

SMOKING BEHAVIOUR OF LOCAL PEOPLE (A case study of Tandojam, Sindh, Pakistan)

1. Abdul Rasool (Rural Development and Management Studies at China Agricultural University Beijing, China)
2. Dr: Muhammad Javed Sheikh (Department of Rural Sociology, Sindh Agricultural University Tandojam, Sindh, Pakistan)
3. Asif Ali, Business School, Zhengzhou University China.

ABSTRACT

Smoking is becoming a big issue these days. The habit of smoking is quite common in all over the world and considered as a menace at large for healthy environment because it has enormous potential to bring into being lung cancer and heart issues. Cigarettes are normally smoked either to entertain or to lessen stress, as it contains Nicotine that helps to stimulate the brain and supposed to an addictive element. Normally, smokers have diverse styles and behavior for smoking. In order to investigate people's behavior during smoking, the researchers conducted a study based on qualitative parameters, in which participants were observed, however, participants were totally unaware about the study. In this regard, the researchers mainly visited various open area hotels and friends rooms at boys hostel SAU, Tandojam. The results revealed that the local people at large were smoking somehow with similar styles, yet some of the respondents had quite unique styles. Some of the respondents especially in hotels did not have match boxes to burn the cigarettes therefore asking from the nearby persons or from the waiters for the purpose, and some of the cigarettes were burnt by the already burnt cigarettes. It was also observed that a few respondents also asked cigarettes by the other (known) person for smoking. However, some under-age (less than 18) boys were supposed to smoking in the hotels and sharing one cigarette in a group. It was also observed that few persons were not interested in whole cigarette to smoke. Persons in the hotels were frequently throwing the ashes of cigarettes here and there on the floor of hotels, however, some of the students in the hostels were using empty cigarette box for ashtray. Finally it was concluded that the government formulated rules are not properly implemented in the public places especially hotels or restaurants.

Keywords: Smoking behavior, Local people, Students.

Introduction

Smoking is becoming a big issue these days. The habit of smoking is quite common in all over the world and considered as a menace at large for healthy environment because it has enormous potential to bring into being lung cancer and heart issues and many other epidemics associated to the health. Smoking is acknowledged by the World Health Organization (WHO) as a global, long-term health issue linked to over 7 million deaths each year (WHO, 2019). Since, Tobacco smoking is responsible for 90% of lung cancer deaths and 80% of deaths from chronic obstructive pulmonary disease and increases the risk of several diseases such as coronary heart disease, stroke, oral cancers (throat, tongue, soft palate, the tonsils) and the periodontal disease (COPD, 2020). Followed by, the smoking has been the matter of the worldwide distress and is well noted that the young generation is initiated in such curse that even can result the increasing number of becoming a heavy smokers. It was reported that about 25% of all adolescents who experiment with cigarette smoking become regular smokers, and among the smokers, about one-third will die from a smoking-related disease (GYTSCG, 2002). However, the prevalence of being smoker is declining in developed nations due to the policy perspective and is increasing in developing nations. While, (WHO, 2008) declared that there are 1.3 billion smokers in the world, and approximately 84% of them live in developing countries. Again, it is noticed that almost smoking is taken in practice either looking through the family members or friends and community. Having a parent who is a smoker was associated with being a current smoker. This suggests either the influence that parents have on their children lifestyles, or when adolescents are exposed to the tobacco habits of family members, they have easy access to use it, which helps them to develop personal beliefs about tobacco use (Rozi *et al.*, 2005). With regards to the behavior of local people observed these days “there is no any harm of the smoking from local as

well as governmental organizations, since the packet of the cigarette itself mentions the harmfulness of smoking. As, the smoking has been deemed to be the cause of relax when it is smoked. (Bein and R, 1990) mentioned that while drinking and smoking is any way positive action to reduce the burden of the work and other personal as well as combined issues of the home or society. However, Youths are led to believe that tobacco consumption is a social norm among attractive, vital, successful people who seek to express their individuality, who enjoy life, and who are socially secure (Wiiium 2009). When someone is smoking a cigarette, it is not harming himself but is also damaging others life too who are closer to him. Furthermore, WHO states that, “tobacco is the only legal drug that kills many of its users” yet, with an estimated 1.2 million non-smokers dying from the effects of second-hand smoke, the overall annual death toll is over 8 million (WHO, 2019). Thus, the cigarette is smoked everywhere without any kind of fear of health issues. While, people are frequently breaching of laws and government for formulated rules is not properly implementing in the public places especially hotels or restaurants as implied in developed nations. That’s why the research is of the opinion to observed the local people regarding smoking behavior, either there is any law followed by the local people or not.

Statement of problem

Smoking is the practice of the burning of tobacco and consuming the smoke that is produced. Cigarette smoking represents a huge burden for health care system. It is mostly smoked when someone is in stress but now a day it is commonly used without any kind of fear regarding health, some people are showing off while some are smoking just for the enjoyment. Since, the smoking is generally known as the slow death which finishes our life slowly but surely. However, the local masses are totally unaware from the epidemics caused by the cigarette smoking as it is well observed in our societies that cigarette is smoked everywhere without paying any serious attention towards health issues. Since the non-smokers are also in danger just because of those who smoke on open places that is also exhaled by the others living surrounded. Since, the positive reaction is obtained from the local masses as well as government without any of the acting policies. That’s why the foremost purpose of this study is to observe the local people during smoking with regards to their norms and values.

