

Awareness of Predisposing Factor to Smoking among Adult in Sokoto

Ikpeama Osita John¹, Onuzulike Nonye Mariam², Okafor Patrick Adimabua³, Ikpeama Chizoba Anthonia⁴, Ikpeama Chinwe Joy⁵, Igbineweka Osa Osazuwa⁶, Ikpeama Emeka Andrew⁷, Ofuenyi Jacob⁸, Nwosu Nchedochukwu Paulastella⁹, Ibeh Isaiah Nnanna¹⁰, Gerald Chukwudi Mokwe¹¹, Ogwuegbu Juliet Uchechi¹², Franklin Otugeme¹³, Mary Muazu¹⁴

1. First Author & Corresponding Author Department Of Public Health, Imo State University, Owerri, Nigeria. Tel: +0806-261-9025, E-mail: ikpeama35@gmail.com

2. Department Of Public Health, Imo State University, Owerri, Nigeria.

3. School Of Medical Laboratory Sciences, Ahmadu Bello University, Zaria, Kaduna State, Nigeria, Nigeria.

4. Federal Medical Centre Kebbi State, Nigeria.

5. Medicine San Frontires, Nigeria.

6. Department Of Periodontology And Community Detistry, University College Hospital, Ibadan, Nigeria.

7. Anatomy Department Anambra State University Uli, Nigeria.

8. Livon Medical Diagnostic Laboratory Service. No 1 Cold Room Street, Beside Maddala Hotel, Niger State, Nigeria.

9. New Salvation Medical Centre, Sapele Delta State, Nigeria.

10. Department Of Medical Laboratory Sciences, University Of Benin, Nigeria.

11. Altinez Pharmaceutical Ltd 8 Obukun Street, Off Coker Road, Ilupeju, Lagos, Nigeria.

12. Department Of Medicine, Imo State University, Owerri, Nigeria.

13. Brigade Medical Centre, Nigeria Army Barrack Sokoto, Nigeria.

14. Brigade Medical Centre, Nigeria Army Barrack Sokoto, Nigeria.

Abstract

Smoking has become one of the public health hazard affecting the world. In the UK, smoking is responsible for around one in five deaths. The illnesses caused by smoking extend beyond the well-reported links with cancer, heart disease and respiratory illnesses. Hence the research to determine the awareness of the predisposing factor to smoking among adults in Sokoto metropolis. A cross-sectional form of descriptive survey research design was used for this study. This is because descriptive studies are used when the characteristics of a population are either unknown or partially known (Hennekens & Buring, 2007), and it was used by Ganley and Rosario (2013) in a related research. This justified the use of similar design in a study of similar nature. Two hundred and seventy returned questionnaire was collected, analyzed using descriptive statistic of frequency count, normative percentage and grand mean; as well as inferential statistics of chi-square (χ^2). The level of significance was fixed at 0.05. Appropriate degrees of freedom were worked out. There was statistical significant influence or relationship with marital status on the predisposing factors of smoking chi-square of 19716.516 greater than the critical value 43.77297 at df 30 $p < 0.05$. There were statistical significance chi-square = 27468.348 which is greater than the critical value 43.77297 at df = 30. These show that there is a relationship on gender awareness of predisposing factors to smoking rejecting the null hypotheses. The respondents across different level/year higher institution shows that the awareness of predisposing factors of smoking there were a statistical significance difference chi-square = 7168.429 (df=88) greater than critical value 102.342 rejecting the null hypotheses. There is consistent evidence that links exposure to depictions of smoking in movies and initiation of smoking in young people. Over the years television shows and films have effectively built up associations between smoking and glamour, sex and risk-taking. Social learning theory describes how we learn by example from others. We are strongly influenced by our parents, and other people we look up to, such as peers, actors and pop stars. This can lead us to emulate their behaviour and try smoking.

Keywords: Behavior, Smoking, Risk Factors, Marital Status, Gender, Educational Level.

Major classification: Health Science.

