

Appropriate Educational Means of Dealing with the Phenomenon of Smoking among Zarqa University Students

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Abstract

The study aimed to identify the (appropriate educational means of dealing with the phenomenon of smoking among Zarqa University students), and to achieve this goal, the descriptive approach has been used, also used a questionnaire submitted to (800) students of the sample, and a couple of open questions has been submitted to 70 members of the targeted faculty. Results showed that the prevalence of smoking among Zarqa University students were big and that is because of three major factors led to the spread of this phenomenon, which are the psychological factors: family factors, social factors. The results showed an accord among the sample members on ten appropriate techniques to deal with the phenomenon of smoking. These techniques are: (religious faith development in students to prevent themselves, notice the smoker about the harmful results of smoking on the body, hiring the unity of guidance and psychological services, intensify the awareness and establish a guiding exhibits of smoking effects and invite students and their parents to visit them through the indicative weeks, preparing brochures and pamphlets continued throughout the year as well as lectures, meetings and participate in the global weeks to combat smoking, preparing work papers and researches, preparing of research competitions, encourage students to engage in the various university activities to fill their leisure time, switching the smoker to Special unit (anti-smoking clinic) of medical treatment, guiding smokers by others that had quit, applying the rules of behavior and attendance.

Keywords: Smoking, Zarqa University

1. Introduction

God Almighty gave the sons of Adam the honor than other creatures to distinguish the evil from good, and guided him to the goodness pathway by sending messengers to them, in order to behave the right way and enjoy the blessings that God gave them, but some people departed from the way of mind and physical health, and they fell in errors such as smoking, which has become a habit practiced by young and old people..And they harm other innocents.

Smoking is a major problem faced by different communities and adversely affects the physical, mental, social, and economic capacities, and also affects the productive capacities because of its impact on the productive groups, in addition to effecting the socialization behavior of children among smokers. (Terry, 2003)

Smoking spread in the middle of the third world countries and the number of smokers continues to increase. There are new different age segments have appeared and extended to new categories of women, youth and children. In Egypt, found that more than 15 million smokers are women, and found 71 % of smokers are males in both Jordan and Saudi Arabia, furthermore 44% of women smokers are under the age of twenty ranging between 15-18 years (Ghoneim, 2003). A statistic the World Health Organization indicates that the levels of smoking in a steady increase up to 2.1% and rise in developing countries to reach 3.4 % while you find the rate of 2% in the developed countries per a year (Ohida, 2002).

In the community of students, smoking increases to an extent that calls to stop, study and looking for causes and knowing the psychological construction implications of the injecting person and the economic impact on the student, his relations and his academic degree and psychological compatibility.

2. Reasons of students Smoking:

2.1. Psychological motivations

Smoking is a gradual relapse in health, where the failure of the smoker returns mainly to the lack of social feeling factor in their lives, and the lack of affection and love toward others where their lives based on selfish and lack of empathy and eager to personal excel. However, behaviorism sees that every behavior issued by the human is the behavior may be learned, where motives of smoking are in a position lead a person for something sustain him in front of the successive problems and this proves an intentional thing in the character of the smoker, which causes him a sense of phantom rest (Salem, 2002).

From the psychological reasons of falling in the trap of smoking is anxiety, individuals with more anxiety are the more vulnerable to addiction individuals. This smoking with anxiety will leak to children especially teenagers (Awadallah, 2008). Anxiety is an emotional response of fuzzy feeling in the form of

expected punishment, which is similar to the fear in many of its symptoms. That differs that it is a fear of the unknown and has no basis in reality because of its inside signals of the individual for its relating to tendencies or desires already the individual been punished and associated with the pain mediates the acquisition of anxiety (Jaafar, 2002).

The smoker have a personality characterized of non-psychological and social compatibility where used as a mask exhorts the failure in establishing a consistent relationships with the environment. Compatibility means harmony, support and participation; and means the compatibility with the requirements of life and includes several aspects as the physical, psychological and social.

