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A Case Report

CONNECTION BETWEEN DIFFERENT FACTORS OF PSYCHO-SOCIAL NATURE AND SMOKING OF SHISHA AMONG THE MEDICAL STUDENTS: A CASE-CONTROL STUDY

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Abstract:

Shisha is pipe of water which contains charcoal. Through a flavored mixture of tobacco, the air of heated charcoal is inhaled.

Objective: *The goal of this study was to assess the connection between the different factors of psycho-social nature and smoking of shisha among the medical students. These students belong to Lahore and their age was between 18-25 years.*

Design: *The study was case-control.*

Place and Duration: *The time of period for this study was from January, 2017 to December, 2017. The study was conducted in Services institute of medical sciences, Lahore.*

Subject and Methods: *For this study, total 100 people were selected (50 cases: 50 controls) This study was conducted with 1:1 case to control ratio. The students were selected from the Services institute of medical sciences on the basis of particular criteria. A written agreement was sign and by using pretested questionnaire, interviews of students were organized. By using SPSS version 20, information was assembled, organized and assessed.*

Results: *For this study, 100 people were chosen in total. The age of these selected students was between 18 to 25 years. The habit of shisha smoking was widespread in age group of 18-22years (67%). All of these students were not married (100%). The aspects like traditional effects (OR:9.333,95% CI:1.994-413.681) but friendship (OR:3.431,95%, CI:1.461-8.057) easy approach (OR:24.00,95% CI:75.253-109.650), depression (OR:3.692,95% CI:1.520-8.970), absence of parental attention (OR:3.273,95%, CI:0.627-17.071), flavor liking (OR:18-857,95%, CI:6.580-54.45) parents with the habit of smoking (OR:18.857,95%, CI:1;412-7.355), economic stress (OR:2.875,95% CI:1.412-7.355), and social effect or effects of fashion (OR:103.5,95% CI :26.103-410.379) are noticed that are significantly connected with habit of shisha smoking in males in bivariate assessment. On the other hand, easy approach (OR:18.579, CI :1.712-198.118), absence of parental attention (OR:13.031, CI:0.756-224.518), liking of flavor (OR:4.386, CI:0.866-22.214) and fashion effects social effect were some factors observed in multivariate assessment that cause shisha smoking in males while reducing all other possibilities.*

Conclusion: *The study concludes that the easy approach, absence of parental attention, liking of flavor and social effects fashion influence were the factor that significantly leads to habit of shisha smoking in males.*

Keywords: *Shisha smoking, psychosocial, Bad company, depression, fashion, flavor preference.*

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INTRODUCTION:

Shisha is a pipe of water which contains charcoal through a flavored mixture of tobacco, the air of heated charcoal is inhaled. Water pipe, narghile or Qalyan (Gujarati), (Persian Qulyan) are some other names used for shisha. It is instrument used for smoking and may have single stem or more than one stems. Before intaking, smoke proceeds by means of water sasin (often glass based) in shisha smoking [1].



The habit of smoking is increased to much extent. It's widespread reached to an alarming situation. Mostly urban youth, college students and young professionals with age between 18-24 years are addicted to shisha smoking. The shisha is increasing like flood flowing inspire of the fact that it badly influences the health. The possibility of different disorders like cancer of lungs, respiratory disorder. Low birth weight, periodontal disorders and infections is increased due to shisha smoking. It is due to presence of heavy metals. High levels of nicotine (highly addictive), many harmful elements like carcinogens and other specific matter is shisha.

The health of smokers as well as those who are exposed to smoke is affected badly by using a water pipe for tobacco smoking [2]. Unlike cigarette smoking, smoking with the water pipe is very damaging [3]. As compare to a single cigarette, 100 - 200-time volume of smoke is inhaled with long water pipe if smoking is done for one hour [4].

Smoke is preceded through water even then its toxic effects are not reduced. Harmful agents like carbon monoxide, heavy metals and chemicals that cause cancer, are present in that smoke [5] The health is also affected by heat sources that are usually used for

tobacco burning. These sources include wood cinder or charcoal. These sources produced their own harmful agents when bunt. Chemical causing cancer, high levels of carbon monoxide and metals were harmful agents produced by burning sources [6]. It smoking with water pipe is done pregnant female with fetus, or she encounter smoke passively, her health along with its health of baby is under risk [7]. Moreover, hand smoke form water pipes contain smoke of tobacco as well as smoke of fuel. Therefore, non-smokers are valuable to this smoke [8]. Smoking through water pipe can't be made undamaged by using any device or supplement [9], using the water pipe mouth piece of any other person leads to a chance of other transferable disease. Hepatitis and tuberculosis etc. are some communicable disorder [10].