1. Introduction

Smoking is an epidemic in the United States where 3,800 persons a day under 18 years of age attempt smoking cigarettes (1.4 million per year); almost 90% are daily smokers by the age of 18 years, and 99% of all smokers are habitual smokers by the age of 26 years (USDHHS, 2012). The Substance Abuse and Mental Health Services Administration (Substance Abuse and Mental Health Services Administration, 2008) reported in 2007 that 70.9 million Americans 12 years and older were current tobacco users; 24.2% (60.1 million) were current tobacco smokers; 5.4% (13.3 million) were cigar smokers; and 8% (2 million) were pipe smokers. Sixty percent of new smokers were younger than 18 years old when they first tried cigarettes. Among these, 6 million or more are expected to die prematurely from a smoking-related disease (USDHHS, 2009). The Centre for disease and control (CDC) (USDHHS, 2012) cite the following risk factors for young adult or adolescent initiation of smoking: low socioeconomic status, exposure to smoking in movies, lack of skills to resist influences promoting tobacco use, smoking by parents or guardian and or lack of parental support or involvement, accessibility, availability and cost, perception that tobacco use is the norm, low academic achievement, low self-esteem or self-image, exposure to tobacco advertising, aggressive behavior and use and approval of tobacco by peers and siblings. The consequences of smoking are all negative and include increased resting heart rate, shortness of breath, reduced lung capacity, and increased risk for use of alcohol, marijuana, and cocaine. Adolescent smokers have a greater likelihood of participating in fighting and/or having unprotected sex (WHO, 2012). Cigarette smoking is linked to cataracts and pneumonia, and cancer of the mouth, pharynx, larynx, esophagus, stomach, pancreas, cervix, kidney, bladder, and chronic bronchitis and emphysema. Smoking and second hand smoke exacerbate asthma (USDHHS, 2009). Use of cigarettes may lead to nicotine addiction USDHHS (2009), characterized by compulsive use despite knowledge of negative effects and experience of negative outcomes. Almost 85% who try to quit smoking relapse because of addiction (USDHHS, 2009). Nicotine (the core content of cigarette) intake is moderated by positive and negative

reinforcement. Positive reinforcement is related to reduced stress and increased relaxation in addition to “enhanced vigilance, improved cognitive function, mood modulation, and lower body weight”. Negative reinforcement is related to withdrawal symptoms when one tries to quit, i.e., nervousness, impaired concentration and cognitive function, anxiety, irritability, increase in appetite, and weight gain. Nicotine tolerance, as with many other drugs, increases with use and it takes more of the substance to maintain the same physiological high over time

2. Purpose/objectives of the study

The main purpose of the study was to determine the knowledge of attitude of smoking among adults male/female in tertiary institution in sokoto metropolis. In specific terms, the objectives of the study include:

1. to determine the level of knowledge of predisposing factors of smoking possessed by adults male and female in respondent.
2. to ascertain the influence of marital status on the level of knowledge of predisposing factors of smoking possessed by adults male/female.
3. to determine the influence of educational level status on the knowledge of predisposing factors of smoking possessed by adults male/female.

3. Significance of the study

Results of the study would reveal level of knowledge predisposing factors of smoking possessed by adults male/female. Specifically, result of the study would be significant to adults (male /female), Public health officers, health counselors, health educators, curriculum planners, medical personnel (clinician, nurses, pharmacist and clinical laboratory scientist) and researchers in assessing levels of knowledge of attitude of respondents about smoking. Results of the study would motivate public health workers toward identifying gap and developing palliative measure aimed at preventing negative lifestyle like smoking in this locality. Health counselors would through the results of the study develop and adapt effective client counseling method on the best healthy life style to adopt. Health educators, curriculum planners and researchers would be able to identify gaps in knowledge that can aid in the development of health education and health promotion concepts that can be utilized in the community to address the deficiencies.

3.1. Research Questions

The following research questions gave direction to the study.

1. What is the influence of marital status on the knowledge of predisposing factors of smoking possessed by adult'smale/female?
2. What is the influence of gender on the knowledge of predisposing factors of smoking possessed by adults'male/female?
3. What is the influence of educational level on the knowledge of predisposing factors of smoking by adult'smale/female?

