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Federal University of Rio de Janeiro State



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## RESEARCH

### Os fatores que influenciam o adolescente ao consumo de cigarros e o seu grau de dependência

The factors that influence the teenage cigarette consumption and its degree of dependency

Factores que influencian al adolescente al consumo de cigarrillos y el grado de adicción

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### ABSTRACT

**Objective:** To identify factors that influence adolescent cigarette consumption and the level of dependence on them. **Method:** We conducted a quantitative technique using two questionnaires, with closed questions, and 261 adolescents were interviewed. **Results:** It was found that 37% of teenagers have already tried cigarettes, and 25% of them are regular users; in addition, 75% of the teenagers that have tried smoking and 64% of adolescents who consume cigarettes work, or have worked for help their family, 71% of teenagers that have tried smoking and 80% of adolescents who are smokers have, in their home, a person who smokes or has smoked. **Conclusion:** The study identified that the factors that influence the level of cigarette dependence in adolescent remain according to previous literatures. **Descriptors:** Adolescent, Tobacco products, Tobacco use disorder.

### RESUMO

**Objetivo:** Identificar os fatores que influenciam o adolescente ao consumo de cigarro e o nível de dependência dos mesmos. **Método:** Foi realizado pela técnica quantitativa utilizando dois questionários com perguntas fechadas, sendo entrevistados 261 adolescentes. **Resultados:** Foi verificado que 37% dos adolescentes já experimentaram o cigarro, e que dessa população 25% consomem o cigarro, além disso, 75% dos adolescentes que já experimentaram o cigarro e 64% dos adolescentes que consomem o cigarro trabalham ou já trabalharam para ajudar a sua família, 71% dos adolescentes que já experimentaram o cigarro e 80% dos adolescentes que consomem o cigarro dos mesmos tem em sua casa uma pessoa que fuma ou já fumou. **Conclusão:** O estudo identificou que os fatores que influenciam e o nível de dependência do adolescente no consumo do cigarro permanecem de acordo com literaturas antigas. **Descritores:** Adolescente, Produtos do tabaco, Transtorno por uso de tabaco.

### RESUMEN

**Objetivo:** Identificar los factores que influencian a los adolescentes al consumo de cigarrillos y el nivel de adicción a los mismos. **Método:** Fue efectuado por la técnica cuantitativa utilizando dos cuestionarios con preguntas específicas en 261 adolescentes entrevistados. **Resultados:** Se constató que, de la población estudiada 37% de los adolescentes ya había probado los cigarrillos, y que de ese grupo 25% hacen uso constante. Alrededor de 75% de los adolescentes que ya probaron los cigarrillos y 64% de los adolescentes que hacen uso constante del mismo, trabajan o ya han trabajado para ayudar a su familia, 71% y 80% de los grupos respectivamente, hay una persona en sus casas que fuma o fumaba. **Conclusión:** El estudio identifico que no existieron cambios en los factores que influencian el grado de adicción del adolescente en el consumo de cigarrillos de acuerdo con la literatura. **Descriptor:** Adolescente, Productos del tabaco, Trastorno por uso de tabaco.

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## INTRODUCTION

**C**onsidered adolescence as a stage of life that is likely to influence good or bad by looking at the components that the desire to assert themselves in society, through actions that are characteristic of an adult with a demonstration of maturity and independence. So, risk behavior in adolescence, as the use of smoke, are common and their reasons varied. <sup>1</sup>

Being adolescents susceptible to influences, its insertion in an environment with parents, siblings and/or friend's smokers can be considered a risk factor for such. In addition, a poor relationship, confrontational, no dialogue between parents/teachers and children in various situations can become the trigger for the consumption of legal drugs, in this case, the cigarette, and may this be a coping mechanism. In the case of adolescents with parents separated or in the process of divorce risk of these make use of cigarettes is greater. <sup>2</sup>

Thus, a study showed that some people start smoking earlier and earlier, often in adolescence, since "90% of smokers start smoking until he was 19 years of age". Having as average age of smoking initiation in 15 years, and about 70% of those who experience become dependent on tobacco. This data led the who to consider smoking a pediatric disease. <sup>1</sup>

Taking into consideration the education, access to information about the use of cigarettes by means of an educational activity is a significant aspect to be a teenager with low schooling, because being in a situation of difficulties in school life as in the case of repeating academic year, abandonment of studies, low school attendance, among others, there are great chances of their knowledge about various subjects of preventive insufficient and/or disabled. <sup>3</sup>

From this, this research will have the chance: the age as a factor of influence on adherence to cigarette use; the presence of family, friends and their peers, who make use of the cigarette, in the same environment of coexistence of the teenager as a stimulus to the use of cigarette; teenagers who do not have or do not live with one parent; the low frequency student in school are those who smoke cigarettes curiosity as risk factor for experimentation and the cigarette causes tolerance and dependence of progressive mode.