Young people are mostly addicted to water pipe smoking as compare to tobacco. It is so because tobacco present in water pipe is flavored and sweet in taste. Young people are attracted by this sweetening and flavor [11]

People should be made aware of ill effects of shisha smoking on health. Is essential to organized a study to measure the exact extent of shisha smoking among youth of Pakistan. The factors that lead to habit of shisha smoking should also be highlighted.

SUBJECT AND METHODS:

From Jan 2017 to Dec 2018, a case-control study was organized. This study was conducted in the male of Services institute of medical sciences, Lahore. The main focus of this study was to highlight different psycho-social factors connected with shisha smoking. The participants were divided into two groups, control group and case group. The age limit for these group was from 18 to 26 years. Shisha is not smoked by the participants of control group whereas, shisha is smoked by the participants of other group. A written agreement was signed by all the participants who are 100 in total. (N=100). While considering all social and ethical aspects in mind, information was assembled by interviews and pretested questionnaire. The simple method used for this study is random sampling.

Different factors were observed that were responsible for smoking of shisha. These factors include inattention of parents, easy approach, unawareness about bad effects of smoking, fashion, parents or family with smoking habit and absence of parents, In Pakistan, the socio-economic standard is un-valuable. Other factors that leads to smoking habit of shisha were lack of rule of law, lack of check and balance, lack of awareness in society about effects of

smoking, recreation, absence of social campaigns absence of programs on media that create awareness, deep effect of culture, customs and tradition, bad friend and peer pressure. Depression, stress, tension and absence of creational (useful activities) by ICD [12] also contribute to smoking. Odd ration and their 95% confidence intervals were measured by using simple and multivariate logistic regression and frequency table after the illustration of demographic features. By using software SPSS 20, information was recorded and assessed statistically.

RESULTS:

All the para in page 1 and 2 however, unawareness about harmful effects of smoking and absence of creational activities were not connected with shisha smoking in males. Surprising effect of smoking were controlled by multivariate logistic regression model. (rude odds ratio and the adjusted add ratio were noticed dissimilar. All the factors that leads to smoking were controlled it was noticed that liking of flavor (OR:4.386, CI:0.866-22.214), easy approach (OR:18.579, CI:1.742-198.118), inattention of parents (OR:13.031, CI: 0.756-224.518) and fashion or social effects (OR:59.030, CI: 0.390-335.363) were factors that significantly lead to smoking habit.

DISCUSSION:

Nafae et al. was first to report the possibility of water pipe smoking and its factors [12] The publications include the threat of water pipe smoking along with forcing verification for next three decades [13]. South East Asia, North Africa and East Mediterranean regions were observed with the high prevalence of water pipe smoking by the World Health Organization (WHO) The youth of Brazil, Europe and North America is becoming the addicted of shisha smoking at high speed. This situation is very frightening [14]. Different verification indication the widespread of shisha smoking in United State in increasing eventually [15, 16, 17, 18]. 33% males of middle age are addicted to tobacco in Pakistan. In Pakistan, tobacco is being used at larger scale [19]. Tobacco is found in many forms in Pakistan. Cigarettes, beedis, hookah, chillum and chewing tobacco are different forms of tobacco. More than 100 cigarettes, beedis, chillum or hookah is consumed by one in every five Pakistani males, in his lifetime. This result is indicated by large scale survey [20]. Another study was organized by version et at in Israel. 288 students of high school were included in the study. They check their reliance for water pipe smoking. As compare to shisha smoking, these students and their families concluded cigarette smoking more dangerous [21]. A team from AKU and DOW organized a research study in Karachi.

This team concluded that peer common pressure reasons were and boredom in Pakistani youth that lead to increase habit of shisha smoking [22, 23].

In Egyptian ladies the common factors that leads to shisha smoking were peer pressure and peculiarity [24]. There is a variation in the factors that leads to shisha smoking from area to area. The aim of study was to check the widespread of water pipe smoking in Medical students of Urban Lahore. Different factors that cause the smoking habit of shisha were also identified the study concluded that factor that cause smoking habit in young male medical students were smoking of parents, bad friends, anxiety, peer pressure, easy approach, culture effects, liking of flavor, inattention of parents, fashion and stress. The results of our study are comparable to the results of past studies. The information indicates that inattention of parents significantly leads to habit of smoking. Moreover, another significant factor was fashion. Flow ever, fashion in not considered an important factor in Middle East and American universities in the past studies. Other factors contribute to smoking were easy approach and restlessness. [25, 26, 27].

CONCLUSION:

The study conclude that the habit of shisha smoking is mostly observed in young medical student was between 18-26 years. Different factors that lead to habit of shisha smoking in students were highlighted. These factors include inattention of patients, liking of flavor, fashion social effect, and easy approach on the other hand; the factors that don't lead to habit of shisha smoking were unawareness and absence of creational activities.

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