TOBACCO SMOKING BEHAVIORS OF BACCALAUREATE STUDENTS, THAILAND

Kanyaphat Setchoduk*

Abstract

The smoking behaviors of youths and young adults have changed worldwide. This study aims to explore the tobacco smoking behaviors of university students which includes the type, duration, amount, frequency, reason, addiction level, and family history of smoking. Descriptive cross-sectional study was used with university students in Thailand. Proportional Random Sampling technique was used to recruit 440 participants from 10 faculties. Results revealed that 33% of participants were currently tobacco smokers. The types of tobacco smoking use among university students that were included in the study consisted of tobacco cigarettes (11.1%), electronic cigarettes (1.4%), water-pipes (0.9%), more than one type of tobacco smoking (20.7%), second hand smoking (61.8%), and never smoked and only exposed to second hand smoking (4.1%). The common duration of tobacco smoking among university students was less than 6 months. They usually smoke less than 3 rolls of cigarette per day. The main reason for smoking were to promote relaxation, to socialize with friends, and preference for tobacco products’ smell and taste. The key inducement in all types of tobacco smoking among this group was friends. Most traditional tobacco cigarette smokers reported that they were addicted to smoking but other participants who smoked other kinds of tobacco smoking rejected tobacco addiction. Moreover, most of the participants have no other tobacco smokers in their family. Strengthening campus tobacco free policies and effective smoking cessation programs for university students are crucial.

Keywords: Smoking behavior, electronic smoking, water-pipe smoking, university student

*Assistant Professor Kanyaphat Setchoduk obtained a Master degree in Nursing Science (Adult Nursing) from Khonkean University, Thailand. Currently she is working as a full-time lecturer in Bernadette de Lourdes School of Nursing Science, Assumption University, Thailand.