Has this research object for cigarette consumption by teenagers? And as objectives: to identify the factors that influence your teen cigarette consumption, the dependence of the same level.

## METHOD

A descriptive research with quantitative approach, employing the technique of questionnaire. The same subject in the Committee of ethics in research of UERJ and approved by opinion number 003/2013, according to Resolution nº 196/96 CNS.<sup>4</sup>

High school students were interviewed for two State schools of the municipality of Rio de Janeiro, showing age of 15 to 24 years. All students who were in that selection criteria, were included in the survey, a total of 261 students. The total population was divided into 3 distinct groups. Being 1 Population corresponding to teenagers who have never experienced cigarette, Population 2 corresponding to the teenagers who have tried cigarettes and 3 population corresponding to teens that if considered smokers.

Two questionnaires were used to collect the information, one of them being composed of 09 close-ended questions, developed from the literature review, questioning the participant about the possible factors that influence cigarette consumption, as answered by all teenagers. It was composed by the following variables: gender (male or female), age ( $\geq 15 \leq 19$  or  $\geq 20 \leq 24$ ), if the teen has worked or is working, how many days do you usually miss school during the period of one month (no, 1 day, 2 day, 3 day or  $\geq 4$ ), if you know someone that has between 15 and 24 years who smoke cigarettes, note of relationship for people (father, mother, brothers and others) who live in the House of the interviewee (being bad, 0 notes 1, 2 good), if there is any person who lives in the House who smoke or who have smoked, if you've been curious to try it out and if you ever try cigarettes.

The second questionnaire, Fagerström test, consists of 6 close-ended questions, where each answer is given a score, which assesses the extent of tying-in case the participant consume cigarette.<sup>5</sup> After obtaining the questionnaire reply, the scores of the same are added and the result is categorized as to the degree of dependency as: (0 to 2 points - very low, 3 to 4 points, 5 points - medium, 6 to 7 high points, and 8 to 10 very high points).

The findings were organized, quantified and presented through tables being analyzed statistically through the Epi Info program.



## RESULTS AND DISCUSSION

The total population (n = 261) consists of 55% of the adolescent's female, 45 % male. According to the table below:

**Table 1** -Gender X Age. Rio de Janeiro/RJ, Brazil 2014.

Sex	15 to 19 years	20 to 24 years	Total
Male	79(69%)	38(31%)	117 (45%)
Female	106(74%)	38(26%)	144 (55%)

The importance of being checking this data is from the time research noted that the average age of initiation into smoking is of 15 years, and about 70% of those who experience become dependent on tobacco. And, as cigarette consumption by teenagers, found the respondents who experienced smoke 25% considered themselves dependent on the same. <sup>1</sup>

One of the risk factors surveyed outside the working relationship and cigarette consumption which is referenced in research demonstrating that when the teenager works with still other risk factors, presents a greater chance of becoming a smoker. But in another survey the variable "If the student works" reported non-significant. <sup>6-7-8</sup>

Analyzing this factor, was obtained as a result that 75% of teenagers have tried cigarettes and 64% of teens smoking, work or have worked.

**Table 2** -Respondents who have worked or are working. Rio de Janeiro/RJ, Brazil 2014.

	Population 1	2 Population	Population 3
Yes	96 (59%)	74 (75%)	16 (64%)
No	67 (41%)	24 (25%)	09 (36%)
Total	163 (100%)	98 (100%)	25 (100%)

Table 2 shows that, in proportion to the population who tried cigarettes (2) and (3) smoker population presented larger percentages in relation to the population that has never experienced the cigarette.