2.2. Nature of the Developmental Trip

Psychological studies indicate that the most exposed age to the beginning of smoking starts from 12 to 20, the peak age of smoking is fifteen the mid-age of teenagers. There are multiple

motivations make teenagers more inclined to take harmful drugs and the most important motive is the emptiness and boredom time in a noisy world full of movement and activity, where the monotony of life and school routine. Another factor is the inability of teenager to highlight skills similar to his peers, which contributes to smoke, in addition to the ignorance of tobacco effects and the desire to try by teenagers and encouragement from the peer group. Some people believe that lighting a cigarette giving the appearance of manhood and looking at the smoker abuse as to act independently and free from the family. (Lafi, 2002).

(Isaa, 2002) sees that the teenager more susceptible to smoking; because he is undergoing an awakening of the pleasure part in the brain, as well as drugs that cause pleasure. This explains the teenagers' disturbance of pleasure that occurs problems in eating, which exposes them to obesity, but to rely on smoking, which begins to search for pleasure that evolve to much effort to avoid the pain that caused by the withdrawal of smoking.

Often the teenager begins smoke then use other drugs with more impact, but recent studies have demonstrated that smoking is a sort of addiction.

2.3. The collapse of family and lack of capacity

The family considered a safe haven for children, where to feed his childhood with tranquility, get the anxiety and confusion factors away from him and to give him a the proper form that enable him to comply and follow as an example.

There is a clear form of the family, which smoker thrives at, where instability in marital relations, the high rate of immigration, and corrupt educational methods in socialization (Salim 2004).

The parental behavior within the family one of the most important factors that assist children entering into smoking circle. The study of priest (Awadallah, 2008) indicates that the father's image as most of smokers see is negative where the father is often absent, in a nervous mood, not respecting the wishes and feelings of children, taking harmful drugs and lack of religiosity. (Salem, 2002) also found a big relationship between cigarettes smoking, family disintegration and ill-treatment of the parents. The smoking of the father or mother is a director factor for the children to imitate and simulate them.

2.4. Educational Institutions

Educational institutions considered as one of socialization and intellectual institutions and have complementary role with the family in learning the values of social and intellectual skills. Educational institutions may deviate from role assigned to it if it went after some of the factors, which may switch to the path of deviation, and the most important factors that spoil their educational mission:

2.4.1. Overstock of overcrowd of classrooms with students with the disappearance of activities and the lack of laboratories and aid tools, and poor of educational environment.

2.4.2. Faculty members and management that are unable to direct the educational process properly, which creates a free time and boredom among students and this is what drives them to abuse smoke.

2.4.3. The absence of a match between the academic abilities and the inclinations and desires of students. The lack of parks, playgrounds and libraries that absorb a big amount of students' tension. (Jaafar, 2002)

3. Treatment of smoking

Effective public education campaigns are a treat and a vital component for any program that aims to reduce the phenomenon of smoking. These campaigns help to prevent smoking among young people, a period in which most smokers begin to smoke, encourage smokers to quit and increase the available motivations to quit, reduce the extent of accepting the smoke habit, and change the social context of smoking so the messages that support smoking habit not to return anymore. Moreover, public education campaigns can help changing the overall situation of the environment, such as citizens become supportive to combat smoking policies. In addition to that, public education campaigns effect people by spreading awareness, knowledge, and change attitudes, convictions and contribute in changing the behavior (Shakour, 2002).

The UK National Institute of Health and Clinical Excellence has pointed out in the draft of intervene ways to stop smoking, that mass media campaigns is one of the most important methods and means proved its success in stop smoking, based on its guide strength and low cost. (National Institute for Health and Clinical Excellence, 2007).

To address smoking educational and media institutions and charities must unit, in order to reduce this phenomenon, and use multiple channels to reach the audience, and deliver messages and methods based on evidences.

The university's role in addressing the phenomenon of smoking by educational methods should not just to conduct its affairs, but it has to concentrate its administrative work on the student and about trying to provide all conditions and possibilities that help in directing his mental, physical and spiritual growth.

