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## DETERMINATION OF SMOKING HABITS OF PHYSICAL EDUCATION AND SPORTS STUDENTS WHO ARE ACTIVELY DOING SPORTS

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### ABSTRACT

For example, in Turkey 133 ( % 50.9 ) of individuals for the first time at the age of 11 and , %13.6 in the previous years at the age of 12 meet to smoke (Yazıcı and Ak, 2006).

### Objective

The aim of this study is to determinate the smoking habits of physical education and sports students who are actively doing sports.

### Research methods and procedures

Smoking habit is very common in our country. The work group of study which is an identifying species consisted of 112 university students who play football actively and study at the department of Physical Education and Sports Academy at Karamanoğlu Mehmetbey University.

### Results

It has been determined that students'smoking starting age average is  $17.53 \pm 2.04$ , and has been smoking for  $4.68 \pm 1.63$  in this study. It has been determined that % 58 of students who participate in the study have the smoking story and %60 of the students is still smoking actively.

### Discussion and conclusions

It is known that many sports men start smoking in early ages. young people should be prevented from accessing to tobacco, protected from advertising and promotion and these people need to be supported about struggling to give up smoking habits and need to be acquainted about bad habits about smoking.

**Key words:** University Students, Cigarette Data Level, Doing Sports Actively.

### Introduction

Throughout history, people have used harmful substances to enjoy and get clear of distress, excitement, pain and sorrow. These substances have made a person habit and addictive in times. Impaired physical and psychological health of people, important social problems emerged. People have to protect themselves and their environment from these substances. Cigarette habit of society is an important public health issue that concerns all of the people (Herken ve ark., 2000).

According to world health organization data, it is known that in 1990 early, each year 3 million people died because of the smoking, but today all over

the world, each year 1.5 million in developing countries, totally 4.5 million people and in Turkey 70-100 thousand people lose their life because of connected to the smoke reasons. According to estimates, it has been reported that in 2030, each year 7 million people (70%) in developing countries, totally 10 million people will lose their lives because of reasons depending on the cigarettes (Karatay an Kubilay, 2004).

Nowadays, cigarettes are in the first place among used addictive substances in the world. Cigarette habit often starts in the adolescent period. 300 million young people in the world is dependent on cigarettes, and one of every five cigarette users is

between the ages of 13-15 (Taşçı et al., 2005). In general, in the period of adolescence, age of the beginning to this habit declines until the age of the childhood period. For example, in Turkey 133 ( % 50.9 ) of individuals for the first time at the age of 11 and , %13.6 in the previous years at the age of 12 meet to smoke. (Yazıcı and Ak, 2006).

Smoking habit is very common in our country. According to a research made in 1988 and representing the whole country, 15 years and over 62.8% of men, 24.3% of women, and 43.6% of all population smoke cigarettes.(Taşçı et al., 2005). In this study , smoking habits as a measure "to carry the cigarette package" has been taken; but according to the DSÖ assessment, the smoker to be considered "regular smokers per day to 1" is sufficient (Printer and Ak, 2006) .

Therefore, probably the habit of smoking is even higher than the assets. (Goldberg et al, 1993). Young people towards smoking the risk factors; they are specified as smoking, drinking close friends, parents, siblings or teachers to have a low socioeconomic level, more attractive and modern look for the mistake, depression and anxiety to resolve the path, low school achievement and male gender (Kutlu & Çivi , 2006).

Our country for cigarette consumption is in the third ranked among European countries,is in the seventh ranked among the world countries(Ministry of Health Research). In 1988,the smoking prevalence in men 62.8%, women 24.3%, 43.6% in the population over age 35 in the piar survey carried out on a sample group which will represent all Turkey have been identified (PIAR).

Risk factors for youth to head smoking:are indicated as parents, siblings or teachers ,best friends who smoke,to have a low socioeconomic level,misconceptions of appearing more attractive and modern,depression and anxiety reduction path,low school performance and male gender (Kutlu and Çivi, 2006). The aim of the study in light of all this information; is to determinate the smoking habits of physical education and sports students who are actively doing sports.

### Methodology

**Type and location of the survey:** Working group of survey which is descriptive type has been made in the Physical Education and Sports School at Karamanoğlu Mehmetbey University in 2008-2009 academic year in the spring semester.

**Working group of the study:** The basis of the study has formed 112 university students who agree to participate in the study,are doing sports actively and are studying in the 1st, 2nd, 3rd and 4th in the Physical Education and Sports School at Karamanoğlu Mehmetbey University.

**Data collection methods and tools:** Datas 2008-2009 academic year spring - term were gathered by with survey method including students' socio-demographic features and smoking cigarette cases and by based on self-report in classroom environment. In

sociodemographic characteristics; such as age, where the family lives,which class he or she is studying, parental educational status, father's occupation, family income level and number of siblings questions were asked , in the form which is questioning smoking cases ; such as anyone's smoking status in the family, smoking status, if smoking, starting age to smoke, how long he/she has been smoking, what the reason of starting smoking is, how many cigarettes he/she smokes in a day, what the reason of stil smoking is, and whether or not he/she gives up smoking of questions were asked.Verilerin Analizi: Verilerin analizinde sayı yüzde dağılımları ve t testi kullanılmıştır. Verilerin değerlendirilmesinde SPSS 13.0 programından yararlanılmıştır.

