain in 1559, and England in 1565.’

Use of tobacco is quite prevalent these days in developing countries. It not only affects the dental health, but also the whole body. It causes multidimensional problems. Production and sale of tobacco is highly common of a peak among adults, children. These days, it is becoming a fashion among teens due to different reasons i.e., live peer pressure, modernization, domestic problems, depression due to psychosocial problems. Once they jump into this vicious well its not easy to come out of it. Often children are performing activities which are forbidden to them by their parents, among which cigarette smoking, chewing tobacco is one of them. Especially when in their daily lives they come across with their relatives, parents, teachers, friends, and elder sibling.

Adults have their own problems to make smoking and excuse. According to them it is a stress buster and good brain booster. It helps to forget pain and loneliness/sufferings. Young boys and girls smoke to control their weight, as smoking kills appetite, sense of taste and smell.

Tobacco use is the worldwide public health problem. WHO in 2004 has cited 58.8 million people die globally out of which 5.4 million as due to tobacco? It was estimated in the 2002, 70% people die in developing countries. Although the

country has meant some efforts to aware the population by writing the quote on the packet “smoking is injurious to health and causes cancer” but still it has o effects on the consumers.

Tobacco use serves as barrier in the prevention of morbidity and mortality rate. According to worldwide report tobacco is responsible for taking the lives of 6 million people annually. Major producing states of tobacco in India are Gujrat, Andhra Pradesh, and Karnataka. Around 90% of tobacco production is given by Uttar Pradesh, Gujrat, Andhra Pradesh, and Karnataka. India ranks first in the world tobacco markets of stands third in the consumption process after China and U.S.

Diversity of smokes exist in different states of India e.g., in metropolitan cities consume expensive cigarette comparison to rural population, who can only afford biris, gutakhas. A report given by Global Youth Tobacco Survey (2006) tobacco use is 13.7%, prevalent among school going children in the age group of 13-15 years, consumption of tobacco was 14.6% and 12.5% among the same age group respectively. There was one survey conducted in U.P. state, which highlighted 13% population of Sitapur Distt., where every third male is a smoker.

The tobacco causes nearly six million people in each year, it is a leading preventable cause of death. Tobacco consumption problem in India is a very challenging issue. Its available in many forms from cheapest to high price products ready to consume anywhere.

Mimi Nichter, Asli Carkolu et al. al (2007) drawing our attention to states need for socializing, the impact of smoking in other hand stress, smoking as a source of taking a break in the study or refocusing to continue the same. Study shows that the prevalence of tobacco consumption problem is vary from state to state. The state government should make and implement their own strategies to curb this demon problem to save the million of young population.

### **Problem Statement**

An Exploratory Study on Use of Tobacco Among Adolescent Students in Selected Schools of Moradabad (Up).

### **Purpose of the study**

This study was conducted to explore the use of tobacco among adolescent which in turn serves as a data for further studies and benefits individuals to quite tobacco consumption.

### **Objective-**

To explore the use of tobacco among adolescent students using semi structured questionnaire.

### **Assumptions:**

- 1) Use of tobacco is more common in adolescents.
- 2) A high-risk group for tobacco consumption is adolescents.
- 3) Tobacco consumption in any form has its impact on the general health status of the individuals.

- 4) Practice of using tobacco and its products is more common in the general population.

**Delimitation:** The study is limited to-

- 1) The adolescent in the age group 15-18 years,
- 2) 11<sup>th</sup> and 12<sup>th</sup> class students at Government Schools, Moradabad (UP).

### **Conceptual framework**

Conceptual framework of this present study was based on MODIFIED HOCHBAUM, ROSEN STOCK, MAINMAN AND BECKERS' HEALTH BELIEF MODEL (1978), which helps to gain an understanding of awareness, and perception that influences their practices, and helps to understand how one can promote and prevent the use of tobacco disease problem.

Inclusion criteria:

- 1) 11<sup>th</sup> and 12<sup>th</sup> class students at government senior secondary school who were available at the time of data collection.
- 2) Students who were consuming tobacco and were willing to participate in the study.

Exclusion Criteria:

- 1) Students, who were not able to communicate in English or Hindi.
- 2) Students having hearing problem.
- 3) Not willing to participate in study.

