98 - TOBACCO: THE REALITY AMONG GRADUATES IN THE HEALTH AREA

LAÍS CRISTINA BARBOSA SILVA[2]
PAULO RICARDO MARTINS NUNEZ[1,2,3]
MURILLO RODRIGUES SORÉ[1,2]
DIEGO AUGUSTO NUNES REZENDE [1, 2]
1. Universidade Federal do Mato Grosso, Barra do Garças/MT, Brasil
2. Grupo de Estudo e Pesquisa em Desenvolvimento Humano – GEPDH/UFMT/CNPq
3. Doutorando do Programa de Pós-graduação em Parasitologia – UFMT/UFMG
lalacrisbarbosa@hotmail.com

INTRODUCTION

Currently, the tobacco is a one of the great evils of modern society, causing several deaths worldwide. Your consumption emerged in the indigenous society in the Central American, where indians used tobacco leaves in magic-religious ritual as way to connect with gods, protect and purify yours warriors. After that portugueses arrived, tobacco was attributed to a medicinal character and in this moment, it obtained commercial value. The expansion of tobacco was made of two ways: by sailors and soldier in which the tobacco was used as distraction in yours trips; and other by portugueses, that carried it from Brazil to Portugal (Penati, Ramos e Teruya, 2001).

Despite of the majority of population using cigarette, few is known about substances contained in the formula. The smoke expelled to contains about 4.700 substances that causing damage for smokers and mainly, for passive smokers that have the same or worse damage than smokers (Veloso apud Martins, Caixeta e Pinho, 2002).

Data of the Organização Mundial da Saúde (OMS, 2008) indicate that tobacco consumption is responsible by for the death of approximately 5 million of people each year, in which it will be equivalent one person each six seconds. According to Rosemberg apud Valente (1982), psychological and sociological reasons, that lead young to smoking, vary according to with attitude and behavior of his group. The frequent justification in relation to smoking habit are that tobacco is a way of contestation or self-assertion, a independence symbol or rebellion, a element of communication with friend, or simply to hide shyness.

Among smokers, many individual are or study in the area of health. These people have a more knowledge about risks and all diseases caused for use of tobacco, but they continue consuming cigarette. They say for patients and students about tobacco damage to prevent diseases as cancer, cataracts, skin cancer, tooth damage, osteoporosis, high blood pressure, instead risk of decay and obstruction arteries by addiction a long time. However, these people use tobacco and thus, theirs practice is different of own speech. According to Barbanti (1990), in relation to physical activity, there are few studies about effects of tobacco in the performance. It is estimated that cigarette use a long time affect negatively on respiratory function and decreases pulmonary circulation, in which difficult the practice of physical activity.

The professional of health area have a fundamental role in the people education for have healthy lifestyle, mainly avoiding to smoke, promoting a educative action for maintenance of the health (Valente apud Sawicki e Rolim, 1982).

The objective this study is to show the reality of tobacco consumption among graduates of health courses of the Universidade para o Desenvolvimento do Estado e da Região do Pantanal (UNIDERP) from city of Campo Grande – MS.

METHODOLOGY

The study was characterized by a description field study with a quantitative approach. According to Thomas e Nelson (2002), the researcher tries to keep away of the process of data collection using laboratory measures, questionnaire and others as objectives instruments.

The sample composed of 418 graduates of both sexes: smoking, occasional smoking, ex-smoking and no-smoking. The medium age was 23,4 ± 13,8 years in which 119 (72 males e 47 females) of the Physical Education course, 110 (08 males e 102 females) of the Nutrition course and 189 (34 males e 155 females) of the Nursing course.

Before to begin the research, first step was send a free consent term according to the Resolução 196/96 of the Conselho Nacional de Saúde (CNS). In the data collection was used a structured questionnaire by authors with 19 closed questions about personal characteristics. The exclusion criterion was used when student did not want to participate of the data collection and lack of students in the classroom in the moment of questionnaire application.

Data analysis was performed in the Microsoft Excel program for Windows XP in which it carried up calculation of descriptive statistics (mean and standard deviation) and the results were showed in relative (%) and absolutes value.

RESULTS AND DISCUSSION

Currently, smoking has become one of the most widespread habits worldwide. It reaches predominantly the young in an wide age range, coexisting, with initiation of this habit, the social and psychological factors (Valente et al, 1982).

According to Milagres apud Martins, Caixeta e Pinho (2002), the knowledge about cigarette damage decrease the risk of curiosity, however, as all chemical dependency, to stop smoking is difficult to cure.