The university today is responsible of caring about physical, social and psychological growth of students to create the most favorable conditions for their growth. It is upbringing the learner completely and soundly and help him to cope his problems and provide him with possibilities that make him able to contribute in the growth and development of society. As long as the problem of smoking is possible to appear in human's life in the level of school and university, this can be considered a problem of students that must be solved by the university. The university should play its role in facing the problem of smoking among students in various colleges through the understanding the nature of the problem in terms of its role, and reducing the spread of this phenomenon. The study of (Flynn, 2007) emphasized on what has been mentioned, this study showed that the educational institution intervening into anti-smoking among students would have a great impact great if it accompanied with external efforts support to extend and publish the concepts related to community values. The study found that the effort of anti-smoking programs effect among students would remain if the programs offered at the university and mass media enhanced with the community values.

The problem of the study 4

Developed countries have wised up the problem of smoking early, and worked to confront it with comprehensive national plans involving media, educational institutions and families themselves. Thus, smokers' numbers drops by 1.5 per year, and where developing countries were not mindful that the number of smokers is still the increasing by (2.1 %) per year. (Dawudi, 2004)

While this phenomenon increased in developing countries without calculated risks, has spread in the student community, become affecting on the educational degree and on their relationship with colleagues and their behavior (Alkharouf, 2009) it is certain that when we have such information it will cause a lot of discomfort. Those young people who will receive the keys of life, how they will act in their tasks of life, can they hold the responsibility? Are the students conducting the full duty while they are going to lead the society? Hence it developing countries have to watch out for such a phenomenon, through its educational and media institutions and address it with the appropriate methods. Zarqa University considered as one of these institutions that are trying to address this phenomenon, this study came to identify the appropriate educational methods to deal with the phenomenon of smoking among Zarqa University students, by answering the following questions:

a- What is the prevalence of smoking among students in the Zaqa University?

b- What are the major reasons that lead to smoking spread in Zaqa University?

c- What are the appropriate educational methods to deal with the phenomenon of smoking?

5.The importance of the study

The importance of this study in searching for appropriate educational methods to deal with the phenomenon of smoking among ZarqaUniversity students, in order to raise awareness among them by systematic educational methods showing the harm that caused by smoking and the importance of quitting in all physical, psychological, social and cultural aspects.

Quittingof smoking at an early age is easier than quitting after a long time, many of people in the past few years after their smoking for several long years have found it is very difficult to quit and give up smoking, which has become a habit (Ensaf, 2000).Hereit comes the importance of the current study as a scientific attempt to know the prevalence of smoking. What are the causes and the appropriate educational methods for treatment?What are the recommendations to limit the extent of spreading the phenomenon of smoking by the appropriate methods in order to maintain the university students, because they represent the big slide in the Jordanian society and we should improve their education and care as they are the hope of the nation into the future.

6. Objectives of the study

The study aims to reveal the dynamics of the appropriate educational methods to deal with the phenomenon of smoking among ZaqaUniversity students, reducing the spread in most dimensions, and suggest proposals and recommendations to help raising awareness about the effects of smoking, and to highlight the problem for doubling the attention on research and practical levels.

7. Study Determinants

The study was limited to the following determinants:

- 7.1. Spatial limits: This study applied in Zarqa University.
- 7.2. Temporal limits: This study was implemented during the second academic semester of the year 2016 AD.
- 7.3. Human limits: The study population was limited and appointed to the faculty members and students at Zarqa University.
- 7.4. Methodology limits: the results of this study determined on the bases of the accuracy of its members' answers of the fields, which will be determined to serve the purposes. Results will be determined by the indications of prepared tool for this study, in terms of its validity, reliability and procedures that have been used in it.

8. Terminology of the study:

Smoke: is a plant of the Solanaceae species, and includes many types that contain nicotine length (20-57) and width (10-45 cm), and has an oval shape with upper and lower tapered ends. Smoke leaves contains 500 compound, where is composed of 20% water, 15-20% metal materials 4% of sugar, starch, pectin, webeluluz, 12-15% protein materials, 15 to 20% organic acids, apple and lemon acid and nicotine (Rbeihat, 2000).