### **Description of tool**

The tool has two sections

Section A- Performa for collecting demographic data. Demographic variable consists of 9 items like age, gender, education of mother, education of father, religion, area of residence, pocket money per month, methods of using tobacco, duration of tobacco use, do your family know about tobacco consumption.

Section B- Interview questions related to use of tobacco.

### **Validation of the tool**

The prepared instrument along with the objectives and blueprint was submitted to 4 nursing experts from the department of nursing and 1 psychiatrist consultant. The permission for tool validation was obtained by sending a requisition letter and an acceptance form. Tool was modified according to the suggestions and recommendations of experts.

### **Reliability of the tool**

Reliability was measured by pre-test conducted on 5 participants. Data was collected by audio tape recorder, and interviews were transcribed in English language manually. Themes and subthemes were drawn after listening the verbatims and data is meant into clusters.

Pilot Study was conducted on 5 students of 11<sup>th</sup> & 12<sup>th</sup> standards at Rajkiye Inter college Pakware, Moradabad (UP). The tool was found very simpler and easy to understand by participants. No problems were encountered during data collection process.

### Results and Organization of the Research findings

Section A- Description of socio-demographic profile

Section B- Exploration of tobacco use among 11<sup>th</sup> and 12<sup>th</sup> class students.

Section A- Description of socio-demographic profile

Table-1  
Frequency and Percentage Distribution of Baseline Characteristics of Adolescents  
N=12

Socio-demographic Profile		Frequency (f)	Percentage (%)
Age in Years	15-16	6	50
	17-18	6	50
Gender	Male	9	75
	Female	3	25
Education of father	Elementary education	8	66.6
	No formal education	4	33.3
Education of mother	Elementary education	2	16.7
	No formal education	10	83.3
Religion	Hindu	5	41.7
	Muslim	5	42.7
	Christian	2	16.7
Pocket money per month	100-1000	8	66.7
	1001-2000	3	25
	2001-3000	1	8.3
Methods of using tobacco	Smoking	12	100
Duration of using tobacco	1-2 years	7	58.3
	2,1-3 years	5	41.7
Do your family is aware about your tobacco consumption	yes	2	16.7
	No	10	83.3

**Section B:** This section deals with the exploration of uses of tobacco among 11<sup>th</sup> & 12<sup>th</sup> class school students, using in-depth interview guide and presentation of the narratives and the findings.

Data analysis was carried out along with the data collection. The data was collected using audio recording and interviews were transcribed into verbatim and data was coded. Themes identified were as follows-

Table-2  
Analysis of the results mainly categorized in themes-

N=12

Sl. No.	Themes	Subthemes
I.	Forms and effects of tobacco use	a) Adolescent awareness regarding forms of tobacco b) Adolescent awareness regarding the harms of tobacco.
II.	Tobacco use becomes availability and identity	a) Easily available b) Fashionable c) Time pass d) Craving
III.	Initiated tobacco uses because of peer influence	a) Peer Pressure b) Feeling Relaxed
IV.	Thought of quitting the tobacco consumption	
V.	Tobacco causes cancer	

**Forms and effects of Tobacco use:** There are some forms of tobacco and every participant know about this form of tobacco which is available in local markets in Moradabad. Most of tobacco product available like, Smoking forms of tobacco - Cigarettes, Cigars, Pipe, Chillum, Hookah and Smokeless forms of tobacco - Pan with tobacco, Pan masala, Chewing tobacco, Snus. Under this theme, two subthemes emerged:

1. Adolescents' awareness regarding of forms of tobacco.
2. Adolescents' awareness regarding of the harms of tobacco.

1. **Adolescents' awareness regarding forms of tobacco:** - Adolescents aware different forms of tobacco like Smoking forms of tobacco and Smokeless forms of tobacco
  - .... *Forms of tobacco are biri, cigraite pan, gutkha .... ganjha, this all are cancer producing substances and am using this with my friends..... (P 1)*
  - .... *Dilbag, kuber, .... kamla pasand, rajnigandha, pan bahar, safa, cigarette, biri....(P 2)*
  - ..... *Cigarette, charas, ganjha, afeem, pan masala, biri..... (P4)*
  - ... *Biri, pan masal, tulsi, dry leafe tobacco, godhi tobacco, shisha smoking Tobacco, kuber. cheni khenim rajshree, etc..... (P 8)*
2. **Adolescents' awareness regarding harms of tobacco:-** Adolescent also aware harms of tobacco like T.B, Lung Cancer, Mouth Cancer, and difference type internal injuries inside the body etc.
  - .... *Harms of tobacco... it damages our body organ,... T.B.....cancer..... (P 1)*
  - .... *I know it is dangerous for our body. ... it causes breathing problem..... decreases blood level in our body..... (P 5)*