3.2. Hypotheses

The following null hypotheses were postulated for the study

H1: There is no significant difference among adults male/female of various marital status in sokoto state polytechnic on their level of knowledge of predisposing factors of smoking.

H2: There is no significant difference among different gender of male/female adults on their level of knowledge of predisposing factors of smoking.

H3: There is no significant difference in the educational level of knowledge of predisposing factor of smoking possessed by adults'male/female.

3.3. Scope of the study

The study was delimited to the level of knowledge of predisposing factor towards smoking among adults male/female (18-40 years) in tertiary institution in Sokoto metropolis. It was delimited to independent variables of education class years of and marital status. It was further delimited to adults (18-40 years) in Sokoto. It involved young adult age (18-40). It was delimited to the use of structured questionnaire as the main instrument for data collection. Finally it was delimited to the use of descriptive statistic of frequency and percentage as well as inferential statistic of chi square at 0.05 level of significant for data analysis.

4. Research design

A cross-sectional form of descriptive survey research design was used for this study. This is because descriptive studies are used when the characteristics of a population are either unknown or partially known (Hennekens & Buring, 2007), and it was used by Ganley and Rosario (2013) in a related research this justified the use of similar design in a study of similar nature.

4.1. Area of the study

Sokoto is one of the seven states that form the North West geopolitical zone of Nigeria. It is bordered to the north by the Republic of Niger, Zamfara State to the east, Kebbi state to the south and west. It is situated in the savannah on the temperature of 44 degree Celsius annually. The city of Sokoto is its capital. Sokoto state traces its origin to the Sokoto Caliphate founded in 1809 by Shehu Usman dan Fodio, the leader of the jihadists who overthrew the Hausa state of Gobir, Kano, Katsina and Kanem-Bornu. The empire fell after the British conquest of 1903 and the death of Attahiru, the Sultan of Sokoto, and became part of the Northern Region in the three-region structure of 1954. In 1967, Nigeria, the military administration of General Yakubu Gowon merged Sokoto and Niger provinces to form the North Western state. In 1976, North Western State was split into Sokoto and Niger states by the military administration of General Murtala Muhammed. Sokoto State covers an area of 28,232.37 square kilometers. The state is located between latitudes 40 to 60 north and longitudes 110 to 130 east has a population of 3,702,676 (2006 census figures). It accounts for 2.3 percent of Nigeria's total population. Prior to the establishment of Sokoto as a ribat (military camp or frontier) in 1809, the area that is modern-day Sokoto state was home to Hausa state with large populations. These states eventually fell under the control of Usman dan Fodio and the Fulani jihadists and became part of the Sokoto Caliphate. In 1817 when Usman died, his son Muhammed Bello succeeded him as the Sultan of Sokoto. Usman's brother Abdullahi was given the western divisions of the caliphate to run; however, supreme authority rested with Bello. At the height of its power, the Sokoto Caliphate extended as far as Ilorin (in modern-day Kwara State). The Hausa are the largest ethnic group in Sokoto State while the Fulani are its second largest. Minority include the Zabarmawa, Tuareg and the Dakarkari. The majority of the population is Sunni Muslim. There is a small Shia minority. There are twenty-three local government areas (LGAs) in Sokoto. Each has a chairman as its administrative head. The Islamic community in Nigeria considers the person of the Sultan as 'First among Equals'. He is both the political head of the Fulani as well as the supreme spiritual head of the rough 70 million Muslims in Nigeria. Currently occupying the seat is Sultan Muhammadu Sa'ad Abubakar III, the twentieth sultan of Sokoto. Agriculture is the mainstay of Sokoto's economy.

The riverine floodplains produce cash crops, including peanuts (groundnuts), cotton and rice. Sorghum, millet, cowpeas and cassava are grown in the upland areas. Much of the land in the state is used for grazing cattle. Cattle hides, goatskin, sheepskins and finished leather products are significant exports, as are cattle, goats and fowl. The state possesses limestone and kaolin deposits and Sokoto City, the state capital, is home to a cement factory, tanneries and a modern abattoir. Festivals include Kalankuwa, Halbi, Sharo, Aikin Gawa, Shan Gumba-Pap drinking and Remo Fishing Festival. The stress associated with agriculture could increase the incidence of hypertension. The trend of cigarette smoking is very high among adult in Sokoto metropolis (Nigeria socio-economic indicator, 2012).