9. Previous studies

Few are those studies that have concentrated on addressing the problem of smoking, after scrutiny and revision; studies that follow have been reached:

(Kharouf, 2009) study entitled with "smoking among students of the University of Jordan: causes and disadvantages and methods of treatment", aimed to study the social, economic and demographic characteristics of smokers. As well as the reasons that push students to smoke, the negative effects of smoking, and the awareness of students about the methods applied in reducing the proportion of smoking and its impact on them. In addition to the factors that limit quitting smoking, and suggest ways to combat it.

To achieve the objectives of the study, a questionnaire has been applied on a sample of students in the University of Jordan smokers. In result, the study find methods to reduce smoking such as the gradual refrain of smoking, followed by strict laws and regulations to reduce smoking, reduce smoke availability in the markets and raise the prices. Along with these suggestions, most of students' families was at resentment and resistance toward this habit.

- The study of (Hammond, 2005) aimed to assess the impact of the warning comic posters on Canadian cigarette packs in the fight against smoking. A survey by telephone has been conducted about the number of (616) adult smokers.

The most important results that almost scored one-fifth subscribers to smoke less as a result of posters, record (1%) only to smoke more. Despite the fact that the participants have registered negative emotional responses to the warning posters as: fear (44%), disgusting (58%), but smokers who have registered negative emotions more were likely to quit smoking, tried to quit or reduce their smoking after 3 months. Participants who tried to avoid the posters (30%) were no less likely to think about the warnings or tried to use behavioral therapy for quitting. The study recommended that the authors of the policies and legislation should not be hesitated against smoking to introduce vivid and clear pictorial warnings because of fearing about the negative consequences of these images. Studies proved that there is no fear of negative effects on smokers because of these images, but on the contrary, its impact in fighting the habit of smoking was effective.

In a study published in the Journal of (Archives of Pediatric and Adolescent Medicine, 2005) about the anti-smoking media campaigns and concentrating on changing youth's attitudes about smoking and reduce the rate of smoking among youth. The study found a strong link between exposure to anti-smoking television ads sponsored by the state and the echo of the public anti-smoking ads, where the anti-smoking ads that targeted young people has reduced smoking prevalence among them.

(Health Education Research, 2006) magazine conducted a research entitled with "media's role in quitting smoking", this study has explained that the increased exposure to anti-tobacco campaigns that state-sponsored increase the rate of quitting smoking, even after controlling other factors that may affect quitting. Specifically, the study found that the rate of quitting among adult smokers rose about 10%.

In a study on Turkish-speakers in England (2006) found that there may be more feasible in the cost of directing campaigns towards people smoking spread among them more than the population that smoking is less prevalence. Feasibility of the estimated cost of this campaign is 198\$, 150 sterling, and this has led to a decrease the prevalence of smoking by 3-7%.

Observed by previous studies that they focused on the means of encouraging smokers to smoke, while

this study was to find out the prevalence of smoking, what are the reasons behind it and provide educational methods to address this phenomenon. This is the only study according to researchers that dealt with the educational methods, which lead to address the phenomenon of smoking.

10. Study Approach:

The researchers use a descriptive approach because of its appropriateness with the nature of the study and its objectives, as well as it is the most common in such studies, which rely on collecting information and required data, and then tabulation, analysis and interpretation, on the bases of the objectives and hypotheses of the study.

11. The study society:

The study society consisted of all bachelor's students enrolled in Zarqa University, where numbered (6400) students and all faculty members totaling (165) for the second academic semester of the 2016 academic year.

12. The study sample:

The sample of the study are (800) students and (70) faculty members, has been chosen randomly.

13. The study tool:

The researchers designed the study tool after reviewing the educational literature of smoking, the tool consisted from one field is (the practice of smoking) and (27) paragraphs, this questionnaire have been directed to students' sample only. The researchers direct two open questions to all faculty members. The text of the questions as follows:

What are the reasons leading to the spread of smoking in Zarqa University?-

What are the appropriate educational methods to deal with the phenomenon of smoking?-

Students of the sample have been asked to answer the questionnaire paragraphs by Likert Quintet scale, as follows:

(Very low, low, medium, large, and very large) the highest approval will be given (5) degrees and the minimum approval with one degree. Grades will be in descending order (5, 4, 3, 2, and 1) and the following criteria has been used for the purposes of results analysis, this has been the measure of positive paragraphs:

