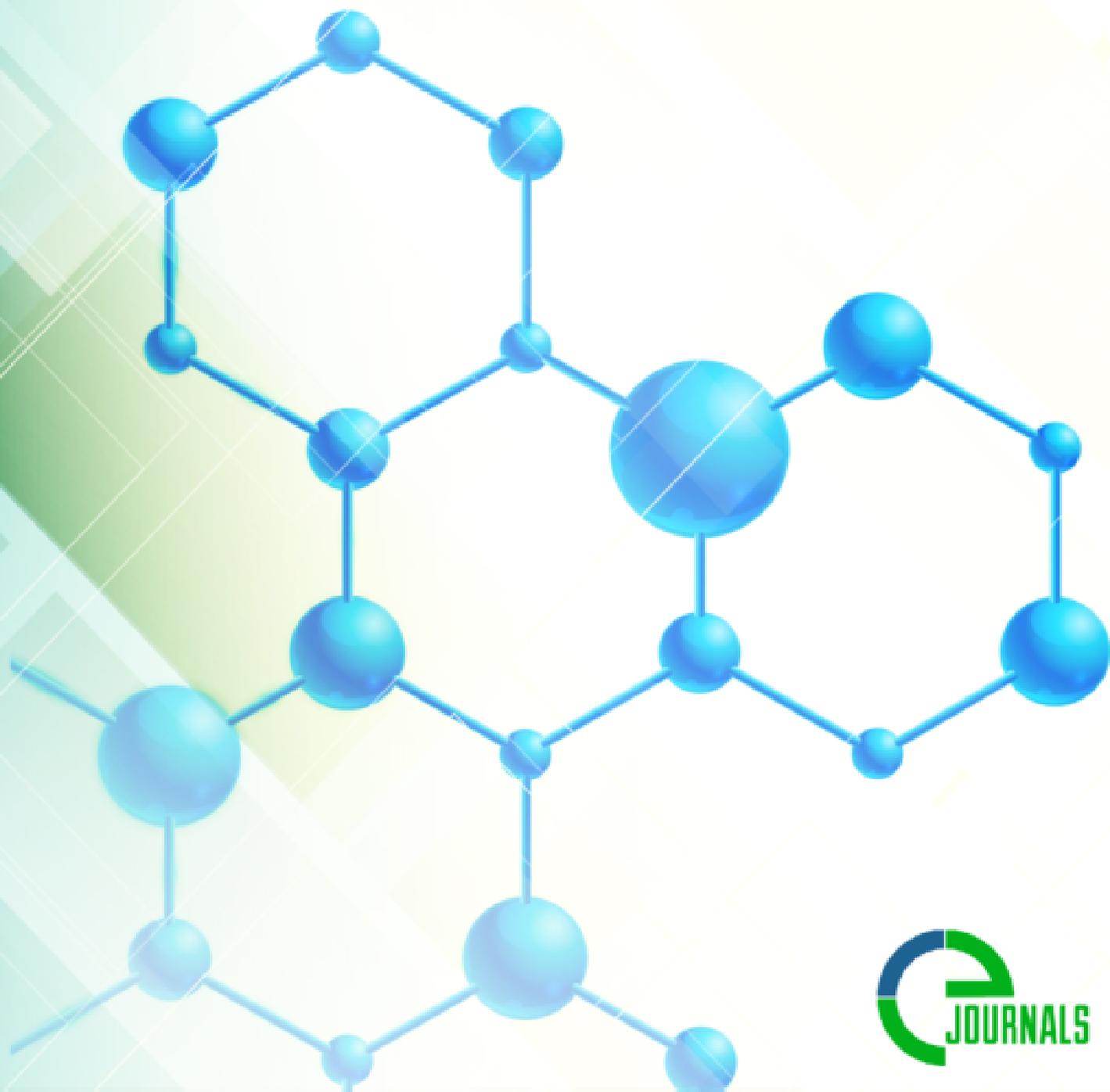


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**THE ATTITUDE OF THE TASHKENT MEDICAL ACADEMY STUDENTS
TO SMOKING AND TOBACCO PRODUCTS**

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Abstract: The article presents the results of a questionnaire survey of students of the Tashkent Medical Academy on their attitude to smoking. The study involved 300 male 1-6th year students aged between 18-27 years. According to the survey, 33.6% of students were smokers, most of them are 4th year students (46%).