4.2. Population of the study

The accessible population of the study consisted of an estimated three thousand (3000) adults (male/female) (18-70 years) in tertiary institution in Sokoto metropolis.

4.3. Sample/sampling technique.

The sample for the study consisted of 300 (three hundred) adults male and females randomly drawn areas in adult male/female in the institution. Ten percentage (10%) of the accessible population was used as sample size, Nwana (2011) opined that if the population is in few thousand 10% will be appropriate as the sample size.

4.4. Instrument for data collection

The main instrument for data collection consisted of structured questionnaire. The structured questionnaire was in three sections A, B and C. Section A, was made up of three questions on demographic data (sex, marital status years in higher institution). Section B, contained six (6) questions on awareness of predisposing factor to smoking in tertiary institution in sokoto metropolis

4.5. Validity of the instrument

The draft of the structured questionnaire was approved by the research supervisor and validated by three lecturers in Department of Public Health of Imo state University, Owerri. The validators were requested to examine the content of the instrument in line with the objectives of the study to ascertain clarity and ability to elicit appropriate responses for the study. Modifications were made following validators comments.

4.6. Reliability of the instrument

Split-half method was used in establishing the reliability of the instrument. Twenty (20) copies of the instrument were distributed once to twenty adults in city campus area in sokoto metropolis. A result of the single administration was divided into two equal halves using odd and even numbers. Cronbach alpha correlation co-efficient will be used in ascertaining the correlation co-efficient. Using cronbach alpha correlation 0.91 was obtained. This showed a high positive correlation and thus regarded as reliable as shown in appendix C.

4.7. Method of data collection

A letter of approval (Appendix D) signed by the Head of Department of Public Health Imo State University, Owerri enabling the administration of the questionnaire to the respondents to allow entry for data collection.

4.8. Method of data analysis.

Data collected were analyzed using descriptive statistic of frequency count, normative percentage and grand mean; as well as inferential statistics of chi-square (χ^2). The level of significant was fixed at 0.05. Appropriate degrees of freedom were worked out.

5. Result

Two hundred and seventy returned questionnaire were analyzed using descriptive statistic of frequency count, normative percentage and grand mean; as well as inferential statistics of chi-square (χ^2). The level of significant was fixed at 0.05. Appropriate degrees of freedom were worked out.

Table 1: Knowledge of Predisposing Factors of Smoking

Single n(%)		Married n(%)			
		Agree	undecided	disagree	Agree
undecided	disagree				
Cigarettes Smoking help me to 18(7)	160(59)	20(7.4)	6(2.2)	51(19)	15(5.5)
Stay thin					
I like smoking cigarettes when I am 12(4.4)	158(59)	15(5.5)	2(0.7)	60(22)	23(9)
Chewing gum.					
I smoke when I am nervous or 17(6.5)	162(60)	7(2.6)	0(0)	70(26)	14(5.2)
Stressed.					
Smoking help me to relax.		7(2.6)	5()	65(24)	15(5.5)

13(4.8)	165(61)				
Smoking cigarettes give me high. 14(5.2)	162(60)	11(4)	0(0)	66(24)	17(6.5)
Cigarettes advert influence me 5(1.9)	174(64)	0(0)	5(1.9)	72(27)	14(5.2)
To smoke.					
Seeing movie stars and important people 4(1.5)	176(65)	77(29)	0(0)	60(22)	13(4.5)
Smoking influences me to smoke.					
I was influenced to smoke by friends 17(6.3)	173(64)	4(1.5)	2(0.7)	71(26)	7(3.0)
Nicotine is addictive 3(1.1)	175(65)	0(0)	0(0)	77(29)	15(5.5)