1 - 1.8 is very weak

1.81 - 2.6 weak

2.61- 3.4 medium

3.41 - 4.2 large

4.21 - 5 very large

14. Sincerity of the tool:

The sincerity considered as a necessary condition in the tool that proved by any study, and the will be sincere if it was able to actually measure the matter which designed for. To check the sincerity and validity of questionnaire paragraphs in terms of drafting, clarity and comprehensiveness of the aspects that related to the study. The researchers presented the initial image of this questionnaire on a group of arbitrators, educator experts in Jordan's public and private universities, and were asked to give their opinions about the validity of the questionnaire paragraphs and its fields in measuring the matter, which had designed for it to measure in terms of drafting, clarity, arranging, addition and deletion. In the end, paragraphs of the tool stabilized on (20) paragraphs.

15. Stabilization of the tool:

To ensure the stability of the tool, method of test and re-test have been used by distributing the questionnaire among random sample of (20) students out of the study sample. With two weeks lag between the first and the second applications, and the correlation coefficient has been calculated by using (Person) correlation coefficient where the tool correlation coefficient reached (0.86).

16. Statistical treatment

To answer the study questions, an appropriate statistical treatment has been conducted after entering the data on the computer to analyze it by (SPSS) program and to be statistically processed. Averages, standard deviations, frequencies and percentages of all fields and paragraphs of the study as a whole have been extracted.

17. Results of the study and its discussion:

The study aimed to answer the questions referred to the problem of the study, which is through the organization of results, and display them in tables installed in the study, and comment on them.

a. What is the rate of the prevalence of smoking among students in Zarqa University?

To answer this question, averages and standard deviations has been extracted for each paragraph of the tool.

Answers of the study sample of students only has been unloaded, and the number individuals who answered this question reached (760) out of 800 respondents, and that what table (1) clarifying:

Table (1) averages, standard deviations, and the prevalence of the field (the practice of smoking) for each paragraph of the tool:

Number	Paragraphs	Average	Standard Deviations	Prevalence
1	Smoking is positive	4.18	.90	Large
2	I smoke when I want to entertain myself	4.15	.89	Large
3	Smoking increased when I have family dispute	4.08	.96	Large
4	I smoke because my parents are smokers	4.07	.90	Large
5	I smoke because smoking demonstrates the meaning of manhood	4.04	.76	Large
6	I encourage my family to smoke.	4.04	.78	Large
7	I smoke for people to know that I am an important man.	4.03	1.05	Large
8	I smoke when my feelings are raised.	4.00	1.15	Large
9	I smoke when I feel comfortable and relaxed.	3.99	.97	Large
10	I related to smoking since the beginning of the university	3.96	.91	Large
11	Smoking makes me feel self-confident.	3.95	.87	Large
12	Smoking is something attractive.	3.91	1.09	Large
13	I avoid reading the dangers of smoking in the daily newspapers.	3.84	.98	Large
14	I smoke because smoking socially acceptable.	3.77	1.12	Large
15	I smoke the first cigarette after waking up directly.	3.38	.99	Medium
16	I smoke because my friends smoke.	3.37	.91	Medium
17	I smoke when I feel dereliction in my academic achievement.	3.37	1.07	Medium
18	I spent a month on smoking more than 50 JDs.	3.35	1.00	Medium
19	I think about going to the special centers to help me quitting smoking.	2.55	.92	Weak
20	I'm trying to quit smoking.	2.12	.82	Weak
Total		3.71	.65	Large

Noted from the table (1) that (14) paragraphs got a large prevalence, which are the paragraphs (1-14) and its average ranged between (3.77 - 4.18), (6) paragraphs have medium average, which the paragraphs (15 - 18) and its average ranged between (3.35 - 3.38), two paragraphs have weak prevalence (19 and 20) and its average ranged between (2.12- 2.55). While the total score of the questionnaire was (3.71). That means that the prevalence of smoking among Zarqa University students were large, and the researchers attributed this for the availability of economic factors that allow students to buy cigarettes, and to spread the phenomenon among the family. There are also psychological and social factors that promote the phenomenon of smoking, in addition to the lack of educational and awareness programs about smoking and its disadvantages.

b. What are the reasons that leading to the spread of smoking in Zarqa University?