Keywords: smoking habits, smoking, attitude to smoking, harmful effects of smoking on the body.

Introduction. One of the harmful habits that have a negative impact on health is smoking. Smokers have a bad effect not only on their own health, but also on the health of those around them, that is, on the health and mood of their children, spouse and other family members, as well as on the health and mood of other people around them. Today, a number of activities aimed at preventing smoking of tobacco products and following a healthy lifestyle are being carried out. In this regard, in the Resolution of the President of the Republic of Uzbekistan No. 4063 "On measures to prevent non-communicable diseases, support a healthy lifestyle and increase the level of physical activity of the population" it was stated "...improvement of legal mechanisms aimed at establishing additional measures as well as a number of tasks aimed at promoting a healthy lifestyle and preventing smoking".

Smoking tobacco products is harmful to human health. Nowadays, the number of smokers worldwide is increasing.

For many years, researchers have studied the harmful effects of smoking on the body of adults and adolescents [5, 6]. Based on the results of research, we can clearly say that tobacco contains more than twenty toxic substances, the most toxic of which is nicotine. [1].

As stated in the scientific literature, as a result of continuous smoking, veins narrow, arteries lose elasticity. As a result, ischemic heart disease appears; acceleration of the heartbeat due to the effect of nicotine causes an attack of angina pectoris [1]. Smokers experience more chronic diseases of the lungs, bronchi and larynx than others. They have 5-6 times more chronic bronchitis [1, 5]. The body in the tobacco stays in the respiratory tract. As a result, laryngitis occurs. Hoarseness also may occur. The risk of respiratory diseases increases. Therefore, smoking is the cause of 71 percent of lung cancer, 42 percent of chronic respiratory diseases, and 10 percent of cardiovascular diseases. [1, 2].

Tobacco also affects brain cells. Insomnia, headache begins in the smoker. As a result, the activity of the central nervous system is disturbed [1]. A person who smokes a lot often spits up. If he walks fast, does physical work, he becomes short of breath. In some cases, heavy tobacco use can make the smoker prone to mental illness [1, 4].

As a result of the effect of tobacco on the digestive organs, a person loses his appetite, has a bad taste in his mouth, and the activity of the salivary glands might be disturbed. Nicotinic acid that enters the stomach with saliva damages its walls which makes the stomach produce more juice than it needs. This causes diseases such as stomach and duodenal ulcers [1, 5, 6].

The purpose of the research. To study and assess the percentage and the level of tobacco smoking students on the example of Tashkent Medical Academy (TMA). The age of students participating in the survey is 18-27 years. About 90 percent of the students who participated in the survey are students from the regions, and most of them live in dormitory.

Research methods. The questionnaire and statistical methods were used. A total of 300 students participated in the survey. 101 students participating in the survey were found to be smokers. (table -1)