The table 1 showing the distribution marital status on the knowledge of predisposing factors of smoking. There was statistical significant influence or relationship with marital status on the predisposing factors of smoking chi-square of 19716.516 greater than the critical value 43.77297 at df 30 $p < 0.05$

Table 2: The distribution of influence of gender on smoking

Female n(%)		Male n(%)			
		Agree	undecided	disagree	Agree
undecided	disagree				
Cigarettes Smoking help me to 17(6.3)	80(30)	20(7.4)	40(15)	110(40.7)	3(1.1)
Stay thin					
I like smoking cigarettes when I am 17(6.3)	82(30.4)	19(7)	31(11.5)	120(44)	1(0.3)
Chewing gum.					
I smoke when I am nervous or 14(5.2)	73(27)	21(7.7)	39(14)	110(40.7)	3(1.1)
Stressed.					
Smoking help me to relax. 9(3.3)	87(32)	10(3.5)	45(17)	115(43)	4(1.5)
Smoking cigarettes give me high. 13(4.8)	56(21)	15(5.5)	10(3.5)	75(28)	31(11.5)
Cigarettes advert influence me 7(2.6)	90(33)	20(7.4)	25(9.3)	125(46)	3(1.1)
To smoke.					

Seeing movie stars and important people 2(0.7) 95(34) Smoking influences me to smoke.	10(3.7)	10(3.7)	150(56)	5(1.9)
I was influenced to smoke by friends 3(1.1) 93(34)	5(1.9)	5(1.9)	160(59.3)	4(1.5)
Nicotine is addictive 15(5.5) 75(28)	25(9.3)	15(5.5)	130(48.1)	10(3.7)

Table 2: The distribution of influence of gender on smoking. There were statistical significance chi-square =27468.348 which is greater than the critical value 43.77297 at df= 30. These show that there is a relationship on gender awareness of predisposing factors to smoking rejecting the null hypotheses.

Table 3: The respondents across different lever/year

	First year n(%)			second year n(%)					
	third year n(%)	fourth year n(%)							
	Agree	undecided	disagree	Agree	undecided	disagree			
Cigarettes Smoking help me to 10(3.7) 1(0.3) 4(1.5) 15(5.5) Stay thin	18(7)	2(0.7)	142(52)	1(0.3)	6(2.2)	41(15)	30(11)	0(0)	
I like smoking cigarettes when I am 5(1.9) 1(0.3) 0(0) 19(7) Chewing gum.	18(7)	3(1.1)	141(52)	0(0)	6(2.2)	42(16)	35(13)	0(0)	
I smoke when I am nervous or 2(0.7) 0(0) 18(7) Stressed.	16(6)	4(1.5)	142(52)	0(0)	2(0.7)	46(17)	39(14)	0(0)	1(0.3)
Smoking help me to relax. 1(0.3) 5(1.9) 14(5.2)	17(6)	1(0.3)	144(53)	0(0)	2(0.7)	46(17)	40(15)	0(0)	0(0)
Smoking cigarettes give me high. 4(1.4) 1(0.3) 0(0) 19(7)	12(4)	11(0)	139(0)	0(0)	2(0.7)	46(17)	32(0)	4(1.4)	
Cigarettes advert influence me 1(0.3) 0(0) 19(7) To smoke.	13(4.8)	15(5.5)	134(50)	1(0.3)	2(0.7)	45(17)	27(10)	3(0.7)	10(3.9)
Seeing movie stars and important people 5(1.9) 0(0) 0(0) 20(7) Smoking influences me to smoke.	15(5.5)	13(4.8)	134(50)	2(0.7)	0(0)	46(17)	35(13)	0(0)	
I was influenced to smoke by friends 4(1.5) 8(3) 1(0.3) 0(0) 19(7)	11(4)	15(5.5)	136(50)	1(0.3)	7(3)	39(14)	28(10.3)		
Nicotine is addictive 11(4) 1(0.3) 4(1.5) 15(5.5)	11(4)	14(5.2)	137(51)	3(0.7)	4(1.5)	41(15)	21(8)	8(3)	

Table 3: The respondents across different level/year higher institution shows that the awareness of predisposing factors of smoking there were a statistical significance difference chi-square =7168.429 (DF=88) greater than critical value at 102.342 df=88 rejecting the null hypotheses.

