

# *Smoking Habit in Youth*

A research project  
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## Table of Contents

<b>Chapter I: Introduction .....</b>	<b>1</b>
Introduction.....	2
Statement of the problem .....	4
Purpose of the study .....	4
Hypothesis.....	4
Scope of the study.....	4
<b>Chapter II: Literature Review .....</b>	<b>Error! Bookmark not defined.</b>
Literature review.....	<b>Error! Bookmark not defined.</b>
Definition of Terms .....	<b>Error! Bookmark not defined.</b>
<b>Chapter III: Methodology.....</b>	<b>Error! Bookmark not defined.</b>
Methodology.....	<b>Error! Bookmark not defined.</b>
Research Questions.....	<b>Error! Bookmark not defined.</b>
Target population & Sample size determination.....	<b>Error! Bookmark not defined.</b>
Population and sampling.....	<b>Error! Bookmark not defined.</b>
Instrumentation.....	<b>Error! Bookmark not defined.</b>
Procedure.....	<b>Error! Bookmark not defined.</b>
Time Frame.....	<b>Error! Bookmark not defined.</b>
Scope and Limitation.....	<b>Error! Bookmark not defined.</b>
<b>Chapter IV: Data Presentation .....</b>	<b>Error! Bookmark not defined.</b>
<b>Chapter V: Conclusion &amp; recommendations.....</b>	<b>Error! Bookmark not defined.</b>
Conclusion:.....	<b>Error! Bookmark not defined.</b>
Recommendations .....	<b>Error! Bookmark not defined.</b>
<b>References.....</b>	<b>Error! Bookmark not defined.</b>
<b>Appendix.....</b>	<b>Error! Bookmark not defined.</b>

# Chapter I: Introduction

## Introduction

Worldwide tobacco use kills at least 5 million people every year. World Health Organization warns that unless countries take strict action tobacco could kill about 8 million people every year by 2030, mostly in the developing countries. On average 273 Pakistanis die each day from smoking related diseases.

Cigarette smoking is one of the major killers in the world. The biggest side affect from smoking is Cancer. Cancer is a group of many related diseases. The largest killing cancer is Lung Cancer. The risk of dying from lung cancer is 22 times higher for males, and 12 times higher for female smokers as oppose to nonsmokers.

About half of all smokers die from smoking-related diseases. If you are a long-term smoker, on average, your life expectancy is about 10 years less than a non-smoker. Put another way, about 8 in 10 non-smokers live past the age of 70, but only about half of long-term smokers live past 70. The younger you are when you start smoking, the more likely you are to smoke for longer and to die early from smoking.

To reach young people, the industry's advertising techniques specifically target the psychological pressures common to many youth, such as the desire to be popular and accepted by peers (Media).

The internet, magazine, music, television shows, and movies are methods of advertising smoking to teens.

The portrayal of tobacco in media, like in Hollywood and Bollywood movies is on the rise, they depict smoking as a normal activity, as Bollywood movies widely viewed in Pakistan they also have a great impact on Pakistani society especially young minds who consider actors/actresses as their role models, resulting in picking up this unhealthy activity. Mass media typically promotes teen smoking, while some media companies are effectively preventing the habit.

Teens today are a great portion of the percentage of People smoking. Many of them do it because of glamorization of smoking, peer pressure and others because they simply

can't quit smoking. Although adults smoke, tobacco companies try to attract more teens, since they are easier to persuade and can be a long time consumer.

Smoking has become very common and fashionable, especially among young boys. This habit usually begins at school when boys try to experiment with every new thing that they can lay their hands on.

Despite the warnings given by doctors about the ill-effects of smoking, people continue to smoke. Smokers are addicted to it, and even if they want to, they cannot refrain from picking up a cigar or cigarette and puffing away. Some youngsters smoke for the sake of society and some feel that would make them appear liberated and broadminded.

In the beginning, a teenager may take a few puffs from his friend's cigarette; then comes a time when it becomes an indispensable part of his life. Several puffs lead to the formation of a habit. Soon smoking begins to affect the health of the smoker. He becomes a chain-smoker. This smoke is toxic and the nicotine in the cigarette is known to cause cancer. It is ironic that despite the fact that every smoker is aware of the ill effects of smoking, he does not give it up.

Tobacco companies are doing very well all over the world. Every packet of cigars or cigarettes has a warning inscribed in it: cigarette smoking is injurious to health." Yet the smoker never reads this warning and even if he reads it he never pays heed to it.

Lack of public awareness and lax anti-smoking regulations .With a spike in smoking amongst the youth, retailers in Pakistan continue to sell cigarettes illegally to under- age smokers.

The government raises the price of tobacco every year. This is usually done to discourage people from smoking. Yet smokers continue to be slaves of this habit and often spend a substantial part of their earnings on cigarettes. Cigarette advertisements lure people into smoking and most active smokers cause a great deal of harm to passive smokers as well. Smokers force the members of their family to bear the ill effects of the smoke that they exhale. Smoking can be stopped by a strong will power and every person has the capacity to give it up once he sets his mind at doing so.

This study was aimed at understanding the impact of smoking on youth, and the fact that it can only be injurious to health, having no positive effects on individual's personal and social life.

## **Statement of the problem**

- Smoking is a dangerous habit not only for one's own health but also people close by, it is a social problem which needs to be addressed.
- Most smokers tend to start smoking at an early age most often in their teens, in most cases the habit of smoking begins due to social influences such as elevation of status, peer pressure and/or to divert attention or just as an adventure, which later on becomes a lifelong habit.

## **Purpose of the study**

- The goal of this study is to understand the conditions and reasons for the smoking habits in youth.

## **Hypothesis**

- Smoking habit in youth is the result of societal influences such as status elevation, glamorization and peer pressure.

## **Scope of the study**

- The scope of this research study was to determine the trend of smoking habits in youth, this study observed youth residing in Lahore. Questionnaires were used to collect information which was processed using different computer software's and final results are presented in tabular form.