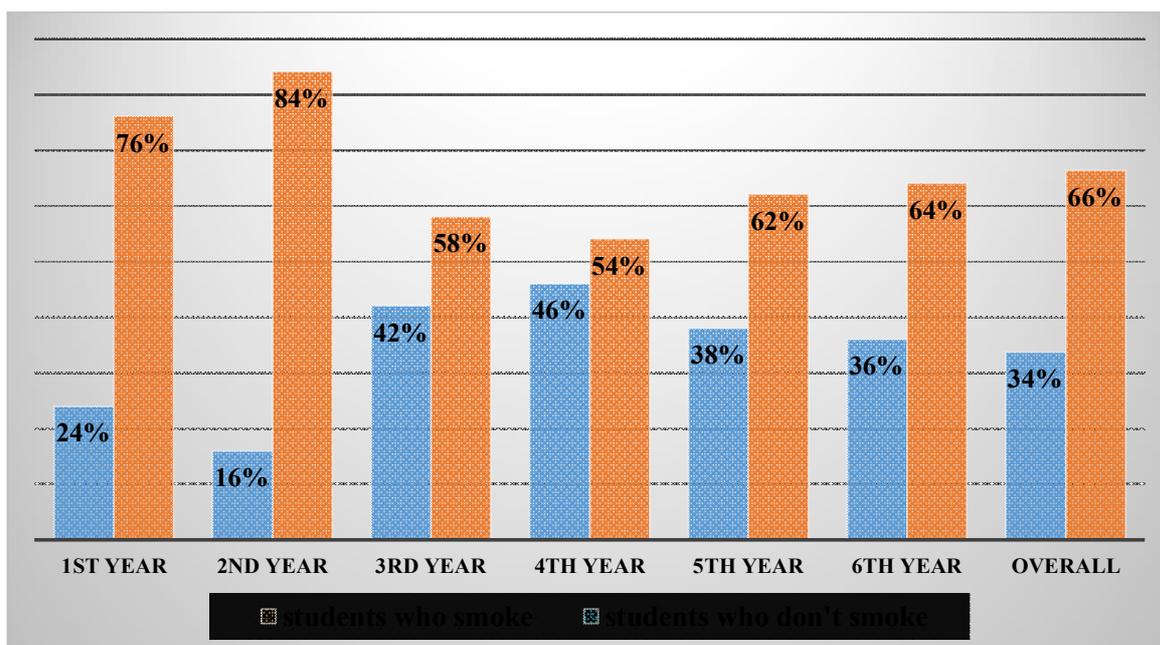
table-1

Year of study	Students who smoke	Students who don't smoke	Students who smoke %	Students who don't smoke %
1st year	12	38	24	76
2nd year	8	42	16	84
3rd year	21	29	42	58
4th year	23	27	46	54
5th year	19	31	38	62
6th year	18	32	36	64
Overall 300	101	199	33,7	66,3

Research results and their discussion

A questionnaire was conducted among TMA students to study their attitude to smoking. Questionnaire "Do you smoke?" the answer given by the students to the question is shown in Figure-1 below.





Picture-1. Percentage of smokers among students.

The analysis of the obtained results showed that on average 34% of the students participating in the survey smoke. It is an interesting fact that the most smoking students are found in the 4th year, and the heavy workload of the 1st and 2nd year students shows that there is no time for smoking. The reason for the decrease in the senior year is an example of a much higher level of medical knowledge among students.

Most of the young people who are addicted to tobacco products show that they are turning into tobacco addicts following the example of their family members. An average of 100,000 teenagers a day on earth fall into this trap as a result of imitating adults - their parents, neighbors or relatives. [1].

In the questionnaire "Does your friend smoke?" the following answers were received to the question (table-2).

table-2
Effects of friends smoking on students

Students who don't smoke			Students who smoke		
Year of study	Smoke	Don't smoke	Year of study	Smoke	Don't smoke
1st year	26%	74%	1st year	75%	25%
2nd year	35%	65%	2nd year	75%	25%
3rd year	48%	52%	3rd year	90%	10%
4th year	45%	55%	4th year	78%	22%
5th year	44%	56%	5th year	93%	7%
6th year	59%	41%	6th year	81%	19%
Overall	42.8%	57,2	Overall	82%	18%

When we divided the students who participated in the survey into smokers and non-smokers, it was found that on average 82% of the friends of the students who smoked also smoked. Apparently, students who smoke have a direct effect on their friends around them. For example, 75% of first-year students who smoke were found to have smoking friends, and as they progressed to the senior year, the number of their friends smoking increased.

To the question "Does anyone in your family smoke?", it was found that the family members of smoking students also smoke (table-3).



table-3
Effects of family smoking on youth

Students who don't smoke			Students who smoke		
Year of study	Smoke	Don't smoke	Year of study	Smoke	Don't smoke
1st grade	13%	87%	1st grade	66%	33%
2nd grade	29%	71%	2nd grade	62%	38%
3rd grade	35%	65%	3rd grade	47%	53%
4th grade	33%	67%	4th grade	56%	44%
5th grade	10%	90%	5th grade	57%	43%
6th grade	18%	82%	6th grade	56%	44%
Overall	23%	77%	Overall	57%	43%

It can be seen that the environment in the family is very important for the upbringing of our children.

