

## A study on Knowledge, Attitude and Practice regarding the Usage of Tobacco and its products among Non-Teaching Staffs at Gadag Institute of Medical Sciences (GIMS), Gadag

**Rekha Sonavane**

Professor and Head, Department of Community Medicine, Gadag Institute of Medical sciences, Gadag, Karnataka 582103, India.

**Ananthachari K.R.**

Assistant Professor, Department of Community Medicine, Gadag Institute of Medical sciences, Gadag, Karnataka 582103, India.

---

---

### Abstract

*Background:* Tobacco use is one of the leading and preventable causes of death, spreading as epidemic in all regions of the world, killing about 6 million people in a year. Many forms of tobacco products like smoke and smokeless form use is an age-old practice in India. Health professionals and other staffs at the health facility play a pivotal role in motivating the patients and care givers not to initiate the use of tobacco and its products. *Methods:* Cross sectional study was conducted among all non teaching staffs those who consented to participate in the study in June 1<sup>st</sup> to June 30<sup>th</sup> 2017. 192 non teaching staff was interviewed and was given a pre-tested, semi-structured questionnaire to obtain information regarding the knowledge, attitude and practices on the use of tobacco and its products. *Results:* of the 192, majority of them ( 68.85%) were males. Majority of them chew Gutka (70%) followed by cigarette smoking (28%). 48.95%( 94) of them opined that bus stand and market place are most frequent places of tobacco use. 31.77% (61) people were found to be using Tobacco. Of the 190 those who want to quit tobacco 70 of them opine that they want to quit because of health problems like heart attack and respiratory disease. *Conclusion:* In spite good knowledge on ill effects of tobacco, use of tobacco is common among the nonteaching staffs at health care setting.

**Keywords:** Tobacco; Knowledge; Attitude; Practice; Non-Teaching Staffs.

---

---

### Introduction

Tobacco use is one of the leading cause of death and preventable cause of lifestyle-related diseases, such as lung cancer, chronic obstructive pulmonary disease and coronary heart disease. It is spreading as epidemic in all regions of the world, killing about 6 million people in a year. More than 5 million of those deaths are the result of direct tobacco use while more than 600 000 are the result of non-smokers being exposed to second-hand smoke [1,2]. According to Global Adult Tobacco Survey (GATS) during 2009-2010 revealed that 34.6% of the adults (47.9% males and 20.3% females) are current tobacco users in India [3].

Smoking beedis and cigarettes or by using devices like hooka , hookli, chhutta, dhumthi , or chillum and smokeless form like betel quid chewing, mishri, khaini, gutka, snuff, and as an ingredient of pan masala is an age-old practice in India [4].

It is important to educate the ill effects of tobacco use and its cessation, Health professionals and other staffs at the health facility play a pivotal role in motivating the patients and care givers not to initiate the use of tobacco, and also help in quitting the tobacco and its products.

Several studies have shown that tobacco cessation advice provided by health professionals' and staffs at hospitals, enhances the quit rate among their patients. Despite of this many studies indicated high prevalence of smoking habits among health care professionals [5,6,7].

Hence, the proposed study seeks the knowledge attitude and practices of tobacco and its products usage among non teaching staffs at GIMS, Gadag.

---

---

**Corresponding Author: Ananthachari K.R.,** Assistant Professor, Department of Community Medicine, Gadag Institute of Medical sciences, Gadag, Karnataka 582103, India.  
E-mail: [ananthachari11@gmail.com](mailto:ananthachari11@gmail.com)

**Received on:** November 21, 2017

**Accepted on:** December 08, 2017

*Objectives*

1. To assess the knowledge and attitude regarding the usage of tobacco and its products among non teaching staffs at Gadag institute of Medical Sciences (GIMS), Gadag.
2. To assess the usage of tobacco and its products among non teaching staffs at GIMS,Gadag.

**Materials and Methods**

This cross sectional study conducted among all non teaching staff's at Gadag Institute of Medical Sciences, Gadag in June 1<sup>st</sup> to June 30<sup>th</sup> 2017. 192 non teaching staffs consented to participate in the study and were interviewed regarding the knowledge, attitude and practices on the use of tobacco and its products. The data was entered to Microsoft Excel 2010 and analysed using statistical methods like mean, standard deviation, percentages and chi square test using SPSS 21.0

*Inclusion Criteria*

1. All non teaching staffs willing and consented to participate in the study.
2. Non teaching staffs working in GIMS for more than 3months duration.

*Exclusion Criteria*

1. Non teaching staffs not available during the study period.

**Results and Discussion**

Among the 192 non teaching staffs, 68.75%(132) were males and 31.25%(60) were females. Of the 192 staff's, majority of them are Assistants/ helpers, followed by attenders and cleaning staffs (Figure 1).

*Knowledge Assessment*

98.95% of people knew that tobacco use is injurious to health.

From the Figure 2, it is evident that majority of them think that people smoke or use of any form is by their friends or peer pressure and the curiosity. 16.2% (31) did not opine anything.

