

Research Day-2023
Accepted Abstracts for the Oral Presentations



Abstract Code: RD-2023-6-24

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Title:

Smoking Habits of Students at the College of Applied Medical Science, AlQuwayiyah, Shaqlra University, Riyadh, Saudi Arabia.

Introduction:

Smoking is one of the major health problems & its disease complications are growing rapidly. In Saudi Arabia, as per records, Smoking is one of the major public health hazards, and the rate of smoking habits increasing every day. Smoking concerns with Cigarettes and their serious health hazards, like throat cancer, lung cancer, carcinoma of the oral cavity, cardiac diseases, and chronic bronchitis are mentioned as per the research & survey.

Method:

The age range of 18 to 25 years of students taking into consideration. An experimental design with a well-structured questionnaire based on the distribution of Smoking types, Knowledge, belief, and simple random selection was carried out on 125 students. Out of 125 participants, 42 (33.6%) were current smokers. The 18-22 age group showed the highest smoking prevalence. Among the participants, most were cigarette smokers and had to be light smoking habits of less than 10-12 cigarettes and e-cigarettes per day. They also consumed Moassel, and Shisha less than 6 per week as a light smoker. The study shows that 80% of current smokers are well aware & had knowledge about the disease & hazards of smoking and 90% of them are willing to cease smoking due to its hazards.

Results:

The study shows that the prevalence of smoking habit is around one-third among the students of the College of applied medical science, AlQuwayiyah, Shaqlra University.

Conclusion:

There is an urgent need to promote multi-disciplinary health education activities at different age groups to prevent adolescents and younger adults from smoking and help smokers quit.

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