Among smoking students, to the question "Why did you start smoking?", 75% of the 1st year students answered that it was because of interest, the rest because of life problems, 62% of the 2nd year students answered that it was because of life problems, the rest because of interest, 33% of the 3rd year students answered because of interest and life problems and because of their friend, 4th year students 48% of life problems, 26% because their friends smoke, and the rest because of interest, and 80% of the 5th year students answered because of interest, the rest because my friends smoke, and 54% of the 6th year students answered the same and the rest because of interest. It can be seen that by the time of the senior year, young students go to the concept of starting a family and finding solace from such family problems. That's why people's failures cause them to smoke. In this regard, students were asked, "Do your failures make you smoke cigarettes more often?", 74.7% of TMA students who smoke stated that they are forced to smoke because of their failures, the rest of the participants answered that it does not affect them. Our results show that failure also induces smoking.

table-4

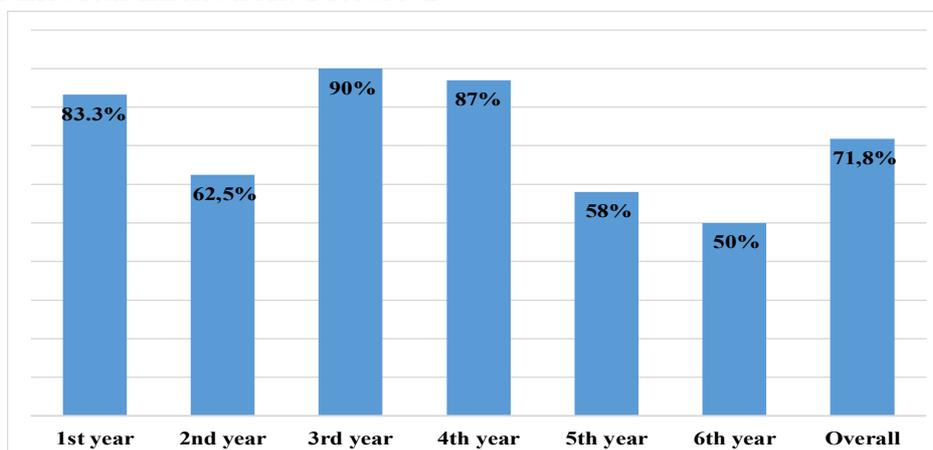
"How many years have you been smoking?" answers to the question

Year of study	1 year	2 years	3 years	4 years	5 years	More than 5 years
1st year	41,7%	33,3%	8,3%	-	-	16,7%
2nd year	12,5%	12,5%	12,5%	12,5%	50%	-
3rd year	14,3%	14,3%	33,3%	9,5%	19,1%	9,5%
4th year	30,4%	26,1%	17,4%	4,3%	8,7%	13%
5th year	21%	26%	10,5%	10,5%	-	32%
6th year	-	12,5%	18,8%	6,3%	18,8%	50%
Overall	19,8%	20,8%	17,8%	6,9%	12,9%	21,7%

As can be seen from the obtained results, it was found that 1, 2, 3 year students smoke for 5 or more years, despite being a junior year, we can give an example of the influence of the family environment on young students, it is difficult to adapt to the educational process.

More than 50% of students want to smoke when there are scenes of movie characters smoking in the media.

When smokers were asked, to the question "Are there any positives to smoking?", 46.6% of freshmen answered that smoking has positive aspects, on the contrary, senior students answered the same question, "It is not useful, but I smoke." Apparently, 1st year students think that smoking has positive aspects, although even tobacco smoke is harmful to the human body. This indicates their low medical culture, despite studying at a higher medical institution. Picture-2



Picture-2. Ask the students "Are your parents aware of your smoking?", according to the results obtained from the answers "they don't know", compared to senior students, it was found that the parents of freshmen are not aware of them smoking cigarettes; we can also take as an example that they do not have a family.

"Would you want your child to smoke when you become a parent?" to the question, on average, 94.8% of students expressed their opposition to their children smoking in the future. In particular, 100% of 1st, 4th and 6th year students, 87.5% of 2nd year students, 86.7% of 3rd year students, and 94.7% of 5th year students answered "Never". It can be seen that, according to the results, students who participated in the survey do not want such a situation to be repeated in their children, even if they do not have information about the harm of smoking.

Conclusion. The analysis of the obtained results shows that TMA students among young people know about the harmful effects of tobacco products on the human body, but this is not enough to quit smoking. In addition, it shows that the main reasons for students' smoking are curiosity, and that young people are not able to use their free time effectively. In order to prevent the occurrence of cigarette smoking among young students, promoting a healthy lifestyle to young people, informing them about the occurrence of hereditary diseases in their descendants as a result of smoking and engaging in interesting activities, strengthening their regular participation in various sports, forming a healthy lifestyle, creating a healthy environment is necessary to carry out sanitary works.

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