To answer this question, frequencies and percentages of the reasons leading to the spread of smoking have been used and confirmed by the faculty Zarqa University members, also the number of study who answered this question and their answers were uploaded (60) out of (70) responsive.

The results showed that there are (three) factors considered as the main reasons that lead to the spread of smoking, Table (2) illustrates this:

Table (2) frequencies, percentage and rank of main factors that lead to the spread of smoking.

Number	Factors	Frequencies	Percentage	Level
1	Psychological factors	60	100%	1
2	family factors	55	92%	2
3	Social factors.	52	87%	3

Table (2) showing that the No. (1) (Psychological factors) came in first rank with (60) frequencies and percentage of (100%). No. 2 (Family factors) came in the second rank with (55) frequencies and percentage of (92%), while No. (3) (Social factors) came in the third rank with (52) frequencies and percentage of (87%).

All factors that approved by less than 50% have been excluded, and that the researchers noticed their weakness, thus they were not classified among the factors and reasons that lead to the spread of smoking. The researchers attributed the concentrate of the sample individuals on those three factors because of its strength and effect on the smoker, they directly affect the student, so when the student exposed to any of these factors, and the absence of the educational method, that will be considered as an important emphasizing factor to resort to

smoking phenomenon.

c. What is the appropriate educational methods to deal with the phenomenon of smoking at the Zarqa University?

To answer this question, frequencies and percentages of educational methods have been used, and which emphasized by the faculty members at Zarqa University. The number of the study members who answered this question was (68) out of (70) responsive.

Results showed that there are (ten) appropriate educational methods to deal with the phenomenon of smoking, the Table No. 3 clarifies this:

Table (3)

Number	Factors	Frequencies	Percentage	Level
1	Development of religious faith in the hearts of students to form a self-protection for them	68	100%	1
2	Noticing the smoker with the results of harmful smoking and the health of various human organs.	67	99%	2
3	Get helped by the unit of guidance and psychological services.	67	99%	2
4	Intensify awareness, establish guiding exhibits on the effects of smoking, and invite students and their parents to visit those exhibits through customized indicative weeks.	66	97%	3
5	Preparing brochures and continued pamphlets throughout the year - as well as lectures, meetings and participate in the global anti-smoking weeks.	64	94%	4
6	Prepare work papers and researches, and prepare research competitions.	63	93%	5
7	Encourage students to engage in various university activities to fill the emptiness of their times.	60	88%	6
8	Transmit the smoker to the Special Unit (anti-smoking clinic) to treat him/her medically.	59	87%	7
9	Guiding smokers by others that quit smoking. (modeling)	57	84%	8
10	Application of behavior and attendance rules.	56	82%	9

Table (3) shows that the educational method (1) "the development of religious faith in the hearts of students to form a self-protection for them." Came in first place by (68) frequencies and percentage of (100%). The religious faith is the most important method that push students to smoke, while the educational method, "the application of behavior and attendance rules," came in the tenth rank with (56) frequencies and percentage of (82%).

Researchers attributed the reason of sample limitation on these methods, because of their importance and role in influencing the educational directive process. The development of religious faith in the individual, and showing the behavior of example, modelling, intimidation and motivation. In addition to hold seminars and other educational methods, which if they practiced with a scientific and systemized method and with integrity from the side of educational institutions and the whole community, then it will be a successful and effective treatment to address the phenomenon of smoking.

18. Study Recommendations:

Due to the previous results, the study recommends the following:

- 18.1.** Training workshops that showing the effects of smoking and the extent of harm to the body, the soul and the community.
- 18.2.** Formation a council of students to combat smoking.
- 18.3.** The allocation of educational programs at the university to raise awareness toward the dangers of smoking.
- 18.4.** Activating the role of the media by warning people about the dangers of smoking.
- 18.5.** Imposition of high taxes on tobacco and cigarette sales.
- 18.6.** Conducting a number of researches about the effects of smoking on young people from different aspects.

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