..... It causes mouth cancer... neck cancer... it affects the vision of the eyes

..... Causes chest pain too.... (P 11, P 7)

**Use tobacco because availability and identity:** - All purchases easily near to home, market, pan store, kirana store, footpath etc. Under this theme, four subthemes emerged:

1. Easily available.
2. Fashionable.
3. Time pass.
4. Craving

**Easily available:** - It is easily available everywhere like all the markers, kirana shops, pan shops, bus stop, railway station. Despite ban, tobacco easily available in Rajasthan. A research conducted by the WHO and John Hopkins University Bloomberg in 2014 has revealed that 92% people of the country were in favor of imposing ban on tobacco products.

Tobacco, easily available to school kids: High Court. CHENNAI: Anguished at the easy availability of tobacco products to school children in Tamil Nadu. the Madras high court has cautioned, "if the situation is allowed to continue, then Tamil Nadu might become another Punjab." Justice N Kirubakaran, hearing a writ petition filed by T C Sharath who sought action against smokers in public places, and shopkeepers found selling tobacco products to students, said there was extensive usage of tobacco products among school children even though statutes and rules prohibited selling such products to under-aged consumers

- ..... *I am purchasing tobacco from the village shop, Yamin, Lodhipur's...general store and pan shops of pakwara .....* (P I, P 2)
- ....*By the plant I used to get tobacco, but here, there is no any plant so, I used to purchase it by from the local market of this village...such as canteen, kirana store.....* (P 3, P 4, P 8)
- ..... *I used to purchase tobacco from nearby my school shop, ....road side footpath shops....and wine and beer shops.....*(P 5, P 6, P 8)
- .....*I used to purchase tobacco from Mehlakhpur shops, local bazaar, .....*(P 11)

**Fashionable:** - Now day school students are using tobacco because they are used as a fashionable with the students. According to WHO every second person is a smoker and According to GLOBAL YOUTH TOBACCO SURVEY (GYTS 2006) reported a prevalence of 13.7 % use of tobacco among school going youth of age group in between 13 to 15 yrs. Whereas, in (GYTS 2009), the prevalence these consumptions were 14.6% among youths of 13-15 years. According to Union Ministry of Health And Family Welfare, health survey committee confirmed that 13% of the U.P population are smokers, because mostly smoke as a fashionable.

- ... Only for fashion, I used to have tobacco with my school friends..... (P I, P 8)

**Time pass:** - It is an action or fact of passing the time, typically in an aimless or unproductive way. "College has become a euphemism for three years of time pass". Like this, some people are using a tobacco only for a few minutes or half an hour time pass.

- ..... Only for time pass, I am using tobacco....(P 4)
- ..... I am using tobacco when I am free and going alone to anywhere..... I am using this only for passing my time..... (P 12)

**Craving:** - craving is a strong wanting of what promises enjoyment or pleasure: appetite, appetency, appetite, desire, hunger, itch, longing, lust, thirst, wish, yearning, yen, addiction, aspiration. "A crave for smoking" or "A crave for chocolate".

- ..... I am using cigarette when my mind strike for use.... I used cigarette for few hours during my school time.... (P 1)
- ... .. My mind is striking now to smoke cigarette and after every meal I need smoking.... At least minimum of 1 cigarette .... And a minimum of 6 to 8 cigarette for a day I needed....(P 7, P 8)
- ..... When I urged to smoke, I used to go to the village fields..... And during my school days, I used to have a cigarette in the a morning hours (school time), afternoon (school lunch), and in the evening after finishing my school time..... (P 1..... 12).