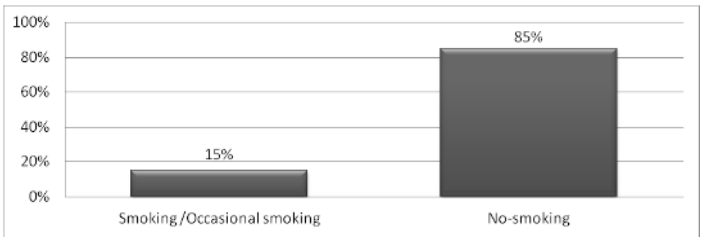

Fig. 1 – Distribution of smoking in the students of the health courses.

It was noted that, of the 418 students interviewed, 85% was no-smoking or stopped smoking and 15% was smoking.

According to Spiandorello (2005), the beginning of tobacco use start in the childhood and adolescence for most smoking, but the diseases begins to manifest in the individual body after 40 year old. However, there are few people to get to stop smoking before any illness manifest.

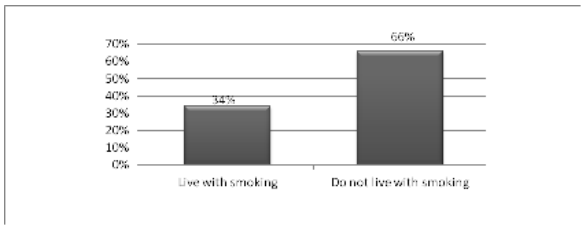

Fig. 2 – Percentage of the students that it lives with smoking in the home.

According to the graphics (Fig.2), 66% of the students do not have smoking in the home, 34% of the students have smoking in your home. Of those that responded affirmatively to this question, 44,2% of them father was only smoking in the home, 45,5% only mother was smoking, 9% had both mother and father were smoking in the home and 1,3% had a smoker wife or husband.

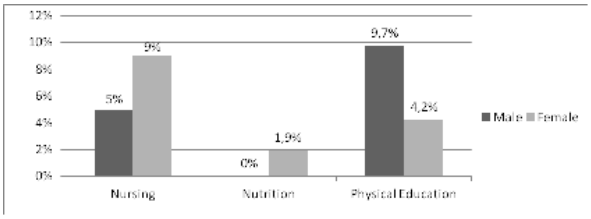

Fig. 3 – Percentage of smoking by genre and course.

In the total analyze of smoking, in the courses of Nursing and Nutrition, it was observed that female gender prevailed over males, only overcome in the course of Physical Education. According to Ribeiro et al. (1999), in relation to gender, it was observed worldwide the trend of decreasing the smoking prevalence of both genders. But in the female gender, this decreasing is slower. It is showed in the results in this present study.

Course	No friends	1 to 2 friends	3 or more friends
Nursing	42	49	98
Nutrition	51	20	39
Physical Education	34	28	57
Total	30%	23%	47%

Table 1. Absolutes values of smoking friends.

Another factor for considering is the friends group in which the person has friendship. This is the most important influence fo teenager to become a smoker. In the study made by Ivanovic et al Apud Malcon et al (2003) was indicated that young tend to follow the behave of friends for belong a certain group.

Motivation to start smoking	Amount	%
Fad	5	9,6
Free will	32	61,5
Influence of friends	13	25
Influence of parents	2	3,8
Total	52	100

Table 2. Distribution according to the reasons because students begin smoking, among the occasional smoking.

Martins, Caixeta e Pinho (2002) noted in your study that 38,1% of the individual begin smoking by curiosity.

According to these results, it can say that the curiosity for try the new probably it leads the young to decide between smoking and no-smoking.

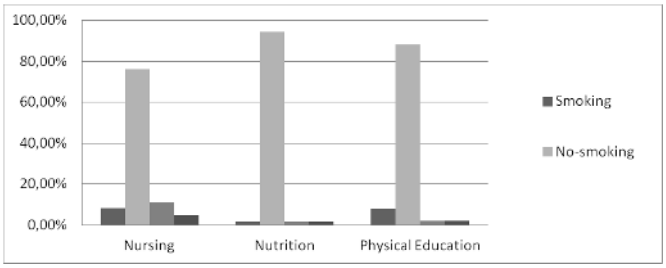

Fig.4 – Prevalence of smoking, no-smoking, occasionally smoking and ex-smoking by course.

When courses were analyzed, it was observed that there was a predominance of no-smoking in both courses. In the evaluating each course was checked that if to add the three categories (smoking, occasional smoking and ex-smoking) there is a superiority of Nursing course. Although, there was a predominance of no-smoking in the health courses; we could see that there were still smoking people, even occasionally. This indicates that these people will be active smoking in the future, and it showed us in spite of the knowledge of cigarette damages by professional, they continue smoking and being bad examples for peoples.

It is important underline that predominance of no-smoking is a positive result in the fight against smoking suggesting a possible conscientization of smoking damage. Unfortunately, the damage do not reach only smoking but also passive smoking that inhale the cigarette smoke in common environment within society.