Research Methodology

Qualitative method ensures an in-depth understanding of the existing situation which could hardly be determined through a structured procedure (Neuman, 2003). Besides, qualitative research is an inquiry process of understanding which is based on distinct methodological traditions of inquiry that explores comprehensively social or human issues. Hence, this study was conducted in line with qualitative parameters because the issue of “norms and values during smoking” could hardly achieve considering quantitative research methods. Therefore, the attempted actions were proved as proper way to understand the behavior of smoking what people are doing during smoking. For the purpose, participant observation was adopted, where participants were quite unaware about the study. However, by indicating them in advance about to become respondent may include some artificial addition in the data. Furthermore, observation is a naturalistic qualitative research approach which is used to understand phenomenon in content-specific settings where researcher does not attempt to manipulate the phenomenon (Patton, 2002). During survey deep observation was laid down on a diary in short bullets and latter the points were expanded to a satisfactory level. This situation provided an opportunity to capture the factual information, in which the researcher counted the physical appearance, feelings, emotions and attitudes of the respondents.

The current study was conducted at Sindh Agriculture University, Tandojam boys’ hostel and open areas hotels of Tandojam. For the purpose, 10 rooms of close friends were informally visited where six to eight friends were gathered in each room. This situation provided great opportunity to lay down the points on the paper. However, in case of two or three friends in a room, the researcher skipped to collect information in front of them, yet some points were memorized and pointed out later. Similarly, six hotels were targeted to gather related information and visited at least three times (morning, evening and night up to 11:00 pm) with a suitable interval. It was quite easy to observe and collect huge information from hotels because there was sufficient diversity in age, education, culture, language, occupation, etc., therefore also enjoyed the process to an extent.

Results and Findings

The results revealed that the majority of the students during survey 20-28 years old students were observed in hostel where as majority of aged people were observed on open area hotels during

smoking. Local people have somehow similar styles yet some of the respondents have quite unique styles. In addition some of the respondents especially in hotels did not have match box therefore they were asking for the match box from the nearby persons or from the waiter. It was also observed that cigarette was also taken by the other person to burn the cigarette. Some of the under aged boys were supposed to smoking. Few persons were not supposed to smoke whole cigarette, especially persons in the hotels were throwing the ashes here and there on the muddy floor in open area hotels where as some of the students in the hostels were using empty cigarette box as ashtray. A few respondents were also asked cigarette to smoke from already known persons.

S. No.	Observation Information	
	(Table#1) Boys Hostel	(Table#2) Hotels
1.	Observed that usually “Gold Leaf” brand was smoked.	Various brands such as “Gold Flake, Capstan, Gold Leaf, Morven, etc. were seen.
2.	Using ashtray inside the room for putting ashes of the cigarette.	No any ashtray was found in the hotels and normally ash was dropping on the floor.
3.	Majority of the students were smokers, however few students were non-smokers but did not pay any query about smoking.	Sometimes majority of the smokers in a group and sometimes only one or two were smokers. Some of the customers were continuously spitting on the earthen ground while chewing tobacco items.
4.	Empty packets of cigarettes were also used as ashtray.	
5.	Normally, students have lighters.	Both, match boxes and lighters were seen.
6.		Some customers were asking match boxes from waiters. However, few smokers were also asked match boxes from nearby customers (may be familiar already to each other). And, a few cigarettes were smoked through already smoked cigarette.
7.	Ashtray was filled with burnt cigarettes, sweet wrappers and sweet <i>suparis</i> .	

8.	Some cigarettes were placed on the tongue and rubbed for a while to make cigarette slightly wet for enhancing the duration of smoking.	Same thing was also observed in the hotels.
9.	Cigarette was hold by index and middle finger mostly	Index and middle finger was used to smoke the cigarette. Yet, a few smokers make a punch while taking puff.
10.	Ashes were fallen by touching the cigarette with thumb.	Ashes were fallen on the ground by frequent touching the cigarette with thumb
11.	Chain smoking was frequently observed	Chain smoking was rarely observed
12.	Smoking even during playing cards and Ludo.	Chatting during smoking
13.	Cigarette was shared with friends.	Cigarette was hardly shared with their colleagues.
14.	Cigarette was smoked until the filter.	Some part of tobacco was left with filter.
15.	External filters were also added with cigarette but rare.	No extra filter was observed during data collection.
16.		
17.	Half cigarette was extinguished for re-smoking.	Also observed but quite rare
18.	Cigarette was extinguished than thrown into the ashtray.	Smoked cigarette was thrown on the floor without extinguishing.
19.		Some under age boys were also observed during smoking especially during night hours.
20.	Sharing of cigarette was normal.	Sharing cigarette was only observed in young and under-age persons.