**Initiated tobacco use because of peer influence:** - Peer pressure (or social pressure) is a direct stimulus on people by peers, or an individual who gets reinvigorated to follow their peers by altering their attitudes, values, or behaviors to adapt to those of the persuading group or individually. Under this theme, two subthemes emerged:

- A. **Peer pressure:** - Peer pressure is commonly realistic to youth, especially those teenagers. Responding to peer pressure is part of human nature that some teenagers are more likely to give in, and others are well able to repel and stand their ground. Peer pressure is one thing that all being influenced by each-other and modernization. Peer pressure is defined as the way that people of the same social group can influence on another individual to take a convinced action, adopt certain values, or otherwise conform in command to be accepted.
- .... *I used first time when I was in class 10<sup>th</sup> at the age of 15-16 years that time I was living in Moradabad's hostel with my school friends and roommates..... (P 1)*
  - ..... *I started in class 9<sup>th</sup> by my friends influence for the use (peer group pressure) ..... When I used for the first time I felt vertigo..... (P2, P7, P8, P11)*
  - ..... *Age of 14 years, in 9<sup>th</sup> standards I started smoking and after first exposure I felt vertigo, coughing, vomiting..... (P3, P4)*
  - ..... *I started 3 years back, I got this habit of smoking by my aunt.....my aunt used to have hukkah so, from her.... I also used to take a small pull of that and was feeling very good, ... ..after sometimes my aunty shifted to Delhi, ..... hence, unavailability of hukkah I started the smoking..... (P5)*
  - ..... *2 years back, I started smoking with my school friends and my aunty,..my first experience... I felt vertigo, vomiting, sleepiness, chest pain, and it was bad ..... (P12)*
- B. **Feeling relaxed:** - Relaxing can be hard to do. Kicking back, doing nothing and relaxing should seem easy, but it can be a challenge in today's fast-paced world. While there is no sure-fire solution, there are plenty of quick and easy techniques you can try that just may help and leave you feeling centered, calm, and stress free. There is a three part to describe the how to feel relaxed.
- .... *Feeling relaxed after using cigarette....and it is the source of my mind freshness..... (P1,P6, P8-P12)*
  - ..... *After using tobacco I am feeling relaxed and if I am having tension than I used to smoke after smoke immediately I am feeling relaxed.... (P2, P3)*
  - ..... *After a few months of starting I felt weakness and breathing problems..... (P4)*



- .... Sometimes I felt very good..... sometimes feeling very bad like morning time if I smoked, but if I am smoking after taking food I am feeling good and relaxed ..... (P7)

**Thought of quitting the tobacco use:-** Many people, quitting smoking is the only big change they want to make. Once cigarettes are out of their lives, they're happy. For others, quitting smoking is part of a larger plan that includes losing weight, getting more active, taking control of their finances, or making some other big lifestyle change.

Quitting gives them confidence to face other challenges in their lives. Whether or not you plan to make other changes, be sure to give yourself credit for making this change. Quitting smoking is not an easy thing to do, but with motivation, planning, and effort, you've done it. That is really something you can be proud of

- .... I quit tobacco few days before, but started again because my friends smoked in front of me and by seeing them, me too influenced for the same ..... (P1)
- ..... I quit tobacco 2 months before, but after 2 months again started without any pressure..... (P2)
- ..... I tried to quit, but it was not possible to quit because wherever I went all were using tobacco and offering me too..... So I re-started..... (P3, P5)
- ..... Many times I tried to quit, but, after quitting 2 to 3 days again, I started because I felt myself bad without smoking..... I suddenly thought of this and quit, and didn't take any big step for this, but after quitting, I felt sleeplessness, abdominal pain and bladder and bowel disturbance..... (P6)
- I never thought of quitting tobacco till dated..... (P7, P8, P7, PID)
- Yes, I thought many times of quitting this, but it was unsuccessful because peer pressure and influence... if my friends are smoking in front of me then. I am also having a craving for the same,..... & hence, I am keeping on using and not able to quit yet, but when I am staying at home for 2 to 4 days or more I am not touching the same at all..... (P9)
- ..... I tried quitting many of the times when my parents beaten me and quit for even 2 to 4 days too but..... Again re-started when family members were not there at home..... We used sweaty, Boomer, center-fresh from quitting, but the cigarette craving is bigger in front of all these things. Other than cigarette nothing is satisfying me and minimum 1 cigarette packet I need for one day..... (P12)

**Tobacco causes Cancer:** - Smoking is by far the biggest preventable cause of cancer. There is linking between smoking and cancer but causes are idiopathic. Smoking around for more than 1 in 4 UK, causes cancer deaths, and nearly a fifth of all cancer cases.