### Limitation of the study

1. Karamanoğlu Mehmet Bey University,physical education and sports college students are limited.

2. It is limited with students doing sport actively.

### Findings

Students' age average who participate in the study is  $22.16 \pm 1.49$ , %6.3 of the students in the 1st class, %24.1 of the students in the 2st class, %42.4 of the students in the 3st class and %26.8 of the students in the 4rt class are studying .%8 of students lives in the village, %20.5 of students lives in the town and %71.4 of students lives in the city .students' family income avarage is  $1490.63 \pm 62.27$ , % 45.6 of their mothers literate / primary school graduates and % 54.4 the secondary school graduates and above , % 28.6 of their fathers literate / primary school graduates,and also % 71.4 of their fathers secondary school graduates have been found. İt has been determined that students'smoking starting age average is  $17.53 \pm 2.04$ ,and has been smoking for  $4.68 \pm 1.63$  in this study.

	Number	%
<b>Properties smoking in the family</b>		
Yes	65	58.0
No	47	42.0
<b>Smoking</b>		
Yes	60	53.6
No	52	46.4

It has been determined that % 58 of students who participate in the study have the smoking story and %60 of the students is still smoking actively(Table 1).

The students' starting to smoke age average who smoke cigarettes is  $17.53 \pm 2.04$ , it has been identified that they have been smoking for  $4.68 \pm 1.63$  years.

<b>Start Smoking Reasons</b>	<b>n</b>	<b>%</b>
Curiosity	6	10.0
Affectation	5	8.3
Sadness, stres	16	26.7
Friends environmental impact	25	41.7
Family environmental impact	8	13.3
To look more mature	-	-
<b>Continue to smoke</b>		
To disperse distress	23	38.3
Not to be alone	-	-
Not putting on weigh	3	5.0
To prove independence	-	-
Recreational effects	34	56.7
To increase attention	-	-

The students daily smoking number has been identified as average  $14 \pm 4$ . While % 14.3 of students who are smoking because of harmful for our health and % 2.7 of students because of being afraid of being ill indicate to think of giving up smoking, %16.1 of students to get over stres, %12.5 of students to love smoking and %8 of students not to see any harmful side of smoking indicated not to think of givin up smoking.who smoke cigarettes expressed that it was dangerous for their healthy while % 2.7 of students are not thinking of determining to give up smoking because of scare of being ill in the future , (n=41) % 16.1 of them

#### **Discussion and results**

Among sudden deaths in sport in the first ranges are illness depending on smoking. Intensive training and smoking can bring up vital results. (Boraita, 2002).

Ages of starting smoking between 15-19 year-old were found in studies making Yıldırım's in Manisa, Kutlu's and Nail's in Konya, Altintas's in Ankara (Altintas et al 2006; Kutlu and Çivi 2006; Yildirim et al 2004). It was found that people had largely started to smoke between 16 and 20 years old in also

Bilir's, Ogel's and Demirel's studies (Bilir et al 1997; Demirel et al, 2004). The average age of starting smoking was found to be  $19.63 \pm 4.25$  in Önsöz and his friends' running the studies with smokers who were admitted to Marmara University aculty hospital of Medicine for any reason (Onsoz et al, 2009). It has been determined that students' smoking starting age average is  $17.53 \pm 2.04$ , and has been smoking for  $4.68 \pm 1.63$  in this study. Age of starting smoking in our study is similar to the literature. Adolescence is a period of increased risk behavior. Smoking during this period is one of common risk behaviors (Feijó and Oliveira 2001).

It has been determined that 58% of students who participated in the study have smoking experenced and %60 of students is still smoking cigarettes actively. The age of smoking is getting smaller In many developed countries. Because of that, the risk of development of various diseases increases depending on smoking on the early years (Goldberg et al 1993; Icle and et al 1992). This means that youngs who develop illness depending on smoking continuously will need to get treatment for a long time and will

increase the cost of smoking related diseases (Haustein, 2006). Again it has been determined that 58% of students who have smoking people in their family and %60 of students is still smoking cigarettes actively. It has been determined that friends environment is among starting smoking reasons in the first range (41.7),sadness/stres is in the second range (%26.7),family environment is in the third range(%13.3) and curiosity is in the last period (%10.0).Students should be very careful to choose friends in high school and university,if parents are more sensitive and careful for this subject ,they may prevent from getting bad habits. Students should be required to be taught about the negatives effects of smoking. even if people who are especially models for young people in society (such as artists, athletes ...) smoke cigarettes,they should not smoke in front of society encouranging young people. Even if parents smoke cigarette,they absolutely must not use tobacco next to the children in the house . It has been found that people should need to be given information smoking and harmful effects.

It is known that many sports men start smoking in early ages.young people should be prevented from accessing to tobacco,protected from advertising and promotion and these people need to be supported about struggling to give up smoking habits and need to be acquainted about bad habits about smoking.

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