

Factors influencing smoking in Korean adolescents

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Purpose: The objective of this study was to examine the factors influencing smoking of adolescent and elucidate the relation between cigarette smoking and insomnia.

Methods: This study was designed as a cross-sectional survey. Total number of survey data (n = 2404, boys: 54%, girls: 46%) were collected from 9 high schools both in urban and rural area of the middle and southern Korea.

Results: The prevalence of smoking was 15.1% for males and 3.6% for females. The proportion of ex-smokers was 6.1% for boys and 2.7% for girls. The mean pack-years was 1.5 ± 1.7 and 7% of smokers were highly dependent on nicotine. In the analysis using polytomous logistic regression model, age, male, having less than four members of family, and alcohol consumption were positively related to smoking. When variables were adjusted, caffeinated beverage was positively and independently related to cessation of smoking. Smokers had longer nocturnal sleep duration and latency period during sleep (6.5 ± 1.7 hrs and 20.9 ± 24.3 mins, respectively) than never-smokers (6.0 ± 1.2 hrs and 14.1 ± 17.6 mins, respectively) ($p < 0.0001$). Prevalence of taking sleeping pills for smokers, ex-smokers, and never-smokers was 3.0, 1.8, and 0.7% respectively. After adjustment for age, sex, alcohol drinking and caffeine consumption, smokers had a 50% excess in the odds of insomnia compared to non-smokers ($p = 0.017$).

Conclusions: The results of this study suggest that adolescent's smoking is influenced by various factors and may cause to suffer from insomnia and impair the quality of sleep. The development of health education program to promote never-smoking is recommended.