6. Discussion

Research question 1: What is the influence of gender on the knowledge of predisposing factors of smoking possessed by adults' male/female?

Hypothesis 1: There is no significant difference among different gender of male/female adults on their level of knowledge of predisposing factors of smoking.

Male respondent 7.4%, 1.5% and 40.7% Agree undecided and disagree respectively on the cigarette smoking helping than to stay thin when compared female respondent 1.1%, 6.3% & 30% agree, undecided and disagree respectively on the smoking helping than to stay thin, more men disagree 44%, 7% agree and 11.5% undecided that they like smoking when chewing gum. 0.3%, 6.3% and 30.4% men agree, undecided and disagree respectively that they like smoking when chewing gum, while female respondent 77%, 14% and 40.7% agree, undecided and disagree respectively among male respondent that smoke when they are nervous or stressed when compared to female 1.19%, 5.2% and 27% agree, undecided and disagree respectively on the subject matter. Male respondent 3.5%, 17% & 47% agree, undecided and disagree respectively that smoking helps them relax when compared to female respondent where 1.5%, 33% and 32% agree, undecided and disagree respectively that smoking helps them relax. For male respondent 5.5%, 3.7% and 28% agree, undecided and disagree respectively that smoking cigarette makes them high while the female respondent 11.5%, 4.8% and 21% agreed, undecided and disagree respectively that smoking cigarette makes them high. The influence of cigarette advert vary 7.4%, 9.3% and 46% agreed undecided and disagree respectively while female 1.1%, 2.6% and 33% agree, undecided and disagree of the awareness of predisposing factor (cigarette advert) of smoking. The influence of movie star and important people in society smoking was 3.7%, 3.7% and 56% agree, undecided and disagree respectively for male respondent while female respondent Agreed undecided and disagree 1.9%, 0.7% and 35.2% respectively on the predisposing factor (movie star and important people in society) to smoking. 59.3% disagree, 1.9% agree and undecided respectively that friend influencing smoking among male respondent while among female respondent 34% disagree, 15% agreed and 1.19% undecided are average peer group/friend influences smoking. Awareness of Nicotine Addiction habit varies among male 48.1% disagree when compared to female where 28% disagree, 5.5% each for male & female respondent are undecided while 93% agreed for male respondent when compared to female respondent where 3.7% agreed that Nicotine is addictive. There were statistical significance chi-square =27468.348 which is greater than the critical value 43.77297 at df= 30. These show that there is a relationship on gender awareness of predisposing factors to smoking rejecting the null hypotheses. Also, if your friends smoke, deciding to quit can be awkward because they may see it as a criticism of their habit and many smokers worry about losing friends because they stop smoking. smoking starts to serve other helpful purposes such as stopping us feeling hungry, giving a reason to take a break from work, a way to connect socially with new people. People can become so used to the routine that just the thought of the activity triggers the need for a cigarette, just like Pavlov's dogs learned to drool at the sound of a bell without the food even appearing. These psychological associations remain when smokers try to quit. Finally, you learn to keep on smoking, because if you try to quit you are punished by withdrawal symptoms – irritability, snappiness, lack of concentration (US Department of Health and Human Services,2012).

Research question 2: What is the influence of marital status on the knowledge of predisposing factors of smoking possessed by adult's male/female?

Research hypothesis 2: There is no significant difference among adults male/female of various marital status in sokoto state polytechnic on their level of knowledge of predisposing factors of smoking.

