

**SMOKING BEHAVIOR OF STUDENTS IN PRIVATE HEALTH
SCIENCE COLLEGES IN KATHMANDU VALLEY, NEPAL**



ROHINI SHRESTHA

**A THESIS SUBMITTED IN PARTIAL FULFILLMENT OF
THE REQUIREMENTS FOR THE DEGREE OF
MASTER OF PRIMARY HEALTH CARE MANAGEMENT
FACULTY OF GRADUATE STUDIES
MAHIDOL UNIVERSITY
2011**

COPYRIGHT OF MAHIDOL UNIVERSITY

Copyright by Mahidol University

SMOKING BEHAVIOR OF STUDENTS IN PRIVATE HEALTH SCIENCE COLLEGES IN KATHMANDU VALLEY, NEPAL

ROHINI SHRESTHA 5338139 ADPM/M

M.P.H.M.

THESIS ADVISORY COMMITTEE: NATE HONGKRAILERT, Ph.D.,
SANTHAT SERMSRI, Ph.D.

ABSTRACT

A cross-sectional study was carried out to ascertain smoking behavior of Health Science college students in the Kathmandu Valley, Nepal. Data were collected from January 26 to February 11, 2011 by using a structured questionnaire. The sample size was 218, which consisted of 89 males and 129 females.

Overall prevalence of smoking among the students in this study was 14.2%. Prevalence among male and female students was 83.87% and 16.12% respectively. Most (18.9%) of the smokers were in the age group above 22 years and the mean age of smoking was 20.8 years. Among the regular smokers 41.9% smoked at least one cigarette per day. Majority (77.4%) purchased cigarettes by themselves from shops or got them from friends (16.1%). The average daily expenditure on cigarettes was about 23 Nepalese rupees (about 0.3 USD). Majority (80%) of the students reported movies to be influential to smoking. However, most students smoked by the influence of friends (36.7%) who smoked. The results showed a significant association between smoking behavior and factors influencing the smoking behavior: sex (P-value<0.001); father's occupation (P-value < 0.05); place of residence (P-value<0.05), and attitude level (P-value<0.001).

Smoking is prevalent among the college students and is a popular form of tobacco use. Colleges should conduct programs like counseling to stop smoking among the smokers and conduct health education and health promotion programs to prevent students from starting smoking. Rules and regulations on cigarette use should be enforced to discourage smoking by students. Parents should be role models to their children to prevent them from smoking. Anti-smoking programs should be implemented throughout the country in an effective way.

KEY WORDS : SMOKING BEHAVIOR / STUDENTS / HEALTH SCIENCE /
COLLEGES

96 pages