The variables of school attendance in the studied population showed that in population (2) and (3) there was a greater number of fouts in comparison to the population (1), in accordance with table 3:

**Table 3** -How many absences in a month. Rio de Janeiro/RJ, Brazil 2014.

	No	1 day	2 days	3 or more days	Total
Population 1	52 (31%)	30 (19%)	27 (17%)	54 (33%)	163 (100%)
Population 2	24 (24%)	14 (14%)	26 (27%)	34 (35%)	98 (100%)
Population 3	04 (16%)	02 (08%)	09 (36%)	10 (40%)	25 (100%)

The treatment of adolescent education, those who are not studying or have become repeaters are more likely to be smokers. Another study demonstrates that the teenager with low schooling, that has failed 3 times or more in school is more likely to be a smoker. The authors show that the *variação* school performance is associated with the use of drugs, and the relative risk for the Group of students who missed nine or more times is twice as large in those students who lacked when compared to those who had no fouts.<sup>3,9-10</sup>

It is important to note that the hardened school population, which is even larger percentages of smoking, is not included in this research.<sup>10</sup>

Within the variable "relationship with her father" populations (2) and (3) were, respectively, 32% and 36% in variable "doesn't have/don't live," according to table 4. The literature shows that the influence of a mother/father-son (conflicts with parents, divorce, cohabitation not with family) disabled is considered as a risk factor for the use of psychoactive drugs, one of which is tobacco.<sup>12</sup>

**Table 4** -Relationship with her father. Rio de Janeiro/RJ, Brazil 2014.

	Population 1	Population 2	Population 3
Bad	07 (04%)	04 (04%)	02 (08%)
Regular	17 (11%)	13 (14%)	03 (12%)
Good	85 (53%)	38 (38%)	09 (36%)
I don't have/don't live	46 (28%)	31 (32%)	09 (36%)
Not responded	08 (04%)	12 (12%)	02 (08%)
Total	163 (100%)	98 (100%)	25 (100%)

In several surveys conducted in different years, parents separated, divorced or widowed appeared as a significant factor, about the increased risk of early onset of smoking. In addition to influence in their social behaviors: feeling rejected, expulsion of their social group, search for methods of stress relief inadequate, for example, the use of legal drugs and/or illicit, among other effective coping mechanisms for the resolution of their conflicts.<sup>3, 9,13</sup>

The table 5 refers to the variable "teenager who lives with a person who consumes the cigarette", it was observed that the likelihood of him being influenced for consumption, is larger than a teenager without this risk factor.

**Table 5** -Respondents which they live with someone who smokes or smoked. Rio de Janeiro/RJ, Brazil 2014.

	Population 1	2 Population	Population 3
Yes	89 (55%)	70 (71%)	20 (80%)
No	74 (45%)	28 (29%)	05 (20%)
Total	163 (100%)	98 (100%)	25 (100%)

The results show that it is essential that parents and older siblings can present themselves as healthy models, so that their attitudes are consistent with the orientation about the harm of the cigarette.<sup>14</sup>

Research has shown that 95% of those surveyed know somebody, between 15 and 24 years who smoke cigarettes. The different social behaviors, including the consumption of psychoactive substances, are learned, predominantly from the interactions between the young and their primary sources of socialization, such as family, school and the Group of friends.<sup>15</sup>

The variable "curiosity" corresponds to 38% of the total population surveyed (N = 261). Of this population, 89% have tried cigarettes, so the variable was identified as being a factor of high probability to experience the cigarette.<sup>16</sup>

The results above show that the family should be included in education programs against the initiation of cigarette use. Because the effectiveness of adolescent health promotion increases when parents are involved, as well as community organizations, the media and local health authorities.<sup>17</sup>

With respect to the level of dependency of the interviewees, between the ages of 15 to 19 years (n = 16) teens classified as to the degree of dependency: 81% and 19% very low, already among the age group of 20 years to 24 years (n = 9) the classification performed as follows: 34% 33% very low, low, medium, 24% 11% high. Consistent with the fact that cigarette cause tolerance and dependence, so progressive, chronic, recurrent and determined by pharmacological factors.<sup>18</sup>

## CONCLUSION

The study identified that the factors that influence your teen cigarette consumption remain according to the literature, so the use of this drug legal for younger teens, being conducive to an extent of tying-in of the same.

The varied influences which teens are submitted become more aggravating when the protective effect applied by parents or other family members not present.

The serious consequence to the results obtained with regard to cigarette consumption associated with the degree of dependency of the user during the research met the classification of very low, low, medium and high, being the last two displayed only in the age group of 20 to 24 years, demonstrating the progression of addiction.

It should be pointed out that the study has its limitations, as the number of participants in the research corresponds to the population of adolescents in the municipality of Rio de Janeiro and the respondents are in the school environment.

Nevertheless, the search had its goal achieved regarding the definition of certain factors that influence teen cigarette consumption and the degree of dependency. However, it is not intended to exhaust the subject, believing that the dissemination of the research can stimulate new research in the area.

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