To identify the smoking susceptible individuals among general population and the factors that influence on their adaptations behaviors towards smoking habits

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ABSTRACT

Objective: The objective of this study is to determine the Cigarette smoking susceptible individuals of urban area of Karachi and the factors that influence on their adaptations behaviors.

Methodology: A cross-section al study conducted using a survey questionnaire filled by the general population of the Karachi who were above 18.

Results: The sample size was 350, out of which 106 found to be smokers with a prevalence rate of 31%. The males were found to be more smokers than the females that were about 90% of the total smokers. The prevalence of susceptibility was found to be around 11% and constitutes to the non-smokers who may become smokers in the next 12 months. Multiple factors were discussed that are the predisposing factors towards smoking adaptation. Gender was found to be significant in adaptation towards smoking behavior (p value < 0.001). The parental smoking, friend smoker and colleague smokers were found to be significant in adapting smoking behavior. The impact of media was found to have positive predisposition towards smoking attractiveness. A large percentage of respondents have shown to have the knowledge of harm from smoking, while anti-smoking warnings also showed profound impact on creating awareness and compelling the smokers to quit smoking habit.

Conclusion: The anti-tobacco interventions at multiple levels ranging from school, colleges, and universities could give significant results in creating tobacco free environment. Public health
messages and awareness programs along with smoking cessation advice by the health providers could be highly beneficial in attaining health and economic benefits.

**Keywords:** smoking susceptibility, attitude, behavior, smoking predisposing factors, antismoking intervention.