Chemicals in cigarette smoke enter to bloodstream and can then affect the entire body. Therefore smoking causes so many sicknesses, including at least 14 types of cancer, heart disease and various lung diseases.

Smoking causes more than 4 in 5 cases of lung cancer. Lung cancer survival is one of the lowest of all cancers and is the most common cause of cancer death in the UK.

Smoking also increases the risk of at least 13 other cancers, including cancers of the mouth, pharynx (upper throat), nose and sinuses, larynx (voice box), esophagus (gullet or food pipe), liver, pancreas, stomach, kidney, bowel, ovary, bladder, cervix, and some types of leukemia Smoking could increase the risk of breast cancer, but any increase in risk is likely to be small.

- ..... *Smoking is dangerous for our body; it may cause lung cancer and T.B..... (P1)*
- ..... *It may cause mouth cancer, throat cancer, lung cancer or even breathing difficulties and other associated diseases ..... (P2, P3, P4)*
- ..... *It shrunken the size of the trachea, causes mouth cancer and even damages various body parts, hand shaking if smoking persisting for long. (P7, P9, P11)*

### **Implication of study findings**

The findings of this study have implication not only related to the field of nursing but also other allied areas. In health care team nurse plays a vital role in providing health education to the target group of society. The researcher has the knowledge regarding harmful effects of tobacco consumption & its impact among the adolescent population of Uttar Pradesh. Therefore, this study has an important implication in:

1. Nursing education
2. Nursing Practice:
3. Nursing research
4. Nursing administration

### **Nursing Education**

Education is the key to the development of excellence in nursing practice. Nurses with higher education and up-to-date knowledge will deliver cost effective and quality care. Adolescent is very vulnerable group of population, which can be included in the syllabus of the curriculum of basic nursing education program with utmost emphasis. The students should be taught the harmful effects of tobacco consumption and nursing education with reference to the addiction with use of tobacco.

### **Nursing Practice**

Today's society demands a greater accountability, increased efficiency, and effectiveness from the health care center. Nursing care is no more only task oriented, fragmented care, but it demands a comprehensive and holistic care. Nurses working in pediatric and adult patients ward should have that concept in mind to educate this target group about the problem. Nurses should understand the importance of special education to be imparted to this specific group.

### **Nursing Research**

The findings of this study serve as basis for professional nurse to conduct further studies on tobacco. The present study will open the new avenues for explaining many other issues in adolescent group by nurse researchers. The research has a

vital and significant role in nursing. Emphasis should also be given on the publication of findings of the research in journals to disseminate the research-based evidence for nursing professionals. It should also be presented in various nursing forums so that more numbers of nurses become aware about the study findings.

### **Nursing Administration**

The findings of the present study will assist nurses in administrative post in the community and hospital to educate the patients regarding the problem of tobacco consumption. The nursing personal should be prepared to take up leadership roles in imparting knowledge to adolescent group. An In-service education program can also be organized for nurse administrators to teach them about the deaddiction care strategist. Nurse administrators should also provide a conducive environment and support to this vulnerable group of population.

### **Recommendation**

A similar study on large size sample can be conducted to generalize the findings. A comparative study can be done to study the effect of other methods which can be utilized to assess this problem. The similar study can also be conducted among rural and urban areas. The study must be conducted on the attitude of the hospital personnel to the policy of administration of deaddiction centers at hospital level.

### **Funding**

Present study has been conducted without any grant from any funding agency in public, private, or nonprofit sectors.

### **Availability for data and materials**

Not applicable

### **Declaration**

Due approval and consent from participants were received. The study was approved from institutional ethics committee, TMU, Moradabad, UP.

### **Competing interest-**

There exists no potential conflict of interest.

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