

# Frequency of Shisha Smoking among the Medical and Dental Students with Habit of Smoking

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## ABSTRACT

**Aim:** To determine frequency of shisha smoking among the medical and dental students.

**Methods:** A total of 200 students from some medical and dental colleges of Islamabad and Lahore (one public and one private medical and dental) were interviewed regarding frequency of shisha smoking among the medical and dental students. Both male and female were included in the study. A pretested and semi structured questionnaire was subjected to fill by the students to determine the frequency of shishas smoking and awareness of its health hazards

**Results:** One hundred from some medical and dental colleges were enrolled. Fifty six (56%) student of Private Sector medical and dental were using tobacco in the form of shisha while 25(25%) students of public sector were using shisha. Fifty (50%) private sector students and 55(55%) of public sector students had adequate knowledge shisha smoking and its ill effect on health

**Conclusion:** Shisha smoking is becoming very popular among medical and dental students. Majority was going to shisha café for smoking one - three times per week, further most of students are between 20- 22 years old and they lack satisfactory knowledge too. Health education and promotion programs are need of hour along with appropriate legislation

**Keywords:** Shisha smoking, Tobacco, Health Hazards, Awareness

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## INTRODUCTION

Mankind for over 400 years has known Shisha previously called hookah or water pipe<sup>1,2,3</sup>. There has been resurgence in shisha smoking around the world recently among the youth. More than 100 million people worldwide smoke shisha daily<sup>3,4</sup>. Similarly shisha smoking has become very popular in the cosmopolitan cities of Pakistan among the youth and students.<sup>(5)</sup> Many clubs and cafes are offering them. The risk of cardio vascular and chronic respiratory diseases is greater Shisha smokers since they absorb more carbon mono-oxide than do the cigarette smokers<sup>6,7,8,9</sup>.

A Malaysian study showed that 30% of medical and dental students were shisha smokers. Of those 48.5% mentioned that shisha is less harmful than cigarette and 55% reported that shisha is less addictive<sup>10</sup>.

The aim of current study is to determine the frequency of shisha smoking among medical and dental students of Lahore & Islamabad and to identify the knowledge of risk factors. This study will enable to define strategies for prevention of shisha smoking and its control among the youth of Pakistan.

## MATERIAL & METHODS

According to the list of medical and dental provided by higher education commission, one medical and

dental from government sector and one medical and dental from private sector was selected conveniently. A total of 200 students from selected from medical and dental colleges were selected by non-probability purposive sampling. Both regular and occasional smokers were included in the study. A pretested and semi structured questionnaire was subjected to fill by the students to determine the frequency of shisha smoking and awareness of its health hazards among medical and dental students of Islamabad and Lahore. The data collection tool, implied was a semi structured questionnaire. Different questions regarding frequency of shisha smoking, awareness of health hazards related to shisha smoking were asked. After explaining the purpose of study voluntary written consent was taken from each of study participant and confidentiality of data and right to withdraw from study at any time were ensured. All data was entered and analyzed by using SPSS V.17. Frequency and percentages were calculated for the qualitative variables like gender, age groups, Shisha smoking and adequate knowledge about health hazards.

## RESULTS

A total number of 200 students were included in the study, 100 from each of two medical & dental colleges. In Private Sector Medical and dental 84 (84%) students were 20-22 years old, 61(61%) were males while 39(39%) were female. In Public Sector Medical and dental, 65(65%) were 20-22 years old, 31(31%) males and 69(69%) were females. Result

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showed that 37(37%) students of Private Sector medical and dental were using tobacco in the form of cigarette, 57(57%) were using tobacco in the form of shisha. As far as Public Sector Medical and dental student are concerned 85(85%) were using tobacco in the form of cigarette, and 15(15%) students were using tobacco in the form of shisha.

Among 57 students of Private Sector medical and dental, 40% smoke shisha one time/week, 39% 2-3 times/week, 5.0% 3-5 times/week, 16% go daily for shisha smoking. Similarly out of 15 students of Public Sector Medical and dental 47% smoke shisha one time/week, 26% 2-3 times/week, 20% 3-5 times/week and 7% go daily for shisha smoking. Among 100 students of Private Sector Medical and dental, 29(29%) had adequate knowledge regarding shisha smoking and their effects on the health while 71(71%) students have inadequate knowledge. As far as overall knowledge of Public Sector medical and dental is concerned, 55(55%) had adequate knowledge regarding shisha smoking and its effect on the health while 45(45%) students have inadequate knowledge.

## DISCUSSION

Our youth is being involved in shisha smoking rapidly despite the role of media and the participation of ngos who emphasize that the use of tobacco is hazardous for health. Our study revealed that 57% Private Sector medical and dental students and 15% Public Sector medical and dental students were habitual shisha smokers. Because of difference in socio-economic status the number of Private Sector medical and dental students were more than Public Sector medical and dental students who involved in shisha smoking. Local workers like Rehman et al showed that among shisha smokers, the rate of cigarette smoking was 40.1%, the use of chewable tobacco 16% and tobacco snuff 8.1%<sup>11</sup>. On the other hand Chaaya et al (2004) documented that 28.3% of medical and dental students were regular shisha smokers<sup>12</sup>.

In present study, majority of Private Sector medical and dental students was 20-22 years and few students were found less than 20 or more than 22 years old. Majority 65.1% of Public Sector medical and dental was 20-22 years old and 30.9% students were less than 20 years while only 4% students were 23-24 years old. Immaturity and young age are important factors that play an important role in attracting this group. As far as gender is concerned, among the students of Private Sector medical and dental, majority 60.6% of the students were males, while in Public Sector medical and dental students, females were in majority i.e., 69.1%. Darodeh et al showed that 61.9% of the male students were smokers<sup>13</sup>.

We found that among 57 students of Private Sector medical and dental colleges, 40% smoke shisha one time/week, 39% 2-3 times/week, 5% 3-5 times/week while 16% go daily for shisha smoking. Similarly out of 15 students of Public Sector medical and dental 47% smoke shisha one time/week, 26% 2-3 times /week, 20% 3-5 times/week and 7% go daily for shisha smoking. Local studies showed that daily smoking was found among only 1% of students<sup>11</sup>. That shisha smoking was more prevalent among the high socio-economic group because of the cost, accessibility and availability was showed by Anjum et al<sup>14</sup>.

## CONCLUSION

We conclude that shisha smoking is becoming very popular among medical and dental students. Appropriate legislation should be made to control shisha smoking in this age.

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