From the Table 1 it is shown that, majority of them think that adolescent age group of 10-19 years indulge in tobacco use, followed by adults of age 20-40.

From the Figure 3, majority of them opine that most frequent form tobacco use were Gutka cigarettes and followed by beedis.

From Tables 2, it is shown that majority think that near Bus stand, market followed bar and restaurants where tobacco and other form its products are frequently used in the community.

Knowledge regarding the complications and remedies to avoid tobacco use 94.8%(182) of people knew that, the most dreadful complication of using tobacco and its products is "cancer". 44.8% (86) opined that tobacco use can results in respiratory problems 60.41% of people have no idea regarding the de-addiction centres /counselling services that helps in quitting Tobacco use.

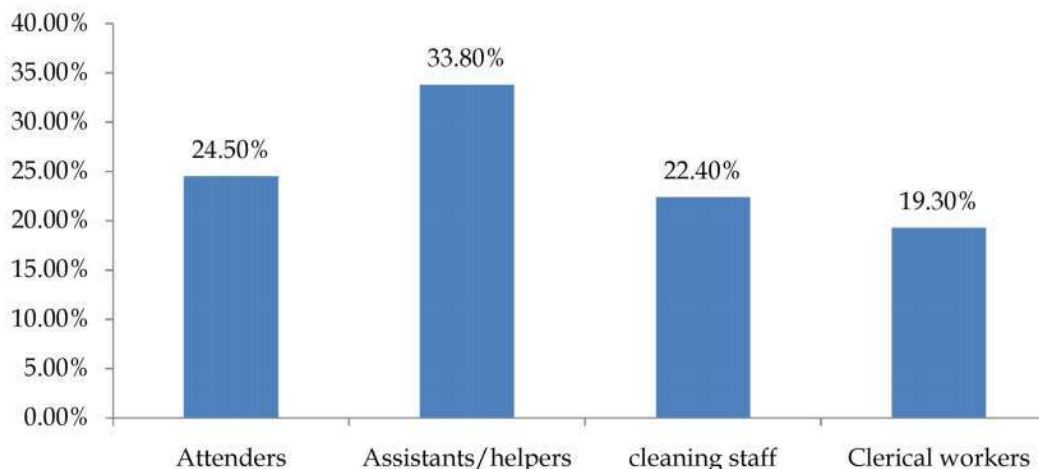


Fig. 1: Occupation of the study participants

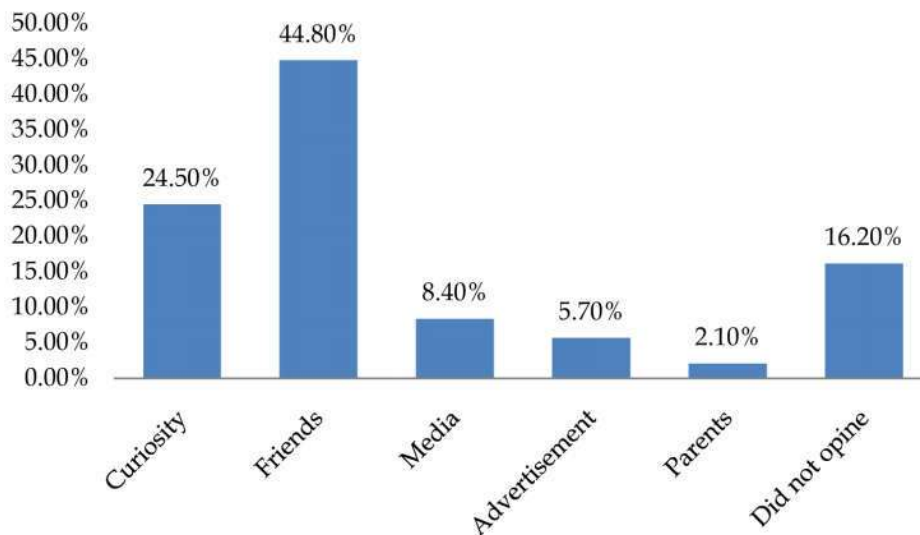


Fig. 2: Knowledge regarding the reasons for indulging in use of tobacco

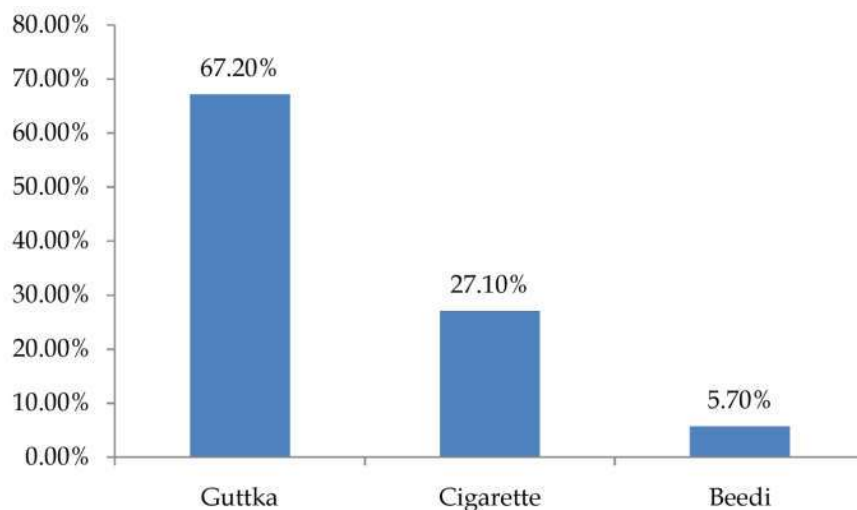


Fig. 3: Knowledge regarding the most frequent use of tobacco forms in the community