CONCLUSION

Even with the knowledge of the damage by smoking and it become professional of health area in the future, the results showed that the highest percentage (19,60%) among the smoking student were in the course of Nursing, followed by course of Physical Education (9,24%) and Nutrition (3,64%).

We must highlight positively this low index of smoking as an important result for population and public health, although it not was 100% of the interviewed professional. The professionals of this area should contribute for reflection and discussion about this habit because when it advises that do not smoke; this is a way of future diseases prevention. For this, it is important do not have professionals in this area that smokes frequently or occasionally.

Therefore, it is fundamental the importance of creating educational activities for make society aware of the damage caused by cigarette and what the consequences and damage to health a long time.

REFERENCES

BARTANTI, Valdir J. Aptidão Física: um convite à saúde. São Paulo: Manole, 1990.

MALCON, Maura C.; MENEZES, Ana Maria B.; CHATKIN, Moema. Prevalência e fatores de risco para tabagismo em adolescentes. Revista Saúde Pública 37: 01-07, 2003.

MARTINS, Flávia Augusta; CAIXETA, Karla Alves; PINHO, Lícia Maria Oliveira. Prevalência de Fumantes entre Acadêmicos do Curso de Enfermagem da UCG de 2002/1. Estudos Goiânia: 1323-1334, 2002.

MATSUMOTO, Karen dos Santos et al. O uso do tabaco entre os universitários de enfermagem da universidade do estado do Rio de Janeiro(UERJ). Revista Eletrônica Saúde Mental Álcool e Drogas: Ribeirão Preto/SP, 2004.

MOREIRA, Leila B. et al. Prevalência do Tabagismo e fatores associados em área metropolitana da região Sul do Brasil. Revista Saúde Pública 29: 46-51, 1995.

PENATI, Marisa Morales; RAMOS, Tereza de Jesus Ramos; TERUYA, Tereza Kazuko. Fumo – Historia, implicações socioculturais e proposta de ação pedagógica. Revista de Ciências da Saúde 1: 73-77, 2001.

RIBEIRO, S.A. et al. Prevalência de tabagismo na Universidade Federal de São Paulo, 1996 – dados preliminares de um programa institucional. São Paulo: 39 – 44, 1999.

SAWICKI, Wanda Cristina; ROLIM, Marli Alves. Graduandos de enfermagem e sua relação com o tabagismo. São Paulo: 181-189, 2004.

SPIANDORELLO, Wilson Paloschi et al. Avaliação da participação de pequeno numero de estudantes universitários em um programa de tratamento do tabagismo. Artigo Original: 69-75, 2005.

THOMAS, Jerry R, NELSON, Jack K. Métodos de pesquisa em atividade física. 3ºed. Porto Alegre: Artmed, 2002.

VALENTE, Maria Aparecida et al. O fumo entre docentes e discentes das escolas de enfermagem. Revista da Escola de Enfermagem da USP: 147-159, 1982.

Rua das Acácias, Nº1089. CEP:78600-000
Bairro Jardim das Mangueiras. Barra do Garças/MT.
lalacrisbarbosa@hotmail.com

TOBACCO: THE REALITY AMONG GRADUATES IN THE HEALTH AREA

ABSTRACT

The consumption of cigarette is responsible for the death of approximately 5 million of people each year. In this perspective, there are individual of several professional areas, mainly of the health area, that are responsible for informing about the damages and risks of cigarette consumption over the organism at a long term. However, despite of the current amount of knowledge about damage, some individuals still begin to smoke. The goal of the study is to show the reality of tobacco consumption among the students of the courses of Nursing, Nutrition and Physical Education of the UNIDERP of city of Campo Grande – MS. This research is characterized by a descriptive field study with a quantitative approach. The sample was composed of 418 students: smoking, occasionally smoking, ex-smoking and no-smoking, with an age average of 23,4 ± 13,8 years. The instrument of research used consisted of a questionnaire of 19 closed questions relative to the personal characteristics. Among all of the courses considered in this study, it was observed a prevalence of female genre about males in relation to total number of smokers and occasionally smokers. Among the population of 418 students, a total of 15% were individuals smoking, 85% no-smoking and 3,12% were ex-smoking. Data showed that in spite of the knowledge of cigarette damages, the students in the health area have still been continuing in this area, and it does not give a good example for population.

KEYS-WORD: Smoking, health, prevalence of smoking.