The marital status of respondent showed married individual had 19%, 7.4% and 2.2% disagree, agree and undecided respondent that smoking helps to stay thin. When compared to singles 5.5%, 7% and 5% agreed, undecided and disagree respectively that smoking causes thinness. Among married subjects 5.5%, 0.7% and 22% agreed undecided

and disagree respectively that they like smoking when chewing gum while amongst singles 9%, 4.4% and 59% agree, undecided and disagree respectively that they like to smoke while chewing gum. 2.6%, 0% and 26% agree, undecided and disagree respectively that they smoke when Nervous for married subject, when compared to singles 5.2%, 6.5% and 60% agree, undecided and disagree respectively that they smoke when they are Nervous. On smoking helping to relax among married respondent 2.6%, 1.9% and 24% agree, undecided and disagree respectively on the subject matter while the singles 5.5%, 4.8% and 61% agreed undecided and disagree respectively that smoking helps to relax. On smoking making one high 4% agree and 0.4% each undecided and disagree respectively on the subject matter (smoking making one high) in married respondent while amongst singles respondent 6.5% , 5.2% and 60% agreed undecided and disagree respectively on smoking making them high. Married respondent 1.9% and 27% undecided and disagree that cigarette Advert influence their smoking habit. Among single 5.2%, 1.9% and 64% agree, undecided and disagree that cigarette advert influences smoking. Movie star and important people have influences 29% and 22% agreed and disagree respectively amongst married subjects. While among the singles 4.5%, 1.5% and 65% agreed, undecided and disagree that movie star and important people smoking contributes to smoking habits. Friends influences smoking was 15% Agreed, 0.7% undecided and 26% disagree among married respondent. Among married respondents 9.3% agree, 55% undecided while among singles 3%, 6.3% and 64% agreed, undecided and disagree respectively that friend influences smoking. Among married respondent 0% each agree and undecided and 29% disagree that Nicotine is addictive while among single respondent 5.5%, 1.1% and 65% agree, undecided and disagree respectively that Nicotine is an addictive. There was statistical significant influence or relationship with marital status on the predisposing factors of smoking chi-square of 19716.516 greater than the critical value 43.77297 at df 30 $p < 0.05$. In addition, we are still subject to advertising that deliberately promotes smoking and makes positive associations with brands. The tobacco industry denies targeting young people, but the result of product placement in TV and films as well as sponsoring exciting, risky, macho sports, is that it attracts the attention of young people (Black, et al 2010). Also, if your friends smoke, deciding to quit can be awkward because they may see it as a criticism of their habit and many smokers worry about losing friends because they stop smoking.

Research question 3: What is the influence of educational level on the knowledge of predisposing factors of smoking by adult's male/female.

Hypothesis 3: There is no significant difference in the educational level of knowledge of predisposing factor of smoking possessed by adults 'male/female.

The influence of Subject educational years in the higher institution on smoking habits varying across different years. Cigarette helps to stay thin, many disagree 52% first year, 15% second year, 3.7% third year and 5.5% fourth year while few disagree that cigarette helps to stay thin, 7% first year, 0.3% second year 11% third year and 0.8% fourth year agree while those that are undecided cigarette helps to stay thin are 0.7% first year, 2.2% second year and 0% for both third and 1.5% fourth years respectively. Those who agree they like smoking while chewing gum 7% first year, 0% second year, 13% third year and 0.3% at fourth year agree respectively, while those that disagree are 12% first year, 16% second year, 1.9% third year and 7% fourth year respectively, those who are undecided about smoking while chewing gum are 1.1% first year, 2.2% second year, 0% for both third and fourth year respectively. Those who agree they smoke while being nervous are 6% first year, 0% second year, 14% third year and 0.7% fourth year. Those who disagree are 52% first year, 17% second year, 0.3% third year, 7% in fourth year. While those undecided are 1.5% first year, 0.7% second year and 6% for both third and fourth years respectively. Those who agree smoking helps them to relax 6% first year, 0% second year, 15% third year and 0.3% fourth year. Those who are undecided 0.3% first year, 0.7% second year, 0% third years and 1.9% for the fourth year and those who are undecided are 53% in first year, 17% for second year, 0% in third year and 5.2% for fourth year students. Those who agree that cigarette smoking makes them high are 4.4% 1st year, 0% second year and 1.2% third year and 0.3% in fourth year students while those who disagree. 53% in first year, 17% second year, 0% third year and 5.2% fourth year students. Those who agree that cigarette smoking makes them high 4.4% first year, 0% second year, 12.5% third year and 0.3% in the fourth year students while those who disagree 51% first year, 17% second year, 1.4% third year and 7% in the fourth year when compared to undecided 4% first year, 0.7% second year, 1.4% third year and 0.5% fourth year students. Those who agree that cigarette advert influence 4.8% in the first year, 0.3% second year, 10% third year and 0.3% fourth year, those who disagree 50% first year student, 17% second year student, and 4% third year student, 7% in the fourth year student while those who are undecided 5.5% first year student, 0.7% second year student, 0.6% third year student and 0% for the fourth year student. The effect of movie star and popular figure