Table 1: Knowledge regarding, the age group that gets attracted to tobacco use

Age	Frequency	Percentage
10-19	107	55.72
20-40	80	41.67
40-60	5	2.60
Total	192	100

Table 2: Knowledge regarding places, where the tobacco and its products are frequently used

Availability places	Frequency	Percentage
School/college premises	9	4.7%
Bus Stand	86	44.8%
Market place	44	22.9%
Bar and Restaurant	18	9.4%
Old constructions	14	7.3%
Work places	3	1.6%
Cinema theatres	18	9.4%
Total	192	100

**Table 3:** Form of tobacco used among the non teaching staffs

Form of tobacco used	Number of non teaching staffs	Percentage
Gutka	41	67.2%
Cigarette	16	26.3%
Beedi	4	6.5%
Total	61	100

**Table 4:** Rural and urban difference of association regarding the usage of tobacco

Address	Tobacco use	Non tobacco user	total
Rural	39	77	116
urban	22	54	76
Total	61	131	192

Chi-square value- 0.4626

p value-0.4960

*Attitude:* 99.47% of users had positive attitude and wants to quite Tobacco, because of complications like cancer and other disease.

*Practice:* 31.77%( 61) people were found to be using tobacco. In that majority have practiced the use of "Gutka" and of the 61 those who use tobacco 85.24% 9(52) of them use daily one or other form of tobacco (Table 3). Majority of them (72.2%) started tobacco use when they were in the age group of 10-19years. 70.5% (43) and 29.5% (18) were males and females used one or other forms of tobacco.

From the Table 4, it is shown that there was no urban and rural difference in usage of tobacco form and its products among the non teaching staffs

## Discussion

A study done by Padmini et al., on prevalence of tobacco use among nonteaching staff in a tertiary care hospital Mumbai in Mumbai revealed that 35% of the staffs indulged in the use of tobacco and majority of them started in early age, which was similar to our study findings [8].

Yunus Khan et al., in their study on use of tobacco in Aligarh Muslim University, reported overall prevalence of tobacco use among both teaching and non teaching staffs was 80.8% and reported higher prevalence among non teaching staffs. In our study the prevalence of usage of tobacco was found to be 31.0% [9].

## Conclusion

Knowledge assessment regarding the availability, usage, forms of tobacco, and complications was satisfactory with positive attitude to quit the usage of

tobacco. One third of the non teaching staffs practicing the one or other form of tobacco.

## References

1. Tobacco key facts [Internet]. Geneva: World Health Organisation. [Cited 2017 March 20]. Available from: <http://www.who.int/mediacentre/factsheets/fs339/en/>.
2. Smoking and Tobacco Use [Internet]. Atlanta: Centres for Disease Control and Prevention . [Cited 2017 March 21]. Available from: [http://www.cdc.gov/tobacco/basic\\_information/health\\_effects/index.htm](http://www.cdc.gov/tobacco/basic_information/health_effects/index.htm).
3. Global Adult Tobacco Survey (GATS) India: 2009-2010. Mumbai. Ministry of Health and Family Welfare. [Cited 2017 March 21]. Available from: [http://www.searo.who.int/LinkFiles/Regional\\_Tobacco\\_Surveillance\\_System\\_GATS\\_India.pdf](http://www.searo.who.int/LinkFiles/Regional_Tobacco_Surveillance_System_GATS_India.pdf).
4. Chadda RK, Sengupta SN. Tobacco use by Indian adolescents. *Tob Induc Dis.* 2003;1(1):22-3.
5. Ferguson P, Small WP. Further study of the smoking habits of hospital nurses. *Health Bull.* 1985;43:13-18.
6. Olsen AD, Fugleholm AM, Rasmussen S, et al. Smoking behaviour and exposure to passive smoking among hospital employees 1992-1999. *Ugeskr Laeger.* 2000;162:5623-27.
7. Tapia-Conyer R, Cravioto P, de la Rosa B, Galván F, García-de la Torre G, Kuri P. Cigarette smoking: knowledge and attitudes among Mexican physicians. *Salud Publica Mex.* 1997;39:507-12.
8. Padmini D et al., To Study The Prevalence of Tobacco Use Among Staff Working In A Tertiary Care Hospital, Mumbai. *International Journal of Recent Scientific.* 2015;6(7):5304-06.
9. Yunus M, Khan Z.A baseline study of tobacco use among the staff of Aligarh Muslim University, Aligarh, India. *J R Soc Health.* 1997;117(6):359-65.