TABAC: LA REALITÉ AU SEIN DES UNIVERSITAIRES DANS LE DOMAINE DE LA SANTÉ

RÉSUMÉ

La consommation de la cigarette est responsable de la mort d'environ 5 millions de personnes chaque année. Au sein de ce contexte, il existe des professions dans plusieurs domaines spécialisés, en particulier celui de la santé, dont la responsabilité est d'informer la population sur les risques et les dommages causés sur l'organisme, à long terme, du tabagisme. Cependant, en dépit de cela, certains individus commencent encore à fumer de nos jours. Le but de cette étude est de montrer la réalité de la consommation de tabac au sein des étudiants des cours d'Infirmerie, de Nutrition et d'Éducation Physique de l'UNIDERP de la ville de Campo Grande – MS. Ce travail de recherche a été réalisé selon une étude de terrain basée sur une approche quantitative. L'échantillon était composé de 418 étudiants: fumeurs, fumeurs occasionnels, ex-fumeurs et non-fumeurs, d'une moyenne d'âge de 23,4 ± 13,8 ans. L'instrument de recherche utilisé est un questionnaire de 19 questions fermées se rapportant aux caractéristiques personnelles des individus interrogés. Au total, au sein de toutes les disciplines considérées, une prévalence du genre féminin a été observée pour la catégorie des fumeurs et des fumeurs occasionnels. Parmi la population des 418 étudiants, 15 % étaient fumeurs, 85% non-fumeurs et 3,12% étaient des ex-fumeurs. Les données ont donc montré que, même en dépit de la connaissance sur les dommages causés par le tabagisme, les étudiants dans le domaine de la santé continue la consommation de cigarettes, et ne sont donc pas un bon exemple pour la population.

MOTS-CLÉS: Tabagisme, santé, prévalence du tabagisme.

HUMO: LA REALIDAD ENTRE LOS ACADÉMICOS DEL ÁREA DE LA SALUD

RESUMEN

El consumo de cigarrillos es responsable de la muerte de casi 5 millones de personas cada año. Dentro de esta perspectiva hay personas de diversos campos de la actividad profesional, incluyendo el área de la salud que son responsables

por la transmisión de información sobre los riesgos y los da prejuicios que el cigarrillo puede hacer al cuerpo en el largo plazo, pero a pesar de todo el conocimiento acerca de los prejuicios, algunas personas toda vía inician el hábito de fumar. El presente estudio tuvo como objetivo mostrar la realidad el consumo de tabaco entre los académicos del curso de Enfermería, Nutrición y Educación Física en UNIDERP de la ciudad de Campo Grande - MS. En base al os objetivos propuestos, esta investigación se caracteriza como un estudio de campo descriptivo, con enfoque cuantitativo. La muestra estuvo constituida por418 estudiantes, los fumadores, los fumadores ocasionales, ex fumadores y no fumadores, con una edad media de23,4 ±13,8 años. El instrumento de investigación utilizado fue un cuestionario de diecinueve preguntas cerradas relacionadas con las características personales. Se observa en todos los cursos estudiados, la prevalencia de las mujeres sobre los hombres en relación con el número total de fumadores y fumadores ocasionales. Entre la población de 418estudiantes, 15% cumplieron con los fumadores y los no fumadores 85%, en el 3,12% eran ex fumadores. Los datos muestran que a pesar de ser consciente de los peligros de fumar, los estudiantes de la salud persisten en esta área, ya que los mismos de ben dar ejemplos para la población.
Palabras clave: Tabaquismo, Salud, la prevalencia del consumo de tabaco.

FUMO: A REALIDADE ENTRE OS ACADEMICOS DA ÁREA DA SAÚDE

RESUMO

O consumo de cigarro é responsável pela morte de aproximadamente 5 milhões de pessoas a cada ano. Dentro dessa perspectiva existem indivíduos de vários campos de atuação profissional, dentre eles o da área da saúde, sendo responsáveis em transmitir informações sobre os prejuízos e riscos que o cigarro podem causar ao organismo à longo prazo, porém apesar de todo o conhecimento quanto aos malefícios, alguns indivíduos ainda assim iniciam o hábito de fumar. O presente estudo teve por objetivo mostrar a realidade do consumo de tabaco entre os acadêmicos dos cursos de Enfermagem, Nutrição e Educação Física da UNIDERP da cidade de Campo Grande – MS. Com base no objetivo proposto, esta pesquisa é caracterizada como um estudo descritivo de campo, com abordagem quantitativa. A amostra foi composta por 418 acadêmicos, fumantes, fumantes ocasionais, ex-fumantes e não fumantes, com média de idade de 23,4 ± 13,8 anos. Como instrumento de pesquisa foi utilizado um questionário de dezenove perguntas fechadas referente às características pessoais. Observa-se no total dos cursos estudados, uma prevalência do sexo feminino sobre o masculino no que diz respeito ao número total de fumantes e fumantes ocasionais. Entre a população dos 418 acadêmicos, encontraram-se 15% fumantes e 85% não fumantes, onde 3,12% eram ex-fumantes. Os dados revelam que mesmo tendo conhecimento sobre os malefícios do cigarro, os estudantes na área da saúde ainda persistem nessa área, uma vez que, os mesmo deveriam dar exemplos para a população.

PALAVRAS-CHAVE: Tabagismo, Saúde, Prevalência do fumo.