smoking was agree by 5.5% of first year student, 0.7% second year student, 1.3% third year student and 0% fourth year student. Those who disagree are 50% first year student, 17% for second year student, 1.9% for third year student and 7% for fourth year student while those who undecided on the subject matter 4.8% for first year, 0% for the second year, 0% for third year student and fourth year student respectively. The influence of friend to smoking was agreed by 4% of first year student, 0.3% for second, 10.3% third year and 0.3% for fourth year student respectively. Those who disagree influence of friend to smoking 50%, 14%, 3% and 7% for first, second, third and fourth year respectively. Those who are undecided on influence of friend to smoking 5.5%, 3%, 1.5% and 0% for first, second, third and fourth year respectively that friend influences smoking. Among the student respondents who agree that nicotine is addictive are 4%, 0.7%, 8% and 0.3% for first, second, third and fourth year respectively. Those who disagree that nicotine addictiveness 51%, 15%, 4% and 5.5 for first, second, third and fourth year respectively, while those who are undecided are 5.2%, 1.5%, 3%, and 1.5% for first, second, third and fourth year respectively. The respondents across different level/year higher institution shows that the awareness of predisposing factors of smoking there were a statistical significance difference chi-square = 7168.429 (DF=88) greater than critical value of 88 at 102.34 rejecting the null hypotheses. Over the years television shows and films have effectively built up associations between smoking and glamour, sex and risk-taking. Social learning theory describes how we learn by example from others. We are strongly influenced by our parents, and other people we look up to, such as peers, actors and pop stars. This can lead us to emulate their behaviour and try smoking. From classic movies with Humphrey Bogart to Uma Thurman in Pulp Fiction, cultural images involving cigarettes are strong, and generally positive about smoking. There is consistent evidence that links exposure to depictions of smoking in movies and initiation of smoking in young people (Black, 2010). The amount of smoking related images in films continues to increase over time, despite the fact that the amount of smoking in the real world is decreasing. In addition, we are still subject to advertising that deliberately promotes smoking and makes positive associations with brands (US Department of Health and Human Services, 2012). The tobacco industry denies targeting young people, but the result of product placement in TV and films as well as sponsoring exciting, risky, macho sports, is that it attracts the attention of young people (Polansky, 2013). A study found that boys who were fans of motor racing, which is heavily sponsored by the tobacco industry, were more likely to smoke than those who weren't. What these images don't often convey are the negatives of smoking, from the yellow stains on your fingers and the stench of your breath, or the long-term serious consequences from smoking (Polansky, 2013).

7. Conclusion

There is consistent evidence that links exposure to depictions of smoking in movies and initiation of smoking in young people. The amount of smoking related images in films continues to increase over time, despite the fact that the amount of smoking in the real world is decreasing. In addition, we are still subject to advertising that deliberately promotes smoking and makes positive associations with brands. The tobacco industry denies targeting young people, but the result of product placement in TV and films as well as sponsoring exciting, risky, macho sports, is that it attracts the attention of young people. A study found that boys who were fans of motor racing, which is heavily sponsored by the tobacco industry, were more likely to smoke than those who weren't. What these images don't often convey are the negatives of smoking, from the yellow stains on your fingers and the stench of your breath, or the long-term serious consequences from smoking. Over the years television shows and films have effectively built up associations between smoking and glamour, sex and risk-taking. From classic movies with Humphrey Bogart to Uma Thurman in Pulp Fiction, cultural images involving cigarettes are strong, and generally positive about smoking.

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