

Smoking and Alcoholic Beverages Use Among Students at University Level

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Abstract: *The present study is aimed to examine the addiction of smoking and alcoholic Beverages in students at university level. For the examined of smoking and alcoholic beverages use among students, a descriptive study has been designed in which survey method was adopted. There was sample of 200 students of the M.D. University. The data was collected through questionnaire and analyzed by percentage method used.*

Keywords: Alcohol, Smoking, Students, Health.

1. Introduction

Smoking and excessive alcohol use are risk factors for cardiovascular and lung diseases and for some forms of cancer. The risks of cancer of the mouth, throat or esophagus for the smoking drinker are more than the sum of the risks posed by these drugs individually for example, compared with the risk for nonsmoking nondrinkers the approximate relative risk for developing mouth and throat cancer are 7 times greater for those who use both tobacco and alcohol. Approximately 4000 chemical substances are generated by the chemical reactions that occur in the intense heat of a burning cigarette. A group of these chemicals collectively known as Tar is carried in to the lungs on inhaled smoke.

One of the most commonly raised concerns among those addressing alcohol consumption and young people is the close association between alcohol and sport (Sivyer, 1990). It is well known that attitudes towards alcohol consumption are strongly influenced by social and cultural norms, and more directly by the specific social situation in which alcohol consumption occurs (e.g., McDaniel, Kinney and Chalip, 2001; Greenfield and Room, 1997). The bloodstream then distributes the components of tar throughout the body. Certain enzymes found mainly in the liver convert some ingredients of tar in to chemical that can cause cancer. In India youth are the main user of smoking and alcohol products. This study examined the addiction of smoking and alcoholic beverages in students at University level.

2. Objective

The following was the objective of the study: To examined smoking and alcoholic beverages use among students at University level.

3. Delimitations

- 1.The study was delimited to the students of M.D. University-Rohtak.
- 2.The study was delimited to the male students of M.D. University-Rohtak only.

4. Limitations

M.D. University students were examined through questionnaire where responses were mainly based upon the interest and attitude of the respondents that was considered as limitations of the study.

5. Selection of the Subjects (Sample)

For the present study by using purposive sampling 200 students of the M.D. University-Rohtak were selected from various departments who were ready to give their response voluntary

6. Collection of Data

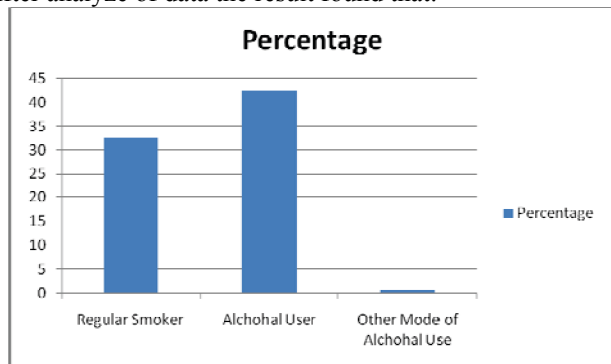
The data was collected through questionnaire (self made). The questionnaire was given to 200 students of the university by investigator personally. The purpose of the present study was briefed to them and their cooperation was solicited for accurate response in the questionnaire and they were assured to keep their information confidential. It was assumed the respondents have given responses in the questionnaire truthfully.

7. Analysis Technique

The self developed questionnaire with the help of experts of this field was used to collect the data and responses were analyzed by using simple percentage method for interpretation.

8. Result

After analyze of data the result found that:



1. 32.5 percent students of M. D. University smoking regularly.
2. 42.5 percent students use alcoholic beverages.
3. The students of University who used alcoholic product mainly used wine and bear.
4. 0.6 percent students use other mode of alcoholic beverages.
5. 85 percent students who were smoking the duration of start smoking is 2-3 year.

9. Conclusion

1. This study indicate that a number of students smoking regularly.
2. The percentages of user alcoholic beverages are very high in the university.
3. The students considering the use of alcoholic beverages as a status symbol, recreation and enjoyment

10. Scope of Study

1. The study provides useful information to assist targeted health promotion campaigns.
2. M. D. University may take right action to create healthy environment for students.
3. This study may be re-conducted on large scale to have a more valid result.

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Author Profile



Shiv Kant has done M. P. Ed (2008-09) from C.D.L.U (Sirsa). He is Gold Medalist in M. Phil (2009-10) from M.D.U, Rohtak.