Table No: 1

The results of the study as shows in Table-1 that people have different smoking taste such as Gold leaf, Gold flake, Capstan, Oris and Pine. During research it was observed that gold leaf brand was usually smoked in the hostels whereas ashtrays were kept inside the room for putting

ashes of the cigarette. Majority of the students in hostel were smokers however few students were non smokers but did not pay any query about smoking they were reacting positively with the smokers smoking in the room. Empty packets of cigarettes were also used as ashtray, normally students used lighters to burn the cigarette. Ashtray was found full with the burnt cigarettes, sweet wrappers and sweet suparis due to that it seemed that they usually used sweet suparis and toffees during smoking as mouth should not get smell. Some cigarettes were placed on the tongue and rubbed for a while to make cigarettes slightly wet for enhancing the duration of smoking. Cigarette was hold by the index and middle finger mostly and ashes were fallen to ashtray by touching the cigarette with thumb, Chain smokers were frequently observed during playing card and ludo in the hostel rooms where they smoked cigarette where ever the last cigarette left off. One cigarette was shared with friends in rooms during playing games, cigarette was smoked until filter, external filter was also added with cigarette in hostel but rare in this whole observation cigarette was extinguished than thrown to the ashtray.

Table No: 2

This table shows that people in open area hotels have various brands of smoking such as capstan, gold leaf, gold flake, morven and leaf cigarette were seen during observation that all cigarettes were observed from packet of the cigarette. No any ashtray was found on the hotels to drop the ashes on ashtray where as ashes were fallen on the floor normally. Sometimes majority of the smokers in a group were observed at hotel where as sometimes only one or two were seen during smoking. Some of the customers were continuously spitting on the earthen ground while chewing tobacco items. People usually used both match box and lighter to burn the cigarette. Some customers were asking match boxes from waiters. However, few smokers were also asked match boxes from nearby customers (may be familiar already to each other). And, a few cigarettes were smoked through already smoked cigarette. Some cigarettes were placed on the tongue and rubbed for a while to make cigarettes slightly wet for enhancing the duration of smoking. At hotels majority of people usually index and middle finger was used to smoke the cigarette and a few smokers make a punch while taking puff. During smoking ashes were fallen on the ground by the frequent touching cigarette with thumb, sometimes they were touching the cigarette with table to drop the ashes at hotel chain smoker were also observed rarely they were smoking cigarette one by one without stopping, in this whole observation discussion was also

observed on various issues during smoking. Mostly another cigarette was hardly shared with colleagues. At hotels people did not smoke whole cigarette some part of tobacco was left with filter, no extra filter was observed during data collection, Half cigarette was extinguished for re-smoking, smoked cigarette was thrown on the ground without extinguishing. Some under aged boys were also observed during smoking specially during night hours, one cigarette was only observed to shared with each other in young under-aged boys.

Discussions

Based on the personal observation over the rising issue provided the researcher an opportunity to conduct a scientific research in which one can extract the actual situation of the smoking behavior in local community of tandojam, district Hyderabad through gathering the qualitative data in observation from the local people of the area and the students living in the hostel rooms. The results of the study revealed that the majority of the students in hostel were deemed to be under the age of 20-28 years and the local people were mostly observed to be the aged. Since, fewer than 18 boys were also observed during smoking. Followed by, it was also discussed that the smoking was considered to be the helpful for reducing the burden rather than harmful. However, the various brands were utilized in hotels as well as hostel rooms, since the sharing in hostel was found to be the normal and was seen quite rare in hotels. Besides that, sharing of the cigarette can be hazardous to the health of the smokers. Moreover, it was recorded that the match box was used to flame the cigarette in hostel yet the match box was taken from the waiter to flame the cigarette in hotels. Sometimes, the cigarette was burnt from the already burnt cigarette.

Conclusion

On behalf of the results, the researcher concludes that various brands have been utilized with regards to their smoking behavior on local places but in hostel mostly gold leaf brand was noticed. However, students used ashtrays for locating the ashes while in hotels there was nothing observed for putting the ashes. Since, majority of the smokers in hostel were smokers while some of them were not smoking and paid no any attention; while, the same thing were observed in hotels. It was also concluded that, match box and lighters were used for flaming the cigarette but in hotel, some customers were asking match boxes from waiters. However, few smokers were also asked match boxes from nearby customers (may be familiar already to each other).

And, a few cigarettes were smoked through already smoked cigarette. However, the sharing was deemed to be the normal in students that can cause the contagious diseases. Followed by, some part of the cigarette was left in filter. Finally it was concluded that People are frequently breaching of laws and government for formulated rules are not properly implementing in the public places especially hotels or restaurants.

Recommendations and suggestions

With regards to the recommendations, this study may not generously contribute in generating recommendations but some of the suggestions could be useful for governmental organizations and tobacco companies as well. It is suggested that government should ensure the implementation of law in public places like developed nations. However, the volume of tobacco may be declined with increasing number of cigarette in packets, by doing so the nicotine could be reduced at greater extent and it could also help the tobacco companies too.

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