KNOWLEDGE OF EFFECTS ON HEALTH OF CIGARETTE SMOKING AMONG BINDURA UNIVERSITY STUDENTS WHO SMOKE CIGARETTES

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Abstract

Students on campus are likely to smoke cigarettes as a way of coping with life experiences (Amofina et al, 2012) yet cigarette smoking contributes to many diseases, (Kardiolli, 2011). The purpose of this study was to assess the knowledge of effects on health of smoking among Bindura University of Science Education students who smoke cigarette. Pender’s health promotion model was used to guide the study. The researcher used descriptive design to collect detailed data to assess knowledge of effects on health of smoking among Bindura University of Science Education students who smoke cigarettes. The study was conducted at Bindura University of Science Education Mount Darwin campus hostels, Faculty of Science Education, Main campus and Astra campus. The sample of 60 participants was drawn from the target population of students who smoke cigarettes. The researcher used snowballing sampling method to identify respondents and a questionnaire was administered to collect data from the study respondents. The questionnaire was administered during University working hours between 0800 hours and 1700 hours and the data collection lasted five days. The data was organised and analysed using, Statistical Package for Social Science (SPSS) version 21(2012) software. The study results indicated that the majority of respondents are not fully aware of effects of cigarette smoking on health, other than lung cancer and respiratory infections. The results of the study also indicated that males (83.3%) smoked cigarettes more than females. Having friends who smoked and living with a smoker or being allowed to smoke at home were identified as predisposing factors to cigarette use. Health educators should develop education programmes such as workshops or enlightenment programmes in the campuses using billboards or posters. They should organise workshops to students for assertiveness training, non smokers to remain non-smoking. Those that smoke must be encouraged to stop smoking so that they benefit from the cessation of smoking. The University might craft a policy that makes all the Bindura University of Science Education campuses cigarette free environments in order to safeguard non smokers from negative smoking. Further research may be conducted to determine the substances that are smoked by the students and their levels of dependence.