

Measurement of psychological dependence of tobacco users among rural population of India

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Abstract

Unfortunately in India most of the tobacco cessation centers are concentrating only on urban population whereas literature reveals that it is rural population which shows high frequency of consumption of tobacco.

Aims and Objectives

The present study was designed to achieve the aim of identification of which type of habit (tobacco smoking or tobacco chewing) and which particular age group in rural population of India is highly dependent on tobacco through the objectives of measuring the psychological dependence.

Material and Methods

It is questionnaire based survey where 200 subjects were enrolled in the study. Standard Fagerstrom test for Nicotine dependence (FTND) revised version converted in local language for smoking and smokeless form of tobacco was given to each subject to answer. The collected data was statistically analyzed by using Karl Pearson Correlation (r) test and Student's 't' test.

Results

Study results showed that subjects above 40 years of age are psychologically highly dependent on tobacco smoking as compared to tobacco chewing.

Conclusion

This study attempts at creating a new avenue for tobacco cessation centers where they can target their efforts towards rural population particularly people above 40 years of age with tobacco smoking habit, so that they can actually reduce the burden of people at risk for developing tobacco associated oral cancer.

Statement of Clinical Relevance

In rural area individuals above 40 years of age show a high psychological dependence for tobacco smoking as compared to tobacco chewing and these individuals are more prone for oral cancer. So it becomes of prime importance to target such individuals for quitting of tobacco consumption habit.

Keywords: Tobacco; Psychological dependence; FTND; Tobacco cessation Centers.